



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

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

SanDiegoOasis.org

www.facebook.com/sandiegoasis

Central | East | South County (619) 881-6262

North County (760) 796-6020

Spring

Program Catalog

January - April 2020

Good News **INSIDE** | See Page Two for Details!

President's Welcome

Dear Oasis Family,

Good News is everywhere!

Throughout 2020 you will see **new things** coming to Oasis.

Beginning in January 2020, **we are reducing our Registration Processing Fee from \$20 to \$10.** We hope this savings allows you to enjoy an additional class at San Diego Oasis.

Our website has a fresh look and is easier to navigate.



50%
OFF!



**New
Website!**



**Ahead in
2020**

BOARD OF DIRECTORS

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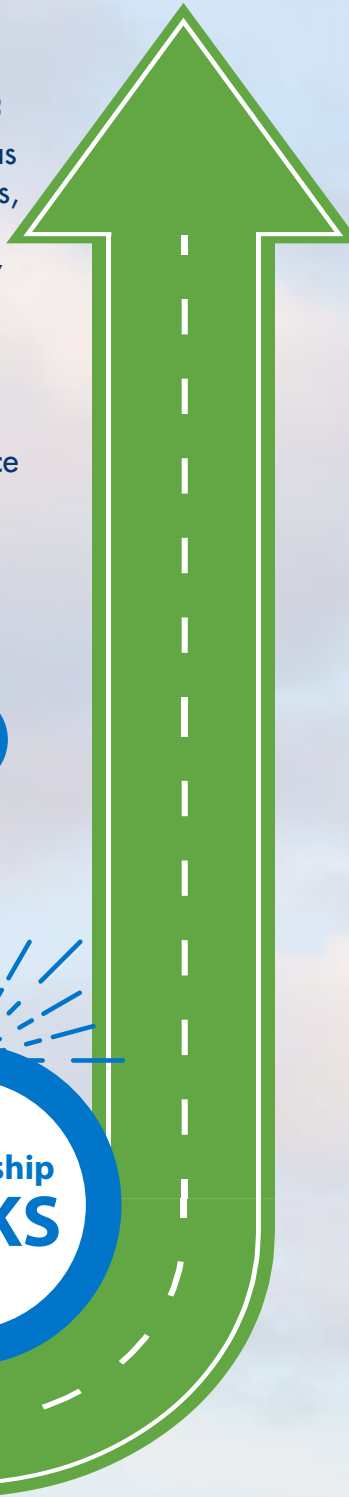
Judy Lewis

Chris Weaver

Penny Wise

We will be creating new ways to join San Diego Oasis. Starting with the Summer 2020 Catalog, **we will offer an annual membership fee** (no trimester fee!), and a non-member fee for each class and activity.

Membership will have benefits! **If you choose to join us as a member, we will have lots of incentives**, such as discounted class fees, free admission to special events, early registration, special promotions, and more. You will only pay the Oasis membership fee once a year, or you can take classes at your leisure using the non-member fee.



We hope you will join us for a very exciting year.
Thank you for being part of the Oasis family!


Simona Valanciute
President & CEO

P.S. Please consider supporting Oasis with a tax deductible gift that will be used to continue to bring you all the amazing programs you love?

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 12-17 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

LET'S GET SOCIAL



<http://bit.ly/sdofacebook>



<http://bit.ly/sdolinkedin>



<http://bit.ly/sdotwitter>

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 DUNNICLIFF
Tutoring Program Coordinator



JOANNE BONCHER
Regional Trainer & Tutor Coordinator East County

Tutoring Book Drive

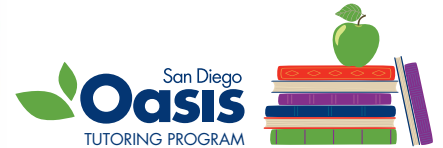
Bring a Smile to the Face of an At-Risk Student!



Donate an age-appropriate book for students K-4 and help us reach our goal of distributing

100,000

books to the students in our Intergenerational Tutoring Program. Our objective is to distribute books in time for them to enjoy them and retain their reading skills over the summer.



San Diego Oasis Awards

- 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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SPECIAL FEATURES

Art Studio Named!

We are pleased to announce the Eddie & Mary Jane Omens Art Studio
See Page 17

Thrivent Financial

Financial Awareness Seminars
See Page 28

Oasis Presentations

Do you belong to a group or organization that would benefit from a presentation about Oasis?
See Page 37

Folk Dance Center

Come dance with us! All experience levels are welcome.
See Page 38

Library Ambassadors Volunteer Opportunity

See Page 133

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:

Martin Luther King, Jr. Day
January 20

President's Day
February 17

REMINDER
Daylight Savings
March 8

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 \$10.00 processing fee for the Spring 2020 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 \$10.00 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.**

50% Off! Trimester Processing Fee
 Tax-Deductible Gift to Oasis

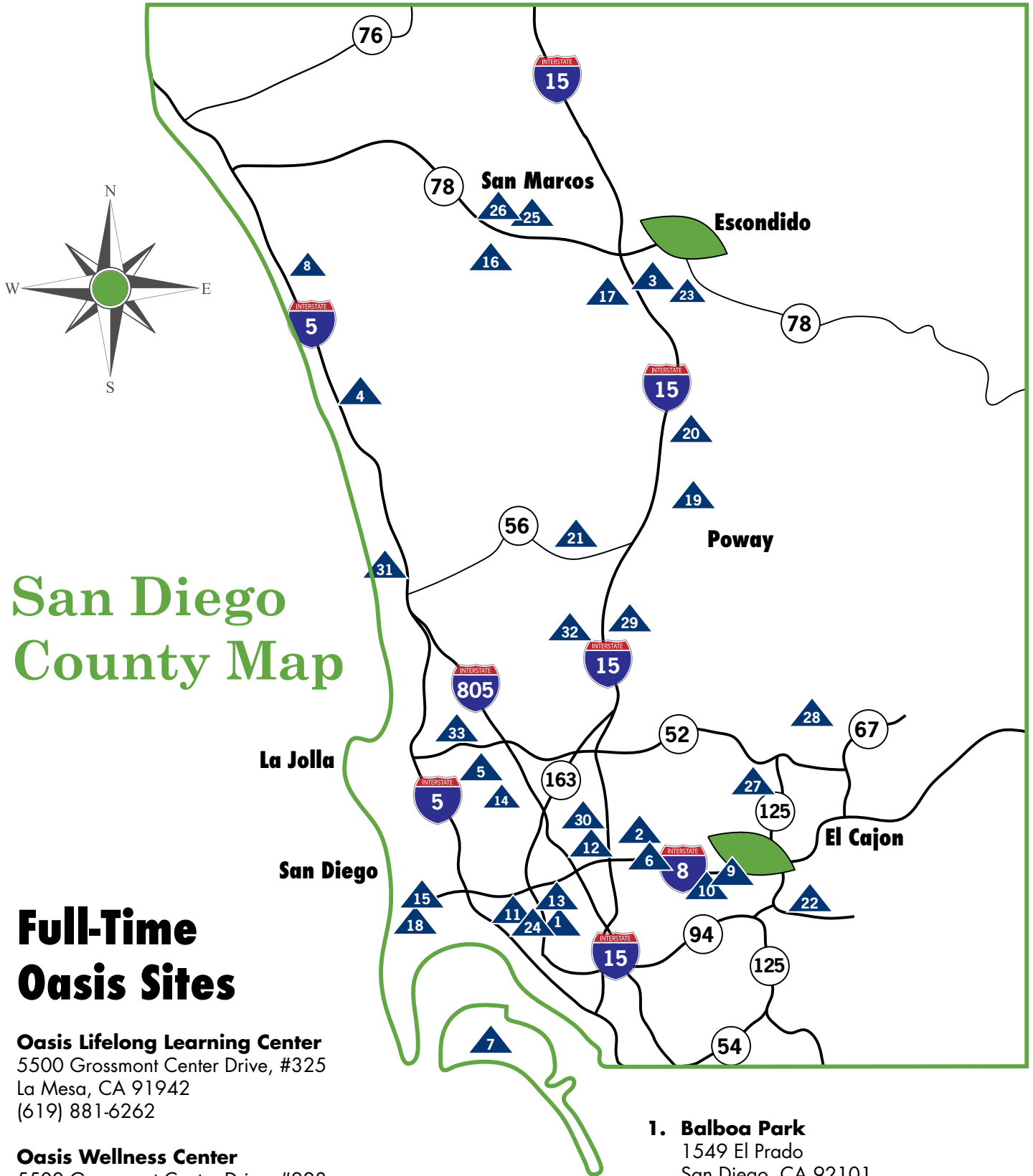
Subtotal of Fees		
Minus Credit	()	
50% Off! Trimester Processing Fee	\$20.00 \$10.00	
TOTAL AMOUNT		

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. Balboa Park**
 1549 El Prado
 San Diego, CA 92101
- 2. Benjamin Branch Library**
 5188 Zion Avenue
 San Diego, CA 92120
- 3. California Center for the Arts**
 340 N Escondido Boulevard
 Escondido, CA 92025

- 4. Carlsbad Dove Library**
1775 Dove Lane
Carlsbad, CA 92011
- 5. Cathy Hopper Clairemont Friendship Center**
4425 Bannock Avenue
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. Encinitas Library**
540 Cornish Drive
Encinitas, CA 92024
- 9. Hooleys Irish Pub**
5500 Grossmont Center Drive #247
La Mesa, CA 91942
- 10. La Mesa Library**
8074 Allison Avenue
La Mesa, CA 91942
- 11. Mission Hills / Knox Library**
215 W. Washington Street
San Diego, CA 92103
- 12. Mission Valley Branch Library**
2123 Fenton Parkway
San Diego, CA 92108
- 13. Museum of Photographic Arts (MOPA)**
1649 El Prado
San Diego, CA 92101
- 14. North Clairemont Library**
4616 Clairemont Drive
San Diego, CA 92117
- 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. Point Loma Branch Library**
3701 Voltaire Street
San Diego, CA 92107
- 19. Pomerado Outpatient Pavilion**
15615 Pomerado Road
Poway, CA 92064
- 20. Rancho Bernardo Library**
17110 Bernardo Center Drive #K14
San Diego, CA 92128
- 21. Rancho Penasquitos Library**
13330 Salmon River Road
San Diego, CA 92129
- 22. Rancho San Diego Library**
11555 Via Rancho San Diego
El Cajon, CA 92019
- 23. Redwood Terrace**
710 W 13th Avenue
Escondido, CA 92025
- 24. San Diego Bridge Academy**
3111 Sixth Avenue
San Diego, CA 92103
- 25. San Marcos Library**
2 Civic Center Drive
San Marcos, CA 92069
- 26. San Marcos Senior Center**
111 Richmar Avenue
San Marcos, CA 92069
- 27. Santee Branch Library**
9225 Carlton Hills Boulevard #17
Santee, CA 92071
- 28. Santee City Hall**
10601 N. Magnolia Avenue
Santee, CA 92071
- 29. Scripps Miramar Ranch Library**
10301 Scripps Lake Drive
San Diego, CA 92131
- 30. Serra Mesa Branch Library**
9005 Aero Drive
San Diego, CA 92123
- 31. Solana Beach Library**
157 Stevens Avenue
Solana Beach, CA 92075
- 32. The Unity Center**
8999 Activity Road
San Diego, CA 92126
- 33. University Community Branch**
4155 Governor Drive
San Diego, CA 92122

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.

HONOR SOMEONE SPECIAL | TRIBUTE GIFT

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

**SUPPORT WHAT YOU LOVE.
SUPPORT OASIS!**

PLANNED GIFTS

BEQUEST & ESTATE PLANNING

- Gift 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 donor's lifetime; 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.
- Requires services of an attorney.



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.

Legacy Circle Members

Anonymous Donor
Anonymous Donor
Anonymous Donor*
Claire & Carlos Arias Family Trust
Krishna & Bonnie Arora
Michael & Arlene Bardin
Donald & Nadene Bruders
Heather Chisholm-Chait

Donna Dotson
Cynthia Haney
E. Miles & Kathryn Harvey
John & Collette Michelle Hessler
Emily Keeler
Rupert Keesler*
Sandra Nimitz Lawhon

Trevalyn Tracy Lawler*
William H. & Jolyn Parker
Nancy Scott
Herma G. Sullivan*
Glenn Walker
Pitt Warner*
Wayne Yee*
Arleigh Yewchan*

*deceased

Meet our Newest Legacy Circle Members Michael and Arlene Bardin



Meet Michael and Arlene Bardin, the newest members of the San Diego Oasis Legacy Circle. Arlene is a retired registered nurse and Michael had a career as a senior executive with Scripps Health. Michael is currently an Oasis Board Member. Both he and Arlene believe in the concept of aging successfully and the work that Oasis does to keep older adults healthy, active, and engaged in the world. Michael says joining the Legacy Circle is "The easiest thing to do to help secure the future of Oasis." We are extremely grateful to them for including Oasis in their estate plans.

The Bardins enjoy traveling, frequently associated with Rotary involvement. Also, Michael is on a couple of boards in San Diego involved with community health. And there's still some remaining public affairs consulting particularly with health care oriented not-for-profits.

Leave a Legacy!

To join the Legacy Circle, contact Simona Valanciute at (619) 881-6262 or Simona@SanDiegoOasis.org.

Tribute Gifts

Tribute Gifts in memory of George Chamberlin

Josephine Deramery
Barbara Pendergast
Leta Teasdale
Donna Toro
Bruce & Debra Van Hyfte



Making a tribute gift is a wonderful way
to honor someone special
and help advance the Oasis mission.

Diana Heidig in loving memory of
Ed Heidig

Christine Leefeldt in loving memory of
J.B. Teddy

Don & Nancy Sandweiss in loving memory of
Una Nichols Hynum

Susan & Peter Tancredi in honor of
Dr. Robert B. Sarnoff

Thank You to our Generous Donors

Gifts listed below were contributed November 12, 2018 through November 12, 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*
Sharp Healthcare

Gold Circle | \$10,000 – \$24,999

Anthem Blue Cross | Medicare Division
Krishna & Bonnie Arora
The Cushman Foundation
The Escondido Charitable Foundation
Hervey Family Foundation
The Matthews Foundation
Nordson Corporation Foundation

Eddie & Mary Jane Omens
Palomar Health
SDG&E
Catherine Stiefel
United Healthcare
Zable Family Foundation

Silver Circle | \$5,000 – \$9,999

Barnes & Noble
Heather Chisholm-Chait
Ed & Mary Fletcher Fund at TSDF
Harrah's Rincon

Carol & Henry F. Hunte at TSDF
Chuck & Ernestina Kreutzkamp Foundation
Rotary Club 33
Umpqua Bank Charitable Foundation

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

AARP
Don & Diana Ambrose
AT&T
Michael & Arlene Bardin
Ken & Deni Carpenter

CDW
DeFalco Family Foundation
Julie Derry | Care Patrol
Willis & Jane Fletcher Fund at TSDF
Cynthia Haney
Home Instead Senior Care Foundation

Rupert Keesler, Jr.*
Sandra N. Lawhon | Banker's Hill
Marshall & Judy Lewis
Lions Welfare Foundation SD
Stanley Stearns Fund at TSDF

Matisse Fellow | \$1,000 – \$2,499

Anonymous
Anonymous Fund at TSDF
Don & Nadene Bruders
The Charitable Foundation
David & Sarah Chong
East County Senior Service Providers

E. Miles & Kathryn Harvey
Diana Heidig
Paula B. & Oliver Jones
Family Foundation
Charles & Maureen King
La Jolla Golden Triangle Rotary Club

Aaron & Bernadette Landau
Montera Senior Living
Lois Navolt & Alan Vigeant
Robert Scheid
Peter & Susan Tancredi
Hon. William & Penny Wise

Sustaining Scholar | \$500 – \$999

Anonymous
Lisa & Ernest Auerbach Family Foundation
Karen Black
Conrad & Christa Burke Fund at TSDF
Clear Captions
J. R. Dymant
Kathy Gamez

Jon & Carol Gebhart
Gilbert & Maggie Ikezaki
Knight Angels Foundation
Lois Marriott
Elizabeth Meyer
Denise Nelesen
Nurses Next Door

Fred & Mary Lou Ruane
Patricia Sullivan
Simona Valanciute
Darlene Wade
Glenn Walker
Westmont Village
William York

Contributing Scholar | \$250 – \$499

Susan Allen
Mary Jo Anderson
Doug & Sarah Beaupré
Humberto Yznaga & Janet Black-Yznaga
Judi Bonilla
Sibyl Carlson
Joe & Linda Evangelist
Front Porch Innovations
Betty Lou Gibbs
Jo Ann Gilbert

Eileen Haag
Harbage Consulting
Jane Hardy
Robert Haskell
James & Sandra Helt
John & Colette Michelle Hessler
Honor Care Network
Dr. Thomas & Janith Lohner
Sarah Mapel
Charles & Lynda Muse

Paul & Debby Novak
Monica Omak
William & Jolyn Parker
Lovell James Rousseau
Don & Nancy Sandweiss
Charles & Barbara Schroeder
Fred & Gail Shatsky
Harold & Elana Weinberger
Judith Wenker
Randy Peerson, Zing

Sustaining Monthly Donors

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

Honor Society

Members Who Have Donated At Least \$1,000 Cumulatively In The Last 10 Years

Marjorie Acker
Sr. Mary Jo Anderson
Anonymous
Anonymous
Betsy J. Arnold
Krishna & Bonnie Arora
Rudy Ballesteroz & Cheryl Maxwell
Michael & Arlene Bardin
Moises & Vicki Baron
Marian A. Barry
Anita A. Baumgardner
Eleanor E. Bevege
Lee & Mary Ann Bowman
Jane B. Boyd
Don & Nadene Bruders
Christa Burke
Louisa Campagna
Sibyl Carlson
Ken & Deni Carpenter
Heather Chisholm-Chait
David & Sarah Chong
Elaine Chortek
Julie Derry
Jonathan Doering
J. R. Dyment
Gail Folkman
Jon & Carol Gebhart
Henry & Alta George
Joan Gump
Cynthia Haney
Mary Harker
John G. Harper
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John & Colette Michelle Hessler

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Joseph & Maire Hunt
Gilbert & Maggie Ikezaki
Judy M. James
Joel Johnson
Steve & Kelly Johnson
Rupert Keesler Jr.*
Charles & Maureen King
Margaret King
David & Sue Knop
Marjorie Kotler
Aaron & Bernadette Landau
Burton Larkins*
Jana Lauritsen
Sandra Lawhon
Christine Leefeldt
Marshall & Judy Lewis
Claire LiMandri
Rose Lisenko
Jeanne L. Litchfield
Richard Marcus, DDS*
Francis* & Lois Marriott
Michael & Genevieve Matherly
Cynthia May
Elisa E. Merino*
Paul & Maggie Meyer
Elizabeth Meyer
Trevalynn A. Lawler*
Reiko Nakano
Lois Navolt & Alan Vigeant
Olga Nedd
Evelyne Neff
Denise Nelesen

Lawrence Newmark
Barbara J. Noel
Debby & Paul Novak
Sharyn Oakes
Eddie & Mary Jane Omens
William & Jolyn Parker
Nancy E. Pastore
Arlene & Newton Pollock
Jim* & Jaime Richter
Fred & Mary Lou Ruane
Howard C. Runk*
Raymond Sabin* & AK Jones
Cecil & Beverly* Scaglione
Charles & Barbara Schroeder
Maurice Shapiro
Lisa Smith
Dr. Alan & Nancy Spector
Catherine Stiefel
Mark & Jill Stull
Hubert "Stutz" & Ellen* Sturtevant
Patricia A. Sullivan
Susan & Peter Tancredi
Simona Valanciute
Jean & Richard Vilmure
Frank McAndrew*
Glenn Walker
Pitt* & Virginia Warner*
Nancy B. Weaver
Christopher Weaver
Harold & Elana Weinberger
Colleen C. Welsh
Judith A. Wenker
Honorable William & Penny Wise
Wayne Yee*
Humberto & Janet Black Yznaga

*deceased

Naming Opportunities



EDDIE AND MARY JANE OMENS had to decide this year for the first time how to take Mary Jane's Required Minimum Distribution as she turned 70 ½ years of age.

Eddie, who has, among others, been teaching "Eddie's Famous Coffee House Class" at Oasis for more than 10 years, thought it might be the perfect opportunity to make a special gift to the place he loves.

Under the "Qualified Charitable Distribution," if you are 70½ or older you can donate up to 100K without it being considered a taxable distribution. The deduction lowers the donor's adjusted gross income.

After a few conversations with Simona, the couple have decided to make a two year commitment to name the Arts Studio. As of December 2019, we are proudly calling our studio **The Eddie and Mary Jane Omens Arts Studio**.

Additional Naming Opportunities

- Lifelong Learning Center** | \$250,000
- Wellness Center** | \$100,000
- Lecture Hall** | \$75,000
- Social Corner** | \$25,000
- Humanities Classroom** | \$25,000
- Lifelong Learning Center Lobby** | \$25,000
- Conference Room** | \$10,000
- New Locations in North County** | TBD

Contact **Simona Valanciute** if you are interested in learning more about these naming opportunities or other ways to support the mission of San Diego Oasis:

(619) 881-6262

Simona@SanDiegoOasis.org

Thank You to Our Naming Opportunity Donors


**EDDIE & MARY JANE
OMENS
ART STUDIO**




**RAY & RUPERT
CLASSROOM**



Named in honor of
**Rupert Keesler
and Ray Chavez**


**BAMBOO
GROVE
GALLERY**



Gift of
Cynthia Haney

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
Ron Boggeln
Glenn Braden
Judy Brown
Don Bruders
Nadene Bruders
Francine Conniff
Stephanie Contos
Patricia Coughlin
Eve Daggett
Vera Dolansky
David Dooley
Debbie Dyar

Lyn Earl
Judith Frink
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
Emilie Mason
Kathy Martinez
Najla McAvoy
Margaret McKerrow
Char Meulemans
Grace Ventitelli-Meyers
Charlie Nickeson
Les Odom
Gini Pedersen
Peggy Peloquin

Tommie Powell
Nancy Procurot
Luis Rodriguez
Fran Rutherford
Lin Shaw
Christine Smith
Meredith Friedman Steckel
Dennis Sullivan
Lore Taylor
Allison Turner
Janie Wardlow
Jodie Wasser
Chris Weaver
Keith Widdop
Penny Wise
Sandra Zinn

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. Visit the Volunteer section of our website to complete the form and submit a teaching proposal.

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 Program



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:

Oasis Grossmont Center | #60
Wednesday & Thursday, January 22 & 23
10:15 AM – 12:45 PM

Oasis Grossmont Center | #61
Tuesday & Wednesday, February 25 & 26
10:15 AM – 12:45 PM

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

Escondido Senior Center | #65
Wednesday & Thursday, January 15 & 16
10:30 AM – 1:00 PM

Escondido Senior Center | #66
Wednesday & Thursday, February 12 & 13
10:30 AM – 1:00 PM

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

Tutor Enrichment Meetings*

Oasis Grossmont Center | #62
Tuesday February 6 | 11:00 AM – 12:30 PM

Oasis Grossmont Center | #63
Wednesday, March 25 | 11:00 AM – 12:30 PM

Oasis Grossmont Center | #64
Wednesday April 15 | 11:00 AM – 12:30 PM

Escondido Senior Center | #67
Wednesday, January 29 | 11:00 AM – 12:30 PM

Escondido Senior Center | #68
Thursday April 2 | 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 by registering for the session(s) of their choice.



Arts & Crafts

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. A material fee of \$6 – cash only – is due to the instructor at the beginning of class.

Natalie Travis

○100

Tue, Jan 21, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

○101

Thu, Apr 2, 10:00 - 11:30 | Fee: \$15
Grossmont Learning Center

SOUP BOWL COZY: MAKE ONE OR MORE

Protect your hands and furniture from hot soup, chili or oatmeal with a soup bowl cozy that is cute and functional. Ideal for use at home or to give as a handmade gift, a microwaveable cloth bowl is fast and easy to make. Check the online description or your purchase receipt for the supply list.

○102 | Lyn Earl

Tue, Jan 21, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

BEGINNING WATERCOLOR WITH EDDIE OMENS

Bringing art into your life makes you feel happy. The simplicity of the watercolor process inspires people to think creatively. Eddie's goal is to awaken the artist in everyone through watercolor painting. Eddie's classes are interactive, step-by-step lessons for all levels of expertise. Beginners are more than welcome as are more skilled watercolorists. Bring whatever watercolor supplies that you have.

○103 | Eddie Omens, Artist

Mon, Jan 27 – Mon, Feb 3, 10:00 – 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center



FROM REALISM TO ABSTRACTION I

Learn skills to begin and develop an abstract composition. Step by step, you will be guided through exercises that will teach you how to abstract a realistic image through the use of concepts such as contrast, shape modification, line and geometric form. Using a still-life, a drawing, a photo, or a painting of your choice, you will create an abstracted image.

○ **104** | Aniko Makranczy, MFA
Tue, Jan 28 – Tue, Mar 3, 10:00 – 12:00
Fee: \$75 | 5 Sessions | No Class 2/25
Grossmont Learning Center

FROM REALISM TO ABSTRACTION II

This course expands on the basic concepts presented in the Abstraction I class. Greater importance will be placed on contrast, shape, line and the harmony of geometric forms. We will focus on how to use abstracted forms to express something rather than describe it. Emphasis will be on composition, balance, use of line, distortion, simplification, and the expressive and emotional nature of the image. Students can choose to either draw or paint.

○ **105** | Aniko Makranczy, MFA
Tue, Mar 10 – Tue, Apr 7, 10:00 – 12:00
Fee: \$75 | 5 Sessions
Grossmont Learning Center

SIMPLY WATERCOLOR



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 the online description or your purchase receipt for the supply list.

Lynda Muse, Artist & Instructor

○ **106** | Beginners
Tue, Jan 28 - Tue, Mar 3, 1:00 - 3:00
Fee: \$75 | 5 Sessions | No Class 1/28
Grossmont Learning Center

○ **107** | Intermediate
Tue, Mar 10 – Tue, Apr 7, 1:00 – 3:00
Fee: \$75 | 6 Sessions
Grossmont Learning Center

TONAL DRAWING WITH MARKER PEN & 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. This is a great class for students interested in progressing from line drawings to tonal picture making. Beginners and intermediate students are welcome to enroll. No prior drawing experience is necessary. Instructor works with students at their level.

○ **108** | Alejandro Leon, Artist & Instructor
Wed, Jan 29 – Wed, Feb 19, 10:00 – 12:00
Fee: \$60 | 4 Sessions
Grossmont Learning Center

IMPRESSIONIST WATERCOLOR

Learn Impressionist principles of color and use them in your watercolor painting. In this 4-week course, we will cover broken color, optical mixing, glazing, opacity and warm/cool dichotomy. This is a great class for those who love color and want to use it well in their work. Lessons are taught through in-class exercises, optional assignments and demos. Give your colors a much needed boost!

○ **109** | Alejandro Leon, Artist & Instructor
Wed, Jan 29 – Wed, Feb 19, 1:00 – 3:00
Fee: \$60 | 4 Sessions
Grossmont Learning Center

**LEARN TO PAINT IN ACRYLICS
WITH MICHELE****NEW!**

In these fun and informative classes, you will be introduced to the primary techniques needed to paint in acrylics. At the end of each class you will take home a piece of art. Check the online description or your purchase receipt for the supply list.

Michele Brindle, BA, Owner, Mimsy's Whimsy

○ **110** | Bird Nests
Fri, Jan 31, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

○ **111** | Impressionist Landscape
Fri, Feb 21, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

○ **112** | Antique Boats
Fri, Mar 6, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

○ **113** | Vibrant Sunsets
Fri, Mar 20, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

WATERCOLOR ~ LET'S PLAY

Watercolor is often considered the most difficult paint medium. Conquer your fear and learn to do the happy dance with watercolor. Discover how elements, contrast, balance, and color can make your art sing. 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. Bring a few reference photos to class and we'll discuss how to make them work well as paintings. Check the online description or your purchase receipt for the supply list.

Chuck McPherson, NWS, WFWS, SDWS

○ **114** | Lioness
Fri, Jan 31, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○ **115** | San Diego's Sunset Cliffs
Fri, Feb 21, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○ **116** | Lush Garden and Lily Pond
Fri, Mar 13, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

○ **117** | Carmo Convent Church Ruins
in Lisbon, Portugal
Fri, Mar 27, 10:00 - 12:00 | Fee: \$15
Grossmont Learning Center

**HEART SHAPED
SUCCULENT WREATH****NEW!**

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

○ **118** | Muriel King, Succulent Designer
and Owner of the Perfect Plant
Sat, Feb 1, 10:00 - 12:00 | Fee: \$80
Grossmont Learning Center



Like Us!

Keep up on all
things Oasis
by liking us on
Facebook:

[www.facebook.com/
sandiegoasis](http://www.facebook.com/sandiegoasis)

BEGINNING IPHONE PHOTOGRAPHY

Learn to elevate your photography using your iPhone. Find out everything your camera can do and then use those principles along with the basics of photo composition to turn ordinary snapshots into photos that will WOW your friends. Each class will cover a basic photography style, and 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. Bring your charged iPhone, Apple user ID and password.

○ **119** | Sally Long,
Photographer & Instructor
Wed, Feb 5 – Wed, Feb 26, 1:00 – 2:30
Fee: \$60 | 4 Sessions
Grossmont Learning Center

EXPLORING THE SENSES THROUGH PHOTOGRAPHY



How can a photograph communicate touch, taste and sound? Join us for an exciting four-week course exploring creative ways to capture the senses through photography. Each week we'll practice a photo technique to hone our skills and see a subject in a new way, capturing an image that engages and communicates one of the senses. Topics covered will include composition, point of view, lighting and creative approaches to unique subjects. All skill levels are welcome, no previous experience required.

○ **120** | Sarai Elguezabal, MOPA
Thu, Feb 6 – Thu, Feb 27, 10:00 – 12:00
Fee: \$48 | 4 Sessions
MOPA

BEGINNING DRAWING FOR FUN I

Discover your drawing skills with exercises that develop creative confidence and art fundamentals. Artist Amanda Schaffer shows us how anything can be drawn using basic shapes. Learn the rules of perspective and find out how positive and negative space help translate what you see onto paper. We will produce still-life compositions and subjects drawn from the imagination. Please bring two #2 pencils or drawing pencils, and several sheets of white copy paper. Your instructor will provide a list of inexpensive, readily available supplies needed for the remaining sessions.

○ **121** | Amanda Schaffer, MFA, MA
Mon, Feb 10 – Mon, Mar 16, 10:00 – 12:00
Fee: \$75 | 5 Sessions | No Class 2/17
Grossmont Learning Center

BEGINNING DRAWING FOR FUN II

Ready to sharpen your drawing skills? We'll learn how to render a variety of surfaces, sketch scenery, and use 3-point perspective. Three of the five classes will focus on an introduction to the figure and portrait drawing, including body proportions and basic anatomy. Previous drawing experience required. Bring two #2 pencils or drawing pencils and several sheets of white copy paper. Your instructor will provide a list of inexpensive, readily available supplies to bring to the remaining sessions.

○ **122** | Amanda Schaffer, MFA, MA
Mon, Mar 23 – Mon, Apr 20, 10:00 – 12:00
Fee: \$75 | 5 Sessions
Grossmont Learning Center

DID YOU KNOW WE OFFER EXTENDED TRAVEL OPPORTUNITIES?

Join us for these upcoming travel preview events at the Grossmont Learning Center!

AFC Vacations | Tuesday, January 14, 10:00 | Class #625
Mexico Spa Preview | Saturday, January 18, 10:00 | Class #626
Premier World Discovery | Tuesday, January 28, 11:15 | Class #627

ORIENTAL BRUSH ART WITH CHINESE INK & 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.

○ **123** | Shinja Scheidnes, Watercolorist, Instructor (find her work at Southwestern Artists Assoc. Gallery (#23), Balboa Park) Thu, Feb 13 – Thu, Mar 12, 10:00 – 12:00 Fee: \$75 | 5 Sessions
Grossmont Learning Center

BEGINNER CROCHET

Join us for this beginner crochet class. You will learn several basic crochet stitches to build a foundation for future crochet projects. If it has been a while since you've picked up a hook, join us to refresh your skills. All supplies to get you started will be provided.

