



We're changing the way people think about aging

Upcoming Classes

AUGUST 10 – AUGUST 15

MONDAY, AUGUST 10

- Class #421 | Essentrics, Classical Stretch | 9:30
- Class #565 | Census 101
- Class #487 | Zumba Gold | 12:00
- Class #486 | Tai Chi Chuan: Intermediate | 1:30
- Class #504 | Zumba with Lynn for Boomers | 6:00

TUESDAY, AUGUST 11

- Class #464 | Spiritual but not Religious | 10:00
- Class #500 | Richard Diebenkorn | 10:00
- Class #483 | Oriental Brush Art with Chinese Ink | 1:00
- Class #516 | Art & Revolution: How The Mexican Revolution Changed Latin American Art | 1:00
- Class #475 | Conversational Spanish | 1:30

WEDNESDAY, AUGUST 12

- Class #458 | A 1-Page Financial Guide to Death and Dying | 10:00
- Class #492 | An Important Conversation: Understanding Police Reform | 10:00
- Class #487 | Zumba Gold | 12:00
- Class #496 | Slow Jam: Love and Life in American Folk Music | 1:30
- Class #504 | Zumba with Lynn for Boomers | 6:00

THURSDAY, AUGUST 13

- Class #422 | Progressive Strength, Balance and Flexibility Training | 10:00
- Class #500 | Richard Diebenkorn | 10:00
- Class #476 | Wisdom to Live the Life You Crave | 10:00
- Class #441 | The Ancient Minoan-Kaptarans | 10:00
- Class #489 | Meditation for Stress Relief | 1:00
- Class #517 | Woody's Children: Songwriting and Social Justice | 1:00
- Class #43 | FREE | Grandparents Grieving Group | 2:00



**OVER
80
NEW CLASSES HAVE
BEEN ADDED!
CHECK WEBSITE FOR
A FULL LISTING.**

DID YOU KNOW?

When you register for a class, Zoom meeting information is automatically included in your MyOasis account and accessible anytime.

Visit our Zoom resource page on the website for a step-by-step video or download an instruction sheet.

FRIDAY, AUGUST 14

Class #460 | Friday Reflections with Peter Bolland | 10:00
Class #471 | Intermediate Spanish | 11:00
Class #499 | Speaking of Science | Cancer and Covid-19 | 11:00
Class # 53 | Summer Author Series: Randy Kay | 11:00
Class #472 | Advanced Spanish | 1:00
Class #520 | The Oasis "Whodunit" Book Club | 1:00
Class #497 | Music from the Wild West | 7:00

SATURDAY, AUGUST 15

Class #473 | Beginning Spanish I | 11:00
Class #474 | Beginning Spanish II | 1:00

AUGUST 17 – AUGUST 22

MONDAY, AUGUST 17

Class #421 | Essentrics, Classical Stretch | 9:30
Class #485 | Watercolor Hangout with Eddie Omens | 10:00
Class #488 | Zumba Gold | 12:00
Class #486 | Tai Chi Chuan: Intermediate | 1:30
Class #505 | Zumba with Lynn for Boomers 6:00

TUESDAY, AUGUST 18

Class #464 | Letter From Birmingham Jail | 10:00
Class #483 | Oriental Brush Art with Chinese Ink | 1:00
Class #521 | Get Smart with Alexa | 1:00
Class #475 | Conversational Spanish | 1:30

**DON'T LET
TECHNOLOGY
ISSUES KEEP YOU
FROM ENJOYING
OUR ONLINE
CLASSES!**

We can help!
Just click the "New
to Zoom" box on our
website to learn how
you can get assistance.



*Invite your friends
and family to join you
at Oasis Online!
Our virtual classes
can be accessed from
around the globe.*

Have you Opted In?

We need your permission to send you our weekly eblasts (our best way of communicating with you!). Look for the Opt-In logo when you sign into your MyOasis Account. Just a couple clicks, and you're all set!



Check our website for the
most up-to-date offerings.
We are regularly adding new
classes for your enjoyment!
SanDiegoOasis.org

WEDNESDAY, AUGUST 19

Class #525 | Virtual Assistants | 10:00

Class #488 | Zumba Gold | 12:00

Class #518 | The Untold Story of How America Built a Million Man Army before Pearl Harbor | 1:00

Class #528 | YouTube for Newbies I | 1:00

Class #496 | Slow Jam: Love and Life in American Folk Music | 1:30

Class #505 | Zumba with Lynn for Boomers | 6:00

THURSDAY, AUGUST 20

Class #441 | The Ancient Minoan-Kaptarans | 10:00

Class #489 | Meditation for Stress Relief | 1:00

Class #43 | FREE | Grandparents Grieving Group | 2:00

FRIDAY, AUGUST 21

Class #462 | Friday Reflections with Peter Bolland | 10:00

Class #471 | Intermediate Spanish | 11:00

Class #529 | Instagram for Newbies | 1:00

Class #472 | Advanced Spanish | 1:00

SATURDAY, AUGUST 22

Class #473 | Beginning Spanish I | 11:00

Class #474 | Beginning Spanish II | 1:00



QUESTIONS?

