



San Diego

*We're changing the way
people think about aging*

Program Catalog September – December 2019

Arts & Crafts | Business, Financial & Legal | Exercise & Dance | Health & Wellness
History & Humanities | Language | Literature | Personal Enrichment
Science | Technology | Theatre, Film & Music | Travel | Volunteer Opportunities

Learn More

Central | East | South County (619) 881-6262
North County (760) 796-6020

SanDiegoOasis.org
www.facebook.com/sandiegoasis



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2019 GET CONNECTED: TECHNOLOGY FAIR FOR ADULTS 50+

**MORE DETAILS
COMING SOON!**



TUESDAY, OCTOBER 15 | 9:15 AM – 3:00 PM

Reading Cinemas at Grossmont Center

Register for Class #75

or go to www.SanDiegoOasis.org

San Diego Oasis is excited to host its annual **Get Connected: Technology Fair for Adults 50+**, the region's largest. Attend free workshops on social networking, online safety, innovative apps, smart phones and tablets, and much more! Experts will be on-site to answer all of your tech questions. Event is free, but registration is required. Opportunity drawings for some exciting gifts will be held throughout the day.

**Due to limited space, registration is required.
Don't delay in saving your spot at this annual event!**

Invest in Oasis

Inside these pages you will find countless opportunities to be creative, learn a new skill, educate yourself on various issues and challenges, travel back in history, engage your senses, improve your health, meet new people, and so much more. In short, we make learning fun by offering variety, mental stimulation, social interaction and opportunities to give back to our community through volunteering.

While the fun never stops at Oasis, we are very serious about serving older adults and at-risk children in meaningful and comprehensive ways, and we are always measuring our impact.

Here are just a couple ways:

CHALLENGE:

Health studies equate social isolation (increasingly prevalent in older adults) to smoking 15 cigarettes per day.

SOLUTION:

We are engaging more than 5,000 older adults every day by providing a wide variety of meaningful activities.

CHALLENGE:

Academic research is consistent with this fact: if a student is not reading and writing at grade level by fourth grade, they have no real prospect at a prosperous future.

SOLUTION:

Oasis Intergenerational Tutoring is changing lives in 103 at-risk elementary schools in San Diego county.

In short, our work matters. Invest in San Diego Oasis by making a tax-deductible gift today and by including San Diego Oasis in your estate plan. We cannot do it without your support.

Support what makes a difference.
Support what you love.



Simona Valanciute
President & CEO



SUPPORT OASIS

Ways to Support our Mission:

- Current Gifts (Cash, Life Insurance, Stocks, Real Estate)
- Tribute Gifts
- Planned Gifts (Bequests, Retirement Assets, Life Estate Reserved, Charitable Gift Annuity, Charitable Trust)
- Legacy Circle
- Vehicle Donations

See Pages 13-16 for details.

OUR IMPACT

1,000

Oasis Tutors, Mentors, and Volunteers Giving Back

55,000

Oasis Volunteer Hours Donated Annually

48,000

Oasis Members Engaged

2,900

Classes & Activities Each Year

37

Years of Advocating for Healthy Aging in San Diego

Our Team



SIMONA VALANCIUTE
President & CEO



JOLYN PARKER
V.P. of External Relations



SARAH BEAUPRÉ
Development Associate



BRANDON HARDING
Director of Lifelong Learning



DAVID BEEVERS
Program Manager North County



AMY O'CONNOR
Office & Volunteer Manager



KELLY JOHNSON
Marketing Coordinator



JOHN DUNICLIFF
Tutoring Program Coordinator



JOANNE BONCHER
Regional Trainer & Tutor Coordinator
East County

When you plan to GIVE, we can plan to GROW. Monthly Giving

You can help San Diego Oasis grow and serve more older adults and at-risk children in our community through an automatic monthly gift. Whether it's \$10, \$25 or \$100, monthly gifts allow us to plan and expand. It's fast, easy and you can take pride in knowing that your monthly gift is making a real difference!

Read on to hear from one of our members why she feels it's important to give back.

WHY GIVE?

"Oasis is a wonderful program. It has been a great outlet for me since my retirement. I have enjoyed every single class I've taken and I have taken a lot of them. The cost of each class is such a deal. It's impressive how Oasis can offer such a wide variety of classes taught by very knowledgeable teachers. Be it lectures, physical health via exercise, excursions, and my favorites – painting and art classes – I always come away satisfied. I have also met amazing and friendly people. I knew from the beginning that this is a program that I must support via monthly donations because it gives me back so much more." – Cheryl Jacot

For more information, please call Sarah Beaupré at (619) 881-6262, ext. 1008 or visit our website (www.sandiegooasis.org) and click on the Donate button.

Oasis is an Award-Winning Organization

- 2019:** Two Impact Awards: by the North San Diego Business Chamber and the Escondido Chamber.
- 2018:** NBC Universal Project Innovation Award for Technology Efforts with Older Adults
- 2017:** Generations United Program of Distinction
- 2016:** Excellence Award by KUSI and Torrey Pines Bank
- 2014:** Charity Navigator 4 stars out of 4 stars
- 2013:** Gloria Cavanaugh Award Excellence in Training and Education
- 2012:** Social Impact 100 Index Top 100 nonprofit organizations

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Thrivent Financial

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New Partner

Folk Dance Center

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Deborah Szekely: Founder of the Golden Door and

Rancho
La Puerta

See Page 46

Winter Wonderland Fundraiser

See Page 132

Oasis Presentations

Do you belong to a group or organization that would benefit from a presentation about Oasis?
See Page 32

Library Ambassadors Volunteer Opportunity

See Page 126

Look for **evening, weekend, family-friendly** and **helpful-4-work classes** with these easy to spot icons:



BUSINESS HOURS

Monday - Friday
9:30 AM - 4:00 PM

WEBSITE

www.SanDiegoOasis.org

PHONE

Central | East | South (619) 881-6262
North (760) 796-6020

MAKE A NOTE!

San Diego Oasis will be closed on the following days:

Labor Day
September 2

Thanksgiving
November 28 & 29

Winter Break
December 18 - January 5

Registration Procedures

JOINING OASIS

Oasis is open to all people 50 and older regardless of income, sex, race, religion or background. There is no charge to join Oasis, however, there is a \$20.00 processing fee per trimester when registering for your first class for that term. Simply complete the New Member Form on Page 7 or join online at www.SanDiegoOasis.org.

REGISTRATION IS EASY!

You can register in person at an Oasis office, by mail, by phone or online at www.SanDiegoOasis.org.

Spouses/Partners: If there are two members in one household, please complete a registration form per person. Please do not list two people on one form.

Fees: A non-refundable processing fee of \$20.00 is due each term if a member takes a class within that term. All class and processing fees must be paid at the time of registration.

Payments: Make checks payable to San Diego Oasis unless otherwise noted. Credit cards may be used to pay fees; we accept Visa, MasterCard and Discover. If you are placed on the waiting list, you will not be charged.

Waiver Form: All participants must sign the waiver on back of the Registration Form or when registering for classes/activities online.

Refunds: Program fees are non-refundable unless: (1) Oasis cancels the program; (2) you have a medical reason; or (3) you are called for jury duty. Oasis must be notified before the first class begins and documentation must accompany your request.

If a refund of less than \$35 is due, you will receive a credit that can be used for future programs. Credits are valid for one year from the date of issuance. If the refund is more than \$35, you may request a payment. Fees paid for with a credit card will be returned to that card. Fees paid by check or cash will be returned via a check within two weeks of your request.

Cancellations: Classes which have not reached the minimum number of students will be cancelled at least two days before the first class. To avoid disappointment, please register for programs before the cancellation period.

Disclaimer Notice: The opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations.

REGISTER ONLINE WITH MYOASIS

Login to your MyOasis account at www.SanDiegoOasis.org

If you do not already have a MyOasis account, please create an account.

- Searching for classes: use filters or keywords to search.
- Signing up: to sign up for a class, click "Add to Cart."
- Paying for classes: click "View Cart" and then "Proceed to Checkout" and pay with your credit card. We accept Visa, MasterCard and Discover.

CODE OF CONDUCT

To promote a safe and welcoming environment for all staff, instructors and class participants, all individuals are asked to adhere to our code of conduct. All individuals are expected to behave in a courteous and self-disciplined manner while participating in any of the programs offered through Oasis. The following are behaviors considered to be inappropriate:

- Verbal harassment or intimidation, including the use of vulgar or derogatory language
- Aggressive or unwanted physical contact
- Deliberately disruptive behavior
- Threats to induce harm of any kind

Oasis maintains the right to remove any individual who fails to comply with the code of conduct, in addition to the permanent revocation of one's membership for violations determined to be serious offenses.

New Member Form & Waiver

One Person per Form | PLEASE PRINT CLEARLY

Name: _____ Nickname: _____

Address: _____ Birthday: _____

City/State/Zip: _____

Phone: _____ Cell: _____

Email*: _____

* **OPT-IN:** I give Oasis permission to add me to their email list: Yes No
Your email will only be used for Oasis communications; it will never be shared for any other purpose.

Past/Present Occupation: _____

Are you a seasonal resident? Yes No
If yes, dates you are usually out of town?

Is your spouse/partner a member? Yes No
Spouse Name: _____

From: _____ To: _____

Spouse Birthday: _____

Emergency Contact

Name: _____

Relationship: _____ Phone: _____

How did you hear about Oasis?

Media (TV, Newspaper, Radio) Friend Special Event Presentation

Other: _____

If you are interested in volunteering with Oasis, please check your interests:

Office Support Computer/IT Tutor Special Events Volunteer Instructor
 Offsite Ambassador Publicity Fundraising Grant Writing Other: _____

About You

The following information is optional. It will be held strictly confidential. Demographic information is used in applications for grant funding. Your response is greatly appreciated.

Gender: Male Female Are you a Veteran? Yes No

Marital Status: Single Married Widowed Divorced

Ethnicity: African American Asian Native American Hispanic
 Caucasian Other

Highest Level of Education: Grade School High School Some College
 College Degree Post Graduate

Annual Household Income Level Less Than \$25K \$26 to \$48K \$49 to \$85K \$85K+

PLEASE COMPLETE AND RETURN THIS FORM TO AN OASIS CENTER NEAR YOU

Waiver Of Liability

All Participants Must Sign

I release and discharge San Diego Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by San Diego Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form.

I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the San Diego Oasis mailing list may be used by San Diego Oasis sponsors for educational mailings. I understand that participants in San Diego Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff.

Signature: _____

Date: ____ / ____ / ____





Registration Form

**One Person Per Form | Please Print Clearly
Please also complete Waiver of Liability**

**San Diego Oasis
(Central | East | South)**
5500 Grossmont Center Drive
Suite 269
La Mesa, CA 91942
(619) 881-6262

Name _____
Address _____
City/State/Zip _____
Home Phone _____
Cell Phone _____
Email Address* _____

**San Diego Oasis
(North)**
210 Park Avenue
Escondido, CA 92025
(760) 796-6020

Business Hours
9:30 AM - 4:00 PM
Monday - Friday

* **OPT-IN:** I give Oasis permission to add me to their email list: Yes No
Your email will only be used for Oasis communications; it will never be shared for any other purpose.

New Member? Please provide your date of birth: _____
May we email your registration receipt? Yes No

Class Trip #	Class Day Trip Title	Fee	Office Use

Method of Payment

Cash Check Check #: _____

**Please make checks payable to: San Diego Oasis
\$15.00 service charge for returned checks.**



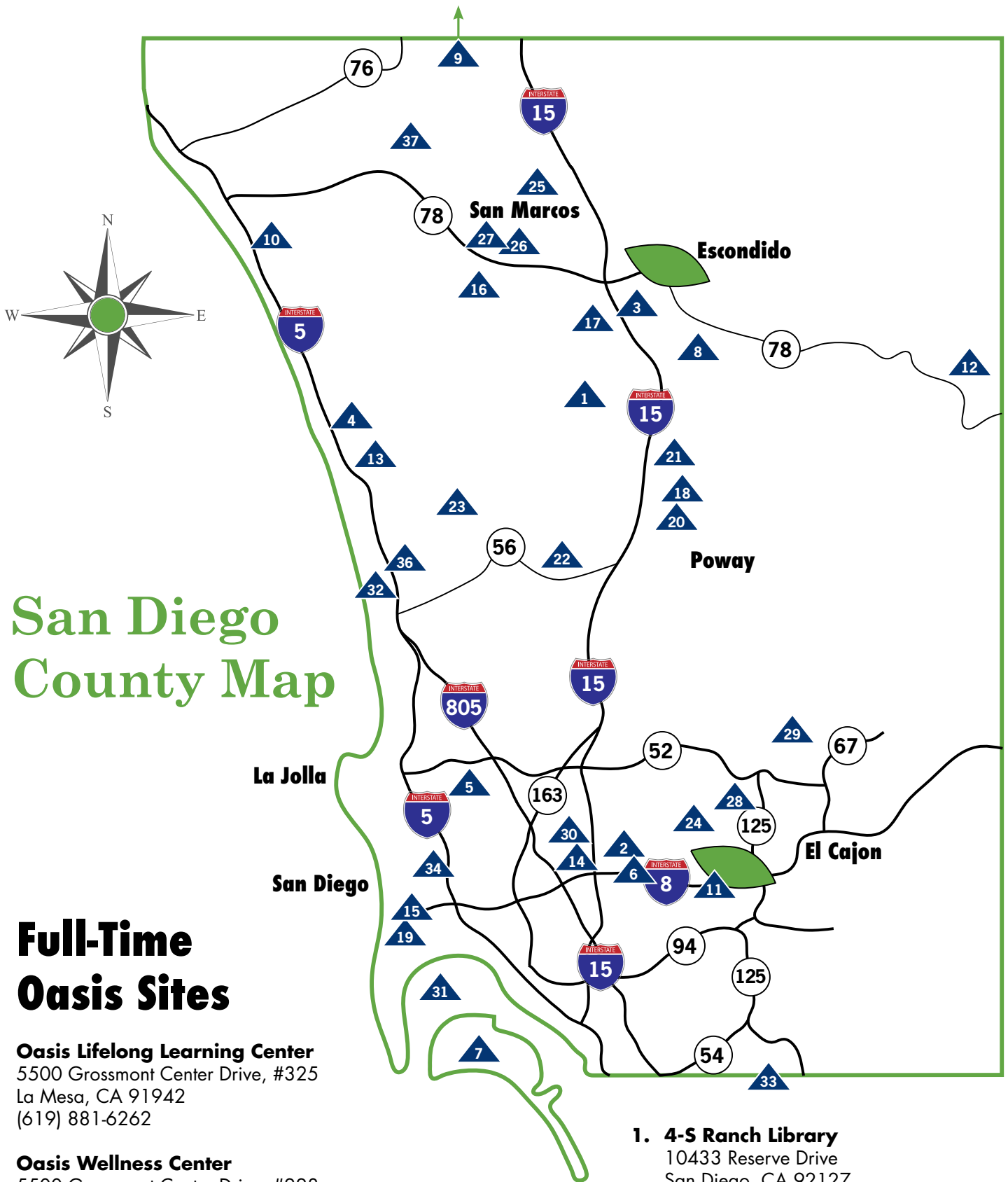
Subtotal of Fees		
Minus Credit	()	
Trimester Processing Fee	\$20.00	
TOTAL AMOUNT		

Credit Card (\$10 Minimum) | Please complete the following section:
Type of Card: Visa MasterCard Discover

Name on Card: _____

Card Number: _____ Exp Date (month/year): _____ / _____

Signature: _____ Date: _____



San Diego County Map

Full-Time Oasis Sites



Oasis Lifelong Learning Center
 5500 Grossmont Center Drive, #325
 La Mesa, CA 91942
 (619) 881-6262



Oasis Wellness Center
 5500 Grossmont Center Drive, #228
 La Mesa, CA 91942
 (619) 881-6262



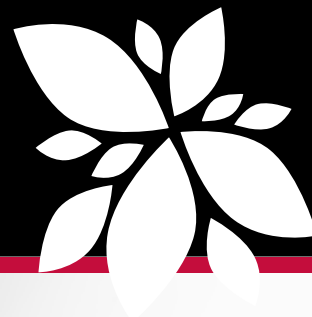
Escondido Senior Center
 210 East Park Avenue
 Escondido, CA 92025
 (760) 796-6020

- 1. 4-S Ranch Library**
 10433 Reserve Drive
 San Diego, CA 92127
- 2. Benjamin Branch Library**
 5188 Zion Avenue
 San Diego, CA 92120
- 3. California Center for the Arts**
 340 N Escondido Blvd.
 Escondido, CA 92025

4. **Carlsbad Dove Library**
1775 Dove Lane
Carlsbad, CA 92011
5. **Cathy Hopper Clairemont Friendship Center**
4425 Bannock Ave.
San Diego, CA 92117
6. **College-Rolando Branch Library**
6600 Montezuma Road
San Diego, CA 92115
7. **Coronado Public Library**
640 Orange Avenue
Coronado, CA 92118
8. **Escondido History Center**
321 N. Broadway
Escondido, CA 92025
9. **Fallbrook Public Library**
124 S. Mission Road
Fallbrook, CA 92028
10. **Georgina Cole Library**
1250 Carlsbad Village Drive
Carlsbad, CA 92011
11. **Hooleys Irish Pub**
5500 Grossmont Center Dr. #247
La Mesa, CA 91942
12. **Julian Library**
1850 CA-87
Julian, CA 92036
13. **Lux Art Institute**
1550 S. El Camino Real
Encinitas, CA 92024
14. **Mission Valley Branch Library**
2123 Fenton Pkwy.
San Diego, CA 92108
15. **Ocean Beach Branch Library**
4801 Santa Monica Avenue
San Diego, CA 92107
16. **Palomar Health San Marcos**
120 Craven Road
San Marcos, CA 92078
17. **Palomar Medical Center Escondido**
2185 Citracado Parkway
Escondido, CA 92029
18. **Palomar Medical Center Poway**
15615 Pomerado Road
Poway, CA 92064
19. **Point Loma Branch Library**
3701 Voltaire Street
San Diego, CA 92107
20. **Pomerado Outpatient Pavilion**
15615 Pomerado Road
Poway, CA 92064
21. **Rancho Bernardo Library**
17110 Bernardo Center Drive #K14
San Diego, CA 92128
22. **Rancho Penasquitos Library**
13330 Salmon River Road
San Diego, CA 92129
23. **Rancho Santa Fe Library**
17040 Avenida De Acacias
Rancho Santa Fe, CA 92067
24. **San Carlos Library**
7265 Jackson Drive
San Diego, CA 92119
25. **San Marcos Historical Society**
1952 Sycamore Drive
San Marcos, CA 92069
26. **San Marcos Library**
2 Civic Center Drive
San Marcos, CA 92069
27. **San Marcos Senior Center**
111 Richmar Avenue
San Marcos, CA 92069
28. **Santee Branch Library**
9225 Carlton Hills Blvd. #17
Santee, CA 92071
29. **Santee City Hall**
10601 N. Magnolia Avenue
Santee, CA 92071
30. **Serra Mesa Branch Library**
9005 Aero Drive
San Diego, CA 92123
31. **Shelter Island**
1500 Shelter Island Dr
San Diego, CA 92106
32. **Solana Beach Library**
157 Stevens Avenue
Solana Beach, CA 92075
33. **St. Paul's Plaza**
1420 E Palomar Street
Chula Vista, CA 91913
34. **Tecolote Nature Center**
5180 Tecolote Road
San Diego, CA 92110-1500
35. **University Community Branch**
4155 Governor Drive
San Diego, CA 92122
36. **Venissimo Cheese Del Mar**
2650 Via De La Valle
Del Mar, CA 92014
37. **Vista Library**
700 Eucalyptus Avenue
Vista, CA 92084

FINANCIAL AWARENESS SEMINARS

BROUGHT TO YOU BY SAN DIEGO OASIS



Will your taxes affect your retirement?

Strategies to help you toward a lower tax bracket in retirement

In this workshop you will understand the potential for higher taxes in the future, learn about ways to create tax-free retirement income, recognize how Social Security is taxed, and how to make the most of your current tax brackets.



See Pages 25, 26 & 103
for more classes brought to you by the
Thrivent Financial office of
Jonathan Doering & Matthew Molstre

JOIN US AT THESE **FREE**
SEMINARS THROUGHOUT
SAN DIEGO COUNTY

SEPTEMBER 23

DoubleTree by Hilton Hotel
San Diego - Del Mar
11915 El Camino Real
San Diego, CA 92130
10:00 AM & 6:30 PM

SEPTEMBER 24

San Diego Oasis
5500 Grossmont Center Drive, #325
La Mesa, CA 91942
10:00 AM & 1:00 PM
Class #146 & #147

SEPTEMBER 25

Residence Inn
2005 Centerpark Road
Chula Vista, CA 91915
10:00 AM & 6:30 PM

SEPTEMBER 26

Hampton Inn
123 E. Carmel Street
San Marcos, CA 92078
10:00 AM & 6:30 PM

SEPTEMBER 27

Thrivent Financial
445 Marine View Avenue, #390
Del Mar, CA 92014
10:00 AM

**NO REGISTRATION
REQUIRED**

Ways to Donate

CURRENT GIFTS

CASH

- Cash gifts (paper bills, checks, credit cards) are deductible at their value up to 50% of the donor's Adjusted Gross Income.
- Can be carried over for five years.

LIFE INSURANCE

- Make San Diego Oasis beneficiary of your paid-up life insurance policy.

STOCKS

- Giving stock is advantageous to the donor, especially when stock has significantly increased in value.
- If donor chooses to give appreciated stock to charity, donor pays no tax on the gain and receives an income tax deduction for full value of the stock.

REAL ESTATE

- Donor avoids capital gains taxes.
- Examples of real estate donations are land, investment property (residential, commercial, industrial), and personal residence.

VEHICLE DONATION

- Donation of a vehicle is just a phone call away: call (877) 556-2747.

PLANNED GIFTS

BEQUEST & ESTATE PLANNING

- Please consider gifting Oasis a specific amount, a percentage of your estate, a certain asset within the estate, the remainder of the estate, or the entire estate.
- Let us know if you have included Oasis in your estate plan – we want to celebrate you as a Legacy Circle member.

RETIREMENT ASSETS

- A gift of retirement assets (401(k), 403(b), IRA, pension and other tax deferred plans) is an excellent way to support Oasis' mission.

LIFE ESTATE RESERVED

- Donor continues to live in their residence, pay the property taxes, insurance, and maintenance costs.
- The donation (the donor's residence) will be received by San Diego Oasis after the donor's passing.

CHARITABLE GIFT ANNUITY

Through The San Diego Foundation

- Our donors can participate in the Charitable Gift Annuity (CGA) program, free of charge.
- CGAs allow donors to give and to get: the donor gets guaranteed payments for life while committing the remainder to Oasis.
- CGAs guarantee payments for the donor's lifetime; it is especially advantageous when interest rates are low.

CHARITABLE TRUSTS: REMAINDER, ANNUITY, LEAD

- Donor can set up a charitable trust to benefit the donor and the donor's family while designating Oasis to receive a gift.
- Oasis would receive the remainder assets or certain payments from the trust.
- Creating a charitable trust requires services of an attorney.

TRIBUTE GIFTS

HONOR SOMEONE SPECIAL

- Honor someone special through a donation in the name of your special person.
- Tribute will be posted in the next catalog and on our website.



To discuss a tax-deductible gift, contact Jolyn Parker at (619) 881-6262 or Jolyn@SanDiegoOasis.org

San Diego Oasis Legacy Circle

San Diego Oasis works hard to ensure that older adults have opportunities for stimulating lifelong learning, staying healthy, and contributing to our community's children as valuable mentors. As you consider what is important in your life and what your legacy will be, please consider including San Diego Oasis in your will, trust, or bequest. Making a legacy gift is easy. We will gladly work with you and your estate planning attorney or financial advisor. By including San Diego Oasis in your will, you can meet the needs of your loved ones, realize the most efficient tax strategy, and leave a legacy of supporting lifelong learning and intergenerational community service. Let us know if we can celebrate your legacy and include your story in our Legacy Circle. Future generations will thank you. To join the Legacy Circle, contact Simona Valanciute at (619) 881-6262 or Simona@SanDiegoOasis.org.

Legacy Circle Members

Anonymous Donor	Donna Dotson	William H. & Jolyn Parker
Anonymous Donor	Cynthia Haney	Nancy Scott
Anonymous Donor*	E. Miles & Kathryn Harvey	Herma G. Sullivan*
Claire & Carlos Arias Family Trust	John & Collette Michelle Hessler	Glenn Walker
Krishna & Bonnie Arora	Emily Keeler	Pitt Warner*
Donald & Nadene Bruders	Rupert Keesler*	Wayne Yee*
Heather Chisholm-Chait	Sandra Nimitz Lawhon	Arleigh Yewchan*
	Trevalyn Tracy Lawler*	

Thank You to our Generous Donors

Gifts listed below were contributed March 26, 2018 - July 10, 2019

President's Circle | \$100,000 & Above

Thrivent Financial office of Jonathan Doering & Matthew Molstre

Diamond Circle | \$50,000 – \$99,999

County of San Diego Aging & Independence Services
May & Stanley Smith Charitable Fund
Warner Family Trust

Platinum Circle | \$25,000 – \$49,999

Anonymous
Sandra Lawhon | Banker's Hill Ltd
SDG&E

Gold Circle | \$10,000 – \$24,999

Anthem Blue Cross Foundation	NBC Universal Foundation
Anthem Blue Cross/Medicare Division	Nordson Corporation Foundation
Charles & Ruth Billingsley Foundation	Palomar Health
Heather Chisholm-Chait	Sharp Healthcare
Harrah's Rincon	Catherine Stiefel
Hervey Family Non-Endowment Fund at TSDF	United Healthcare
Raymond Sabin* & AK Jones	The Walter J. & Betty C. Zable Foundation
Marshall & Judy Lewis	

Silver Circle | \$5,000 – \$9,999

AT&T
Cushman Family Foundation
Cushman Foundation
Ed & Mary Fletcher Fund at TSDF

Willis & Jane Fletcher Fund at TSDF
Umpqua Bank Charitable Foundation
Samuel H. & Katherine Weaver French
Foundation

Matisse Benefactor | \$2,500 – \$4,999

Anonymous Fund at TSDF
Krishna & Bonnie Arora
Michael & Arlene Bardin
Boys and Girls Foundation

Deni & Ken Carpenter
DeFalco Family Foundation
Willis & Jane Fletcher Fund at TSDF
Cynthia Haney

Lions Welfare Foundation SD
Rupert & Ray Fund at TSDF
Stanley Stearns Fund at TSDF

Matisse Fellow | \$1,000 – \$2,499

AARP
Anonymous
Anonymous Fund at TSDF
Don & Nadene Bruders
Conrad & Christa Burke Fund at TSDF
California Coast Credit Union
Julie Derry | Care Patrol
The Charitable Foundation
Coast Care Partners
J.R. Dymant

East County Senior Service Providers
ESET North America
Eva May Fleet Foundation Fund
Henry & Alta George
E. Miles & Kathryn Harvey
Diana Heidig
Gerald & Ingrid Hoffmeister
Home Instead Senior Care Foundation
Gilbert & Maggie Ikezaki
Paula B. & Oliver W. Jones Family
Foundation

Charles & Maureen King
La Mesa Sunrise Rotary
Aaron & Bernadette Landau
Lois Navolt & Alan Vigeant
Rotary Club 33
Susan Tancredi
in honor of Robert B. Sarnoff, M.D.
Simona Valanciute
Hon. William & Penny Wise

Sustaining Scholar | \$500 – \$999

Don Ambrose
Moises & Vicki Baron
Doug & Sarah Beaupré
David & Sarah Chong
Cuida Health
Jon & Carol Gebhart
Anonymous
Knight Angels Foundation

La Jolla Golden Triangle Rotary Club
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of Beverly Scaglione

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Darlene Wade
Glenn Walker
Nancy Weaver
Harold & Elana Weinberger
Judith Wenker
William York

Contributing Scholar | \$250 – \$499

Marjorie Acker
Aira
Susan Allen
Sr. Mary Jo Anderson
Lorraine Aubrey
Humberto X. Yznaga &
Janet Black-Yznaga
Lois Brossart
Chris & Jaime Burns
Sibyl Carlson

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Ruth DeRisi
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Betty Lou Gibbs
Eileen Haag
Jane Hardy
Robert Haskell
James & Sandra Helt
John & Colette Michelle Hessler
Honor Care Network

Steve & Kelly Johnson
Dr. Thomas & Janith Lohner
Sarah Mapel
Paul & Debby Novak
Oasis Senior Advisors
William & Jolyn Parker
Ross Stores
Lovell Rousseau
Gail Shatsky
Triple W

Sustaining Members

A special thank you to our
recurrent monthly donors.
Monthly gifts help us plan,
grow and bring you more
of the programs you love.

Anonymous
Sarah Beaupré
Chris Bosworth
Jon & Carol Gebhart

Mary Hardwick
Cheryl Jacot
Jolyn Parker

*deceased

Oasis Volunteers: Our Heartfelt Thanks!

To the many volunteers who help us run our Centers, **THANK YOU!**
We could not do it without you.

Russ Allen
Susan Allen
Carlos Arias
Charla Bellant
Gayle Benn
Kathee Bessinger
Ron Boggeln
Glenn Braden
Judy Brown
Don Bruders
Nadene Bruders
Francine Conniff
Stephanie Contos
Patricia Coughlin
Vera Dolansky
David Dooley
Debbie Dyar

Lyn Earl
Mary Flores
Sonia Flowers
Ruth Gach
Miriam Gitchoff
David Guarino
Nancy Hannify
Stan Heins
Sandy Helt
Bonnie Herron
Linda Hjelle
Susan Holtz
Sandy Houston
Jean Hughes
Larry Huse
Maggie Ikezaki
Steve Johnson

Richard Jordan
Margaret King
Darlis Kirchhofer
Christine Label
Beryl Laws-Garcia
Linda Madigan
Najla McAvoy
Margaret McKerrow
Char Meulemans
Grace Ventitelli-Meyers
Charlie Nickeson
Gini Pedersen
Peggy Peloquin
Tommie Powell
Nancy Procurot
Luis Rodriguez
Fran Rutherford

Dana Sanchez
Larry Sanchez
Lin Shaw
Christine Smith
Rose Snow
Meredith Friedman Steckel
Dennis Sullivan
Lore Taylor
Allison Turner
Janie Wardlow
Jodie Wasser
Chris Weaver
Keith Widdop
Penny Wise
Sandra Zinn
Ann Zuhlke

Learn about Volunteering

Volunteers at Oasis are invaluable, and the benefits are mutual. Volunteers like you have worthwhile experiences when they donate their time and talents to help the staff and faculty function as a community resource. We have a variety of needs and offerings to choose from:

Center Volunteers

When you become a volunteer at the Escondido Oasis or Grossmont Oasis center, you give back to the organization while helping your fellow members. Oasis center volunteers are vital to our operations. You'll greet members, assist with member and class registration, answer questions and generally make the center a cheerful and welcoming place!

Instructors

We are always looking for dynamic lecturers with various professional backgrounds.

Ambassadors

There are many ways to help us grow: volunteer by staffing an Oasis table at a community fair, distribute catalogs to your local library or give one to a friend or neighbor. We can use your helping hand! See page 126 for more details.

Lecture Host

Comfortable with public speaking? We need a dynamic individual who can introduce speakers and make special announcements about upcoming events and programs before classes begin. In between presentations, work with future speakers to create their introduction, and work on various staff-directed projects.

Central | East | South County | Amy O'Connor at (619) 881-6262
North County | David Beevers at (760) 796-6020

Oasis Intergenerational Tutoring Team

Volunteers in our tutoring program help children in grades K-4 build reading skills, self-esteem and positive attitudes toward learning. Training and materials are provided; you provide enthusiasm, patience and compassion. Your role as a tutor is that of a friend and a role model. No teaching experience is needed, clearance is required. Tutoring commitment is one hour a week at a nearby school.

New Tutor Training*

For San Diego City, La Mesa/Spring Valley, Chula Vista and Cajon School Districts:

San Diego Oasis Grossmont Center
Tuesday & Wednesday, September 10 & 11
1:00 - 3:30 PM

San Diego Grossmont Center
Thursday & Friday, October 3 & 4
10:30 AM - 1:00 PM

San Diego Oasis Grossmont Center
Tuesday & Wednesday, December 10 & 11
1:00 - 3:30 PM

**For Escondido, Vista, Encinitas
Bonsall and Temecula School Districts:**

Escondido Senior Center
Wednesday & Thursday, October 16 & 17
11:00 AM - 12:30 PM

Escondido Senior Center
Tuesday & Wednesday, December 3 & 4
10:30 AM - 1:00 PM

Additional trainings for Poway and Ramona will be on-demand.

Tutor Enrichment Meetings*

San Diego Oasis Grossmont Center
Thursday, September 5
11:00 AM - 12:30 PM

San Diego Oasis Grossmont Center
Friday, November 8
11:00 AM - 12:30 PM

Escondido Senior Center
Thursday, September 12
11:00 AM - 12:30 PM

Escondido Senior Center
Thursday, November 14
11:00 AM - 12:30 PM

Our Tutoring Team

Tutoring Program Coordinator
John Dunicliff | John@SanDiegoOasis.org

Poway | Rancho Bernardo Coordinator
Jane Radatz | jradatz@att.net

Ramona Coordinator
Lyn Hardy | lhardy@ramonausd.net

Chula Vista & La Mesa Coordinator
JoAnne Boncher | jboncher@cox.net

*PLEASE NOTE!

Everyone must RSVP to John Dunicliff if they plan to attend a training or tutor enrichment meeting so that he can communicate any changes.

WE  **OUR**
TUTORS

Original artwork by Eddie Omens

Arts & Crafts

BEGINNING DRAWING FOR FUN I

Discover your drawing skills with exercises that develop creative confidence and art fundamentals. Artist Amanda Schaffer shows you how anything can be drawn using basic shapes. Learn the rules of perspective and find out how "positive and negative" space helps translate what you see onto paper. Includes an introduction to the "gray scale," which helps create depth. We will produce still-life compositions and subjects drawn from the imagination. Please bring pencils and paper to the first class.

○ **100** | Amanda Schaffer, MFA
 Mon, Sep 9 - Mon, Oct 21, 10:00 - 12:00
 Fee: \$90 | 6 Sessions | No Class 10/14
 Grossmont Learning Center

BEGINNING DRAWING FOR FUN II

This course continues beginning drawing lessons that focused on drawing 3-D shapes and still lifes. Drawing II includes learning how to render a variety of surfaces, sketching scenery, and learning about 3-point perspective. Three classes will focus on an introduction to the figure and portrait drawing. Body proportions and basic anatomy will be discussed. Previous drawing experience required. Bring pencils and paper to first class.

○ **101** | Amanda Schaffer, MFA
 Mon, Oct 28 - Mon, Dec 9, 10:00 - 12:00
 Fee: \$90 | 6 Sessions | No Class 11/11
 Grossmont Learning Center

CREATIVE CARD MAKING

Artist Natalie Travis will teach you how to make three different all-occasion/seasonal cards. Send your friends and family cards that were made with love, by you. Use rubber stamps, inks, color combinations, and various techniques to develop artwork. The cards are fun to make and even more fun to share. A cash only material fee of \$6 is due to the instructor at the beginning of class.

Instructor: Natalie Travis

○ **102**
 Mon, Sep 9, 1:00 - 2:30 | Fee: \$15
 Grossmont Learning Center

○ **103**
 Wed, Oct 23, 1:00 - 2:30 | Fee: \$15
 Grossmont Learning Center

○ **104**
 Wed, Nov 6, 10:00 - 11:30 | Fee: \$15
 Grossmont Learning Center

○ **105**
 Mon, Dec 9, 1:00 - 2:30 | Fee: \$15
 Grossmont Learning Center

WINE CORK TRIVET

Do you save wine corks, but don't know what to do with them? Transform your collection of corks into a versatile trivet that will protect kitchen surfaces from hot pans and be a charming addition to your kitchen. Each trivet consists of 61 corks. Don't worry if you don't have enough of your own; we will have plenty of corks on hand to create your trivet.

○ **106** | Amy O'Connor, San Diego
Oasis Office & Volunteer Manager
Fri, Sep 13, 10:00 - 12:30 | Fee: \$15
Grossmont Learning Center



EDDIE'S PLEIN AIR WATERCOLOR SHELTER ISLAND

Let's enjoy painting outdoors and let San Diego's waterfront be our muse. Using the "pen and wash" technique, we'll capture everyday events and snapshots of life. Please bring a watercolor journal (handy size is 6x8 or 8x10), folding chair, your favorite paints, brushes, a fine black pen, and a pencil. All levels are welcome. Meet at the Friendship Bell at 1500 Shelter Island Drive.

○ **107** | Eddie Omens, Artist
Mon, Sep 16 - Mon, Sep 23, 10:00 - 12:00
Fee: \$30 | 2 Sessions
Shelter Island

SIMPLY WATERCOLOR FOR BEGINNERS

Each week we'll concentrate on a specific technique: color mixing on paper, brush strokes, wet into wet, wipe-out, glazing, dry brush, and easy perspective and composition. Watercolor paper is supplied. Check your purchase receipt or online description for the supply list.

○ **108** | Lynda Muse, Artist & Instructor
Tue, Sep 17 - Tue, Oct 29, 1:00 - 3:00
Fee: \$90 | 6 Sessions | No Class 10/15
Grossmont Learning Center

STILL LIFE PAINTING

This course provides an introduction and an opportunity to practice skills that result in a well-composed and drawn still life. We will cover placing objects in space accurately, use of line, shading, proportion, composition, and color. Working from direct observation with still life, you will learn to translate three-dimensional space into a two-dimensional image. Check your purchase receipt or online description for the supply list.

○ **109** | Aniko Makranczy, MFA
Tue, Sep 17 - Tue, Oct 22, 10:00 - 12:00
Fee: \$75 | 5 Sessions | No Class 10/15
Grossmont Learning Center

TONAL DRAWING WITH MARKER PEN AND BLACK WATERCOLOR

Create amazing tonal drawings with marker pens and watercolor. Learn shading and drawing techniques such as hatching, cross-hatching, glazing, direct line, and tonal composition. A great class for students interested in progressing from line drawings to tonal picture making. Beginners and intermediate students are welcome; no prior drawing experience is necessary. Instructor works with students at their level. Check your purchase receipt or online description for supply list.

○ **110** | Alejandro Leon,
Artist & Instructor
Wed, Sep 18 - Wed, Oct 9, 10:00 - 12:00
Fee: \$60 | 4 Sessions | No Class 10/16
Grossmont Learning Center



Some of our art classes
require that you
purchase supplies;
please check your
receipt for details.

BEGINNING GOUACHE PAINTING

What is gouache? Imagine a medium that combines the advantages of both watercolor and acrylic paints. Create beautiful and spontaneous marks like watercolor with the heavier bold strokes of acrylic. Materials setup is similar to watercolor and so there aren't bulky supplies to lug around. Learn how to mix values and color through simple exercises. Beginners and intermediate students are welcome to enroll. Instructor works with students at their level. Check your purchase receipt or online description for supply list.

○111 | Alejandro Leon,
Artist & Instructor
Wed, Sep 18 - Wed, Oct 9, 1:00 - 3:00
Fee: \$60 | 4 Sessions | No Class 10/16
Grossmont Learning Center

PAINTING WITH ACRYLICS: PAINTING WITH A BLACK CANVAS (STILL LIFE)

With these lessons, you will learn how to use your brushes to perform different application techniques. You will also learn how to manipulate paint to make different colors and textures. Students will walk away feeling more confident and secure in their skills with the acrylic medium. Check the online description or purchase receipt for supplies and workshop specifics.