○ **124** | Barbara Logan
Wed, Feb 26 – Wed, Mar 18, 1:00 – 3:00
Fee: \$60 | 4 Sessions
Grossmont Learning Center

ACRYLIC PAINT POURING CLASS: "FLIP CUP" TECHNIQUE

NEW!

The "flip cup" is the quintessential acrylic paint pouring technique. Paint is layered in a cup (with or without silicone), and flipped over onto a canvas. The cup is pulled away from the canvas leaving a crazy, unpredictable puddle of paint that is tilted and stretched into an amazing and beautiful painting.

Brad Kasten, Fluid Artist & Instructor

○ **125**
Fri, Feb 28, 10:00 – 12:00 | Fee: \$50
Grossmont Learning Center

○ 126

Fri, Mar 20, 10:00 – 12:00 | Fee: \$50
Grossmont Learning Center



WINE CORK PLANTER BOX

NEW!

This creation will be an impressive centerpiece in your outdoor patio area, or indoors as you entertain guests. We will start by constructing a simple planter box made from reclaimed pallet wood. We'll then cover the outside with wine corks to create a new favorite place to pot your plants. You are welcome to bring your own corks, but we will have extra supplies on hand to complete your project if you don't have enough of your own.

○ **127** | Amy O'Connor, San Diego Oasis Office & Volunteer Manager
Fri, Feb 28, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

IPHONEOGRAPHY: BASICS & BEYOND

Create spectacular photographs with your iPhone anywhere you are, everywhere you go. Each of the four sessions will focus on the nuts and bolts available to you through your iPhone. You'll learn how to take a great shot, organize and store your photos, use editing apps and how to share and print your images. Please bring your charged iPhone, Apple user ID and password.

○ **128** | Kim SignoretPaar, Photographer
Mon, Mar 2 – Mon, Mar 23, 1:00 – 2:30
Fee: \$60 | 4 Sessions
Grossmont Learning Center

WINE BOTTLE PLANTER OF SUCCULENTS

A fun way to plant succulents is in a wine bottle. Each participant will receive a wine bottle that has a wide horizontal opening, providing a planter in which we can create a lovely succulent arrangement. This arrangement will accent any well-lit area indoors or outdoors. Plants, materials and tools will be provided. The bottles will have a drain slit to allow the succulents to thrive.

○ **129** | Muriel King, Succulent Designer and Owner of the Perfect Plant
Sat, Mar 7, 10:00 – 12:00 | Fee: \$65
Grossmont Learning Center



WATERCOLOR SCENES: SAN DIEGO BOATS & SHORELINES



Some of the most visually enjoyable sites in San Diego are the shoreline and the many different boats. The subjects in this class will be boats afloat or whatever floats your boat. All are welcome regardless of your skill level. Bring whatever watercolor supplies that you have.

○ **130** | Eddie Omens, Artist
Wed, Mar 11 – Wed, Mar 18, 10:00 – 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

MAKING KOKEDAMA (MOSS BALL)



Kokedama is a form of Bonsai art, a ball of soil wrapped with moss. Begin by selecting a plant of your choice from a variety suitable for Kokedama. Mold your plant in a special soil mix mud ball and then wrap it with moss. It will be messy, but don't worry because disposable aprons and gloves will be provided. Once your beautiful Kokedama is completed, you'll leave with a display dish and care instructions. Materials and tools will be provided.

○ **131** | Hideko Edwards,
HD Creations, Moss Based Arts and Crafts
Fri, Mar 13, 1:00 – 3:30 | Fee: \$45
Grossmont Learning Center

REMEMBRANCE PILLOW

Sew a pillow covering using a shirt or blouse worn by a loved one. A great way to have a daily reminder of a beloved family member or friend. Make one for yourself or as a gift. Bring your sewing machine if you have one (some will be available).

○ **132** | Lyn Earl
Wed, Mar 25, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

MAKE & 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. All materials and tools will be provided.

○ **133** | Nina Hegyi, Artist & Instructor
Thu, Mar 26, 10:00 – 11:30 | Fee: \$30
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. In this class you will learn eight napkin folds, discuss 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.

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

URBAN SKETCHING IN BALBOA PARK

San Diego's Balboa Park will be our muse for painting outdoors. Using minimal supplies and a watercolor journal, we'll capture everyday events – snapshots of life. The technique you will learn is called "pen and wash." You will need to bring a watercolor journal (size 6x8 or 8x10), a folding chair, your favorite paints, brushes, a fine black pen and a pencil. All levels are welcome. We will meet at the Lily Pond in Balboa Park.

○ **135** | **Eddie Omens, Artist**
Mon, Mar 30 – Mon, Apr 6, 10:00 – 12:00
Fee: \$30 | 2 Sessions
Balboa Park

SNAPSEED:**NEW!****PHOTO EDITING ON YOUR SMART PHONE**

Learn the power of photo editing right on your smart phone. Do you have photos on your smart phone that aren't as good as you wish they were? Come learn about the magic of photo editing using a free app called Snapseed. You will be shown techniques to quickly master the 29 tools and filters to take those average photos and make them look extraordinary. Snapseed can be used on both Android and iPhones.

○ **136** | **Sally Long,**
Photographer and Instructor
Thu, Apr 2 – Thu, Apr 23, 10:00 – 11:30
Fee: \$60 | 4 Sessions
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. Wear comfortable clothing that you won't mind getting dirty. All supplies and tools will be provided. Both classes are 11:00 – 3:00 PM.

○ **137** | **Jodie Wasser, Artist**
Fri, Apr 3 – Fri, Apr 10, 11:00 – 3:00
Fee: \$99 | 2 Sessions
Grossmont Learning Center

GREAT GARNISHING II**NEW!**

Learn beautiful garnishing techniques for plate and platter presentations that will be sure to WOW your guests. Please check your purchase receipt or the online description for what vegetables and cutlery to bring with you.

○ **138** | **Laura Lynn, Professional Chef**
Garde Manager, Three-Time American
Culinary Federation Gold Medalist and
Presidential Award Winner, San Diego Fruit
Carving Founder
Mon, Apr 6, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

CROCHET SLIPPERS

Have you ever needed a quick gift? Slippers are the solution! Come learn how you can brighten someone's day with a hand crocheted pair of slippers. Please check the online description or your purchase receipt for the supply list.

○ **139** | **Barbara Logan**
Wed, Apr 8 – Wed, Apr 15, 1:00 – 3:00
Fee: \$30 | 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 covered with moss and wrapped with string. Kokedama can be displayed on a decorative surface or hung. Each student will learn the step-by-step process of creating and caring for their own Kokedama. All materials and supplies will be provided.

○ **140** | Nina Hegyi, Artist & Instructor
Wed, Apr 8, 10:00 – 12:00 | Fee: \$45
Grossmont Learning Center

EXPLORING SPRING THROUGH A LENS

NEW!

In this four-week course, we will look at springtime through our photographic lens. Each week we will be exploring a theme within Spring and learn different techniques on how to capture its essence. From flowers and their blooming season to learning different types of light, we will learn about composition and how to create an amazing image.

○ **141** | Sarai Elguezabal, MOPA
Thu, Apr 9 – Thu, Apr 30, 10:00 – 12:00
Fee: \$48 | 4 Sessions
MOPA

PAPER FLOWER CANVAS ART

NEW!

Make a piece of art for your home using a simple canvas, acrylic paint, scrapbook paper and Mod Podge. Much like choosing quilting fabric, we will create a fun flower design with scrapbook paper. A variety of colors and patterns in both small, medium and large sizes will add interest to the piece you create. Bring your own scrapbook paper, although extra paper will be available. All other supplies will be provided.

○ **142** | Amy O'Connor,
San Diego Oasis Office & Volunteer Manager
Thu, Apr 9, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

PAPER MACHE BOWLS

NEW!

Learn how to transform paper and create a beautiful hand-crafted bowl, great for holding jewelry, the mail, trinkets and decorations. In the first workshop, each student will construct their own bowl. In the second workshop, let the artist in you out to design and decorate it. No experience needed and every artist will leave with a one-of-a-kind treasure. Skip the ceramics and make paper mache bowls instead. All materials and tools will be provided.

○ **143** | Nina Hegyi, Artist & Instructor
Thu, Apr 16 – Thu, Apr 23, 10:00 – 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

LIVING PICTURES WITH SUCCULENTS

Create a living picture with succulents. Using a square-framed box, your creation can be hung or laid flat to accent a well lit-space in your home. We will use Spring as our influence, but of course, it can be enjoyed all year long. All materials (succulent plants with plant fillers, a rectangular box with landscape cloth, succulent soil, moss) and tools will be provided.

○ **144** | Muriel King, Succulent Designer and Owner of the Perfect Plant
Fri, Apr 17, 10:00 – 12:00 | Fee: \$65
Grossmont Learning Center

APRONS FOR EVERYONE

Aprons are easy and fun to make. Men, women and children can use aprons for crafts, barbecuing, cooking and gardening. Bring 1 yard of cotton fabric with thread to match and we will make a basic apron for indoor or outdoor use. Some sewing machines will be available, however, bring your own if you can, as well as scissors, pins, fabric and thread.

○ **145** | Lyn Earl
Tue, Apr 21, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

FINANCIAL AWARENESS SEMINARS

BROUGHT TO YOU BY SAN DIEGO OASIS



Class #150 | Social Security | January 15 | 10:00 AM | Learn more on Page 29

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.

Class #152 | Long Term Care | February 19 | 10:00 AM | Learn more on Page 29

This workshop will present solutions for protecting your retirement income, preserving your independence, and preparing for longevity (medical, financial, lifestyle and family).

Class #153 | Retirement & Estate Strategies | March 18 | 10:00 AM | Learn more on Page 29

Living comfortably in retirement is everyone's goal. This class provides guidelines for achieving that goal.

Class #151 | Social Security | April 22 | 10:00 AM | Learn more on Page 29

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.

Class #154 | Thrivent One-on-One | January 22 | 10:00 AM | Learn more on Page 30

Class #155 | Thrivent One-on-One | February 26 | 10:00 AM | Learn more on Page 30

Class #156 | Thrivent One-on-One | March 25 | 10:00 AM | Learn more on Page 30

Make an appointment for a free, 30 minute, one-on-one confidential financial consultation, no strings attached. Topics include planning for retirement, reviewing your current investment strategy & fees, tax implications on your financial plan and other financial concerns you may have.



**THRIVENT
FINANCIAL**

Thrivent Financial office of
Jonathan Doering & Matthew Molstre



Business, Finance & Legal

ENJOY THE FOLLOWING CLASSES PROVIDED BY



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.

Anthony Camara, Thrivent Financial

○150
Wed, Jan 15, 10:00 – 11:30 | Fee: \$5
Grossmont Learning Center

○151
Wed, Apr 22, 10:00 – 11:30 | 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).

○152 | Anthony Camara,
Thrivent Financial
Wed, Feb 19, 10:00 – 11:30 | Fee: \$5
Grossmont Learning Center

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.

○153 | Anthony Camara,
Thrivent Financial
Wed, Mar 18, 10:00 – 11:30 | Fee: \$5
Grossmont Learning Center

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, reviewing your current investment strategy and fees, tax implications on your financial plan and other financial concerns you may have.

Anthony Camara, Thrivent Financial

○154

Wed, Jan 22, 10:00 – 3:00 | Free
Grossmont Learning Center

○155

Wed, Feb 26, 10:00 – 3:00 | Free
Grossmont Learning Center

○156

Wed, Mar 25, 10:00 – 3:00 | Free
Grossmont Learning Center

ENJOY THE FOLLOWING CLASSES PROVIDED BY



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 your home, sign up for alerts and much, much more, Laptops will be available for participant use. If you already have an online account, bring your login information.

○157 | Martha Quintero, SDG&E
Wed, Jan 29, 10:00 – 11:00 | Free
Grossmont Learning Center



Hi, I'm Whendell. What's not to love about the beauty of San Diego? We're the envy of everyone. Let's keep it that way. But, it's going to take all of us to protect what we have. That's why we're introducing new pricing plans that ask you to think about *when* you use energy. If you can use less between 4pm and 9pm, we can make better use of cleaner energy... and help keep San Diego beautiful. It's time to save.

Learn more at sdge.com/whenmatters



Time to save.

SDG&E

ELECTRIC PRICING PLANS, TOOLS, TIPS & 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.

Martha Quintero, SDG&E

○158

Wed, Feb 12, 10:00 – 11:00 | Free
Grossmont Learning Center

○159

Thu, Mar 12, 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.

○160 | Cal Coast Credit Union
Fri, Jan 31, 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 options, to getting the best deal.

○161 | Cal Coast Credit Union
Mon, Apr 20, 1:00 – 2:00 | Free
Grossmont Learning Center

CAL COAST CREDIT UNION | GENERATING INCOME FOR LIVING

In this interactive workshop, you will learn what choices you have that affect your retirement income and quality of life.

○162 | Cal Coast Credit Union
Tue, Apr 21, 10:00 – 11:00 | Free
Grossmont Learning Center

ENJOY THE FOLLOWING CLASSES PROVIDED BY



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. We will discuss the documents everyone should have in place in case of emergency and to plan for the future. You can leave with many of the documents we talk about – so get your pens handy and your binders ready!

○163 | Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Mon, Jan 27, 3:00 – 4:00 | Free
Grossmont Learning Center

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

King Henry VIII once said, "My home is my castle" and who doesn't want to stay in a castle? This course is designed to cover staying in your home SAFELY as you age. There are many ways to go about creating safety in the home; from in-home care, lighting and paint colors to modifications and construction. As a bonus, you may even be able to make some extra money while staying in your home. Come 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!

○ **164** | Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Mon, Feb 10, 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 can offer seniors. Metropolitan Transportation Services (MTS) isn't the only option, and they are working on creating new and better transportation options for seniors. 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.

○ **165** | Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Mon, Feb 24, 3:00 – 4:00 | Free
Grossmont Learning Center

CARE PATROL**I'LL HAVE WHAT SHE'S HAVING:
ASSISTED LIVING & 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. Come get the scoop on assisted living, memory care, independent living and in-home care options in San Diego County. We'll also touch briefly on Skilled Nursing Facilities (SNFs) and when they may or may not be a good option.

○ **166** | Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Mon, Mar 9, 3:00 – 4:00 | Free
Grossmont Learning Center

CARE PATROL**VIVA MEXICO! ASSISTED LIVING,
MEMORY CARE & IN-HOME CARE
OPTIONS IN MEXICO**

Julie Derry and Kie Copenhaver, the first placement professionals to place clients in an assisted living community in Mexico, will explain how Assisted Living and Memory Care differs from that in the US, including services that are allowed in Mexico but not offered in the US, the cost for assisted living and memory care in Mexico, can I use the Aid and Attendance military benefit to pay for care in Mexico, what do the communities look like and where are they located? Assisted Living and Memory Care in Mexico is more of an option than perhaps you first thought - come find out why.

○ **167** | Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Mon, Mar 23, 3:00 – 4:00 | Free
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. BBB's Savvy Seniors seminar workshops are designed to equip you with the resources you'll need to recognize and avoid personal and financial threats. Light refreshments will be provided. Attend for your chance at winning our gift card raffle with \$200 in prizes.

○ **168** | Skylar Crowley,
Community Relations Specialist
Wed, Jan 15, 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.

○ **169** | Virginia Renker, MPH, CSA,
Certified Senior Adviser
Wed, Jan 15, 10:00 – 11:30 | Free
Grossmont Learning Center

SENIOR LIVING COMMUNITIES: BEYOND THE BROCHURES

Have you considered moving to a senior living community? As a consumer, the marketing side of senior living is easily accessible, but you also need to understand the community's internal operation. It is important to know that you will be subject to licensing requirements, community policies, rate increases, and other aspects that could 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.

○ **170** | Christina Selder, MS,
CARR Co-Founder & President
Tue, Jan 21, 10:00 – 11:00 | Fee: \$10
Grossmont Learning Center

CURRENT EVENTS

Facilitator Rick LeVine will cover topics based on what's in the news (elections, court cases, law reform, tax cuts, foreign affairs, etc.). Each monthly 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.

Rick LeVine, Attorney

○ **171**
Fri, Jan 24, 10:15 – 11:45 | Fee: \$10
Grossmont Learning Center

○ **172**
Fri, Feb 28, 10:15 – 11:45 | Fee: \$10
Grossmont Learning Center

○ **173**
Fri, Mar 27, 10:15 – 11:45 | Fee: \$10
Grossmont Learning Center

○ **174**
Fri, Apr 24, 10:15 – 11:45 | 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 Association (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.

○175 | David Norvell, J.D.
Sat, Feb 1, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center



**HOW TO ADMINISTER
TRUST ESTATES:
DURING LIFE & AFTER DEATH**



This course will look at what steps need to be taken to administer a Trust Estate while the Trustor/Settlor is alive and after their death, including who makes decisions; who is notified; how are assets transferred/liquidated, and distributed, how and when are debts paid, and what legal formalities need to be followed. We will also look at the issues surrounding beneficiaries residing in real property owned by the parent's Trust.

Charles B. Pederson, Esq.

○176
Wed, Feb 12, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

○177
Sat, Apr 4, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center



ELECTRIC VEHICLES: FOR ME?

Electric vehicles (EV) are gaining in popularity as more appear on the market. Drawing on the presenter's EV ownership experience, we will explore questions and the learning curve involved in taking the plunge. We will discuss the differences between all-electric and hybrid, which EV's are the highest rated, how and where to charge my EV, how cost-effective are they compared to fueled vehicles, and do drawbacks outweigh benefits.

○178 | Barbara Smith, MA,
Community College Instructor
Sat, Feb 15, 3:30 – 5:00 | Free
Scripps Miramar Ranch Library



INVESTING 101

In this class we demystify the basics of stocks, bonds, mutual funds, ETF's and more. Our discussion includes market cycles and how each of these perform in up and down markets. We also talk about investment fees and how they affect your returns. The goal of this course is to give you critical thinking skills to help you make informed decisions.

○179 | Barbara Norman, CFP®,
ChFC® CDA® , CEO of Sage Path Solutions,
The Women's Financial Academy Founder
Wed, Mar 4, 10:00 – 11:30 | Fee: \$15
Grossmont Learning 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. Reverse mortgage options include a lump sum payment, monthly payments, a line of credit, or a combination of payment options.

○180 | Owen Coyle,
Licensed Reverse Mortgage Specialist
Sat, Mar 7, 10:00 – 11:30 | 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.

○ **181** | Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director
Fri, Mar 13, 1:00 – 2:30 | Fee: \$15
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.

○ **182** | Stephen P. Oggel, Attorney
Tue, Mar 17, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

GOT STUFF? HOW TO ASSESS & 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.

○ **183** | Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director
Wed, Mar 18, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

UPGRADING YOUR LIFESTYLE WITHOUT INCREASING YOUR PROPERTY TAXES

Learn tax saving tips for homeowners from the San Diego County Assessor, including: how property owners aged 55 or greater 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 an update on legislation impacting your property taxes.

○ **184** | Ernest J. Dronenburg, Jr., San Diego County Assessor, Recorder, County Clerk
Fri, Mar 20, 1:00 – 2:30 | Free
Grossmont Learning Center

STOCK MARKET UPDATE

Come and see what the most recent economic charts have in store for the markets. In this class we look at current events, market cycles and leading indicators. Our discussion includes strategies for surviving market volatility and possible opportunities. Even if you have previously attended this class, it is a good course to repeat as the content changes with the markets.

○ **185** | Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Mon, Mar 23, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

TRUSTS, POWERS OF ATTORNEY & MEDICAL DIRECTIVES

This course explores 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? Also covered: 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. It's hard for lawyers to be brief! (Pun intended.)

○ **186** | Charles B. Pederson, Esq.
Wed, Apr 1, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

HOME IMPROVEMENT PROJECTS & ROI

NEW!

Come to this class and find out where you get the biggest bang for your buck in your next remodeling project. We will discuss how renovations can support a higher assessed home value for refinancing, providing more equity, a lower loan to value ratio, and maybe help towards canceling the need for private mortgage insurance. Additionally, we will discuss which home improvements return the best percent increase when selling.

○ **187** | Will Fuller and Lisa Vomero Inouye, Trusted Real Estate Advisers
Thu, Apr 2, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

TRUE CRIME: TRIALS WE CAN'T FORGET

NEW!

They were trials that captured a nation: Diana Lovejoy, Kellen Winslow Jr., the alleged suicide of Rebecca Zahau and the disappearance of Jahi Turner. Aleida Wahn was inside the courtroom and will take you behind the headlines to share the extraordinary details of these unforgettable trials. Aleida has appeared on true crime shows, Court TV, the Law & Crime Trial Network, and network news and has written numerous articles and a new book on the Winslow trial.

○ **188** | Aleida K. Wahn, Attorney & True Crime Writer | www.aleidalaw.com
Mon, Apr 6, 10:00 – 11:30 | Fee: \$20
Grossmont Learning Center

HOW ANNUITIES WORK

NEW!

People nearing retirement are often approached by financial professionals about purchasing an annuity as part of their retirement plan, but they are unsure as to whether annuities are good or bad. Indeed, annuities can be complex and tricky to understand. They typically come with both risks and rewards, as well as other complicated features. This class will teach you about the different kinds of annuities, how they work, and the pros and cons of each type. You'll be getting a primer that will provide clarity on this otherwise confusing topic.

○ **189** | Lisa Claycomb, JD, AAMS, CLTC
Thu, Apr 9, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

ESTATE PLAN IN 2020: WHAT SHOULD YOU KNOW?

When was the last time you reviewed your trust, will and beneficiary designations? Gain insight into these questions and more with this informative lecture focusing on what you should and should not do with regard to your estate plan. Nancy Spector, certified specialist in the areas of estate planning, probate, trust administration, and special needs trusts, will relate actual stories from her experiences with clients over the past 31 years.

○190 | Nancy Spector, Attorney;
Certified Specialist in Estate Planning,
Trust & Probate Law
Wed, Apr 15, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

DECLUTTERING TO DOWNSIZE?

Are you overwhelmed by the idea? Come join us for advice on how to conquer your home environment. Whether you want to create more space for mobility, or are planning a move, Lisa will show you how to cut the job down to size by systematically preparing. You'll learn how to create a checklist, start the sorting process, and make space to organize. If the task appears too daunting to tackle by yourself - either emotionally or physically - there are resources available to help.

○191 | Will Fuller and Lisa Vomero
Inouye, Trusted Real Estate Advisers
Thu, Apr 23, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

*Bring Oasis
to your group
or club!* →

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 partner with the Folk Dance Center to offer 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 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 #219 | January 15 - February 12

Class #220 | February 19 - March 18

Class #221 | March 25 - April 22

9:15 - 11:45 AM

Fee: \$30 | 5 Sessions

Instructor: Martha Awdziewicz

Class #264 | 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 include Schottis|Reinlender, Hambo, Polska, Polka, Waltz, and village dances and variations.

Wednesdays, January 15 - April 22

7:30 - 10:00 PM

\$8/class (cash/check at door; no registration needed)

Instructors: Walker & Margaret Fillius and Dave Coughlin

Class #265 | 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.

Fridays, January 17 - April 24

7:00 - 10:00 PM

\$8/class (cash/check at door; no registration needed)

Instructor: Kin Ho

Class #266 | Saturday Night Int'l 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!

Saturdays, January 18 - April 25 | No Class 2/15
7:00 - 8:00 PM | Lessons

8:00 - 11:00 PM | Request Dancing

\$8 (cash/check at door; no registration needed)



Class #267 & #268 | Special Event

Armenian Dance Workshop and Dance Party with Tineke Van Geel

Join us for an Armenian dance workshop and evening of dancing with renowned teacher and choreographer, Tineke van Geel. Tineke specializes in Armenian dance and works as a teacher and choreographer. Since 1985 she has regularly visited Armenia to study folklore at the Pedagogic Institute and Choreographic School in Yerevan. In 2006, she received an award from the Armenian government for her extraordinary devotion and energy in promoting Armenian dance, music and culture.

February 15

6:00 - 8:00 PM | Dance Workshop

8:00 - 10:30 PM | Dance Party

\$15 (cash/check at door; no registration needed)



Beginners and all levels of dancers are welcome! No partners are necessary; most dances are done in a line or circle.



Exercise & Dance

BETTER BALANCE: FREE FROM FALLS

This class is for people with poor to average balance. Class begins with a 5-minute warm-up, followed by 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. Simple, safe, and no equipment required.

Russell Rowe, MS, Exercise Physiology

○195

Mon, Jan 13 - Mon, Feb 10, 1:15 - 2:15
Fee: \$40 | 4 Sessions | No Class 1/20
Grossmont Wellness Center

○196

Mon, Feb 24 - Mon, Mar 16, 1:15 - 2:15
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

○197

Mon, Mar 23 - Mon, Apr 20, 1:15 - 2:15
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

BONE-BUILDING FITNESS

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

Russell Rowe, MS, Exercise Physiology

○198

Mon, Jan 13 - Mon, Feb 10, 12:00 - 1:00
Fee: \$40 | 4 Sessions | No Class 1/20
Grossmont Wellness Center

○199

Mon, Feb 24 - Mon, Mar 16, 12:00 - 1:00
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

○200

Mon, Mar 23 - Mon, Apr 20, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○201

Fri, Jan 17 - Fri, Feb 14, 12:00 - 1:00
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

**Stand Strong with Oasis
Balance Improvement Programs**



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

○202

Fri, Feb 21 – Fri, Mar 20, 12:00 – 1:00

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○203

Fri, Mar 27 – Fri, Apr 24, 12:00 – 1:00

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

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.

Alesia Stanford, Certified Essentrics Instructor

○204

Mon, Jan 13 – Mon, Feb 10, 10:45 – 11:45

Fee: \$40 | 4 Sessions | No Class 1/20

Grossmont Wellness Center

○205

Mon, Feb 24 – Mon, Mar 16, 10:45 – 11:45

Fee: \$40 | 4 Sessions

Grossmont Wellness Center

○206

Mon, Mar 23 – Mon, Apr 20, 10:45 – 11:45

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○207

Fri, Jan 17 – Fri, Feb 14, 10:45 – 11:45

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○208

Fri, Feb 21 – Fri, Mar 20, 10:45 – 11:45

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○209

Fri, Mar 27 – Fri, Apr 24, 10:45 – 11:45

Fee: \$50 | 5 Sessions

Grossmont Wellness Center



FOAM ROLLING YOUR WAY TO BETTER POSTURE

Improving your posture is as easy as lying on a foam roller. Tension and tightness in our upper back is a result of overuse, stress, poor posture, injury and repeated everyday life patterns like driving, texting and sitting at the computer. Learn simple, effective techniques for relaxing the neck, shoulders, and back while engaging complementary muscle groups in a comfortable face-up position. Each class is progressive. Large foam rollers provided. Bring a beach towel to class.

○210 | Cathleen Frank,
 Certified Pilates Master Trainer Owner
 & Director, The Pilates Club
 Thu, Jan 16 – Thu, Feb 6, 2:15 – 3:00
 Fee: \$40 | 4 Sessions
 Grossmont Wellness Center

PROGRESSIVE STRENGTH, BALANCE & FLEXIBILITY TRAINING

This class is designed to allow you to start where you are and progress at your own rate. Using weights, balls, stretch bands, balance pads and a chair, this class offers a comprehensive fitness program to help you improve and maintain your strength, balance and flexibility. We'll begin with an aerobic warm-up and then transition to strength training exercises, all followed by cool down stretches. Modifications are provided for each exercise along with some balance and flexibility activities.

Elinor Smith, Certified Personal Trainer

○211

Tue, Jan 14 – Tue, Feb 11, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○212

Tue, Feb 18 – Tue, Mar 17, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○213

Tue, Mar 24 – Tue, Apr 21, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○214

Thu, Jan 16 – Thu, Feb 13, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○215

Thu, Feb 20 – Thu, Mar 19, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○216

Thu, Mar 26 – Thu, Apr 23, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

GENTLE YOGA

NEW!

This class is alignment-based, focusing on breathing and providing a safe non-competitive environment that is welcoming to all. Enjoy a slow-paced well supported and relaxing practice. Gentle Yoga allows the body to develop flexibility, strength and release tension from the muscles. Instructor Kerry Wilson is a certified 200 RYT; her passion is to teach and practice yoga.

Kerry Wilson, Certified Yoga Instructor

○217

Thu, Feb 13 – Thu, Mar 12, 2:30 – 3:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○218

Thu, Mar 19 – Thu, Apr 16, 2:30 – 3:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

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.

Martha Awdziewicz

○219

Wed, Jan 15 – Wed, Feb 12, 9:15 – 11:45
Fee: \$30 | 5 Sessions
Grossmont Wellness Center

○220

Wed, Feb 19 – Wed, Mar 18, 9:15 – 11:45
Fee: \$30 | 5 Sessions
Grossmont Wellness Center

○221

Wed, Mar 25 – Wed, Apr 22, 9:15 – 11:45
Fee: \$30 | 5 Sessions
Grossmont Wellness Center

LINE DANCING & BEYOND: IMPROVER

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

Lois Spaulding

○222

Thu, Jan 16 – Thu, Feb 13, 12:00 – 1:00

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○223

Thu, Feb 20 – Thu, Mar 19, 12:00 – 1:00

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

○224

Thu, Mar 26 – Thu, Apr 23, 12:00 – 1:00

Fee: \$50 | 5 Sessions

Grossmont Wellness Center

**NEUROMOVEMENT:
WALKING & BALANCE WORKSHOP**

Are you experiencing balance issues? Learn the fundamental principles of how your entire skeleton relates to gravity. Develop new skills that reduce your chances of falling. Walk with ease, comfort, and reduced tension throughout your body. NeuroMovement lessons, based on the work of Dr. Moshe Feldenkrais, are different from traditional exercises, and are great for any fitness level. The movements will be done while sitting in a chair and standing while holding onto a chair. Please wear loose fitting clothing and socks. You will not be wearing shoes during class.

○225 | Margie Murnan,
NeuroMovement Specialist

Sat, Feb 1, 10:00 – 12:00 | Fee: \$28

Grossmont Wellness Center

**NEUROMOVEMENT:
FREE YOUR HIPS, KNEES, & ANKLES
FOR BETTER BALANCE**

Do you have tight hip joints, stiff ankles, or achy knees? Learn how to properly distribute effort through your legs, reduce strain on your joints, move freely and easily. Discover how your hips, knees, and ankles relate to each other to improve your balance. NeuroMovement lessons, 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. Please wear loose fitting clothing, socks, and no shoes during class.

○226 | Margie Murnan,
NeuroMovement Specialist
Sat, Mar 7, 10:00 – 12:00 | Fee: \$28
Grossmont Wellness Center

**NEUROMOVEMENT: DOING LESS TO
IMPROVE MOVEMENT & 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, 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, standing, or walking. Please wear loose fitting clothing, socks, and no shoes during class.

○227 | Margie Murnan,
NeuroMovement Specialist
Sat, Apr 4, 10:00 – 12:00 | Fee: \$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.

Julia Doughty, MFA and Certified HHP

○228

Mon, Jan 13 – Mon, Feb 10, 9:30 – 10:30
 Fee: \$40 | 4 Sessions | No Class 1/20
 Grossmont Wellness Center

○229

Mon, Feb 24 – Mon, Mar 16, 9:30 – 10:30
 Fee: \$40 | 4 Sessions
 Grossmont Wellness Center

○230

Mon, Mar 23 – Mon, Apr 20, 9:30 – 10:30
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

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

AARP® | Medicare Supplement Plans
 insured by **UnitedHealthcare**
 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.

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

○231

Tue, Jan 14 – Tue, Feb 11, 1:15 – 2:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○232

Tue, Feb 18 – Tue, Mar 17, 1:15 – 2:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○233

Tue, Mar 24 – Tue, Apr 21, 1:15 – 2:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○234

Thu, Jan 16 – Thu, Feb 13, 1:15 – 2:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○235

Thu, Feb 20 – Thu, Mar 19, 1:15 – 2:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○236

Thu, Mar 26 – Thu, Apr 23, 1:15 – 2:00
 Fee: \$50 | 5 Sessions
 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. You're guaranteed to have fun and make new friends. It is recommended that those who are new to line dancing should register for Ed's beginner class, Soul Line Dancing - The Basics (#240, #241, #242).

