



# Upcoming Classes

San Diego  
**Oasis**  
ONLINE  
SanDiegoOasis.org

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



**20 | GET CONNECTED:**  
**20 | TECHNOLOGY FAIR** FOR ADULTS 50+  
OCTOBER 20 - 23 | TUESDAY - FRIDAY

**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**

## ***The Aging Population and COVID – What’s Going On “Out There”?***

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 6<sup>th</sup> at 10:00 am

**Care**  **Patrol**  
Safer Senior Living. Your Goal, Our Mission.



Kie Copenhaver RHIA, CSA, RCFE



Julie Derry MBA, CSA

***Expertise you can trust.***

- 10 | 2020 Mayoral Town Hall | 11:00
- 535 | Zumba Gold | 12:00
- 553 | Photography with Sally Long | 1:00
- 630 | The Seven Wonders of the Ancient World | 1:00
- 563 | Dark Personalities: Tetrad of Disagreeable People | 1:00
- 631 | Palomar: Bridge to the Stars | 1:00
- 646 | Slow Jam | 1:30
- 690 | Zumba with Lynn for Boomers | 5:00

## **THURSDAY, SEPTEMBER 24**

- 503 | Women Artists | 10:00
- 527 | The Ins and Outs of Google | 10:00
- 532 | Progressive Strength | 10:00
- 619 | The Mysterious Hyksos of Ancient Egypt | 10:00
- 689 | Better Balance: Free From Falls | 10:00
- 540 | Meditation for Stress Relief | 1:00
- 556 | World War II in the Pacific | 1:00
- 578 | Fix Your Sluggish Thyroid | 1:00
- 591 | Relationships: Better with Age? | 1:00
- 43 | FREE | Grandparents Grieving Group | 2:00

## **FRIDAY, SEPTEMBER 25**

- 511 | Friday Reflections with Peter Bolland | 10:00
- 559 | Current Events | 11:00
- 616 | Past Lives, Karma, and Reincarnation | 11:00
- 542 | Intermediate Spanish | 11:00
- 543 | Advanced Spanish | 1:00
- 639 | Hearables for All | 1:00
- 100 | Managing the Risk of Falling as We Age | 1:00
- 520 | The Oasis “Whodunit” Book Club | 1:00
- 648 | The Blues | 7:00

## **SATURDAY, SEPTEMBER 26**

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

## **SEPTEMBER 28 - OCTOBER 3**

## **MONDAY, SEPTEMBER 28**

- 539 | Essentrics | 10:00
- 549 | Watercolor Hangout with Eddie Omens | 10:00
- 599 | Jules Verne | 10:00
- 535 | Zumba Gold | 12:00
- 585 | Looking at Sculpture | 1:00
- 699 | Poetry through Zoom | 1:00
- 700 | Cox Presents: Alexa, Who is She? | 1:00
- 530 | Tai Chi Chuan: Intermediate | 1:30

## 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

## QUESTIONS?

(619) 881-6262

[info@sandiegooasis.org](mailto:info@sandiegooasis.org)

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

[SanDiegoOasis.org](http://SanDiegoOasis.org)

## 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.



Sponsored by



# 2020 MAYORAL TOWN HALL

Wednesday, September 23  
11:00 – 12:00 | Online



## DON'T MISS THIS EVENT!

In a rare, virtual, interactive dialogue that will be moderated by **Lindsey Pena** of ABC10, San Diego Mayoral Candidates **Barbara Bry** and **Todd Gloria** join us to talk about the issues that matter to seniors. With the election just weeks away, come learn more about these candidates.

Moderated by



**TODD GLORIA**  
California State Assembly



**BARBARA BRY**  
Councilmember



**LINDSEY PENA**  
ABC10 Reporter/Anchor

## REGISTER TODAY

Visit [SanDiegoOasis.org](https://SanDiegoOasis.org) and click on **Classes**, then search for **Town Hall**.

## QUESTIONS?

(619) 881-6262

[Info@SanDiegoOasis.org](mailto:Info@SanDiegoOasis.org)



# Discover

## A LIFESTYLE OF CHOICES

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.

Lic. #374604083

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

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



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