



Upcoming Classes



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!**

Please check the website for the most up-to-date information as times and dates are subject to change.

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
- 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

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:

COVID by the Numbers:

CA State Department of Public Health Statistics

October 6th at 10 am



Kie Copenhaver RHIA, CSA, RCFE



Julie Derry MBA, CSA

Have questions? Call us today.

619.378.6895

- 670 | Beginning Line Dancing | 10:00
- 653 | Muscle Testing Made Easy | 10:00
- 667 | Blooming Cartooning | 10:00
- 42 | 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 | 10:00
- 556 | World War II in the Pacific | 1:00
- 540 | Meditation for Stress Relief | 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

OCTOBER 5 - OCTOBER 10

MONDAY, OCTOBER 5

- 550 | Watercolor Hangout with Eddie Omens | 10:00
- 595 | Joan of Arc | 10:00
- 609 | Sports in a Pandemic | 10:00
- 536 | Zumba Gold | 12:00
- 113 | Fire Preparedness | 1:00
- 531 | Tai Chi Chuan: Intermediate | 1:30

TUESDAY, OCTOBER 6

- 657 | Women Artists | 10:00
- 702 | Covid-19 and Assisted Living Facilities | 10:00
- 706 | Intermediate Spanish I | 10:00
- 724 | Comparisons: Musical Theatre vs. Opera | 1:00
- 630 | The Seven Wonders of the Ancient World | 1:00
- 546 | Conversational Spanish | 1:30

QUESTIONS?

(619) 881-6262

info@sandiegooasis.org

**Check the website for
the most up-to-date
information as times
and dates are subject
to change.**

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.

WEDNESDAY, OCTOBER 7

- 568 | Social Security (Thrivent) | 10:00
- 610 | Golden Age of TV | 10:00
- 670 | Beginning Line Dancing | 10:00
- 41 | Grief Support | 10:30
- 536 | Zumba Gold | 12:00
- 554 | Photography with Sally Long | 1:00
- 575 | Plagues and Pandemics | 1:00
- 722 | Cox Presents: Instagram | 1:00
- 691 | Zumba with Lynn for Boomers | 5:00

THURSDAY, OCTOBER 8

- 533 | Progressive Strength | 10:00
- 620 | The Search for Atlantis | 10:00
- 657 | Women Artists | 10:00
- 728 | Cox Presents: A Sampler of Fun Apps | 10:00
- 541 | Meditation for Stress Relief in Uncertain Times | 1:00
- 564 | Freud and Jung: Similarities and Differences | 1:00
- 579 | Nutritional Secrets to Reduce Arthritis and Inflammation | 1:00
- 43 | FREE | Grandparents Grieving Group | 2:00

FRIDAY, OCTOBER 9

- 675 | Friday Reflections | 10:00
- 572 | Thrivent One-on-One | 10:00
- 663 | A Treasury of Halloween Humor | 11:00
- 561 | Speaking of Science | 11:00
- 542 | Intermediate Spanish | 11:00
- 543 | Advanced Spanish | 1:00
- 636 | Discover the Best in You | 1:00
- 649 | The Roots of American Folk Music | 7:00

SATURDAY, OCTOBER 10

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

COMING UP IN OCTOBER!

Check the website for details!

- 632 | The Brooklyn Bridge: The Great Work of the Age
- 640 | Technology Resource Guide in Time of Covid
- 632 | The Brooklyn Bridge: The Great Work of the Age
- 668 | Rocking Your Garden
- 701 | How to Eat Plant-Based
- 600 | Spectres and Special Effects of Disneyland's Haunted Mansion
- 729 | Cox Presents: Hooked on Podcasts
- 658 | Wayne Thiebaud
- 580 | Nutritional Secrets to Prevent Alzheimer's and Sharpen Memory
- 651 | Music of Johann Sebastian Bach



Class #35 | October 1 | 4:00 PM

Join us for one of our favorite gatherings of the month... our virtual Happy Hour! Each month, we see new and familiar faces, hear inspiring and funny stories, answer member questions, share news about what's coming up at Oasis, and whatever else might come up! No matter what the conversations, it's always a good time, and you'll leave with a smile on your face. Please register for Class #35 on the website.

We've made it easier to log into your MyOasis Account

Instead of having to use the navigation bar, you can now easily click on the "Sign in to MyOasis" link right at the top of the website!

Oasis Everywhere Health Technology Tutoring



LOG IN HERE

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 (619)881-6262 | San Diego

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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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