Ed Griffith, Verlosity

○237

Tue, Jan 14 – Tue, Feb 11, 10:45 – 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○238

Tue, Feb 18 – Tue, Mar 17, 10:45 – 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○239

Tue, Mar 24 - Tue, Apr 21, 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.

Ed Griffith, Verlosity

○240

Thu, Jan 16 – Thu, Feb 13, 10:45 – 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○241

Thu, Feb 20 – Thu, Mar 19, 10:45 – 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○242

Thu, Mar 26 – Thu, Apr 23, 10:45 – 11:45
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

SWING DANCE FUN:

JITTERBUG, SHIM SHAM & 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 change partners during the class.

Tonya Lehman

○243

Fri, Jan 17 – Fri, Feb 14, 1:30 – 2:30
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○244

Fri, Feb 21 – Fri, Mar 20, 1:30 – 2:30
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○245

Fri, Mar 27 – Fri, Apr 24, 1:30 – 2:30
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center



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.

Kathy Fleming, MA

○246

Tue, Jan 14 – Tue, Feb 11, 2:30 – 3:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○247

Tue, Feb 18 – Tue, Mar 17, 2:30 – 3:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○248

Tue, Mar 24 – Tue, Apr 21, 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.

Kathy Fleming, MA

○249

Fri, Jan 17 – Fri, Feb 14, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○250

Fri, Feb 21 – Fri, Mar 20, 9:30 – 10:30
Fee: \$50 | 5 Sessions
Grossmont Wellness Center

○251

Fri, Mar 27 – Fri, Apr 24, 9:30 – 10:30
Fee: \$50 | 5 Sessions
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 and includes step-by-step instructions for practicing the Wu Style Tai Chi Form.

Svetlana Gramatikova, PhD, Tai Chi Instructor, Certified Yoga Instructor

○252

Mon, Jan 13 – Mon, Feb 10, 1:15 – 2:15
Fee: \$32 | 4 Sessions | No Class 1/20
Clairemont Friendship Center

○253

Mon, Feb 24 – Mon, Mar 16, 1:15 – 2:15
Fee: \$32 | 4 Sessions
Clairemont Friendship Center

○254

Mon, Mar 23 – Mon, Apr 20, 1:15 – 2:15
Fee: \$40 | 5 Sessions
Clairemont Friendship Center

TAP DANCE RHYTHM TAP

NEW!

Learn the rudiments of tap dance and how to use your shoes as an instrument while improving your balance, cardio, and core with this original American art form. Rhythm tap is an improvisational art form like jazz. Tap dancers were often members of jazz bands, performing as part of the rhythm section. Learn the musicality of 4/4 time signature made simple that gives you creativity to design your own dance in a class for persons of various levels of balance and dance.

Patrick Moran, TapPat

○255

Tue, Jan 14 – Tue, Feb 11, 12:00 – 1:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○256

Tue, Feb 18 – Tue, Mar 17, 12:00 – 1:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○257

Tue, Mar 24 – Tue, Apr 21, 12:00 – 1:00
 Fee: \$50 | 5 Sessions
 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!

Pamela Toomes, Certified Fitness Instructor

○258

Mon, Jan 13 – Mon, Feb 10, 12:00 – 1:00
 Fee: \$32 | 4 Sessions | No Class 1/20
 Clairemont Friendship Center

○259

Mon, Feb 24 – Mon, Mar 16, 12:00 – 1:00
 Fee: \$32 | 4 Sessions
 Clairemont Friendship Center

○260

Mon, Mar 23 – Mon, Apr 20, 12:00 – 1:00
 Fee: \$40 | 5 Sessions
 Clairemont Friendship Center

○261

Wed, Jan 15 – Wed, Feb 12, 12:00 – 1:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○262

Wed, Feb 19 – Wed, Mar 18, 12:00 – 1:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center

○263

Wed, Mar 25 – Wed, Apr 22, 12:00 – 1:00
 Fee: \$50 | 5 Sessions
 Grossmont Wellness Center





Health & Wellness

ENJOY THE FOLLOWING CLASSES PROVIDED BY



SHARP

SELF-CARE FOR A MEANINGFUL LIFE

Many individuals struggle when it comes to prioritizing self-care. Some think they're being selfish, while others simply don't know where to begin. In this seminar, we will focus on minimizing the behaviors people use to escape from what's difficult, and learn nurturing behaviors that take us in the direction of what truly matters. You will learn: evidence-based strategies, acceptance and commitment therapy, mindfulness techniques, values clarification, and self-compassion.

○270 | Lynn Northrop, PhD,
Supervisor of Psychological Services,
Sharp Mesa Vista Hospital
Thu, Jan 23, 1:00 – 2:30 | Free
Grossmont Learning Center

SHARP

HEART DISEASE: WHAT IS MY RISK?

Cardiovascular disease is the leading cause of death in the United States and the symptoms aren't always obvious. Attend this health workshop to get the facts about heart disease and ways you can help reduce your risk.

○271 | Lindsay Yau, MS, RDN, CSOWM
Fri, Feb 7, 1:00 – 2:30 | Free
Grossmont Learning Center

SHARP

HOSPICE AND PALLIATIVE CARE: UNDERSTANDING THE SIMILARITIES & DIFFERENCES

Hospice and palliative care both offer compassionate care to patients with life limiting illnesses. In this session, we will explore these valuable benefits in today's health care system, compare and contrast the goals, services and cost of each program and learn when to utilize the services offered for you or a loved one.

○272 | Janine Lortscher, Sharp
HospiceCare & Community Outreach
Wed, Mar 25, 10:00 – 11:30 | Free
Grossmont Learning Center

SHARP
HOW TO MAKE THE MOST OF YOUR DOCTOR VISIT

Have you ever had the experience of leaving the doctor’s office wishing you had remembered to ask a certain question? When the average time it takes for a doctor’s visit is fifteen minutes, it’s easy to feel rushed and forget what you wanted to say, or leave an appointment unsure of the information you have heard. With a little advance preparation, you can learn how to make the most of those fifteen minutes. Follow these tips to become more empowered and engaged in your own health, and the health of those you care for.

○**273** | Norma Reggev, LCSW
 Thu, Apr 9, 10:00 – 11:30 | Free
 Grossmont Learning Center

SHARP
UNDERSTANDING HOW MEDICARE WORKS

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.

○**274**
 Wed, Jan 29, 6:00 – 7:30 | Free
 Grossmont Learning Center



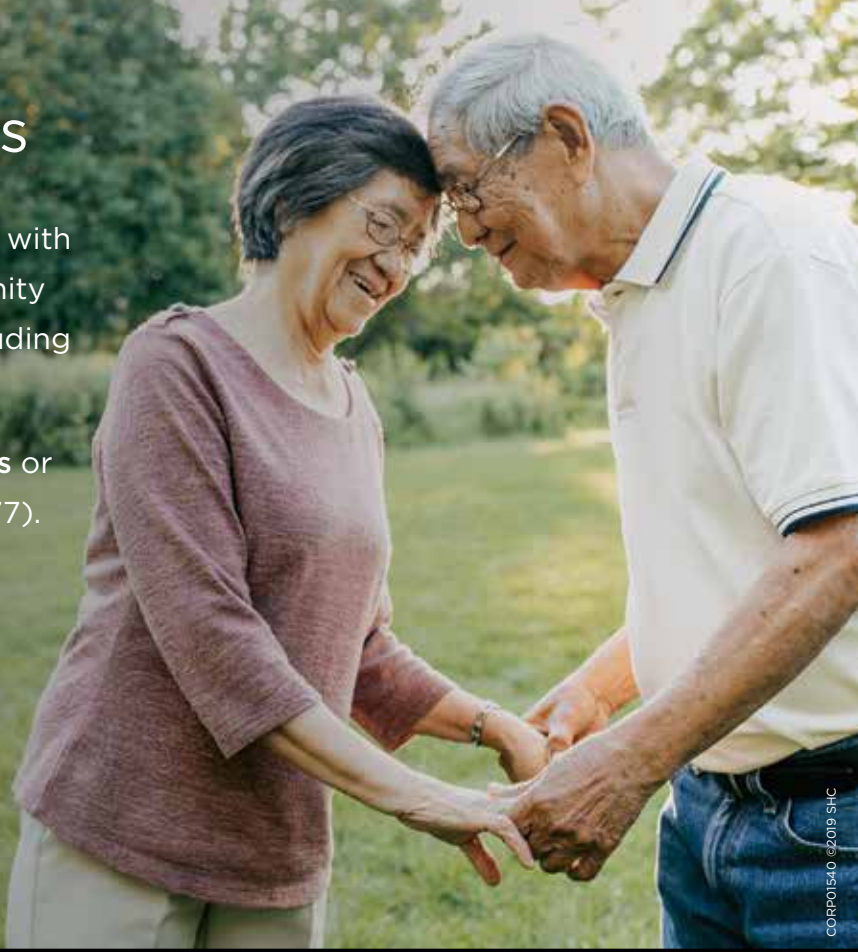
○**275**
 Wed, Mar 18, 6:00 – 7:30 | Free
 Grossmont Learning Center



Free Health Classes

Sharp HealthCare is proud to partner with San Diego Oasis to offer our community free health and wellness classes, including Medicare educational seminars.

To learn more, visit sharp.com/classes or call 1-800-82-SHARP (1-800-827-4277).



SHARP

MEDICARE ONE-ON-ONE

Confused about Medicare? Sign up for a free 30-minute, one-on-one consultation with a Medicare expert from Sharp Healthcare who can help you to understand more about your options in choosing a plan or in revising your current plan. Registered participants will be contacted a week prior to the consultation in order to set a firm appointment time.

○276

Wed, Jan 29, 10:00 – 3:00 | Free
Grossmont Learning Center

○277

Wed, Feb 12, 10:00 – 3:00 | Free
Grossmont Learning Center

○278

Wed, Mar 11, 10:00 – 3:00 | Free
Grossmont Learning Center

○279

Wed, Apr 8, 10:00 – 3:00 | Free
Grossmont Learning Center

LIFE'S SUNSET: PLAN BEFORE THE SUN GOES DOWN (1ST SESSION)

The end of one's life can be tragic, or warm and fulfilling. For the latter, knowledge and planning are essential. Attorney Bill Simmons will give the why and the how. Throughout this series, he will explain advance directives, the importance of family conversations, the California End of Life Option Act, other options, POLST forms, and the difficulty of dementia. This first session will be an overview. Come to all or a single session.

○280 | Bill Simmons, Attorney

Thu, Jan 23, 10:00 – 12:00 | Fee: \$10
Grossmont Learning Center

LIFE'S SUNSET: PLAN BEFORE THE SUN GOES DOWN (2ND SESSION)

This session will focus on writing your advance directive (AD). Also, why family conversations are more important than ADs, and how to make those talks happen. Several forms will be reviewed. Bill will also cover the pink POLST form, i.e., the Physician's Order for Life Sustaining Treatment. Attending last week's session is not required.

○281 | Bill Simmons, Attorney

Thu, Jan 30, 10:00 – 11:30 | Fee: \$10
Grossmont Learning Center

LIFE'S SUNSET: PLAN BEFORE THE SUN GOES DOWN (3RD SESSION)

California and six other states have new laws which permit physicians, with strict limitations, to prescribe a lethal medication. What are the eligibility requirements? When one doesn't qualify, what are the alternatives? Have these laws been successful? What do the opponents argue? Attending prior sessions is not required.

○282 | Bill Simmons, Attorney

Thu, Feb 6, 10:00 – 11:30 | Fee: \$10
Grossmont Learning Center

LIFE'S SUNSET: PLAN BEFORE THE SUN GOES DOWN (4TH & FINAL SESSION)

Dementia causes the sufferer to lose mental capacity. At this point options for escaping the years of advanced dementia are lost, almost. In this final session the "almost" will be explored in depth. A dementia-specific advance directive will be discussed. Dr. Mitsuo Tomita will join Bill to explain dementia and other medical issues. Attending prior sessions is not required.

○283 | Bill Simmons, Attorney

Thu, Feb 13, 10:00 – 11:30 | Fee: \$10
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.”

○**284** | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.

Thu, Jan 9, 12:00 – 2:00 | Free
University Community Branch

STROKE: RECOGNIZE & REACT 

Stroke is an emergency neurological event that requires immediate evaluation and treatment. In the United States, stroke is the 5th leading cause of death but remains the #1 cause of disability. Please join San Diego Oasis to review updates on emergency treatment options for stroke and current prevention strategies. Updates regarding stroke recognition and recommended response will also be discussed.

○**285** | Luisa Kenny, MSN, AGPCNP-BC, CNS, PHN

Fri, Jan 17, 1:00 – 2:00 | Free
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? Learn about mindfulness, its benefits and be guided through 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.


○**286** | Merry Woodruff, MA, Associate Certified Coach, Mindfulness-Based Applications Facilitator

Mon, Jan 27 – Mon, Feb 24, 2:30 – 3:45
Fee: \$40 | 4 Sessions | No Class 2/17
Grossmont Wellness Center


ZENTANGLE® CLUB

Healing Art with the Zentangle Method is a meditative art method creating beautiful images by drawing structured patterns. During the process you relax, focus - healing art. Zentangle was designed for those intimidated by art. Instructor will bring materials for in-class use. Students have option to purchase materials for \$5. Come to one or all classes. No experience necessary.

Janet Masey, Certified Zentangle Teacher

○**287** | 14 Shades of Gray 
Mon, Jan 27, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

○**288** | Heart Collage 
Mon, Feb 24, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

○**289** | Walk in the Rain 
Fri, Mar 27, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

○**290** | Birdhouse 
Mon, Apr 20, 1:00 – 2:30 | Fee: \$15
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.

○**291** | Vicky A. Newman, MS, RDN, Clinical Professor, Voluntary Faculty, UCSD School of Medicine

Tue, Jan 28, 12:30 – 2:00 | Free
University Community Branch

BLOOD VESSELS AS YOU AGE

NEW!

Dr. Unkart, a vascular medicine physician and epidemiologist, will discuss the biological and visible changes to the all-important blood vessels in your legs. He will discuss what happens when the arteries build up with plaque and stiffen and why your veins bulge and legs swell. Dr. Unkart will talk about everyday habits that can help prevent artery and vein problems. Lastly, he will discuss effective non-operative and minimally invasive options available to treat arterial and venous disease.

○292 | Jonathan Unkart, MD, MPH, MS
Thu, Jan 30, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

TURN BACK THE CLOCK ON AGING

Have you noticed a decline in mental sharpness, memory, focus, energy and enthusiasm? Come learn how to increase your body and brain health-span. We'll discuss diet, lifestyle changes, key supplements and small changes you can incorporate in your everyday life to look and feel younger than your chronological age.

○293 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Tue, Feb 4, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

HEALTH BENEFITS OF WINE & CHOCOLATE

Wine and chocolate are derived from plants and thus contain nutrients that have specific health benefits. Not all forms of these pleasurable foods are healthy, however. Learn which claims are legitimate and how to select the healthiest forms of wine and chocolate.

Philip J. Goscienski, M.D.

○294
Wed, Feb 5, 1:00 – 2:30 | Free
Serra Mesa Branch Library

○295
Thu, Feb 13, 1:00 – 2:30 | Free
Coronado Public Library

HEART HEALTHY EATING: A CHANGING PERSPECTIVE

Heart health depends on much more than cholesterol control. Emerging risk factors will be briefly reviewed, including the role of inflammation and blood sugar control. Anti-inflammatory dietary guidelines will be highlighted. Practical suggestions will be offered to answer frequently asked questions, including: What kind and amount of fat is optimum? Are eggs heart healthy? What about butter and coconut oil? Why is a healthy gut microbiome important for cardiovascular health?

○296 | Vicky A. Newman, MS, RDN, Clinical Professor, Voluntary Faculty, UCSD School of Medicine
Thu, Feb 6, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

KEEPING YOUR WITS: WHY BRAIN FUNCTION DECLINES & TEN WAYS TO PREVENT IT

Did you know that most of the decline in your mental function has nothing to do with aging? In fact, some mental functions actually improve with age. There are at least ten things that we can do to keep the brain working while the rest of the body is working. Come to this informative lecture and find out how.

○297 | Philip J. Goscienski, M.D.
Thu, Feb 20, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

SHINGLES: A BETTER VACCINE IS HERE

Shingles, also known under its medical name of herpes zoster, is occurring more often as our population ages. For most victims 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 December, 2017 is nearly twice as effective as the previous one. Learn how shingles begins, who is at risk and how we can avoid it.

○ **298** | Philip J. Goscienski, M.D.
Tue, Feb 25, 12:30 – 2:00 | Free
University Community Branch

CULTIVATING COMPASSION FOR OURSELVES & OTHERS

NEW!

Although we cannot choose our life struggles, we can choose how to respond, and how we relate to ourselves. By cultivating self-compassion, and the related positive emotion of loving kindness, you will lessen your critical inner voice and strengthen your resilience and wellness. Learn how being kind to yourself can be motivating and support change. Explore the differences between sympathy, empathy, compassion and self-compassion, and participate in the evidence-based practices, exercises and meditations. Build your inner resources while you grow your compassion, health, and well-being.

○ **299** | Merry Woodruff, MA, Associate Certified Coach, Mindfulness-Based Applications Facilitator
Mon, Mar 2 – Mon, Mar 23, 2:30 - 3:45
Fee: \$40 | 4 Sessions
Grossmont Wellness Center

TRIGGER POINTS

NEW!

Discover how trigger points can contribute to fatigue, low energy and chronic pain. Learn to locate and release trigger points throughout the body for yourself and others. Feel better, move easier. Please bring a partner to work with, if possible.

○ **300** | Alan Blum, D.C.
Tue, Mar 3, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

FACT OR FICTION OF SKIN CARE: 25 SKIN CARE MISCONCEPTIONS

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 persuasive marketing efforts. Can collagen cream replace the collagen in your skin? Is lemon juice good for your face? Will the SPF in my moisturizer protect me from the sun? This class will review several different skin care myths to sort out fact from fiction.

○ **301** | Lisa Langstone, Holistic Esthetician
Fri, Mar 6, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

CULINARY HERBS & SPICES FOR HEALTH & HEALING

NEW!

Herbs and spices have been used for culinary and medicinal purposes for centuries. Not only do they provide color, taste and fragrance, adding to our enjoyment of food, they also provide a wide array of protective compounds that support health and healing. This presentation will review the health benefits of common culinary herbs and spices, as well as the preparation and safe use of herbal infusions.

○ **302** | Vicky A. Newman, MS, RDN, Clinical Professor, Voluntary Faculty, UCSD School of Medicine
Thu, Mar 12, 12:30 – 2:00 | Fee: \$15
Grossmont Learning Center

PLAGUES & PANDEMICS

Infectious diseases have always been a part of human existence but man has manipulated his environment to allow new patterns of disease to emerge. We no longer fear The Black Death or smallpox but terrorism has brought them to our attention. Can these terrible plagues return? Should we worry about ebola, zika and anthrax? Learn the real story of influenza, how to ensure safe travel to exotic places and how to avoid the nastiest germs.

○**303** | Philip J. Goscienski, M.D.
Wed, Mar 25, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

FALLING IN LOVE WITH THE PROCESS: A STROKE SURVIVOR'S INSPIRATIONAL STORY

NEW!

"Why me?" were Bill Torres' first words waking up from his paralyzing stroke. Like many survivors, Bill lived in a dark cloud of depression. Over time, he decided to set his mind to getting better, little by little, every day. In this presentation, Patricia Geist-Martin, author of *Falling in Love with the Process*, tells the story of meeting and interviewing Bill to write this compelling story of his resilience in life, in his recovery from stroke, and his advocacy for other stroke survivors.

○**304** | Patricia Geist-Martin, PhD,
Professor Emerita SDSU, Author & Lecturer
Thu, Mar 26, 12:30 – 2:00 | Fee: \$15
Grossmont Learning Center

BELLY BULGE & MID-AGE SPREAD: WHAT DOES INSULIN HAVE TO DO WITH IT?

Meal composition and timing can profoundly impact our body's ability to function optimally, especially as we age. This presentation will summarize the evolving research on strategies to address metabolic syndrome, which is characterized by increased blood sugar, abdominal obesity, elevated triglycerides, low HDL-cholesterol, and high blood pressure. Topics addressed will include low-carb vs. slow-carb, insulin-resistance, and ketogenic diets.

○**305** | Vicky A. Newman, MS, RDN,
Clinical Professor, Voluntary Faculty, UCSD
School of Medicine
Fri, Mar 27, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

SOLUTIONS TO FIX ADRENAL FATIGUE & BURNOUT

NEW!

If you are always exhausted, needing caffeine and energy drinks to get through your day, or crave salt and sugar a lot, your poor, overworked adrenal glands may be fatigued. Do you have hormonal imbalances and blood sugar swings? Come learn the foods, supplements and lifestyle changes that will reboot stressed adrenals and help you feel alive and energetic again. Don't drag through life when with a few simple steps, your vital energy can be restored.

○**306** | Angela R. Vittucci, Integrative
Functional Medicine Nutritionist R.D.N.
Wed, Apr 1, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

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, you'll learn about the history of cannabis, consumption methods, effects, and dosage. Q&A will follow the presentation to steer individuals in the proper direction for their personal inquiries.

○307 | Torrey Holistics
Wed, Apr 8, 6:00 – 7:15 | Free
Mission Hills Hillcrest/Knox Library



THE ANTIBIOTIC CRISIS: HOW WE GOT HERE

Only three generations of humans have lived during the antibiotic era. This presentation describes how antibiotics were discovered, how they work, why they are becoming less effective and how we can protect ourselves from antibiotic-resistant microorganisms.

○308 | Philip J. Goscienski, M.D.
Thu, Apr 9, 1:00 – 2:30 | Fee: \$15
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.

○309 | Judi Bonilla, Aging Expert, Author
Tue, Apr 14, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

ARE SKINCARE PRODUCTS MAKING YOU SICK?

Are you confused about today's skincare products and how to pick good ones? Would you like to know how what you put on your body affects your health? You might be surprised to learn that your sunscreen may be increasing your risk for hormonal cancers. Have you wondered if the latest and greatest anti-aging ingredients are hype or have merit? This lecture will give you some clarity on which ingredients are toxic, which you should avoid and which ingredients and new technologies produce beneficial results.

○310 | Lisa Langstone, Holistic Esthetician
Wed, Apr 15, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

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 such health annoyances that range from decreased energy, to liver spots, to irregular sleep and poor memory can be postponed or even avoided completely. Learn how this is possible.

○311 | Philip J. Goscienski, M.D.
Sat, Apr 18, 1:00 – 2:30 | Free
Santee Branch Library



NUTRITIONAL REMEDIES FOR ARTHRITIS

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

○312 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Wed, Apr 22, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

NUTRITIONAL SECRETS TO PREVENT ALZHEIMER'S & SHARPEN YOUR MEMORY

Lost your keys lately? Do you enter a room and forget what you were looking for? How often do you misplace your cell phone or forget a name? Come learn about practical diet tips, supplements, lifestyle changes and brain boosters that will effectively improve how you think, feel and respond. Stop having brain fog and rediscover clear, focused thinking.

○313 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Fri, Apr 24, 2:30 – 4:30 | Free
Benjamin Branch Library



Freedom

TO REDISCOVER
WHAT MATTERS
MOST TO YOU

The Montera is a high-quality, trustworthy senior living community in a close-to-it all location. Backed by the award-winning experience and expertise of MBK Senior Living, residents of The Montera enjoy our whole-person wellness programming that offers exercise classes, walking groups, creative arts and crafts, on-site church services and numerous social gatherings. Our residents are vibrant and happy because they know that at The Montera, they can find compassionate support that meets their individual needs, and promotes independence, dignity, and confidence.

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History & Humanities

GEORGIA O'KEEFFE: HER NEW YORK YEARS (1918 – 1939)

These are O'Keeffe's New York years, her paintings of the city, Lake George, still-lives and her famous flowers. The lecture will examine her rise to fame, her determination to remain unique and her effort to continually challenge herself through her work. It is also the story of a great romance and collaboration between O'Keeffe and her husband, Alfred Stieglitz. Near the end of this period was also when she began her trips to New Mexico and discovered the land she would call home.

○320 | Aniko Makranczy, MFA
Tue, Jan 7, 12:30 – 2:30 | Free
Mission Valley Branch Library

PICTURESQUE SAN DIEGO: IMAGES & STORIES FROM THE PAST

Picturesque San Diego (1887), 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.

Vincent Rossi, Historian & Author,
Co-Owner Story Seekers

○321
Wed, Jan 8, 1:00 – 2:30 | Free
Serra Mesa Branch Library

○322
Thu, Apr 23, 1:00 – 2:30 | Free
North Clairemont Library



Register!

If a class is
cancelled or
rescheduled,
the only way we
can notify you
is if you have
registered.

HISTORY OF COLOR IN ART

Based on the book *The Brilliant History of Color in Art* by Victoria Finlay, this lecture explores the unusual, funny and sometimes strange stories of your favorite colors. We will take a look at the science behind them and how they forever changed the course of art and history.

○323 | Julia Fister, MFA
Sat, Jan 11, 2:00 – 3:30 | Free
Coronado Public Library



HISTORY OF**SAN DIEGO RAILROADS**

NEW!

Explore the rich history of San Diego county railroads and their impact, including the building of "The Impossible Railroad." Our region was built by railroads and we will explore why San Diego didn't become Los Angeles (thank goodness). We will also take a brief tour of the building of the Campo Railroad Park & Museum and what they offer at that museum.

○**324** | Jim Lundquist,
Pacific Southwest Railway Museum
Wed, Jan 15, 1:00 – 2:00 | Free
Grossmont Learning Center

WHEN SAN DIEGO BECAME ART (1900 – 1960)

NEW!

This lecture will be a visual history of the development of San Diego from a sleepy, sunny backwater town to a thriving modern day art center. We will discuss the changes in styles, the growth of institutions and the people who brought about these changes during the years 1900 to the present time.

○**325** | Mary Gardner,
Docent, San Diego Museum of Art
Tue, Jan 21, 10:00 – 11:00 | Fee: \$10
Grossmont Learning Center

EL CAMINO REAL, THE BELLS, & THE CALIFORNIA MISSIONS

NEW!

We will trace the entrada into Nueva California, how the Spanish Army used local fishing and pearling boats to get to San Diego and how Spanish ships crews developed the first settlement in San Diego. We will see all 22 Franciscan missions and perhaps learn a few new facts. Ever seen the El Camino Real roadside bells? You will learn all about them.

○**326** | Max Kurillo,
Historian, Lecturer & Author
Tue, Jan 21, 1:00 – 2:00 | Fee: \$15
Grossmont Learning Center

FASCINATING FACTS**ABOUT OUR AMERICAN PRESIDENTS**

Who was our youngest American president? Who was our oldest American president? Who was our tallest, shortest, and fattest? Union-Tribune language columnist and American history quizmaster Richard Lederer will illuminate the feats, fates, families, foibles, and firsts of our American presidents.

○**327** | Richard Lederer,
Union-Tribune Language Columnist
Wed, Jan 22, 10:00 – 11:30 | Fee: \$15
Grossmont Learning 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.

○**328** | James Keeline,
Historian & Author
Wed, Jan 22, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

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.

Mark Carlson, Historian & Author

○329

Thu, Jan 23, 1:00 – 3:00 | Free
Coronado Public Library

○330

Tue, Apr 14, 12:30 – 2:30 | Free
Mission Valley Branch Library

**THE SOAP OPERA OF THE MIDDLE AGES:
THE WAR OF THE ROSES**

There's a reason why George R.R. Martin's *Game of Thrones* is based upon England's *War of the Roses*. It really was a brutal and colorful time, where the battle for the throne split families apart. The betrayals, weddings, and beheadings will make your head spin. Come learn about some of the more colorful parts of history in the English Middle Ages.

○331 | Kim Keeline, PhD

Sat, Jan 25, 1:00 – 2:30 | Free
Rancho San Diego Library

**NEO-IMPRESSSIONISM**

Neo-Impressionism is a late 19th century movement in French painting that sought to expand on impressionism through a systematic approach to form and color, using the pointillist technique. We will examine Georges Seurat's monumental pointillist paintings as well as those of other artists in the period, including Henri Matisse and Paul Signac.

○332 | Julia Fister, MFA

Tue, Jan 28, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

**14 BILLION YEARS
OF CANADIAN HISTORY****NEW!**

We will start at the beginning of recorded time and follow the earth-shattering events that shaped our world and Canada. Then we'll talk about the real story of Canada's settling and take a modern cruise down the Saint Lawrence Waterway as we turn back the pages of history.

**○333 | Dr. Dave Roberts,
Anthropologist**

Tue, Jan 28, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

**THE BLOODY FRENCH REVOLUTION
(1789 – 1799)**

In 1789, French revolutionaries were inspired by dreams of liberty, fraternity and especially equality. They overthrew the king, wrote the *Rights of Man*, and established a republic. After ten years of bloodshed and chaos, the French submitted to a dictator who promptly put an end to the Revolution. What went wrong? This lecture examines the wars and internal turmoil that eventually led to Napoleon's startling take over.

○334 | Frank Newton, PhD

Wed, Jan 29, 1:00 – 2:30 | Free
Point Loma Branch Library

A SHORT HISTORY OF THE AMAZON

NEW!

The search for untold riches around the Amazon began in the 16th century, and continued with modern discoveries that rewrote the history books. El Dorado was real. In addition, the Amazon is not like most large rivers. It flows backwards and has no delta, only a small part of the new knowledge we have of this region. We will examine thirty-five things that may surprise you, meeting mythical creatures along our way – things not in the tourist guides.

○335 | Dr. Dave Roberts, Anthropologist
Thu, Jan 30, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE FOUR AGREEMENTS

NEW!

After his near-fatal car accident, Mexican physician Don Miguel Ruiz became an apprentice of a Nagual or shaman in the Toltec tradition. His groundbreaking book *The Four Agreements*, a distillation of that indigenous American wisdom, has been translated into 48 languages and remained on the New York Times bestsellers list for ten years. At the heart of his work is the idea that our assumptions (our agreements) shape the quality of our lives, and when we craft new ways of thinking, we greatly increase our freedom and power. Join us for this close look at each of the Four Agreements, and their intersections with philosophy, psychology, and world spirituality.

○336 | Peter Bolland, MA,
Professor of Philosophy and Humanities
at Southwestern College
Fri, Jan 31, 10:00 – 12:00 | Fee: \$20
Grossmont Learning Center

TALKING BOLLAND: POST-LECTURE DISCUSSION GROUP

Join our discussion group for Peter Bolland's talk, *The Four Agreements*. Continue your experience with fellow students and explore Peter's ideas in a facilitated, open environment.

○337 | Marvin Sloben, Facilitator
Fri, Jan 31, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

WHAT IS A PERSON?

NEW!

Do only human beings have rights? What about other animals? Some philosophers use the word "person" rather than human, they think some persons may not be human, and some humans are not persons. What do they mean? Is a fetus a person, some animals, or a human being in a permanent coma? Join us for an in-depth philosophical discussion.

○338 | Matthew Wion, PhD
Sat, Feb 1, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center



THE HEART AS A SYMBOL OF LOVE: A HISTORY

NEW!

Let's face it, the heart as a symbol doesn't look much like the anatomical item in our chest which keeps our heart beating. We'll trace the origins of the symbol, its usage, and the traditions that spread to Valentine's Day, including wacky Victorian postcards and other ways we tell people we care about them. You'll "HEART" art and history as we walk through the history of the heart symbol.

○339 | Kim Keeline, PhD
Tue, Feb 4, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE BROOKLYN BRIDGE: THE GREAT WORK OF THE AGE

Built in an age of steam power and horse-drawn wagons, the bridge stands today as a monument to engineering and industry. Learn the story of the greatest engineering work of the age, of the men and women, of the triumphs and tragedies, of the towers of monolithic stone and spun webs of steel that brought to life Washington Roebling's magnum opus. Learn what it took to make the dream of two cities into a reality.

○340 | Mark Carlson,
Historian & Author
Wed, Feb 5, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

THE BIRTH OF THE BEATLES

NEW!

This lecture will examine the roots of arguably the most influential musical act of all time. Discover the twists, turns, chance encounters, and at times, unbelievable story of John, Paul, George and Ringo. Hear the story from their births to the first screams of Beatlemania.