Instructor: Cayce Hanalei, BA, Owner,
Hanalei Artworks LLC

○112
Fri, Sep 27, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



PAINTING WITH ACRYLICS: PERSPECTIVE STUDY (VAN GOGH)

○113
Fri, Oct 11, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



PAINTING WITH ACRYLICS: PRACTICE WITH A PALETTE KNIFE (FALL LANDSCAPE)

○114
Fri, Oct 25, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



PAINTING WITH ACRYLICS: UNDERPAINTING STUDY (FLORAL STILL LIFE)

○115
Fri, Nov 8, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



PAINTING WITH ACRYLICS: PAINTING WITH A BLACK CANVAS (HOLIDAY STILL LIFE)

○116
Fri, Dec 6, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



WATERCOLOR: LET'S PLAY

Conquer your fear of watercolor and learn to "happy dance." Discover how elements, contrast, balance, and color can make your art sing within your individual skill set. Learn how to choose subject matter, what makes a strong composition, and how adding a narrative or story will keep people coming back for more. Check receipt for supply list.

Instructor: Chuck McPherson,
NWS, WFWS, SDWS

○117
Fri, Sep 27, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



○118
Fri, Oct 11, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



WINE CORK PUMPKINS

Would you like a new kind of pumpkin to add to your patch? Use your collection of corks to create a rustic pumpkin that will add the perfect amount of spice to your home this fall. Bring your own corks; each pumpkin takes 36-61 corks to make. Extra supplies will be on hand to complete your project.

○ **119** | Amy O'Connor, San Diego
Oasis Office & Volunteer Manager
Mon, Sep 30, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



MAKE AND TAKE JEWELRY & BEADING WORKSHOP

Make your own beautiful necklace. This fun and easy workshop will teach you the basics of beading. Each student will choose from a fabulous selection of beads to create a one-of-a-kind necklace with a magnetic clasp.

○ **120** | Nina Hegyi, Artist & Instructor
Fri, Oct 4, 1:15 - 3:00 | Fee: \$30
Grossmont Learning Center

LIVING PICTURE WITH SUCCULENTS

Create a living picture with succulents (using a square-framed box). Your creation can be hung or laid flat to accent a space that is well lit and can be enjoyed all year long. All materials (succulent plants with plant fillers, rectangle box with landscape cloth, succulent soil, moss) and tools will be provided.

○ **121** | Muriel King, Succulent Designer
and Owner of the Perfect Plant
Fri, Oct 18, 10:00 - 12:00 | Fee: \$65
Grossmont Learning Center



ROCK PAINTING WITH ELIE

In this hands-on workshop, Artist Elie Kennedy will guide you through the process of creating artwork on a smooth, handpicked rock using pens and acrylic paint. Add your own personal touch as you go. The focus of this workshop is less about learning how to paint and more about relaxation, social interaction, and self-expression. All supplies (paint pens, acrylic paints, brushes and rocks) will be provided.

Instructor: Elie Kennedy, Artist

○ **122**
Fri, Oct 18, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○ **123**
Fri, Nov 15, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

ELEGANT & ARTISTIC NAPKIN FOLDING: SPECIAL EVENTS

Get ready to dazzle your guests at your next special event. Elegant and artistic napkin folds are the perfect finishing touch to a beautiful tablescape and leave a lasting impression with your guests for years to come. Learn eight napkin folds and the history of napkin folding, how to choose the right napkin and the right fold for your special event, tips and tricks, napkin etiquette, and table setting etiquette. All materials will be provided.

○ **124** | Laura Lynn, Professional Chef
Garde Manager, Three-Time American
Culinary Federation Gold Medalist and
Presidential Award Winner, San Diego Fruit
Carving Founder
Mon, Oct 21, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

ORIENTAL BRUSH ART WITH CHINESE INK AND WATERCOLOR

Join us and experience the calming nature of Oriental brush art. Using Chinese ink and watercolor, you will learn the dancing brush techniques, step by step, to create beautiful art work. The basic materials in the class are provided. They are inexpensive and available to take home to practice. Come on the first day with any materials you already have.

Instructor: Shinja Scheidnes, Watercolorist, Instructor (Find her work at Southwestern Artists Assoc. Gallery (#23), Balboa Park)

○125

Wed, Oct 23 - Wed, Nov 13, 10:00 - 12:00
Fee: \$45 | 3 Sessions | No Class 11/6
Grossmont Learning Center

○126

Wed, Nov 20 - Wed, Dec 11, 10:00 - 12:00
Fee: \$45 | 3 Sessions | No Class 11/27
Grossmont Learning Center

AN AUTUMN WALK IN THE WOODS

Watercolor can be used to focus on mindfulness to really be present at a scene to sketch using our many senses. Visualize, feel and sketch lovers walking down a path, a ray of sunlight within shadows, or golden leaves falling silently. Eddie will demonstrate simple techniques; bring whatever watercolor supplies that you have.

○127 | Eddie Omens, Artist
Fri, Oct 25, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

NEW!

COLOR THEORY

This course introduces color theory concepts and relationships that you can use for subtle or dramatic effect. The classes consist of lecture, demonstration and hands-on exercises using acrylic paint. You will learn how to effectively use a color wheel, color mixing do's and don'ts, basic color schemes, effective use of color combinations to create specific moods, and the attributes of value, chroma, and hue. Check your purchase receipt or online description for the supply list.

○128 | Aniko Makranczy, MFA
Tue, Oct 29 - Tue, Dec 3, 10:00 - 12:00
Fee: \$75 | 5 Sessions | No Class 11/12
Grossmont Learning Center

A BAG FOR ALL REASONS

Tote bags are simple and quick to construct using basic sewing techniques. These bags have multiple uses: groceries, books, beach supplies, or sewing machine carryall, to name a few, and can be completed in this one-session class. Check your purchase receipt or online description for the supply list.

○129 | Lyn Earl
Wed, Oct 30, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

CREATE A SUCCULENT WREATH: SEASONAL OR HOLIDAY THEMED

In this fun, hands-on workshop, you'll create your own non-seasonal or holiday succulent wreath to take home. A succulent wreath is a perfect accent for a front door, gate, as wall decor, or as a stunning tabletop centerpiece. All materials, supplies, and tools are included in the cost of the class.

○130 | Muriel King, Succulent Designer and Owner of the Perfect Plant
Sat, Nov 2, 10:00 - 12:00 | Fee: \$80
Grossmont Learning Center



INTERMEDIATE SIMPLY WATERCOLOR

In this class we will further develop skills in different techniques: color mixing on paper, brush strokes, wet into wet, wipe-out, glazing, dry brush and easy perspective and composition. Watercolor paper is supplied. Check your purchase receipt or online description for the supply list.

○ **131** | Lynda Muse, Artist & Instructor
Tue, Nov 5 - Tue, Dec 3, 1:00 - 3:00
Fee: \$75 | 5 Sessions
Grossmont Learning Center

BEGINNING IPHONE PHOTOGRAPHY

Elevate your photography using your iPhone. Use principles along with basics of photo composition to turn ordinary snapshots into photos that will WOW. Each class will cover a basic photography style, then use the iPhone in a hands-on exercise to boost your creativity. Photos will be reviewed and shared, camera apps will be explored and used, plus other techniques will be provided. Bring your fully-charged iPhone and plan to have fun.

○ **132** | Sally Long,
Photographer & Instructor
Wed, Nov 6 - Wed, Dec 4, 1:00 - 2:30
Fee: \$60 | 4 Sessions | No Class 11/27
Grossmont Learning Center

CROCHET POTPOURRI

Project one will focus on crocheting a rectangular tasseled pillow using a multi-color Cake yarn. Leave one end open if you prefer a purse/tote. You will also learn a few new stitches to add to your repertoire and learn how to make tassels. Project two is a classy fringed scarf made with plastic rings. Although these projects are not particularly difficult, you should have basic crochet skills, such as holding a hook and manipulating the yarn. Check your purchase receipt for supply list.

○ **133** | Barbara Logan
Wed, Nov 6 - Wed, Dec 4, 1:00 - 3:00
Fee: \$60 | 4 Sessions | No Class 11/27
Grossmont Learning Center

WATERCOLOR WINTER SCENES: COOL OFF WITH EDDIE

Snowy villages and trees, frozen streams and fields and more can be used to create your own watercolor painting. You could make your masterpiece into a personalized holiday card. Eddie will demonstrate simple techniques. Bring whatever watercolor supplies that you have.

○ **134** | Eddie Omens, Artist
Fri, Nov 15, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



REMEMBRANCE PILLOW

Sew a pillow covering using a shirt or blouse worn by a loved one. It's a great way to have a daily reminder of a beloved family member or friend. Make one for yourself or as a gift. Check your purchase receipt or online description for the supply list.

○ **135** | Lyn Earl
Mon, Nov 18, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center



MOSAICS MADE EASY

Create your own framed mosaic in this two-session class. You'll learn the basics of design, cutting, and gluing tile. Choose from 100 different tiles and handmade ceramics. Please wear comfortable clothing that you won't mind getting dirty. All supplies are included in the cost of the class. First class meeting: 11:00 AM - 3:00 PM. Second class meeting: 1:00 PM - 3:00 PM.

○ **136** | Jodie Wasser, Artist
Fri, Nov 22 - Mon, Nov 25, 11:00 - 3:00
Fee: \$99 | 2 Sessions
Grossmont Learning Center

KOKEDAMA WORKSHOP

Popular in many Japanese gardens, Kokedama is a form of bonsai, but instead of using a pot, the plant is set in a ball of soil that is then covered with moss and wrapped with string. Kokedama can be displayed on a decorative surface or hung. In this workshop, each student will learn the step-by-step process of how to create and care for their own Kokedama with a succulent. Every student will also leave with the materials needed to make more at home.

○ **137** | Nina Hegyi, Artist & Instructor
Fri, Dec 6, 10:00 - 12:00 | Fee: \$30
Grossmont Learning Center

GREAT GARNISHING 1

Learn beautiful garnishing techniques for plate and platter presentations that will be sure to "WOW" your guests! Please bring your favorite sharp paring knife, two large carrots, two large cucumbers, a large handful of parsley, one large plate or platter, six toothpicks, and several paper towels for your work area.

○ **138** | Laura Lynn, Professional Chef
Garde Manager, Three-Time American
Culinary Federation Gold Medalist and
Presidential Award Winner, San Diego Fruit
Carving Founder
Fri, Dec 13, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center


HAND STAMPED BEADING MAKE & TAKE WORKSHOP

In this workshop, you will learn how to create and make your own hand stamped beaded necklace. You will also learn the basics of making hand stamped jewelry and get to hand stamp a tag for your necklace. Each student will leave with their own unique piece of jewelry with a hand stamped tag.

○ **139** | Nina Hegyi, Artist & Instructor
Fri, Dec 13, 10:00 - 12:00 | Fee: \$36
Grossmont Learning Center

BEGINNING WATERCOLOR LETTERING

In this workshop, you will learn the basics of lettering with watercolors. You will learn basic strokes, how to form letters and words, basic blending techniques, and more. You will practice painting on different types of paper. Each artist will leave with a hand-painted lettered work of art. Bring whatever watercolors you have. Paper will be provided.

○ **140** | Nina Hegyi, Artist & Instructor
Mon, Dec 16, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

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www.facebook.com/sandiegoasis



Business, Finance & Legal

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THRIVENT | RETIREMENT & ESTATE STRATEGIES

Living comfortably in retirement is everyone's goal. This class provides some guidelines for achieving that goal. Topics include: accumulating and distributing money for retirement, increasing the probability of investment success, multigenerational IRA planning, and passing money to heirs or charities in a tax-wise manner.

○ **145** | Charles Etzweiler
Wed, Sep 11, 10:00 - 11:30 | Fee: \$5
Grossmont Learning Center

THRIVENT | WILL YOUR TAXES AFFECT YOUR RETIREMENT?

In this workshop you will understand the potential for higher taxes in the future, learn about ways to create tax-free retirement income, recognize how Social Security is taxed, and see how to make the most of your current tax brackets.

○ **146** | Charles Etzweiler
Tue, Sep 24, 10:00 - 11:30 | Free
Grossmont Learning Center

○ **147** | Charles Etzweiler
Tue, Sep 24, 1:00 - 2:30 | Free
Grossmont Learning Center

THRIVENT | SOCIAL SECURITY

When should you apply for social security? How can you maximize your benefits? How will this affect your spouse? Answering these questions is important as mistakes can be costly. Join us to learn the answers, as well as how to manage the key risks all retirees face: outliving their income, inflation, and unpredictable events.

○ **148** | Anthony Camara
Tue, Oct 1, 1:00 - 2:30 | Fee: \$5
Grossmont Learning Center

THRIVENT | LONG TERM CARE

Long term care is expensive. The good news is we are living longer, healthier lives. The bad news is the longer we live, the more expensive medical care will be. This workshop will present solutions for protecting your retirement income, preserving your independence, and preparing for longevity (medical, financial, lifestyle and family).

○ **149** | Anthony Camara
Tue, Nov 12, 10:00 - 11:30 | Fee: \$5
Grossmont Learning Center





[CONTINUED]

THRIVENT | THRIVENT ONE-ON-ONE

Make an appointment for a free, 30-minute, one-on-one confidential financial consultation, no strings attached. Appointments are available from 10:00 AM to 4:00 PM. Topics include planning for retirement, estate planning, tax issues, financial planning, investing, and other concerns you may have.

○ **150** | Anthony Camara
Fri, Sep 20, 10:00 - 4:00 | Free
Grossmont Learning Center

○ **151** | Anthony Camara
Fri, Nov 15, 10:00 - 4:00 | Free
Grossmont Learning Center



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A Sempra Energy utility™

SDG&E | SDG&E ELECTRIC PRICING PLANS, TOOLS, TIPS AND PROGRAMS

SDG&E Pricing Plans are changing. Attend this informational workshop and learn about the new electric pricing plans and how to determine which plan is best for you. Tools, tips and programs to help you manage your energy and save money will be discussed.

○ **152** | Martha Quintero, SDG&E
Tue, Sep 17, 10:00 - 11:00 | Free
Grossmont Learning Center

○ **153** | Martha Quintero, SDG&E
Thu, Nov 7, 10:00 - 11:00 | Free
Grossmont Learning Center

SDG&E | SDG&E MY ACCOUNT

In this hands-on workshop, you will learn all the great features SDG&E My Account offers. You can pay bills online, analyze your statement, and view your energy usage by the day and by the hour. You can also perform an energy audit for you home, as well as sign up for alerts and much, much more! Laptops will be provided to participants. If you already have an online account, bring your login information.

○ **154** | Martha Quintero, SDG&E
Thu, Oct 17, 10:00 - 11:00 | Free
Grossmont Learning Center



ENJOY THE FOLLOWING CLASSES PROVIDED BY



CAL COAST CREDIT UNION | CYBERSECURITY

In this interactive workshop, you'll learn to spot social engineering attempts, safer ways to interact through social media, and how to minimize your online risk both at work and at home.

○ **155** | Cal Coast Credit Union
Tue, Sep 24, 1:00 - 2:00 | Free
Grossmont Learning Center

CAL COAST CREDIT UNION | 360 OF AUTO BUYING

Our experts will share what you need to know before you go car shopping; from financing to researching your option to getting the best deal.

○ **156** | Cal Coast Credit Union
Wed, Oct 16, 10:00 - 11:00 | Free
Grossmont Learning Center

CAL COAST CREDIT UNION | BUDGETING FOR 2020

Dive into what it means to be financially fit. The main topics include budgeting, saving, and investing for 2020.

○ **157** | Cal Coast Credit Union
Tue, Nov 19, 10:00 - 11:00 | Free
Grossmont Learning Center

ENJOY THE FOLLOWING CLASSES PROVIDED BY



Instructor: Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor

CARE PATROL | SIGN ON THE DOTTED LINE: CRITICAL DOCUMENTS

In medicine, the saying goes, "If it wasn't documented, it didn't happen." The same goes for these critical documents. In this course, we will discuss the documents everyone should have in place in case of an emergency and to plan for the future. And you can leave with many of the documents we talk about – so get your pens handy and your binders ready!

○ **158**
Mon, Sep 16, 3:00 - 4:00 | Free
Grossmont Learning Center

CARE PATROL | SIT-UPS ARE OPTIONAL: YOUR HEALTH AND WELL-BEING

The World Health Organization is quoted as saying, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This course is designed to help you understand and address the health and well-being issues that start to become more important as we age. Leave with handy resources, healthy and easy recipes, and a renewed sense of inspiration around managing your own health and well-being.

○ **159**
Mon, Oct 7, 3:00 - 4:00 | Free
Grossmont Learning Center



[CONTINUED]

**CARE PATROL | HOME SWEET HOME:
STAYING SAFE IN YOUR OWN HOME**

King Henry VIII said, "My home is my castle," and who doesn't want to stay in a castle? This course is about staying in your home safely as you age. There are many ways to create safety in the home, from in-home care, lighting and paint colors, to modifications and construction. You may even be able to make some extra money while staying in your home. Find out how to make your home safe, secure, and perhaps even profitable while taking away community resources to help you safely age in place.

○160

Mon, Oct 21, 3:00 - 4:00 | Free
Grossmont Learning Center

**CARE PATROL | ALL ABOARD:
TRANSPORTATION OPTIONS FOR
GETTING AROUND**

Transportation needs and abilities can change as we get older. This course is designed to outline the various forms of public transportation San Diego county offers seniors. Metropolitan Transportation Services (MTS) isn't the only option. Several transportation services and options exist for seniors while new means of getting around are being rolled out by state and local organizations as well as thoughtful entrepreneurs. The county is also planning new and better transportation options for seniors.

○161

Mon, Nov 4, 3:00 - 4:00 | Free
Grossmont Learning Center

**CARE PATROL | I'LL HAVE WHAT
SHE'S HAVING: ASSISTED LIVING AND
MEMORY CARE COMMUNITIES**

If staying in your home becomes a safety or social issue, there are several options to consider. This course will equip you with the knowledge and resources to help you navigate the world of in-home care agencies as well as Residential Care Facilities for Elderly (RCFEs) such as assisted living and memory care communities and homes. We'll discuss independent living and in-home care options in San Diego county and talk briefly about Skilled Nursing Facilities (SNFs) and when they may or may not be a good option.

○162

Mon, Nov 18, 3:00 - 4:00 | Free
Grossmont Learning Center

FRAUD: WHAT YOU NEED TO KNOW

Older adults are considered prime targets for identity fraud because they are more likely to have better credit and are less likely to recognize fraud or report it. Are you on Facebook? Shop at Target? Eat at Panera Bread? These are just a few of the companies that have been hacked in the recent past. Find out where your information is really going and how to protect yourself.

○163 | Bridget Barnett, Retired SDPD

Sergeant, Elder Abuse Unit

Wed, Sep 4, 1:00 - 2:00 | Free
Grossmont Learning Center

SENIOR LIVING COMMUNITIES: BEYOND THE BROCHURES

Have you ever considered moving to a senior living community? As a consumer, the marketing side of senior living is easily accessible, but wouldn't you like to know more about the community's internal operations? Since this would be your new home, it is important to understand it comes with licensing requirements, community policies, rate increases, and other aspects that will influence your lifestyle after move-in. Come learn more about the ins and outs of this housing option and bring your questions and experiences to share.

○ **164** | **Christina Selder, MS,**
CARR Co-Founder & President
Wed, Sep 4, 10:00 - 11:00 | Free
Grossmont Learning Center

UNDERSTANDING SENIOR RESIDENTIAL CARE OPTIONS

Come hear about senior living facilities available in San Diego and the different levels of service provided. Learn the differences between Assisted Living, Home Care, Alzheimer's (Memory) Care, and Continuing Care Retirement Homes. Guidelines for how to decide what will meet your requirements will be provided. Resources for financing will also be covered.

○ **165** | **Virginia Renker, MPH, CSA,**
Certified Senior Adviser
Thu, Sep 5, 10:00 - 11:30 | Free
Grossmont Learning Center

STOCK MARKET BASICS

In this class, we will demystify the basics of stocks, bonds, mutual funds, and ETFs. The discussion will include market cycles and how each of these perform in up and down markets. We will also have a discourse on investment fees and how they affect your returns. The goal of this course is to equip you with critical thinking skills so that you can make informed decisions when working with brokers or advisors.

○ **166** | **Barbara Norman,**
CFP®, ChFC®, CDFA®
Fri, Sep 13, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

BBB SAVVY SENIORS: BECOME EMPOWERED AGAINST FRAUD

Individuals ages 50 and up are 47% more susceptible to scams, fraud, and negligent business practices than other age groups. The Better Business Bureau's Savvy Seniors seminar series is aimed at equipping this demographic with the resources they need to recognize and avoid the personal and financial threats that exist to take advantage of and exploit them. Light refreshments are provided. Attend for your chance at winning our gift card raffle with \$200 in prizes.

○ **167** | **Skylar Crowley,**
Community Relations Specialist
Fri, Sep 13, 10:00 - 11:30 | Free
Grossmont Learning Center

NEW!



TRUSTS, POWERS OF ATTORNEY AND MEDICAL DIRECTIVES

Learn the basics of estate planning. What happens if you don't have a trust? How do living trusts work and do you need one? Who controls your assets once held in Trust? Learn the importance of choosing the right Successor Trustee, exercising control over assets after death, tax savings with proper estate planning, what to do upon the death of the first spouse, and how Powers of Attorney and Medical Directives work.

Instructor: Charles B. Pederson, Esq.

○168

Tue, Sep 17, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

○169

Sat, Nov 2, 10:00 - 11:30 | Fee: \$10
Grossmont Learning Center



CURRENT EVENTS: SEPTEMBER

Facilitator Rick LeVine will cover topics based on what's in the news (elections, court cases, law reform, tax cuts, foreign affairs, etc.). Each meeting includes lecture, dialogue, questions, and answers. Rick LeVine is an attorney and a former newscaster. Participants appreciate his wealth of knowledge and ability to present the news without bias.

Instructor: Rick LeVine, Attorney

○170

Fri, Sep 27, 10:30 - 12:00 | Fee: \$10
Grossmont Learning Center

CURRENT EVENTS: OCTOBER

○171

Fri, Oct 25, 10:30 - 12:00 | Fee: \$10
Grossmont Learning Center

CURRENT EVENTS: NOVEMBER

○172

Fri, Nov 22, 10:30 - 12:00 | Fee: \$10
Grossmont Learning Center

CURRENT EVENTS: DECEMBER

○173

Fri, Dec 13, 10:30 - 12:00 | Fee: \$10
Grossmont Learning Center

HOMEOWNER'S ASSOCIATIONS: LIVING AND THRIVING IN AN HOA

If you currently live in, or are about to live in a Homeowner's Associations (HOA), join us to learn how HOAs are created, how they operate, and how you and your neighbors can work towards the betterment of your HOA. David Norvell has worked with HOAs since 1985 as a Community Manager, COO of multi-state HOA management company, Professional HOA Mediator, and has served on over 500 HOA boards.

○174 | David Norvell, J.D.

Sat, Sep 28, 10:00 - 12:00 | Fee: \$10
Grossmont Learning Center



DON'T DOWNSIZE, RIGHTSIZE!

Learn tips and strategies from the professionals to lighten your load and rightsize your life. Whether you are managing an estate, moving to new digs or you just want to clean up where you are, learn how to evaluate personal contents, decide what to keep, and how to let go.

○175 | Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director

Thu, Oct 10, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

GOT STUFF? HOW TO ASSESS AND LIQUIDATE AS YOU RIGHTSIZE!

Join us and learn valuable tips and how-to's to help you figure out what you have, what it's worth and realize the best outcome for your needs. Certified Antiques Appraiser and Rightsizing Expert, Lorelei Taylor, will share the secrets appraisers use.

○ **176** | Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director
Fri, Oct 18, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

RISING FEDERAL DEFICITS: WHAT YOU NEED TO KNOW

Higher government spending is expected to increase federal budget deficits and debt, causing concern that another financial crisis could be triggered. This class will put into perspective its potential effects short and long term. We also will explore how the market has performed under various political parties in the White House and in Congress and actions you should take today.

○ **177** | Robert Shultz, AAMS, CRPC, Financial Advisor
Wed, Oct 23, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

NEW!

IS THIS A SPOOKY MARKET?

Trick or Treat: What is in store for this market cycle? In this class, we will look at current events, market cycles and leading indicators. Our discussion includes strategies for surviving market volatility and possible opportunities.

○ **178** | Barbara Norman, CFP®, ChFC®, CDFIA®
Thu, Oct 31, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

NEW!

UPGRADING YOUR LIFESTYLE WITHOUT INCREASING YOUR PROPERTY TAXES

Learn tax saving tips for homeowners from your San Diego County Assessor, including: how 55+ property owners can downsize their home without increasing property taxes, parent/child transfers, grandparent/grandchild transfers, tax breaks for homeowners, tax breaks for disabled veterans, and an update on legislation impacting your property taxes.

○ **179** | Ernest J. Dronenburg, Jr., San Diego County Assessor, Recorder, County Clerk
Fri, Nov 1, 1:00 - 2:30 | Free
Grossmont Learning Center

CRUCIAL FINANCIAL MOVES BEFORE YOU REMARRY

If you're considering remarrying later in life, you'll want to do your homework to make sure you avoid financial disaster. Finding out your prospective spouse's financial wellness is a must. Have you discussed a pre-nup, retirement plan rights, where you will live, whether you'll combine your finances, and how you will pay for expenses? Lay the foundation for a successful financial future with your new spouse and avoid a financial train wreck.

○ **180** | Lisa Claycomb, JD, AAMS, CLTC
Wed, Nov 6, 10:00 - 11:30 | Fee: \$10
Grossmont Learning Center

CURRENT SUPREME COURT DECISIONS

Mr. Oggel will select and discuss several cases currently pending before the U.S. Supreme Court. The procedural history will be reviewed, and specific issues identified. Class members are encouraged to participate in an in-depth discussion of each case.

○ **181** | Stephen P. Oggel, Attorney
Fri, Nov 15, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

ELECTRIC VEHICLES - FOR ME?

Electric vehicles (EV) are gaining in popularity. We will explore some of the big questions and the learning curve involved in taking the plunge to EV ownership. What is the difference between all-electric vs. hybrid; which are the most highly rated EVs; how/where do I charge my EV; how cost-effective are EVs compared with fueled vehicles; what are the drawbacks and do they outweigh the benefits?

○ **182** | Barbara Smith, MA,
Community College Instructor
Fri, Nov 22, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



REVERSE MORTGAGES EXPLAINED

With the high cost of living in San Diego, many of us could use some extra income. A reverse mortgage might be right for you. Find out how you can receive tax-free income from your home with no monthly mortgage payments. Reverse mortgage options include a lump sum payment, monthly payments, a line of credit, or a combination of payment options.

○ **183** | Owen Coyle,
Licensed Reverse Mortgage Specialist
Sat, Dec 7, 10:00 - 11:30 | Fee: \$10
Grossmont Learning Center



DECLUTTERING TO DOWNSIZE?

Join us for advice on how to conquer your home environment. Whether you want to create more space for mobility, or have to move, this seminar will give you valuable information. The benefits of this class are to systematically learn how to create a checklist, start the sorting process, and make space to organize. If the job appears too daunting to tackle by yourself, we have resources to guide you!

○ **184** | Will Fuller and Lisa Vomero
Inouye, Trusted Real Estate Advisers
Tue, Dec 10, 10:00 - 11:30 | Fee: \$10
Grossmont Learning Center



**Do you belong to
a group that could
benefit from
learning about
San Diego Oasis?**

**IF SO,
WE WOULD LOVE TO MEET YOU!**

We're available to speak to groups of all sizes throughout San Diego County. Here are some examples:

- 55+ groups
- Rotary International
- Lions Club International
- Kiwanis International
- Philanthropic Education Organization (PEO Chapters)
- Religious congregations
- Retirement associations
- Fraternities and Sororities
- Senior living communities

If you are interested in scheduling a presentation, please contact Sarah Beaupré.

PHONE: (619) 881-6262 ext. 1008.
EMAIL: Sarah@sandiegooasis.org





San Diego Oasis is pleased to introduce a new partner, the Folk Dance Center, and yet another way to enjoy staying healthy, active, and social, while learning something new and preserving traditional dances.

Visit www.FolkDanceCenter.org to learn more.

Wednesday Morning Classes

International Folk Dancing

This class focuses primarily on traditional dances from Eastern Europe, including Bulgaria, Romania, Serbia, and from other countries such as Israel and Turkey. Easy beginner-level dances will be taught from 9:15 to 10:00 AM; from 10:00 to 11:45 AM, there will be various levels of teaching and open dancing. Beginners are encouraged to stay for the entire class. As you learn more dances, you'll be able to apply steps and patterns to new and more challenging dances.

Class #190 | Wednesdays, 9:15 - 11:45 AM

\$75 all sessions or \$10/class

Instructor: Martha Awdziewcz

Wednesday Evening Classes

Scandinavian Folk Dancing

Learn pivot turning couple dances from Sweden and Norway. It's not necessary to come with a partner, as frequent partner rotation gives everyone the opportunity to dance. We recommend low-heeled, leather-soled shoes for ease of turning. It's best to carry your dance shoes to class, to help protect the floor. Dances will include Schottis|Reinlender, Hambo, Polska, Polka, Waltz, and village dances and variations.

Class #191 | Wednesdays, 7:30 - 10:00 PM

\$10/class (cash/check at door; no registration needed)

Instructors: Walker & Margaret Fillius and Dave Coughlin

Friday Evening Classes

Greek Dancing

The first hour includes a wide variety of dances from mainland Greece and the surrounding islands. The evening will also include Greek-influenced dances from other countries. This class gives you the experience to enjoy the yearly Greek Festivals that take place all over San Diego County.

Class #192 | Fridays, 7:00 - 10:00 PM

\$10/class (cash/check at door; no registration needed)

Instructor: Kin Ho

Saturday Night International Folk Dancing

Come and enjoy International Folk Dancing from a variety of countries. Most nights, we dance to recorded music. On special party nights, we have live music and some of those events are listed below. Dances are taught the first hour, followed by request dancing. Come see how fun it is to participate in dances from around the world!

Class #193 | Saturdays, 7:00 - 8:00 | Lessons

8:00 - 11:00 | Request Dancing

\$10 (cash/check at door; no registration needed)

Special Events

Class #194 | Bulgarian Dance Workshop

October 12 | 6:00 - 11:00 PM

\$20 (pay cash at door; no registration needed)

Join us for a Bulgarian dance workshop and evening of dancing with renowned Bulgarian teacher and choreographer, Iliana Bozhanova. The teaching will be from 6:30 to 8:30, followed by a dance party with Iliana until 11:00. Both the dance workshop and party will feature live music by master Bulgarian accordionist, Todor Yankov.

Class #195 | Live Music Dance Party with *Bulgarika*

November 2 | 7:30 - 10:30 PM

\$20 (cash/check at door; no registration needed)

We welcome back the wonderful Bulgarian band *Bulgarika* for a live music dance party. The 5-person band plays traditional Bulgarian instruments: tupan (drum), kaval (flute), tambura (long-necked stringed instrument), gadulka (bowed string instrument), and feature renowned vocalist, Donka Koleva.



Beginners and all levels of dancers are welcome!

No partners are necessary; most dances are done in a line or circle.



Exercise & Dance

BACK PAIN RELIEF: THE NEUROMOVEMENT APPROACH

Do you have back stiffness or chronic back pain? Get immediate outcomes with these unique, gentle neuromovement techniques that help you reduce pain and move with less effort. Improve reaching, twisting, and bending. Increase strength and flexibility throughout your spine. Improve the use of your arms, legs, your posture, and breathing. Neuromovement lessons are based on the work of Dr. Moshe Feldenkrais, are different from traditional exercises, and work for any fitness level. The movements will be done while sitting in a chair or standing while holding onto a chair.

○196 | Margie Murnan,
NeuroMovement Specialist
Sat, Dec 7, 10:00 - 12:00 | Fee: \$24
Grossmont Wellness Center



Stand Strong with Oasis Balance Improvement Programs!

San Diego
Oasis

Medicare Supplement Plans
insured by **UnitedHealthcare Insurance Company**

BASIC HATHA YOGA

This class is alignment based, focusing on breath, strength and flexibility, endurance and balance. Suitable for beginners, slowly building to intermediate levels. Instructor Kerry Wilson is a certified 200 Registered Yoga Instructor and has been teaching for 10 years.

**Instructor: Kerry Wilson,
Certified Yoga Instructor**

○197
Tue, Sep 3 - Tue, Oct 1, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○198
Tue, Oct 8 - Tue, Nov 5, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 10/15
Grossmont Wellness Center

○199
Tue, Nov 12 - Tue, Dec 17, 12:00 - 1:00
Fee: \$50 | 5 Sessions | No Class 11/26
Grossmont Wellness Center

BETTER BALANCE: FREE FROM FALLS

This class is for people with poor to average balance. Each class begins with a 5-minute warm-up. The bulk of the class is balance training to improve your proprioceptive and vestibular systems. Your balance is challenged slowly and progressively. The last 15 minutes is devoted to strengthening and stretching your legs. There are two handouts for the class – (1) a list of the balancing and strengthening exercises and (2) a Fall Prevention Checklist for your home. All exercises are simple, safe, and require no equipment.

**Instructor: Russell Rowe,
MS, Exercise Physiology**

○200

Mon, Sep 9 - Mon, Oct 7, 1:15 - 2:15
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○201

Mon, Oct 21 - Mon, Nov 18, 1:15 - 2:15
Fee: \$40 | 4 Sessions | No Class 11/11
Grossmont Wellness Center

○202

Mon, Nov 25 - Mon, Dec 16, 1:15 - 2:15
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

BONE-BUILDING FITNESS

Each class starts with a go-at-your-own-pace warm-up and moves into a combination of cardio, strengthening, and stretching exercises. There will be a great mix of balance training, resistance bands, core stabilization, and weight training to build stronger bones. Three water breaks and a cool-down period are included. Russell Rowe, MS, is a certified personal trainer with over 20 years of experience.

**Instructor: Russell Rowe,
MS, Exercise Physiology**

○203

Mon, Sep 9 - Mon, Oct 7, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○204

Mon, Oct 21 - Mon, Nov 18, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 11/11
Grossmont Wellness Center

○205

Mon, Nov 25 - Mon, Dec 16, 12:00 - 1:00
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

○206

Fri, Sep 6 - Fri, Oct 4, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○207

Fri, Oct 11 - Fri, Nov 8, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○208

Fri, Nov 15 - Fri, Dec 13, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 11/29
Grossmont Wellness Center

DANCE SAMPLER

This class is designed to enhance the student's creative ability, coordination and musicality, and to introduce them to a variety of dance forms. Class will be built on students' interests and may include jazz, modern, tap, line-dancing, salsa, and swing.

**Instructor: Jennifer Mosier, BS, MA, Instructor
and Author**

○209

Thu, Sep 5 - Thu, Oct 3, 2:15 - 3:15
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

NEW!

○210

Thu, Oct 10 - Thu, Nov 7, 2:15 - 3:15

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

NEW!

○211

Thu, Nov 14 - Thu, Dec 12, 2:15 - 3:15

Fee: \$40 | 4 Sessions

Grossmont Wellness Center

NEW!

ESSENTRICS: CLASSICAL STRETCH

Essentrics is a non-impact full body dynamic stretch workout/technique that works through the muscle chains, stretching and strengthening the body, as created by Miranda Esmonde-White and seen on the PBS televised series.

Instructor: Alesia Stanford,
Certified Essentrics Instructor

○212

Mon, Sep 9 - Mon, Oct 7, 10:45 - 11:45

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○213

Mon, Oct 21 - Mon, Nov 18, 10:45 - 11:45

Fee: \$40 | 4 Sessions | No Class 11/11

Grossmont Wellness Center

○214

Mon, Nov 25 - Mon, Dec 16, 10:45 - 11:45

Fee: \$40 | 4 Sessions

Grossmont Wellness Center



**FREE YOUR NECK AND SHOULDERS:
THE NEUROMOVEMENT APPROACH**

Do you have a stiff neck or chronic tightness in your shoulders? Learn how to effectively use your body to reduce chronic tension, pain, and limitation in the neck and shoulders. Back up your car without straining your neck, turn and twist with less effort, reach easily with your arms, and improve breathing. NeuroMovement lessons are based on the work of Dr. Moshe Feldenkrais, are different from traditional exercises, and work for any fitness level. The movements will be done while sitting in a chair or standing while holding onto a chair.

○215 | Margie Murnan,

NeuroMovement Specialist

Sat, Sep 28, 10:00 - 12:00

Fee: \$24

Grossmont Wellness Center



**GENTLE STRENGTH, BALANCE &
FLEXIBILITY TRAINING**

Using weights, stretch bands, balls, balance pads, and a chair, this course offers a comprehensive fitness program designed to improve and maintain your strength, balance, and flexibility. Includes aerobic warm-up, balance challenges, and strength training exercises targeting upper body, core, and lower body muscles, followed by cooldown stretches. Exercise modifications are provided. Please consult your healthcare professional if you have questions or concerns.

Instructor: Elinor Smith,
Certified Personal Trainer

○216

Tue, Sep 10 - Tue, Oct 1, 9:30 - 10:30

Fee: \$40 | 4 Sessions

Grossmont Wellness Center

○217

Tue, Oct 8 - Tue, Nov 5, 9:30 - 10:30

Fee: \$40 | 4 Sessions | No Class 10/15

Grossmont Wellness Center

○218

Tue, Nov 12 - Tue, Dec 17, 9:30 - 10:30
Fee: \$50 | 5 Sessions | No Class 11/26
Grossmont Wellness Center

○219

Thu, Sep 12 - Thu, Oct 3, 9:30 - 10:30
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

○220

Thu, Oct 10 - Thu, Nov 7, 9:30 - 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○221

Thu, Nov 14 - Thu, Dec 12, 9:30 - 10:30
Fee: \$40 | 4 Sessions | No Class 11/28
Grossmont Wellness Center

LINE DANCING & BEYOND: IMPROVER

This class takes line dancing to the next level. Dances include swing, cha cha, rumba, waltz, and many more. Routines are fast-paced and fun. No partner needed. Knowledge of steps including vine, shuffle, jazz box, etc., is recommended.

Instructor: Lois Spaulding

○222

Thu, Sep 5 - Thu, Oct 3, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○223

Thu, Oct 10 - Thu, Nov 7, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○224

Thu, Nov 14 - Thu, Dec 12, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 11/28
Grossmont Wellness Center

RESTORATIVE CHAIR YOGA

Using a chair for support, you can practice yoga and receive the benefits of improved circulation, flexibility, and mobility, as well as calm your mind and renew your energy. You'll learn deep breathing along with yoga exercises, beneficial for many conditions including arthritis, osteoporosis, carpal tunnel syndrome, muscle and joint stiffness, fatigue/stress, limited mobility, and injury/surgery recovery. Julia has over 40 years of experience as a yoga practitioner, therapist, and teacher.

Instructor: Julia Doughty, MFA & Certified HHP

○225

Mon, Sep 16 - Mon, Oct 7, 9:30 - 10:30
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

○226

Mon, Oct 21 - Mon, Nov 18, 9:30 - 10:30
Fee: \$40 | 4 Sessions | No Class 11/11
Grossmont Wellness Center

○227

Mon, Nov 25 - Mon, Dec 16, 9:30 - 10:30
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

Read more about our
Fall Prevention Program:
www.oasisnet.org/San-Diego-CA/San-Diego-Falls-Prevention
Features articles by our own
Russell Rowe
and Kathy Fleming

 Medicare Supplement Plans
insured by 
Insurance Company

RESTORATIVE PILATES

Restorative Pilates, a series of breathing, visualization, core and postural exercises is performed on a comfortable mat. These exercises strengthen our abdominals and back while increasing flexibility. Pilates movement is designed to improve balance, strengthen core muscles, increase flexibility, correct muscle imbalances and injuries, release tension, and create a more refreshed, restored you. Participants must bring a yoga mat and a pillow to class.