Call:

(619) 881-6262

Email:

info@sandiegooasis.org



Join us for these upcoming Webinars:
Racism: Continue the Conversation

An Important Conversation: Understanding Police Reform

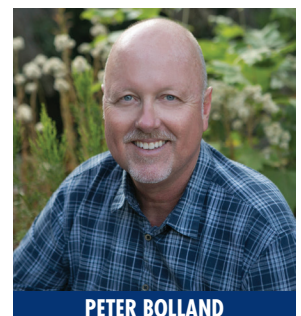
Class #492 | Wednesday, August 12 | 10:00 AM

Join two experts to understand the complexity surrounding police reform conversations. Shelley Zimmerman was the first woman to ever serve as SDPD Chief of Police and her tenure of 35 years set a service record for sworn female officers. She graduated the FBI National Academy #241. Marisa T. Darden is a principal at Squire Patton Boggs LLP. She is a former assistant U.S. attorney for the Northern District of Ohio and an assistant district attorney in the New York County District Attorney's Office.

Unpacking Racism Through Dialogue: The Antiracism Project in Black and White

Class # 465 | Tuesday, August 25 | 10:00 AM

Hospitality executive Charles Jarvis joins Professor Peter Bolland for an open-minded, open-hearted dialogue on the state of racism in America today. Through personal stories, experiences, empathy, history, and humor, Jarvis and Bolland will draw out what's working and what's not working as they try to shine a light on the way forward. Join us for this important opportunity to be a part of understanding and deflating racism in real and meaningful ways.



OASIS EVERYWHERE

(www.oasiseverywhere.org)

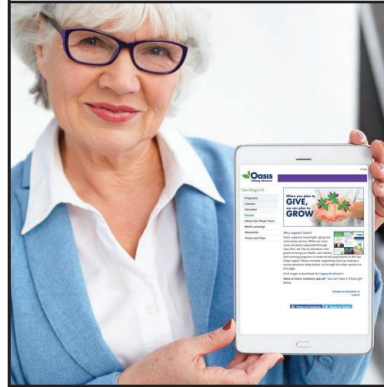


Oasis Everywhere offers live online courses led by top instructors from across the country,

making it possible for anyone in the world to participate in courses exclusively curated by Oasis Centers, regardless of geographic location, mobility or travel constraints.

Oasis Everywhere features a listing of classes that are entirely web-based but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer. It also has a dedicated registration system exclusively for Oasis Everywhere courses. If you have an account with Oasis, you can login and register using the same account. Classes are conducted live using Zoom video. Classes are accessed through a safe link emailed to you from Oasis 24–48 hours before the start of your class.

DON'T HAVE A DEVICE?



Would you like to join us online, but don't have a computer or tablet to do so?

San Diego Oasis, with the help of one of our community partners, is working to help older adults stay connected,

overcoming isolation barriers due to the current global health pandemic. We may have a select number of devices that are available to distribute to people with limited financial resources. Must be a San Diego Oasis Member to be eligible.

Simply email Amy at Amy@SanDiegoOasis.org or call her at (619) 881-6262 and she will provide you with a link.

SUPPORT OASIS WHEN YOU SHOP ON AMAZONSMILE

You can support San Diego Oasis when shopping on Amazon?

Shop at **AmazonSmile** and San Diego Oasis will receive a percentage of the value of your order. It's a quick and easy way to support our program. You can set up Oasis as your recipient EVERY time you shop on Amazon.

Please visit our **Amazon Wishlist** to purchase a book for a student in need or email Kristen at Kristen@SanDiegoOasis.org for more information on how you can sponsor an entire school or lunch giveaway site.

Thanks, and happy shopping!
www.smile.amazon.com/ch/30-0403895



VISIT OUR ZOOM RESOURCE PAGE FOR ALL THINGS ZOOM

san-diego.oasisnet.org/blog/2020/04/29/zoom-video

San Diego Oasis Lifelong Adventure

Home / San Diego, Zoom / Zoom Resources

Zoom Resources

- How to download the Zoom app on your devices
- Zoom Access
- Do's and Don'ts
- Request Tech Support for Zoom
- How to locate your Zoom meeting info
- Zoom Video Access Step-by-Step
- No Device? Fill out our Questionnaire
- Zoom Resources and Etiquette Guidelines
- Review Newsletters for more Zoom Video info

Zoom Access Step-by-Step

You can find your Zoom login information anytime from your MyOasis Account. [Download here.](#)

No Device? Fill out our Questionnaire

Would you love to learn online but don't have a device? Answer a few quick questions.

Request Tech Support for Zoom

Don't let frustration stop you from learning online. [Help is just a click away!](#)

New to Zoom and Online Etiquette

Click here for quick Zoom resources and etiquette guidelines for online meetings. [Read more.](#)

Review Newsletters for more Zoom info

Our newsletters have a wealth of information about transitioning to online. [Browse now.](#)