○341 | Chuck Gunderson,
Historian & Author, MA
Wed, Feb 5, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

JOAN OF ARC: CONTRADICTIONS OF FEMALE HEROISM

NEW!

Who was Joan of Arc? Was she a hero, a saint, a witch, a martyr, a patriot, a mentally ill person or a visionary? Artists have depicted her in paintings, films, books, posters, sculptures. She is part of the Western imaginary as a woman who challenged traditions and stereotypes and changed the course of French history during her short life. Contradictory ideas about her illustrate the fact that Joan of Arc is one of the most paradoxical historical figures and a symbol of female heroism.

○342 | Oliva M. Espin, PhD
Thu, Feb 6, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

CONFUCIUS & THE HARMONIOUS SOCIETY

Arguably the most influential philosopher in the world, Confucius championed a compelling portrait of human excellence as social responsibility. In order to create a just and harmonious society, we must first cultivate excellent individuals. In alignment with Aristotle and the precepts of Judaism, Confucius taught that justice, order, and righteousness are born through us – it is we who bring the mandate of heaven down to earth through our choices and actions. Join us as we study the central themes of this often-ignored wisdom tradition, and search its ancient ideas for modern applicability.

○343 | Peter Bolland, MA,
Professor of Philosophy and Humanities
at Southwestern College
Fri, Feb 7, 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 *Confucius and the Harmonious Society*. Continue your experience with fellow students and explore Peter's ideas in a facilitated, open environment.

○344 | Linda Weber, Facilitator
Fri, Feb 7, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

THE MESSIAH IDEA

NEW!

We'll look at the idea of a messiah in the Hebrew Bible with a focus on the books of Daniel and Malachi. Then we'll look at messianic movements in Jewish history, right up to the modern day. It might be most surprising to see that the 1st century belief in and expectations of a messiah are rooted in Jewish faith after the writing of the Hebrew Bible.

○345 | Rabbi Michael Mayersohn
Tue, Feb 11 – Tue, Feb 18, 10:00 - 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

SCIENCE & MEDICINE IN THE ERA OF LEWIS & CLARK

Did you know that Lewis and Clark were both scientists as well as the untrained physicians for their group? Dr. David Peck, retired local physician and nationally recognized speaker on the Lewis and Clark Expedition of 1804-06, will discuss the essentials of the epic expedition, as well as putting their exploration in the context of scientific and medical knowledge of that era. Dr. Peck is the author of *Or Perish in the Attempt – The Hardship and Medicine of the Lewis and Clark Expedition*.

○346 | Dr. David Peck, D.O.
Tue, Feb 11 – Tue, Feb 18, 1:00 – 3:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

THE SETTLEMENT OF EUROPE

We know much about the history of Europe, but how did Europeans become the peoples they are today? The pre-history of Europe has been a very esoteric subject and very little has been published in books. Now, new information published in 2016 using genetics as fourth line of evidence has confirmed previous information derived from archaeology, biological anthropology, and linguistics. This lecture will discuss the pre-history of the European Peoples by describing the three settlements of Europe by anatomically modern humans – The Paleolithic, Neolithic, and Indo-European settlements. A discussion of these early cultures will be followed by an account of the progression of these settlements into the modern cultural and linguistic groups that comprise Europe today.

○347 | Henry George,
Engineer, Archaeologist and Geologist
Thu, Feb 13, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

THE BEGINNERS GUIDE TO CHAKRAS: TOOLS TO AWAKEN CONSCIOUSNESS

This is a great workshop for seekers who would like to expand their awareness of the chakras. Join us in a fun and informal setting where you can build a strong foundation of your spiritual understanding! Dr. J will present the basics on the chakras and the energy field, delightful and pleasant meditations to balance and focus the chakras and explanations of how the chakras affect the way we perceive reality. Questions are encouraged. Handouts will be available on beginning meditation practices and mantras.

○348 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Fri, Feb 14, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

WORKING WOMEN: A HISTORY OF WOMEN'S OCCUPATIONS IN ENGLAND



Kim Keeline, PhD, will look at what women's work was like in the Middle Ages through the early 17th century, particularly focusing on how the roles of women were tightening and being more restricted as work left the home and became more industrialized. This trend would continue through the Victorian times, which really codified the idea of traditional gender roles and home life/work standards. She will examine popular literature of Shakespeare's time to show some of the tensions involved in this narrowing of opportunities for women.

○349 | Kim Keeline, PhD
Wed, Feb 19, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

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. You will enjoy an intimate look at the landscapes and wildlife of the world's least visited, but perhaps most remarkable continent. The presentation, by Dr. Philip Pryde, is based on his personal experiences in the Antarctic region.

Philip R. Pryde, PhD, Professor Emeritus SDSU, Author, Lecturer

○350

Wed, Feb 19, 12:30 – 2:00 | Free
University Community Branch

○351

Wed, Mar 18, 1:00 – 2:30 | Free
Point Loma Branch Library

GEORGE WASHINGTON, AMERICA'S INDISPENSABLE FOUNDING FATHER

Despite a mediocre military record, George Washington became commander of the Continental Army. He didn't write the Declaration of Independence or the Constitution, and yet, George Washington became not only our first President, but is justifiably recognized as the Father of Our Country. Blaine Davies explores the life of George Washington, and explains why "the man who wouldn't be king" was the one indispensable man of the American Revolution and the founding of our republic.

○352 | **Blaine Davies, MA, Professor of U.S. History**

Wed, Feb 19, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

ART & ARCHITECTURE OF NORTHERN SPAIN

Discover the art and architecture of northern Spain as seen along the Camino de Santiago pilgrimage trail. Join artist Amanda Schaffer as she discusses the Camino's cultural heritage. See Romanesque structures and Gothic cathedrals. Find out about a 15th century "parador" built by royalty that still provides free meals to pilgrims and a 13th century "Ermita" that now serves as a walkers' hostel. See artwork done by locals and an example of Spanish architect Antonio Gaudi's work. Come along on a visual tour of "The Way!"

○353 | **Amanda Schaffer, MFA, MA, Art & Religion**
Wed, Feb 19, 1:00 – 3:00 | Free
Point Loma Branch Library

HONG KONG: THE STORY BEHIND THE STORY

NEW!

Well over one million people in the former British colony of Hong Kong marched in the summer and fall of 2019 in demonstrations to protest an impending extradition bill. The proposed legislation would place the Hong Kong people and visitors under mainland Chinese jurisdiction, undermining the autonomy of the region and citizens' rights and freedoms. This lecture traces the British takeover in 1860, the building of Hong Kong into an independent, freedom loving region, and the terms of the British retrocession in 1997.

○354 | **Lola Sparrowhawk, International Award-Winning Author/Historian**
Thu, Feb 20, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE HEART OF ISLAM

Islam is many things. Perceptions of Islam, especially here in the west, vary wildly. Many Americans and Europeans hold a negative view of Islam. Yet Islam is the second largest religion in the world, and one of the three Abrahamic faiths alongside Judaism and Christianity. Muslims worship the same God as Jews and Christians, and Islam reveres all of the earlier prophets like Jesus, Moses, and Abraham. Join us as we endeavor to reveal the heart of Islam. Extremists may get all the attention, but all over the world 1.6 billion Muslims live inclusive, pluralistic lives in harmony with their Jewish, Christian, Hindu, Buddhist, and secular neighbors.

○355 | Peter Bolland, MA,
Professor of Philosophy and Humanities
at Southwestern College
Fri, Feb 21, 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 *Heart of Islam*. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment.

○356 | Marvin Sloben, Facilitator
Fri, Feb 21, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

END OF LIFE ETHICS

NEW!

What rights do the dying have? How should we best care for them? How can we make sure that our lives have meaning and value to the end? When should we "pull the plug?" When and how should we let go? The end of life can be hard, but we should be ready for the deep moral issues that come with it.

○357 | Matthew Wion, PhD
Fri, Feb 21, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

THE TRUTH ABOUT THE BLACK DEATH

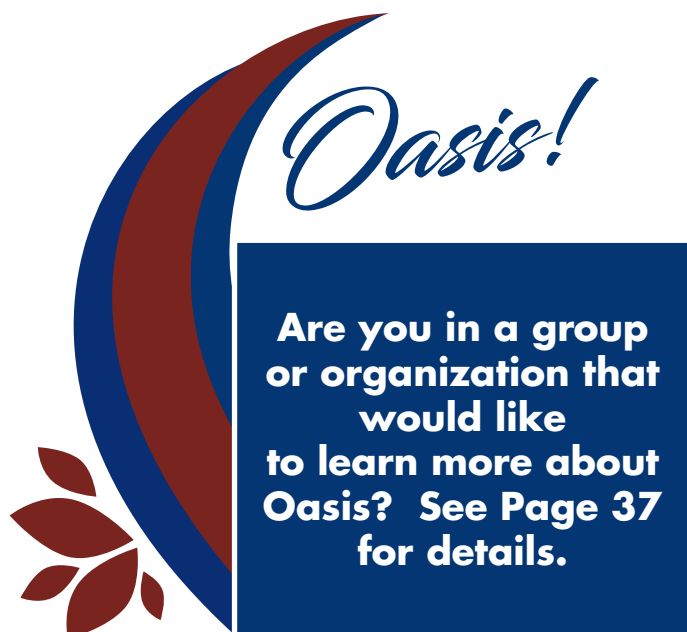
The Black Death was the greatest catastrophe in human recorded history. It has been endlessly studied and written about, so you would think by this time we would know all about it. Scholars are still arguing about exactly what caused it, where it came from, and why it went away. This talk offers a solution to the great mystery.

○358 | Bill Plachy, Writer & Lecturer
Mon, Feb 24, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

GEORGIA O'KEEFFE IN NEW MEXICO (1940 – 1986)

By the 1930's, Georgia O'Keeffe had fallen in love with the landscape of New Mexico and began spending her summers there. O'Keeffe's gradual move from New York to the west, her love affair with New Mexico and how it influenced her art will be examined. Additionally, her popular landscapes, her abstract work as well as the influence of both of her homes, one in Abiquiu, the other at Ghost Ranch, will be discussed. It was in these years that she emerged as the most well known female artist based on the strength of her work and having cultivated a distinct image of herself.

○359 | Aniko Makranczy, MFA
Tue, Feb 25, 12:30 – 2:30 | Free
Mission Valley Branch Library



CHALLENGING THE GENDER BINARY



The belief that humans comprise only two types of beings, males and females, is called the “gender binary.” Currently this view is being challenged by social activism and by scientific research. Empirical findings from (1) the neuroscience of the brain, (2) the endocrinology of “male” and “female” hormones, and (3) the psychological study of male/female similarities, child development, and transgender/non-binary individuals all appear to undermine the assumption of a gender binary. These findings will be presented and the implications will be discussed.

○**360** | Larry Solomon, PhD
 Wed, Feb 26, 1:00 – 2:30 | Fee: \$15
 Grossmont Learning Center

A DAY IN THE LIFE OF A CALIFORNIA GOLD RUSH PHYSICIAN

It began with a nugget no larger than a thumbnail but it transformed the United States. Physician-adventurers followed the gold, bringing old ideas as well as newly-emerging medical discoveries. It was a unique period in history that tested a physician’s skills and stamina.

○**361** | Philip J. Goscienski, M.D.
 Wed, Feb 26, 1:00 – 2:30 | Free
 Point Loma Branch Library

DRUMS: HISTORY OF ALL THAT SHAKES, RATTLES, & ROLLS



Be transported around the globe as we learn the history and philosophy of our collective rhythm through lecture, presentation, and interactive percussive activities. Why do we drum? What is the connective tissue that binds us together as a family, as a tribe, as humans? Explore the aural landscapes of a heartbeat through percussion instruments from the dawn of time to modern days.

○**362** | Raymond Conseur, M.Ed.,
 Retired SDUSU Professor & Department Chair
 Fri, Feb 28, 10:00 – 11:30 | Fee: \$15
 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.

○**363** | Kim Keeline, PhD
 Fri, Feb 28, 10:00 – 11:30 | Free
 Santee Branch Library

Website!

San Diego Oasis has a new website! Use the same address to access current information on classes and events: SanDiegoOasis.org

THE ROMAN CATHOLIC TRADITION: THE HOLY WOMEN

NEW!

This discussion, based on Pope Emeritus Benedict's book, *Holy Women*, provides an overview of some of the most influential women of the Catholic Faith. Some of the women saints included are: Julian of Norwich, England; Hildegard of Bingen; Claire of Assisi; Maltida of Hackeborn; Gertrude the Great; Catherine of Siena; Joan of Arc; and, Teresa of Avila. In studying the sayings and writings of these women of the Church, many concerns of salvation history, Christology, and the history of the Church are addressed.

○364 | Gregory J. Buckles, MA,
Professor of Philosophy
Fri, Feb 28, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

THICH NHAT HANH: CULTIVATING THE MIND OF LOVE

Thich Nhat Hanh is a monk, Zen Master, teacher, poet and peace activist. He is the author of over 100 books, including *The Miracle of Mindfulness*, *Peace Is Every Step*, and *The Art of Living*. He has inspired millions. His teachings are simple, accessible and deep. In this class, we'll explore his life and his teachings, which serve as beacons illuminating a path of well-being for each of us, for humankind, and for the whole earth community.

○365 | Keith Mesecher, MA,
Social Ecology, Ordained in Zen Buddhist
Tradition of Zen Master Thich Nhat Hanh
Mon, Mar 2, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

VAN GOGH'S SUNFLOWERS

Vincent Van Gogh lived and painted in the South of France for only a few years, yet he created some of his most important work there, among them his sunflower paintings, which were originally created as decorations for his studio. We trace the history of the sunflower paintings, including one that was destroyed by a World War II bomb and then rediscovered in a long forgotten photograph.

○366 | Julia Fister, MFA
Tue, Mar 3, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

ANDREA DORIA: COLLISION AT SEA

This is the story of the first televised sinking of an ocean liner. In June, 1956, the Andrea Doria was nearing New York. Aboard her were nearly 1500 passengers and crew. Approaching was the Swedish liner MS Stockholm out of New York. Each ship, equipped with radar and radio, was following the other's progress. In a few terrifying minutes, both vessels steered a course that led them to collide. The tragedy took place before the eyes of the world.

○367 | Mark Carlson,
Historian & Author
Wed, Mar 4, 1:00 – 3:00 | Free
Point Loma Branch Library

FAST FOOD PRODUCTION, PREPARATION & PRESERVATION

NEW!

Fast food is a global phenomenon. Food preservation techniques, automation and packaging have changed how we eat. Whether it's mass produced or "to order," it has changed the human diet. Today every culture has their readily identifiable favorites. Is it healthy, nutritious or merely chemical junk?

○368 | Nadine Bopp, BA, Ecology,
MLA, Landscape Architecture, Columbia
College Part-Time Faculty
Wed, Mar 4, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

THE DIGITAL REVOLUTION

This is a story of innovation. The Digital Revolution/Information Age/Post-Industrial Revolution transformation has its roots in the 1940's with the invention of computers, but probably really began in the 1970's with the development of the microchip. This led to personal computers and the widespread application of micro-processors, enabling higher volumes of data to be processed and increasing the productivity of individual workers. This lecture is about the history of computers, the innovators that invented them, and how computers have transformed society.

○**369** | Henry George,
Engineer, Archaeologist & Geologist
Thu, Mar 5, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

LIVING FOREVER

Predictions in Charles Mann's Atlantic Monthly article, *The Coming Death Shortage*, are becoming a reality. Many argue that the technology necessary to prolong life indefinitely will soon be within reach. This presentation will examine the life-extending medical techniques and therapies currently in use, or in their planning stages, and explain why these techniques may possibly double, triple or even lead to unlimited life expectancy. The lecture will also explore the promise and the peril advances in medical technology are bequeathing to the Brave New World of the 21st century.

○**370** | Bruno Leone, MA,
Instructor, Author & Lecturer
Thu, Mar 5, 1:00 - 3:00 | Fee: \$15
Grossmont Learning Center

THE CLASH OF FUNDAMENTALISM & SPIRITUALITY

There is a growing schism forming in the world's religious landscape between fundamentalism and spirituality. "Fundamentalism" has three key components: scriptural literalism, rigid adherence to ancient codes, and a longing to return to an idealized past. "Spirituality" on the other hand is commonly used to describe a mode of being where the sacred or the divine speaks to each of us individually through the authority of our own inner experience, here and now. These two perspectives are clashing as never before, and the project of coming to a deeper understanding of both of them is growing more urgent by the day.

○**371** | Peter Bolland, MA,
Professor of Philosophy and Humanities
at Southwestern College
Fri, Mar 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 *The Clash of Fundamentalism and Spirituality*. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment.

○**372** | Marvin Sloben, Facilitator
Fri, Mar 6, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

AMERICAN MEDIA POLITICS

This lecture will help you build the media literacy skills necessary to navigate the era of partisan news and the 24 hour news cycle. It will cover core concepts such as framing, priming, bias, and spin.

○**373** | Nicholas Boushee, PhD,
Assistant Professor of Political Science
Sat, Mar 7, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center



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.

Richard Lederer,
Union-Tribune Language Columnist

○374

Sat, Mar 7, 1:00 – 2:30 | Free
La Mesa Library



○375

Wed, Mar 11, 6:00 – 7:30 | Free
Mission Hills Hillcrest/Knox Library



TALES FROM THE EMERALD ISLE NEW!

Surely nothing could be more Irish than their stories. From ancient times, bards and seanachai have told tales of shape-shifting seals and swans, magic in trees and rocks, brave warriors and beautiful women, tricks and schemes of leprechauns and fairies, even the infamous "salmon of knowledge." Join storyteller Marilyn McPhie for a wee bit of Irish magic – and blarney.

○376 | Marilyn McPhie,
Master Storyteller

Tue, Mar 10, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

THE GREAT EXHIBITION OF 1851 NEW!

The first world's fair, and arguably the greatest, was held in London in 1851 in a building called the Crystal Palace. The story of how it happened involves some extraordinary characters, including Queen Victoria's husband, the Prince Consort. To really appreciate their remarkable achievement, we'll compare it to our own great exhibition, Comic-Con.

○377 | Bill Plachy, Writer & Lecturer
Wed, Mar 11, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

BENJAMIN FRANKLIN NEW!

Scientist, writer, publisher, diplomat, inventor, businessman – in his 84 years, Franklin did it all. He contributed to the Declaration of Independence and played the key role convincing France to join the United States in the Revolutionary War. When the Articles of Confederation proved too weak, he helped craft the compromise that spurred the Constitutional Convention to success in producing the Constitution. Blaine Davies examines the life of the witty, brilliant and, at times, irascible Benjamin Franklin, who as much as any Founding Father shaped our national identity.

○378 | Blaine Davies, MA,
Professor of U.S. History
Wed, Mar 11, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center



**DE-STRESSING TECHNIQUES:
ACCESSING YOUR INTUITION**

NEW!

How do we access our spiritual nature and eliminate stress? How do we live our practical lives and engage FAITH as an inner exploration revealing our path, and awakening our spiritual understanding? Let's explore how trust and faith in intuition can show us a better way to "be in the flow" in our lives. Let's awaken our Higher Sense Perceptions, develop intuition, trust what we feel, apply what we know, and acquire the tools and methods needed to access and dissolve the roots of stress.

○**379** | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Fri, Mar 13, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

**PROVING GOD'S EXISTENCE:
THE MEDIEVAL SCHOLASTIC TRADITION**

We will examine two of the major writers of the Medieval Scholastic Tradition – St. Anselm and St. Thomas Aquinas. St. Anselm's *Ontological Proof* regarding God's existence will be reviewed, and as well as how he proposed that his argument is virtually foolproof. The five proofs of God, which St. Thomas Aquinas demonstrates in his work, *Summa Theologica*, will be discussed. Regardless of any particular religious tradition, and/or philosophical speculation, these two saints have both established definitive and strong arguments concerning God's existence.

○**380** | Gregory J. Buckles, MA,
Professor of Philosophy
Fri, Mar 13, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

WOMEN IN AZTEC SOCIETY

This lecture highlights the roles and every day life of Mesoamerican women and how they lived before the European conquest, particularly in the region of the Valley of Mexico before 1492. This is an informative lecture covering topics from birth to death: gender relations, marriage, childbirth and the vital roles "Aztec" women played in society.

○**381** | Maria Butler, MA Lecturer
Emerita, San Diego State University
Tue, Mar 17, 12:00 – 2:00 | Free
University Community Branch

**THE JUDAISM JESUS BELIEVED
& PRACTICED**

People typically know Jesus was Jewish but very often do not know how his Jewish faith and identity helped shape him as a man of faith. His words and actions as recounted in the New Testament are largely shaped by his Jewish teachings and we cannot fully understand his place in spiritual life to the modern day.

○**382** | Rabbi Michael Mayersohn
Tue, Mar 17 – Tue, Mar 24, 10:00 – 12:00
Fee: \$30 | 2 Sessions
Grossmont Learning Center

**WASSILY KANDINSKY
(1866 – 1944)**

NEW!

Kandinsky, recognized as a pioneer of abstract art, is often credited as the first artist to create non-representational abstractions. While his early work depicted accurate descriptions of things, he strove to express the natural world beyond such literal representation. His widely read treatise, *Concerning the Spiritual In Art*, puts forth the belief that abstract colors and forms can be used to express the inner life of the artist. We will explore his life and impact upon the world of art.

○**383** | Aniko Makranczy, MFA
Wed, Mar 18, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

THE HOUSE & HOW IT GREW

NEW!

This class will analyze how residential dwellings have changed over the years, decades and centuries. From huts to McMansions to the tiny house, this class will examine at how social, political, cultural, economic and geographical preferences have shaped the residential home.

○**384** | Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College Part-Time Faculty
Wed, Mar 18, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

CHINA:

NEW!

THE NEXT GLOBAL SUPERPOWER

China's economy was the largest in the world for many centuries until the Opium Wars with Britain in the late 1800's. By 1870, China's share of global GDP fell by half, and its territorial sovereignty was compromised until the end of World War II. Some China experts believe that in 1949, Beijing engaged a 100 year plan (The Hundred Year Marathon) to regain global supremacy by 2049. Will China seek to police the world or join the family of nations as a peaceful ally?

○**385** | Lola Sparrowhawk, International Award-Winning Author/Historian
Thu, Mar 19, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

TO YOUR HEALTH!

TOURISM COMES TO SAN DIEGO

"Health tourism" played a big role in San Diego County's development. Some of those who visited to get well also stayed and got wealthy. Vincent Rossi offers examples of both.

○**386** | Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Fri, Mar 20, 10:00 – 11:30 | Free
Santee Branch Library

WHY MEDITATION MATTERS: A GUIDED MEDITATION INQUIRY

In this interactive meditation workshop, we will explore the philosophy behind the ancient practice of meditation, learn about its ancient roots, and test its efficacy through direct experience. Through two different guided meditation experiences, we will determine for ourselves the value and efficacy of meditation as a stress reduction technique, a mind-body healing modality, and a spiritual path.

○**387** | Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Fri, Mar 20, 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 *Why Meditation Matters – A Guided Meditation Inquiry*. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment.

○**388** | Linda Weber, Facilitator
Fri, Mar 20, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

Sign Up!

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

**BOOTH & LINCOLN:
THE SIMPLE TRUTH**

NEW!

Abraham Lincoln's assassination brought the bloodiest war in American history to a close. Even now, it is the subject of speculation and controversy. This is one time where the truth is as compelling as any conspiracy theory. John Wilkes Booth, almost totally alone in his zeal to kill Lincoln, worked with only a tiny band of malcontents, drunks and feeble sycophants in planning and executing his insane plot. With archival photos and maps, Mark Carlson will tell you how and why Booth really killed Abraham Lincoln.

○**389** | Mark Carlson,
Historian & Author
Mon, Mar 23, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

RICHARD III: GUILTY OR NOT?

Did Richard III, King of England, murder his nephews to take the throne? Certainly Shakespeare wrote the play that way because the history books of the time said as much. What's the evidence? Come hear a murder mystery for the ages and see if you would vote him guilty after you hear the true facts of the case. Was he guilty of multiple murders? Was he a hunchback with a terrible deformity? Learn more about the last king in England to be killed in war.

○**390** | Kim Keeline, PhD
Tue, Mar 24, 12:30 – 2:00 | Free
Mission Valley Branch Library

**CORTEZ & THE MEXICA
(AZTECS)**

NEW!

"La Leyenda Negra/The Black Legend" of Spanish conquest in the New World is explored by Dr. Frank Newton in a two-lecture set that describes the astonishingly vicious Spanish battles against the Aztec and Inca empires. It took Hernan Cortez just two years to conquer the powerful Aztec empire, punctuated by the utter devastation of the Aztec capital. Dr. Newton describes the bloody conflict, from Cortez's mutinous launch from Cuba in 1519 to his cruel siege of Tenochtitlan in 1521. Check out the companion lecture, Class #398.

○**391** | Frank Newton, PhD
Wed, Mar 25, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

THE COGNITIVE REVOLUTION

NEW!

Hominids have walked the Earth for about six million years and have evolved culturally very slowly. About 20 thousand years ago, there was an explosion in the archaeological record of mobile and parietal art – figurines and cave painting suggests that humans were thinking differently than before. This transformation in human behavior placed our species on the trajectory for the successive transformations in human society that has brought us to the level of progress we enjoy today.

○**392** | Henry George,
Engineer, Archaeologist & Geologist
Thu, Mar 26, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center



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ASTRAL TRAVEL

Explore the elements of Astral Travel! Astral travel frees you from the confines of identifying only with your body and time and space. It emancipates you from limitation and frees the soul, awakens you to higher levels of your being, revealing awareness that is beyond intellectual knowledge. Come join Dr. J in this fascinating lecture and experiential exercises and learn to set a sacred container and astral travel in a safe and loving environment. Experience guided imagery meditations in astral travel.

○393 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Fri, Mar 27, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

WALLED-IN: A WEST BERLIN GIRL'S JOURNEY TO FREEDOM

NEW!

In *Walled-In*, J. Elke Ertle chronicles the first 21 years of her life growing up in West Berlin during the Cold War. One hundred miles from the closest West German border, she lives on a tiny democratic island in the middle of a vast communist sea. But she is walled-in in more ways than one. As an only child of fiercely protective parents, her parental walls mirror the concrete wall that divides the city. In her struggle for freedom, she ends up in San Diego.

○394 | J. Elke Ertle, Author
Mon, Mar 30, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE SIX WIVES OF HENRY VIII

NEW!

Learn about the women who married one of Britain's most notorious monarchs and how the "divorced, beheaded, died, divorced, beheaded, survived" rhyme is just the tip of the iceberg with these strong willed and interesting women. Learn about the Tudors—from Henry VII to Elizabeth I—in relation to the six women that Henry VIII married. It's a time of jousts, the song *Greensleeves*, and a King who once dressed himself as Robin Hood to surprise the ladies with a party.

○395 | Kim Keeline, PhD
Tue, Mar 31, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE PSYCHOLOGY OF DEMOCRACY

NEW!

A true democracy requires an enlightened electorate. But voters are human and they are vulnerable to several psychological processes that may distort decision-making, impede rationality and make one open to the demagogue's appeal. As a result of this cognitive contamination, national decision-making may become corrupted and non-democratic. We will look at several of these corrupting processes and suggest how democracy may be made to move more effectively toward full actualization.

○396 | Larry Solomon, PhD
Tue, Mar 31, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

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THE AMBIGUITIES OF PRESIDIO DE SAN DIEGO'S LEGAL SYSTEM

NEW!

In this presentation, Mr. Carrico will stress that in order to understand Spanish colonization in Alta California we cannot group all the Spanish missions and forts together. Focusing specifically on the Spanish colonial system as implemented at the Presidio de San Diego from 1770 to 1820, emphasis will be placed on how indigenous men and women ended up at the Presidio in the first place, including in the Presidio prison. We will explore the laws and regulations that were applied to prisoners, the methods used to extract testimony and examine instances of moral valor and of moral turpitude.

○**397** | Richard Carrico, MA,
Author & Professor of American Indian Studies
Wed, Apr 1, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

PIZARRO VS. THE INCA

NEW!

“La Leyenda Negra / The Black Legend” of Spanish conquest in the New World is explored by Dr. Frank Newton in a two lecture set that describes the astonishingly vicious Spanish battles against the Aztec and Inca empires. When Francisco Pizarro and a few hundred Spanish soldiers set foot in Peru in the late 1520's, they initiated a savage war of conquest against the vast Inca Empire – a terrible conflict that entailed massacres, deadly betrayals, greed, enslavement, and other heartless brutalities.

○**398** | Frank Newton, PhD
Wed, Apr 1, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

EDITH STEIN: JEWISH, PHILOSOPHER & FEMINIST

NEW!

Edith Stein died in Auschwitz in 1942. Her canonization as a Catholic saint stirred controversy amongst Jews and Catholics. If she was murdered because she was a Jew, how can she be a martyr of the Catholic Church? Stein converted to Catholicism at the age of 30 and became a Carmelite nun. Rather than hiding behind her conversion, she prepared herself to share the fate of her people. Stein was a philosopher and a feminist, concerned with women's suffrage and rights, starting as a university student.

○**399** | Oliva M. Espin, PhD
Thu, Apr 2, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE DIVINE FEMINE IN INDIA & THE WEST

NEW!

Swami Harinamananda of the San Diego Vedanta Monastery and comparative religion professor Peter Bolland join forces again for this dialogue exploring the Divine Feminine in Indian and Western mythology. In the deepest traditions of India the ground of being is understood as fundamentally feminine. Shakti and her manifestation Mahadevi – the Great Mother Goddess – is not only the source of all the gods – she is their power, and ours. We will decode these myths in dialogue and draw life-guiding wisdom to practice in our everyday lives. This session includes Q&A.

○**400** | Peter Bolland, MA,
Professor of Philosophy and Humanities
at Southwestern College
Fri, Apr 3, 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 Divine Feminine* in India and the West. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment.

○401 | Marvin Sloben, Facilitator
Fri, Apr 3, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

OUR SEARCH FOR MEANING

NEW!

How do we find meaning in life? How can our life still matter in the face of terrible suffering? Come and learn about the book *Man's Search for Meaning* by the Holocaust survivor and psychologist Viktor Frankl.

○402 | Matthew Wion, PhD
Fri, Apr 3, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

FROM SEA TO SEA: BUILDING THE PANAMA CANAL

NEW!

Today, ships pass between the Atlantic and Pacific in under twelve hours. In the 1880s, it was the dream of the man who built the Suez Canal to dig a canal across the Isthmus of Panama. The French tried but failed. Panama was a deathtrap of yellow fever, malaria and torrential rains. In 1902, Teddy Roosevelt declared that he could "make the dirt fly." It was impossible, epic in scale. But it was done. Here is the real story of how Americans built the Panama Canal.

○403 | Mark Carlson,
Historian & Author
Tue, Apr 7, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

THE LAST CAVE ARTIST: TORREY PINES HERMIT

NEW!

Colorful art photos from Nick Connell's two-room, hand-hewn cave highlight this talk about a character who secretly lived for 20 years at Torrey Pines State Natural Reserve. The presentation by *San Diego Legends* author Jack Innis includes a display of a beautiful original painting that Connell tore from the cave's south interior wall just before authorities filled it with concrete in 1990. Autographed copies of *Torrey Pines Hermit* and *San Diego Legends* will be available at a special discounted price.

○404 | Jack Innis, Author
Wed, Apr 8, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

THE SEARCH FOR THE TRUE MARY MAGDALENE

Mary Magdalene is among the most famous of women, yet little is known about her. Two common depictions of her, as a reformed prostitute or Jesus' wife, are both known to be false. Who was she, and what happened to her after her prominence in the latter part of the four gospels? This talk by Dr. Philip Pryde during the Easter season is an objective overview based on analyses by biblical historians, plus other traditions, regarding what's known and what might be reasonably inferred about Mary Magdalene.

○405 | Philip R. Pryde, PhD,
Professor Emeritus SDSU, Author, Lecturer
Wed, Apr 8, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

MOVING PEOPLE:

NEW!