Instructor: Cathleen Frank, Certified Pilates Master Trainer Owner & Director, The Pilates Club

○228

Tue, Sep 3 - Tue, Oct 1, 1:15 - 2:00
 Fee: \$40 | 5 Sessions
 Grossmont Wellness Center

○229

Tue, Oct 8 - Tue, Nov 12, 1:15 - 2:00
 Fee: \$40 | 5 Sessions | No Class 10/15
 Grossmont Wellness Center

○230

Tue, Nov 19 - Tue, Dec 17, 1:15 - 2:00
 Fee: \$40 | 5 Sessions
 Grossmont Wellness Center

○231

Thu, Sep 5 - Thu, Oct 3, 1:15 - 2:00
 Fee: \$40 | 5 Sessions
 Grossmont Wellness Center

○232

Thu, Oct 10 - Thu, Nov 7, 1:15 - 2:00
 Fee: \$40 | 5 Sessions
 Grossmont Wellness Center

○233

Thu, Nov 14 - Thu, Dec 12, 1:15 - 2:00
 Fee: \$32 | 4 Sessions | No Class 11/28
 Grossmont Wellness Center

SOUL LINE DANCING

In this energetic class, instructor Ed Griffith will introduce you to new and traditional line dance steps set to Soul and R&B favorites. You should be familiar with steps such as the Cha Cha, Jazz Box, Brush Step, and Coaster Step. This course will help increase your hand-eye coordination. Also, you're guaranteed to have fun and make new friends. It is recommended that those who are new to line dancing register for Ed's beginner class, Soul Line Dancing - The Basics.

Instructor: Ed Griffith, Verlosity

○234

Tue, Sep 3 - Tue, Oct 1, 10:45 - 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○235

Tue, Oct 8 - Tue, Nov 12, 10:45 - 11:45
 Fee: \$50 | 5 Sessions | No Class 10/15
 Grossmont Wellness Center

○236

Tue, Nov 19 - Tue, Dec 17, 10:45 - 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

SOUL LINE DANCING: THE BASICS

Instructor Ed Griffith will introduce new and traditional line dance steps set to Soul and R&B favorites. This class is an introduction to Ed's Tuesday Soul Line Dancing. Whether you are new to line dancing or have limited experience, you are guaranteed to have fun.

Instructor: Ed Griffith, Verlosity

○237

Thu, Sep 5 - Thu, Oct 3, 10:45 - 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○238

Thu, Oct 10 - Thu, Nov 7, 10:45 - 11:45

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○239

Thu, Nov 14 - Thu, Dec 12, 10:45 - 11:45

Fee: \$40 | 4 Sessions | No Class 11/28

Grossmont Wellness Center

STRETCHES & EXERCISES FOR A PAIN-FREE BACK & BODY

This class will relieve and help prevent pain in your back and body. Ninety percent of the class consists of stretching, 10% highlights gentle exercises to strengthen abdominal, hip, and lower back muscles. All stretches/exercises are time-tested and doctor-approved, but may be modified by you to eliminate any that cause pain. Most stretches/exercises are done on the floor on a comfortable exercise mat (provided), but some are done using a chair. Class includes a handout with a list and description of the stretches and exercises.

Instructor: Russell Rowe, MS, Exercise Physiology

○240

Fri, Sep 6 - Fri, Oct 4, 1:15 - 2:15

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○241

Fri, Oct 11 - Fri, Nov 8, 1:15 - 2:15

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○242

Fri, Nov 15 - Fri, Dec 13, 1:15 - 2:15

Fee: \$40 | 4 Sessions | No Class 11/29

Grossmont Wellness Center

SWING DANCE FUN:

JITTERBUG, SHIM SHAM AND MORE

Are you "hep to the jive"? Would you like to "swing on a star"? Are you "in the mood" to dance? Have fun learning to swing dance to great music from the 1930's-1950's! No partner needed; we will change partners during the class.

Instructor: Tonya Lehman

○243

Fri, Sep 6 - Fri, Oct 4, 2:30 - 3:30

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

NEW!

○244

Fri, Oct 11 - Fri, Nov 8, 2:30 - 3:30

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

NEW!

○245

Fri, Nov 15 - Fri, Dec 13, 2:30 - 3:30

Fee: \$40 | 4 Sessions | No Class 11/29

Grossmont Wellness Center

NEW!

You might be that one person to ensure a class doesn't get cancelled due to low enrollment! Be sure to register early so you don't miss out.

T'AI CHI FUNDAMENTALS

This class is designed to get you moving again—gently. Tapping into basic T'ai Chi principles, you'll learn to use relaxation, effective breathing, and slow, mindful movement to help you improve your balance, coordination, strength, flexibility, range of motion, and to develop an overall sense of well being.

Instructor: Kathy Fleming, MA

○246

Tue, Sep 3 - Tue, Oct 1, 2:30 - 3:30

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○247

Tue, Oct 8 - Tue, Nov 5, 2:30 - 3:30

Fee: \$40 | 4 Sessions | No Class 10/15

Grossmont Wellness Center

○248

Tue, Nov 12 - Tue, Dec 10, 2:30 - 3:30

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

T'AI CHI: STILLNESS IN MOTION

T'ai Chi is an ancient Chinese system of moving meditation, also known as the internal martial art. These slow, gentle, flowing movements can help you achieve mental and physical wellness through relaxation and effective breathing. You'll learn T'ai Chi principles and techniques to relieve stress, develop mental focus, improve balance, and provide relief from pain, stiffness, and loss of strength and mobility. Class includes an introduction to the Yang Style Form.

Instructor: Kathy Fleming, MA

○249

Fri, Sep 6 - Fri, Oct 4, 9:30 - 10:30

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○250

Fri, Oct 11 - Fri, Nov 8, 9:30 - 10:30

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○251

Fri, Nov 15 - Fri, Dec 13, 9:30 - 10:30

Fee: \$40 | 4 Sessions | No Class 11/29

Grossmont Wellness Center

TAI CHI MOVING MEDITATION

The ancient art of Tai Chi Moving Meditation offers a wealth of health benefits. The relaxing, flowing movements increase energy, promote harmony of the mind, strengthen the body, and improve balance. This Tai Chi Moving Meditation sequence is a gentle but powerful practice suitable for people of all ages and abilities. Class includes step-by-step instructions for practicing the Wu Style Tai Chi Form.

**Instructor: Svetlana Gramatikova, Ph.D.,
Tai Chi Instructor, Certified Yoga Instructor**

○252

Fri, Sep 6 - Fri, Sep 20, 10:00 - 11:00

Fee: \$30 | 3 Sessions

Tecolote Nature Center



○253

Fri, Oct 11 - Fri, Nov 1, 10:00 - 11:00

Fee: \$40 | 4 Sessions | No Class 11/29

Tecolote Nature Center



○254

Fri, Nov 8 - Fri, Dec 13, 10:00 - 11:00

Fee: \$50 | 5 Sessions | No Class 11/29

Tecolote Nature Center



THE WISDOM OF DOING LESS TO IMPROVE MOVEMENT AND BALANCE

Move smarter, not harder! Using excessive force is a common cause of injury and pain. Learn unique and gentle NeuroMovement techniques that help you reduce or prevent pain, perform daily movements with ease, prevent strain on your joints, and improve your balance by reducing unnecessary muscular effort. NeuroMovement lessons are based on the work of Dr. Moshe Feldenkrais, different from traditional exercises, and work for any fitness level. The movements will be done while sitting in a chair, standing, or walking.

○**255** | Margie Murnan,
NeuroMovement Specialist
Sat, Nov 2, 10:00 - 12:00 | Fee: \$24
Grossmont Wellness Center



ZUMBA GOLD

Ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness party. Ditch your old workout and join the party!

Instructor: Pamela Toomes, Certified Fitness Instructor

○**256**
Mon, Sep 9 - Mon, Oct 7, 12:00 - 1:00
Fee: \$50 | 5 Sessions | No Class 10/14
Clairemont Friendship Center

○**257**
Mon, Oct 14 - Mon, Nov 4, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 11/11
Clairemont Friendship Center

○**258**
Mon, Nov 18 - Mon, Dec 16, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Clairemont Friendship Center

○**259**
Wed, Sep 4 - Wed, Oct 2, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○**260**
Wed, Oct 9 - Wed, Nov 6, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○**261**
Wed, Nov 13 - Wed, Dec 11, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 11/27
Grossmont Wellness Center

○**262**
Fri, Sep 6 - Fri, Oct 4, 10:45 - 11:45
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○**263**
Fri, Oct 11 - Fri, Nov 8, 10:45 - 11:45
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○**264**
Fri, Nov 15 - Fri, Dec 13, 10:45 - 11:45
Fee: \$40 | 4 Sessions | No Class 11/29
Grossmont Wellness Center



Health & Wellness



ENJOY THE FOLLOWING CLASSES PROVIDED BY



SHARP | A LOOK IN THE MIRROR: STAYING HEALTHY IN AN AGING WORLD

Health and wellness are priorities at any stage of life, but as we age, changes in our mind, body and spirit can be daunting. Learn about your options for improving physical and mental health including normal changes you can expect as an older adult, navigating the health care information highway, describing the keys to embracing aging, and the importance of being open to new learning.

○ **265** | Deena O'Shea, RN, MSN, OCN, NE-BC, Director Hospice & Palliative Care
Thu, Sep 12, 10:00 - 12:00 | Free
Grossmont Learning Center

SHARP | FALL PREVENTION 101

This interactive session will teach you everything you need to know about fall-proofing your home and life. Improve your ability to control your movements with exercises to enhance balance, sharpen reflexes, and increase strength. Plus, gain tips to reduce your risk of slipping and tripping so you can move with confidence.

○ **266** | Madeline Porter, PT
Fri, Sep 27, 1:00 - 2:30 | Free
Grossmont Learning Center

SHARP | BREAST CANCER: LIFESTYLE CHOICES TO REDUCE YOUR RISK

There is no proven way to prevent breast cancer, but there are daily choices you can make to help lower your risk. Learn how to initiate these positive changes and how to avoid environmental factors that may increase your risk as well as lifestyle myths and truths, and the most effective dietary modifications for breast cancer prevention and recurrence.

○ **267** | Jessi Janes RD, CNSC, Clinical Dietitian
Thu, Oct 10, 10:00 - 11:30 | Free
Grossmont Learning Center

SHARP | COPING WITH HOLIDAY STRESS

The holiday season can be a stressful time of year for everyone, especially those who are experiencing feelings of grief and loss. Holidays are supposed to be a time of joy and celebration, making it difficult to cope with feelings of sadness or missed expectations. Join us to learn ways to cope more positively with the holidays and how to avoid the “holiday blues.”

○268 | Mary Heineke, Licensed Marriage & Family Therapist, Sharp Grossmont Hospital Behavioral Health Center Intensive Outpatient Program
Thu, Nov 21, 10:00 - 11:30 | Free
Grossmont Learning Center

SHARP | YOU DON'T HAVE TO BE ALONE TO BE LONELY

Older adults are increasingly vulnerable to loneliness and social isolation and it can have a serious effect on health. But there are ways to overcome loneliness, even if you live alone and have limited social support. This talk will discuss the current finding on loneliness, including relevant research, as well as provide tips to help you and your loved ones navigate situations that may increase your likelihood for isolation and feeling lonely.

○269 | Dara Bliss Schwartz, PsyD, Clinical Program Developer, Outpatient Program at Sharp Mesa Vista Hospital
Wed, Dec 11, 1:00 - 2:30 | Free
Grossmont Learning Center

SHARP | NEW TO MEDICARE

If you are turning 65 within the next year, it's time to start thinking about Medicare and your coverage options. Understanding how Medicare works and transitioning to new medical coverage can seem confusing and overwhelming. Learn from Medicare specialists from Sharp HealthCare how to navigate the process and how to enroll in Medicare.

○270 | Sharp HealthCare
Thu, Oct 3, 6:00 - 7:30 | Free
Grossmont Learning Center



ENJOY THE FOLLOWING CLASSES PROVIDED BY



ANTHEM | MEDICARE: WHAT YOU NEED TO KNOW

You're new to Medicare and there's a lot to understand before you enroll. Anthem Blue Cross Medicare plan specialists will explain how Medicare works and the costs original Medicare doesn't cover.

○271 | Anthem Blue Cross
Mon, Sep 9, 6:00 - 8:00 | Free
Grossmont Learning Center



ANTHEM | MEDICARE: WHAT YOU NEED TO KNOW

○272 | Anthem Blue Cross
Tue, Oct 8, 6:00 - 8:00 | Free
Grossmont Learning Center



ENJOY THE FOLLOWING CLASS PROVIDED BY



UNITED HEALTHCARE | MEDICARE MADE CLEAR

Medicare is not one-size-fits-all. It's complex and can be confusing. That's why UnitedHealthcare established National Medicare Education Week and is partnering with Oasis to bring a Medicare education event to you. In advance of the Medicare Open Enrollment Period this fall, you can learn more about eligibility and enrollment, the different types of Medicare plans, money-saving tips and more. Bring a friend – and your questions! Medicare beneficiaries, their caregivers, and people approaching age 65 are encouraged to attend. Refreshments will be served and educational handouts will be provided.

○273 | UnitedHealthcare
 Wed, Sep 18, 10:00 - 11:30 | Free
 Grossmont Learning Center

FALL PREVENTION AWARENESS DAY 2019: TAKING STEPS TO PREVENT FALLS

Did you know that every 15 seconds, an older adult is treated in an emergency department for a fall? The good news is that falls are largely preventable! Join us on Fall Prevention Awareness Day to learn how YOU can take steps to prevent falls. Join us for an opportunity to hear from expert speakers on fall prevention, meet with local exhibitors, and receive a free balance screening.

○50 | San Diego Fall Prevention Task Force
 Mon, Sep 23, 9:00 - 12:00 | Free
 Grossmont Learning Center

WHEN A LOVED ONE HAS MENTAL ILLNESS

This class focuses on the who, what, when, where, why, and how of mental illness. Signs and symptoms of the most common illnesses are reviewed. Insights will be provided on the best way to establish or maintain relationships with folks in your life who may experience it.

○275 | Julie Benn & Meadowlark Monaghan, NAMI
 Wed, Sep 4, 10:00 - 11:30 | Free
 Grossmont Learning Center

Enjoy browsing our Library, brought to you by members of Oasis. Drop off books to share, and pick out a new book to read! We are now accepting and sharing DVD's!

TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION

Presented by the San Diego Chapter of the American Foundation for Suicide Prevention (AFSP), Talk Saves Lives is a community-based presentation that covers the general scope of suicide, the research on prevention, and what you can do on an individual level. Attendees will learn the risk and warning signs of suicide, and how together we can help prevent it.

○276 | Jessica van der Stad, AFSP Regional Director
Thu, Sep 5, 10:00 - 11:00 | Free
Grossmont Learning Center



THE TWO-MINUTE PERFECT POSTURE BREATHING MEDITATION

Join Dr. Patch in this fun and enlightening workshop as he teaches a simple meditation that you can perform anytime, anywhere. Based upon the Triad of Life, he will condense thirty-five years of holistic practice into a two-minute exercise that you can master in minutes to achieve better posture, get more energy-fueling oxygen to your brain, feel calmer, and be more present.

○277 | Warren M. Patch, D.C.
Mon, Sep 9, 1:00 - 2:30 | Fee: \$10
Grossmont Learning Center

BRAIN FIT NOW! TIPS TO BOOST YOUR BRAIN HEALTH

Join Judi Bonilla for this research-based workshop to kick start a brain-healthy lifestyle. Learn techniques to boost your brain health daily with quick and easy lifestyle changes, including brain training, memory strategies, nutrition advice, physical activity, social connection tips, and stress management ideas.

○278 | Judi Bonilla, Aging Expert, Author
Wed, Sep 11, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

WELL-BEING FOR PENNIES A DAY

Instructor Ravi Sahay, who survived one in a million odds to achieve a cure from the so-called "incurable" disease, will share the age-old wisdom of Ayurveda (traditional Indian medicine) and the cutting-edge research findings on Microbiome. Ask yourself, "Wouldn't it be great to look younger with glowing skin, have energy and vitality, and have a healthy body without any allergy or inflammation?"

○279 | Ravi Sahay, MBA, MSEE, Associate Faculty at University of Phoenix, San Diego Campus, Author
Fri, Sep 13, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

LIFE'S SUNSET: PLAN BEFORE THE SUN GOES DOWN

The end of one's life can be tragic or warm and fulfilling. A good end takes knowledge and planning. Learn your options from attorney Bill Simmons. Included will be advance directives, POLSTs, California's End of Life Option Act, other options, and why family conversations are so important.

○280 | Bill Simmons, Attorney
Fri, Sep 13, 2:00 - 4:00 | Free
San Carlos Library

ZENTANGLE CLUB: HEALING ART THRU ZENTANGLE

Experience therapeutic, healing art through Zentangle. No art experience necessary. Any level welcome. During the process you'll relax, focus, and have fun. Janet Masey, Certified Zentangle Teacher, will bring new patterns and new projects. Instructor will supply materials for in-class use. Students have the option to purchase materials for \$5 to take home.

Instructor: Janet L. Masey, Certified Zentangle Teacher

○ **281** | Mon, Sep 16, 1:00 - 2:30
 Fee: \$12
 Grossmont Learning Center

○ **282** | Mon, Oct 7, 1:00 - 2:30
 Fee: \$12
 Grossmont Learning Center

○ **283** | Mon, Nov 4, 1:00 - 2:30
 Fee: \$12
 Grossmont Learning Center

○ **284** | Mon, Dec 2, 1:00 - 2:30
 Fee: \$12
 Grossmont Learning Center

HOW TO WRITE YOUR ADVANCE DIRECTIVES

Advance directives authorize someone to speak for you when you can't speak for yourself. Many people don't have one because they don't care to pay for an attorney to draw one up. This is a DIY class – learn how to prepare and write up your personalized version. If you've not reviewed yours for a few years, this class is a must for you, too!

○ **285** | Bill Simmons, Attorney
 Thu, Sep 19, 10:00 - 11:30 | Fee: \$12
 Grossmont Learning Center



THE KETO DIET LIFESTYLE FOR 50+

Want to press the "RESET" button on your metabolism while you drop weight, reduce inflammation, control blood sugar, and increase mental focus? Come learn how to overcome insulin resistance and even more, with a ketogenic diet regimen. This version is for the "over 50 crowd".

○ **286** | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
 Thu, Sep 19, 1:00 - 3:00 | Fee: \$12
 Grossmont Learning Center



MY CARE, MY CHOICE

Choosing health coverage is often confusing and overwhelming. People who have both Medicare + Medi-Cal have options for their health coverage—more than they might realize. My Care, My Choice helps people make decisions based on the services they want. No need to wait for enrollment periods—people with both Medicare + Medi-Cal can change their coverage throughout the year. The tool is free and easy to use. Join us to learn more.

○ **287** | My Care, My Choice Representative
 Fri, Sep 20, 10:00 - 11:00 | Free
 Grossmont Learning Center



DEBORAH SZEKELY: FOUNDER OF THE GOLDEN DOOR AND RANCHO LA PUERTA

Want an expert's opinion on how to stay young and healthy? Join us for an informative session with Deborah Szekely, co-founder of Rancho La Puerta in Tecate, Mexico, founded in 1970. In 1958 she had founded the Golden Door in Escondido. Deborah has garnered much acclaim domestically and abroad for her decades of philanthropic and public service accomplishments in government and in addressing children's and environmental issues. Please join us to hear golden nuggets of wisdom from this accomplished lady.

○ **288** | Deborah Szekely
 Fri, Sep 20, 10:00 - 11:30 | Free
 Grossmont Learning Center



BOOSTING BONE HEALTH: PREVENT INJURY & SPEED HEALING

Bones are dynamic and continue to rebuild themselves, even as we age. Bone remodeling is supported by a healthy diet and by regular physical activity. This presentation will focus on dietary choices that help calcium stay in our bones and out of our blood vessels to support both bone strength and arterial flexibility. Our food, supplement, and activity choices help protect bone strength and structural flexibility to help prevent injury and speed healing.

○289 | Vicky A. Newman, MS, RDN, Clinical Professor, Voluntary Faculty, UCSD School of Medicine
Thu, Sep 26, 2:00 - 3:30 | Free
College-Rolando Branch Library

COMPREHENSIVE CANNABIS EDUCATION WITH TORREY HOLISTICS

Are you new to medicinal cannabis? There are a multitude of health benefits associated with cannabis; for example, it can be used to treat anxiety and depression, insomnia, pain relief, and more. In this workshop developed by Torrey Holistics in-house specialist Dr. Beth, Ph.D, community outreach specialist Megan Ballow will discuss the history of cannabis, consumption methods, effects, and dosage. Megan will answer questions to steer individuals in the proper direction for their personal inquiries.

Instructor: Megan Ballow, Torrey Holistics Consultant

○290 | Thu, Sep 26, 6:30 - 7:45
Free
Coronado Public Library

○291 | Sat, Nov 9, 2:00 - 3:15
Free
Ocean Beach Branch Library



THE TOP 15 MISCONCEPTIONS IN SKIN CARE

Skin care misconceptions, fallacies, and flat-out wishful thinking are as plentiful as cleansers in a drugstore. Some are long-held beliefs passed down for generations while others are merely persuasive marketing techniques disguised as modern technology. This class will review several different skin care myths in order to sort out fact from fiction. Lisa Langstone is an integrative holistic esthetician who is certified in Oncology esthetics.

○292 | Lisa Langstone, Holistic Esthetician
Mon, Sep 30, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

MINDFULNESS MEDITATIONS WITH MERRY

Mindfulness and mindfulness meditations have found their way into the mainstream public, but have you tried them yourself? It's not too late to start, especially if your life and/or mind are too busy. By attending this class you will learn about mindfulness and its benefits and be guided through various meditations that can support you in changing your relationship to stress. Increase your well-being as you increase your presence, awareness, focus, and concentration. Learn how to slow down and notice the moments in your life.

○293 | Merry Woodruff, MA, Associate Certified Coach, Mindfulness-Based Applications Facilitator
Mon, Sep 30 - Mon, Oct 28, 2:30 - 3:30
Fee: \$40 | 4 Sessions | No Class 10/14
Grossmont Wellness Center



GROWING GRATITUDE FOR YOUR HEALTH

We've all heard the phrase "Count your blessings." But did you know counting your blessings can actually improve your health physically, emotionally, and socially? This series will show you how gratitude can make you healthier and stronger. Experience evidence-based practices and meditations you can incorporate into your life immediately and share with friends and family so they too can grow healthier. Science shows that gratitude works and it's not just for Thanksgiving anymore!

○294 | Merry Woodruff, MA, Associate Certified Coach, Mindfulness-Based Applications Facilitator
Mon, Nov 4 - Mon, Dec 2, 2:30 - 3:30
Fee: \$40 | 4 Sessions | No Class 11/11
Grossmont Wellness Center

NEW!

STEP TO BETTER HEALTH WITH REFLEXOLOGY

Reflexology is a science that deals with the principle that reflexes in the hands and feet correspond to each part of the body. Join Board Certified Reflexologist, Bobbi Warren, as she shares some tips from her 40 years in this field. Learn hand techniques for headaches, stomach aches, back and neck pain, as well as foot pain.

○295 | Bobbi Warren, Certified Reflexologist
Wed, Oct 2, 1:00 - 2:30 | Free
Serra Mesa Branch Library

SHINGLES: A BETTER VACCINE IS HERE

Shingles (herpes zoster) is occurring more often as our population ages. It's uncomfortable but for many it results in pain that can last for years, sometimes results in blindness and is associated with stroke and heart attack. A much more effective vaccine that was released in Dec, 2017 is nearly twice as effective as the previous one. Learn how shingles begins, who is at risk and how we can avoid it.

○296 | Philip J. Goscienski, M.D.
Sat, Oct 5, 10:00 - 11:30 | Free
Coronado Public Library



AVOID THE ANNOYANCES OF AGING

Growing older is inevitable but many of the physical and mental challenges that seniors face are not. More than twenty common ailments ranging from decreased energy to liver spots, irregular sleep to poor memory can be postponed or even avoided completely. Learn how this is possible.

○297 | Philip J. Goscienski, MD
Tue, Oct 8, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

FOOD AND MOOD: THE NUTRITION CONNECTION

What you eat and drink, as well as how much and how often, can have a significant effect on your mood, energy level, mental health, and ability to cope with stress. Imbalances connected to nutrition worsen mood and motivation. Emphasis will be on dietary choices that support normal blood sugar levels and supply the amino acids building blocks for neurotransmitters, as well as the B-vitamins and essential fats required for normal brain function.

○298 | Vicky A. Newman, MS, RDN, Clinical Professor, Voluntary Faculty, UCSD School of Medicine
Wed, Oct 9, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

TOOLS FOR NAVIGATING FUTURE HEALTH CARE

There are many ways to enhance our expertise and ensure competency in our journey as we age. This interactive, hands-on session offers an opportunity to experience helpful tools in identifying your wishes and preferences. Some are "Go Wish" cards, Balance of Life Wheel, values identification, legal and medical documents, legacy work, and ethical wills.

○**299** | Barbara Bailey, MS, RN
Wed, Oct 9, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center

NEW!

FIX YOUR SLUGGISH THYROID: NUTRITIONAL REMEDIES

Tired? Gaining weight without overeating? Suffering hair loss and dry skin? Lost your desire for sex? Have constipation, and feel just BLAH for no reason? It could be your thyroid is low. Learn how targeted diet/supplements nourish, support, and reboot your thyroid gland. Feel like your younger self again!

Instructor: Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.

○**300** | Thu, Oct 10, 10:00 - 12:00
Fee: \$12
St. Paul's Plaza

NEW!

○**301** | Tue, Oct 29, 1:00 - 3:00
Fee: \$12
Grossmont Learning Center

NEW!



HIDDEN CRISES, CREATIVE CURES: ADDRESSING THE HEALTHCARE MELTDOWN

The growing epidemics of obesity and type 2 diabetes threaten the fiscal solvency not only of the healthcare industry but of the nation. Politicians fail to address the root causes and actuaries are oblivious to changing disease patterns.

○**302** | Philip J. Goscienski, MD
Wed, Oct 30, 10:00 - 12:00 | Fee: \$10
Grossmont Learning Center

NEW!

MEN'S HEALTH: IS IT TIME FOR A TUNE UP?

Aging Expert Judi Bonilla will discuss men's sexual health and well-being. Improve your knowledge of sexual wellness with essential tips for intimacy. Learn how to maximize longevity and quality of life with health guidelines specifically for men. Enhance your overall well-being with advice and resources on nutrition and activities. This is an excellent opportunity to learn how to improve your health, so you can enjoy retirement to the fullest.

○**303** | Judi Bonilla,
Aging Expert, Author
Thu, Nov 7, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

REMEMBERING BEFORE THEY FORGET: EARLY STAGE DEMENTIA

Are you caring for someone in the early stage of dementia and wondering how you can help with memory issues? Learn tips and techniques for capturing memories of a loved one whose recall is fading. Bring a favorite photo of your loved one and learn how to evoke memories, build a bond, and leave a lasting legacy.

○**304** | Patricia Benesh, Ed.D,
7memories.com
Tue, Nov 12, 12:30 - 2:00 | Free
University Community Branch

REMEMBERING BEFORE THEY FORGET: LATE-STAGE DEMENTIA

Are you caring for someone in the late-stage of dementia and wondering how you can help with memory issues? Learn a unique way to connect with your loved one using reminiscing and reading. Evoke memories, build a bond, and leave a lasting legacy. Perfect for anyone in the family.

○**305** | Patricia Benesh, Ed.D,
7memories.com

Tue, Nov 19, 12:30 - 2:00 | Free
University Community Branch

THE TRUE MEDITERRANEAN DIET

Your local pizza parlor serves dishes that don't come close to the true Mediterranean diet. Learn why the dwellers of the Mediterranean area are among the world's healthiest and how you can follow their example.

○**306** | Philip J. Goscienski, M.D.
Wed, Nov 13, 1:00 - 2:30 | Free
Point Loma Branch Library

NUTRITIONAL REMEDIES FOR ARTHRITIS

Arthritis is the #1 disability in the country. More than 50 million people suffer from it. The good news is that arthritis can be treated, prevented, and greatly alleviated by curing the cause of your inflammation. Your digestive tract is directly connected to your arthritis, and the pain you feel. Learn exactly what you have to do to remedy it with diet, supplements, and lifestyle changes. Stop the pain and start enjoying life again.

○**307** | Angela R. Vittucci, Integrative
Functional Medicine Nutritionist R.D.N.
Thu, Nov 14, 10:30 - 12:00 | Fee: \$12
St. Paul's Plaza

IMMUNIZATION: THE GOOD, THE BAD, THE FUTURE

Vaccines have been around for centuries and they are responsible for the eradication of several deadly diseases. Immunization is no longer only for children. There are at least two adult vaccines that can save your life. A third can spare you years of pain and perhaps blindness. New developments in vaccines and vaccine strategy will affect us all, from the youngest to the oldest.

○**308** | Philip J. Goscienski, M.D.
Tue, Dec 3, 12:30 - 2:00 | Free
Mission Valley Branch Library

MEDICAL BENEFITS OF CANNABIS WITH TORREY HOLISTICS

Are you new to medicinal cannabis? There are a multitude of health benefits associated with cannabis; for example, it can be used to treat anxiety and depression, insomnia, pain relief, and more. In this workshop developed by Torrey Holistics in-house specialist Dr. Beth, Ph.D, community outreach specialist Megan Ballow will discuss the history of cannabis, consumption methods, effects, and dosage. Post-lecture Q&A will help steer individuals in the proper direction for their personal inquiries.

○**309** | Megan Ballow,
Torrey Holistics Consultant
Thu, Dec 5, 10:00 - 11:15 | Fee: \$10
Grossmont Learning Center

History & Humanities

THE CELTIC CIVILIZATION

During the first millennium before the Common Era, the Celtic Civilization extended across Europe from the British Isles to Turkey. Who were the Celts? What kind of culture did they have? What is their legacy? This lecture will explore those questions and discuss the origin of the Celts, consider their prehistory, history, material culture, languages, and belief systems. The presentation will conclude with a look at the Celtic Peoples of today, many of whom have descendants in America.

○**310** | Henry George, Engineer, Archaeologist and Geologist
Tue, Sep 3, 12:30 - 2:30 | Free
Mission Valley Branch Library

VISITING THE NATURAL WONDERS OF ANTARCTICA

Antarctica is as fantastic as you've heard, has more wildlife than you'd imagine, and is warmer (in summer anyway) than you would expect. This fascinating show will take you photographically to the Antarctic Peninsula, spectacular South Georgia Island, and the Falkland Islands. Enjoy an intimate look at the landscapes and wildlife of the world's least visited, but perhaps most remarkable continent. Based on Dr. Pryde's personal experiences.

○**311** | Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer
Wed, Sep 4, 1:00 - 2:30 | Free
Serra Mesa Branch Library

ART FROM SPAIN AND MEXICO (CURRENT EXHIBITION AT SDMA)

Spain's Golden Age was in the 16th century when its empire stretched from Europe to Africa, to the Caribbean Islands and to North and South America. Today's presentation will go beyond the Baroque paintings of Zurbaron and Murillo to 20th century Modernism in both Spain and Mexico. Featuring the works of Tres Grandes-Rivera, Orozco, Siqueros.

○**312** | Mary Gardner, Docent, San Diego Museum of Art
Wed, Sep 11, 1:00 - 2:00 | Fee: \$10
Grossmont Learning Center

NEW!

Many of our classes
fill up quickly.
Don't be disappointed!

SIGN UP

THE MARINES' LOST SQUADRON

In January 1944, a new Marine fighter squadron was preparing for its role in the largest amphibious and air assault on Japanese forces in the Pacific. Sadly, these eager Marine pilots were confronted by a deadly Pacific typhoon. Now, after three years of careful research into official documents and dozens of interviews, Mark Carlson, author of *The Marines' Lost Squadron*, tells the whole compelling story and reveals one of the last dark secrets of World War II.

○313 | Mark Carlson,
Historian & Author
Thu, Sep 12, 12:30 - 2:30 | Free
University Community Branch

MEXICO'S DESPERATE STRUGGLE FOR INDEPENDENCE

Mexico proudly celebrates September 16, 1810, as its glorious Independence Day. But was it really so glorious? Padre Hidalgo, the heroic leader of the revolt, was beheaded. His chief disciple was beheaded. For the next 35 years the new nation was plunged into utter chaos by a megalomaniac. Then things went from bad to worse. Dr. Frank Newton explores how the grand dream for independence from Spain sadly crumbled and devolved into the Revolution of 1910.

○314 | Frank Newton, Ph.D.
Mon, Sep 16, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



PORTRAITS: GEORGINE TO AVADON

Portraiture memorializes an image of a person for the future. It not only tells us about the person physically, it tells us about the time and world in which he lived. It can be done through sculpture, painting, and photography. It can be realistic or abstract. Our presentation covers the Renaissance to Contemporary-Georgine to Avadon.

○315 | Mary Gardner, Docent,
San Diego Museum of Art
Tue, Sep 17, 1:00 - 2:00 | Fee: \$10
Grossmont Learning Center

CHARLES DARWIN AND THE THEORY OF EVOLUTION

Charles Darwin is one of the most important figures in the history of science. His theory of evolution by natural selection changed the way humanity began viewing itself. Indeed, Darwinian evolution provides the basic framework for the canons of the modern biological sciences. These lectures will examine Darwin's life, ideas, and times. His theory of evolution by natural selection will be presented along with an explanation of why his theory has had, and continues to have, such a controversial impact upon science, religion, and society.

○316 | Bruno Leone, MA, Instructor,
Author & Lecturer
Wed, Sep 18 - Wed, Sep 25, 1:00 - 3:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

**You might be that one person to ensure a class doesn't get cancelled due to low enrollment!
Be sure to register early so you don't miss out.**

SHAKESPEAREAN STAGECRAFT: A SURVEY OF THEATRICAL HISTORY, FIRES, RIOTS AND MORE

Learn how Shakespeare's plays were staged during his lifetime, including during the Essex Rebellion, the burning of the theatre from a stray cannon firing, and more. Hear about some interesting moments in Shakespearean theatre, including major actors of the 17th-20th century, notorious performances, riots, and assassinations. The plays weren't the only thing with high drama.

○317 | Kim Keeline, Ph.D.
Wed, Sep 18, 1:00 - 2:30 | Free
Point Loma Branch Library

GHOSTS ON THE LITTLE BIGHORN

On June 25, 1876, two warring armies engaged in battle in a quiet river valley in Montana. Elements of George A. Custer's 7th Cavalry Regiment and six tribes of the Sioux and Cheyenne nations fought for supremacy and survival. The battle of the Little Bighorn has long become the iconic clash between the red man and the white man. What led to the war? What really happened that fateful day? Now you can learn the truth about Custer's Last Stand.

○318 | Mark Carlson,
Historian & Author
Wed, Sep 25, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center



SOME FUN TONIGHT! THE BACKSTAGE STORY OF THE BEATLES' HISTORIC 1966 TOUR

This lecture will be multi-media based and focus on the Beatles' last tour of America and their final paying concert at San Francisco's Candlestick Park. Come hear how this tour was fraught with controversy and was almost cancelled due to John Lennon's interview with the press on the state of Christianity. Hear about the death threats, the Ku Klux Klan, and the "Firecracker" concert along with the last strains of the last song the Beatles ever performed on stage. Questions and participation are encouraged.

○319 | Chuck Gunderson,
Historian & Author, MA
Thu, Sep 26, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center



MYSTICISM: THE SACRED FIRE AT THE HEART OF RELIGION

In the vast world of religion and spirituality there is a nether region called mysticism. Christianity, Judaism, and Islam each have their mystics. But by claiming an intimate and direct experience of God within, mystics often find themselves at odds with the mainstream of their own tradition. Join us as we tell the stories of these brave and challenging men and women whose love for God burned like a flame illuminating new paths while threatening to burn down the hierarchical institutions that birthed them. Their argument is simple – Jesus, Mohammad and Buddha weren't following anybody; they had their own experiences. And so should we.

○320 | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Sep 27, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

**TALKING BOLLAND:
POST-LECTURE DISCUSSION GROUP**

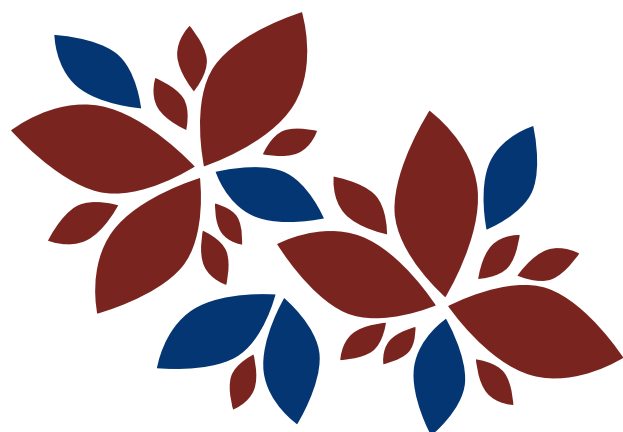
Join our discussion group for Peter Bolland’s talk on *Mysticism – The Sacred Fire at the Heart of Religion*. Continue your experience with your fellow students and explore Peter’s ideas in a facilitated, open environment. *You must be registered for Class 320 in order to attend the post-lecture discussion.*

○**321** | Linda Weber, Facilitator
Fri, Sep 27, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center

**DEMOCRACY: HOW DID IT EMERGE,
AND WHAT HAS HAPPENED TO IT?**

Throughout most of history, a majority of the population had no political rights and no political power. How did the ideas and practice of democracy emerge? We’ll consider medieval parliaments, the English, American, and French Revolutions, and the expansion of voting rights and political freedoms in the 19th and 20th centuries. Under what conditions does democracy thrive? How well is our democracy working today?

○**322** | Christopher Clague,
SDSU, Professor Emeritus,
Univ. of Maryland
Sat, Sep 28, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



INTRODUCTION TO ENERGY MEDICINE

Would you like to know more about how energy medicine, like Reiki, works and what it feels like? Join Dr. Jelusich who has over 30 years experience in the energy medicine field and is founder of his unique form of energy work for this informative and experiential lecture. Often referred to as subtle energy, the practitioner becomes a conduit for healing, allowing that energy to flow through, not from, them.

○**323** | Richard Jelusich, Ph.D.,
Spiritual Counselor, Author & Professor
Mon, Sep 30, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



**WOMEN’S SUFFRAGE: A LOOK BACK
ON THE 19TH AMENDMENT**

In August 1920, the U.S. passed the 19th amendment to the Constitution: “The right to vote shall not be denied or abridged on account of sex.” While this was not the first time women were granted the right to vote nor did it bring the right to vote to all women, the 19th amendment was an historically important step in the crusade for equal rights.

○**324** | Kim Keeline, Ph.D.
Tue, Oct 1, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center



**CELTIC TALES:
LOVE, WAR, AND MUCH MORE**

Join Marilyn McPhie, award-winning storyteller extraordinaire, in a program featuring tales from Celtic lands. Hear about a lonely Scotsman who finds true love in an unexpected way, an Irishwoman with the gift of gab, a legendary king in danger of losing his head, an extraordinary battle of wits and wills, and more. You’ll laugh, you’ll sigh. Most importantly, you will enjoy this special brand of storytelling magic!

○**325** | Marilyn McPhie, Master Storyteller
Wed, Oct 2, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

ARCHAEOLOGY AND CULTURE OF CUBA

During the recent softening of US/Cuba relations, archaeologists are learning more of their archaeology. The eastern part of the island has examples of pre-Columbian archaeology up to their Neolithic age. The western end of the island around Havana has excellent examples of historical archaeology from the early Hispanic architecture and from sites where slaves escaped and lived as hunter gatherers.

