Upcoming Classes

San Diego Oasis
ONLINE
SanDiegoOasis.org

We’re changing the way people think about aging

REGISTRATION IS NOW OPEN!

SEPTEMBER 21 - SEPTEMBER 26

MONDAY, SEPTEMBER 21
539 | Essentrics | 10:00
597 | Collecting Shakespeare | 10:00
606 | Genghis Khan: The Man Who Conquered Eurasia | 10:00
535 | Zumba Gold | 12:00
694 | Estate Planning and Philanthropy During the Pandemic | 1:00
699 | Poetry through Zoom | 1:00
530 | Tai Chi Chuan: Intermediate | 1:30

TUESDAY, SEPTEMBER 22
513 | Marcus Aurelius: The Wisdom of Stoicism | 10:00
503 | Women Artists | 10:00
607 | The Case for Reparations | 10:00
706 | Intermediate Spanish I | 10:00
538 | Soul Line Dancing | 10:30
556 | World War II in the Pacific | 1:00
622 | Excel - Beginning | 1:00
546 | Conversational Spanish | 1:30

WEDNESDAY, SEPTEMBER 23
655 | Oriental Brush Art with Chinese Ink and Watercolor | 10:00
670 | Beginning Line Dancing | 10:00
637 | Manifesting Your Dreams | 10:00
41 | Grief Support | 10:30

San Diego Oasis is excited to host its first ever online Technology Fair October 20 – 23

Previous years have taken place on a single day. This year, we are spreading our themed Tech Talks over four power-packed days. This means you will be able to participate in every session presented by knowledgeable speakers that address a wide variety of technology-related topics.

While we always prefer to see our members in person, the virtual platform also has its perks. Flexibility of scheduling, ease of moving from one session to the next, no searching for a parking place, and much more!

Visit the home page of our website for a direct link to the Tech Fair website.

SanDiegoOasis.org
Certified Senior Advisors Julie Derry and Kie Copenhaver are keeping their finger on the pulse of what’s happening for our aging population during this time of rapid change and uncertainty.

They are tracking everything from the weekly rate of Covid-19 infection in Skilled Nursing Facilities to which Assisted Living and Memory Care homes and communities have active cases of the virus.

Join us for our upcoming class:

**Being Certain in Times of Uncertainty:**

*Understanding Assisted Living, Memory Care and In-Home Care options during COVID*

October 6th at 10:00 am

Kie Copenhaver RHIA, CSA, RCFE

Julie Derry MBA, CSA

Expertise you can trust.
TUESDAY, SEPTEMBER 29

665 | Ballot Initiatives Pros and Cons (Jeanne Brown) | 10:00
671 | Let’s Talk Africa | 10:00
672 | Rendezvous with Books | 10:00
706 | Intermediate Spanish I | 10:00
732 | History Cafe: Diversity in the American Colonial Era | 12:00
556 | World War II in the Pacific | 1:00
583 | Map-Making: The History of Cartography | 1:00
623 | Excel - Intermediate | 1:00
546 | Conversational Spanish | 1:30

WEDNESDAY, SEPTEMBER 30

655 | Oriental Brush Art with Chinese Ink and Watercolor | 10:00
627 | Investing 101 | 10:00
670 | Beginning Line Dancing | 10:00
653 | Muscle Testing Made Easy | 10:00
667 | Blooming Cartooning | 10:00
41 | Grief Support | 10:30
535 | Zumba Gold | 12:00
554 | Photography with Sally Long | 1:00
629 | Sharp Health | 1:00
574 | Being a Kid in the Stone Age | 1:00
646 | Slow Jam | 1:30
690 | Zumba with Lynn for Boomers | 5:00

THURSDAY, OCTOBER 1

527 | The Ins and Outs of Google | 10:00
533 | Progressive Strength | 10:00
705 | SDG&E Electric Pricing Plans, Tools, Tips and Programs | 10:00
556 | World War II in the Pacific | 1:00
540 | Meditation for Stress Relief in Uncertain Times | 1:00
721 | Cox Presents: Digital Security | 1:00
43 | FREE | Grandparents Grieving Group | 2:00
35 | Oasis Happy Hour | 4:00

FRIDAY, OCTOBER 2

674 | Friday Reflections | 10:00
589 | How To Think About “Weird Things” | 11:00
542 | Intermediate Spanish | 11:00
543 | Advanced Spanish | 1:00
520 | The Oasis “Whodunit” Book Club | 1:00

SATURDAY, OCTOBER 3

692 | Zumba with Lynn for Boomers | 9:00
544 | Beginning Spanish I | 11:00
545 | Beginning Spanish II | 1:00

Has learning Spanish been on your to-do list? We have Spanish classes for all levels!

• Beginning Spanish I
• Beginning Spanish II
• Intermediate Spanish
• Intermediate Spanish I
• Advanced Spanish
• Conversational Spanish

Sign Up Today!

Where is my Zoom Info?
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 instruction sheet.
Experience exceptional senior living in beautiful La Mesa, California! Set on a property of magnificent shade trees and meticulously landscaped courtyards, The Montera offers both Independent and Assisted Living options for those ready to embrace maintenance-free living. Enjoy access to a wealth of resort-inspired amenities—including a swimming pool, in-house beauty salon, MBK Fit wellness programming, our signature MBK Cuisine dining and more. At The Montera, you’ll discover a lifestyle of choices, a caring community and the true meaning of living well.

Call (619) 464-6801 today to schedule a tour.

5740 Lake Murray Blvd., La Mesa, CA 91942
Independent Living, Assisted Living and Memory Care