A HISTORY OF TRANSPORTATION

Advances in technology have allowed people to travel farther, explore more territory and expand their influence. In ancient times, foot coverings, skis and snowshoes lengthened the distances that could be travelled. Throughout history, inventions and discoveries have been applied to transport problems, decreasing time spent while increasing the amount of goods that could be moved. This lecture will follow the transportation timeline, the innovations that made travel faster and easier and identify innovators responsible for creating the means to bring about social, economic and cultural change.

○406 | Nadine Bopp, BA,
Ecology, MLA, Landscape Architecture,
Columbia College Part-Time Faculty
Wed, Apr 8, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

**PRE-SOCRATIC PHILOSOPHERS:
SCIENTISTS OF THE ANCIENT WORLD**

NEW!

Much of early Greek Philosophy, especially the Pre-Socratic philosophers, was focused on discovering the underlying principles of reality. In this sense, they were like scientists, looking for the fundamental elements of life. Although some fragments of their writing have been preserved, their views are best known through the writings of Plato and Aristotle. This course will present a brief overview of Pre-Socratic Philosophy, as well as how their viewpoints have influenced subsequent philosophical development.

○407 | Gregory J. Buckles, MA,
Professor of Philosophy
Fri, Apr 10, 1:00 – 3:00 | Fee: \$15
Grossmont Learning 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.

Blaine Davies, MA, Professor of U.S. History

○408
Mon, Apr 13, 10:00 – 11:30 | Free
Coronado Public Library

○409
Thu, Apr 16, 2:00 – 3:30 | Free
College-Rolando Branch Library

THE NEOLITHIC REVOLUTION

Marking the emergence of the first civilizations, the Neolithic Revolution was the most important and far-reaching revolution in the history of humanity. This presentation will explain what is meant by the Neolithic Revolution, when and how it occurred, and why it was not until the Neolithic Revolution that laws, cities and civilizations finally appeared in the cradle of civilization. Indeed, the Neolithic Revolution is regarded by many as "The Rebirth of the Human Race."

○410 | Bruno Leone, MA,
Instructor, Author & Lecturer
Mon, Apr 13, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

THE SIEGE OF VICKSBURG, GRANT'S MASTERPIECE

NEW!

The city of Vicksburg, on the bluffs above the Mississippi, was the Confederacy's northern bastion. As long as it held, the South could get troops, supplies and horses from its western states across the river. Vicksburg lost, and the Confederacy would be irrevocably split in half. For Ulysses S. Grant, the problem of Vicksburg was simple: it was just about unreachable. Blocked from the north and west by Mother Nature and from the east by the Confederacy, Grant's solution to the problem of Vicksburg was his masterpiece.

○411 | Bill Plachy, Writer & Lecturer
Tue, Apr 14, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

40TH ANNIVERSARY: THE EXPLOSION OF MT ST. HELENS

NEW!

The largest volcanic eruption in North American history took place on May 18, 1980, when Mt. St. Helens exploded and sent its upper thousand feet flying over the Washington state countryside. This spring marks the 40th anniversary of this momentous event. This slide presentation, most of it original photos taken by the speaker, will take you back to the time of the eruption and the consequences that followed.

○412 | Philip R. Pryde, PhD,
Professor Emeritus SDSU, Author, Lecturer
Thu, Apr 16, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

WHY RELIGION?

What is religion? Has it runs its course? Are we entering a post-religious age? Has science replaced, or enhanced religion? Why do a growing number of people report that they are "spiritual, but not religious?" What does that mean? Join us for an inquiry into these and other questions as we search for ways to adapt the ancient forms of religion to the ever-changing realities of the dawning new age.

○413 | Peter Bolland, MA,
Professor of Philosophy and Humanities
at Southwestern College
Fri, Apr 17, 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 *Why Religion*. Continue your experience with your fellow students and explore Peter's ideas in a facilitated, open environment.

○414 | Linda Weber, Facilitator
Fri, Apr 17, 12:30 – 1:30 | Fee: \$5
Grossmont Learning Center

HISTORICAL JESUS

What do historians say about Jesus of Nazareth? How accurate are the gospels to his life? How should we read them? What are the historical tools for reconstructing the Jesus of history? What does any of this mean for Christian faith? Learn the Historical-Critical Method for understanding the ancient texts in the Bible; study the competing reconstructions of Jesus as a historical figure; and see how those within the Christian tradition are using what they learn from historical study.

○415 | Matthew Wion, PhD
Fri, Apr 17, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

MANET & MORISOT

Edouard Manet and Berthe Morisot were both painters of the Impressionist era, although each chose different artistic paths. This lecture explores their relationship, both personal and professional, through their paintings.

○416 | Julia Fister, MFA
Tue, Apr 21, 12:30 – 2:00 | Free
University Community Branch

TALES FROM RUSSIA

Beautiful princesses, wise wolves, horses of power, quests, dangers, immortal villains, magic frogs, clever brothers, enormous vegetables – and of course, Baba Yaga’s hut on chicken legs. Russian folklore has provided images, themes and scenes for some of the world’s most memorable art, literature and music. Join storyteller Marilyn McPhie for some of her favorite Russian tales.

○417 | Marilyn McPhie,
Master Storyteller
Tue, Apr 21, 1:00 – 2:30 | Fee: \$15
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).

○418 | James Keeline,
Historian & Author
Thu, Apr 23, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

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

Join us for a fascinating lecture about our intuitive abilities and our chakras that lead us to creating relationships on a higher level long before we meet. In this workshop, based on Dr. Jelusich’s book, *I Can Relate*, you will learn about the chakra system and how consciousness flows through us, how we intuitively create relationships for our growth through our chakras, how to become more perceptive and aware in our relationships and the key to a great relationship. Q&A during the lecture is encouraged.

○419 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Fri, Apr 24, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

ALEXANDER HAMILTON: THE MAN, NOT THE MUSICAL

Who is the man that inspired the hit Broadway play? Discover how Alexander Hamilton became arguably our most important Founding Father not to serve as President. He became George Washington’s most trusted adviser, built the foundation of our financial system and co-authored the Federalist Papers that helped convince a young, skeptical nation to ratify the Constitution. From his humble, illegitimate birth to his tragic death in an infamous duel, we’ll explore his turbulent, remarkable life and how he played such a key role in shaping our nation.

○420 | Blaine Davies, MA,
Professor of U.S. History
Tue, Apr 28, 12:30 – 2:00 | Free
University Community Branch



Language

ASL: SIGN LANGUAGE FOR DAILY ACTIVITIES

ASL serves as the predominant sign language of the Deaf community in the United States and Anglophone Canada. In this series, you will learn the signs needed for simple daily communication and activities so you can begin to interact with ASL users.

○**430** | John L. Walker, PhD
Thu, Feb 20 – Thu, Mar 26, 1:00 – 2:30
Fee: \$98 | 6 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. The textbook for the class is *French Made Simple* by Pamela Rose Haze. Students are responsible for purchasing the book. Come as a beginner or to improve your expertise in the language.

Danielle Deaton

○**431**
Mon, Jan 13 – Mon, Mar 2, 10:30 – 11:45
Fee: \$84 | 6 Sessions | No Class 1/20 & 2/17
Grossmont Learning Center

○**432** | (Continued)
Mon, Mar 9 – Mon, Apr 20, 10:30 – 11:45
Fee: \$98 | 7 Sessions
Grossmont Learning Center

INTERMEDIATE FRENCH

This class is for the Intermediate to advanced French student with emphasis on correct pronunciation. A basic knowledge of French is helpful. We will use the textbook, *French Made Simple* by Pamela Rose Haze.

Danielle Deaton

○**433**
Mon, Jan 13 – Mon, Mar 2, 1:30 – 2:45
Fee: \$84 | 6 Sessions | No Class 1/20 & 2/17
Grossmont Learning Center

○**434** | (Continued)
Mon, Mar 9 – Mon, Apr 20, 1:30 – 2:45
Fee: \$98 | 7 Sessions
Grossmont Learning Center

ADVANCED FRENCH

Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal. We will be using the book, *Contes et légendes de France*. Author: Andrée Vary. ISBN: 0-8442-1210-5. Students are responsible for acquiring the book.

Danielle Deaton

○**435**
Mon, Jan 13 – Mon, Mar 2, 12:00 – 1:15
Fee: \$84 | 6 Sessions | No Class 1/20 & 2/17
Grossmont Learning Center

○436 | (Continued)
 Mon, Mar 9 – Mon, Apr 20, 12:00 – 1:15
 Fee: \$98 | 7 Sessions
 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. Occasional homework assignments are voluntary. Bienvenue!

Roger Jehamy, MA

○437
 Thu, Jan 23 – Thu, Mar 5, 1:00 – 2:30
 Fee: \$98 | 7 Sessions
 Grossmont Learning Center

○438 | (Continued)
 Thu, Mar 12 – Thu, Apr 23, 1:00 – 2:30
 Fee: \$98 | 7 Sessions
 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 books will be available for purchase in class. Books range in price from \$5 - \$15.

○439 | Anne Whitlock, MA
 Tue, Feb 4 – Tue, Apr 21, 1:00 - 3:00
 Free | 12 Sessions
 Grossmont Learning Center

A HAWAIIAN EXPERIENCE



Come catch some of the flavor of Hawai'i as we learn how to pronounce its place names, practice some simple greetings and conversations in the language, sing a native song together and take a look (in English) at the contrasting cultures of the Big Island of Hawaii and O'ahu. Come to all three or a single session.

○440 | John L. Walker, PhD
 Thu, Feb 20, 10:00 – 11:30 | Fee: \$15
 Grossmont Learning Center

A HAWAIIAN EXPERIENCE



Sample more of the flavor of our 50th state as we review the pronunciations of its place names, practice forming simple sentences in the language, sing another song and look at the cultures of Maui and Kaua'i.

○441 | John L. Walker, PhD
 Thu, Feb 27, 10:00 – 11:30 | Fee: \$15
 Grossmont Learning Center

A HAWAIIAN EXPERIENCE



Join us for our last look at the Islands as we learn how to handle verbs in the language, practice one more song, and take cultural looks at Moloka'i, Lana'i and the surprising Ni'ihau.

○442 | John L. Walker, PhD
 Thu, Mar 5, 10:00 – 11:30 | Fee: \$15
 Grossmont Learning Center



Did you read about the exciting changes coming in 2020? See Page 2.

ITALIAN FOR CONVERSATION

This class is open to anyone who has studied Italian at the intermediate-advanced 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. Expect to be challenged while navigating your way around Italy in class.

**Paula Matthews, MA, Mesa College
and USD Italian Language Professor**

○443

Mon, Jan 13 – Mon, Mar 2, 11:00 – 12:30
Fee: \$84 | 6 Sessions | No Class 1/20 & 2/17
Grossmont Learning Center

○444 | (Continued)

Mon, Mar 9 – Mon, Apr 20, 11:00 – 12:30
Fee: \$98 | 7 Sessions
Grossmont Learning Center

ITALIAN FOR TRAVELERS

Whether planning a trip to Italy or dreaming about one, 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. No prior knowledge of Italian is required.

**Paula Matthews, MA, Mesa College
and USD Italian Language Professor**

○445

Mon, Jan 13 – Mon, Mar 2, 1:00 – 2:30
Fee: \$84 | 6 Sessions | No Class 1/20 & 2/17
Grossmont Learning Center

○446 | (Continued)

Mon, Mar 9 – Mon, Apr 20, 1:00 – 2:30
Fee: \$98 | 7 Sessions
Grossmont Learning Center

RUSSIAN FOR BEGINNERS

NEW!

This class is for students who have no background in Russian. Through speaking, simple reading and writing exercises, we will focus on learning the Cyrillic alphabet, build vocabulary, sentence structure and verb conjugation.

**Zhanna A Hazelton, MA, Berlitz Language
Centers & Language Door Instructor**

○447

Tue, Jan 21 – Tue, Mar 3, 10:00 – 11:30
Fee: \$98 | 7 Sessions
Grossmont Learning Center

○448 | (Continued)

Tue, Mar 10 – Tue, Apr 21, 10:00 – 11:30
Fee: \$98 | 7 Sessions
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.

Gladis Jiménez González

○449

Mon, Jan 13 – Mon, Mar 2, 1:00 – 2:30
Fee: \$84 | 6 Sessions | No Class 1/20 & 2/17
Grossmont Learning Center

○450 | (Continued)

Mon, Mar 9 – Mon, Apr 20, 1:00 – 2:30
Fee: \$98 | 7 Sessions
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.

Gladis Jiménez González

○451

Tue, Jan 21 – Tue, Feb 25, 10:30 – 12:00
 Fee: \$84 | 6 Sessions
 Grossmont Learning Center

○452 | (Continued)

Tue, Mar 10 – Tue, Apr 21, 10:30 – 12:00
 Fee: \$98 | 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.

Gladis Jiménez González

○453

Thu, Jan 23 – Thu, Mar 5, 12:30 – 2:00
 Fee: \$98 | 7 Sessions
 Grossmont Learning Center

○454 | (Continued)

Thu, Mar 12 – Thu, Apr 23, 12:30 – 2:00
 Fee: \$98 | 7 Sessions
 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.

Gladis Jiménez González

○455

Fri, Jan 24 – Fri, Mar 6, 12:30 – 2:00
 Fee: \$98 | 7 Sessions
 Grossmont Learning Center

○456 | (Continued)

Fri, Mar 13 – Fri, Apr 24, 12:30 – 2:00
 Fee: \$98 | 7 Sessions
 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, reflexive verbs, subjunctive and past tenses. In this course you'll build your knowledge of conversational phrases 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.

Gladis Jiménez González

○457

Thu, Jan 23 – Thu, Mar 5, 10:30 – 12:00
 Fee: \$98 | 7 Sessions
 Grossmont Learning Center

○458 | (Continued)

Thu, Mar 12 – Thu, Apr 23, 10:30 – 12:00
 Fee: \$98 | 7 Sessions
 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.

Gladis Jiménez González

○459

Fri, Jan 24 – Fri, Mar 6, 10:30 – 12:00

Fee: \$98 | 7 Sessions

Grossmont Learning Center

○460 | (Continued)

Fri, Mar 13 – Fri, Apr 24, 10:30 – 12:00

Fee: \$98 | 7 Sessions

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.

Danisa Mardones, BA

○461

Tue, Jan 21 – Tue, Mar 3, 1:30 – 3:00

Fee: \$98 | 7 Sessions

Grossmont Learning Center

○462 | (Continued)

Tue, Mar 10 – Tue, Apr 21, 1:30 – 3:00

Fee: \$98 | 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.

Danisa Mardones, BA

○463

Wed, Jan 22 – Wed, Mar 4, 1:30 – 3:00

Fee: \$98 | 7 Sessions

Grossmont Learning Center

○464 | (Continued)

Wed, Mar 11 – Wed, Apr 22, 1:30 – 3:00

Fee: \$98 | 7 Sessions

Grossmont Learning Center



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.

Kim Keeline, PhD

○470

Wed, Jan 15, 1:00 – 2:30 | Free
Point Loma Branch Library

○471

Thu, Jan 23, 1:00 – 2:30 | Free
North Clairemont Library

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. Meeting dates: 1/17, 2/7, 2/21, 3/6, 3/20, 4/3, 4/17.

Lisa Benton, Facilitator

○472

Fri, Jan 17 – Fri, Apr 17, 10:30 – 12:30
Fee: \$56 | 7 Sessions
Grossmont Learning Center

○473

Fri, Jan 17 – Fri, Apr 17, 1:00 – 3:00
Fee: \$56 | 7 Sessions
Grossmont Learning Center

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.

Lola Sparrowhawk,
International Award-Winning Author

○474

Thu, Jan 23 – Thu, Mar 5, 10:00 – 12:00
Fee: \$98 | 7 Sessions
Grossmont Learning Center

○475 | (Continued)

Thu, Mar 12 – Thu, Apr 23, 10:00 – 12:00
Fee: \$98 | 7 Sessions
Grossmont Learning Center

CREATIVE WRITING: READ & CRITIQUE

Learn to write an intriguing beginning to pull your reader in, and keep them interested with settings full of sensory details to visualize the action. Have fun and strengthen your skills or come to listen and learn. All levels of experience welcome. Class includes lectures, handouts and reading and reviewing your work. Fiction/Memoir/Nonfiction.

Lola Sparrowhawk,
International Award-Winning Author

○476

Fri, Jan 24 - Fri, Mar 6, 10:00 - 12:00
Fee: \$98 | 7 Sessions
Grossmont Learning Center

○477 | (Continued)

Fri, Mar 13 - Fri, Apr 24, 10:00 - 12:00
Fee: \$98 | 7 Sessions
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.

○478 | Dale Spector
Wed, Jan 29, 1:00 – 2:00 | Fee: \$10
Grossmont Learning Center

INTERMEDIATE POETRY WORKSHOP

The Poetry class series has been generously underwritten by an 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.

○479 | Mary Harker
Tue, Feb 4 – Tue, Apr 7, 10:00 – 12:00
Free | 10 Sessions
Grossmont Learning Center

LITERARY BOOK CLUB

The Literary 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? Meeting dates: 2/4, 2/18, 3/3, 3/17, 3/31. First Week: Middlemarch by George Eliot. Second Week: Around the World in 80 Days by Jules Verne.

○480 | Kim Keeline, PhD
Tue, Feb 4 – Tue, Mar 31, 1:00 – 2:30
Fee: \$50 | 5 Sessions
Grossmont Learning Center

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.

○481 | Hildie Kraus & Penny Taylor,
Retired San Diego County Library Managers
Wed, Mar 4, 1:00 – 2:00 | Fee: \$10
Grossmont Learning Center

DID YOU KNOW WE OFFER EXTENDED TRAVEL OPPORTUNITIES?

Join us for these
upcoming travel preview events
at the Grossmont Learning Center!

AFC Vacations
Tuesday, January 14 | 10:00 AM
Class #625

Mexico Spa Preview
Saturday, January 18 | 10:00 AM
Class #626

Premier World Discovery Tuesday,
January 28 | 11:15 AM
Class #627





Personal Enrichment

CENSUS 101

NEW!

The census provides a picture of our nation that helps determine where to build new schools, hospitals and businesses; how federal funding is distributed; and how congressional seats are apportioned. For the first time ever, the U.S. Census Bureau will accept responses online, but you can still respond by phone or mail. Come learn how you and your community are counted and learn more about the 2020 Census.

○485 | Mark Cervantes, Media Specialist
Tue, Jan 14, 1:00 – 2:00 | Free
Grossmont Learning Center

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: 1/15, 2/5, 2/19, 3/4, 3/18, 4/1, 4/15.

○486 | Rolandas Kausas
Wed, Jan 15 – Wed, Apr 15, 10:30 – 11:30
Free | 7 Sessions
Grossmont Learning Center

NAVIGATING THE PUBLIC TRANSPORTATION WITH MTS

Learn about the public transit system from the experts! Find out how to get from point A to point B, how to read schedules, travel the system (buses, trolley and combo) and more.

○487 | MTS, Changing the Way San Diego Moves
Wed, Jan 15, 1:00 – 2:00 | Free
Grossmont Learning Center

BRIDGE BASICS

Discover the fun of, and learn to play bridge at the Redwood Bridge Club in Balboa Park. This introductory class will teach you bridge basics. Bridge is an activity that promotes critical thinking, strategy and social interaction. Not only is playing bridge entertaining, multiple studies have proven that bridge increases mental sharpness in older adults who play regularly. Come learn this engaging game that is played by millions socially in homes and clubs and competitively in tournaments.

David Walters, Certified ACBL Bridge Instructor

○488 | (I of II)
Wed, Jan 15 – Wed, Feb 19, 2:00 – 4:00
Fee: \$125 | 6 Sessions
San Diego Bridge Academy

○489 | (II of II)
Wed, Feb 26 – Wed, Apr 1, 2:00 – 4:00
Fee: \$125 | 6 Sessions
San Diego Bridge Academy

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, such as construction and demolition (C&D) waste and items from residential and commercial buildings that are processed in their material recovery facility (MRF).

○490 | EDCO
Thu, Jan 16, 1:00 – 2:00 | Free
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.

Frances Lowe

○491
Thu, Jan 16 – Thu, Feb 20, 1:00 – 3:00
Fee: \$60 | 6 Sessions
Grossmont Learning Center

○492
Thu, Feb 27 – Thu, Apr 2, 1:00 – 3:00
Fee: \$60 | 6 Sessions
Grossmont Learning Center

MAH JONGG: PLAY DAY

So now you know how to play, what do you do next? Join us for a fun, small and low-pressure tournament. Play with others who like yourself, have recently completed classes and want to broaden their skills. We will have games, prizes and snacks for an enjoyable day.

○493 | Frances Lowe
Fri, Feb 7, 10:00 – 2:00 | Fee: \$8
Grossmont Learning Center

HOARDING: HOW THE CREST PROGRAM CAN HELP YOU

NEW!

Do you have too much clutter? Hard time getting rid of things? This presentation will help you know when to ask for help. The CREST program offers free individual therapy for older adults struggling with hoarding behaviors. You will learn what hoarding disorder is (and is not), common characteristics of people who hoard, what successful treatment of hoarding behaviors can look like and how to access resources for hoarding treatment.

○494 | John Gault,
LCSW, CREST Community Program
Thu, Jan 16, 10:00 – 11:30 | Free
Grossmont Learning Center

SUCCESSFUL AGING IN PLACE: THE MASTER PLAN

NEW!

This class explores the concept of "aging in place." We will highlight 5 important aspects to consider as you, your parents, or a loved one plan for later life: housing, health and wellness, financial resources, transportation and community and social involvement. We will discuss relevant topics to help you develop your plan to age in place successfully.

○495 | Kindra French, CAPS, SHSS
Thu, Jan 16, 10:30 – 11:30 | Free
Grossmont Learning Center

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. This group meets the first and third Tuesday of every month. Meeting dates: 1/16, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16.

○496 | Tanya Solis, MS, Facilitator
 Thu, Jan 16 – Thu, Apr 16, 2:30 - 4:00
 Free | 7 Sessions
 Grossmont Learning Center

RED CROSS PREPAREDNESS EDUCATION PROGRAM



The Red Cross invites you to join a fun and interactive Disaster Preparedness presentation to demonstrate what you need to do to be ready for the next disaster, big or small. This presentation teaches individuals how to “Be Red Cross Ready” for an emergency or disaster by following three simple steps: 1) Get a Kit, 2) Make a Plan, and 3) Be Informed.

○497 | Steve Deal, American Red Cross
 Fri, Jan 17, 10:00 – 11:00 | Free
 Grossmont Learning Center

CONSCIOUS AGING WORKSHOP: AUTHENTIC REFLECTIONS & CONVERSATIONS AROUND AGING

Have you been in denial about aging for long enough? Are you ready to explore any self-limiting beliefs around growing older? Would you like to develop self-compassion, acceptance, and other skills to cope more effectively with the changes that come with age? If “yes,” join a community of fellow seekers in this six-week series of workshops. Sessions will include reflection time, presentation of inspiring ideas and small and large group discussions. Virginia Berger, a retired educator and retirement coach, facilitates these workshops developed by the Institute of Noetic Sciences. A workbook is included.

○498 | Virginia B. Berger
 Tue, Jan 21 – Tue, Feb 25, 10:00 – 12:30
 Fee: \$72 | 6 Sessions
 The Unity Center

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.

Laura Diaz, Board Certified Coach

○499
 Wed, Jan 22, 10:00 – 11:30 | Fee: \$15
 Grossmont Learning Center

○500
 Sat, Apr 4, 10:00 – 11:30 | Fee: \$15
 Grossmont Learning Center



MEN'S FORUM

Join this men's group where contemporary and thought-provoking issues are discussed. For men only. Meeting dates: 1/22, 2/12, 2/26, 3/11, 3/25, 4/8, 4/22.

○**501** | Sheldon M. Goldie, Facilitator
Wed, Jan 22 – Wed, Apr 22, 10:00 – 11:45
Fee: \$56 | 7 Sessions
Grossmont Learning Center

MARCH 3 BALLOT INITIATIVES: A NONPARTISAN OVERVIEW

NEW!

A speaker from the League of Women Voters will give a nonpartisan summary of each of the initiatives on your March 3rd ballot.

○**502** | League of Women Voters
Thu, Jan 23, 10:00 – 11:00 | Free
Grossmont Learning Center

DISCOVERING THE PSYCHOLOGY OF WELL-BEING

NEW!

The field of psychology has traditionally focused on what is wrong with you and this has been a worthwhile pursuit. However, in the past twenty years, a new field has emerged called "Positive Psychology," which identifies how to live a life with greater well-being. Researchers have determined the pillars for well-being and can now recommend methods for greater happiness. This program will provide an overview of this research and a few interventions you can take home and start using today for greater joy and well-being.

○**503** | Melinda Pajak, BA,
Psychology, MA, Educational Technology
and Instructional Design
Fri, Jan 24, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

TRAVEL TIPS & SECRETS

NEW!

Learn the ins and outs of travel with a 20 year travel professional. You will learn patented packing tips, discuss strategies for money exchange and other travel hacks. Afrodite Pastroumas from Premier World Discovery will also highlight some of her adventures that have taken her to 86 countries on 6 continents.

○**504** | Brooke Fox & Afrodite
Pastroumas, Premier World Discovery
Tue, Jan 28, 10:00 – 11:00 | Free
Grossmont Learning Center

DEATH CAFÉ

The purpose of a death café 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. Donations appreciated. To learn more, visit www.deathcafe.com.

○**505** | Barbara Bailey, MS, RN
Wed, Jan 29, 10:00 – 12:00 | Free
Grossmont Learning Center

Register!

**If a class is
cancelled or
rescheduled,
the only way we
can notify you
is if you have
registered.**

Visit www.SanDiegoOasis.org

DO YOU KNOW YOUR LOVE STYLE?

Our early childhood experiences inform the way we give and receive love, providing the basis for the development of our primary Love Style: Avoider, Pleaser, Vacillator, Controller, Victim, or, if childhood went well, the Secure Connector. *How We Love* by Kay and Milan Yerkovich, based on the attachment theory and hundreds of studies, has been life-changing for me, friends, family and clients. You will learn about each Love Style, the predictable relationship pattern between each Love Style and what you can do about it.

○**506** | Russell Rowe,
Certified Enneagram Teacher and
Myers Briggs Consultant
Wed, Jan 29, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

NEW YEAR'S RESOLUTIONS

NEW!

Have you made a New Year's Resolution to lose weight and get healthy? Join Chef Cyndi and learn how to prepare low calorie, low fat foods that won't leave you feeling deprived of flavor. She will be teaching you how to make Ginger Garlic Broth, Butternut Squash and Chickpea Curry, Turkey Ragù and Crustless Lemon Meringue Pie.

○**507** | Chef Cyndi Burgunder,
Personal Chef for Seniors
Thu, Jan 30, 10:30 – 12:30 | Fee: \$35
Grossmont Learning Center

MARDI GRAS

NEW!

Let's Party! Chef Cyndi has done many trips to New Orleans and in this class will show off some of the best of New Orleans food. Bring your beads and learn how to make Gumbo, Muffuletta Salad and Beignets for the big day: Fat Tuesday.

○**508** | Chef Cyndi Burgunder,
Personal Chef for Seniors
Tue, Feb 25, 2:00 – 4:00 | Fee: \$35
Grossmont Learning Center

LET'S WALK THE CAMINO

NEW!

In the Fall of 2016, Chef Cyndi walked the Camino de Santiago or "The Way." Join her and her walking partner, Karen Weymann, to relive the journey with a photo presentation and a meal fit for a "pilgrim." Menu includes Asparagus and Tuna Salad, Chicken and Chorizo Paella and Instantpot Flan.

○**509** | Chef Cyndi Burgunder,
Personal Chef for Seniors
Thu, Mar 19, 10:30 – 12:30 | Fee: \$35
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.

○**510** | Barbara Gunning, MBA,
Master Personality Type Practitioner
Mon, Feb 3, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

**WHIPPED BODY BUTTER
& 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.

○**511** | Lisa Langstone,
Holistic Esthetician
Mon, Feb 10, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

HOW TO PERSIST WHEN TOLD "NO"

NEW!

Identify what you want; is it information, a certain transaction, service or something else? When you know the outcome you are looking for and know who can provide that outcome, start moving towards those people who will help you find the answer. Identify your motivation for your outcome and do not take "no" for an answer. Many times, we have to overcome odds in facing a new challenge, we find our inner confidence in facing "no" knowing that there is an answer. When we feel and have a sense that there is an answer to be revealed, there is a way to find that answer of what you want.

○512 | **Laura Diaz,**
Board Certified Coach (BCC)
Wed, Feb 12, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

READY! SET! START YOUR OBITUARY

Want to do your family and loved ones a big favor? Write your obituary and plan your memorial service—while you're here to be the architect (or do it now for a loved one). From the author of *7 Memories: Write Your Awesome Obituary*, learn how to write an obit that celebrates life and leaves a lasting mark for generations to come. Bring some favorite photos of yourself or a loved one to jumpstart the project.

○513 | **Patricia Benesh, Ed.D**
7memories.com
Thu, Feb 13, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

GET MATCHED

NEW!

Interested in online dating? Do you want to sign up for Match.Com, but don't know where to start or how the process works? In this hands-on workshop, Judi Bonilla will guide you through the process of registering, creating your account and navigating some of Match.Com's basic features. Bring your own laptop for this workshop.

○514 | **Judi Bonilla,**
Aging Expert, Author
Fri, Feb 14, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

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 learn 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.

○515 | **Gale Bryan,**
Self Defense Instructor
Fri, Feb 28, 10:00 – 12:00 | Free
Scripps Miramar Ranch Library

READING PEOPLE USING INTERACTION STYLES

Would you like to be able to read people, to understand the clues given by the way a person speaks and moves? Using the framework of Interaction Style, you will discover your own interaction style and how to determine the style of others. Reading people is a powerful tool to improve communication and influence others.

○516 | **Barbara Gunning, MBA,**
Master Personality Type Practitioner
Wed, Mar 4, 10:00 – 12:00 | Fee: \$15
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.

Karan Greenwald

○517

Wed, Mar 4, 1:00 – 2:00 | Free
Serra Mesa Branch Library

○518

Wed, Apr 15, 1:00 – 2:00 | Free
Point Loma Branch Library

GO WILD!**NEW!**

How much do you know about the diverse and fascinating wildlife of San Diego? Do you enjoy, avoid or fear walking in the great outdoors? Participants will learn how to identify animal signs and habitats and the many native plants seen on nature trails; you will understand their importance in our ecosystem and our place in this interdependent web of life. Come learn what's out there so you're able to better appreciate nature and safely have FUN going WILD! Check out Off-Site Adventure class #632.

**○519 | Linda Hawley, Ed.M.,
Teacher & Author**

Mon, Mar 9, 10:00 – 11:00 | Fee: \$15
Grossmont Learning Center

BE HAPPY

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 and how to 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."

**○520 | Laura Diaz,
Board Certified Coach (BCC)**

Wed, Mar 11, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

INTRO INTO NUMEROLOGY

Numerology is the study of numbers and how they influence our lives. In this lecture, you will learn how numerology affects you. You'll learn how to calculate and receive interpretations of your life path number, birthday number and achievement number. Instructor Russell Rowe will also provide sample interpretations of well-known celebrities, based on numerology. After this class, you'll likely leave thinking, "What kind of a world do we live in where my date of birth says so much about me?"

**○521 | Russell Rowe,
Certified Enneagram Teacher
and Myers Briggs Consultant**

Wed, Mar 11, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

HOW TO SOLVE SUDOKU PUZZLES

Welcome to the 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. Choose the levels matching your interest.

John L. Walker, PhD

○522 | Easy Sudoku Puzzles

Thu, Mar 12, 10:00 – 11:30 | Fee: \$12
Grossmont Learning Center

○523 | Moderate Sudoku Puzzles
Thu, Mar 19, 10:00 – 11:30 | Fee: \$12
Grossmont Learning Center

○524 | Hard Sudoku Puzzles
Thu, Mar 26, 10:00 – 11:30 | Fee: \$12
Grossmont Learning Center

THRIVING IN RETIREMENT! A SIX-WEEK WORKSHOP

Are you anticipating retirement and not sure how to plan your new life? Are you already retired and feeling a bit irrelevant and isolated or so busy that you're having trouble fitting it all in? Join this workshop to explore relevant topics, such as changing relationships, time management, health and well being and finding a new purpose. Sessions will include presentations by Virginia Berger, a former educator and certified retirement coach and sharing with others in small groups.