○**326** | Henry George, Engineer,
Archaeologist and Geologist
Thu, Oct 3, 11:00 - 1:00 | Free
Coronado Public Library

**RUSSIA, UKRAINE, AND CRIMEA:
WHY THE CONFLICT?**

What is the reason for the current territorial disputes between Russia and Ukraine? Who has the most convincing claim to the eastern Ukraine and the Crimean Peninsula? Could similar territorial disputes arise elsewhere within the former Soviet Union? Have they already?

○**327** | Philip R. Pryde, Ph.D.
Thu, Oct 3, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

**HOW MINORITIES HAVE BEEN
HANDLED IN THE USSR AND RUSSIA**

In this follow-up lecture to class 327, we will examine in more detail the treatment of minorities in the USSR and the contemporary Russian Federation, including territorial expansion during the Soviet period. It is not necessary to attend the morning lecture to join in this follow-up session. Dr. Philip Pryde, Professor Emeritus at SDSU, taught courses on the USSR for 32 years and has written three books on the subject.

○**328** | Philip R. Pryde, Ph.D.
Thu, Oct 3, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

**SPECTRES AND SPECIAL EFFECTS OF
DISNEYLAND'S HAUNTED MANSION**

With great anticipation, the Haunted Mansion opened in Disneyland on August 9, 1969. The Mansion itself had been seen on the shores of the Rivers of America for at least six years before it opened its moldering hallways to guests. When it opened, it was a culmination of the artistry and technology that only the Disney company could achieve at the time. Join us to learn about this attraction's fascinating construction, opening and enduring legacy.

○**329** | James Keeline,
Historian & Author
Mon, Oct 7, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

EXPLORING DÍA DE LOS MUERTOS

Día de Los Muertos (Day of the Dead), the traditional Mexican holiday, celebrates friends and family members who have passed away and is recognized and observed internationally. This talk explores the many traditions associated with Día de Los Muertos, including the creation of altars, the making of special food and the costumes and creative customs. Despite the skulls, it's not scary!

Instructor: Julia Fister, MFA

○**330**
Tue, Oct 8, 12:30 - 2:00 | Free
Mission Valley Branch Library

○**331**
Wed, Oct 16, 1:00 - 2:30 | Free
Point Loma Branch Library

○**332**
Fri, Oct 25, 10:00 - 11:30 | Free
Santee Branch Library

AMERICA'S RELIGIOUS REFORMS

In the early 1700s, religious America was largely just Puritan or Anglican. Then in the 1800s, an explosion of religious energy spawned an incredible array of religious faiths and utopian experiments. Dr. Frank Newton describes how America's religious landscape blew wide open in the new nation's first one hundred years – 1776 to 1876.

○**333** | Frank Newton, Ph.D.
Wed, Oct 9, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

THE WISDOM OF JESUS

For two millennia our understanding of Jesus has been shaped and controlled by a complex, diverse, and patriarchal religious establishment called Christianity. What if Jesus was not the founder of Christianity but rather its unwilling figurehead? What if the traditional view of Jesus is based on a misunderstanding? Taking a fresh, courageous, and unorthodox look at the teachings of Jesus reveals a startling portrait of a radical spiritual teacher who dared to not only question the prevailing religious, philosophical, and political structures of his time, but through the brilliant use of metaphors and parables drew his audience into an unmediated experience of the divine, a spirituality unmoored from institutionalized religion and its man-made doctrines.

○**334** | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Oct 11, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

**TALKING BOLLAND:
POST-LECTURE DISCUSSION GROUP**

Join our discussion group for Peter Bolland's talk on *The Wisdom of Jesus*. Continue your experience with fellow students and explore Peter's ideas in a facilitated, open environment. *You must be registered for Class 343 in order to attend the post-lecture discussion.*

○**335** | Marvin Sloben, Facilitator
Fri, Oct 11, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center

**ETHICS: THEORY AND PRACTICE
IN MODERN TIMES**

An overview of ethical systems and how they affect individuals, families, and societies. The course will also discuss how traditional values and morals have changed throughout history.

○**336** | Gregory J. Buckles, MA,
Professor of Philosophy
Fri, Oct 11, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center

NEW!

**VERMEER:
GIRL WITH A PEARL EARRING**

Recognized for his masterful treatment of paint and use of light and shadow, Johannes Vermeer was one of the great painters of the Dutch Golden Age. Though he mostly painted domestic interior scenes, the simplicity of his subject matter only magnified the beauty of his technique. This lecture will examine one of his most renowned works, *Girl with a Pearl Earring*, in addition to the other 33 works universally attributed to him today.

○**337** | Julia Fister, MFA
Thu, Oct 17, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center

PAST LIVES, KARMA, AND REINCARNATION

We are the accumulation of many lifetimes of experiences. In this workshop, Dr. Richard Jelusich will discuss how past lives and karma empower us. Remembering your past lives offers you keys to understanding who you are now and ways to release karma to move in harmony with your life's current purpose. You may be very pleased to hear that sometimes just remembering and fully acknowledging the karma of a past life can be enough to release it.

○338 | Richard Jelusich, Ph.D.,
Spiritual Counselor, Author & Professor
Fri, Oct 18, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

MEET MICAH, THE JEWISH OLIVE GROWER WHO KNEW JESUS

The class will look at the Jewish scene in the early 1st century to give a context to how Jewish folks like the fictional olive grower could know of Jesus and not believe he was the Messiah. We will learn about Jewish messianic expectations in the 1st century and the dynamic between Jews who believed in Jesus and those who did not. The class is based on Rabbi Michael Mayersohn's recent book, *I Was There: The Jewish Olive Grower Who Knew Jesus*.

○339 | Rabbi Michael Mayersohn
Tue, Oct 22 - Tue, Oct 29, 10:00 - 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

NEW!

MINDFULNESS PRACTICE: AIMLESSNESS - WE ALREADY ARE ALL WE WANT TO BECOME

Break free of the illusion that what we want is to be found at another place or time. Realize that what we want is here and now, and what is most important is that we wake up to it in the present moment. In the words of 9th century Zen Master, Lin Chi, "Nothing to Do, Nowhere to Go" (We're Already Here, Now). We will practice together to make this experience real for ourselves.

○340 | Keith Mesecher, MA, Social
Ecology, Ordained in Zen Buddhist Tradition
of Zen Master Thich Nhat Hanh
Wed, Oct 23, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center

NEW!

THE JOY OF NAMES

Almost everyone on earth has a name. Based on his new book, *The Joy of Names*, Union-Tribune language columnist and best-selling language author Richard Lederer reveals all you need to know about first names, baby names, last names, nicknames, cruel and unusual names, movie stars' names, presidents' names, eponymous names, names from myths, authors' pseudonyms, and other fascinating facts about names.

○341 | Richard Lederer,
Union-Tribune Language Columnist
Wed, Oct 23, 6:00 - 7:30 | Free
University Community Branch



Just a reminder to register!
If by chance a class is cancelled or rescheduled,
the only way we can notify you is if you have registered.

PICTURESQUE SAN DIEGO: IMAGES AND STORIES FROM THE PAST

Picturesque San Diego (1887), was written by Douglas Gunn, an editor for the San Diego Union who also served as mayor of San Diego. The book is lavishly illustrated with photos of places throughout San Diego County. Local historian Vincent Rossi will show many of these photos in a PowerPoint presentation while also relating anecdotes describing San Diego County at a time when the livestock population far outnumbered the human population.

○342 | Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Thu, Oct 24, 10:30 - 12:00 | Fee: \$12
St. Paul's Plaza

TRUE CRIME: HARRY THAW, STANFORD WHITE AND THE GIRL ON THE RED VELVET SWING

In 1906, famed architect Stanford White was shot and killed by the mentally unstable millionaire Harry Kendall Thaw, who had become obsessed about White's previous relationship with Thaw's wife, actress Evelyn Nesbit. "The Trial of the Century" became a thriller with adultery, drugs, jail breaks, and the first mental insanity plea (or "brainstorm"). Learn how Thaw eventually was acquitted despite having killed White in front of hundreds of witnesses.

○343 | Kim Keeline, Ph.D.
Thu, Oct 24, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

THE POWER OF PAGANISM

As Christianity began its heady ascent in the third and fourth centuries, largely in urban centers like Rome, the term "pagan," a pejorative term meaning "rube" or "country bumpkin," was levied against rural people who clung tenaciously to their pre-Christian polytheistic nature-religions. Today pagans and neo-pagans the world over claim the term with pride and celebrate their diverse and ancient worldview. Join philosophy and comparative religion professor Peter Bolland alongside paganism expert and practitioner Spencer Vogel as they discuss the variety of paganism's ancient roots and the power of its contemporary expressions. This session includes audience Q&A.

○344 | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Oct 25, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

NEW!

TALKING BOLLAND: POST-LECTURE DISCUSSION GROUP

Join our discussion group for Peter Bolland's talk on *The Power of Paganism*. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment. *You must be registered for Class 344 in order to attend the post-lecture discussion.*

○345 | Linda Weber, Facilitator
Fri, Oct 25, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center



SAN DIEGO PARANORMAL RESEARCH SOCIETY

Are you interested in ghosts and haunted locations? Nicole Strickland, one of San Diego's most well-respected paranormal researchers, will discuss how she got started in the field of paranormal investigation and the formation of the San Diego Paranormal Research Society (SDPRS). Topics discussed will include approaches, methodologies, equipment utilized, and working with private residences, businesses and historical locations. Nicole will also share compelling data captured (audio, photography, videography) from several SDPRS investigations at San Diego historic locales.

○**346** | Nicole Strickland, Paranormal Researcher, Author, Public Speaker
Mon, Oct 28, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

DWIGHT EISENHOWER: SOLDIER, STATESMAN, PATRIOT

Raised in the small town of Abilene, Kansas, Dwight Eisenhower grew from humble beginnings to lead the allied victory over Germany and serve two successful terms as President of the United States. As Allied Commander, he made the momentous decision to launch the D-Day assault. As President, though not without mistakes and controversy, he presided over eight years of peace and prosperity. Blaine Davies explores the life of this remarkable man that played such a key role in destroying Nazi tyranny and leading the free world through some of the most perilous years of the Cold War.

○**347** | Blaine Davies, MA, Professor of U.S. History
Wed, Oct 30, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

I CAN RELATE: HOW WE INTUITIVELY CHOOSE THE PEOPLE IN OUR LIVES

Based on Dr. Jelusich's 2nd book, *I Can Relate*, join us for a fascinating lecture about how our intuitive abilities are not only "on," but create relationships on a higher level long before we meet. *I Can Relate* is the follow-on book to *Eye of the Lotus: Psychology of the Chakras*, about how dominant chakras affect the way we perceive and react to our life experiences, and how each chakra affects the mental, emotional, spiritual, and physical aspects of our lives. It contains twenty-seven case histories, definitions of the chakras, a self-test for your dominant chakras, and more.

○**348** | Richard Jelusich, Ph.D., Spiritual Counselor, Author & Professor
Fri, Nov 1, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center

NEW!

THE POWERS OF THE PRESIDENCY

This course will discuss the formal and informal powers of the office of the U.S. presidency. Further, we will consider whether presidential power has expanded, as well as explore the potential implications of tools such as: executive orders, executive privilege, executive agreements, signing statements, the veto, appointment powers, and going public.

○**349** | Nicholas Boushee, Ph.D., Assistant Professor of Political Science
Sat, Nov 2, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



MINDFULNESS, SCIENCE & COSMOLOGY

Mindfulness is now widely recognized, accepted, and applied in many sectors of our society. It has roots going back at least 2,600 years when it was formalized by the Buddha. Over the centuries, it has been refined and adapted to the times. Modern science has discovered a lot about the human brain and about the nature of our universe and evolution that is relevant and useful. We will explore and apply these as we practice together.

○**350** | Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh
 Tue, Nov 5, 1:00 - 3:00 | Fee: \$12
 Grossmont Learning Center



JOAN MIRÓ

Learn about Spanish (Catalan) artist Joan Miró (1893 -1983) who combined abstract art with Surrealist fantasy to create his paintings, ceramics, murals, tapestries, and sculptures. His work is characterized by persistent experimentation, abstraction, and imagination. While Miró’s journey began with representational painting, he ultimately was known for an idiosyncratic style of Surrealism.

○**351** | Aniko Makranczy, MFA
 Wed, Nov 6, 10:00 - 12:00 | Fee: \$12
 Grossmont Learning Center



HOW DISNEYLAND IMAGINEERS BROUGHT ANIMALS & PEOPLE TO LIFE

The most popular attractions at Disneyland and the other theme parks are greatly enhanced by the robotic animals and people who help to convey the story as guests pass. The Haunted Mansion, Pirates of the Caribbean, and Walt Disney’s Enchanted Tiki Room are some examples that use the technology called Audio-Animatronics. The concept began earlier than many suppose and this presentation focuses on the evolution through the first fifteen years of Disneyland (1955-1970).

○**352** | James Keeline, Historian & Author
 Wed, Nov 6, 1:00 - 2:30 | Free
 Serra Mesa Branch Library

PROTECTING THE AGING BRAIN

Research finds that 20% of persons who develop brain disease (e.g. Alzheimer’s) show a delayed progression of cognitive deterioration. How do those people remain resilient? Experts believe this is due to one’s “brain reserve” and/or “cognitive reserve.” Research has shown that aspects of life experience, such as educational or occupational attainment, can impart reserve against brain pathology, allowing some people to maintain function longer than others. We will look at the factors underlying the development of “cognitive reserve” and suggest six ways in which this reserve may be achieved.

○**353** | Larry Solomon, Ph.D.
 Wed, Nov 6, 1:00 - 2:30 | Fee: \$12
 Grossmont Learning Center



Are you in a group or organization that would like to learn more about Oasis? See Page 32 for details.

NEVER TRUST ANYONE UNDER 40!

The rallying cry of baby boomers in the 1960s was “Never trust anyone over 30!” Have the tables turned? Is it the Millennial Generation (23 to 38-year-olds) that boomers must now worry about as the pressure builds for young adults to reallocate resources away from the elderly? What are Millennials like and how different are they from prior generations? (Hint: VERY). What may occur as the next generation, already larger than the baby boom cohort (born 1946-1964), assumes economic and political command of our nation.

○**354** | Denny Braun, Ph.D.,
Professor Emeritus of Sociology
Thu, Nov 7 - Thu, Nov 14, 1:00 - 3:00
Fee: \$24 | 2 Sessions
Grossmont Learning Center

**U.S. HISTORICAL NOVELS:
A GREAT HISTORY LESSON**

What can we learn about history from historical novels? Blaine Davies describes U.S. historical novels and explains how they help us better experience the dramatic events that shaped our nation firsthand. History is a lot more interesting when you explore it from a “present” perspective when the people that were there didn’t know the outcome. Professor Davies describes a wide range of U.S. historical novels dealing with almost every aspect of U.S. history and discusses how a well-written novel makes history come alive.

○**355** | Blaine Davies, MA,
Professor of U.S. History
Thu, Nov 7, 2:00 - 3:30 | Free
College-Rolando Branch Library

THE WISDOM OF THE UPANISHADS

The Upanishads are a collection of Indian wisdom texts from around 800-200 B.C.E. Expanding on the themes of the earlier Vedas, the Upanishads make a startling claim – that there is only one reality, and it is all sacred. Join us as we explore this challenging and potentially liberating notion, drawing wisdom from passages of the Upanishads, contemporary teachers of Vedanta, and our own lived experience. Regarded by many as the mother-womb of world spirituality, Vedanta philosophy offers bracing possibilities for both healing the woundedness of the world, and the woundedness within all of us.

○**356** | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Nov 8, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

**TALKING BOLLAND:
POST-LECTURE DISCUSSION GROUP**

Join our discussion group for Peter Bolland’s talk on *The Wisdom of the Upanishads*. Continue your experience with your fellow students and explore Peter’s ideas in a facilitated, open environment. *You must be registered for Class 356 in order to attend the post-lecture discussion.*

○**357** | Marvin Sloben, Facilitator
Fri, Nov 8, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center

1859: A YEAR OF NO IMPORTANCE

1860, as we all know, was the BIG year. Abraham Lincoln was elected, South Carolina seceded, and generally everything went to heck. 1859? Obviously the calm before the storm. A year in which not much of anything happened. Really? Surprise! Many things happened in 1859 - things you've heard about and things you haven't - but things that shaped the Civil War itself and things that still affect us still today.

○**358** | Bill Plachy, Writer and Lecturer
 Fri, Nov 8, 1:00 - 2:30 | Fee: \$12
 Grossmont Learning Center

NEW!

LOGIC AND CRITICAL THINKING, UNDERSTANDING HUMAN THOUGHT

This class will discuss how basic logic is so essential to the human thinking process and the significance of logical discourse in science and politics, as well as in daily living and work experiences.

○**359** | Gregory J. Buckles, MA,
 Professor of Philosophy
 Fri, Nov 8, 1:00 - 3:00 | Fee: \$12
 Grossmont Learning Center

NEW!

MAJOR WINE REGIONS OF CALIFORNIA

How is it that Napa Valley produces excellent Cabernet Sauvignon but lacks Pinot Noir of great heritage? Mendocino grows wonderful white grape varieties but cannot produce world-famous red wines. Sonoma produces outstanding Zinfandel but wine judges look the other way at their Cabernet Sauvignon. This class will familiarize you with the six major California grape-growing regions to aid you in making the best choices when purchasing wines.

○**360** | Eric Awes,
 Wine Industry Consultant
 Fri, Nov 15, 2:00 - 3:30 | Free
 Benjamin Branch Library

**FORGOTTEN TRAGEDY:
THE SULTANA DISASTER OF 1865**

On April 27, 1865 the paddle wheeler Sultana was chartered by Union officials to carry released POWs back to the north. The boat, already fighting a flood, was loaded with two thousand Union soldiers, each desperate to see home after a brutal civil war and imprisonment. Just after midnight the boilers exploded and the Sultana was torn apart. Many died, and to this day, it remains the worst maritime disaster in American history. In this lecture, you'll hear the history of this tragic event and discover what happened to the Sultana.

○**361** | Mark Carlson,
 Historian & Author
 Tue, Nov 12, 12:30 - 2:30 | Free
 Mission Valley Branch Library

MONET AT GIVERNY

Claude Monet was the founder of French Impressionism and spent his career documenting the French countryside to capture the light and the passing of seasons. We will look at his time at his home and property in Giverny where he created some of his best-known works.

○**362** | Julia Fister, MFA
 Wed, Nov 13, 1:00 - 3:00 | Fee: \$12
 Grossmont Learning Center

MORE LIVESTOCK THAN PEOPLE

There was a time when the livestock population far outnumbered the humans in San Diego County. Vincent Rossi has the numbers to prove it with stories and slides from his research into San Diego County's agricultural history and the role agriculture still plays in our lives.

○**363** | Vincent Rossi, Historian &
 Author, Co-Owner Story Seekers
 Sat, Nov 16, 1:00 - 2:30 | Free
 Santee Branch Library



RISE OF HUMANITY

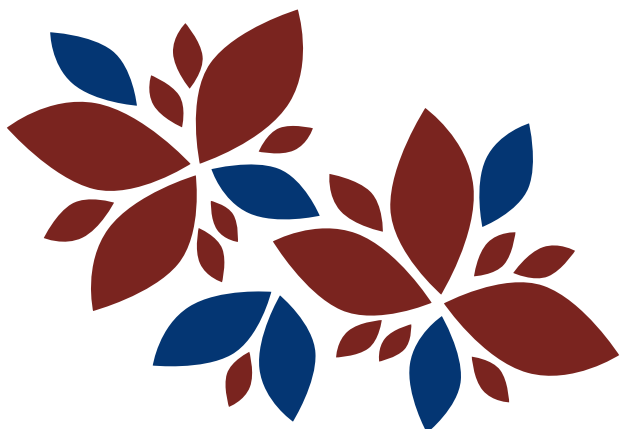
From the first stone tools found in Africa to the emergence of modern humans, the first early human cultures faced competition with each other, severe climate changes, and an extinction-level supervolcanic eruption. This interactive lecture covers the emergence of different human groups, the societies they formed, and how humanity progressed from learning to control fire to building complex civilizations. Recent archaeological discoveries provide exciting new evidence in the ongoing story of human development.

○**364** | **Lola Sparrowhawk**,
 Int'l Award-Winning Author
 Mon, Nov 18, 10:00 - 11:30 | Fee: \$12
 Grossmont Learning Center 

BELIEVING IN GOD: STARTING IN THE BIBLE, CONTINUING TODAY

An exploration of ways to think about and believe in God, starting with the Bible and continuing to modern times. The class will explore faith and hold it to the demands of critical thinking.

○**365** | **Rabbi Michael Mayersohn**
 Tue, Nov 19 - Tue, Nov 26, 10:00 - 12:00
 Fee: \$30 | 2 Sessions
 Grossmont Learning Center 



ANDREW JACKSON, AMERICA'S ORIGINAL POPULIST PRESIDENT

Andrew Jackson, hero of the Battle of New Orleans and co-founder of the Democratic Party, served as our seventh President. As the first populist president, he was considered the "People's President." He fought Indians, barely survived a duel, opposed the National Bank, defied the Supreme Court and supported the Indian Removal Act. Blaine Davies explores the fascinating life of our first Populist President, including some interesting comparisons between Jackson and Donald Trump, who proudly displays a portrait of Andrew Jackson in the Oval Office.

○**366** | **Blaine Davies, MA**,
 Professor of U.S. History
 Wed, Nov 20, 1:00 - 2:30 | Fee: \$12
 Grossmont Learning Center

LETTERS FROM RUBBISH ALLEY: 1619, THE YEAR BEFORE THE MAYFLOWER

1619. Four hundred years ago and a significant time. The Pilgrims - who were to come to the New World a year later - were in Leiden, Holland. Many of them lived in an area known as Rubbish Alley. They were simultaneously looking back at their lives in England and looking forward to a long voyage, a new beginning, and an unknown world. Join storyteller Marilyn McPhie the week before Thanksgiving to take a look at the Pilgrims. What letters would they have written from their homes in Holland? What were they thinking? What would they wish us to know? And what stories would they tell each other as they sat of an evening around the fire?

○**367** | **Marilyn McPhie**,
 Master Storyteller
 Thu, Nov 21, 1:00 - 2:30 | Fee: \$12
 Grossmont Learning Center 

THANKSGIVING AND THE CONSCIOUSNESS OF GRATITUDE

The Thanksgiving holiday is an ideal time to reflect on the meaning and power of gratitude. Thanksgiving gives us a communal opportunity to consciously shift out of our normal worried mind to an awareness that we have everything we need. Developing the consciousness of gratitude opens the door to the cultivation of all virtues – compassion, kindness, courage, serenity, and satisfaction. Is gratitude an endpoint, a state only realized after I get everything I want, or is it a decision? Join us as we explore this and other questions surrounding the transformative power of the consciousness of gratitude.

○**368** | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Nov 22, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

TALKING BOLLAND: POST-LECTURE DISCUSSION GROUP

Join our discussion group for Peter Bolland's talk on *Thanksgiving and the Consciousness of Gratitude*. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment. *You must be registered for Class 368 in order to attend the post-lecture discussion.*

○**369** | Linda Weber, Facilitator
Fri, Nov 22, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center

CHERNOBYL

The four nuclear reactors at Chernobyl in the Ukraine were the pride of communist science. Unlike the dangerous reactors used in the west, Soviet RBMK graphite reactors were powerful, but safe and stable. Until, that is, April 25, 1986, when through a combination of factors an explosion caused radiation to spread across Europe and polluted miles of Ukraine. This was one of the milestones that led to the death of the Soviet Union three years later. How did it happen and are the reactors still running?

○**370** | Bill Plachy, Writer and Lecturer
Fri, Nov 22, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center



THE FIRST TWELVE CHRISTMAS CELEBRATIONS AT DISNEYLAND

Even when Disneyland was less than a year old and celebrating its first Christmas, traditions were established that continue to today. See how the decor and celebrations evolved in the park's first dozen holiday seasons.

○**371** | James Keeline,
Historian & Author
Mon, Dec 2, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



FLIGHTS TO OBLIVION, FLIGHTS TO FAME: THE NEW YORK TO PARIS RACE

The vast Atlantic Ocean, long a barrier to the emerging technology of flight, was challenged by a few brave men and women in the years following the First World War. Learn the hidden and fascinating stories of the pilots and pioneers who risked, and in many cases, lost their lives to reach across the trackless sea for a \$25,000 prize and worldwide fame. Only one man, Charles Lindbergh, actually did it.

○**372** | Mark Carlson,
Historian & Author
Tue, Dec 3, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center

HOME FRONT SAN DIEGO IN WORLD WAR II

The City of San Diego was profoundly changed by World War II. The population nearly doubled between 1940 and 1943. During that period, 1,500 people per week were moving into San Diego and entire new neighborhoods grew up. Balboa Park rapidly transformed into a navy training base and San Diego became a hub for military activity in the Pacific. Includes a slide show with newspaper headlines, photos and newsreel footage from the period.

○**373** | Vincent Rossi,
Author & Historian
Tue, Dec 3, 1:00 - 2:30 | Free
University Community Branch

CHARLES BURCHFIELD

Charles Burchfield (1893 - 1967) was an American watercolor painter and visionary artist, known for his passionate and often fantastic depictions of nature. Landscapes, weather, and towns were his main inspiration. His work expresses the energy, mood, and emotions of these scenes and environments. We will explore his painting, sketches, and wallpaper designs.

○**374** | Aniko Makranczy, MFA
Wed, Dec 4, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center

NEW!

MAJOR WINE REGIONS OF CALIFORNIA

How is it that Napa Valley produces excellent Cabernet Sauvignon but lacks Pinot Noir of great heritage? Mendocino grows wonderful white grape varieties but cannot produce world-famous red wines. Sonoma produces outstanding Zinfandel but wine judges look the other way at their Cabernet Sauvignon. This class will familiarize you with the six major California grape-growing regions to aid you in making the best choices when purchasing wines.

○**375** | Eric Awes,
Wine Industry Consultant
Wed, Dec 4, 1:00 - 2:30 | Free
Point Loma Branch Library

THE CRUSADES

The Crusades were supposed to be a pious effort to recapture the Holy Land from the Saracens (i.e., Muslims). Our picture of them has noble armor-clad knights on giant chargers with bright red crosses on their shields and surcoats, slashing their way to Jerusalem. Muslims found the crusaders to be a smelly, bigoted, blood-thirsty rabble, hungry to steal their land, but offered poor resistance to the 'Franks' because of their many factions. Eventually, the Muslims unified and drove the Christians out, leaving such a tainted memory that the term 'Crusader' is a rallying cry for Muslims to this day.

○**376** | Bill Plachy, Writer and Lecturer
Wed, Dec 4, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

Give the Gift of Learning!
Gift certificates are
available in any
denomination.

AN AFTERNOON OF LANGUAGE AND LAUGHTER

Union-Tribune language columnist Richard Lederer, author of *Anguished English*, will take you on a joyride through the glories and oddities of our marvelous English language, in which you drive in a parkway and park in a driveway and your nose can run and your feet can smell.

○**377** | Richard Lederer,
Union-Tribune Language Columnist
Thu, Dec 5, 2:00 - 3:30 | Free
College-Rolando Branch Library

WHAT IS ENLIGHTENMENT?

At the heart of many of the world's wisdom traditions lies the idea of enlightenment. Is it a state of consciousness? Is it a religious experience? Perhaps an ordinary shift? What does the enlightened person know or is enlightenment beyond the ordinary dichotomy of knowledge and ignorance? Does enlightenment mean having all the answers? Join us as we comb the scriptures and practices of Hinduism and Buddhism for answers.

○**378** | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Dec 6, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center



TALKING BOLLAND: POST-LECTURE DISCUSSION GROUP

Join our discussion group for Peter Bolland's talk on *What is Enlightenment?* Continue your experience with fellow students and explore Peter's ideas in a facilitated, open environment. *You must be registered for Class 378 in order to attend the post-lecture discussion.*

○**379** | Marvin Sloben, Facilitator
Fri, Dec 6, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center

WHAT IS GOD?

The most common understanding of the word "God" is that it refers to a person-like supernatural being that exists somewhere "out there." But this isn't the only possible meaning. We'll examine various conceptions of God, explore arguments for and against the existence of God, and evaluate the impact of science on the question of God.

○**380** | Matthew Wion, Ph.D.
Fri, Dec 6, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

MORAL DILEMMAS:

A PHILOSOPHICAL UNDERSTANDING

What does it mean to be a good person? Is it about following the moral rules, bringing about the best outcomes, or just having a good character? Come and examine several moral dilemmas and problems as we attempt to understand the question: "What is morality all about?"

○**381** | Matthew Wion, Ph.D.
Sat, Dec 7, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



WOMEN IN HISTORY PROJECT PERFORMANCE

The La Mesa-El Cajon branch of the American Association of University Women (AAUW) will present a live dramatization that features heroic women in history. You'll hear all about their accomplishments and the hardships they endured to achieve those accomplishments. Multiple heroic women will be featured in this informative, entertaining performance.

○**382** | Carol Perkins, AAUW Women
in History Project Coordinator
Mon, Dec 9, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

THE TRUE MEANINGS OF CHRISTMAS

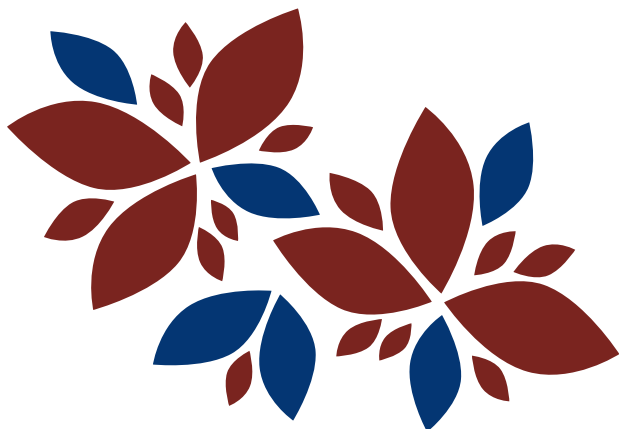
Richard Lederer, language columnist for the Union-Tribune, will share a program of humor and information about Christmas. You'll learn the origins of holiday words such as Christmas, Santa Claus, and poinsettia. Dr. Lederer's syndicated column, "Lederer on Language," appears in newspapers and magazines throughout the United States, including the San Diego Union-Tribune. He has been named International Punster of the Year and Toastmasters International's Golden Gavel winner.

○**383** | Richard Lederer,
Union-Tribune Language Columnist
Wed, Dec 11, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

THE HISTORICAL FIRST CHANUKAH

Ancient documents and archaeological sites reveal the story of one of history's major wars between a military superpower, the Syrian-Greeks, and a Jewish militia in the Judean Hills. Using guerilla warfare and asymmetrical tactics, the band of Jewish patriots won. After the victory in 162 BCE, the holiday that followed, still celebrated today, is named Chanukah.

○**384** | Lola Sparrowhawk,
Int'l Award-Winning Author
Thu, Dec 12, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



THE LIFE AND TIMES OF NICOLA MACHIAVELLI

Nicola Machiavelli (1470-1527) is one of history's most intriguing and enigmatic figures. A Florentine diplomat, Machiavelli viewed humanity with the pragmatism of a statesman, the passion of a philosopher, and the detachment of a bystander. Though he has been lionized by a few, Machiavelli's political principles have been greatly scorned by most. This presentation will examine the Machiavelli's fascinating ideas and explain why and how both the man and his views were the product of the turbulent times in which he lived.

○**385** | Bruno Leone, MA, Instructor,
Author & Lecturer
Thu, Dec 12, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center



THE MYTHOLOGY OF CHRISTMAS

Christians all around the world celebrate the birth of Christ in myriad ways. Here in the United States Christmas has snowballed into something so massive, so powerful, that its gravitational pull draws together elements from disparate cultures and traditions all over the world. Christians celebrate the birth of a 1st century Israeli Jew with Roman rituals, Germanic symbols, Norse mythology, Dutch folk tales, British customs, American pop culture and, by now, just about everything but the kitchen sink. Join us as we explore the many tendrils and roots of this beautiful holiday and tease out the underlying mythological significance and spiritual meaning of these familiar images, icons, and songs.

○**386** | Peter Bolland, MA,
Professor of Philosophy and Humanities at
Southwestern College
Fri, Dec 13, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

**TALKING BOLLAND:
POST-LECTURE DISCUSSION GROUP**

Join our discussion group for Peter Bolland's talk on *The Mythology of Christmas*. Continue your experience with fellow students and explore Peter's ideas in a facilitated, open environment. *You must be registered for Class 386 in order to attend the post-lecture discussion.*

○**387** | Marvin Sloben, Facilitator
Fri, Dec 13, 12:30 - 1:30 | Fee: \$5
Grossmont Learning Center

**INTRODUCTION TO PHILOSOPHY:
SEEKING WISDOM AND TRUTH**

This class will present a basic survey of the history of Western Philosophy – from the Pre-Socratics to the modern era. Various philosophers will be discussed, as well as their opinions on wisdom and truth.

○**388** | Gregory J. Buckles, MA,
Professor of Philosophy
Fri, Dec 13, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center



**PERSONAL IDENTITY:
IS THERE A REAL YOU?**

We tend to believe that we remain the same person throughout our lives and that there is a permanent and real self at the core of each and every one of us. But is this really true? Some thinkers, both ancient and contemporary, have claimed that, far from being the same person over time, there is no real "you."

○**389** | Matthew Wion, Ph.D.
Fri, Dec 13, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

**FATHER CHRISTMAS, SANTA,
ST. NICHOLAS, AND OTHER
TRADITIONS: A HISTORY**

We'll look at the many stories surrounding the figure of Santa and the other men who might be him, from ancient tradition to the Coca-Cola ads. Along the way you might meet Krampus, Black Peter, and other figures that belong to Christmas traditions. It will be a merry history lesson for the winter season.

○**390** | Kim Keeline, Ph.D.
Mon, Dec 16, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



**RARE, RAVISHING, AND REMARKABLE
BIRDS OF THE WORLD**

This is a feel good presentation purely for your enjoyment. It will show, in their finest plumage, dozens of the most remarkable birds to be found on our infinitely diverse planet. Bird species from all seven continents will be presented, and any unusual attributes they have will be noted. Pick your favorite. Treat yourself to an hour of color and unconventionality, and leave feeling good knowing you share the planet with these special, spectacular species.

○**391** | Philip R. Pryde, Ph.D.,
Professor Emeritus SDSU, Author, Lecturer
Wed, Dec 18, 1:00 - 2:30 | Free
Point Loma Branch Library

Have you
Opted-In?
Don't miss out on our
weekly email communications.
Visit the website for details.





Language

ASL: SIGN LANGUAGE FOR DAILY ACTIVITIES

In this series you will learn the signs needed for simple daily communication and activities.

○**395** | John L. Walker, Ph.D.
Wed, Sep 18 - Wed, Oct 2, 1:00 - 2:30
Fee: \$36 | 3 Sessions
Grossmont Learning Center

BEGINNING FRENCH

This class is a great start for picking up practical words, phrases, and general information for nearly all situations. Come as a beginner or to improve your expertise in the language. Textbook: *French Made Simple* by Pamela Rose Haze. Students are responsible for purchasing the book.

Instructor: Danielle Deaton

○**396**
Mon, Sep 9 - Mon, Oct 21, 10:30 - 11:45
Fee: \$72 | 6 Sessions | No Class 10/14
Grossmont Learning Center

BEGINNING FRENCH (CONT.)

○**397**
Mon, Oct 28 - Mon, Dec 16, 10:30 - 11:45
Fee: \$84 | 7 Sessions | No Class 11/11
Grossmont Learning Center

INTERMEDIATE FRENCH

For the Intermediate to advanced French student with emphasis on correct pronunciation. A basic knowledge of French helpful. Textbook: *French Made Simple*, by Pamela Rose Haze.

Instructor: Danielle Deaton

○**398**
Mon, Sep 9 - Mon, Oct 21, 1:30 - 2:45
Fee: \$72 | 6 Sessions | No Class 10/14
Grossmont Learning Center

INTERMEDIATE FRENCH (CONT.)

○**399**
Mon, Oct 28 - Mon, Dec 16, 1:30 - 2:45
Fee: \$84 | 7 Sessions | No Class 11/11
Grossmont Learning Center

ADVANCED FRENCH

Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal. Textbook: *Contes et légendes de France*, by Andrée Vary.

Instructor: Danielle Deaton

○**400** | Danielle Deaton
Mon, Sep 9 - Mon, Oct 21, 12:00 - 1:15
Fee: \$72 | 6 Sessions | No Class 10/14
Grossmont Learning Center

ADVANCED FRENCH (CONT.)

○**401**
Mon, Oct 28 - Mon, Dec 16, 12:00 - 1:15
Fee: \$84 | 7 Sessions | No Class 11/11
Grossmont Learning Center

CONVERSATIONAL FRENCH

This class, for those with a command of intermediate French, focuses on adding knowledge of the French language through conversation. Activities include guided and free-flow conversation, songs, and discussion of written articles. Vocabulary and grammar topics are addressed in the context of these activities. Bienvenue!

Instructor: Roger Jehamy, MA

○402

Thu, Sep 12 - Thu, Oct 24, 1:00 - 2:30

Fee: \$84 | 7 Sessions

Grossmont Learning Center

CONVERSATIONAL FRENCH (CONT.)**○403**

Thu, Oct 31 - Thu, Dec 12, 1:00 - 2:30

Fee: \$72 | 6 Sessions | No Class 11/28

Grossmont Learning Center

READING FRENCH

The Reading French class series has been generously underwritten by an anonymous donor, a.k.a. La Petite Chatte. This class is for intermediate French readers. Join this intimate group and increase your vocabulary and language skills, while reading selections from French literature. The book will be available for purchase for \$13.

○404 | Anne Whitlock

Tue, Oct 8 - Tue, Dec 10, 1:00 - 3:00

Free | 9 Sessions | No Class 10/15

Grossmont Learning Center

ITALIAN FOR CONVERSATION

This class is open to anyone who has studied Italian at the beginner level. The focus of the class is conversational. We'll learn vocabulary and useful grammar in a fun, lively environment through the use of graded readers, literature, poetry, and other material.

Instructor: Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor

○405

Mon, Sep 9 - Mon, Oct 28, 11:00 - 12:30

Fee: \$72 | 6 Sessions | No Class 9/30 & 10/14

Grossmont Learning Center

ITALIAN FOR CONVERSATION (CONT.)**○406**

Mon, Nov 4 - Mon, Dec 16, 11:00 - 12:30

Fee: \$72 | 6 Sessions | No Class 11/11

Grossmont Learning Center

ITALIAN FOR TRAVELERS I

This class will introduce you to the beautiful and culturally rich Italian language. Basic grammar, sentence structure, and idioms will be covered and practiced in conversation, while vocabulary will be introduced through the use of dialogues and readings.

Instructor: Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor

○407

Mon, Sep 9 - Mon, Oct 28, 1:00 - 2:30

Fee: \$72 | 6 Sessions | No Class 9/30 & 10/14

Grossmont Learning Center

ITALIAN FOR TRAVELERS II

Continue to build your knowledge of basic Italian for traveling in Italy. Sentence structure and idioms will be studied and practiced in conversation, while vocabulary will be introduced through the use of dialogues and readings.

○408

Mon, Nov 4 - Mon, Dec 16, 1:00 - 2:30

Fee: \$72 | 6 Sessions | No Class 11/11

Grossmont Learning Center

BEGINNING SPANISH I

This class is for students who have no background in Spanish. We will focus on learning vocabulary, the uses of SER and ESTAR (to be), dates, numbers, and interrogative words. The textbook for this class is *Easy Spanish STEP-BY-STEP* by Barbara Bregstein, published by McGraw-Hill.