○525 | Virginia B. Berger, MA,
Certified Professional Coach
Tue, Mar 17 – Tue, Apr 21, 10:00 – 12:00
Fee: \$72 | 6 Sessions
The Unity Center

COMMUNICATION THEORY

NEW!

Communication Theory explains the scientific side of how we communicate in everyday situations. Learn the fundamentals that include several theories of communication. Additionally, you will use communication theories to better understand the world in which we live and to assess how your personal standpoint affects your communication. Finally, you will create your own theory and gain insight into the development of communication theory.

○526 | Heather Emerson,
MA Communications
Mon, Mar 30 – Mon, Apr 13, 10:00 – 11:15
Fee: \$45 | 3 Sessions
Grossmont Learning Center

TRAVELING LIGHT & EASY

Is travel or backpacking in your future plans? Come learn how to pack lightly for a more enjoyable trip. Join traveler and Camino walker Amanda Schaffer as she offers tips on traveling light for any adventure. Discover what it means to go "ultralight," and find out how to find travel gear bargains. Examples of gear will be shown, including clothing, essentials and eco-friendly products. A resource handout will be given that includes a sample Camino packing list. Every ounce counts!

○527 | Amanda Schaffer, MFA, MA
Wed, Apr 1, 1:00 – 3:00 | Free
Serra Mesa Branch Library

MUSCLE TESTING MADE EASY

NEW!

Applied kinesiology muscle testing is a scientifically supported method of using muscles to identify what is going on in the body/mind (body = mind, mind = body). Upon testing, strong muscle responses usually indicate congruence; weak muscle responses usually indicate incongruence. Muscle testing has been found to be supremely useful to determine root causes of vexing health conditions as well as unconscious mental and emotional patterns that hold people back in life. Participants in this workshop will learn how to reliably muscle test themselves and others.

○528 | Dr. Michelle Dexter,
Psy.D., NLPCC
Wed, Apr 1, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

CLAIM & LIVE THE SECOND HALF OF YOUR LIFE WITH PURPOSE

NEW!

Purpose is a deep dimension within us, our central core, where we have a profound sense of who we are, where we came from and where we're going. Purpose is the quality we choose to shape our lives and is a source of energy and direction. During the second half of our life, we are a source of wisdom. Our life purpose is to make a difference to others. As we claim our wisdom, we can rediscover who we are, what we care about and how we want to contribute to our community.

○529 | Laura Diaz,
Board Certified Coach (BCC)
Wed, Apr 8, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

LET GO OF YOUR FEARS: HOW SUBTLE PHOBIAS HOLD YOU BACK

NEW!

We've all heard of clinical phobias (fear of water, spiders, etc.), but what about subtle phobias? The vexing phobias like getting a new job, retiring, taking a dream vacation or any other fear of change can hold a person back from having the life they want. Participants will learn to identify the unconscious phobic stories that prevent their progress and learn how to transform limiting thinking into affirming thinking that supports growth and progress via easy to use cutting edge brain training techniques.

○530 | Dr. Michelle Dexter,
Psy.D., NLPCC
Wed, Apr 15, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

INTRO TO THE ENNEAGRAM

Have you ever wondered why you think the way you do, and why other people think, feel and act differently from you? The enneagram identifies the basic fears and desires of nine distinct and fundamentally different personality types. Learn what it is, and how it can be used for your personal development. After a brief introduction, you will take an enneagram test and decide which three enneagram characteristics best match you. Then sit back as Russell delves into the nine types and offers you the insight of the enneagram.

○531 | Russell Rowe,
Certified Enneagram Teacher
and Myers Briggs Consultant
Wed, Apr 22, 1:00 – 3:00 | Fee: \$15
Grossmont Learning Center

CELEBRATE OLDER DRIVER SAFETY WEEK: IMPROVE YOUR DRIVING SKILLS

Be guided through the process of developing a transportation plan to strengthen your ability to drive confidently and safely. 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.

○532 | Judi Bonilla,
Aging Expert, Author
Thu, Apr 23, 1:00 – 2:30
Fee: \$15 | Grossmont Learning Center



Science

SPEAKING OF SCIENCE: SEXUALITY ACROSS THE LIFESPAN

NEW!

Touch—our earliest means of connecting with another human being—remains a vital force throughout life. Limited resources, in combination with shame or embarrassment surrounding discussions of sexuality, may prevent individuals from nurturing their sexual health and redefining themselves sexually as they age or face chronic disability or illness. Join us as Dr. Erin N. Castelloe reviews the physical, social and psychological changes that may impact sexuality across the lifespan. Then, participate in a discussion about the unique impacts of aging and chronic disability or illness on sexuality.

○535 | Dr. Erin N. Castelloe
Fri, Feb 14, 10:00 – 11:15 | \$15
Grossmont Learning Center

THE FLEET SCIENCE CENTER PRESENTS: SPEAKING OF SCIENCE

NEW!

Speaking of Science features a fascinating talk with local scientists. Come and learn about the latest research and breakthroughs that are happening right here in San Diego. Each presentation will be followed by a thorough Q&A session, giving you the opportunity to get answers straight from the experts. Cutting-edge scientific research from San Diego's universities and companies could lead to critical solutions, cures and advancements. Check the online course description for topic updates.

○536 | Fleet Science Center
Fri, Mar 13, 10:00 – 11:15 | \$15
Grossmont Learning Center



**SPEAKING OF SCIENCE:
BACTERIA STOLE MY DNA!**



New CRISPR genetic engineering techniques allow for introduction of arbitrary DNA sequences into an organism, but can you just drop a gene into a foreign species' chromosome and expect it to work? Dr. Troy Sandberg will talk about his work engineering E. coli to replace important native genes with equivalent versions from a number of species - including humans! Dr. Troy will discuss the mechanisms involved in this process, as well as some out-there speculation on the future of "designer organisms" enabled by recent advances in synthetic biology.

○537 | Dr. Troy Sandberg
Fri, Apr 10, 10:00 – 11:15 | \$15
Grossmont Learning Center

**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.

**○538 | Scripps Institution
of Oceanography**
Thu, Jan 16, 1:00 – 2:30 | Free
Grossmont Learning Center



**LEARN SOMETHING
NEW AT SHARP MINDS
AT THE
FLEET SCIENCE CENTER**

For more information, visit
fleetscience.org/events/senior-mondays
 1875 EL PRADO, SAN DIEGO CA 92101

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.

INTRODUCTION TO ENVIRONMENTAL ANTHROPOLOGY

NEW!

This brief introductory lecture will present a few of the dominant theoretical frameworks and concepts that play a significant role in environmental anthropology today. Examples from various cultures from around the world will be used to highlight each perspective, as well as provide a background for thoughtful discussion questions.

○539 | Ben Nugent, MA, Adjunct Faculty, Cuyamaca Community College
Fri, Jan 24, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

ROVING THE RED PLANET

NEW!

One of the four intrepid robotic Mars Rover explorers is still driving around on the surface of the red planet. Mars Science Laboratory Curiosity touched down 7-1/2 years ago and has driven over 13 miles. What has it seen? What has it learned? We'll find out!

○540 | Gerald Williams,
San Diego Space Network, The Mars Society
Tue, Mar 10, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

SUSTAINABLE ACTIONS & ATTITUDES FOR THE CLIMATE

NEW!

If we continue living "business as usual," and decide to not change our current political and economic systems, we will destroy the planet. Instead, there are immediate solutions we can implement to make the world a better place for people and our planet. This lecture will provide an overview of some of the technological, political and economic solutions being proposed. Additionally, we will examine the Green New Deal and its projected effects.

○541 | Bev Harju, PhD
Sat, Apr 4, 10:00 – 11:00 | Fee: \$15
Grossmont Learning Center



NEWTON'S LAWS OF MOTION & GRAVITY: FROM THE TERRESTRIAL TO THE CELESTIAL

NEW!

Newton's Laws of Motion are taught in physics classes today, not because they are 'introductory' but because they are fundamental to the way we view and interact with the world. At the end of the 17th century, Newton's published works propelled us towards a modern, technological world, and eventually into space! Using engaging interactive demonstrations, Dr. Philip Blanco will show us how everyday experiments provided Newton and his successors with the insight necessary to extend our understanding to the heavens.

○542 | Philip Blanco, PhD,
Physics and Astronomy Professor
Fri, Apr 10, 10:30 – 12:00 | Fee: \$15
Grossmont Learning Center

Register!

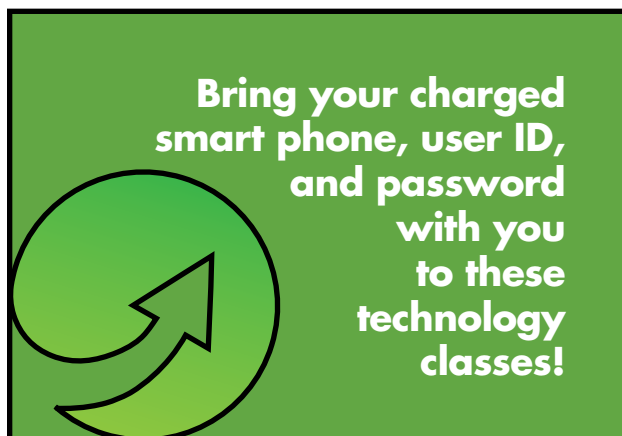
You might be that one person to ensure a class doesn't get cancelled due to low enrollment! Be sure to register early so you don't miss out.

Technology

HOW TO CREATE A DIGITAL PHOTO BOOK

Learn how to organize digital photos on your smartphone or desktop and how to upload photos to the cloud. Review the Shutterfly.com site, including an overview of Shutterfly photo book options and how to start a book project and import photos into the project.

○ **550** | Amy O'Connor, San Diego
Oasis Office & Volunteer Manager
Wed, Jan 15 – Wed, Jan 22, 1:00 – 2:30
Fee: \$30 | 2 Sessions
Grossmont Learning Center



RIDE SHARING: THE NEW FRONTIER

The digital age has revolutionized the way we travel. Ride sharing services such as Uber and Lyft make it easy to arrange for a ride to the market, to the airport, or wherever you want to go. In this class, you'll learn how to download the Uber and Lyft apps and sign up, how to order a ride, payment techniques and practices, safety considerations and more. We'll also look at benefits to consumers and the environment and also some of the drawbacks to consider.

○ **551** | Barbara Smith, MA,
Community College Instructor
Thu, Jan 16, 2:00 – 3:30 | Free
College-Rolando Branch Library

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 smartphone to class and any application passwords you might have.

○ **552** | Assoc. Prof. Debby Golden,
Author & Lecturer
Tue, Jan 21, 1:00 – 2:00 | Fee: \$15
Grossmont Learning Center

STAYING SAFE 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. In addition, you will receive a helpful handout.

○553 | Gini Pedersen, MA, Instructor
Thu, Jan 23, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

ONLINE TRAVEL PLANNING MADE EASY

Traveling on a budget just got a little easier with the Internet. Online travel companies offer ways to streamline flights, transfers, accommodations and tour opportunities, all with the budget-minded traveler in mind. In this presentation, we'll look at how to book travel on land and sea using some reputable online travel companies, travel reward credit cards and discounted flight options. With a sampling of tips, you can learn to use the Web to save and to tailor make your vacation to your taste.

○554 | Barbara Smith, MA,
Community College Instructor
Mon, Jan 27, 1:00 – 2:30 | Free
Coronado Public Library

WHAT'S A PODCAST:

WHAT IS EVERYONE LISTENING TO?

Podcasts are today's audio entertainment. There are so many available, and they are all free. Professor Golden will review different sources for podcasts, how to stream or download podcasts onto your device of choice and what some of the most popular podcasts are today.

○555 | Assoc. Prof. Debby Golden,
Author & Lecturer
Tue, Jan 28, 1:00 – 2:00 | Fee: \$15
Grossmont Learning Center

BUYING & SELLING ONLINE

This class will cover how to sell (and buy) on Amazon, eBay, and local apps such as Letgo and Offerup. Learn how to make money and save money. We'll also briefly discuss how to do your grocery shopping online! Remember to bring your smart phone to the class and make sure it's charged.

○556 | Assoc. Prof. Debby Golden,
Author & Lecturer
Thu, Jan 30, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

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 are provided for in-class use.

○557 | Cecilia Rosas
Sat, Feb 1, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center



FILE MANAGEMENT

Learn the essentials of computer document management. You'll discover how easy it is to open, save, move and delete documents. Also, how to copy documents from your computer to a flash drive. Please bring a flash drive to the first class. It's time to eliminate the stress and get organized.

○**558** | Barbara Smith, MA,
Community College Instructor
Wed, Feb 5, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

**TRANSPORTATION OPTIONS:
SCOOTERS, LYFT, UBER & MORE****NEW!**

Want transportation options? Professor Golden will introduce you to scooter rentals, Lyft, Uber and medical transport. There's so much more than cars, taxis, buses, trolleys and trains available now. Whether you need a ride or you want to make some extra money – know your options!

○**559** | Assoc. Prof. Debby Golden,
Author & Lecturer
Thu, Feb 6, 1:00 – 2:00 | Fee: \$15
Grossmont Learning Center

HOOKED ON PODCASTS

Offering storytelling at its best, podcasting is a form of audio broadcasting on the Internet. Podcasts are delivered to devices like your computer, audio player and your smart phone. It's like "Radio On-Demand," and all free for the downloading. We'll learn how to search for and download podcasts onto our device of choice. We'll explore a sampling of some of the most popular and intriguing podcasts, including some from NPR, TED Talks and more. You might just get hooked.

○**560** | Barbara Smith, MA,
Community College Instructor
Sat, Feb 8, 1:00 – 2:30 | Free
Santee Branch Library

**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.

Bucky Reed, IT Professional

○**561**
Wed, Feb 26, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

○**562**
Wed, Mar 25, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

ANDROID 102

Learn to get even more out of your Android phone. Access maps to get around, use Uber and Lyft, share photos, see how much your phone can do to make your life easier.

Bucky Reed, IT Professional

○**563**
Wed, Mar 4, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

○**564**
Wed, Apr 1, 10:00 – 11:30 | Fee: \$15
Grossmont Learning Center

**MONEY & TECH:
IS YOUR DIGITAL WALLET READY?****NEW!**

In this class, you will learn about digital money and digital wallets. We will see some examples of digital money you may already have, and will be introduced to a unique type of digital money; cryptocurrency. Finally, you will learn about Bitcoin, and whether this is something that would interest you.

○**565** | Mary Burns, Professor,
San Diego Continuing Education
Thu, Feb 27, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

GADGETS & DEVICES

NEW!

Technology has created a number of different gadgets and devices to help us connect, protect and entertain ourselves. In this presentation, we will learn about these various devices, discover how they work and help you determine which might be devices or gadgets that you would enjoy. Lots of fun things to cover in this presentation.

○ **566** | Mary Burns, Professor,
San Diego Continuing Education
Wed, Mar 4, 10:00 – 12:00 | 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.

○ **567** | Cecilia Rosas
Sat, Mar 7, 10:00 – 12:00 | 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.

○ **568** | Cecilia Rosas
Sat, Apr 4, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center



EBAY BUYING WITH SAFETY & SUCCESS

Finding and buying bargains on eBay is fun. 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, checking integrity of the seller, comparing prices, getting the best possible price, bidding correctly and paying safely. You will also receive a helpful handout with easy-to-follow instructions.

○ **569** | Gini Pedersen, MA Education
Technology, Community College Instructor
Thu, Apr 2, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

GET SMART WITH ALEXA

Amazon's Alexa is the most popular of the wireless smart speakers. Using nothing but the sound of your voice, you can play music, search the web, create shopping lists, shop online, get instant news and weather reports and even control your smart home! In this class, we'll explore some handy tips and tricks available with this cool and very smart device.

○ **570** | Barbara Smith, MA,
Community College Instructor
Wed, Apr 15, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

TIPS FOR EFFECTIVE INTERNET SEARCHING

A search engine is just a website – for example, Google, Yahoo, Bing and others – that provides you with a list of websites that might provide the info you want. Or, might not. In this lecture-based workshop, you will learn tools to use at home, such as 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.

○571 | Gini Pedersen, MA Education Technology, Community College Instructor
Wed, Apr 15, 1:00 – 2:30 | Fee: \$15
Grossmont Learning Center

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.

○572 | Mary Burns, Professor, San Diego Continuing Education
Thu, Apr 16, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

INTRO TO SOCIAL MEDIA

NEW!

This lecture will highlight the popular social media applications Facebook, Twitter, Instagram, Skype and how they can be used to keep up with your families and friends.

○573 | Clark Kranz, MIS, Computer Science Information Professor
Mon, Apr 20, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

Questions? Call (619) 881-6262

100

The following Technology classes are taught by Jacki Montierth, founder of www.wiseboomer.com



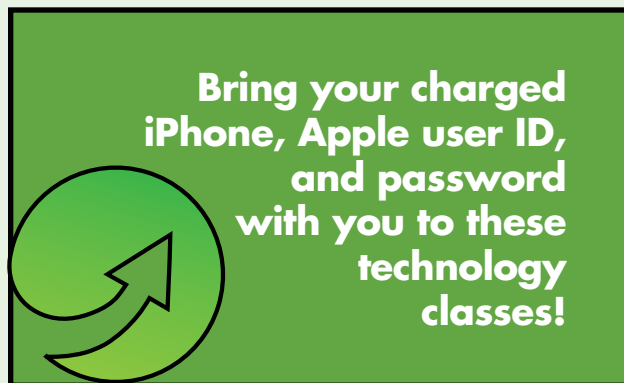
CONQUERING YOUR IPHONE: PART I

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.

○574
Mon, Jan 27, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

○575
Wed, Feb 19, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center

○576
Mon, Mar 9, 10:00 - 12:00 | Fee: \$20
Grossmont Learning Center



CONQUERING YOUR IPHONE: PART II

This class is the second of the series in 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.

○577

Mon, Feb 3, 10:00 – 12:00 | Fee: \$20
Grossmont Learning Center

○578

Mon, Feb 24, 10:00 – 12:00 | Fee: \$20
Grossmont Learning Center

○579

Mon, Mar 16, 10:00 – 12:00 | Fee: \$20
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.

○580

Mon, Feb 10, 10:00 – 12:00 | Fee: \$20
Grossmont Learning Center

○581

Mon, Mar 2, 10:00 – 12:00 | Fee: \$20
Grossmont Learning Center

○582

Wed, Mar 18, 10:00 – 12:00 | Fee: \$20
Grossmont Learning Center

CONQUERING YOUR IPAD

This class will help you maximize the usefulness of your iPad for all your needs. In this class, you will learn the purpose of all the settings, use of the internet; including bookmarks and multiple pages, contacts and email. The last thirty minutes of the class will be a problem solving session to answer your questions. Please bring your charged iPad with you to class. You will also need your Apple ID and password.

○583

Wed, Feb 5, 10:00 – 12:00 | Fee: \$20
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.

○584

Wed, Feb 26, 10:00 – 11:30 | Fee: \$20
Grossmont Learning Center



Theatre, Film & Music

IMPROV CLASS! ALL LEVELS WELCOME!

This class provides a supportive environment to experience a wide variety of Improvisational techniques, games, storytelling and character development. You'll also become more spontaneous and relaxed in front of an audience. Because this instructor has over 25 years of experience as a psychotherapist in private practice, you will also develop deeper personal insight by examining the characters you choose and your interactions with other characters. But mostly, you will have lots of fun, laughter and make amazing new friends.

**Gwenn Olive, Entertainer, Musician,
Clinical Psychotherapist**

○590

Wed, Jan 15 – Wed, Feb 12, 2:30 – 4:00
Fee: \$60 | 5 Sessions
Grossmont Wellness Center

○591

Wed, Feb 19 – Wed, Mar 18, 2:30 – 4:00
Fee: \$60 | 5 Sessions
Grossmont Wellness Center

○592

Wed, Mar 25 – Wed, Apr 22, 2:30 – 4:00
Fee: \$60 | 5 Sessions
Grossmont Wellness Center

IRISH SLOW-JAM

Bring your guitar, ukulele, etc., and we'll jam to Irish tunes and traditional Scottish and Welsh songs. We'll focus on traditional tunes, in easy keys. *Molly Malone, Sky Boat, The Wild Colonial Boy* and more. No instrument? I'll share shakers and you can contribute to the musical experience with your voice.

○593 | **Chris Burns, Many-Strings**
Wed, Jan 15 – Wed, Feb 19, 1:15 – 2:15
Fee: \$60 | 6 Sessions
Grossmont Wellness Center

READERS THEATER:

ENTERTAINMENT BY READING OUT LOUD

Reader's theater is a style of performing in which actors do not memorize their lines but use only vocal expression to help the audience understand the story. Join us in bringing plays to life, without props or costumes, by reading a script aloud with great expression. Bring a 1-inch binder, a highlighter pen and a pencil.

Tonya Lehman

○594

Fri, Jan 24, 12:15 – 1:15 | Fee: \$8
Grossmont Learning Center

○595

Fri, Feb 28, 12:15 – 1:15 | Fee: \$8
Grossmont Learning Center

○597

Fri, Apr 24, 12:15 – 1:15 | Fee: \$8
Grossmont Learning Center

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.

○598 | Jo Darlene Reardon, MA
Mon, Jan 27 – Mon, Apr 6, 12:30 – 2:30
Fee: \$80 | 10 Sessions | No Class 2/17
Grossmont Learning Center

ACTING WORKSHOP: SHOWCASE PERFORMANCE

Theatre is a beautiful place to create and express yourself. Join us for the Acting Workshop's Showcase. You will be delighted by an afternoon of monologues and scenes from stage, screen and TV. We showcase the hard work and dedication of our fellow Oasis members, both experienced and new to the joys of acting. We welcome you to our celebration of their achievements.

○599 | Oasis Acting Workshop
Mon, Apr 6, 12:30 – 2:30 | Free
Grossmont Learning Center

OSCAR TIME WITH ANDY FRIEDENBERG

Cinema Society of San Diego director Andy Friedenberg is a member of the Academy of Motion Picture Arts & Sciences and will be discussing the upcoming Academy Awards, including his predictions on who will win the coveted Oscars.

○600 | Andy Friedenberg,
Director Cinema Society of SD
Mon, Feb 3, 10:00 – 12:00 | Fee: \$15
Grossmont Learning Center

ANDY FRIEDENBERG PRESENTS: NOODLE (ISRAEL)

At thirty-seven, Miri is a twice-widowed, El Al flight attendant. Her well-regulated existence is suddenly turned upside down by an abandoned Chinese boy whose migrant-worker mother has been summarily deported from Israel. The film is a touching comic-drama in which two human beings – as different from each other as Tel Aviv is from Beijing – accompany each other on a remarkable journey that takes them both back to a meaningful life. Running Time: 100 Minutes. In Hebrew and Mandarin with English Subtitles.

○601 | Andy Friedenberg,
Director Cinema Society of SD
Mon, Mar 16, 10:00 – 12:00 | Fee: \$12
Grossmont Learning Center

ANDY FRIEDENBERG PRESENTS: PAPADOPOULOS & SONS (UK)

Following his ruin in the latest banking crisis, a self-made millionaire reluctantly re-unites with his estranged freewheeling brother to re-open the abandoned fish and chip shop they shared in their youth. Running Time: 105 Minutes.

○602 | Andy Friedenberg,
Director Cinema Society of SD
Mon, Apr 20, 10:00 – 12:30 | Fee: \$12
Grossmont Learning Center

**GREATEST HITS
OF SINGER-SONGWriters**

Enjoy a concert 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.

Doug Beaupré, Singer-Songwriter

○603

Wed, Feb 5, 9:00 – 10:30 | Free
Santee City Hall

○604

Wed, Mar 4, 6:00 – 7:30 | Free
University Community Branch



○605

Sun, Apr 26, 3:00 – 4:30 | Free
Coronado Public Library

**THE LUTE, MANDOLIN & GUITAR
IN THE CLASSICAL WORLD**

NEW!

The lute, mandolin and Spanish guitar each have a timeless sonic beauty. In this hour, we will enjoy these family-related string instruments and their unique personalities. Musical treats from the Medieval world, the Renaissance and the Baroque era will give this hour a special richness. You will also enjoy selected musical gems from Spain and Brazil.

○606 | Chris Burns, Many-Strings
Mon, Feb 10, 10:00 – 11:00 | Fee: \$15
Grossmont Learning Center

**A KISS IS JUST A KISS:
LOVE SONGS FROM THE MOVIES**

NEW!

Producer/Director Clifford Bell hosts a program of beloved songs from movie history featuring local favorites Errollyn Healy, Kerry Powell and Billie Frances.

○607 | Cabarabia Productions
Thu, Feb 13, 3:30 – 4:45 | Fee: \$20
Grossmont Learning Center

**SPECIAL SUNDAY EVENT
KATRINA AGUILAR:
PART OF YOUR WORLD**

NEW!

Celebrated local vocalist Katrina Aguilar shares her story of how the music of Disney films helped her to transcend a childhood diagnosis of autism and empower her to become a sought after performer and role model.

○608 | Cabarabia Productions
Sun, Feb 23, 4:00 – 5:15 | Fee: \$20
Grossmont Learning Center



**LOIS BOURGON - HIGH STANDARDS:
THE BIRTH OF THE GREAT
AMERICAN SONGBOOK**

NEW!

Critically acclaimed soprano Lois Bourgon brings to life the history of American Popular Song through the classics by Irving Berlin, Harold Arlen, George Gershwin and Cole Porter.

○609 | Cabarabia Productions
Thu, Mar 12, 3:30 – 4:45 | Fee: \$20
Grossmont Learning Center

**CAROL WHITENER & FRIENDS:
OUR TIME**

NEW!

Popular local Entertainer Carol Whitener presents a fun-filled and poignant afternoon of stories and songs about enjoying later in life new challenges and new beginnings, featuring Susan Cody, Lynn Green, Vivienne Jarvis and Roylee Bailey York. Special guest Michael Lavine, a musical director from New York, will be on Piano.

○610 | Cabarabia Productions
Thu, Apr 16, 3:30 – 4:45 | Fee: \$20
Grossmont Learning Center

**COUNTRY MUSIC:
AN AMERICAN TRADITION**

NEW!

Our nation has been blessed with 100 years of Country Music. This Music Appreciation class will take a historical perspective and honor the creativity of singer-songwriters who emerged from poverty and disadvantage to create a unique American art form. From Appalachia to Texas to Bakersfield, artists have shared their lives and struggles. Celebrate our musical heritage with Kitty Wells, Hank Williams, Dolly Parton, Johnny Cash and many more fabulous artists whose songs reflect their lives and our history.

○611 | Chris Burns, Many-Strings
Tue, Feb 25, 11:00 – 12:00 | Fee: \$12
Grossmont Learning Center

**FILM ON THE FRINGE:
THE FAREWELL (2019)**

Awkwafina's formidable talent is highlighted in Lulu Wang's funny-sad, soulful and emotionally expansive feature. A small lie morphs into a grand illusion when a family deceives their beloved grandmother by keeping her terminal diagnosis a secret. 100 minutes. English and Mandarin with English subtitles.

○612 | Ralph DeLauro,
Cinema Under the Stars Curator, Film Lecturer
Tue, Feb 25, 1:00 – 3:00 | Fee: \$8
Grossmont Learning Center

**FILM ON THE FRINGE:
TEL AVIV ON FIRE (2018)**

Sameh Zoabi's witty, playfully biting farce on Israeli-Palestinian tension. A hapless Palestinian intern on a hit soap opera turns his encounters with an Israeli security officer into a screenwriting career. 100 min. Hebrew and Arabic with English subtitles

○613 | Ralph DeLauro,
Cinema Under the Stars Curator, Film Lecturer
Tue, Mar 24, 1:00 – 3:00 | Fee: \$8
Grossmont Learning Center

**YOU'RE THE TOP:
THE COLE PORTER STORY**

NEW!

One of the most skillful composers ever, Cole Porter created such Broadway and Hollywood hits as *Kiss Me Kate*, *Anything Goes*, *Silk Stockings*, *Can Can* and *High Society*. Come see a documentary that is an informative and lively celebration of the man who embraced an elite lifestyle and chronicled the world of high society with his music. Enjoy performances by Fred Astaire, Ethel Merman, Frank Sinatra, Shirley Maclaine, Maurice Chevalier, Judy Garland and Bing Crosby.

○614 | Leslie Johnson Leech, MS
Thu, Feb 27, 1:00 – 3:00 | Fee: \$12
Grossmont Learning Center

SONGS OF THE SIXTIES & SEVENTIES

Singer-songwriter, Doug Beaupré, will perform well-known favorites by artists including: The Beatles; Simon & Garfunkel; Bob Dylan; James Taylor; John Denver; Neil Young; The Eagles and many more.

0615 | Doug Beaupré,
Singer-Songwriter
Sat, Mar 7, 2:00 – 3:30 | Free
Ocean Beach Branch Library

**CELTIC FOLK SONG SING A-LONG
IN HOOLEY'S PUB!**

Sing along to a delightful mix of Irish and Scottish songs (I'll bring lyrics) or just tap your toe and enjoy *Cockles and Mussels*, *My Wild Irish Rose*, and more. Through music we can enjoy Irish poetry, and share the Celtic love of life, homeland and freedom. This performance is free! Enjoy Hooley's delicious food and beverage menu. Let's party in an Irish way!

0616 | Chris & Jamie Burns, Many-Strings
Tue, Mar 10, 12:00 – 1:00 | Free
Hooleys Irish Pub

**1960'S FOLK RENAISSANCE
SLOW-JAM**

Folk lovers, this one is for you! Bring your guitar, banjo, autoharp, voice, etc. and we'll enjoy wonderful songs of the 1960's folk era: *Leaving on a Jet Plane*, *Kisses Sweeter Than Wine*, *Annie*, *Greenback Dollar*, and more. Want to simply sing? I'll bring percussion. Music in easy keys. Let's celebrate life with these great 1960's folk tunes. Recommended book: *Peter, Paul and Mary Around the Campfire* (Hal-Leonard or the public library) or any similar book you might already have.

0617 | Chris Burns, Many-Strings
Wed, Mar 18 – Wed, Apr 22, 1:15 – 2:15
Fee: \$60 | 6 Sessions
Grossmont Wellness Center

**BROADWAY MUSICALS:
A JEWISH LEGACY**

NEW!

Irving Berlin, Jerome Kern, the Gershwins, Larry Hart, Richard Rodgers, Oscar Hammerstein, Leonard Bernstein, Stephen Sondheim, the list goes on and on. Composers, writers and performers, all Jewish and all connected to Broadway musicals. What is it about Jewish cultural history that leads to this phenomenon?

0618 | Leslie Johnson Leech, MS
Thu, Mar 19, 1:00 – 3:00 | Fee: \$12
Grossmont Learning Center

**60'S FLASHBACK,
CABARET STYLE WITH DAVID DOOLEY**

NEW!

From Broadway to the Beatles, from Bacharach to Barbra to Bossa Nova, the 1960s was a fabulous decade for music. David Dooley (a.k.a. "Professor Playlist"), in his third show at Oasis, is your singing guide to some old favorites and some hidden gems. Once again David will be joined by the amazing Rodney Girvin at our Yamaha baby grand piano.

0619 | David Dooley, Singer
Thu, Mar 26, 3:30 – 4:30 | Fee: \$15
Grossmont Learning Center

**THE CLASSICAL PIANO:
CHARMING AND DRAMATIC**

NEW!

This class is musically delicious. It features the classical piano: sometimes bold and dramatic, other times enchanting and romantic. Make your day special with Debussy, Chopin, Liszt, Beethoven and Rachmaninoff. Gorgeous music samples that include gentle and lovely concertos, songs without words, dreams, preludes and much more.

0620 | Chris Burns, Many-Strings
Tue, Apr 7, 11:00 – 12:00 | Fee: \$12
Grossmont Learning Center

JAZZ:

AMERICAN CREATIVITY & DIVERSITY

This hour of music is dedicated to the evolution and diversity of an American invention: Jazz. The music of Duke Ellington, Louis Armstrong, Dave Brubeck, Sarah Vaughan, Billie Holiday and other jazz greats will be featured in this celebration of American creativity.