Instructor: Gladis Jiménez González

○409

Mon, Sep 9 - Mon, Oct 21, 12:30 - 2:00
Fee: \$72 | 6 Sessions | No Class 10/14
Grossmont Learning Center

BEGINNING SPANISH I (CONT.)

○410

Mon, Oct 28 - Mon, Dec 16, 12:30 - 2:00
Fee: \$84 | 7 Sessions | No Class 11/11
Grossmont Learning Center

BEGINNING SPANISH II

This class is for students who have taken a basic Spanish class. We will continue with the present tense using irregular verbs. We will practice grammar, reading, and introduce new vocabulary. The textbook for this class is *Easy Spanish STEP-BY-STEP* by Barbara Bregstein, published by McGraw-Hill.

Instructor: Gladis Jiménez González

○411

Tue, Sep 10 - Tue, Oct 29, 10:30 - 12:00
Fee: \$84 | 7 Sessions | No Class 10/15
Grossmont Learning Center

BEGINNING SPANISH II (CONT.)

○412

Tue, Nov 5 - Tue, Dec 17, 10:30 - 12:00
Fee: \$84 | 7 Sessions
Grossmont Learning Center

INTERMEDIATE SPANISH I

This class is for students who have completed Beginning Spanish I and II classes or equivalent. We will continue with the present tense using irregular verbs. We will learn direct and indirect objects, pronouns, and reflexive verbs. The textbook for this class is *Easy Spanish STEP-BY-STEP* by Barbara Bregstein, published by McGraw-Hill.

Instructor: Gladis Jiménez González

○413

Thu, Sep 12 - Thu, Oct 24, 1:00 - 2:30
Fee: \$84 | 7 Sessions
Grossmont Learning Center

INTERMEDIATE SPANISH I (CONT.)

○414

Thu, Oct 31 - Thu, Dec 12, 1:00 - 2:30
Fee: \$72 | 6 Sessions | No Class 11/27
Grossmont Learning Center

INTERMEDIATE SPANISH II

This class is for students who have completed Beginning Spanish I and II classes or equivalent. This class is for those who have experience using the present tense. The focus is on learning reflexive verbs, subjunctive and past tense. The textbook is *Advanced Spanish STEP-BY-STEP* by Barbara Bregstein, published by McGraw-Hill.

Instructor: Gladis Jiménez González

○415

Fri, Sep 13 - Fri, Oct 25, 1:00 - 2:30
Fee: \$84 | 7 Sessions
Grossmont Learning Center

INTERMEDIATE SPANISH II (CONT.)

○416

Fri, Nov 1 - Fri, Dec 13, 1:00 - 2:30
Fee: \$72 | 6 Sessions | No Class 11/29
Grossmont Learning Center

ADVANCED SPANISH I

This class is for students who have completed Spanish Intermediate I and II classes or equivalent and who have experience using the present tense. The focus is on learning reflexive verbs, subjunctive, past tenses, conversation and expressions while mixing in grammar and vocabulary. The textbook for this class is *Advanced Spanish STEP-BY-STEP* by Barbara Bregstein, published by McGraw-Hill.

Instructor: Gladis Jiménez González

○417

Thu, Sep 12 - Thu, Oct 24, 10:30 - 12:00
 Fee: \$84 | 7 Sessions
 Grossmont Learning Center

ADVANCED SPANISH I (CONT.)

○418

Thu, Oct 31 - Thu, Dec 12, 10:30 - 12:00
 Fee: \$72 | 6 Sessions | No Class 11/28
 Grossmont Learning Center

LECTORES EN ESPAÑOL

In this course we will read and analyze stories, essays, and fables from different Latin American writers. All reading material will be taken from internet websites.

Instructor: Gladis Jiménez González

○419

Mon, Sep 9 - Mon, Oct 21, 10:45 - 12:15
 Fee: \$60 | 5 Sessions
 No Class 9/23 & 10/14
 Grossmont Learning Center

LECTORES EN ESPAÑOL (CONT.)

○420

Mon, Oct 28 - Mon, Dec 16, 10:45 - 12:15
 Fee: \$84 | 7 Sessions | No Class 11/11
 Grossmont Learning Center

CONVERSATIONAL SPANISH

This course is for people with a very advanced level of Spanish who wish to deepen and perfect their knowledge of the language. Students will debate in Spanish, accurately and fluently, on a variety of topics. Learning is achieved through the use of group dynamics, in addition to role playing and representation.

Instructor: Danisa Mardones, BA

○421

Tue, Sep 10 - Tue, Oct 29, 1:30 - 3:00
 Fee: \$84 | 6 Sessions
 No Class 9/24 & 10/15
 Grossmont Learning Center

CONVERSATIONAL SPANISH (CONT.)

○422

Tue, Nov 5 - Tue, Dec 17, 1:30 - 3:00
 Fee: \$84 | 7 Sessions
 Grossmont Learning Center

SPANISH FOR TRAVELERS

Everyone knows that countries have their own typical words and phrases. The objective of this class is to help students express themselves successfully in different contexts of life in a Spanish-speaking environment. Through dynamics we will emphasize the vocabulary and the correct pronunciation to use in each situation and country. Situations ranging from arrival at the airport to the purchase of a good or service.

Instructor: Danisa Mardones, BA

○423

Wed, Sep 11 - Wed, Oct 23, 1:30 - 3:00
 Fee: \$72 | 6 Sessions | No Class 10/16
 Grossmont Learning Center



SPANISH FOR TRAVELERS (CONT.)

○424

Wed, Oct 30 - Wed, Dec 11, 1:30 - 3:00
 Fee: \$72 | 6 Sessions | No Class 11/27
 Grossmont Learning Center





Literature

WRITING A BOOK AFTER RETIREMENT: HOW A BANKER GOT INVOLVED WITH SERIAL KILLERS

As retired banker Carl Vonderau learned, it's never too late to write a good book. The author of *Murderabilia* talks about his journey from international banker to published thriller writer. Carl and Oasis lecturer Kim Keeline will discuss how his book was inspired, the tragic lives of children of serial killers, as well as the creepy world of art produced by murderers called "murderabilia."

○425 | Carl Voderau,
Retired Banker, Author
Fri, Sep 6, 10:00 - 11:00 | Free
Grossmont Learning Center

NEW!

THE OASIS "WHODUNIT" BOOK CLUB

Do you enjoy reading a really good mystery? Do you like to match wits with the detective and figure out who committed the crime before the ending is revealed? In this book club, we'll discuss the various types of mystery books, and we'll pick a different author each meeting to read and evaluate. Let your inner "sleuth" come out and join us as we engage in lively, stimulating debates about what constitutes a tantalizing tale.

○426 | Lisa Benton, Facilitator
Fri, Sep 6 - Fri, Dec 6, 1:00 - 3:00
Fee: \$56 | 7 Sessions
Grossmont Learning Center

INTERMEDIATE POETRY WORKSHOP

The Poetry class series has been generously underwritten by anonymous donor, a.k.a. The Moon of Happiness. This class is for people with some prior experience writing poetry. Class begins with 15-20 minutes of instruction, with the rest of the time spent reading your poetry to the class and receiving helpful feedback from the teacher and the group. Bring your poetry and 20 copies to share to the first class. Please make copies before coming to class.

○427 | Mary Harker
Tue, Sep 10 - Tue, Nov 5, 10:00 - 12:00
Free | 8 Sessions | No Class 10/15
Grossmont Learning Center

RENDEZVOUS WITH BOOKS

Join Dale Spector for an afternoon of book talk. Dale will share new and older titles that you may have missed. A wide range of books and genres will be discussed. Whether you read voraciously or only while on vacation, you will leave with a list of books you will want to read and share with others.

○428 | Dale Spector
Tue, Sep 10, 1:00 - 2:00 | Fee: \$10
Grossmont Learning Center

LITERARY BOOK CLUB

Oasis' new book club will discuss famous works of literature from different time periods. There will be themed weeks in addition to specific books to be read and discussed. Do you want to read more Dickens, Alcott, or Austen? Are you interested in the influence of the Romantic Movement on novels or the rise of supernatural gothic? Authors covered may include George Eliot, the Brontes, Walt Whitman, T.S. Eliot, Mary Shelley, and others. Class meets every 2nd and 4th Thursday.

○429 | Kim Keeline, Ph.D.
 Thu, Sep 12 - Thu, Dec 12, 10:00 - 11:30
 Fee: \$48 | 6 Sessions | No Class 11/28
 Grossmont Learning Center

NEW!**WRITE YOUR MEMOIR LIKE A NOVEL**

Do you think that you might enjoy writing your life story? Your story concept can blend life experiences with family anecdotes, memories, and dreams into an exceptional memoir. If people say your memoir manuscript reads like a novel, that's great praise. This class explains the different subgenres and structure of memoir writing. And where to start your story. Have you considered writing a fictionalized version of your work in progress? Bring your questions and ideas to this interactive class.

Instructor: Lola Sparrowhawk,
 Int'l Award-Winning Author

○430
 Thu, Sep 12 - Thu, Oct 17, 1:00 - 3:00
 Fee: \$72 | 6 Sessions
 Grossmont Learning Center

NEW!**WRITE YOUR MEMOIR LIKE A NOVEL**

○431
 Thu, Oct 24 - Thu, Dec 5, 1:00 - 3:00
 Fee: \$72 | 6 Sessions | No Class 11/28
 Grossmont Learning Center

NEW!**INTRODUCTION TO CREATIVE WRITING**

Begin your writing project or take your work-in-progress novel, non-fiction, memoir, travel adventure, short story collection, magazine article, or any creative writing to the next level. Learn how to read and critique through student participation, lectures, and handouts. Marketing and publishing tips included.

○432 | Lola Sparrowhawk,
 Int'l Award-Winning Author
 Fri, Sep 13 - Fri, Oct 11, 10:00 - 12:15
 Fee: \$60 | 5 Sessions
 Grossmont Learning Center

CREATIVE WRITING

Class includes short lectures, handouts, reading and critiquing student writing. Learn to create compelling characters, structure your story, write engaging dialog, and enhance character arc. We will craft a scene tracker for your story. No prior writing experience necessary. This class provides a supportive environment for writers to explore their potential. All writing levels welcome.

○433 | Lola Sparrowhawk,
 Int'l Award-Winning Author
 Fri, Oct 18 - Fri, Dec 13, 10:00 - 12:15
 Fee: \$96 | 8 Sessions | No Class 11/29
 Grossmont Learning Center

JULES VERNE: FATHER OF SCIENCE-FICTION & AN ARMCHAIR NAVIGATOR

You may have heard of his most famous works, like *Twenty Thousand Leagues Under the Sea*, but many Americans only know the six titles that were made into movies. Learn more about this famous French author and the wide array of books he wrote. Learn why his reputation in America has never been as strong as in Europe and how two of his books have San Diego connections.

○434 | James Keeline, Historian & Author
 Wed, Sep 25, 1:00 - 2:30 | Free
 Point Loma Branch Library

BOOK LOVE

This entertaining program will whet your appetite and stimulate your mind. Recently retired librarians (and lifelong passionate readers), Hildie Kraus and Penny Taylor, will present lively book reviews and recommendations of various genres and styles for your next literary adventure. A printed list of the books is discussed, plus a list of titles you might also like is included. Input from the audience about favorite reads is not required but encouraged.

○435 | Hildie Kraus & Penny Taylor,
Retired San Diego County Library Managers
Wed, Oct 2, 10:00 - 11:00 | Fee: \$10
Grossmont Learning Center

THE RISE & FALL OF THE BERLIN WALL

November 9th will mark the 30th anniversary of the Fall of the Berlin Wall. Elke Ertle, a long-time resident of San Diego, grew up in West Berlin during the Cold War. At age 15, she experienced firsthand every Berliner's fears and uncertainties as, suddenly and without warning, the Berlin Wall went up in the wee hours of a Sunday morning. In this class, Elke will discuss the factors that led to the rise of the Berlin Wall and the dynamics that brought it down 28 years later. The pros and cons of constructing a barrier along our own border with Mexico continue to be the topic of heated discussions.

○436 | J. Elke Ertel, Author
Mon, Oct 21, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

BOOK LOVE: SPECIAL HOLIDAY EDITION

In addition to book reviews and reading recommendations, Hildie Kraus and Penny Taylor will suggest appealing books to give as presents. These will include titles and genres for all ages. Come and get ideas for your next excellent read and for inspiring gift options for friends and family.

○437 | Hildie Kraus & Penny Taylor,
Retired San Diego County Library Managers
Tue, Dec 3, 1:00 - 2:00 | Fee: \$10
Grossmont Learning Center

NEW!

HOW DICKENS WROTE A CHRISTMAS CAROL

This lecture/discussion will focus on Charles Dickens' life and his writing of *A Christmas Carol*. Dickens' life influenced his writings, and this is true also of *A Christmas Carol*. This short novel has changed Christmas, turning it into the festive holiday we experience each year. A discussion period will be included since most people have either read *A Christmas Carol* or seen a theatrical production or film.

○438 | Karen Kenyon, MA,
College Professor, Poet & Author
Tue, Dec 17, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

Many of our classes
fill up quickly.
Don't be disappointed!

SIGN UP



Personal Enrichment

CAREGIVER SUPPORT GROUP

Southern Caregiver Resource Center invites you to join a free support group for family caregivers. This support group allows participants to share experiences and concerns, as well as learn coping skills, receive helpful tips, and identify resources related to the unique issues of caregiving. This drop-in group is ongoing and always open to new members. Join us to connect with a community of caregivers. Meeting dates: 9/3, 9/17, 10/1, 11/5, 11/19, 12/3.

○440 | Tanya Solis, MS, Facilitator
 Tue, Sep 3 - Tue, Dec 3, 1:30 - 3:00
 Free | 6 Sessions | No Class 10/15
 Grossmont Learning Center

THINK DIGNITY: HOMELESSNESS IN SAN DIEGO

Think Dignity is a San Diego non-profit with a mission to inspire, empower, and organize our community to advance basic dignity for those living on the street. In this presentation, Michelle Woodson, Staff Attorney, will provide a current depiction of homelessness in San Diego, which has the 4th largest homeless population in the country. Afterward, Michelle will discuss how Think Dignity has made meaningful change here in San Diego.

○441 | Michelle Woodson,
 Think Dignity Staff Attorney
 Tue, Sep 3, 10:00 - 11:00 | Free
 Grossmont Learning Center

**Browse our Lifelong Learning Center Library,
brought to you by members of Oasis.**

**Drop off books to share,
and pick out a new book to read!**

• We are now accepting and sharing DVD's •

CLEAN & GREEN WITH EDCO RECYCLING

Ever wonder if your trash and recyclables are going in the right bins? Find out which household items can be recycled and the proper curbside container to put them in. Learn about EDCO's program for residents of the City of La Mesa about how to dispose of household hazardous waste (HHW). Discover what happens to items recycled at EDCO facilities.

○442 | EDCO

Wed, Sep 4, 1:00 - 2:00 | Free
Grossmont Learning Center

NEW!

GRIEF SUPPORT GROUP

A death changes those left behind. The grief that follows such a loss is natural and normal, but many of us have unexpected reactions. VITAS Innovative Hospice Care® of San Diego invites you to attend our one-hour monthly drop-in group. Come learn about the symptoms of grief, what you may experience, and how to respond to occasional hurtful statements made by well-meaning people in your life. Meeting dates: 9/4, 9/18, 10/2, 10/16, 11/6, 11/20 and 12/4.

○443 | Rolandas Kausas

Wed, Sep 4 - Wed, Dec 4, 10:30 - 11:30
Free | 7 Sessions
Grossmont Learning Center

WIDOWS' WORDS

We're not all widows, but we all know widows, and may one day be one. Join Debby Mayer, contributing author to *Widows' Words: Women Write on the Experience of Grief, the First Year, the Long Haul, and Everything in Between*, for a presentation on sorrow, strength, hope and even joy. Debby will read from her *Widows' Words* essay, *10 Scary Things I Have Done Since My Husband Died*.

○444 | Debby Mayer

Fri, Sep 6, 11:00 - 12:00 | Free
Grossmont Learning Center

NEW!

GOOD GRIEF: A WORKSHOP ON THE GRIEVING PROCESS

Each of us processes loss and grief in a unique way, yet there are experiences in the grieving process common to all of us. Whether you have suffered a loss or are supporting another who is grieving, this workshop provides information and tools. Kinds of loss, types of grief, stages in the grieving process, and common reactions to loss are among the topics explored. This interactive session will offer guidelines, opportunities to enhance listening skills, and strategies to provide comfort and support.

○445 | Barbara Bailey, MS, RN

Fri, Sep 6, 12:45 - 2:15 | Free
Grossmont Learning Center

WOMEN'S DISCUSSION GROUP

Ladies, what's on your mind? Join us in this women-only group to discuss topics that are especially relevant to women over 50, such as constructing a life after retirement, facing health challenges, and adapting to unplanned life circumstances. Any topic is fair game except for politics and religion. Meet twice a month with women facing some of the same challenges you do. Meeting dates: 9/6, 9/20, 10/4, 10/18, 11/1, 11/15 and 12/6.

○446 | Lisa Benton, Facilitator

Fri, Sep 6 - Fri, Dec 6, 10:30 - 12:30
Fee: \$56 | 7 Sessions | No Class 10/4
Grossmont Learning Center

WOW: SOCIAL CLUB FOR WIDOWS & WIDOWERS

Are you a widow or widower? Are you ready to begin the next chapter in your life? If you are looking for friendship and activities, maybe WOW is for you. WOW offers information for dance lessons, dances, dine-outs for lunch and dinner, holiday picnics, celebrations, and much more. Past President, Nigal Miller, will give a brief overview of the club, share where the members come from and age groups. There will be time for Q&A afterwards.

○447 | Darlee Helmer & Nigal Miller,
WOW Member
Tue, Sep 10, 10:30 - 11:30 | Free
Grossmont Learning Center



COMMUNICATION THEN AND NOW

How we communicate lets others know what's going on with us - what we think, feel, want, and need. How we communicate determines whether we are truly understood and how others treat us. Come learn how past experiences and modern technology influence how we act and react to others. Learn how to effectively understand and communicate verbally, nonverbally, and behaviorally in the new world of technology. We will discuss what is lost and gained as we all move through the 21st century of email, text, and social media.

○448 | Sheila Kimmel, LCPC,
Therapist & Hypnotherapist
Tue, Sep 10, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center



MEN'S FORUM

Join this men's group where contemporary and thought-provoking issues are discussed. For men only. Meeting dates: 9/11, 9/25, 10/9, 10/23, 11/13, 11/20 and 12/11.

○449 | Sheldon M. Goldie, Facilitator
Wed, Sep 11 - Wed, Dec 11, 10:00 - 11:45
Fee: \$56 | 7 Sessions
Grossmont Learning Center

MAH JONGG: BEGINNING

Enjoy the challenging and creative game of Mah Jongg. It takes both skill and luck to win. Learn the finer points of the game, including strategy and the ability to see new options. Mah Jongg is fun for everyone! A material fee of \$9 – cash only – is due to the instructor at the first class.

Instructor: Frances Lowe

○450
Thu, Sep 12 - Thu, Oct 24, 10:00 - 12:00
Fee: \$60 | 6 Sessions | No Class 10/3
Grossmont Learning Center

○451
Thu, Sep 12 - Thu, Oct 24, 1:00 - 3:00
Fee: \$60 | 6 Sessions | No Class 10/3
Grossmont Learning Center

○452
Thu, Oct 31 - Thu, Dec 12, 1:00 - 3:00
Fee: \$60 | 6 Sessions | No Class 11/28
Grossmont Learning Center

MAH JONGG: INTERMEDIATE

○453
Thu, Oct 31 - Thu, Dec 12, 10:00 - 12:00
Fee: \$60 | 6 Sessions | No Class 11/28
Grossmont Learning Center

SCHOOLS AND COMMUNITIES FIRST

Our tax dollars should pay for world-class schools and thriving neighborhoods. Instead, a corporate tax loophole has drained billions of dollars from our local schools and communities for over 40 years. Schools and Communities First will reclaim \$11 billion every year for our schools and local communities by closing the loophole in corporate property taxes that benefits a fraction of wealthy corporations and investors. Come learn the truth about this initiative before you hear the massive negative propaganda.

○454 | Roberto Garcia,
Partnership Specialist, U.S. Census Bureau
Fri, Sep 13, 1:00 - 2:30 | Free
Grossmont Learning Center

NEW!

THE POWER OF COLOR

The #1 way to be sure that you always look your best is to know which colors work for you and those which don't do you any justice. Your color harmony is determined by your hair color, eye color, and your skin tone. Are you a cool or a warm? You will be armed with knowledge that will enable you to put together great outfits in minutes and shop without worry or buyer's remorse. Bring your color palette (if you have one) and two scarfs, one in cool tones and one in warm tones. Colette Michelle is a certified color analyst with over 45 years of experience.

○455 | Colette Michelle, AICI, CIP
Fri, Sep 13, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center

VEGETABLE GARDENING 101

This class will provide the basics for a successful and bountiful harvest, whether in the ground or in pots. We will cover location, size, soil preparation, choosing vegetables, irrigation, harvesting, and seed saving. Whether you are just starting or already have a garden, there is always something new to learn. Handouts will be provided.

Instructor: Karan Greenwald

○456
Fri, Sep 13, 2:00 - 3:00 | Free
Benjamin Branch Library

○457
Sat, Sep 14, 10:00 - 11:00 | Free
Coronado Public Library



GENETIC GENEALOGY & DNA TESTING

This class will discuss DNA testing for, and analysis of, Y-chromosome, mitochondrial and autosomal DNA. Tests available from FamilyTreeDNA, AncestryDNA, MyHeritageDNA, and 23andMe will be covered and analysis details offered by each company for each type of DNA test described. We'll also discuss third-party tools like GEDmatch, Genetic Affairs, and DNA Painter.

○458 | Randy Seaver,
San Diego Genealogical Society
Sat, Sep 14, 1:00 - 3:00 | Free
Santee Branch Library



HOW TO SOLVE EASY SUDOKU PUZZLES

Welcome to the wonderful world of Sudoku, the puzzles that keep our minds healthily stimulated without the need of an extensive vocabulary! Each class features a different set of strategies for solving puzzles at that level, and includes sample puzzles that we will solve together right in the class. Choose the level or levels matching your interest.

Instructor: John L. Walker, Ph.D.

○459

Wed, Sep 18, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



HOW TO SOLVE MODERATE SUDOKU PUZZLES

○460

Wed, Sep 25, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center



HOW TO SOLVE HARD SUDOKU PUZZLES

○461

Wed, Oct 2, 10:00 - 11:30
Fee: \$12
Grossmont Learning Center



UNDERSTANDING YOUR PERSONALITY

This class explores the ageless question about personalities: nature vs nurture. Recognize and understand some of the traits that have been part of you since birth. Using the lens of Personality Type, discover innate differences in people. Learn how understanding personality types can help you understand others and develop a stronger relationship and improve communication.

○462 | Barbara Gunning, MBA,
Master Personality Type Practitioner
Mon, Sep 23, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center

**GENEALOGY:
BE AN ANCESTOR DETECTIVE**

Have you ever wondered what information is available to you about your family? You can find the answers to questions about your ancestors: where they lived, how they lived, how and when they came to the U.S., and lots more using Internet apps and search engines. The class will show you where to begin. Warning to prospective class members: this is a very addictive hobby - once you begin your need to know more grows and grows!

○463 | Randy Seaver,
San Diego Genealogical Society
Thu, Sep 26, 10:30 - 12:00 | Fee: \$12
St. Paul's Plaza

SENIORS EMPOWERED

Do you feel vulnerable? Learn that vulnerability is a state of mind, not body. Improve your awareness and prevention skills, watch a demonstration of how to use household items as weapons, use your cane to defend yourself, called "Cane Fu", and how to get out of wrist grabs, chokes, holds, etc. You will walk out with the same body, but you will certainly be less vulnerable. You'll see that even though we are older, our bodies are still the best weapon against becoming a victim.

○464 | Gale Bryan,
Self Defense Instructor
Sat, Sep 28, 10:00 - 12:00 | Fee: \$12
Grossmont Learning Center



AGING IN THE 21ST CENTURY

What can we do to enhance successful aging? What does it take to live to 100 and beyond? To what extent do our genes really dictate longevity? Are there any scientific strategies in the pipeline? What is the secret of a few regions in the world where there is a high concentration of people who live beyond 100 years old? These and many more fascinating questions will be answered in a collaborative, informative, and humorous discussion.

○465 | Jonathan Schwartz,
Founder, CEO, Partner in Aging
Fri, Oct 4, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

SELF-SABOTAGE NO MORE!

Many times, you are not aware that your behavior may be self-sabotaging your efforts or desires when you want to move forward. Come and explore what self-sabotaging behavior is and how you can overcome it. You will learn how to create new habits and behaviors that will empower you.

○466 | Laura Diaz,
Board Certified Coach
Wed, Oct 9, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

DEATH CAFÉ

The purpose of a death cafe is to help us make the most of our finite life by increasing our awareness of death. There are no objectives, no themes or agenda, just an opportunity to share one's thoughts and to listen to others share. All that is required is an open mind, open heart, curiosity, and a desire to talk about this difficult subject. Participants must arrive on time. Light refreshments will be served. Visit www.deathcafe.com.

○467 | Romel Hokanson, Facilitator
Wed, Oct 9, 1:00 - 3:00 | Free
Grossmont Learning Center

OPTIMISM & LIVING THE LIFE YOU LOVE

How many times have we asked ourselves, "What do I need to do to be happy?" It's a question many of us ask constantly! In this class, we will discuss learned optimism, or positive psychology, and the studies of Dr. Martin Seligman and his scientific study of optimal human functioning. We will also look at some essays by Christian D. Larson who wrote *The Optimist Creed* and described optimal living. Come join us for insightful discussions.

○468 | Laura Diaz,
Board Certified Coach
Wed, Oct 23, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

THE HEART OF AGING WITH JOY, RESILIENCE, AND WISDOM

What's your vision of aging? Do you see aging as a journey of decline or one of exploration and possibility? A new vision of growing older embraces aging with curiosity, creativity, courage, a continuing desire to learn and grow, and respect for the powerful wisdom of our years. Join us as we explore these dimensions of aging. Discover a deepening joy and reflect on where aging is calling us now. Experience mutual support as we discuss meaning, resiliency, and giving back our gifts and wisdom.

○469 | Virginia Berger, MA, CPC,
Retired Educator, Retirement Coach, &
Conscious Aging Facilitator
Wed, Oct 23 - Wed, Oct 30, 10:00 - 1:00
Fee: \$40 | 2 Sessions
Grossmont Learning Center

NEW!

WHIPPED BODY BUTTER AND LIP BALM MAKING CLASS

No need to buy expensive body butters and lip balms that contain toxic chemicals. Learn the secret to making a less greasy whipped body butter and a natural lip balm both scented with therapeutic grade essential oils. You will take home a jar of body butter and a lip balm in a twist tube along with the recipes. All materials, supplies, and tools will be provided. Lisa Langstone is a licensed esthetician who is certified as a holistic skin care specialist as well as in Oncology esthetics.

○470 | Lisa Langstone,
Holistic Esthetician
Mon, Oct 28, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

TOO MUCH GOBBLE, GOBBLE?

Not another turkey sandwich or turkey a la king? There must be something else to do with Thanksgiving leftovers! We will explore how to creatively use your leftovers and even the pie! Our menu will include Bang, Bang Turkey Salad, Egg Lemon Soup with Turkey, Creamed Turkey with Sweet Potato Biscuit, and Pumpkin Pudding with toffee pecans and bourbon cream.

○471 | Chef Cyndi Burgunder,
Personal Chef for Seniors
Tue, Nov 12, 10:30 - 12:30 | Fee: \$35
Grossmont Learning Center

NEW!

BE HAPPY

Come join us in exploring ways to create lasting happiness and happiness habits. Create new ways to expand your happiness and learn to appreciate what you have that increases your happiness. In this workshop we will look at how we can take ownership of our habits and outlook and learn how to cultivate nourishing relationships that add to our happiness. Mark Twain said, "Whoever is happy will make others happy, too."

○472 | Laura Diaz,
Board Certified Coach
Wed, Nov 13, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

COME BACK CUPID! IT'S TIME TO FALL FOR DATING

Dating online can be daunting. With Come Back Cupid!, we've taken out the fear and put in the fun of online dating, new relationships, and sexual wellness. In this interactive workshop find out your dating style, level of dating knowledge, and develop a plan for online dating. You will take assessments, evaluate your dating knowledge, and make a plan for taking the next steps to start dating. "Olders" are one of the fastest growing segments in online dating. Whether it's Match.com, FarmersOnly.com or Stitch.net, if you're interested in dating, get the facts and get started.

○473 | Judi Bonilla,
Aging Expert, Author
Wed, Nov 13, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

Just a reminder to register!
If by chance a class is cancelled or rescheduled,
the only way we can notify you is if you have registered.

CELEBRATE OLDER DRIVER SAFETY WEEK: IMPROVE YOUR DRIVING SKILLS

Aging Expert and Senior Transportation author, Judi Bonilla, will guide you through the process of developing a transportation plan to develop and strengthen your ability to drive confidently and safely. The focus of this workshop is to identify strategies to improve and enhance your driving abilities while also identifying resources to support a transportation plan. According to research, "olders" may pass eye exams but struggle to focus on the road at night, where lighting is poor and more complex visual tasks are required.

○474 | Judi Bonilla,
Aging Expert, Author
Wed, Dec 4, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

UNDERSTANDING THE INNER MEANING OF DREAMS

Most modern and ancient cultures in the world, with the exception of the West, prioritize the importance of the dream for guidance, affirmation, and precognitive information. Participants will learn how to use affordable scholastic reference books to understand the symbolism of the images and archetypes that appear in their dreams, according to their own ethnic and cultural heritage, and also how to record/work with their dreams for greater spirituality and intellectual insight. Bring a dream to share with the group if you wish.

○475 | Peter L. Fritsch, M. Div.
Thu, Dec 5, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

ESSENTIAL OIL GIFTS FOR THE HOLIDAYS

Learn a little about doTERRA Essential oils and how they can help your health and happiness. We will be making a few gifts with essential oils for relaxation and holiday cheer!

○476 | Lori Jimenez,
Wellness Advocate, Oil Instructor
Tue, Dec 10, 10:00 - 11:30 | Fee: \$28
Grossmont Learning Center

FEAST OF THE SEVEN FISHES

Feast of the Seven Fishes is an Italian-American Christmas Eve celebration. Join Chef Cyndi to learn and taste dishes to celebrate and as some believe, "to cleanse the body for the big day of meat on Christmas Day." Menu includes: Lemony Whipped Baccala Dip, Smoked Salmon Salad, Pan-seared Shrimp with Chile, Cilantro and Lime, Linguini with Clam Sauce, and Seafood Stew.

○477 | Chef Cyndi Burgunder,
Personal Chef for Seniors
Thu, Dec 12, 10:30 - 12:30 | Fee: \$35
Grossmont Learning Center

NEW!





Science

FLEET SCIENCE CENTER **SPEAKING OF SCIENCE: DNA:** **THE CRIME & DISEASE FIGHTING** **TOOL OF THE FUTURE**

Ever since the elucidation of the DNA double helix in 1953, interest in understanding and using DNA has been a major driver of science and technology. Join us as we discuss how science may be able to exploit DNA's amazing properties to solve society's greatest challenges.

○480 | Curt Becker,
Entrepreneur & Scientist, Applied Biosystems
Founding Member

Tue, Sep 10, 10:00 - 11:15 | Fee: \$15
Grossmont Learning Center

NEW!

FLEET SCIENCE CENTER **SPEAKING OF SCIENCE: FROM STEM** **CELLS TO WIRELESS MEDICINE**

Your heart skips a beat, races, then flutters. You think to yourself: Is this something serious? These heart palpitations could be Atrial Fibrillation (AFib). At least six million people in the US alone are living with some variation of AFib. While treatments are available, they are not sufficient and alarmingly, controlling symptoms and restoring heart rhythms in some instances comes with potentially lethal side effects. Join Dr. Chris Larson from the Sanford Burnham Prebys Medical Discovery Institute as he shares why he believes that more effective and safer treatments are not just on the horizon, but well within our reach.

○481 | Christopher J. Larson, Ph.D.,
Sanford Burnham Prebys Medical Discovery
Institute

Tue, Oct 8, 10:00 - 11:15 | Fee: \$15
Grossmont Learning Center

NEW!



FLEET SCIENCE CENTER
SPEAKING OF SCIENCE:
THE ARRIVAL OF COMMUNITY
CHOICE AGGREGATION

In January 2019, SDG&E announced it will no longer buy wholesale electricity for customers in San Diego. The company will only maintain the grid. What this means for our region is that the civic entities that govern getting electricity to consumers must now form an electricity buying cooperative structure called a Community Choice Aggregation. Join Dr. Jose Torre-Bueno, CTO of Empowered Energy Solutions, as he explains how this will work and what it will mean for your future electric bills.

○482 | Dr. Jose Torre-Bueno, CTO
Empowered Energy Solutions
Tue, Nov 12, 10:00 - 11:15 | Fee: \$15
Grossmont Learning Center



FLEET SCIENCE CENTER
SPEAKING OF SCIENCE:
WHAT CAN WE LEARN FROM A WORM?

If a scientist wants to test a new drug or see which brain cells are active during a stressful situation, they will not immediately experiment on humans. Instead, many scientists use model systems, which serve as a simple organism in which to test their scientific hypotheses. We will discuss how scientists use tiny worms (called *C. elegans*) to understand how animals make decisions. Join Molly Matty, to learn about how tiny worms can help us understand the human brain. Molly, recently earned her PhD in Genetics and Genomics at Duke University and is a postdoctoral fellow at the Salk Institute.

○483 | Molly Matty, Ph.D.,
Salk Institute
Tue, Dec 10, 10:00 - 11:15 | Fee: \$15
Grossmont Learning Center



LEARN SOMETHING
NEW AT SHARP MINDS
AT THE
FLEET SCIENCE CENTER

The **Sharp Minds lecture series** is on the first Monday of every month at 10:30 a.m.

Local scientists share the latest research on topics such as space exploration, neuroscience, personal health and more.

Seniors 65 or better can enjoy the lecture, the exhibit galleries and a film in the Heiko Giant Dome Theater for only \$10.

For more information, visit
fleetscience.org/events/senior-mondays
1875 EL PRADO, SAN DIEGO CA 92101

SCRIPPS INSTITUTION OF
OCEANOGRAPHY

A researcher from Scripps Institution of Oceanography (SIO) will discuss their research, recent advances in the field, and broader activities being conducted at SIO. SIO is one of the oldest and largest centers of oceanic study in the world. The research at the institution encompasses the physical, chemical, and biological processes of the ocean. The speaker from SIO is also a volunteer for Scripps Community Outreach for Public Education (SCOPE) and is happy to discuss some of the outreach efforts taking place at SIO.

○484 | Scripps Institution of
Oceanography
Thu, Sep 5, 1:00 - 2:30 | Free
Grossmont Learning Center

BASIC ALGORITHMS AND PROBLEM SOLVING

Gain an understanding of how computer programs and applications solve problems with the use of algorithms. Topics will include a discussion on how data is sorted, how database searches work, and other common programming-based algorithms.

○485 | Clark Kranz, MIS,
Computer Science Information Professor
Fri, Sep 20, 1:00 - 2:30 | Fee: \$12
Grossmont Learning Center

NEW!

THE FIFTH TRANSFORMATION: THE DIGITAL REVOLUTION

The Digital Revolution is the transformation that we are experiencing in our time. This transformation has its roots in the 1940s with the invention of computers, but probably begins in the 1970s with the development of the microchip that led to personal computers and the application of micro-processors in a wide variety of fields. Improvements in computing capacity have increased the productivity of individual workers. This lecture is about the history of computers, the innovators and how the digital age has transformed the way we live.

○486 | Henry George,
Engineer, Archaeologist and Geologist
Thu, Sep 26, 10:00 - 12:00 | Fee: \$8
Grossmont Learning Center



Questions? Call (619) 881-6262

BIOTECHNOLOGY & GENETIC ENGINEERING EXPLAINED

Genetic engineering (GE) utilizes biological techniques to manipulate DNA. Plants and animals, including humans, are progenies of GE, resulting in bioethical questions, environmental concerns, and safety issues. This course will explain the processes and techniques that produce everyday products in agriculture, medicine, energy and industrial chemistry, including questions of bioethics, economics, and climate change. All of this for a better understanding of what is beneficial about genetic engineering against what is merely frivolous, detrimental, or unnecessary.

○487 | Nadine Bopp, BA, Ecology,
MLA, Landscape Architecture, Columbia
College Part-Time Faculty
Fri, Oct 4 - Fri, Oct 11, 1:00 - 3:00
Fee: \$24 | 2 Sessions
Grossmont Learning Center

NEW!

GENETICS: THE SCIENCE OF HEREDITY

Genetics is the science of heredity which seeks to explain how the characteristics of living things are passed down from parent to offspring. Over the last 150 years, scientists have uncovered the determinants, mechanisms, and rules that cause genetics to work as well as the nature of genes, chromosomes, and DNA. We'll examine how genetics work and apply it as a line of evidence in human origins and, more specifically, to understanding our own individual backgrounds and how we pass traits to our descendants.

○488 | Henry George,
Engineer, Archaeologist and Geologist
Thu, Oct 17, 10:00 - 12:00 | Fee: \$8
Grossmont Learning Center

NEW!

GENETICS: A LINE OF EVIDENCE IN PEOPLING OF THE WORLD

Previous lectures on peopling of the world have focused on evidence based on archaeology, biological anthropology, and linguistics. Recent major advances in the science of genetics and reduced costs of processing DNA have resulted in the accumulation of a vast new database. Scientists can now construct a family tree for all of humanity, and more clearly understand the component ancestors that resulted in the various peoples of the world today. This lecture on human origins will trace the diaspora from the proverbial Adam and Eve to the peoples of the world today.

○489 | Henry George,
Engineer, Archaeologist and Geologist
Thu, Oct 24, 10:00 - 12:00 | Fee: \$8
Grossmont Learning Center

NEW!

GENETICS: ANCESTORS & DESCENDANTS

Who we are as individuals is a result of our ancestors and our environment. Ten generations back, we could have had as many as 1,024 ancestors, each of whom may have contributed something into our genetic code. Every human has 24,000 genes allocated over 23 chromosomes resulting in the wide variation of human traits. The effects of nature and nurture are determinants, but knowing our heredity can provide new ways to understanding our individual selves, our families, ethnicities, nationhood, and humanity. This lecture is about genetic markers and genealogies.

○490 | Henry George,
Engineer, Archaeologist and Geologist
Thu, Nov 14, 10:00 - 12:00 | Fee: \$8
Grossmont Learning Center

NEW!

CLIMATE CHANGE, SAN DIEGO, & YOU

What are the likely effects of global climate change (GCC) around the United States and within the San Diego region? Is where you live in any danger? Is there evidence that GCC is already affecting our region? What steps should we be taking? Professor Phil Pryde first started teaching about greenhouse gas effects at SDSU in the 1980s and has followed the topic ever since. This will be an illustrated, objective look at what we know and don't know about GCC and its possible effects locally.

○491 | Philip R. Pryde, Ph.D.
Mon, Nov 4, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

BALLOON-BORNE ASTRONOMY FROM ANTARCTICA

NASA operates a balloon-borne astronomy program which launches bus-sized telescopes into the stratosphere to observe a number of interesting phenomena. In this talk, I will describe the NASA ballooning program and the adventures of the BLAST-TNG telescope, which is due to launch in Dec 2019 to shed light on the star formation process in the Milky Way.

○492 | Nicholas Galitzki,
Postdoctoral Scholar, Center for Astrophysics
and Space Sciences
Tue, Nov 5, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

NEW!

Technology



MICROSOFT WORD MADE EASY: BEGINNING WORKSHOP

This course is intended for students who want to learn basic Word skills, such as creating, editing, and formatting documents; inserting simple tables and creating lists; and employing a variety of techniques for improving the appearance and accuracy of document content. Laptops provided for in-class use.

○495 | Cecilia Rosas
Sat, Sep 28, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



ANDROID 101

Learn how to get more out of your Android phone. Install apps, increase the text size, browse the internet, use email, text, and more.

○496 | Bucky Reed, IT Professional
Mon, Sep 30, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

NEW!

ANDROID 102

Learn how to get even more out of your Android phone. Use maps to get around, use Uber and Lyft, share photos, and more.

○497 | Bucky Reed, IT Professional
Wed, Oct 23, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

NEW!

PROTECTING YOURSELF ON THE INTERNET

Staying safe on the Internet requires more action and attention than just adding security software or buying a specific type of computer. Internet threats are constantly evolving and becoming more sophisticated and difficult to detect and avoid, affecting Internet users on computers and hand-held devices alike. Learn how you can minimize security threats, reduce the likelihood of identity or credit card theft, and how to detect malicious websites—on all types of computing devices.

○498 | Gini Pedersen, MA, Instructor
Thu, Oct 3, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center

YOUTUBE FOR NEWBIES

What is YouTube? How do you use it? Why would you want to use it? This is a hands-on class. Are you aware what a helpful tool YouTube is? It's as educational as it is entertaining. We'll discuss how YouTube can be used to make your life better and learn how to upload a video. Please bring your smart phone to the class, any passwords you might need, and make sure it's charged up.

○499 | Assoc. Prof. Debby Golden,
Author & Lecturer
Wed, Oct 9, 1:00 - 2:30 | Free
Point Loma Branch Library

BUYING ON EBAY

Finding and buying bargains on eBay is fun! On eBay you can find any conceivable item – and some are inconceivable. In this lecture-based workshop, you will learn tools to use at home, such as searching for specific items, check the integrity of the seller, price compare, get the best possible price, bid correctly, pay safely, and more. You will also receive a helpful handout with easy-to-follow instructions.

○500 | Gini Pedersen, MA Education Technology, Community College Instructor
Wed, Oct 30, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

MICROSOFT EXCEL MADE EASY: BEGINNING WORKSHOP

Microsoft Excel is a great tool for organizing personal finances or categorizing any collection of items you may have. In this hands-on class, you will begin to learn the skills needed to create a spreadsheet, discover and use basic formulas and filters suited to the task at hand, learn to insert data, how to print, and how to create a document you can use. Laptops are provided for in-class use.

○501 | Cecilia Rosas
Sat, Nov 2, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



SMART PHOTOGRAPHY ON YOUR IPHONE

Smartphone cameras have advanced in recent years so that many people use these easy-to-carry devices to take great photos, making them the camera of choice. We'll explore ways to maximize and streamline your iPhone camera experience, including an overview of some of the tools provided in the iPhone camera; how to transfer photos between iPhone and PC; saving photos to the Cloud and accessing them; photo editing; organizing photos and creating albums; sharing photos; and some helpful photo apps.

○502 | Barbara Smith, MA, Community College Instructor
Wed, Nov 6, 9:00 - 11:00 | Free
Santee City Hall

NEW!

CUTTING THE CORD

Do you pay too much for your cable? Do you feel that you are only watching a few channels? Then join the millions of people who have eliminated cable TV (and even landline phones). During this class, you will learn what is involved in cutting the cord, some of your options, what additional equipment you may need to purchase, and evaluate whether cutting the cord is right for you.

○503 | Mary Burns, Professor, San Diego Continuing Education
Fri, Nov 15, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



Have you **Opted-In?**
Don't miss out on our
weekly email communication.
See our website for details.

WHICH ANTI-VIRUS | ANTI-SPAM PROGRAMS ARE GOOD ONES TO USE

With so many products on the market offering protection from viruses, spam, and other threats from the dark web, which products offer the best protection? This class covers the latest and most effective software protection for your needs.

○504 | Beverly McCabe,
CEO Infinity Software
Thu, Nov 21, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center

NEW!

HANDS-ON ANDROID

This class will introduce you to your Android device. We will learn about the Android, how to use its unique features and tools, and how to customize it to fit your needs. We'll explore basic apps, and then learn how to find new apps. Online safety will be thoroughly discussed. This is a hands-on class. Bring your charged Android device to class. You will also need your Google account information to access the Google Play store.

○505 | Mary Burns, Professor,
San Diego Continuing Education
Wed, Dec 4 - Wed, Dec 11, 10:00 - 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

GADGETS AND GIZMOS!

Hubs, Bluetooth, Alexa, card readers ... it's Greek to me! Let's unravel the mysteries of cutting edge technology: scanners, flash-drives, portable hard drives, wireless technology and more. You don't have to be a techno wizard to understand and be able to use the latest gadgets and gizmos.

○506 | Barbara Smith, MA, Community
College Instructor
Wed, Dec 4, 1:00 - 3:00 | Free
Serra Mesa Branch Library

TIPS FOR BETTER INTERNET SEARCHING

A search engine is just a website – for example, Google, Yahoo, Bing, and others – that provides you a list of websites that might provide the info you want. Or, might not. In this lecture-based workshop, learn tools to use at home, such as learning how to choose a search engine, tips about conducting and refining your searches, how to use keywords effectively when searching, how to deal with ads and more. You will also receive a helpful handout with easy-to-follow instructions.

○507 | Gini Pedersen, MA Education
Technology, Community College Instructor
Thu, Dec 5, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center

MICROSOFT EXCEL MADE EASY: INTERMEDIATE WORKSHOP

Continue expanding your knowledge of Microsoft Excel with this fun, interactive workshop. In this class, you will learn how to manage data with Excel and explore how Excel is used to present data using tables, formulas, charts, and even pictures. This class is hands-on. Laptops will be provided for use during the class.

○508 | Cecilia Rosas
Sat, Dec 7, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center



BUYING AND SELLING ONLINE

This class will cover how to sell (and buy) on Amazon, eBay, and other local apps like Letgo and Offerup. Learn how to make money and save money! We'll also briefly discuss how to do your grocery shopping online, too! Remember to bring your smart phone to the class and make sure it's charged.

○509 | Assoc. Prof. Debby Golden,
Author & Lecturer
Wed, Dec 11, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

INTRO TO SOCIAL NETWORKING

What is it? How do you use it? Why would you want to use it? Professor G will introduce you to some of the most popular applications used in social networking, such as Twitter, Instagram, YouTube, Pinterest, and Facebook. This is an introductory class about the WHY and not the HOW - there are more in-depth classes to follow. You will learn the vocabulary of networkers from "uploading" to "following." Bring your smart phone to the class, and make sure it's charged.

○510 | Assoc. Prof. Debby Golden,
Author & Lecturer
Thu, Dec 12, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

NEW!

FUN APPS ON YOUR PHONE

This class will show you how to use apps like Pinterest and Snapchat, as well as answer questions about other fun apps. Bring a list of your interests/hobbies, and we'll find ways to customize your phone with entertaining apps to match. Bring your smart phone to the class, and make sure it's charged.

○511 | Assoc. Prof. Debby Golden,
Author & Lecturer
Tue, Dec 17, 1:00 - 2:30 | Fee: \$15
Grossmont Learning Center

NEW!

The following Technology classes are taught by **Jacki Montierth**, founder of www.wiseboomer.com



CONQUERING YOUR IPHONE: PART I

Not using all the wonderful features of your iPhone? Want to make sure your phone has the right settings to make it secure? This class fills in the gaps and explains all those settings and capabilities of your iPhone. The class is perfect for both novice and not-so-novice users and is especially helpful for those who say, "Siri doesn't like me." It is a hands-on class, so bring your charged iPhone with you. You will walk away understanding why iPhones are worth the cost.

○512
Wed, Sep 18, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○513
Fri, Oct 4, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○514
Wed, Oct 30, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

CONQUERING YOUR IPHONE: PART II

This class is the second in the series on your journey to understanding and using the many capabilities of your Apple iPhone. This class will review settings, contacts, voice calls, email, texting and Siri and then focus on using your iPhone as a GPS for navigation and as a camera. Also covered will be photo management and advanced uses for hands-free operation with Siri. Please bring your charged iPhone with you to class. You will also need your Apple ID and password.

○515

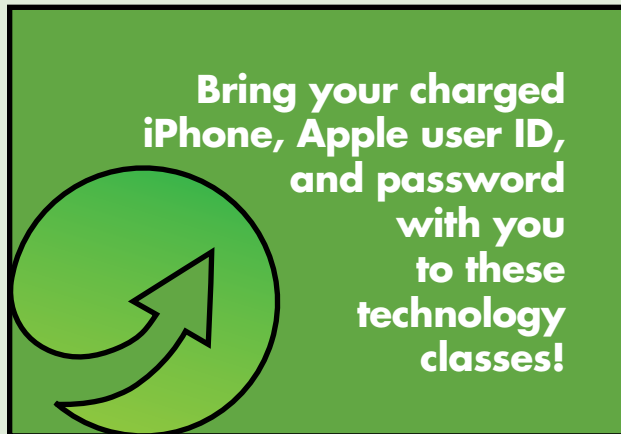
Fri, Sep 27, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○516

Fri, Oct 11, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○517

Fri, Nov 8, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

**CONQUERING YOUR IPHONE: PART III ADVANCED**

This class is for those who want to take their iPhone skills even further. Subjects covered will include using the iPhone internationally, scanning documents, troubleshooting problems, iCloud management, wallet, and a myriad of useful, efficient apps. Please bring your charged iPhone with you to class. You will also need your Apple ID and password. **Prerequisite:** This is NOT a class for the novice iPhone user. Make sure you are familiar with all that was covered in Part I and Part II of this series.

○518

Wed, Oct 2, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○519

Fri, Oct 25, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○520

Wed, Nov 6, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

INT'L TRAVEL THE DIGITAL WAY

Learn to use your cell phone and other digital devices to make international traveling easier. This discussion will provide you with several alternatives to using maps, email, the internet, and phones while traveling in other countries, without the enormous expense charged by your wireless provider. In addition, you will learn about favorite and "secret" websites that provide you with great deals and quality information on your future destinations.

○521

Thu, Sep 19, 10:00 - 11:30 | Fee: \$12
Grossmont Learning Center

CONQUERING YOUR PASSWORDS

Discover a way to eliminate that password book you carry around and discover other ways to secure your technology use. A detailed password system will be presented along with a myriad of other ways to ensure your internet presence is as safe as possible. No matter which type of phone or computer you use, this class will be a great resource for your continued online presence.

○522

Wed, Nov 13, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center

CONQUERING THE APPLE ICLOUD AND PHOTO STORAGE

This class is perfect for iPhone and iPad users who want to understand what the iCloud is, and how to manage storage. It will be particularly useful for those who continually receive messages about their iCloud storage being full or for those who would like a safe way, other than the iCloud, to store their pictures and videos.

○523

Wed, Nov 20, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center

CONQUERING THE IPHONE PHOTO APP

Learn to use the Photos app on your iPhone, iPad, or Mac to organize, edit, and share all your pictures and videos. Also learn to securely store them in multiple locations and discover additional apps to amplify your creativity.

○524

Mon, Dec 9, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center



TUESDAY, OCTOBER 15

9:15 AM – 3:00 PM

Reading Cinemas

at Grossmont Center

Register for Class #75

or go to www.SanDiegoOasis.org

San Diego Oasis is excited to host its annual Get Connected: Technology Fair for Adults 50+, the region's largest. Attend free workshops on social networking, online safety, innovative apps, smart phones and tablets, and much more! Experts will be on-site to answer all of your tech questions. Event is free, but registration is required.

Opportunity drawings for some exciting gifts will be held throughout the day.



Chris Burns, Many-Strings

Theatre, Film & Music

ACTING WORKSHOP

This is a great workshop for anyone interested in learning more about acting and the theater in a relaxed, informal class. Each member of the class will have an opportunity to perform scenes, monologues, and reader's theater. This is a positive and rewarding adventure for new and returning students. All levels of experience are welcome.

○530 | Jo Darlene Reardon, MA
 Mon, Sep 16 - Mon, Dec 2, 1:00 - 3:00
 \$80 | 10 Sessions | No Class 10/14 & 11/11
 Grossmont Learning Center

THE BEATLES CONCERT | SING-ALONG: ALL TOGETHER NOW, LET'S SING THE BEATLES!

An hour filled with songs from The Beatles including such great tunes as "All My Loving," "Can't Buy Me Love," "Yesterday," and many more. Bring a friend to this super fun musical event and we'll call it a "party." Lyrics will be available. A special one-hour event that will fill your heart and soul with the best musical poetry celebrating love and life in Hooleys Pub! Singing is really good for you. Research reports that it boosts your immune system, improves memory, reduces stress and is a whole lot of fun!

○531 | Chris & Jamie Burns,
 Many-Strings
 Tue, Sep 24, 12:00 - 1:00 | Free
 Hooleys Irish Pub

FILM ON THE FRINGE: MOKA (2016)

Emmanuelle Devos and Nathalie Baye headline this classy, slow-burn psychological thriller. A mourning mother (Devos) is on a mission to track down the Frenchwoman (Baye) responsible for the hit-and-run accident that killed her son. 90 min. French w/ English subtitles.

Instructor: Ralph DeLauro, Cinema Under the Stars Curator, Film Lecturer

○532
 Tue, Sep 24, 1:00 - 3:00 | Fee: \$8
 Grossmont Learning Center

FILM ON THE FRINGE: PUZZLE (2018)

Kelly Macdonald is riveting in a glowing portrait of female empowerment. A meek working-class housewife with a talent for jigsaw puzzles embarks on a journey to break the shackles of domesticity. Co-stars Bollywood star: Irrfan Khan. 103 min. Rated R.

○533
 Tue, Oct 22, 1:00 - 3:00 | Fee: \$8
 Grossmont Learning Center



**FILM ON THE FRINGE:
IN BETWEEN (BAR BAHAR)**

This spiky feature debut is a breezy feminist dramedy focused on three strong, modern women, part of a Palestinian underground scene, struggling with issues of tradition and modernity.

○534

Tue, Nov 26, 1:00 - 3:00 | Fee: \$8
Grossmont Learning Center

**FILM ON THE FRINGE:
BAD LUCKY GOAT**

Bad juju is unleashed when two bickering siblings accidentally kill a bearded goat. Their journey of reconciliation is colorfully depicted in this whimsically surreal odyssey.

○535

Tue, Dec 10, 1:00 - 3:00 | Fee: \$8
Grossmont Learning Center

ICONIC 60S FOLK SONG SLOW-JAM

Folk lovers this one is for you! Bring your guitar, banjo, autoharp, voice, etc., and we'll enjoy the wonderful songs of the folk masters of the 1960s. Just want to sing? I'll bring percussion for you. All of the music will be in easy keys. Let's celebrate life with Puff, A Hammer, A Lemon Tree, 500 Miles, and many fabulous iconic tunes.

○536 | Chris Burns, Many-Strings

Wed, Sep 25 - Wed, Oct 23, 1:15 - 2:15
Fee: \$48 | 4 Sessions | No Class 10/16
Grossmont Wellness Center



IMPROV CLASS! ALL LEVELS WELCOME!

In this class you will participate in a wide variety of Improv games, and learn long and short form Improv. In addition, you will have loads of laughs and make amazing new friends! This class is a safe place to learn how to be spontaneous in front of an audience, practice public speaking, and generally become more relaxed and comfortable on stage. But mostly you will have fun!

Instructor: Gwenn Olive, Entertainer, Musician, Clinical Psychotherapist

○537

Wed, Sep 25 - Wed, Oct 30, 2:30 - 4:00
Fee: \$60 | 5 Sessions | No Class 10/16
Grossmont Wellness Center

○538

Wed, Nov 6 - Wed, Dec 11, 2:30 - 4:00
Fee: \$60 | 5 Sessions
Grossmont Wellness Center

**YOU MAKE ME LAUGH:
A LOVE SONG TO GILDA RADNER**

Francesca Amari stars in this loving tribute to America's sweetheart of comedy, Gilda Radner. Amari has performed this critically-acclaimed, one-woman show nationwide to rave audiences. One moment poignant, and the next moment hilarious, it tells the story of Gilda's life in story and song, with material from her autobiography. This show will tug at your heartstrings and leave you laughing. With Kevin Cavanaugh at the piano.

○539 | Clifford Bell

Thu, Sep 26, 3:30 - 4:45 | Fee: \$20
Grossmont Learning Center



READERS THEATER: ENTERTAINMENT BY READING OUT LOUD

Join us in bringing plays to life, without props or costumes, just by reading a script out loud with great expression. Bring to class: a 1-inch binder, a highlighter pen, and a pencil.

Instructor: Tonya Lehman

○540

**Fri, Sep 27, 1:00 - 2:00 | Fee: \$8
Grossmont Learning Center**



○541

**Fri, Oct 25, 1:00 - 2:00 | Fee: \$8
Grossmont Learning Center**



○542

**Fri, Nov 22, 1:00 - 2:00 | Fee: \$8
Grossmont Learning Center**



A HISTORY OF SURF MUSIC (MUSIC APPRECIATION)

You will want to catch this wave! A musical celebration of Surf Music featuring Dick Dale, The Safaris, Beach Boys, and much more. We will begin in the 1950s and enjoy the brilliance of Fender guitars and reverb, and then ride the musical tidal wave into the 1960s. Music from Balboa, Ventura, Australia, and the warm Caribbean. Let's go Trippin! Casual attire recommended!

○543 | Chris Burns, Many-Strings

**Tue, Oct 1, 10:00 - 11:00 | Fee: \$12
Grossmont Learning Center**



A MANY-STRINGS CONCERT: CELTIC NOTES

Many-Strings will perform a delightful selection of Irish, Scottish, and Welsh melodies. Jamie will perform on the hammered dulcimer and Chris will accompany her on guitar. The lightly narrated concert will feature the captivating music of Turlough O'Carolan, the famous blind Irish harper. It will also include such titles as "The Ships Are Sailing," "The Skye Boat Song," and "Danny Boy." This hour will fill your heart with gorgeous Celtic melodies.

○544 | Many-Strings

**Wed, Oct 2, 6:30 - 7:30 | Free
University Community Branch**

GROUP VOICE LESSONS FOR AGING VOICES: SING FOR LIFE!

Learn to sing and/or sing with better technique and health in mind with skills participants can use immediately. Open to all levels, whether a total beginner or seasoned veteran, these sessions include a curriculum where participants can learn how the voice works and put it into action every session as a group! Music learned and sung will include a variety of styles from classical to jazz to folksongs. Materials and sheet music will be provided.

○545 | Patrick Walders

Wed, Oct 9 - Wed, Nov 20, 3:30 - 4:30

Fee: \$99 | 4 Sessions

Grossmont Learning Center



CLIFFORD BELL & FRIENDS

Popular Cabaret Director/Producer Clifford Bell, is joined by one of New York's most well-known Musical Directors, Michael Lavine, to present a fun-filled and heartwarming afternoon of songs featuring some of the San Diego Cabaret Community's favorite performers, including Katrina Aguilar, Carol Whitener and more.

○546 | Clifford Bell
Thu, Oct 10, 3:30 - 4:45 | Fee: \$20
Grossmont Learning Center



GREATEST HITS OF SINGER-SONGWriters

Enjoy an afternoon of well-known songs written by singer-songwriters such as James Taylor, John Denver, Loggins and Messina, Cat Stevens, Neil Young, Billy Joel, Elton John, and many more. Doug Beaupré is a San Diego-based singer-songwriter who has been playing music for over 40 years.

○547 | Doug Beaupré,
Singer-Songwriter
Thu, Oct 17, 2:00 - 4:00 | Free
College-Rolando Branch Library



○550 | Doug Beaupré,
Singer-Songwriter
Wed, Nov 6, 1:00 - 3:00 | Free
Point Loma Branch Library



YIP HARBURG: HE PUT THE RAINBOW IN THE WIZARD OF OZ

Yip Harburg, along with composer Harold Arlen, wrote "Somewhere over the Rainbow," as well as all the other songs in "The Wizard of Oz." Yip was an amazing poet, humanitarian, and one charming man! Although he passed away many years ago, you will have a chance to meet him in a Meet the Songwriters concert filmed at the 92nd Street Y in NYC. Yip also wrote the well-known songs from Finian's Rainbow, Bloomer Girl, and individual hits like "Brother Can You Spare a Dime?," "April in Paris," and "Paper Moon.'

○548 | Leslie Johnson Leech
Fri, Oct 25, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center



WINTER SEASONAL SLOW JAM: JUST FOR FUN!

Calling all guitars, ukuleles, mandolins, banjos, etc.! Come play some seasonal music. Each session will feature easy arrangements of holiday and winter-themed songs. No instrument, no problem - your voice is welcome. Instructor Chris Burns will bring some percussion instruments to add to our mix. Most songs presented require only a basic comfort level with the easiest keys. Let's get together and play just for the fun of it!

○549 | Chris Burns, Many-Strings
Wed, Oct 30 - Wed, Nov 20, 1:15 - 2:15
Fee: \$48 | 4 Sessions
Grossmont Wellness Center

Read the stories of our
Legacy Circle Members
and be inspired!
SanDiegoOasis.org/Legacy-Circle

**YOU MAKE ME FEEL SO YOUNG:
SINATRA LOVE SONGS**

Charming troubadour Kerry Powell takes us on a sentimental journey through five decades of love songs made famous by Ol' Blue Eyes. Kerry will be joined by three female songbirds to help bring the romantic music of Sinatra to life. Directed by Clifford Bell with Musical Director Jim Guerin at the piano and Kerry Powell on the guitar.

○551 | Clifford Bell
Thu, Nov 7, 3:45 - 5:00 | Fee: \$20
Grossmont Learning Center



BOB FOSSE: STEAM HEAT

Steam Heat is a rarely seen documentary about Bob Fosse - dancer, actor, choreographer, director, film maker - a man filled with doubts who continually questioned his own amazing talent! Fosse's style has influenced dancers everywhere, and his life and relationship with Gwen Verdon has fascinated musical theater buffs and historians since his too early passing due to his own self-indulgence. Steam Heat is a fascinating character study, filled with great music and movement. We will also see segments from many of Fosse's greatest hits like *Cabaret*, *Sweet Charity*, *Pippin*, *Pajama Game*, and *Chicago*.

○552 | Leslie Johnson Leech
Tue, Nov 12, 1:00 - 3:00 | Fee: \$12
Grossmont Learning Center



**THANKSGIVING NOTES: A LIVE MUSIC
EVENT BY MANY-STRINGS**

Music and history come together for this very special hour. This event will feature a delightful selection of songs that reflect our nation's celebration of Thanksgiving. Each song will be honored with its historical context. Musical selections will include music from the Pilgrims, Native Americans, Colonial America, and American songs that reflect the holiday. Guitar, Banjo, piano flute and more!

○553 | Chris Burns, Many-Strings
Tue, Nov 19, 1:00 - 2:00 | Fee: \$12
Grossmont Learning Center

**ANDY FRIEDENBERG PRESENTS:
AS IT IS IN HEAVEN (SWEDEN)**

A successful international conductor suddenly interrupts his career and returns alone to his childhood village in Norrland, in the far north of Sweden. It doesn't take long before he is asked to come and listen to the fragment of a church choir, which practices every Thursday in the parish hall. Just come along and give a little bit of good advice. He can't say no, and from that moment, nothing in the village is the same again. The choir develops and grows. He makes both friends and enemies. And he finds love. Running Time: 133 Minutes. In Swedish with English Subtitles

○554 | Andy Friedenberg, Director
Cinema Society of SD
Mon, Nov 25, 10:00 - 12:30 | Fee: \$12
Grossmont Learning Center

Have you Opted-In?
Don't miss out on our
weekly email communication.
See our website for details.

JONI'S JUKEBOX HOLIDAY REVUE

Come get in the holiday spirit with this fun variety show featuring Joni and The Jeanies, The Malt Shop Girls, "Elvis", and more. You'll be entertained with holiday music and with 1960s and 70s pop hits. The show includes singers and dancers, with professionally choreographed moves. You'll be smiling and tapping your toes in no time.

○555 | **Joni and The Jeanies and More**
Thu, Dec 5, 3:30 - 4:30 | Fee: \$15
Grossmont Learning Center

NEW!

VOICEOVER WORKSHOP

You've heard Bridget's voice in Samsung, Audible, and Mazda commercials, as well as Spanish Telenovela English translations. Now hear Bridget LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos. This is a full- or part-time business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead. This exciting and fun class could be the game changer you've been looking for!

○556 | **Bridget Renshaw,**
Voice-Over Artist, Writer & Comedian
Sat, Dec 7, 10:00 - 12:00 | Fee: \$30
Grossmont Learning Center

NEW!



HOLIDAY FAVORITES CONCERT/SING-ALONG

Christmas and winter-themed folk songs provide some of the most beautiful music ever composed. Timeless melodies will warm your heart as together we sing classics and popular favorites that celebrate the holiday. This music is wonderful, and renews our experience of its simple beauty is a special delight.

○557 | **Chris & Jamie Burns,**
Many-Strings
Wed, Dec 11, 12:00 - 1:00 | Free
Hooleys Irish Pub

NEW!



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for a lifetime.

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your VIP Membership!

Learn more

at SanDiegoOasis.org
or call (619) 881-6262

CENTRAL & EAST COUNTY | THEATRE, FILM & MUSIC



Arts & Crafts

INTRODUCTION TO POTTERY

Interested in pottery? In this class, you will be introduced to the following: where to begin, some current processes, expenses of creating with clay, and what to look for when purchasing pottery. There will also be a demonstration.

Instructor: Dyan Cloutier, Senior Ceramicist

○740

**Tue, Sep 17, 10:00 - 11:30 | Fee: \$8
Escondido Senior Center**

○741

**Tue, Oct 22, 10:00 - 11:30 | Fee: \$8
Escondido Senior Center**

○742

**Tue, Nov 26, 1:00 - 2:30 | Fee: \$8
Escondido Senior Center**

LEARN HOW TO DRAW: PART 1

Our Part 1 four week drawing class begins with the basics. In this class you will learn a step-by-step approach to line, shape, and shading. If you have always wanted to learn to draw, this is the class for you. Once you have the basics, join us for the Part 2 four week session. All supplies are provided and included in the cost of the class.

Instructor: Jean Wheat

○743

**Mon, Sep 9 - Mon, Sep 30, 10:00 - 12:00
Fee: \$52 | 4 Sessions
Escondido Senior Center**

LEARN HOW TO DRAW: PART 2

Now that you have the basics, join us for the Part 2 four week session. All supplies are provided and included in the cost of the class. We will now learn figure drawing, draw a portrait as well as a landscape.

○744

**Mon, Oct 7 - Mon, Oct 28, 10:00 - 12:00
Fee: \$52 | 4 Sessions
Escondido Senior Center**

Some of our art classes require you to purchase supplies; please check your receipt for details.



INTERMEDIATE DRAWING

This drawing class offers students a studio approach to drawing. Students are encouraged to develop their own individual techniques and subjects. Bring your own supplies: paper, drawing pencils, sharpener, kneaded eraser, and spray fixative if needed.

○745 | Jean Wheat
Mon, Nov 4 - Mon, Dec 2, 10:00 - 12:00
Fee: \$52 | 4 Sessions | No Class 11/11
Escondido Senior Center

WATERCOLOR WORKSHOP: OUT OF YOUR HEAD AND INTO YOUR HEART

Steve Alan has developed a method of watercolor instruction that is like no other. His approach creates a positive, successful experience anyone can follow and enjoy. Learn to paint fast and free even if you think you have no painting abilities. If you have some painting experience, this will improve your ability to produce amazing results in the very first class. Learn to blend colors on the page and design and execute a painting in 20 minutes. Create impact and focus, see what you're not seeing, and learn to frame and cut your own mats. With lots of individual help, this class makes painters out of everyone. Class includes materials fee. Limited seating available. **Must register by calling the Rancho Penasquitos Library at (858) 538-8159.**

○746 | Steve Alan
Sat, Oct 12, 10:00 - 12:00 | Free
Rancho Penasquitos Library



BRUSH PAINTING IN THE ASIAN MANNER

Learn or refresh your skills in the Asian manner of brush painting using the four treasures of ink stone, ink stick, bamboo brush and rice paper. This class is open for all levels of ability. Learn to represent the essence of your subject with the fewest possible brush strokes. Wear comfortable (ink will stain) clothes to paint in. Class includes materials fee. Limited seating available.

○747 | Rosemary KimBal,
Dancing Brush Studio
Tue, Oct 1 - Tue, Oct 29, 2:00 - 4:00
Free | 4 Sessions | No Class 10/15
Vista Library

MAKE AND TAKE JEWELRY & BEADING WORKSHOP

Learn how to make your own beautiful necklace. This fun and easy workshop will teach you the basics of beading. Each student will choose from a fabulous selection of beads to create a one of a kind necklace with a magnetic clasp.

○748 | Nina Hegyi, Artist & Instructor
Mon, Nov 25, 1:00 - 2:30 | Fee: \$30
Escondido Senior Center

IKEBANA WORKSHOP: FLOWER DESIGN

Ikebana floral design evolved in Japan over seven centuries. Ikebana emphasizes other areas of the plant, such as its stems and leaves, creating works of art. Arrangements are minimalistic and monochromatic. In this hands-on workshop, you will create a beautiful and thoughtful arrangement. Class includes materials fee. Limited seating available. **Must call Rancho Santa Fe Library directly to register for class: (858) 756-2512.**

○749 | Mitsuko Takeya
Tue, Sep 24, 10:45 - 12:45 | Free
Rancho Santa Fe Library

CREATIVE CARD MAKING

Artist Natalie Travis will teach you how to make three different all-occasion/seasonal cards. Send your friends and family cards that were made with love, by you. Students will use rubber stamps, inks, color combinations, and various techniques to develop their artwork. The cards are fun to make and even more fun to share. There is a \$6 cash only materials fee, paid to the instructor at the class.

Instructor: Natalie Travis

○750

**Tue, Sep 10, 10:00 - 11:30 | Fee: \$10
Escondido Senior Center**

○751

**Tue, Oct 8, 10:00 - 11:30 | Fee: \$10
Escondido Senior Center**

○752

**Tue, Nov 12, 10:00 - 11:30 | Fee: \$10
Escondido Senior Center**

○753

**Tue, Dec 10, 10:00 - 11:30
Fee: \$10
Escondido Senior Center**

SUCCULENT WREATHS WORKSHOP

You will fall in love making this beautiful heart shaped wreath using the Kokedama method. Perfect decoration for the holidays.

○754 | Nina Hegyi, Artist & Instructor

**Mon, Nov 18, 10:30 - 12:00 | Fee: \$30
Escondido Senior Center**

KOKEDAMA CHRISTMAS WORKSHOP

Popular in many Japanese gardens, Kokedama is a form of Bonsai, but instead of using a pot, the plant is set in a ball of soil that is then covered with moss and wrapped with string. Kokedama can be displayed on a decorative surface or hung. In this workshop, each student will learn the step by step process of how to create and care for their own Kokedama with a succulent. Every student will also leave with the materials needed to make more at home.

○755 | Nina Hegyi, Artist & Instructor

**Thu, Dec 12, 10:30 - 12:00 | Fee: \$30
Escondido Senior Center**

HOLIDAY CARD MAKING

Jane Carlson will teach you to make four different holiday cards for your friends and family that are made with love. Students will use various techniques with rubber stamps and inks to develop their beautiful holiday cards.

○756 | Jane Carlson

**Tue, Nov 19, 10:30 - 12:00 | Fee: \$25
San Marcos Historical Society**

**THE MUSEUM EXPERIENCE:
LUX ART INSTITUTE**

Here is your opportunity for a truly unique art museum experience at the Lux Art Institute in Encinitas, where art is more accessible and personally meaningful. This private tour, led by a Lux teaching artist, includes the gallery and sculpture garden along with background information about the Lux Art Institute and its featured artists. We will also visit to the Artist Pavilion, where we'll see a storytelling artist, Judy Tuwaletstiwa, as she combines narrative, language, and process through a wide variety of mediums to build a road to healing.

○757 | Veronica Bellocci

**Wed, Nov 20, 10:30 - 11:30 | Fee: \$15
Lux Art Institute**



Business, Finance & Legal

SDG&E ELECTRIC PRICING PLANS, TOOLS, TIPS AND PROGRAMS

SDG&E pricing plans are changing. Attend this informational workshop and learn about the new electric pricing plans and how to determine which plan is best for you. Tools, tips and programs to help you manage your energy and save money will be discussed.

○760 | Deborah Newell, SDG&E
Mon, Sep 9, 12:30 - 1:30 | Free
Escondido Senior Center

360 OF AUTO BUYING

Our experts will share what you need to know before you go car shopping; from financing to researching your options, to getting the best deal.

○761 | Cal Coast Credit Union
Thu, Sep 12, 11:00 - 12:00 | Free
Escondido Senior Center

SOCIAL SECURITY STRATEGIES

Learn about Social Security and strategies for maximizing your benefits, when the ideal time is to apply for Social Security, and ways to minimize taxes on Social Security benefits.

○762 | Anthony Camara, FIC, MBA
Wed, Sep 18, 1:30 - 2:30 | Free
Escondido Senior Center

FREE FINANCIAL ONE-ON-ONE CONSULTATIONS

Make an appointment for a free, one-on-one confidential Thrivent financial consultation, no strings attached. Thirty minute sessions run from 10:00 AM to 3:00 PM. Topics include planning for retirement, estate planning, tax issues, financial planning, investing and other concerns you may have. Must call (760) 796-6020 to schedule your 30-minute consultation.

○763 | Thrivent Financial
Wed, Oct 16, 1:30 - 2:30 | Free
Escondido Senior Center

UPGRADING YOUR LIFESTYLE WITHOUT INCREASING PROPERTY TAXES

Learn tax saving tips for homeowners from your elected San Diego County Assessor including: how 55+ property owners can downsize their home without increasing their property taxes, parent / child transfers, grandparent / grandchild transfers, tax breaks for homeowners, tax breaks for disabled veterans, and get an update on legislation impacting your property taxes.

○764 | Ernest J. Dronenburg, Jr.,
San Diego County Assessor, Recorder,
County Clerk
Fri, Oct 18, 1:00 - 2:00 | Free
Escondido Senior Center

CYBERSECURITY

In this interactive workshop, you'll learn to spot social engineering attempts, safer ways to interact through social media, and how to minimize your online risk both at work and at home.

○765 | Cal Coast Credit Union
 Tue, Oct 29, 11:00 - 12:00 | Free
 Escondido Senior Center

PLANNING FOR LONG-TERM CARE

In an instant, your life can change unexpectedly. Learn what long term care is and isn't, why an extended care strategy should be a part of your financial conversation, and how to start the process.

○766 | Anthony Camara, FIC, MBA
 Wed, Nov 20, 1:00 - 2:00 | Free
 Escondido Senior Center

GUARANTEED LIFETIME INCOME

Would you be happier and more comfortable in retirement if you had guaranteed monthly income that you couldn't outlive? What if you had multiple sources? While Social Security is one type of certain income, for most people it's not enough to meet all of their needs. In this course we will discuss some other sources of guaranteed income and address the myths, facts, and misconceptions you need to know.

○767 | Lisa Claycomb, JD, AAMS, CLTC
 Thu, Nov 21, 10:00 - 11:30 | Fee: \$8
 Escondido Senior Center

BUDGETING FOR 2020

Dive into what it means to be financially fit. The main topics include budgeting, saving and investing for 2020.

○768 | Cal Coast Credit Union
 Wed, Dec 4, 11:00 - 12:00 | Free
 Escondido Senior Center

REVERSE MORTGAGES EXPLAINED

With the high cost of living in San Diego County, many of us could use some extra income. A Reverse Mortgage might be right for you. Find out how you can receive tax-free income from your home with no monthly mortgage payments. Payment options include a lump sum payment, monthly payments, a line of credit, or a combination. This presentation will provide straight answers to all of your questions.

○769 | Owen Coyle,
 Licensed Reverse Mortgage Specialist
 Thu, Dec 12, 1:30 - 3:00 | Fee: \$5
 Escondido Senior Center

PLANNING LONG TERM

This seminar will provide you with details of what long term care looks like and financial strategies that make senior living and care more affordable.

○770 | Kimberly R. McGhee, Esq.
 Wed, Oct 23, 1:30 - 2:30 | Fee: \$8
 Escondido Senior Center





Exercise & Dance

START-UP YOGA

Introducing basic yoga poses that gently stretch the muscles, relax the body, and quiet the mind. This class is perfect for your first yoga experience, offering Essential Yoga Energetics to learn the basic structure of yoga poses. Please bring a yoga mat, a yoga strap, a large towel, and bottled water.

Instructor: Linda Kay Brock

○775

Wed, Sep 4 - Wed, Oct 9, 10:30 - 12:00

Fee: \$54 | 6 Sessions

Escondido Senior Center

○776

Wed, Oct 16 - Wed, Nov 20, 10:30 - 12:00

Fee: \$54 | 6 Sessions

Escondido Senior Center

○777

Wed, Nov 27 - Wed, Dec 18, 10:30 - 12:00

Fee: \$36 | 4 Sessions

Escondido Senior Center

AT THE HEART OF YOGA

Experience a variety of classical Hatha Yoga postures and Pranayama (yoga breathing) techniques, along with other inspiring yoga disciplines, based upon Kundalini Yoga practices. Essential Yoga Energetics inspires well-being and positive mindfulness. This program is based upon the eight steps or limbs of Patanjali's Yoga Sutra, called Ashtanga, which forms the structural foundation of the core of Yoga. You will receive detailed Asana and Pranayama instructions. Linda is a Certified Yoga Instructor, with a lifelong Yoga Asana practice. Please bring a yoga mat, a yoga strap, a large towel, and bottled water.

Instructor: Linda Kay Brock

○778

Sat, Sep 7 - Sat, Oct 12, 10:00 - 11:30

Fee: \$54 | 6 Sessions

Escondido Senior Center



○779

Sat, Oct 19 - Sat, Nov 23, 10:00 - 11:30

Fee: \$54 | 6 Sessions

Escondido Senior Center



○780

Sat, Nov 30 - Sat, Jan 4, 10:00 - 11:30

Fee: \$54 | 6 Sessions

Escondido Senior Center



Stand Strong with Oasis Balance Improvement Programs!

San Diego
Oasis

AARP Medicare Supplement Plans
insured by **UnitedHealthcare Insurance Company**

CHAIR FITNESS

Using a variety of exercises in a chair, this class will help to increase your strength, flexibility, and balance. Exercise can reduce stress, increase energy, and improve physical and mental health. This class is perfect for anyone who has trouble standing for long periods of time.

Instructor: Traci Thys

○781

Wed, Sep 4 - Wed, Sep 25, 12:30 - 1:30
 Fee: \$20 | 4 Sessions
 Escondido Senior Center

○782

Wed, Oct 2 - Wed, Oct 30, 12:30 - 1:30
 Fee: \$25 | 5 Sessions
 Escondido Senior Center

○783

Wed, Nov 6 - Wed, Nov 27, 12:30 - 1:30
 Fee: \$20 | 4 Sessions
 Escondido Sr Ctr

○784

Wed, Dec 4 - Wed, Dec 18, 12:30 - 1:30
 Fee: \$15 | 3 Sessions
 Escondido Senior Center

GET FIT AND HAVE FUN

Join the fun in this Low Impact Aerobic Class. We use weights, bands, and a stability ball to improve core strength, flexibility, and balance. A variety of exercises that help reduce stress, increase energy, and improve physical and mental health. A yoga mat is also needed. Fitness, friends, and fun!