○621 | Chris Burns, Many-Strings
Wed, Apr 29, 1:00 – 2:00 | Free
Point Loma Branch Library

TUTTO A DIO:

AN AFTERNOON OF CLASSICAL, TANGO & NORTHERN EUROPEAN FOLK MUSIC

Tutto a Dio is a unique musical virtuoso duo comprising of a violist and an accordionist. Tutto a Dio have traveled the world and have won numerous international competitions in Switzerland, Italy, France and Lithuania. Their signature professionalism and creative freedom have inspired audiences around the world. This performance will feature an energetic and diverse program of classical masterpieces, tangos and reimagined Northern European folk music. Presented by Tutto a Dio.

○622 | Violist Greta Staponkute & Accordionist Augustinas Rakauskas
Tue, Mar 10, 4:00 – 5:15 | Fee: \$25
Grossmont Learning Center

TUTTO A DIO:

AN EVENING OF CLASSICAL, TANGO & LITHUANIAN FOLK MUSIC

Tutto a Dio is a unique musical virtuoso duo comprising of a violist and an accordionist. Tutto a Dio have traveled the world and have won numerous international competitions in Switzerland, Italy, France and Lithuania. Their signature professionalism and creative freedom have inspired audiences around the world. This performance will feature an energetic and diverse program of classical masterpieces, tangos and reimagined Lithuanian folk music and dances reinterpreted for the viola and accordion. Presented by Tutto a Dio.

○623 | Violist Greta Staponkute & Accordionist Augustinas Rakauskas
Tue, Mar 10, 6:30 – 7:45 | Fee: \$25
Grossmont Learning Center





Arts & Crafts

STUDIO ART

We will begin with learning the foundations of visual art as a way to uncover your own unique artistic style. This class will support and offer instruction in acrylic painting techniques, drawing, and sculpture. Join us for a unique learning experience and lots of fun.

Jean Wheat

○650

Mon, Jan 13 – Mon, Feb 10, 10:00 – 12:00
 Fee: \$50 | 4 Sessions | No Class 1/20, 2/27
 Escondido Senior Center

○651

Mon, Feb 24 – Mon, Mar 16, 10:00 – 12:00
 Fee: \$50 | 4 Sessions
 Escondido Senior Center

○652

Mon, Mar 30 – Mon, Apr 20, 10:00 – 12:00
 Fee: \$50 | 4 Sessions
 Escondido Senior 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. 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.

Natalie Travis

○653

Tue, Jan 14, 10:00 – 11:30 | Fee: \$15
 Escondido Senior Center

○654

Tue, Feb 11, 10:00 – 11:30 | Fee: \$15
 Escondido Senior Center

○655

Tue, Mar 10, 10:00 – 11:30 | Fee: \$15
 Escondido Senior Center

○656

Tue, Apr 14, 10:00 – 11:30 | Fee: \$15
 Escondido Senior Center

CARTOONING WORKSHOP

Have fun exploring and bringing out your artistic side with easy cartooning. Make birthday, holiday and all-occasion cards with original lettering, animated designs and logos, and of course, your own characters. Also learn drawing techniques to simplify your creations, to add color, captions, special effects and emphasize their qualities. Bring your favorite pencils, color markers, pens, and paper!

Dennis Pilien

○657

Thu, Jan 16, 1:00 – 3:00 | Fee: \$15
Escondido Senior Center

○658

Thu, Feb 20, 1:00 – 3:00 | Fee: \$15
Escondido Senior Center

○659

Thu, Mar 19, 1:00 – 3:00 | Fee: \$15
Escondido Senior Center

○660

Thu, Apr 23, 1:00 – 3:00 | Fee: \$15
Escondido Senior Center

PAPER MACHE BOWLS

In this two session workshop, you will learn how to transform paper and create a beautiful hand-crafted bowl, great for holding jewelry, the mail, trinkets and decorations. In the first workshop, each student will construct their own bowl. In the second workshop, let the artist in you out to design and decorate it. No experience needed and every artist will leave with a one of a kind treasure. Skip the ceramics and make fun to create paper mache bowls instead. All materials needed will be provided.

○661 | Nina Hegyi

Wed, Feb 26, 1:00 – 3:00 | Fee: \$15
Escondido Senior Center

MAKE & 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. All supplies provided.

○662 | Nina Hegyi

Wed, Mar 11, 1:00 – 3:00 | Fee: \$30
Escondido Senior 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 creating and caring for their own Kokedama with a succulent, and the materials needed to make more at home.

○663 | Nina Hegyi

Wed, Apr 1, 1:00 – 3:00 | Fee: \$40
Escondido Senior Center



HANGING BEADED PHOTO HOLDER

Personalize and create your own photo holder. Bring two 3x5 photographs. Please bring a \$7 cash materials fee to class, which will cover laminating of photos, wire, crimping beads, as well as decorative beads.

0664 | Lynn Morgan
 Sat, Mar 7, 1:00 – 3:00 | Fee: \$15
 Escondido Senior Center



**WOOD CARVING:
 RELIEF CARVE A FLOWER**

In five weeks, you will be introduced to the following: gouges to use, where to acquire appropriate gouges, how to layout your flower on the wood and work with the wood grain during carving, how to sharpen your gouges, and how to finish your carving. There is a \$1.00 cash charge at the first meeting to pay for the wood block that will be used during class. Please bring a straight edge and compass to develop a layout for the carving (school geometry class style).

0665 | Richard Henry
 Fri, Jan 17 – Fri, Feb 14, 8:30 - 10:30
 Fee: \$15 | 5 Sessions
 Redwood Terrace



CHOCOLATE TASTING & MAKING

Join “Chocolate Engineer” Michael Ross and Health Educator Erica Bohm-Ross for a journey into Chocolate, “Food of the Gods.” You’ll learn about the history of chocolate, the different kinds of chocolate, the benefits of dark chocolate, and the process of transforming the cocoa bean into one of the favorite foods on the planet. You’ll also have an opportunity to taste 10 different kinds of chocolates and even create your own chocolate bar – yours to take home and enjoy!

0667 | Erica Bohm and Michael Ross
 Wed, Feb 12, 1:00 – 2:30 | Fee: \$20
 Escondido Senior Center

**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.

0668 | Rosemary KimBal,
 Dancing Brush Studio
 Sat, Feb 8, 10:30 – 12:30 | Free
 Rancho Penasquitos Library



DID YOU KNOW WE OFFER EXTENDED TRAVEL OPPORTUNITIES?
 Join us for these upcoming travel preview events at the Grossmont Learning Center!

AFC Vacations | Tuesday, January 14, 10:00 | Class #625
 Mexico Spa Preview | Saturday, January 18, 10:00 | Class #626
 Premier World Discovery | Tuesday, January 28, 11:15 | Class #627



Business, Finance & Legal

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.

0677 | Cal Coast Credit Union
Thu, Jan 23, 1:00 – 2:00 | Free
Escondido Senior Center

UPGRADING YOUR LIFESTYLE WITHOUT INCREASING YOUR 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.

0678 | Ernest J. Dronenburg, Jr.,
San Diego County Assessor, Recorder,
County Clerk
Fri, Jan 24, 1:00 – 2:00 | 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.

0679 | Anthony Camara, FIC, MBA
Mon, Jan 27, 11:00 – 12:00 | Free
Escondido Senior Center

RETIREMENT INCOME PUZZLE

One of the greatest fears facing aging baby boomers today is that they may run out of money in retirement. This class will teach you strategies for creating predictable, reliable, sustainable, inflation-adjusted income that you can't outlive. You'll learn how to make important retirement calculations and plan your retirement income so you can alleviate the stress and anxiety associated with running out of money.

0680 | Lisa Claycomb, JD, AAMS, CLTC
Wed, Feb 5, 10:00 – 11:00 | Fee: \$10
Escondido Senior Center

TIPS FOR ADVOCATING FOR MEDICAL TREATMENT

At this seminar, you will learn some tips and tricks to help your loved one if a medical crisis strikes. You will also learn about maximizing Medicare benefits in a skilled nursing facility.

○681 | Kimberly R. McGhee, Esq.
 Thu, Feb 6, 1:00 – 2:00 | Fee: \$10
 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.

Anthony Camara, FIC, MBA

○682
 Mon, Feb 10, 10:00 – 11:00 | Free
 Escondido Senior Center

○683
 Tue, Apr 7, 12:30 – 1:30 | Free
 Carlsbad Dove Library

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 11:00 AM to 2:00 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.

○684 | Thrivent Financial
 Mon, Feb 10, 11:00 - 2:00 | Free
 Escondido Senior Center

○685 | Thrivent Financial
 Mon, Apr 13, 11:00 - 2:00 | Free
 Escondido Senior Center

PROS & CONS OF ANNUITIES

People nearing retirement are often approached by financial professionals about purchasing an annuity as part of their retirement plan, but they are unsure as to whether annuities are good or bad. Indeed, annuities can be complex and tricky to understand. They typically come with both risks and rewards, as well as other complicated features. This class will teach you about the different kinds of annuities, how they work, and the pros and cons of each type. You'll be getting a primer that will provide clarity on this otherwise confusing topic.

○686 | Lisa Claycomb, JD, AAMS, CLTC
 Sat, Mar 28, 10:00 – 11:00 | Fee: \$10
 Escondido Senior Center



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.

○687 | Anthony Camara,
 Thrivent Financial
 Mon, Apr 13, 10:00 – 11:00 | 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.

688 | Owen Coyle,
Licensed Reverse Mortgage Specialist
Fri, Apr 24, 1:30 – 3:00 | Fee: \$5
Escondido Senior Center

THE SOCIAL SECURITY PUZZLE

Did you know that ten thousand baby boomers are reaching retirement age every day? Despite the likelihood of getting larger payments with delayed claiming, 62 is by far the most popular age for people to begin taking their Social Security retirement benefits. And, a full 57% take benefits before reaching their full retirement age, taking a reduced benefit every month for the rest of their life. But is it wise? Come and learn how Social Security works, the different claiming strategies that may be available to you, and how to make a strategically advantageous decision about claiming your Social Security retirement benefits.

689 | Lisa Claycomb, JD, AAMS, CLTC
Tue, Jan 28, 1:00 – 2:00 | Fee: \$10
San Marcos Senior Center



San Diego Oasis

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NORTH COUNTY | BUSINESS, FINANCIAL & LEGAL



Exercise & Dance

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.

Pat Griffith, Sifu

○700

Tue, Jan 7 – Fri, Feb 28, 7:30 – 8:05
 Fee: \$88 | 16 Sessions
 Escondido Senior Center

○701

Tue, Mar 10 – Fri, Apr 24, 7:30 – 8:05
 Fee: \$77 | 14 Sessions
 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.

Pat Griffith, Sifu

○702

Thu, Jan 9 – Thu, Feb 27, 3:00 – 3:40
 Fee: \$48 | 8 Sessions
 Escondido Senior Center

○703

Thu, Mar 12 – Thu, Apr 23, 3:00 – 3:40
 Fee: \$42 | 7 Sessions
 Escondido Senior Center

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.

Pat Griffith, Sifu

○704

Thu, Jan 9 – Thu, Feb 27, 4:00 – 4:35
 Fee: \$48 | 8 Sessions
 Escondido Senior Center

○705

Thu, Mar 12 – Thu, Apr 23, 4:00 – 4:35
 Fee: \$42 | 7 Sessions
 Escondido Senior Center

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.

Linda Kay Brock

○706

Wed, Jan 8 – Wed, Feb 12, 10:30 – 12:00
 Fee: \$60 | 6 Sessions
 Escondido Senior Center

○707

Wed, Feb 19 – Wed, Mar 18, 10:30 – 12:00
Fee: \$50 | 5 Sessions
Escondido Senior Center

○708

Wed, Mar 25 – Wed, Apr 22, 10:30 – 12:00
Fee: \$50 | 5 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.

Linda Kay Brock

○709

Sat, Jan 11 – Sat, Feb 15, 10:00 – 11:30
Fee: \$60 | 6 Sessions
Escondido Senior Center

○710

Sat, Feb 22 – Sat, Mar 21, 10:00 – 11:30
Fee: \$50 | 5 Sessions
Escondido Senior Center

○711

Sat, Mar 28 – Sat, Apr 25, 10:00 – 11:30
Fee: \$50 | 5 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 47 various sessions scheduled dates:

- Purchase 5 sessions for \$50.00
- Purchase 10 sessions for \$80.00
- Purchase 20 sessions for \$140.00
- Unlimited Fall 2020 sessions for \$250.00

Lynn Morgan, Licensed Instructor

ZUMBA 5 SESSIONS

○712

Sat, Jan 4 – Sat, Apr 25

Mon 6:00 – 7:00 PM

Wed 6:00 – 7:00 PM

Sat 8:30 – 9:30 AM

Fee: \$50 | 47 Sessions | No Class 1/20, 2/17
Escondido Senior Center



ZUMBA 10 SESSIONS

○713

Sat, Jan 4 – Sat, Apr 25

Mon 6:00 – 7:00 PM

Wed 6:00 – 7:00 PM

Sat 8:30 – 9:30 AM

Fee: \$80 | 47 Sessions | No Class 1/20, 2/17

Escondido Senior Center



ZUMBA 20 SESSIONS

○714

Sat, Jan 4 – Sat, Apr 25

Mon 6:00 – 7:00 PM

Wed 6:00 – 7:00 PM

Sat 8:30 – 9:30 AM

Fee: \$140 | 47 Sessions | No Class 1/20, 2/17

Escondido Senior Center



ZUMBA UNLIMITED SESSIONS:

JAN - APR 2020

○715

Sat, Jan 4 – Sat, Apr 25

Mon 6:00 – 7:00 PM

Wed 6:00 – 7:00 PM

Sat 8:30 – 9:30 AM

Fee: \$250 | 47 Sessions | No Class: 1/20, 2/17

Escondido Senior Center



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.

Traci Thys

○716

Wed, Jan 8 – Wed, Jan 29, 12:30 – 1:30

Fee: \$24 | 4 Sessions

Escondido Senior Center

○717

Wed, Feb 5 – Wed, Feb 26, 12:30 – 1:30

Fee: \$24 | 4 Sessions

Escondido Senior Center

○718

Wed, Mar 4 – Wed, Mar 25, 12:30 – 1:30

Fee: \$24 | 4 Sessions

Escondido Senior Center

○719

Wed, Apr 1 – Wed, Apr 29, 12:30 – 1:30

Fee: \$30 | 5 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!

Traci Thys

○720

Mon, Jan 6 – Thu, Jan 30, 12:30 – 1:30

Fee: \$35 | 7 Sessions | No Class 1/20

Escondido Senior Center

Are you in a group or organization that would like to learn more about Oasis? See Page 37 for details.

○721

Mon, Feb 3 – Thu, Feb 27, 12:30 – 1:30
Fee: \$35 | 7 Sessions | No Class 2/17
Escondido Senior Center

○722

Mon, Mar 2 – Mon, Mar 30, 12:30 – 1:30
Fee: \$45 | 9 Sessions
Escondido Senior Center

○723

Thu, Apr 2 – Thu, Apr 23, 12:30 – 1:30
Fee: \$35 | 7 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.

Carol Stroecker

○724

Tue, Jan 7 – Tue, Feb 25, 9:45 – 10:45
Fee: \$56 | 8 Sessions
Escondido Senior Center

○725

Tue, Mar 3 – Tue, Apr 28, 9:45 – 10:45
Fee: \$63 | 9 Sessions
Escondido Senior Center

LINE DANCING: BEGINNERS

Line Dance Basics is a prerequisite for this class. 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.

Carol Stroecker

○726

Tue, Jan 7 – Tue, Feb 25, 11:00 – 12:30
Fee: \$56 | 8 Sessions
Escondido Senior Center

○727

Tue, Mar 3 – Tue, Apr 28, 11:00 – 12:30
Fee: \$63 | 9 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!

Carol Stroecker

○728

Tue, Jan 7 – Tue, Feb 25, 12:45 – 2:15
Fee: \$56 | 8 Sessions
Escondido Senior Center

○729

Tue, Mar 3 – Tue, Apr 28, 12:45 – 2:15
Fee: \$63 | 9 Sessions
Escondido Senior Center

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Health & Wellness

ENJOY THE FOLLOWING CLASSES PROVIDED BY



**PALOMAR
COMMON MENTAL HEALTH DISORDERS**

Do you have a relative, friend or co-worker suffering from mental health challenges? Join Luanne Arangio-Law, RN, MEd, as she presents an overview of common mental health disorders, including signs/symptoms, treatment options, resources and ways you can help.

○740 | Luanne Arangio-Law, RN, MEd
Fri, Jan 10, 1:00 – 3:00 | Free
Escondido Senior Center

**PALOMAR
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.

○741 | Janice Baker, RD, CDE
Tue, Feb 4, 10:00 – 11:30 | Free
San Marcos Senior Center

**PALOMAR
HEART DISEASE IN SIMPLE TERMS**

Luanne Arangio-Law, RN, MEd, will discuss the anatomy and physiology of the heart in very basic terms along with risk factors, symptoms, diagnostics and treatment options for heart disease.

○742 | Luanne Arangio-Law, RN, MEd
Fri, Feb 7, 1:00 – 3:00 | Free
Pomerado Outpatient Pavilion,
Education Classroom

**PALOMAR
DIABETES & CARDIOVASCULAR DISEASE**

Did you know that people with diabetes have a higher-than-average risk of developing cardiovascular disease? Palomar Health experts will discuss taking care of your diabetes, the conditions that come with it and how you can help lower your chances of heart disease.

○743 | Palomar Health
Thu, Feb 13, 10:00 – 11:30 | Free
Palomar Health San Marcos,
2nd Floor Classroom

PALOMAR

STRESS & ITS AFFECT ON THE MIND, BODY AND SPIRIT

Join Luanne Arangio-Law for a closer look at how stress affects the mind, body and spirit. Topics will include acceptance, mindfulness, positive coping mechanisms, physical signs and symptoms, forming new habits and necessary lifestyle changes.

○744 | Luanne Arangio-Law, RN, MEd
Mon, Mar 2, 1:00 – 3:00 | Free
Palomar Health San Marcos,
2nd Floor Classroom

PALOMAR

DIABETES & NUTRITION

Janice Baker, RD, CDE, will discuss the latest on managing diabetes, reducing risks of diabetes-related complications and healthy food choices.

○745 | Janice Baker, RD, CDE
Tue, Mar 3, 10:00 – 11:30 | Free
San Marcos Senior Center

PALOMAR

WHAT TO EXPECT WHEN A LOVED ONE HAS DEMENTIA

Having a clear understanding of dementia and the many stages of the disease will make a significant difference when dealing with a loved one who exhibits symptoms. Join Luanne Arangio-Law, RN, MEd, as she presents basic facts about this debilitating disease.

○746 | Luanne Arangio-Law, RN, MEd
Mon, Mar 9, 1:00 – 3:00 | Free
Palomar Health San Marcos,
2nd Floor Classroom

PALOMAR

TINNITUS: A RINGING OR NOISE IN THE EARS

Tinnitus is a common problem experienced by 1 in 5 people. Audiologist David Illich, AuD, will discuss symptoms, causes, risk factors, complications and treatment options.

○747 | David Illich, AuD
Tue, Mar 10, 6:00 – 7:30 | Free
Palomar Medical Center Escondido,
Raymond Family Conference 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.

○748 | Janice Baker, RD, CDE
Wed, Mar 11, 10:00 – 11:30 | Free
Escondido Senior Center

PALOMAR

TWENTY MEDICAL EMERGENCIES: WHAT TO DO BEFORE THE AMBULANCE ARRIVES

When you dial 911, do you know what to do until the ambulance arrives? Join Luanne Arangio-Law, RN, MEd, as she explores 20 common medical emergencies and how to act quickly and clearly during a medical emergency until help arrives.

○749 | Luanne Arangio-Law, RN, MEd
Fri, Mar 20, 1:00 – 3:00 | Free
Escondido Senior Center

PALOMAR**WHAT IS THAT ITCH?**

Join Luanne Arangio-Law, RN, MEd, for an informative overview of the most common skin rashes. She will discuss diagnostic tests, treatment options, possible outcomes and when to see your healthcare professional.

○750 | Luanne Arangio-Law, RN, MEd
Fri, Mar 27, 1:00 – 3:00 | Free
Pomerado Outpatient Pavilion,
Education Classroom

PALOMAR**WHAT HAPPENS WHEN YOU HAVE A STROKE**

Luanne Arangio-Law, RN, MEd, will present information on stroke in basic terms everyone can understand. Topics will include the anatomy of the brain, types of stroke, signs and symptoms and lifestyle changes you can make to prevent a stroke.

○751 | Luanne Arangio-Law, RN, MEd
Fri, Apr 3, 1:00 – 3:00 | Free
Pomerado Outpatient Pavilion,
Education Classroom

PALOMAR**THE LAST BREATH**

Experiencing a loved one in their last moments of life is extremely difficult. Knowing what to expect may help you cope. Join Luanne Arangio-Law, RN, MEd, as she discusses the effect on families, ways to provide comfort, community resources as well as the philosophical, historical and cultural beliefs to prepare you for the moments before, during and after the last breath.

○752 | Luanne Arangio-Law, RN, MEd
Mon, Apr 20, 1:00 – 3:00 | Free
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!

○765 | Ravi B. Sahay
Wed, Jan 22, 2:00 – 3:30 | Fee: \$10
Escondido Senior Center

DIET SECRETS TO BANISH CRAVINGS FOR SUGAR AND JUNK FOOD

Sugar cravings are a real thing! Willpower alone won't fix it. You need to address the root cause. Come learn targeted nutritional strategies to nourish your brain, nervous system, and metabolism. Become aware of the gut microbes that are causing the uncontrollable cravings.

○766 | Angela R. Vittucci, R.D.N.
Thu, Jan 23, 1:00 – 3:00 | Fee: \$10
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."

○767 | Angela R. Vittucci, Integrative
Functional Medicine Nutritionist R.D.N.
Thu, Feb 13, 1:00 – 3:00 | Fee: \$10
Escondido Senior Center

SOLUTIONS TO FIX ADRENAL FATIGUE & BURN OUT

Always exhausted? Craving salt and sugar a lot? Do you have hormonal imbalances and blood sugar swings? Do you need caffeine and energy drinks to survive your day? Come learn the foods, supplements and lifestyle changes to reboot stressed adrenals that will help You feel alive and energetic again. Don't drag thru life when with a few simple steps, your vital energy can be restored.

○768 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Thu, Mar 12, 1:00 – 3:00 | Fee: \$10
Escondido Senior Center

NUTRITIONAL SOLUTIONS FOR PAIN & 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 even healed 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 fix it with diet, supplements and lifestyle changes.

○769 | Angela R. Vittucci, Integrative Functional Medicine Nutritionist R.D.N.
Thu, Mar 26, 1:00 – 2:30 | Fee: \$10
Escondido Senior Center

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, you'll learn about the history of cannabis, consumption methods, effects, and dosage. Q&A will follow the presentation to steer individuals in the proper direction for their personal inquiries.

○770 | Torrey Holistics
Fri, Apr 3, 1:00 – 2:15 | Fee: \$10
Escondido Senior Center

HEALTH BENEFITS OF WINE & CHOCOLATE

Wine and chocolate are derived from plants and thus contain nutrients that have specific health benefits. Not all forms of these pleasurable foods are healthy, however. Learn which claims are legitimate and how to select the healthiest forms of wine and chocolate.

○771 Philip J. Goscienski, M.D.
Rancho Santa Fe Library
10:45 - 12:00





History & Humanities

ROBINSON JEFFERS: THE EMPIRE SERIES

A review of the California poet Robinson Jeffers' "Empire" series of three poems written over a 30 year span of time, including his famous poem *Shine, Perishing Republic*.

○780 | Steven Rodrick, MA
Fri, Jan 17, 10:00 – 11:00 | Fee: \$10
Escondido Senior Center

AN INTRODUCTION TO THE DALAI LAMA

Take a look at the Dalai Lama's life story, his philosophy and teachings, as well as suggestion of additional learning materials.

○781 | Steven Rodrick, MA
Tue, Jan 28, 10:00 – 11:00 | Fee: \$10
Escondido Senior Center

A JAUNT THROUGH AMERICAN LITERATURE

Come enjoy a review of American Literature through historical time periods: Classical, Romantic, and more.

○782 | Steven Rodrick, MA
Tue, Feb 4 – Tue, Feb 25, 10:00 – 11:00
Fee: \$20 | 4 Sessions
Escondido Senior Center

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?

○783 | Philip R. Pryde, PhD
Tue, Feb 11, 6:00 – 7:30 | Free
Solana Beach Library



BEAUTY AND THE BEAST: BOB DYLAN AND JONI MITCHELL

The past six decades have brought forth a wave of North American poets and songwriters. Two voices that intertwined personally are those of Bob Dylan (United States) and Joni Mitchell (Canada). Vastly popular both on stage and off, both are graphic artists as well. What was and is their story; which is the Beauty and which the Beast? Some music, some discussion, lots of fun. Music performed by the instructor with the hope of attendees joining in.

○784 | Steven Rodrick, MA
Thu, Feb 27, 10:00 – 11:00 | Fee: \$10
Escondido Senior Center

BENJAMIN FRANKLIN

Not even Thomas Jefferson claimed as many talents or excelled at as many different professions as Benjamin Franklin. Scientist, writer, publisher, diplomat, inventor, businessman – in his long life of 84 years Franklin did them all. He contributed to the Declaration of Independence and played the key role convincing France to join the United States in the Revolutionary War. When the Articles of Confederation proved too weak, he helped craft the compromise that enabled the Constitutional Convention to succeed in producing the Constitution of the United States. Blaine Davies examines the life of the witty, brilliant and at times irascible Benjamin Franklin who as much as any Founding Father shaped our national identity.

○785 | Blaine Davies, MA,
Professor of U.S. History
Wed, Mar 4, 1:00 – 2:30 | Fee: \$10
Escondido Senior Center

HISTORY OF SPORTS FROM AROUND THE WORLD

Did you know San Diego has a Lacrosse team, a Soccer team, and a Hockey team? Ever been watching sports with family and friends, but find yourself needing additional knowledge so you can enjoy watching the game with them? Come and learn the rules and concepts of play so you can enjoy the games!

○786 | Steven Rodrick, MA
Thu, Mar 19, 10:00 – 11:00 | Fee: \$5
Escondido Senior Center

TRUE CRIME:

HARRY THAW, STANFORD WHITE & 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 was eventually acquitted despite having killed White in front of hundreds of witnesses.

○787 | Kim Keeline, PhD
Wed, Mar 18, 1:00 – 2:30 | Free
San Marcos Library

SYMBOLS IN ART

What does the bowl of fruit on the windowsill mean besides hunger? Symbols have been important to artists since the earliest of times. This lecture will explore the representations of ideas, codes and symbols in art history.

○788 | Julia Fister, MFA
Sat, Feb 22, 10:00 – 11:30 | Free
Encinitas Library

HISTORY OF COLOR IN ART

Based on the book *The Brilliant History of Color in Art* by Victoria Finlay, this lecture explores the unusual, funny and sometimes strange stories of your favorite colors. We will take a look at the science behind them and how they forever changed the course of art and history.

○789 | Julia Fister, MFA
Wed, Apr 15, 1:00 – 2:30 | Free
San Marcos Library

THE POWER & PSYCHOLOGY OF COLOR

Let's learn about the unusual properties of color, specifically, the science behind how it can be harnessed as a pivotal tool in design projects. Develop an understanding of how color can be used to change the mood of a space, alter human perceptions, or create unique styles from vibrant and uplifting to muted and restful. Actively learn to use the color wheel to gain inspiration and guidance in developing harmonious schemes. Experience how you can spice up any design project by gaining confidence in using colors effectively.

○790 | Jeffrey Tanneberger
 Sat, Apr 11, 11:00 – 12:00 | Free
 Encinitas Library

ALASKA: THE LAST FRONTIER

Today's cruise ship passengers and television viewers yearn to see and experience wild Alaska, but sadly much of what they see and are told is a fiction or Disneyland-like re-creation. 50 years ago, Alaska was experiencing the final days of America's pioneering westward expansion. The local economy was primarily lumbering, fishing and mining by rough and tumble men living in primitive conditions and few women. In the early 1960's a young geologist and his 20 year old bride were witness to those adventurous times. This delightful presentation will recount their adventures, including a variety of humorous, difficult and dangerous situations encountered amidst Alaska's spectacular scenery and wildlife.

○791 | Eugene Ciancanelli, Geologist
 Mon, Jan 13, 1:00 – 2:30 | Free
 Rancho Bernardo Library

JEWELS IN AMERICA'S NATURAL CROWN: THREE NATIONAL PARKS

A visual travelogue of three of the most beautiful and awe-inspiring National Parks is brought to you with their creation, history and legacy. The stars of the show are Yellowstone, Yosemite and Crater Lake.

○792 | Mark Carlson,
 Historian & Author
 Mon, Mar 9, 1:00 – 3:00 | Free
 Rancho Bernardo Library





Personal Enrichment

MEDITATION: THE KEY TO IMPROVE YOUR LIFE

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. Each session will highlight a new method to release blocked energy that causes illness. Turn back the clock to vitality, vim and vigor. Let's reclaim our health and well-being and access the depth of healing within.

Melynnique Seabrook, MA

○800

Thu, Jan 16 – Thu, Feb 6, 2:00 – 3:00

Fee: \$32 | 4 Sessions

Escondido Senior Center

○801

Thu, Feb 20 – Thu, Mar 12, 2:00 – 3:00

Fee: \$32 | 4 Sessions

Escondido Senior Center

○802

Thu, Mar 26 – Thu, Apr 16, 2:00 – 3:00

Fee: \$32 | 4 Sessions

Escondido Senior Center

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. Chloe Edge is a book author who has been published multiple times.

Chloe Edge

○803

Fri, Jan 24 – Fri, Feb 28, 10:00 – 12:00

Fee: \$36 | 6 Sessions

Escondido Senior Center

○804

Fri, Mar 20 – Fri, Apr 24, 10:00 – 12:00

Fee: \$36 | 6 Sessions

Escondido Senior Center

COMMUNICATION THEORY

If you enjoy studying theories that can be used in your everyday life, than this 3-part Communication Theory class is for you. Communication Theory explores the scientific side of communication and the theories you will learn in this course can be put into practical use to better your relationships. In part 1, you will be exposed to several theories of communication, and learn ways in which each theory was hypothesized, tested, and brought to conclusion. In part 2, you will use Communication Theories to better understand the world in which you live and assess how your personal standpoint affects your communication. In part 3, you will create your own theory and gain insight into the creation of communication theory.

○805 | Heather Emerson,
MA Communications
Mon, Feb 3 – Mon, Feb 24, 10:00 – 11:15
Fee: \$20 | 3 Sessions | No Class 2/17
Escondido Senior Center

INTERPERSONAL COMMUNICATION

Have you ever wondered what your communication style is and how it affects your life? Join Heather Emerson M.S in Communications and an expert on Interpersonal Communication for a 3-part journey into communication and self-discovery. Throughout the course you will build skills that will help you learn to become a more effective communicator. In part 1 we will break down and categorize your communication style. In part 2 you will learn the benefits of interpersonal communication in specific situations. In part 3 we will explore how to use interpersonal communication to build, mend, and benefit relationships.

○806 | Heather Emerson,
MA Communications
Mon, Mar 2 – Mon, Mar 16, 10:00 – 11:15
Fee: \$20 | 3 Sessions
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, you will learn the manual alphabet, greetings, feelings of expression, and much more. Handouts included.

○807 | Sheri Lynn,
Sign language Instructor
Wed, Apr 1 – Wed, Apr 22, 1:00 – 2:15
Fee: \$40 | 4 Sessions
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.

○808 | Lt. Al Owens,
Escondido Police Dept.
Thu, Mar 5 – Thu, Mar 12, 10:00 – 11:30
Fee: \$10 | 2 Sessions
Escondido Senior Center

A HAWAIIAN EXPERIENCE

Come catch some of the flavor of Hawai'i as we learn how to pronounce its place names, practice some simple greetings and conversations in the language, sing a native song together, and take a look (in English) at the contrasting cultures of the Big Island and O'ahu. Come to all or a single session.