Instructor: Traci Thys

○785

Thu, Sep 5 - Mon, Sep 30, 12:30 - 1:30
 Fee: \$40 | 8 Sessions
 Escondido Senior Center

○786

Thu, Oct 3 - Thu, Oct 31, 12:30 - 1:30
 Fee: \$45 | 9 Sessions
 Escondido Senior Center

○787

Mon, Nov 4 - Mon, Nov 25, 12:30 - 1:30
 Fee: \$30 | 6 Sessions
 No Class 11/11 & 11/28
 Escondido Senior Center

○788

Mon, Dec 2 - Thu, Dec 19, 12:30 - 1:30
 Fee: \$30 | 6 Sessions
 Escondido Senior Center

LINE DANCE BASICS

Line Dance Basics is for people who have no experience with line dancing and need to learn the foundation steps and terminology, such as vine, shuffle, jazz box, coaster, etc., so you will then be ready to take a Beginning Line Dance class. Fun and easy dances will give you the experience of using those steps and raising your comfort level.

Instructor: Carol Stroecker

○789

Tue, Sep 3 - Tue, Oct 29, 9:45 - 10:45
 Fee: \$48 | 8 Sessions | No Class 9/17
 Escondido Senior Center

○790

Tue, Nov 5 - Tue, Dec 17, 9:45 - 10:45
 Fee: \$42 | 7 Sessions
 Escondido Senior Center

LINE DANCING: BEGINNERS

Learn the basic steps to line dancing and soon you will be doing favorites like the "Electric Slide," "Boot Scootin' Boggie," and "Uptown Funk." Today's music to yesterday's dances and today's dances to yesterday's music...line dancing "ain't just country any more!" If you have a favorite song, let the instructor know and she will find a dance that fits. Come try a class and see how much fun it is.

Instructor: Carol Stroecker

○791

Tue, Sep 3 - Tue, Oct 29, 11:00 - 12:30
Fee: \$42 | 8 Sessions | No Class 9/17
Escondido Senior Center

○792

Tue, Nov 5 - Tue, Dec 17, 11:00 - 12:30
Fee: \$42 | 7 Sessions
Escondido Senior Center

LINE DANCING: JUST DANCE

This class is not for beginners, it is for those who can line dance to songs like "Boot Scootin' Boogie," "Tush Push," or "Watermelon Crawl." New dances will be taught, some to original music, some to today's music. The entire focus will be on dancing and having fun!

Instructor: Carol Stroecker

○793

Tue, Sep 3 - Tue, Oct 29, 12:45 - 2:15
Fee: \$48 | 8 Sessions | No Class 9/17
Escondido Senior Center

○794

Tue, Nov 5 - Tue, Dec 17, 12:45 - 2:15
Fee: \$42 | 7 Sessions
Escondido Senior Center

TAI CHI CHUAN: EARLY RISERS

What a great way to start the day! We do the complete form from start to finish! Improve your balance, strength, flexibility, and peace of mind.

Instructor: Pat Griffith, Sifu

○795

Tue, Sep 17 - Fri, Nov 1, 7:30 - 8:05
Fee: \$70 | 14 Sessions
Escondido Senior Center

○796

Tue, Nov 5 - Fri, Dec 20, 7:30 - 8:05
Fee: \$65 | 13 Sessions | No Class 11/29
Escondido Senior Center

TAI CHI CHUAN: BEGINNERS

If you are a beginner or it has been a long time since you practiced Tai Chi, this class is for you. Improve balance, strength, flexibility, and peace of mind.

Instructor: Pat Griffith, Sifu

○797

Thu, Sep 19 - Thu, Oct 31, 3:00 - 3:40
Fee: \$35 | 7 Sessions
Escondido Senior Center

○798

Thu, Nov 7 - Thu, Dec 19, 3:00 - 3:40
Fee: \$30 | 6 Sessions
No Class: 11/28
Escondido Senior Center

Have you Opted-In?

Don't miss out on our weekly email communication. See our website for details.

TAI CHI CHUAN: INTERMEDIATE

If you have learned the basic postures and want to advance further, this class is for you. Improve your balance, strength, flexibility, and peace of mind.

Instructor: Pat Griffith, Sifu

○799

Thu, Sep 19 - Thu, Oct 31, 4:00 - 4:35

Fee: \$35 | 7 Sessions

Escondido Senior Center

○800

Thu, Nov 7 - Thu, Dec 19, 4:00 - 4:35

Fee: \$30 | 6 Sessions | No Class 11/28

Escondido Senior Center

FREE TRIAL DAYS: ZUMBA

○801 | Lynn Morgan, Licensed Instructor

Sun, Sep 8 | Oct 6 | Nov 3, 8:15 - 9:00

Free | 3 Sessions

Escondido Senior Center



ZUMBA

Our small, friendly class is for everyone who enjoys music and wants to have fun while getting some exercise. We'll dance salsa, merengue, swing and cha cha using Latin and International music! No experience is needed. Lynn will carefully demonstrate the easy-to-follow movements and help everyone learn in a safe, welcoming manner.



Come join us in this new class that is free to SilverSneakers®; Fitness program members (pay only the Trimester Registration Fee). Healthways, SilverSneakers and FLEX are trademarks or registered trademarks of Healthways, Inc. All rights reserved. 2016 Healthways, Inc.

Select from the following options. You can attend the selected number of classes purchased within the 45 various sessions scheduled dates:

Purchase 5 sessions for \$50.00

Purchase 10 sessions for \$80.00

Purchase 20 sessions for \$130.00

Unlimited Fall 2019 sessions for \$220.00

Instructor: Lynn Morgan, Licensed Instructor

ZUMBA 5 SESSIONS

○802

Wed, Sep 4 - Sat, Dec 21, 1 hour

Fee: \$50 | 45 Sessions |

No Class 11/11 & 11/27

Escondido Senior Center



ZUMBA 10 SESSIONS

803 | Lynn Morgan, Licensed Instructor

Wed, Sep 4 - Sat, Dec 21, 1 Hour

Fee: \$80 | 45 Sessions

No Class 11/11 & 11/27

Escondido Senior Center



ZUMBA 20 SESSIONS

○804

Wed, Sep 4 - Sat, Dec 21, 1 Hour

Fee: \$130 | 45 Sessions

No Class 11/11 & 11/27

Escondido Senior Center



**ZUMBA UNLIMITED SESSIONS:
SEP - DEC 2019**

○805

Wed, Sep 4 - Sat, Dec 21, 1 Hour

Fee: \$220 | 45 Sessions

No Class 11/11 & 11/27

Escondido Senior Center





Health & Wellness

ENJOY THE FOLLOWING CLASSES PROVIDED BY



PALOMAR | REHABILITATION OPTIONS FOR PEOPLE WITH PARKINSON'S DISEASE

Are you or someone you love living with Parkinson's Disease, hoping to regain mobility and speech? You are not alone! Join LVST Certified Therapists Jacque Larson, MA, CCC-SLP, and Lindsey Paczkowski, DPT, for an educational session that is sure to inspire and improve your well-being. This class teaches the 'Big and Loud' therapy, which is a well-researched technique proven to be successful.

○810 | Jacque Larson, MA, CCC-SLP, and Lindsey Paczkowski, DPT
Fri, Sep 13, 10:00 - 11:30 | Free
Palomar Health San Marcos

PALOMAR | BALANCE BASICS

Join Physical Therapist Andrea McCuskey, PT, MS, OCS, as she discusses the balance system, assessment of balance disorders and conditions that cause balance problems. Attendees will learn fall prevention basics and practice balance exercises.

○811 | Andrea McCuskey, PT, MS, OCS
Wed, Sep 18, 1:30 - 3:00 | Free
Palomar Medical Center Poway

PALOMAR | MANAGING THE EMOTIONAL ASPECTS OF CAREGIVING

Discover how to recognize, understand and respond to the emotional challenges of being a caregiver. Become familiar with resources available for you and your loved one while exploring stress management techniques to keep you healthy and happy.

○812 | Palomar Health
Thu, Sep 19, 1:00 - 2:30 | Free
Palomar Health San Marcos

Are you in a group or organization that would like to learn more about Oasis? See Page 32 for details.

PALOMAR | DO YOU HAVE ATRIAL FIBRILLATION?

Join Electrophysiologist Navinder Sawhney, MD, as he discusses the most common type of abnormal heart rhythm, from signs and symptoms to diagnosis and treatment.

813 | Navinder Sawhney, MD
 Wed, Sep 25, 6:00 - 7:30 | Free
 Palomar Medical Center Escondido



PALOMAR | SUPPORTIVE NUTRITION FOR SENIORS

Nutrition needs can change as we age. Join Janice Baker, RD, CDE, for a discussion on senior nutrition concerns such as weight management, diets for medical needs and reducing risk of malnutrition.

814 | Janice Baker, RD, CDE
 Thu, Sep 26, 1:00 - 2:30 | Free
 Palomar Health San Marcos

PALOMAR | INSOMNIA: A DREAMER'S NIGHTMARE

Do you have trouble falling or staying asleep? Are you unsatisfied with the quality of your sleep? You may be experiencing insomnia. Join Sleep Specialist Pegah Mashayekhi, DO, as she discusses the basics of insomnia and habits to help you sleep better.

815 | Pegah Mashayekhi, DO
 Thu, Sep 26, 6:00 - 7:30 | Free
 Palomar Medical Center Escondido



PALOMAR | DIABETES AND CARDIOVASCULAR DISEASE

Did you know that people with diabetes have a higher-than average risk of developing cardiovascular disease? Janice Baker, RD, CDE, will discuss taking care of your diabetes, the conditions that come with it and how you can help lower your chances of heart disease.

816 | Janice Baker, RD, CDE
 Mon, Sep 30, 10:00 - 11:30 | Free
 Palomar Health San Marcos

PALOMAR | IT'S ABOUT YOU: WHO WILL MAKE YOUR MEDICAL DECISIONS WHEN YOU CAN'T

Palomar Health strongly supports your right to make decisions about your medical care. Learn the importance of Advance Directives, the document ensuring your healthcare providers know your medical care decisions if you are no longer able to make them yourself.

817 | Palomar Health
 Fri, Oct 11, 1:00 - 2:30 | Free
 Pomerado Outpatient Pavilion

PALOMAR | CARING FOR YOUR KIDNEYS

Join Janice Baker as she reviews the most current recommendations to help reduce the risk of kidney disease or slow its progression.

818 | Janice Baker, RD, CDE
 Wed, Oct 16, 1:00 - 2:30 | Free
 Escondido Senior Center

PALOMAR | HOW TO LOVE YOUR LIVER

Fatty liver disease, hepatitis and cirrhosis are becoming more prevalent. Join Janice Baker, RD, CDE, for a review of liver conditions, treatments, as well as nutrition and lifestyle choices that can help keep your liver happy.

819 | Janice Baker, RD, CDE
 Wed, Nov 6, 1:00 - 2:30 | Free
 Escondido Senior Center

PALOMAR | NUTRITIONAL NEEDS CHANGE AS YOU AGE

Do you need to change what and how you eat in your 30s, 60s, and beyond? Yes, though maybe not in ways you might think. Janice Baker, RD, CDE, will highlight important nutrition considerations to optimize health as we age.

820 | Janice Baker, RD, CDE
 Wed, Nov 20, 1:30 - 3:00 | Free
 Escondido Senior Center

PALOMAR | EATING FOR A HEALTHY HEART

Join Janice Baker, RD, CDE, as she discusses maintaining a healthy heart through cardiac-friendly nutrition.

○821 | Janice Baker, RD, CDE
Wed, Dec 4, 1:00 - 2:30 | Free
Escondido Senior Center

BRAIN AND MEMORY SUPPORT

Learn how through diet, nutrition, acupressure and aromatherapy, you can support your brain function. Learn some basic techniques to enforce new and old information, understand the brain basics and the triggers that increase forgetfulness and how to combat them.

○824 | Rose Thomas,
Licensed Acupuncturist and Herbalist
Wed, Nov 13, 12:30 - 1:30 | Free
Georgina Cole Library

MEDICARE MADE CLEAR

Medicare is not one-size-fits all. It's complex and can be confusing. That's why UnitedHealthcare established National Medicare Education Week and is partnering with Oasis to bring a Medicare education event to you. In advance of the Medicare Open Enrollment Period this fall, you can learn more about eligibility and enrollment, the different types of Medicare plans, money saving tips and more. Bring a friend – and your questions! Medicare beneficiaries, their caregivers and people approaching age 65 are encouraged to attend. Refreshments will be served and educational handouts will be provided.

○825 | UnitedHealthcare
Tue, Sep 17, 2:00 - 3:30 | Free
Escondido Senior Center

THE KETO DIET LIFESTYLE FOR 50+

Want to press the "RESET" button on your metabolism while you drop weight, reduce inflammation, control blood sugar, and increase mental focus? Come learn how to overcome insulin resistance and even more, with a ketogenic diet regimen. This version is for the "over 50 crowd."

○826 | Angela R. Vittucci, Integrative
Functional Medicine Nutritionist R.D.N.
Wed, Sep 25, 1:00 - 3:00 | Fee: \$8
Escondido Senior Center

PROBIOTICS AND PREBIOTICS: THE CARE AND FEEDING OF GERMS THAT KEEP US HEALTHY

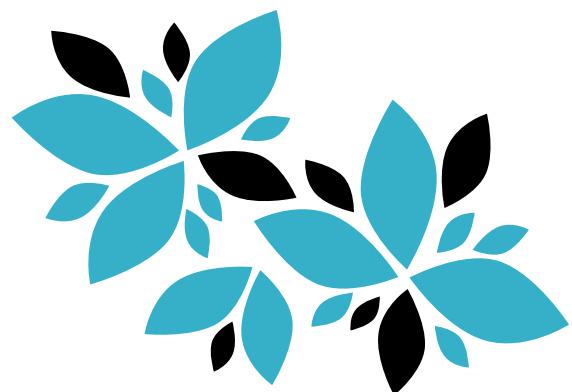
Beneficial bacteria populate the outside and inside of our bodies, improve our immunity, lower cholesterol and provide energy. Learn how to safeguard this critical resource.

○827 | Philip J. Goscienski, M.D.
Tue, Oct 1, 12:30 - 1:30 | Free
Carlsbad Dove Library

BODY FAT: EVERYTHING THAT JIGGLES IS NOT THE SAME

It's location, location, location. Fat behaves differently depending on its location in the body and it's not the same for men and women. Find new insights into weight loss, the genetics of weight gain and why baby fat is dangerous.

○828 | Philip J. Goscienski, M.D.
Wed, Oct 16, 10:30 - 12:00 | Fee: \$10
Escondido Senior Center



NUTRITIONAL STRATEGIES TO PREVENT AND TREAT SEASONAL COLDS AND FLU

Want to avoid getting the flu this year? Don't just depend on your flu shot. Come learn naturopathic/alternative ways to prevent getting sick from colds, flu and seasonal viruses. Learn what proven homeopathic, herbal tinctures and supplements will strengthen your immune system so you don't get sick.

○829 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Tue, Oct 8, 12:30 - 1:30 | Free
Carlsbad Dove Library

COMPREHENSIVE CANNABIS EDUCATION WITH TORREY HOLISTICS

There are a multitude of health benefits associated with cannabis; it can be used to treat anxiety and depression, insomnia, pain relief, and more. In this workshop developed by Torrey Holistics in-house specialist Dr. Beth, Ph.D., community outreach specialist, Megan Ballow, will discuss the history of cannabis, consumption methods, effects, and dosage and answer questions to steer individuals in the proper direction for their personal inquiries.

○830 | Megan Ballow, Torrey Holistics Consultant
Thu, Oct 3, 10:00 - 11:15 | Fee: \$7
Escondido Senior Center

WHY MICROBIOME (GUT HEALTH) IS KEY TO YOUR WELL-BEING

According to recent research, the health of your distal gut can impact the health of your entire body. In this course, you will discover why Microbiome imbalance is putting every American at risk, and learn how the age-old wisdom of Ayurveda can reduce this risk. Take an active part in improving your overall health!

○831 | Ravi B. Sahay
Tue, Oct 29, 10:45 - 12:45 | Free
Rancho Santa Fe Library

HIDDEN CRISES, CREATIVE CURES: ADDRESSING THE HEALTHCARE MELTDOWN

The growing epidemics of obesity and type 2 diabetes threaten the fiscal solvency not only of the healthcare industry but of the nation. Politicians fail to address the root causes and actuaries are oblivious to changing disease patterns.

○832 | Philip J. Goscienski, M.D.
Mon, Nov 4, 11:30 - 1:00 | Fee: \$10
Escondido Senior Center

FIX YOUR SLUGGISH THYROID: NUTRITIONAL REMEDIES

Feeling tired? Gaining weight without overeating? Suffering hair loss and dry skin? Lost your desire for sex? Have constipation, and feel just BLAH for no reason? It could be your thyroid is low. Come learn how targeted diet/supplements will nourish, support, and reboot your thyroid gland. It's time to feel like your younger self again!

○833 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Wed, Oct 23, 1:00 - 3:00 | Fee: \$8
Escondido Senior Center

MEDICARE MADE EASY

Medicare is complex and can be very confusing; this class is designed to give clarity. We will discuss different parts of Medicare, differences between Advantage Plans and Supplements, enrollment periods, prescription drug plans, and options to consider. An educational event; no specific plans will be discussed. Medicare beneficiaries, people approaching 65, and caregivers are encouraged to attend.

Instructor: Lisa Claycomb, JD, AAMS, CLTC

○834
Sat, Oct 19, 10:00 - 11:30 | Free
Escondido Senior Center



○835
Wed, Nov 13, 1:00 - 2:30 | Free
San Marcos Senior Center



History & Humanities

ESCONDIDO HISTORY CENTER: PRESENTATION AND TOUR

Did you know that California's first millionaire died in Escondido? Explore the history of Escondido at the History Center in Grape Day Park and discover many more interesting facts about the city. Your docent-led tour begins in the 1888 Santa Fe Depot which features exhibits and historic photographs tracing the development of the City. You will also tour an 1890, fully furnished Victorian Country Home and discover what home life was like over 100 years ago. The tour will also include a blacksmith demonstration at the 1908 Bandy Blacksmith Shop. Additional photographs and exhibits will be available for viewing in what was the City's first public library, which is also the History Center's office.

839 | Robin Fox, Executive Director
Wed, Oct 16, 10:00 - 11:30 | Fee: \$10
Escondido History Center

APOLLO: BRIDGE TO THE MOON

It's been 50 years since Neil Armstrong proclaimed "one giant leap for mankind." We can look back at it with the pride of national accomplishment, but in 1957 no one believed we could fly into space, let alone to the Moon. Truly, this was the greatest scientific and engineering challenge 400,000 Americans ever attempted for a national goal. Learn the real story of our journey to the Moon, where the footprints remain to this day.

840 | Mark Carlson,
Historian, Writer & Artist
Tue, Sep 10, 6:00 - 7:30 | Free
Fallbrook Public Library



APOLLO: BRIDGE TO THE MOON

841 | Mark Carlson,
Historian, Writer and Artist
Thu, Sep 26, 10:00 - 12:00 | Fee: \$12
Escondido Senior Center

Read the stories of our Legacy Circle Members
and be inspired!

SanDiegoOasis.org/Legacy-Circle

**ART & ARCHITECTURE ON THE CAMINO:
A CULTURAL JOURNEY**

Come explore the art and architecture on the Camino de Santiago pilgrimage route with artist Amanda Schaffer. This talk will highlight imagery that reflects the fascinating culture and history of northern Spain. Whether you're planning a Camino trek or interested in learning about the arts, join us to examine the color, texture, and design of the Camino's aesthetic heritage. From magnificent Gothic cathedrals to unique signage created for present-day pilgrim hostels, see why the path has visually captivated walkers since the Middle Ages. Structures by 19th century Spanish Modernist architect Antoni Gaudi Acute will be among the works featured.

○842 | Amanda Schaffer,
M.F.A. in Visual Arts, MA, Art & Religion
Tue, Sep 17, 6:00 - 7:00 | Free
Julian Library



CALIFORNIA POET: ROBINSON JEFFERS

Most Americans recognize the New England poet Robert Frost and his passion for natural images in his poetry, but few Californians recognize Robinson Jeffers whose powerful poetry clearly indicates the wholesomeness of family and the struggle to be human, set against the unconcerned, uncaring beauty of Nature and Nature's Law. Writing in Carmel from the late 1920s into the 1960s, he was chosen Time's Man of the Year in 1932, but by 1947 was ostracized for his anti-war stance during WWII.

○843 | Steven Rodrick, MA
Thu, Sep 19, 10:00 - 11:00 | Fee: \$7
Escondido Senior Center

**DISCUSSION OF DICKENS AND HIS
WRITING OF "A CHRISTMAS CAROL"**

This lecture/discussion will focus on Charles Dickens' life and his writing of *A Christmas Carol*. A discussion period will be included since most people have either read *A Christmas Carol* or seen a theatrical production or film. Dickens' life influenced his writings, and this is true also of *A Christmas Carol*. This short novel is available in several forms including films and theatrical productions and has changed Christmas, turning it into the festive holiday we experience each year

○844 | Karen Kenyon, MA,
College Professor, Poet & Author
Thu, Dec 12, 1:00 - 3:00 | Free
Rancho Bernardo Library

**DISNEY BOOK TO FILM: HOW WALT
DISNEY TOOK BOOKS AND MADE
THEM CLASSIC FILMS**

Learn about the books behind some of the great Disney movies, including whether the films stick close to the characters and plot (or not!). From Snow White to some of the great films of the 50s, 60s, and 70s, Disney made family-fun fare that can still be enjoyed today—and they were frequently inspired by books.

○845 | James Keeline,
Historian & Author
Mon, Oct 28, 1:00 - 2:00 | Fee: \$10
San Marcos Historical Society

Remember to Register!

The only way we can let you know if a class is cancelled or rescheduled is if you register ahead of time.

DWIGHT EISENHOWER: SOLDIER, STATESMAN, PATRIOT

Raised in the small town of Abilene, Kansas, Dwight Eisenhower grew from humble beginnings to lead the allied victory over Germany and serve two successful terms as President of the United States. As Allied Commander, he made the momentous decision to launch the D-Day assault that led to ultimate victory in the war in Europe. As President, though not without mistakes and controversy, he presided over eight years of peace and prosperity. Blaine Davies explores the life of this remarkable man that played such a key role destroying Nazi tyranny and leading the free world through some of the most perilous years of the Cold War.

○**846** | Blaine Davies, MA,
Professor of U.S. History
Mon, Oct 28, 1:00 - 2:30 | Fee: \$8
Escondido Senior Center

HOW TOM SWIFT INVENTED EVERYTHING

Tom Swift was the popular young inventor character created by the Stratemeyer Syndicate in 1910. There were actually five series of books with characters named Tom Swift with the fifth series published in 2006-2007. Whatever Tom was working on was just what was needed for the next adventure. Interestingly, most of the inventions and vehicles in the stories have parallels which were proposed or created in real life. The relationship of which one came first, inspiring the other, will be covered.

○**847** | James Keeline,
Historian & Author
Thu, Dec 5, 1:00 - 2:00 | Fee: \$10
San Marcos Historical Society

JAPANESE AMERICANS AND EXECUTIVE ORDER 9066

This lecture will explore the history of Japanese Americans in San Diego County, and specifically their experiences following FDR's signing of the document that called for their removal from the West Coast. Learn how Japanese Americans in the US Army aided the war effort during World War II, in spite of how their families were treated. This talk will be illustrated with photographs from the collection of the Japanese American Historical Society of San Diego.

○**848** | Linda Canada,
Historian & Author
Tue, Nov 12, 6:00 - 7:30 | Free
Fallbrook Public Library



KISS ME KATE: A READING AND TALK ABOUT THE TAMING OF THE SHREW

Do you know about the framing of this Shakespeare play where the main plot we know of Kate and her crazy suitor is actually a play being performed for a rich man who is trying to fool a poor man for a bet? Is this play an indication that Shakespeare was feminist or a misogynist? Learn more about the play and bring your texts because we will read some scenes together with audience members cast in the roles.

○**849** | Kim Keeline, Ph.D.
Wed, Nov 20, 3:00 - 4:00 | Fee: \$10
San Marcos Senior Center

**LETTERPRESS PRINTING:
A SURVEY OF THE TECHNOLOGY THAT
CHANGED THE WORLD**

From Gutenberg and moveable type to modern-day fine letterpress printing, learn about the changes in the printing press and technology, how it worked, and why it mattered. We'll look at videos and photos of printing presses from different ages and how the Linotype and other press improvements ended the age of hand-set type, except for a small number of modern practitioners.

○850 | Kim Keeline, Ph.D.
Thu, Dec 5, 3:00 - 4:00 | Fee: \$10
San Marcos Historical Society

**MURDER MYSTERIES:
ALL ABOUT THE GENRES**

Do you read mysteries? If so, you know that there are many genre specific distinctions between mystery books. In this presentation, we'll discuss classic examples of the genre and why particular mysteries appeal to some and not others. Do you like the feeling that justice is served and the world can return to normal? Then you'll like cozies, traditional or procedurals. Is the world a dark and dangerous place? Then noir and hard-boiled detectives are for you. Join us and celebrate the mystery genre.

○851 | Kim Keeline, Ph.D.
Fri, Sep 27, 3:00 - 4:00 | Fee: \$10
San Marcos Senior Center

**NANCY DREW: THE STORY BEHIND
AMERICA'S FAVORITE TEEN SLEUTH**

Chances are you've read some or 'all' of the Nancy Drew books available when you were a child. In nearly 90 years she has both entertained and inspired generations through her independence and inquisitiveness. Modern mystery books often have Nancy Drew references. Women leaders have repeatedly named her as an inspiration for their career choices. The story behind Nancy Drew, her creation and the books written and revised over time, is one of author Carolyn Keene's greatest mysteries.

○852 | James Keeline,
Historian & Author
Fri, Sep 27, 1:00 - 2:00 | Fee: \$10
San Marcos Senior Center

NASA'S GOLDEN AGE

A summary of the glory years of NASA from 1961 to 1975. Tells the story of Projects Mercury, Gemini, Apollo and Skylab. This is the story of how Mankind reached the Moon and the men and women who made it happen in the greatest technological crusade in human history.

○853 | Mark Carlson,
Historian, Writer and Artist
Thu, Oct 17, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

**You might be that one person who ensures a class
doesn't get cancelled due to low enrollment!
Be sure to register early so you don't miss out!**

PEARL HARBOR:

DAY OF INFAMY, DAY OF SACRIFICE

The Dec 1941 attack on Pearl Harbor is one of America's darkest defeats. But were the Japanese able to achieve the attack with such success only because of their cunning and planning? Or was there an American element to the attack? Were FDR, the Chief of Naval Operations and Churchill also responsible? Were the 3,000 men and women killed that day betrayed by a government who wanted the U.S. to enter the war? The spark of controversy has been fueled over the last 60 years and only now is another truth being revealed.

**Instructor: Mark Carlson,
Historian, Writer and Artist**

○854

Thu, Dec 5, 1:00 - 3:00 | Fee: \$12
Escondido Senior Center

○855

Sat, Dec 7, 2:00 - 3:30 | Free
Julian Library



RELIGIONS OF THE EAST: INDIA

India is the birthplace of the Vedic religion and texts, plus at least five religions/philosophies – Hinduism, Buddhism, Jainism, Charvaka and Sikhism. We will address questions such as: Who were the Harrapans? What happened to them? What is explained by terminology such as "Varnashrama dharma yoga?" Who Was the Great Ashoka?

○856 | Bill Kimbrough, MA
Wed, Nov 20, 1:00 - 3:00 | Free
San Marcos Library

SAN DIEGO:

THE CORNERSTONE OF SPANISH COLONIAL OCCUPATION IN ALTA, CA

This year, San Diego celebrates its founding 250 years ago as a Spanish outpost on the western frontier. What better time to explore the myths, realities, and legacies of Alta California's Spanish origins. Did you know that Alta California's first mission was above what is now Old Town—not upriver in Mission Valley? This class will examine the first Spanish settlement on what is now Presidio Hill and the subsequent movement to Mission Valley in 1774. We will take a close look at the interaction between the Spanish colonists and the native, indigenous people.

○857 | Richard Carrico, MA, Author
and Professor of American Indian Studies
Wed, Sep 25, 1:00 - 2:00 | Free
San Marcos Library

SHAKESPEAREAN STAGECRAFT: A SURVEY OF THEATRICAL HISTORY - FIRES, RIOTS AND MORE

Learn how Shakespeare's plays were staged during his lifetime, including during the Essex Rebellion, the burning of the theatre from a stray cannon firing, and more. Hear about some interesting moments in Shakespearean theatre, including major actors of the 17th-20th century, notorious performances, riots, and assassinations. The plays weren't the only thing with high drama.

○858 | Kim Keeline, Ph.D.
Mon, Oct 28, 3:00 - 4:00 | Fee: \$10
San Marcos Historical Society

SPECTRES AND SPECIAL EFFECTS OF DISNEYLAND’S HAUNTED MANSION

The Haunted Mansion opened in Disneyland on August 9, 1969. It was greatly anticipated because Walt Disney had been talking about it since 1957 and the Mansion itself had been seen on the shores of the Rivers of America for at least six years before it opened its moldering hallways to guests. Part of the delay was due to the evolution of illusion and ride systems that made it possible. Another factor was the effort made to design and build several 1964 New York World’s Fair pavilions that were later brought back to Disneyland. When it opened, it was a culmination of the artistry and technology that only the Disney company could achieve at the time.

○**859** | James Keeline,
Historian & Author
Thu, Oct 3, 6:00 - 7:00 | Free
Vista Library



STORIES FROM THE FAMILY ALBUM

If you have a crazy aunt, raise your hand. If you ARE the crazy aunt, raise your hand. We have always told stories – true and not-so-much about family. Join storyteller Marilyn McPhie for tales of crazy aunts, loving mothers, fun-loving cousins and more. You’ll hear a Korean story about disobedient children, an ancient English story of a determined mother who battles a spell for her children, a cautionary Indian tale of a couple driven apart by a misunderstanding, and a little bit about cough medicine.

○**860** | Marilyn McPhie,
Master Storyteller
Thu, Sep 12, 4:00 - 5:00 | Free
Rancho Bernardo Library

THE BUILDING OF PALOMAR OBSERVATORY: 1928 TO 1949

In 1928, George Ellery Hale received a grant from the Rockefeller Foundation to build a 200-inch telescope. Over twenty years later, a two decades long engineering and construction project came to a conclusion as the Observatory’s program of science operations began. In a spectacular fashion, they produced a nearly perfect machine that continues to support the work observers doing research in astronomy and astrophysics at the leading edge of those disciplines.

○**861** | Steve Flanders,
Palomar Observatory Event Coordinator
Wed, Nov 6, 10:00 - 11:00 | Fee: \$10
Escondido Senior Center

THE DISNEYLAND RAILROAD: HOW WALT’S PASSION FOR TRAINS STARTED THE THEME PARKS

Frontierland was a favorite part of Disneyland for Walt and many Disneyland visitors. A big part of this section in the 1950’s through the 1970’s was the seven- acre area called Nature’s Wonderland. Many visitors rode a train through the forests, deserts and into the spectacular multicolored waterfalls of Rainbow Caverns. The development of this area and what it has become today will be discussed.

○**862** | James Keeline,
Historian & Author
Fri, Oct 18, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

THE EARLY HISTORY OF DISNEYLAND AS SEEN ON THE PAGES OF THE DISNEYLAND NEWS

Walt Disney opened the doors to his famous theme park in July 1955. From the beginning, guests could purchase copies of the monthly newspaper for the park called the Disneyland News. Notably, its articles include details that are absent from many historical retrospectives. Join us for a truly captivating lecture which will highlight the people and places which make up Disneyland's lost history. No matter how many times you have visited Disneyland, you'll be surprised with some of the news that appeared in these papers.

○863 | James Keeline,
Historian & Author
Wed, Nov 20, 1:00 - 2:00 | Fee: \$10
San Marcos Senior Center

THE ENIGMATIC THOMAS JEFFERSON

Thomas Jefferson remains the greatest enigma of all U.S. Presidents. How could the man who penned the words, "all men are created equal" own slaves? While doubting whether the Constitution allowed him to do it, he authorized the Louisiana Purchase. Blaine Davies explores the life and contradictions of the scientist, architect, farmer, astronomer, scholar and statesman, author of the Declaration of Independence and our third President. The lecture includes highlights of Blaine's visit to Jefferson's Monticello.

○864 | Blaine Davies, MA,
Professor of U.S. History
Tue, Sep 17, 6:30 - 7:30 | Free
Solana Beach Library

THE FIRST TWELVE CHRISTMAS CELEBRATIONS AT DISNEYLAND

Even when Disneyland was less than a year old and celebrating its first Christmas, traditions were established that continue to today. See how the decor and celebrations evolved in the park's first dozen holiday seasons.

○865 | James Keeline,
Historian & Author
Tue, Dec 3, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

THE MAYAN CALENDAR: AFTER 2012

Mayan culture of Central America possessed the only calendrical system that indicated when a level of consciousness would appear, and their calendars go back over 16 billion years! Why did they predict 2012 as the end of the Mayan calendar? Why did many ancient cultures all point to 2012? What did the ancients know about consciousness, galactic alignments and coming eras of mass changes? Dr. Richard Jelusich has been taking groups to Central America for many years and has worked with the Mayan priests, oral traditions and interpretations of the Mayan codex's.

○866 | Richard Jelusich, Ph.D.,
Spiritual Counselor, Author & Professor
Wed, Oct 9, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

Many of our classes
fill up quickly.
Don't be disappointed!

SIGN UP

THE SEVEN WONDERS OF THE ANCIENT WORLD

The Seven Wonders have awed mankind from the 2nd century BCE to the Modern Era. Today only the Great Pyramid at Giza still stands. The Lighthouse at Alexandria, the Temples of Zeus, and the almost-mythical Hanging Gardens of Babylon have either withered or passed into folklore. Join lecturer and author Mark Carlson as he details these wonders and provides images recreated by today's leading archaeologists and architects.

○**867** | Mark Carlson, Historian
 Sat, Nov 16, 12:00 - 1:30 | Free
 4-S Ranch Library



TIME MACHINES, PORTALS, KNOCKED-OUT HEROES, DREAMS, POTIONS, MORE

Even before Mark Twain's *A Connecticut Yankee*, writers have been telling stories that play with our ordinary sense of time. The popularity of this genre in books has led to many examples on film and TV. This presentation examines different kinds of time travel and time anomaly story types.

○**868** | James Keeline, Historian & Author
 Tue, Oct 15, 6:00 - 7:00 | Free
 Julian Library



WORLD WAR II: THROUGH THEIR EYES

The Second World War and the people who remember it are told in a series of vignettes and accounts from the beaches and oceans, skies and jungles. This is not the history of the war, but about those who fought it. Here you will meet real men and women who saw the war up close and personal.

○**869** | Mark Carlson, Historian
 Thu, Nov 14, 10:00 - 11:30 | Fee: \$10
 Escondido Senior Center



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Personal Enrichment

SUCCESSFUL AGING IN PLACE: THE MASTER PLAN

This class introduces the concept of “aging in place.” We will highlight 5 important aspects to consider as you, your parents, or a loved one age in place: Housing, Health, Wellness, Financial Resources, Transportation, Community, and Social Access. We will discuss important questions to ask when developing your plan.

○ **874** | Kindra French, CAPS, SHSS
Wed, Nov 20, 12:30 - 1:30 | Free
Georgina Cole Library

AARP SMART DRIVER COURSE

This course will provide current information on the rules of the road, strategies for accident prevention, and methods to compensate for the effects of aging on driving performance. Completion of this course provides a vehicle insurance discount. You may bring your own food and drinks to the class. A fee of \$15 for AARP members, \$20 for non-AARP members – cash or check payable to AARP – is charged at the class: AARP members must bring their membership cards. Class size is limited; sign up early.

○ **875** | Tom Hay Bauer, AARP
Sat, Sep 28 - Sat, Oct 5, 12:00 - 4:30
Free | 2 Sessions
Escondido Senior Center



AARP SMART DRIVER COURSE: RENEWAL

This course will provide current information on the rules of the road, strategies for accident prevention, and methods to compensate for the effects of aging on driving performance. Completion of this course allows for a vehicle insurance discount. To qualify for this renewal course you must have a currently valid California Mature Driver Improvement Course Certificate dated no earlier than 11/02/2016. If your current certificate is older than this you must take the full, 8-hour course. A fee – \$15 for AARP members, \$20 for non-AARP members – cash or check payable to AARP – is charged at the class: AARP members must bring their membership cards. Space is limited; register early.

○ **876** | Tom Hay Bauer, AARP
Sat, Nov 2, 12:00 - 5:00 | Free
Escondido Senior Center



ACTIVE SHOOTER: WHAT TO DO?

Are you prepared if there is an active shooter? Do you run, hide, or fight? This class will examine various scenarios and explore what to do, how to survive, how to stop the bleeding, how to help victims, and more. It's a reality that is happening in our society, so come and learn how to be prepared.

○ **877** | Lt. Al Owens,
Escondido Police Dept.
Thu, Nov 14, 10:00 - 11:30 | Fee: \$7
Escondido Senior Center

**BEGINNING SIGN LANGUAGE:
THE FUN AND EASY WAY!**

Sign Language is a beautiful non-verbal way of communication. In this introductory series, learn the manual alphabet, greetings, feelings of expression, and more. Handouts included.

○878 | Sheri Lynn,
Sign language Instructor
Tue, Nov 5 - Tue, Nov 26, 1:00 - 2:15
Fee: \$40 | 4 Sessions
Escondido Senior Center

**CLEAR THE CLUTTER:
GET YOUR LIFE BACK**

Does all your stuff feel overwhelming? As you look around your home, how does it make you feel? If the state of your home is getting you down, there are things you can do to reclaim your space and feel more at peace. Discover useful ideas and steps to manage and simplify your life.

○879 | Nedra Robins
Thu, Sep 26, 1:00 - 2:30 | Fee: \$7
San Marcos Sr Ctr

CREATIVE WRITING

Are you a writer looking for a support group? Have you ever wanted to write a memoir? Do you write for excitement or curiosity? Have you wanted to publish your work or learn a new form? Come write with us and enjoy exciting, creative, mind-expanding experiences as we explore free writing, fiction, non-fiction, memoirs and poetry.

Instructor: Chloe Edge

○880
Fri, Sep 6 - Fri, Oct 11, 10:00 - 12:00
Fee: \$30 | 6 Sessions
Escondido Senior Center

○881
Fri, Nov 8 - Fri, Dec 20, 10:00 - 12:00
Fee: \$30 | 6 Sessions
Escondido Senior Center

**SCRIVENER: THE WRITING SOFTWARE
THAT HELPS YOU ORGANIZE**

Learn the basics of this useful program for the Mac and PC (and iPad) which gives you more structure and tools than simply writing in MS Word. Organize research, rearrange scenes, keep good backups, and visualize your book as you write it.

○882 | Kim Keeline, Ph.D.
Tue, Dec 3, 3:00 - 4:00 | Fee: \$10
Escondido Senior Center

**NATIONAL NOVEL WRITING MONTH:
WRITE 50,000 WORDS IN 30 DAYS
AND SURVIVE**

Every November, there's a tradition sweeping writers everywhere, the urge to write an entire draft in 30 days. I'll explain the "rules" of NaNoWriMo (as the project is called) and how to "win" by completing 50,000 words in 30 days. You will have everything you need to be prepared for the big month ahead of you, should you decide to join the challenge. It's a fun challenge to writers of all types to get a project done quickly, and it can really work. Find out how to survive and why it can be good for you, even if you never intend to publish (and even if you do!).

○883 | Kim Keeline, Ph.D.
Fri, Oct 18, 3:00 - 4:00 | Fee: \$10
Escondido Senior Center



San Diego
Oasis
2019 **GET CONNECTED:**
TECHNOLOGY FAIR FOR ADULTS 50+
TUESDAY, OCTOBER 15
9:15 AM – 3:00 PM
Reading Cinemas at Grossmont Center
Register for Class #75
See more on inside front cover!

HOW TO SOLVE EASY SUDOKU PUZZLES

Welcome to the wonderful world of Sudoku, the puzzles that keep our minds healthily stimulated without the need of an extensive vocabulary! Each class features a different set of strategies for solving puzzles at that level, and includes sample puzzles that we will solve together right in the class. Choose the level or levels matching your interest.

Instructor: John L. Walker, Ph.D.

○884 | John L. Walker, Ph.D.
Mon, Sep 16, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

○885
Mon, Nov 4, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

HOW TO SOLVE MODERATE SUDOKU PUZZLES

Instructor: John L. Walker, Ph.D.

○886
Mon, Sep 23, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

○887
Mon, Nov 18, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

HOW TO SOLVE HARD SUDOKU PUZZLES

Instructor: John L. Walker, Ph.D.

○888
Mon, Sep 30, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

○889
Mon, Nov 25, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

SELF-DEFENSE FOR SENIORS, PARTS 1 & 2

The key to personal safety is situational awareness. The instructor will explain awareness, danger signals, and how to avoid dangerous situations. Students will be shown simple self-defense techniques that can help them escape a physical attack. Other topics include identity theft, home safety and legal options for self-defense. All techniques will be controlled and performed at low intensity so that everyone can participate.

○890 | Lt. Al Owens,
Escondido Police Dept.
Thu, Oct 24 - Thu, Oct 31, 10:00 - 11:30
Fee: \$10 | 2 Sessions
Escondido Senior Center

SOUTHERN CALIFORNIA BY TRAIN: TRIPS & TRICKS

This workshop is all about using trains to get to destinations between Escondido, Oceanside, and its surrounding areas, including San Diego, Orange County, L.A.'s Union Station, and more. Dennis Sullivan will share his comprehensive knowledge of routes, schedules, cost, and the different classes of service available. This lecture will also discuss light rail and subway transit and long distance trains that Amtrak offers from L.A. to Seattle, Chicago, and New Orleans. Be prepared to take notes.

○891 | Dennis P. Sullivan, former Amtrak employee and public transportation advocate
Wed, Oct 30, 1:00 - 3:00 | Fee: \$10
Escondido Senior Center



VEGETABLE GARDENING 101

Learn the basics for a successful and bountiful harvest, whether in the ground or in pots. We will cover location, size, soil preparation, choosing vegetables, irrigation, harvesting and seed saving. Whether you are just starting or already have a garden, there is always something new to learn. Handouts will be provided.

○892 | **Karan Greenwald**
Sat, Oct 12, 12:00 - 1:00 | Free
4-S Ranch Library

**YOU, ME, AND THE BEE**

This presentation starts with bee basics and their habitat, then covers life in a hive and the role each bee has in the colony. Learn about the importance of native bees and other kinds of bees in our ecosystem. Other topics that can be discussed are how people can help honey bees and the major threats to bee health.

○893 | **Nanette Herbeuoux**
Tue, Nov 19, 6:00 - 7:00 | Free
Julian Library

**MEDITATION: THE KEY TO HEALTH & STRESS RELIEF**

Sick of doctors and traditional methods? You can be your own healer! Open those channels of love and light within you for health and stress relief. Meditation is the key to calm your mind and be totally present within yourself. Turn back the clock to vitality, vim and vigor. Let's reclaim our health and well-being and access the depth of healing within us all.

Instructor: **Melynnique Seabrook, MA**

○894 | **Melynnique Seabrook, MA**
Thu, Sep 12 - Thu, Oct 3, 2:00 - 3:00
Fee: \$28 | 4 Sessions
Escondido Senior Center

○895
Thu, Oct 17 - Thu, Nov 7, 2:00 - 3:00
Fee: \$28 | 4 Sessions
Escondido Senior Center

LEARN ABOUT YOUR ASTROLOGY THROUGH MUSIC

Each of you have your own special chemistry. Learn about your sign and who you may be compatible with through composer and performer, Melynnique Seabrook, and her poetic, musical renditions of each of the astrology signs. In "Love Songs of the Zodiac," you will hear deeper insights into your own gifts and of those in your life.

○896 | **Melynnique Seabrook, MA**
Thu, Oct 10, 2:00 - 3:30 | Fee: \$7
Escondido Senior Center

GUIDED IMAGERY TO MUSIC

Looking for a unique, highly creative experience that can surprise you into wellness? Transport yourself with Imagery to Music as you journey by receiving images, inhaling the sounds of the various songs, and allow your imagination to cleanse, clear and improve your feeling states. Some of the weekly themes include: Re-energizing Your Life, Self Forgiveness, Managing Fear and Anxiety, Finding Sanctuary and more. So if you love creative writing, enjoy music, and are willing to trust and just relax your mind for an hour, come join us!

○897 | **Deb Tillman**
Fri, Sep 20 - Fri, Nov 8, 1:00 - 2:00
Fee: \$40 | 8 Sessions
Escondido Senior Center

INTRO TO HANDWRITING ANALYSIS

Rev. Glas will discuss how to analyze handwriting and will explain how the way you form and space your letters can reveal a lot about who you are.

○898 | **Rev. Linda Glas**
Tue, Nov 19, 2:00 - 4:00 | Fee: \$8
Escondido Senior Center

HUMAN SEXUALITY DISCUSSION GROUP

Learn why loving your body is so important. We'll do a quick basic anatomy review as well as the benefits of orgasm. Any questions about gender, sexual orientation, alternative lifestyles, or love making techniques – we can talk about it all. This is your safe place to learn and explore your sexuality.

○899 | Assoc. Prof. Debby Golden,
Author & Lecturer
Mon, Nov 18, 1:00 - 2:00 | Fee: \$7
Escondido Senior Center

THE COMPLETE GUIDE TO YOUR ENERGY BODY, THE HUMAN BIOFIELD

Want to take it a step further? This workshop will explore the human biofield (aura), the energy body that “holds” your physical body in space and time.

○900 | Richard Jelusich, Ph.D.,
Spiritual Counselor, Author & Professor
Wed, Nov 13, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

INTRODUCTION TO ENERGY MEDICINE

Would you like to know more about how energy medicine, like Reiki, works and what it feels like? Join Dr. Jelusich who has over 30 years of experience in the energy medicine field and founder of his unique form of energy work for this informative and experiential lecture. Often referred to as subtle energy, the practitioner becomes a conduit for healing, allowing that energy to flow through (not from) them. Science has proven the efficacy of energy medicine.

○901 | Richard Jelusich, Ph.D.,
Spiritual Counselor, Author & Professor
Tue, Sep 24, 1:00 - 2:30 | Fee: \$10
Escondido Sr Ctr

LIGHT UP YOUR LIFE & RELATIONSHIPS

How do we relate to each other? What are our beliefs that color our perceptions? What if we could perceive each other on a deeper, more meaningful level? Enjoy this illuminating workshop on understanding our intuition and natural intuitive powers. Lecture includes insights into developing our abilities to perceive each other in a more holistic manner and exercises to hone those innate abilities we all have.

○902 | Richard Jelusich, Ph.D.,
Spiritual Counselor, Author & Professor
Thu, Dec 12, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

FLOWER READING

Rev. Linda Glas will show you a fascinating way to get insights into yourself and your life through flower readings! Must select any living flower and place it in a paper bag. Bring the bag (with the flower in it) to class and place it anonymously on the table provided. Secrecy assures no connection between you and your flower, thus guaranteeing a good psychic reading.

○903 | Rev. Linda Glas
Tue, Sep 24, 2:00 - 4:00 | Fee: \$8
Escondido Senior Center

COMMUNICATION WITH THE DEAD

Bring a picture of a deceased friend or family member and you may receive a message directly from that person. Discover where they are, what they are doing, and how they feel. Pertinent facts about their reincarnation plans and/or other upcoming family “events” are often revealed.

○904 | Rev. Linda Glas
Tue, Dec 10, 2:00 - 4:00 | Fee: \$8
Escondido Senior Center

LET'S TALK ABOUT GHOSTS

Have you seen a ghost? What are they? Who are they? What do they want? Come and explore the realm of possibilities that are out there.

○905 | Linda Glas
Tue, Oct 29, 2:00 - 4:00 | Fee: \$8
Escondido Senior Center

GETTING TO KNOW CHEESE

This is a complete "Cheese 101" adventure: history, how it's made, what to pair, ways to serve, how to store and more! Taste generous samples of eight different styles of cheese, accompanied with bread and grapes, while enjoying a complimentary glass of wine. Ask as many questions as you can think of in a fun and intimate setting surrounded by cheese.

○906 | Rob Graff, Academy of Cheese
Mon, Sep 23, 6:00 - 7:30 | Fee: \$45
Venissimo Cheese Del Mar

**FABULOUS FRENCH FROMAGE**

Join us for a sampling of our favorite French fromage paired with some wonderful French wines. This is the finest demonstration of the beauty of terrior. Your tummy will be happy and your mind enriched.

○907 | Rob Graff, Academy of Cheese
Thu, Nov 7, 6:00 - 7:30 | Fee: \$50
Venissimo Cheese Del Mar

**VEGETABLE GARDENING 101**

This class will provide the basics for a successful and bountiful harvest, whether in the ground or in pots. We will cover location, size, soil preparation, choosing vegetables, irrigation, harvesting and seed saving. Whether just starting or already have a garden, there is something new to learn. Handouts provided. Weather permitting, this class will be held outside in conjunction with a crop exchange.

○908 | Karan Greenwald
Wed, Nov 6, 12:30 - 1:30 | Free
Georgina Cole Library

SAN DIEGO OASIS LIBRARY AMBASSADOR VOLUNTEER OPPORTUNITIES

One great benefit of San Diego Oasis is the number of off-site locations we offer. There are more than 40 locations throughout San Diego county where members can enjoy a variety of classes.

Library Ambassador Volunteers are an important part of our program because they help enrich the offsite class experience for existing and potential new members.

We would be delighted for you to join us at an upcoming training session.

You will learn about the Library Ambassador role, the benefits and rewards of being one of our volunteers, and sign up for volunteer opportunities at offsite classes.

There are over 60 offsite library classes during our Fall session, September – December, so we would truly appreciate your help.

**Contact Amy O'Connor,
Office & Volunteer Manager
(619) 881-6262
Amy@SanDiegoOasis.org**



Technology



BLOGGING: ONLINE JOURNALING

Would you like to know how to blog? You will utilize Tumblr to teach you about what a blog is all about, and how to write and post your own blog. A blog is a great place to post your creative writing or journaling for your audience. This is a great way to let your inner writer out, or just have a safe place to share your opinion and thoughts. Bring your charged up smartphone to class with any passwords you might need.

○910 | Assoc. Prof. Debby Golden,
Author & Lecturer
Wed, Dec 11, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

BUYING AND SELLING ONLINE: PART 1

This first class will present an overview on how to sell and buy on Amazon, eBay, and other local apps like Letgo and Offerup. Learn how to make money and save money. This is an introductory course and a pre-requisite for part 2, which is the step-by-step 'how to' from start to finish.

○911 | Assoc. Prof. Debby Golden,
Author & Lecturer
Fri, Nov 8, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

BUYING AND SELLING ONLINE: PART 2

This is a step-by-step course on how to sell items online from start to finish. From taking a photograph of the product all the way through to receiving payment. Buying and Selling Online: Part 1 is a pre-requisite for this class.

○912 | Assoc. Prof. Debby Golden,
Author & Lecturer
Fri, Nov 15, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

CUTTING THE CORD

Tired of paying a ridiculous amount of money for hundreds of channels you never watch? Why not just pay for what you want? We'll discuss the various options, what equipment you might need to purchase, and how quick you can start saving money. Bring any questions you have, and we'll try to answer them all.

**Instructor: Assoc. Prof. Debby Golden,
Author and Lecturer**

○913
Sat, Nov 16, 11:00 - 12:30 | Fee: \$10
Escondido Senior Center



○914
Fri, Dec 6, 1:00 - 2:30 | Fee: \$10
Escondido Senior Center

HOW TO BE SAFE ONLINE

Whether you are using social media (like Facebook, Instagram or Twitter) or just going on the Internet, you need protection. Whether you're using an Apple or an Android smartphone, an iPad, tablet, laptop or desktop computer, you need security. You will learn about passwords, malware, ad traps and VPNs so you can be safer online. Bring your charged up smartphone to class with any passwords you might need.

**Instructor: Assoc. Prof. Debby Golden,
Author and Lecturer**

○915

Wed, Nov 6, 1:30 - 2:30 | Fee: \$10
Escondido Senior Center

○916

Tue, Dec 3, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

INSTAGRAM FOR NEWBIES

What is Instagram? How do you use it? Why would you want to use it? This is a hands-on class. You will learn how to upload your photos, share with others, look at others' postings, apply filters, and more. We'll have fun exploring this popular app. Remember to bring your smart phone to the class, any passwords you might need, and make sure it's charged up.

**Instructor: Assoc. Prof. Debby Golden,
Author and Lecturer**

○917

Thu, Nov 14, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

○918

Mon, Dec 9, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

**SHARING HOLIDAY MEMORIES WITH
FAMILY AND FRIENDS**

Learn several different ways to share your memories with family and friends as well as safely storing them. You don't have to have Facebook, as there are still other apps you can use. Bring your charged up smartphone to class with any passwords you might need.

**Instructor: Assoc. Prof. Debby Golden,
Author and Lecturer**

○919

Fri, Nov 22, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

○920

Thu, Dec 19, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

**SMARTPHONE TRAINING:
ANDROID PHONES**

Learn how to make your smartphone work better for you. Basic functionality, make text larger, make it louder and easier to hear, connect bluetooth devices, and more. Seating is limited. ***Please note, some personal data will be gathered at the beginning of this class.**

**Instructor: Sandra Johnson,
CA Telephone Outreach Specialist**

○921*

Tue, Sep 10, 10:00 - 12:00 | Free
Escondido Senior Center

○922*

Tue, Oct 15, 10:00 - 12:00 | Free
Escondido Senior Center

○923*

Tue, Nov 19, 10:00 - 12:00 | Free
Escondido Senior Center

○924*

Tue, Dec 10, 10:00 - 12:00 | Free
Escondido Senior Center

SMARTPHONE TRAINING: IPHONE

Learn how to make your smartphone work better for you. Basic functionality, make text larger, make it louder and easier to hear, connect bluetooth devices, and more. Seating is limited. ***Please note, some personal data will be gathered at the beginning of this class.**

Instructor: Sandra Johnson,
CA Telephone Outreach Specialist

○925*

Tue, Sep 10, 1:00 - 3:00 | Free
Escondido Senior Center

○926*

Tue, Oct 15, 1:00 - 3:00 | Free
Escondido Senior Center

○927*

Tue, Nov 19, 1:00 - 3:00 | Free
Escondido Senior Center

○928*

Tue, Dec 10, 1:00 - 3:00 | Free
Escondido Senior Center

TWITTER FOR NEWBIES

Learn to use Twitter on your phone. Bring a list of your own interests so we can customize your Twitter account. Learn to "follow" people, what a hashtag (#) is, and why you use it. Bring your smartphone to the class, any passwords you need, and make sure it's charged up!

○929 | Assoc. Prof. Debby Golden,
Author & Lecturer

Tue, Nov 12, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center



WHAT IS THE CLOUD?

If you've heard people talking about 'the Cloud' and you wondered what it was, this class is for you. You will learn how to use the Cloud and why you would want to use it. Bring your charged up smartphone to class with any passwords you might need.

Instructor: Assoc. Prof. Debby Golden,
Author and Lecturer

○930

Mon, Nov 4, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

○931

Sat, Dec 14, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center



YOUTUBE FOR NEWBIES

What is YouTube? How do you use it? Why would you want to use it? This is a hands-on class. Are you aware what a helpful tool YouTube is? It's as educational as it is entertaining. We'll discuss how YouTube can be used to make your life better and learn how to upload a video. Bring your charged smart phone and any passwords you might need to class.

○932 | Assoc. Prof. Debby Golden,
Author & Lecturer

Thu, Nov 21, 1:00 - 2:00 | Fee: \$10
Escondido Senior Center

Bring your charged phone, user ID, and passwords with you to smartphone classes!



Theatre, Film & Music

HOTLANTA DIXIELAND BAND QUARTET

This will be an afternoon of the great Dixieland jazz music of New Orleans. After intermission all the songs will be ones selected by the audience! You probably will hear all your favorites.

○939 | HVCCA

Sun, Sep 22, 2:00 - 3:30 | Fee: \$20
California Center for the Arts

QUARTETTO NUEVO

Quartetto Nuevo effectively melds the music of ancient worlds and faraway places and enchants audiences of all ages! Their unique instrumentation (soprano sax, alto-flute, cello, acoustic guitar, hand percussion) richly colors their wide-ranging repertoire and razor-sharp precision enhanced by jazzy interludes.

○940 | HVCCA

Sun, Oct 20, 2:00 - 3:30 | Fee: \$20
California Center for the Arts



Donate your car, truck, motorcycle, RV, or boat to San Diego Oasis by simply completing an online form and we'll reach out to you to arrange the pick-up of your vehicle donation, at no cost.

You may qualify for a tax deduction while supporting a cause that is near and dear to your heart! Most vehicles can be picked up within 24-72 hours. You'll receive an initial car donation receipt upon pick-up; once sold, we will provide you proper tax forms in time to file.

Support a cause near and dear to your heart!

Call Us to Donate: (877) 55-OASIS | (877) 556-2747
Visit <https://careasy.org/nonprofit/Oasis-San-Diego>
to donate, learn more, or read our FAQ's.

Off-Site Adventures



PETCO PARK TOUR

Go on a behind-the-scenes guided tour of this architecturally magnificent home field of the San Diego Padres. Its location celebrates the sea, sky, and natural beauty of the area. Visit "writers' row" in the press box, sit in a major league baseball dugout, look inside the visitors clubhouse, and learn about the history of baseball in San Diego at the Padres Hall of Fame.

○705 | Petco Park Navigator
Mon, Sep 23, 10:00 - 11:30 | Fee: \$25

SAN DIEGO ARCHAEOLOGICAL CENTER

Located in Escondido, the San Diego Archaeological Museum is the only local organization dedicated to the collection, curation, and exhibition of San Diego County's archaeological artifacts. The center has been in existence since the Curation Crisis of 1998 when there was a thirty year backlog of treasures that show us how people have lived in the area for the past 10,000 years. The docent-led tour will introduce us to a museum quality exhibit and educational programs available to researchers and the public as an important cultural resource.

○706 | Cindy Stankowski, MA
Tue, Oct 8, 10:30 - 12:00 | Fee: \$8

SALK INSTITUTE

The Salk Institute, boasting a long history of innovation and excellence in biomedical science, is housed in a structure that is a masterpiece of the famous architect, Louis Khan. Completed in 1965, the Institute fulfills founder Jonas Salk's vision of a facility with open, unobstructed laboratory interiors in a dramatic location, intended to inspire creativity among its researchers. Our docent-led tour will take us through the facility architects refer to as "the world's boldest structures."

○707 | Salk Institute Docent
Wed, Oct 9, 10:00 - 11:30
Fee: \$20

ABC 10 NEWS STUDIO TOUR

On this exclusive, docent-led tour, ABC 10 News has granted Oasis the opportunity to get a behind-the-scenes look at their studio. As part of our studio experience, we'll be guided through ABC's TV news studio as they prepare for an actual broadcast! Additionally, we'll get to visit the makeup room, the voiceover studio, and more on this thrilling tour.

○708 | ABC Community Outreach
Associate
Tue, Oct 22, 9:30 - 11:00 | Fee: \$8

WHALEY HOUSE TOUR

What better time to visit America's most Haunted House than a few days before Halloween! Built in 1857, the Whaley House has housed a granary, the County Courthouse, a commercial theater, Thomas Whaley's general store, a ballroom, a polling place and more. A docent will regale us with stories from the house's history including the seizure of documents and records in 1871, the suicide of Violet Whaley in 1885, and numerous hangings on the property before the house was constructed. Join us for real ghosts in a historically haunted setting.

○709 | Whaley House Docent
Mon, Oct 28, 1:00 - 2:00 | Fee: \$8

LAND OF THE FREE BECAUSE OF THE BRAVE

With Veteran's Day just having past, how appropriate for us to celebrate San Diego's wonderful patriotic history. Among the attractions we will visit on this motorcoach tour are the Mt. Soledad Veterans Memorial, the Kissing Statue, Fort Rosecrans Military Cemetery, and Liberty Station. Full buffet lunch is included at the Old Town Tequila Factory. Rather than lunch and visits to Fort Rosecrans and Liberty Station, you may choose to spend from Noon to 3:00 PM at the U.S.S. Midway Museum; entrance fee included but lunch will be on your own.

0710 | Alan Mindell, Author
Thu, Nov 14, 10:30 - 4:00 | Fee: \$83

MISSION BASILICA SAN DIEGO DE ALCALÁ TOUR

Founded in 1769, the Mission Basilica San Diego de Alcalá is the first of the California missions, the birthplace of Christianity on the west coast of the United States. Rebuilt in 1931, today it is an active parish church as well as a cultural center highlighting more than two centuries of California history and tradition. A docent will enlighten us about this remarkable and significant national historical landmark and shrine.

0711 | Mission Basilica de Alcalá Docent
Thu, Nov 14, 11:00 - 12:30 | Fee: \$8

Each trip has its own
full travel flyer!
Visit SanDiegoOasis.org
and click on
Travel Opportunities.



WINTER WONDERLAND FUNDRAISING HOME TOUR

Rev up your holiday mood with a unique experience! Long-time Oasis instructor, Leslie Johnson Leech, will be leading tours of the Winter Wonderland she creates each December in her Mission Valley/Serra Mesa home. For 45 minutes, Leslie will guide 10 of you at a time through multiple themed trees, many other collectibles including unique music boxes and even stuffed animals that sing and dance for your entertainment. Her truly decked-out home will unleash the child within you! And you will learn the answer to the most asked question of all! "Where do you store all this stuff?"

Space is limited and guests must be 18 years and older. The tours will last for approximately 45 minutes and will be followed by refreshments in the backyard. Four tours total will be offered on December 4th and each tour will be limited to 10 participants. Upon registration you will be assigned a tour time and be given the address of the home. All proceeds will benefit the San Diego Oasis Intergenerational Tutoring program.

0712 | Leslie Johnson Leech
Wed, Dec 4, 10:00 - 2:15 | Fee: \$30

0713 | Leslie Johnson Leech
Wed, Dec 11, 10:00 - 2:15 | Fee: \$30

FIREHOUSE MUSEUM

The Firehouse Museum in Little Italy is the oldest firehouse in San Diego and houses firefighting equipment and apparatus dating back to the late 1800s. A docent will point out some of the interesting exhibits, including La Jolla's first fire engine, an antique telegraph and dispatch system, and a horse-drawn steamer engine. A highlighted exhibit is a tribute to the 9/11 victims and heroes.

0714 | Mike Colafrancesco, Director
Thu, Dec 5, 11:00 - 12:00 | Fee: \$8



SAN DIEGO BOTANIC GARDEN IN DECEMBER

San Diego Botanic Gardens in Encinitas has the designation as one of the "Top 10 North American Gardens Worth Traveling For" by the American Gardens Association. Some of the 29 uniquely themed gardens will include a tropical rain forest, the nation's largest bamboo collection, and regional desert landscapes. Thanks to our mild climate, plants from all over the world thrive in this 37-acre urban oasis. Adding to the holiday cheer, the gardens will be decorated.

0715 | San Diego Botanic Gardens Docent
Tue, Dec 10, 10:30 - 12:00 | Fee: \$15



LITTLE ITALY GUIDED HOLIDAY TOUR, LUNCH AND GELATO!

Led by the charismatic Anthony Davi, General Manager of Little Italy Tours, go back in time with this personalized, behind-the-scenes sightseeing experience that will visit multiple locations in Little Italy. As part of the tour, you'll be treated to a light lunch at Monello and two scoops of hand-made gelato at Café Zucchero. Adding to our experience, Little Italy will be decorated for the holidays, complete with a massive, 25-foot tower of more than 1,100 beautiful Poinsettias.

0716 | Anthony M. Davi,
Expert Little Italy Guide & Host
Wed, Dec 18, 9:45 - 11:45 | Fee: \$45



Day Trips



Be sure to call Oasis for your \$5 discount code! Keep in mind, the discount code applies to every tour found in the Oasis catalog AND the Daytripper Tours catalog.



J. PAUL GETTY VILLA MUSEUM | MALIBU

The Getty Villa Museum in Malibu is a gorgeous estate perched on a hilltop overlooking the ocean; it was designed to replicate an ancient Roman villa buried by the volcanic eruption of Mt. Vesuvius in 79 AD. It is the only museum in the U.S. solely devoted to antiquities from the Mediterranean region and houses over 1,200 Greek, Roman and Etruscan relics spanning 7,000 years of ancient art, from the end of the Stone Age to the fall of the Roman Empire.

October 19 | December 7 | Fare: \$99

PUERTO NUEVO, MEXICO WITH LOBSTER LUNCHEON

Journey down the coastline of Baja, Mexico for some colorful shopping and a traditional lobster lunch in the cobblestone seaside village of Puerto Nuevo. Visit the Rosarito Beach Hotel, shop for curios and souvenirs in the nearby open-air bazaar, sip a margarita and savor a traditional Mexican-style lobster lunch at the beautiful Villa Ortega's Restaurant, with sweeping views of the Pacific.

September 28 | October 19 | Fare: \$125

AUTUMN AT THE HUNTINGTON LIBRARY & GARDENS

Autumn is a beautiful time to visit the magnificent Huntington, an expansive estate near Pasadena featuring art galleries, a library of rare manuscripts, and 150 acres of one of the world's finest botanical gardens. Experience the serenity of the Chinese Garden, visit the conservatory, stroll lush landscapes and browse a host of galleries housing world-class art.

September 25 | October 18

Fare: \$115

HISTORIC MISSION INN FESTIVAL OF LIGHTS

Capture the wonder and excitement of the holiday season on our trip to the spectacular Mission Inn in Riverside. This national historic landmark encompasses a city block and is a 320,000-square-foot maze of stained glass and spiral staircases with an architectural mix ranging from Spanish Baroque to Italian Renaissance. You'll take a docent-guided tour of this majestic masterpiece and see it come alive as over four million cascading lights transform the Mission Inn into a land of holiday magic during its "Festival of Lights" celebration.

December 10 | December 17 | December 18

Fare: \$115

OKTOBERFEST AT BIG BEAR LAKE

Join us for a fun day of fall festivities as we travel to beautiful Big Bear Lake in the San Bernardino Mountains to celebrate Oktoberfest. Experience authentic German fare, traditional entertainment and plenty of celebration! Test your strength during the beer stein holding challenge, enjoy clogging and other cultural performances, and sample authentic bratwurst, knockwurst, Polish sausage, and more! Your tour includes admission to the festival and an all-inclusive German luncheon complete with a beer, wine or non-alcoholic beverage.

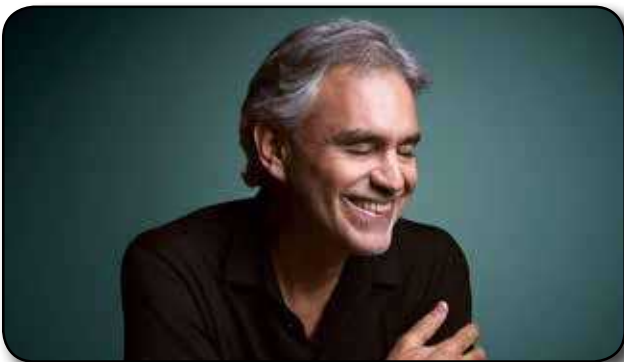
October 6 | October 13 | Fare: \$139



WINE TASTING & LUNCH IN MEXICO'S GUADALUPE VALLEY

Taste the flavor of Mexico when you travel with us to Baja's Guadalupe Valley wine country. Enjoy wine tastings at two delightful wineries. The family-owned boutique winery, La Casa de Doña Lupe, specializes in organic red wines and delicious homemade products like jams, hot sauces, olive oils and cheeses. At L.A. Cetto, enjoy a catered luncheon of grilled chicken and carne asada served with wine under the open-air terrace on the hillside overlooking the lush vineyards.

September 21 | October 26 | Fare: \$139



ANDREA BOCELLI LIVE IN CONCERT AT PECHANGA ARENA

Legendary Italian vocalist and the world's most popular living tenor, Andrea Bocelli has been leaving audiences in awe for decades. Travel to Pechanga Arena in San Diego to see this incredible singer-songwriter from reserved Terrace seating. In keeping with the theme of Bocelli's Italian heritage, your evening also includes dinner at Buca di Beppo in downtown San Diego.

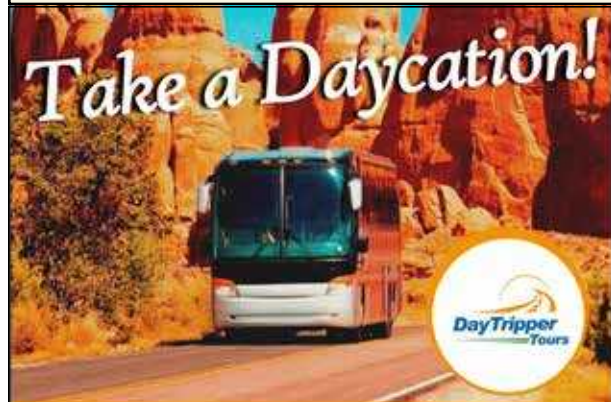
December 8 | Fare: \$259

NEW YEAR'S DAY ROSE PARADE IN PASADENA

Celebrate the New Year at the world-famous Tournament of Roses Parade in Pasadena! Your senses will be filled with exciting sights and sounds of this spectacular event as colorful floats, spirited marching bands, high-stepping equestrian units and celebrities parade down Colorado Boulevard. Fare includes round-trip deluxe motor coach transportation, snacks and beverages served aboard the coach, reserved north-facing grandstand seats – with the sun at your back, not in your eyes – and unobstructed views of the parade.

January 1, 2020 | Fare: \$189

Deluxe motor coach tours departing weekly from San Diego



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- Garden & Architecture Tours
- Broadway Musicals in L.A.
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Extended Travel

Please visit SanDiegoOasis.org and click on **Travel Opportunities** to see full travel flyers detailing inclusions, itinerary and highlights.

MEXICO SPA TRIP

Imagine enjoying 8 days of magic pampering with health and beauty treatments in the majestic Sierra Madre Mountains at Ixtapan de La Sal, Mexico! Trip includes airfare, ground transport, 7-night hotel stay on the spa grounds, all meals, taxes, tips and 16 spa treatments! There is a fully equipped gym, whirlpool sauna and steam room on the grounds. Daily morning walks, yoga, aerobics, Pilates, Zumba and aquatics classes, too.

○ **720** | Sandra Lawhon
Sun, Oct 20 - Sun, Oct 27
\$2,575 PP Double Occupancy
\$2,873 Single Occupancy
Airfare Included



MEXICO SPA PREVIEW

○ **721** Sat, Sep 14 | 10:00 - 12:00
Grossmont Learning Center

GEORGIA ON MY MIND

Unpack once, but enjoy seven days in and around historic and modern Atlanta. In Atlanta tour the CNN Studios, the original Coca Cola bottling plant, and the new Atlanta Falcons' Mercedes Benz domed stadium. See the Capitol, the governor's mansion, and the Jimmy Carter Presidential Library. Relive Civil Rights history at the Martin Luther King house, museum, and tomb. Side trips will be to the Cherry Blossom Festival in Macon, spectacular Callaway Gardens, and the FDR house and museum in Warm Springs.

○ **722** | AFC Vacations
Sun, Oct 20 - Sat, Oct 26
\$2,449 PP Double Occupancy
\$2,929 Single Occupancy
Airfare Included

SOUTHWEST DESERT ADVENTURE

Start your motorcoach tour at an educational exhibit of the current use of wind, solar, and natural gas powering the Coachella Valley and surrounding desert. Then enjoy viewing American Indian and Alaskan Native artifacts as well as contemporary art at the Cabot Pueblo Museum. You continue on to see the spectacular geological phenomena and yuccas in Joshua Tree National Park. Next marvel at the sights in Death Valley, the hottest place on earth, and the driest and lowest place in North America. End your exciting adventure with a night in Las Vegas!

○ **723** | Extended Travel
Mon, Nov 4 - Thu, Nov 7
\$999 PP Double Occupancy
\$1,399 Single Occupancy
Deluxe Motorcoach



CAJUN CHRISTMAS

Experience the magic of the French Quarter during the holiday season! Enjoy three nights in the French Quarter and two nights on the Gulf Coast at the Beau Rivage Resort. Learn how to make New Orleans' famous cuisine at the New Orleans School of Cooking and hear the colorful stories of the "Big Easy" on a walking tour of the French Quarter (complete with beignets) plus many more sightseeing highlights! Tour package includes pickup/drop-off from home and roundtrip air from San Diego.

○ **724** | Meridian Guided Travel
Sun, Dec 1 - Fri, Dec 6
\$2,349 PP Double Occupancy
\$2,899 Single Occupancy
Airfare Included



COUNTRY CHRISTMAS

Enjoy a four-night stay at the Opryland Hotel, decorated and festive for the holiday season. Sightseeing includes a visit to the Country Music Hall of Fame and historic RCA Studio B, where some of country's most iconic artists recorded their biggest hits. A live performance at the Grand Ole Opry is sure to be a highlight. Outside of Nashville, we'll experience a tour of the Jack Daniels Distillery. Tour package includes pickup/drop-off from home and roundtrip air from San Diego.

○ **725** | Meridian Guided Travel
Fri, Dec 6 - Tue, Dec 10
\$2,349 PP Double Occupancy
\$2,899 Single Occupancy
Airfare Included

MUSIC CITIES CHRISTMAS

Begin your holiday musical tour in Branson, the live music show capital of the world. Then continue on to Little Rock to see the Clinton Presidential Library and Museum. In Memphis take in the sights and sounds of Beale Street and enjoy a southern BBQ. After Memphis, tour Graceland, Elvis Presley's estate. Finish in Nashville, Music City USA, where you'll visit the Country Music Hall of Fame and see the famous Grand Ole Opry holiday show. This Nashville highlight will be performed at historic Ryman Auditorium, its former home for 31 years.

○ **726** | Premier World Discovery
Fri, Dec 6 - Wed, Dec 11
\$2,645 PP Double Occupancy
\$3,295 Single Occupancy
Airfare Included

MYSTERY HOLIDAY LIGHTS

Looking for a little excitement and a big surprise? Join AFC's first class Mystery Holiday Lights Tour. This four day adventure includes round trip airfare, two meals a day, stays at three star hotels, and all "must see" sightseeing. AFC Tour Manager Chris McCool guarantees that this will be a trip to remember. No passport required for this incredible mystery experience.

○ **727** | AFC Vacations
Mon, Dec 9 - Thu, Dec 12
\$1,329 PP Double Occupancy
\$1,569 Single Occupancy
Airfare Included

HEARST CASTLE AT CHRISTMAS

Decorated for the Holidays, Hearst Castle comes alive on the evening tour with period docents adding to the intrigue of this famous mansion. Add the spectacular Christmas Market and Light Show, with a million twinkling lights, and this trip is a must do! You'll see the captivating Elephant Seals at one of the largest rookeries in the country.

○ **728** | Friendly Excursions
Mon, Dec 16 - Wed, Dec 18
\$739 PP Double Occupancy
\$949 Single Occupancy
Deluxe Motorcoach

NEW YEAR'S EVE AND THE TOURNAMENT OF ROSES PARADE

Preview the beautiful floats in the Float Barn as finishing touches are being applied and preview some bands at Bandfest, then tour the Warner Brothers' Studio. On New Year's Eve, before a gala party where the New Year will be welcomed at midnight New York time, tour the Huntington Library with its art collections and botanical gardens. The next morning enjoy a reserved seat at the famous Rose Parade followed by a behind the scenes tour of the Santa Anita racetrack.

○ **729** | Friendly Excursions
Sun, Dec 29 - Wed, Jan 1
\$1,299 PP Double Occupancy
\$1,699 Single Occupancy
Deluxe Motorcoach

DISCOVER PANAMA

Visit one of the wonders of the world on a seven day tour of the Panama Canal. This tour will visit a native tribe, cruise the Panama Canal, sun on beautiful beaches and visit Panama City. Learn about the history of the Panama Canal on the Panama Canal Day Cruiser through the Miraflores Locks and disembarking at the Gamboa Rainforest. Enjoy hotel stays in Panama City, the Gamboa Rainforest Resort and Playa Blanca.

○ **730** | Premier World Discovery
 Fri, Feb 21 - Thu, Feb 27
 \$3,625 PP Double Occupancy
 \$4,475 Single Occupancy
 Airfare Included

SAN ANTONIO SPRING FIESTA

The ultimate San Antonio experience featuring the Flambeau Parade, the largest illuminated parade in the nation! On this extraordinary trip, some of the highlights include a tour of the Tower of the Americas where you'll dine while getting a spectacular view of the city, a narrated boat ride along the famous River Walk, a tour of LBJ Ranch and the renowned Admiral Nimitz Museum, a reserved seat at the Fiesta Flambeau Parade and so much more!

○ **731** | AFC Vacations
 Thu, Apr 23 - Mon, Apr 27
 \$1,999 PP Double Occupancy
 \$2,579 Single Occupancy
 Airfare Included

**WINDY CITY GETAWAY**

Enjoy 6 days in Chicago and discover the many highlights of the "windy city." Spend all 5 nights at the majestic Palmer House Hilton; a "historic hotel of America" located downtown just steps away from shops, restaurants and museums. Sightseeing highlights include a Chicago River Cruise, Willis Tower, the Federal Reserve Money Museum, Frank Lloyd Wright's Home and Studio in Oak Park and a cooking class to learn how Chicago's famous pizza is made. Tour package includes pickup/drop-off from home and roundtrip air from San Diego.

○ **732** | Meridian Guided Travel
 Sun, Apr 26 - Fri, May 1
 \$2,899 PP Double Occupancy
 \$3,699 Single Occupancy
 Airfare Included

NATIONAL PARKS OF THE SOUTHWEST

Time to see one of the most wonderful places in our country! Marvel at the unique and brilliant colors of Grand Canyon West, Bryce Canyon and Zion National Park. Start with a tour of Las Vegas, and a welcome dinner. Day two enjoy the excitement that Las Vegas life has to offer! After a good night's sleep, off to Mesquite, the stepping stone to the beauty of the Canyons, the original home of our Native American land. Heading to St. George UT, the landscape reveals the most striking scenery going back millions of years. With a last visit to Valley Fire State Park in Las Vegas it's off to home.

○ **733** | Premier World Discovery
 Sun, May 3 - Sat, May 9
 \$2,045 PP Double Occupancy
 \$2,545 Single Occupancy
 Airfare Included

Each trip has its own
 full travel flyer!
 Visit SanDiegoOasis.org
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 Travel Opportunities.

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SHOP LOCAL MARKET
10/26 • 10am-4pm

TRICK-OR-TREAT
10/31 • 3pm-5pm

NOVEMBER

VETERANS DAY CONCERT
11/11 • 5pm-7pm

LIGHT UP THE HOLIDAYS
11/29 • 4pm-6pm

SHOP LOCAL MARKET
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DECEMBER

SANTA PAWS
12/7 • 11am-3pm

HOLIDAYFEST
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HOLIDAYFEST
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