○809 | John L. Walker, PhD
Mon, Jan 13, 1:00 – 2:30 | Fee: \$10
Escondido Senior Center

A HAWAIIAN EXPERIENCE

Sample more of the flavor of our 50th state as we review the pronunciations of its place names, practice forming simple sentences in the language, sing another song, and look at the cultures of Maui and Kaua'i. Come to all or a single session.

○810 | John L. Walker, PhD
 Mon, Jan 27, 1:00 – 2:30 | Fee: \$10
 Escondido Senior Center

A HAWAIIAN EXPERIENCE

Join us for our last look at the Islands as we learn how to handle verbs in the language, practice one more song, and take cultural looks at Moloka'i, Lana'i, and the surprising Ni'ihau. Come to all or a single session.

○811 | John L. Walker, PhD
 Mon, Feb 3, 1:00 – 2:30 | Fee: \$10
 Escondido Senior Center

PATIO HORTICULTURE & SMALL CONTAINER GARDENING

Have fun learning to maximize your plant enjoyment in your own patio with a small, well-designed area. Learn easy horticultural practices, and how to grow and maintain vegetables, ornamentals, and specialty plants in small urban spaces. Demonstrations included.

○812 | Dennis Pilien, Master Gardener
 Tue, Jan 14, 1:00 – 3:00 | Fee: \$15
 Escondido Senior Center

CALIFORNIA NATIVE PLANTS

Home landscapes that require copious amounts of water simply aren't an option anymore. But that doesn't mean you have to settle for barren expanses of rock, mulch, or artificial turf. California native plants can create a lush, wildlife-friendly landscape that requires minimal irrigation once it's established. Learn which plants will work best in your yard, how to get them established, and how to keep them looking great all year long.

○813 | Lucy Warren, Master Gardener
 Wed, Feb 12, 10:00 – 11:00 | Fee: \$8
 Escondido Senior Center

GARDENING FOR AN AGING POPULATION

Learn practical methods for implementing Universal Design principles, choosing the right tools for the job, gardening with people with physical, developmental, or mental limitations, and making a difference in your community.

○814 | Stephen Cantu, UCCE Master Gardener
 Thu, Feb 20, 11:00 – 12:00 | Fee: \$7
 San Marcos Senior Center

GARDENING TOOLS & DESIGN

Learn about universal design principles, path of travel, know your materials, practical design, signage/symbols, and tools of the trade.

○815 | Stephen Cantu, UCCE Master Gardener
 Thu, Feb 20, 1:30 – 2:30 | Fee: \$7
 Escondido Senior Center

**INTERPRETING SYMBOLOGY
IN THE BIBLE**

Learn how to speak God’s Language. Symbols, pictures and signs as well as colors, numbers and animals all represent something. Join Linda for this fascinating look at what symbols are, how to read them and what they mean. We will also discuss the symbols of death.

○816 | Rev. Linda Glas
Tue, Jan 14, 2:00 – 4:00 | Fee: \$10
Escondido Senior Center

**GUARDIAN ANGELS: THEIR INFLUENCE
ON YOU & THE PLANET**

A metaphysical look at guardian angels: Who are they? What is their purpose? What is the message? Can I communicate with them? These Angels have an influence on you as well as our entire planet. These and other questions will be discussed in our interesting lecture.

○817 | Rev. Linda Glas
Tue, Feb 18, 2:00 – 4:00 | Fee: \$10
Escondido Senior Center

DEJA VU: A LOOK AT PAST LIVES

Have you ever wondered why you feel close to some people and not to others? Linda Glas returns to discuss past life experiences and how to read those experiences of yourself and others and how they form the lessons to be learned in this life.

○818 | Rev. Linda Glas
Tue, Mar 10, 2:00 – 4:00 | Fee: \$10
Escondido Senior Center

**AURA READING:
THE MEANING OF YOUR COLORS**

What is your aura and what does it mean? Understand how to see and read auras, what the colors mean, and how they reflect what we think and feel. Come learn to develop your clairvoyant and psychic sensibilities.

○819 | Rev. Linda Glas
Tue, Apr 14, 2:00 – 4:00 | Fee: \$10
Escondido Senior Center

PAST LIVES, KARMA & 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.

○820 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Fri, Jan 17, 10:00 – 12:00 | Fee: \$15
Escondido Senior Center

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

Join us for a fascinating lecture about our intuitive abilities and our chakras that lead us to creating relationships on a higher level long before we meet. In this workshop, based on Dr. Jelusich’s book, *I Can Relate*, you will learn about the chakra system and how consciousness flows through us, how we intuitively create relationships for our growth through our chakras, how to become more perceptive and aware in our relationships, and the key to a great relationship. Q&A during the lecture is encouraged.

○821 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Wed, Feb 19, 10:00 – 12:00 | Fee: \$15
Escondido Senior Center

THE BEGINNERS GUIDE TO CHAKRAS: TOOLS TO AWAKEN CONSCIOUSNESS

This is a great workshop for seekers who would like to expand their awareness of the chakras. Join us in a fun and informal setting where you can build a strong foundation of your spiritual understanding! Dr. J will present the basics on the chakras and the energy field, delightful and pleasant meditations to balance and focus the chakras and explanations of how the chakras affect the way we perceive reality. Questions are encouraged. Handouts will be available on beginning meditation practices and mantras.

○822 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Wed, Mar 18, 1:00 – 3:00 | Fee: \$15
Escondido Senior Center

DE-STRESSING TECHNIQUES: ACCESSING YOUR INTUITION

How do we access our spiritual nature and eliminate stress? How do we live our practical lives and engage faith as an inner exploration revealing our path, and awakening our spiritual understanding? Let's explore how trust and faith in intuition can show us a better way to 'be in the flow' in our lives. Let's awaken our Higher Sense Perceptions, develop intuition, trust what we feel, apply what we know, and acquire the tools and methods needed to access and dissolve the roots of stress.

○823 | Richard Jelusich, PhD,
Spiritual Counselor, Author & Professor
Fri, Apr 17, 1:00 – 3:00 | Fee: \$15
Escondido Senior 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

Technology

SHARING HOLIDAY MEMORIES WITH FAMILY AND FRIENDS

What to do with all those holiday photos and videos? You will 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.

○835 | Assoc. Prof. Debby Golden,
Author & Lecturer
Sat, Jan 25, 9:00 – 10:30 | Fee: \$15
Escondido Senior Center



PROTECTING YOUR INFORMATION: ONLINE BEST PRACTICES

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.

○836 | Assoc. Prof. Debby Golden,
Author & Lecturer
Wed, Jan 29, 1:00 – 2:00 | Fee: \$15
Escondido Senior Center

TECHNOLOGY ONE-ON-ONE CONSULTATIONS

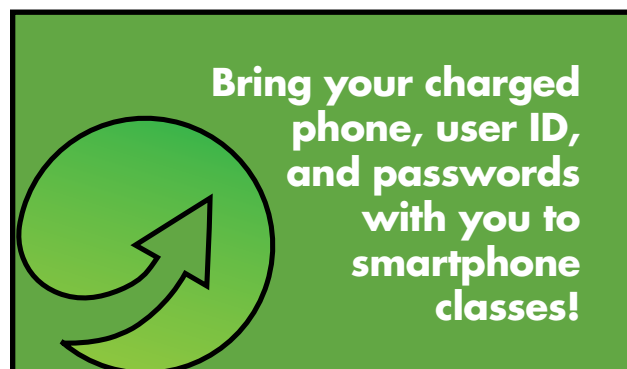
Did you get a new fitbit, iPad, smartphone, etc, over the holidays and need some individualized help? Make an appointment for a one-on-one technology consultation. Fifteen minute sessions run from 1:00 PM to 3:00 PM. Must call (760) 796-6020 to schedule your 15-minute consultation.

Assoc. Prof. Debby Golden,
Author & Lecturer

○837
Mon, Jan 13, 1:00 – 3:00 | Fee: \$20
Escondido Senior Center

○838
Mon, Jan 27, 1:00 – 3:00 | Fee: \$20
Escondido Senior Center

○839
Tue, Apr 7, 1:00 – 3:00 | Fee: \$20
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 much more. Due to hands-on training, seating is limited. Please note, some personal data will be gathered at the beginning of this class.

Sandra Johnson,
CA Telephone Outreach Specialist

○840

Tue, Jan 21, 10:00 – 12:00 | Free
Escondido Senior Center

○841

Tue, Feb 25, 10:00 – 12:00 | Free
Escondido Senior Center

○842

Tue, Mar 17, 10:00 – 12:00 | Free
Escondido Senior Center

○843

Tue, Apr 21, 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 much more. Due to hands-on training, seating is limited. Please note, some personal data will be gathered at the beginning of this class.

Sandra Johnson,
CA Telephone Outreach Specialist

○844

Tue, Jan 21, 1:00 – 3:00 | Free
Escondido Senior Center

○845

Tue, Feb 25, 1:00 – 3:00 | Free
Escondido Senior Center

○846

Tue, Mar 17, 1:00 – 3:00 | Free
Escondido Senior Center

○847

Tue, Apr 21, 1:00 – 3:00 | Free
Escondido Senior Center

CUTTING THE CORD

Learn how and why you'd want to say goodbye to cable and/or satellite! Professor G can show you how she cut the cord and is saving \$150 every month! Are you tired of paying a ridiculous amount of money for hundreds of channels you never watch? Why not just pay for what you want?! This informational workshop will show you what equipment you will need to buy and how quick you can start saving money. She even brings in a tv for a live demo. Bring any questions you have, and she'll try to answer them all.

Assoc. Prof. Debby Golden,
Author & Lecturer

○848

Sat, Jan 18, 9:00 – 10:30 | Fee: \$15
Escondido Senior Center



○849

Thu, Apr 9, 1:00 – 2:30 | Fee: \$15
Escondido Senior Center

BUYING & 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.

○**850** | Assoc. Prof. Debby Golden,
Author & Lecturer

Tue, Feb 4, 1:00 – 2:00 | Fee: \$15
Escondido Senior Center

BUYING & 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.

○**851** | Assoc. Prof. Debby Golden,
Author & Lecturer

Tue, Feb 11, 1:00 – 2:30 | Fee: \$15
Escondido Senior Center

WHAT'S A PODCAST:**WHAT IS EVERYONE LISTENING TO?**

Podcasts are today's audio entertainment. There are so many available, and they are all free. In this Tech Talk, Professor Golden will review different sources for podcasts, how to stream or download podcasts onto your device of choice and what some of the most popular podcasts are today.

Assoc. Prof. Debby Golden,
Author & Lecturer

○**852**

Wed, Jan 15, 1:00 – 2:30 | Fee: \$15
Escondido Senior Center

○**853**

Fri, Apr 17, 1:00 – 2:30 | Fee: \$15
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.

○**854** | Assoc. Prof. Debby Golden,
Author & Lecturer

Wed, Feb 5, 1:00 – 2:30 | Fee: \$15
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. Please bring your smart phone to the class, any passwords you might need, and make sure it's charged up.

○**855** | Assoc. Prof. Debby Golden,
Author & Lecturer

Thu, Feb 13, 1:00 – 2:30 | Fee: \$15
Escondido Senior Center

TRANSPORTATION OPTIONS:**SCOOTERS, LYFT, UBER AND MORE**

Want transportation options? Professor Golden will introduce you to scooter rentals, Lyft, Uber and medical transport. There's so much more than cars, taxis, buses, trolleys and trains available now. Whether you need a ride or you want to make some extra money – know your options!

○**856** | Assoc. Prof. Debby Golden,
Author & Lecturer

Tue, Apr 21, 1:00 – 2:00 | Fee: \$15
Escondido Senior Center



Theatre, Film & Music

GOLDEN GATES & MOSCOW NIGHTS

Golden Gates (dancers from St., Petersburg, Russia) and Moscow Nights (instrumental trio) offer audiences an entertaining and authentic introduction to Russian Folklore through music, song, stories, and dance. This will be an exhilarating and educational performance for audiences of all ages.

○ **865** | Hidden Valley
Community Concert Association
Sun, Jan 26, 2:00 – 3:30 | Fee: \$20
California Center for the Arts



CITY OF ANGELS SAXOPHONE QUARTET

Now 25 years strong, this quartet, a Southern California legacy, crafts audience-friendly and innovative programs while simultaneously showcasing the saxophone's rich history. Their musicality, artistry and technical mastery make this ensemble one of the best around.

○ **866** | Hidden Valley
Community Concert Association
Sun, Mar 1, 2:00 – 3:30 | Fee: \$20
California Center for the Arts



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 35 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 Spring session, January – April, so we would truly appreciate your help.

**Contact Amy O'Connor,
Office & Volunteer Manager
(619) 881-6262 | Amy@SanDiegoOasis.org**

Off-Site Adventures

TRADITIONAL AFTERNOON TEA TIME AT THE GRAND TEA ROOM

Enjoy afternoon High Tea and learn about the world of tea and the formal tea experience from Louisa Magoon, Certified Tea Specialist, who will be our hostess and presenter. While enjoying a five-course tea, you will learn about popular tea types and blends, the history and business of tea-time and famous tea venues. Our menu includes a selection of tea sandwiches, savories, seasonal fresh fruit, scone with cream, lemon curd and preserves, petite desserts, and freshly steeped tea.

○628 | Louisa Magoon,
Owner of The Tea Room
Thu, Feb 13, 1:30 – 3:00 | Fee: \$32
Off Site



TAYLOR GUITARS

Many of the world's greatest musicians in the world choose to play Taylor guitars made right here in our hometown! Taylors are known not just for their bright sound, but for their beautiful designs and variety of woods. Take a guided tour of their headquarters and see how a guitar is born!

○629 | Taylor Guitars
Wed, Feb 19, 10:00 – 11:30 | Free
Off Site

PALOMAR PLANETARIUM PALOMAR COLLEGE

In this marvelous, full-dome digital theater, you will go on an incredible astronomical journey. As you explore the cosmos, you will discover planets, stars, moons and so much more. After our 1hr show, there will be a Q&A session with Planetarium staff member.

○630 | Palomar Planetarium
Wed, Mar 4, 10:00 – 11:30 | Fee: \$15
Off Site

RANCHO BERNARDO'S HERITAGE: IT'S WINERY & PEOPLE

Join us at the historic Rancho Bernardo Winery village for two stimulating and informative talks, plus a visit to the winery grounds and village shops. We will first meet at the Rancho Bernardo History Museum for a presentation on the colorful history of Rancho Bernardo. After a short walk to the winery, we'll learn the history of California's oldest winery as well as the local wines from Ross Rizzo, Bernardo Winery President and Wine Maker. Check out the online description for more details.

○631 | Vincent Rossi and Ross Rizzo
Fri, Mar 6, 10:15 – 11:30 | Fee: \$10
Off Site

GO WILD: GUIDED NATURE WALK

This optional nature walk for those who attend Go Wild (Class 519) will take the lecture outdoors in order to observe the flora and fauna at the Kumeyaay Lake Campground with instructor Linda Hawley.

○632 | Linda Hawley, Ed.M.,
Teacher & Author
Mon, Mar 9, 12:00 – 1:00 | Free
Off Site

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 set in a dramatic location, all of which is intended to inspire creativity among its researchers. Architecture critics refer to the Institute as one of the world's boldest structures. A docent will lead us in touring this designated historical site.

○633 | Salk Institute Docent
Wed, Mar 11, 10:00 – 11:30 | Fee: \$20
Off Site



MARINE CORPS COMMAND MUSEUM

The MCRD Museum features the history of the Marine Corps in the 20th and 21st centuries. A highlight of the museum is a history of the Marines in Southern California. There are six major galleries and seven smaller exhibits as well as a gift shop. The MCRD Museum also maintains a reference center that includes archives and a research library.

○634 | Marine Corps Command Museum
Tue, Mar 24, 10:00 – 11:30 | Free
Off Site

OLAF WIEGHORST: THE DEAN OF WESTERN ART

Join us on a tour of the house, gardens, and museum dedicated to the preservation and appreciation of the art and heritage of the American West. Olaf Wieghorst was a notable painter of the American West. He was even a close friend of John Wayne and appeared in two of his movies. The museum's offerings explore the art, culture and ethics of the builders of the American west -the cowboys, the American Indians, the cavalry, the mountain men and the pioneers. A portion of the class fees will be donated to museum.

○635 | Dan Conaway,
Olaf Wieghorst Museum Board Member
Tue, Apr 7, 10:00 – 11:15 | Fee: \$8
Off Site

HERITAGE OF THE AMERICAS MUSEUM

The newly renovated wings of this fascinating museum will take us on a journey through time. The Natural Wing houses collections of meteorites, gems and minerals from all over the world. The Archaeology Wing houses an amazing collection of pre-Columbian artifacts from throughout the Americas. The Anthropology Wing showcases two centuries of artifacts that date from the arrival of the Europeans. The biggest surprise is the Art Wing where you will find a collection of more recent Western art, much of it the work of noted artists.

○636 | Heritage of the Americas
Museum Docent
Tue, Apr 14, 10:00 – 11:15 | Fee: \$5
Off Site



SILVERWOOD WILDLIFE SANCTUARY

Capture the revitalizing spirit of spring with this outdoor adventure through the Silverwood Wildlife Sanctuary! Surrounded by blooming floral and foliage, Silverwood Wildlife Sanctuary attracts a large variety of birds, butterflies, deer and other wildlife. On our private, docent-led tour we'll be led through the sanctuary on their "family-friendly" path with a stop at their observation area for an opportunity to birdwatch. A portion of the class fee will be donated to the Sanctuary.

○637 | Silverwood Wildlife Sanctuary
Thu, Apr 16, 9:30 – 10:30 | Fee: \$8
Off Site

MYRTLE CREEK BOTANICAL GARDENS & NURSERY

From the moment you step on the grounds of Myrtle Creek Botanical Gardens & Nursery for your tour, you will encounter a garden experience like no other. Under the shade of the live oaks, you will wander the splendid displays of flowers, plants, gardens, and varieties of blooming color, shrubbery and trees. Tour the Wild Bird Sanctuary, Butterfly Gardens and historic Fallbrook Barn area. Afterwards, browse the Farmhouse Gift Shop or relax on the patio of Café Bloom, home to the award-winning Myrtle Berry Pie!

○638 | Torie Russell,
Myrtle Creek Botanical Gardens
Thu, Apr 23, 11:00 – 12:00 | Fee: \$8
Off Site

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

Visit the Getty Villa Museum in Malibu - a gorgeous estate perched on a hilltop overlooking the ocean 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.

February 22 | April 18 | June 20
Fare: \$99

J. PAUL GETTY CENTER MUSEUM IN BRENTWOOD

Situated on 110 acres in the Santa Monica Mountains, the fabulous Getty Center museum houses rotating exhibitions in addition to expanding permanent collections of pre-20th century European paintings, drawings, illuminated manuscripts, sculptures, and decorative arts, as well as 19th and 20th century American and European photographs. Immaculate gardens and terraces throughout provide sweeping views of downtown L.A., the Santa Monica mountains and the ocean. Even if you've visited before, come back to explore the new exhibitions along with timeless masterpieces at this cultural treasure!

January 18 | March 21 | May 23
Fare: \$99

HAMILTON THE MUSICAL AT PANTAGES THEATRE IN HOLLYWOOD

See the smash hit Broadway musical biography of Alexander Hamilton that has received worldwide critical acclaim and set unprecedented Broadway box office sales. From bastard orphan to George Washington's right hand man, rebel to war hero and Treasury head who made an untrusting world believe in the American economy, Hamilton is an exploration of a political mastermind and revolutionary tale of America's fiery past told through the sounds of the ever-changing nation we've become.

**June 13 | July 11 | July 25 | August 8
September 5 | September 12 | September 19**
Fare: \$225

THE MANOR: GREYSTONE MANSION MURDER MYSTERY PERFORMANCE

The Greystone Mansion is a mysterious Beverly Hills treasure that is normally closed to the public; however, each year the doors of this magnificent Tudor-style mansion are opened to host a theatrical event unlike any other. *The Manor: Murder and Madness at Greystone* is an interactive play inspired by the turbulent story of the Doheny family and the sensational events that took place inside the Greystone Mansion in 1929. During the performance, you'll move from room to room, guided by the servants, as the story unfolds within the mansion walls.

February 9 | February 23
Fare: \$155



EGYPT'S LOST CITIES: SPECIAL EXHIBITION AT REAGAN PRESIDENTIAL LIBRARY

Travel to the Reagan Library in Simi Valley and experience the fascinating special exhibition Egypt's Lost Cities, featuring hundreds of authentic artifacts recovered from two lost Egyptian cities buried beneath the Mediterranean Sea for over 1,000 years. While at the Library, you'll also have an opportunity to view the museum's permanent installations, including a full-scale replica of the Oval Office decorated as it was during Reagan's presidency. You'll also walk through Reagan's presidential jet and enjoy a catered luncheon beneath the wings of Air Force One.

January 25 | February 15 | March 7
Fare: \$145



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. You'll enjoy wine tastings at two delightfully different 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 the larger winery, L.A. Cetto, you'll 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.

February 22 | March 28 | April 25 | May 30
Fare: \$139

PAGEANT OF OUR LORD LIVING ART SHOW IN ROLLING HILLS

Modeled after the world-renowned Pageant of the Masters in Laguna Beach, this theatrical masterpiece features life-size paintings and sculptures on stage – utilizing live models within the art – to depict the biblical history of the Old and New Testaments, as told through great works of classical art. Presented at Easter time for the past 35 years by the Rolling Hills Covenant Church, this 2-hour performance is accompanied by original narration along with an 80-voice choir and a full live orchestra. Fare includes lunch at Souplantation.

March 21 | March 28 | April 4

Fare: \$135



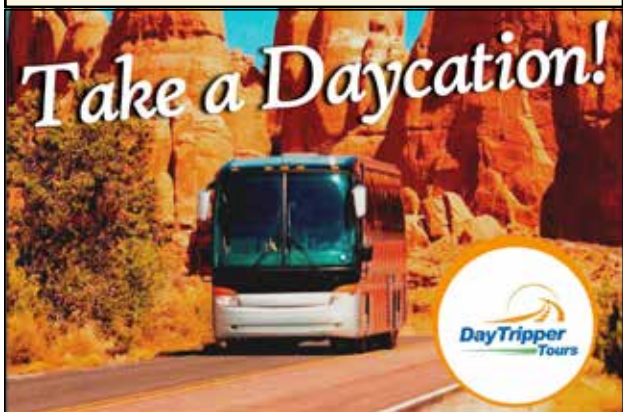
BORREGO SPRINGTIME WILDFLOWERS & DESERT SCULPTURES

Embark on a day trip that takes you from the refreshing mountain forests of Julian to the colorful wildflower blossoms and incredible giant metal sculptures on the low desert floor of Borrego Springs. After a stop in Julian, where you'll have time on your own for lunch, shopping and a slice of famous Julian apple pie, we descend into Borrego Springs to seek out the most colorful wildflower blossoms and visit some of artist Ricardo Breceda's fascinating giant metal sculptures of prehistoric creatures. We'll also stop at the Borrego Springs Visitor Center and Museum.

March 5 | March 19

Fare: \$119

Deluxe motor coach tours departing weekly from San Diego



- Getty Villa Museum & Getty Center
- Garden & Architecture Tours
- Broadway Musicals in L.A.
- L.A. Museums & Festivals
- Multi-day excursions
- Dozens more!

(619) 334-3394
DayTripper.com

Travel!

Please visit SanDiegoOasis.org and click on Travel Opportunities to see full travel flyers detailing inclusions, itinerary and highlights.

EXTENDED TRAVEL



MEXICO SPA TRIP

Imagine yourself enjoying eight days of magic pampering with health and beauty treatments in the majestic Sierra Madre Mountains at Ixtapan de La Sal, Mexico! The trip includes airfare, ground transport, seven-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 are offered as well as yoga, aerobics, Pilates, Zumba and aquatics classes.

○800 | Sandra Lawhon
Sun, Feb 16 – Sun, Feb 23
\$2,575 PP Double Occupancy
\$2,873 Single Occupancy
Airfare Included

THE BEST OF TEXAS

Three exciting robust and different cities will be featured on this 8 day tour. Houston, modern and progressive will be our first destination, complete with a visit to the Nasa Space Center. Austin, fast replacing Nashville as a musical wonder comes next. San Antonio, incredibly scenic and historic will be our final city, with a River Walk Cruise, the Alamo, the San Antonio Mission and its renown annual Fiesta Arts Fair. Among other highlights are a visit to the Fredericksburg German Village and the National Museum of the Pacific.

○801 | Friendly Excursions
Sun, Apr 12 – Sun, Apr 19
\$2,999 PP Double Occupancy
\$3,599 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!

○802 | AFC Vacations
Thu, Apr 23 – Mon, Apr 27
\$1,999 PP Double Occupancy
\$2,579 Single Occupancy
Airfare Included

AFC MYSTERY FUN VACATION

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 Deb Howard guarantees that this will be a trip to remember. No passport required for this incredible mystery experience.

○803 | AFC Vacations
Sun, May 17 – Thu, May 21
\$1,649 PP Double Occupancy
\$1,959 Single Occupancy
Airfare Included



SEDONA & GRAND CANYON

On this tour we start with two nights in breathtaking Sedona, experiencing the world famous red rock formations and vortexes, browsing in Uptown and seeing Oak Creek Canyon with a side trip to the quirky old mining town of Jerome. Then it's off to the Grand Canyon Railway Hotel for two nights. Boarding the Grand Canyon Railroad train enjoy the leisurely ride to the Grand Canyon. You'll get a narrated bus tour of the Canyon's highlights before returning back on the train. Route 66 highlights finish this tour off with flair.

○804 | Friendly Excursions
Sun, May 17 – Thu, May 21
\$1,499 PP Double Occupancy
\$2,099 Single Occupancy
Deluxe Motorcoach

YOSEMITE

Designated a World Heritage Site in 1984, Yosemite is known for its granite cliffs, waterfalls, clear streams, giant sequoia groves and biological diversity. This trip will feature a 2-hour narrated Yosemite Valley tram tour and ride the hop on/hop off park shuttle to see spectacular vistas of your choice. You'll also enjoy two nights at the Chuckchansi Gold Resort Casino so bring your good luck charms for the casino games and slots. Heading home, you'll board the Amtrak from Fresno to Bakersfield and a motor coach for the remainder of the journey.

○805 | Friendly Excursions
Wed, Jun 10 – Fri, Jun 12
\$659 PP Double Occupancy
\$799 Single Occupancy
Deluxe Motorcoach



CANADIAN ROCKIES & GLACIER NATIONAL PARK

Enjoy the scenic beauty of the Canadian Rockies and Glacier National Park, "The Crown Jewel of the Continent." Travel in a 1930's Red Jammer Touring car over the "Going-to-the Sun" highway crossing the Continental Divide at an elevation of 6,680 ft. with views of the Weeping Wall and Birdwoman Falls. Return to the Canadian Rockies and Kootenay National Park to travel on one of the most scenic highways of the world, Icefields Parkway home to 2 of the "crown jewels of the Canadian Rockies"- Moraine Lake and Lake Louise.

○806 | Premier World Discovery
Wed, Jul 15 – Tue, Jul 21
\$3,495 PP Double Occupancy
\$3,595 Single Occupancy
Airfare Included

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NASHVILLE, SMOKY MOUNTAINS & BLUEGRASS

Enjoy the Bluegrass Region of Nashville and the Smoky Mountains on this eight day vacation. In Louisville, visit Churchill Downs, the Louisville Slugger Museum and plant and the Evan Williams Bourbon Experience. In Lexington, KY, "The Horse Capital of the World," we'll visit the Kentucky Horse Park. Asheville, NC is the next stop for a tour of the Biltmore Estates and finally Nashville, TN, home of the Grand Ole Opry, Country Music Hall of Fame and The Hermitage-home of Andrew Jackson.

○**807** | Premier World Discovery
Wed, Sept 30 – Wed, Oct 7
\$3,245 PP Double Occupancy
\$3,345 Single Occupancy
Airfare Included

COASTAL NEW ENGLAND

Celebrate the 400th anniversary of the Pilgrim's landing in Plymouth on this eight-day tour! We'll take a ferry ride and enjoy a tour of Martha's Vineyard, one of New England's most charming settings. We'll also experience a guided tour of Boston, with its colonial and revolution-era history. We'll commemorate the anniversary with a visit to Plymouth Plantation and board the Mayflower II. A visit to Mystic Seaport, the largest maritime museum in America is sure to be a highlight!

○**808** | Meridian Guided Travel
Tue, Oct 20 – Tue, Oct 27
\$3,149 PP Double Occupancy
\$3,949 Single Supplement
Airfare Included



SMOKY MOUNTAIN CHRISTMAS

Experience the holiday season in the heart of the Smokies on this six-day tour! We'll visit the famed Biltmore Estate on a special evening tour and see the famed mansion's lavish holiday decorations accompanied by live choirs and musicians. We'll experience Dollywood's Smoky Mountain Christmas event with thousands of lights and several seasonal shows. The tour also includes the Billy Graham Library, Dolly Parton's Stampede Holiday Dinner Show, the National Gingerbread House Competition and many more seasonal highlights!

○**809** | Meridian Guided Travel
Sun, Dec 6 – Fri, Dec 11
\$2,399 PP Double Occupancy
\$2,999 Single Supplement
Airfare Included

SAN ANTONIO HOLIDAY

Pack up and get ready for a four night, old-Spanish flavor holiday adventure. This trip Includes a visit to the San Jose Mission, the "Queen of the Missions," restored in the 1930's, El Mercado Marketplace, and a visit to the Alamo, as well as a River Walk cruise. Among the highlights, you'll tour the LBJ Ranch and Fredericksburg, an old world German settlement in the Hill Country. Finish with a dinner near the Fiesta de las Luminarias where thousands of candles illuminate the famous River Walk.

○**810** | Premier World Discovery
Wed, Dec 9 – Sun, Dec 13
\$2,075 PP Double Occupancy
\$2,175 Single Occupancy
Airfare Included

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National News

The Oasis Institute • Spring 2020



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Are you safe online? Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



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Are you a caregiver? Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.



Find out more by contacting Sara Paige at spaige@oasisnet.org or 314.862.2933, ext. 245.



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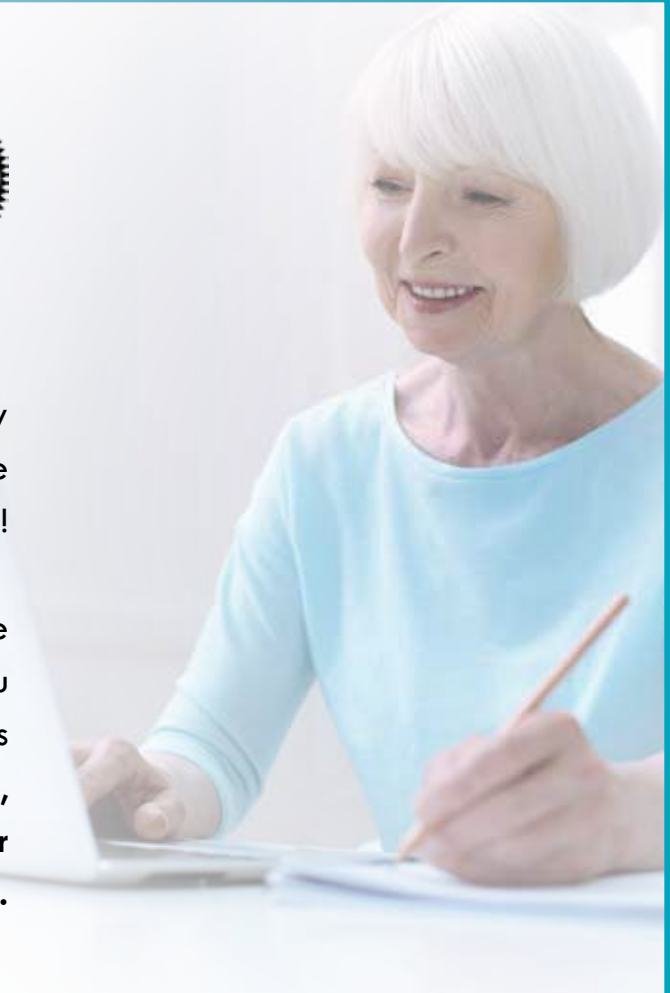
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Saturday, January 18 | 10:00 AM

Class #626

Premier World Discovery

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Class #627



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