



# POWER<sup>ed</sup> UP

MENTALLY | PHYSICALLY | SOCIALLY

San Diego  
**Oasis** ONLINE

**We are power(ed) up for 2021 with fresh ideas, great classes, knowledgeable instructors, and new enthusiasm for the year ahead. Join us each week as we bring you classes to challenge and inspire, mentally, physically and socially.**

Registration for 2021 classes is now open. Keep checking back, as we will be adding more classes throughout the month. Visit the website, sign up, and get ready to power up in January!

## JANUARY 11 - 16

### MONDAY, JANUARY 11

- 101 | Watercolor Hangout with Eddie Omens | 10:00
- 157 | Essentrics | 10:00
- 352 | Polls and the Presidential Race: A Critical Look | 10:00
- 121 | \*Zumba Gold | 12:00
- 157 | \*Essentrics | 12:00
- 270 | Cox: How Alexa Can Enhance Your Life | 1:00
- 286 | Critical Documents: Papers That Speak For You | 1:00
- 137 | \*Tai Chi Beginner | 1:30
- 141 | \*Tai Chi Advanced | 3:00

### TUESDAY, JANUARY 12

- 117 | Better Balance: Free from Falls | 10:00
- 177 | Cox: Android 10 | 10:00
- 109 | \*Bone-Building Fitness | 11:30
- 161 | \*Gentle Yoga | 1:00
- 372 | \*The Armchair Traveler Great Rivers of the World: Europe | 3:00

### WEDNESDAY, JANUARY 13

- 145 | \*Line Dancing for Beginners | 10:00
- 288 | The Soap Opera of the Middle Ages: The War of the Roses | 10:00
- 353 | Emotional Inflammation: What It Is and How to Calm It Down | 10:00
- 347 | Grief Support | 10:30



*\*Denotes a multi-session class*

- 125 | \*Zumba Gold | 12:00
- 182 | Cox: Staying Safe on the Internet | 1:00
- 149 | \*Beginning Ballroom Dance for Women | 1:00



**THURSDAY, JANUARY 14**

- 133 | \*Progressive Strength, Balance and Flexibility Training | 10:00
- 113 | \*Bone-Building Fitness | 11:30
- 308 | The Psychology of Democracy | 1:00
- 153 | \*Meditation for Physical Stress Relief & Health | 1:00
- 165 | \*Chair Yoga | 2:30

**QUESTIONS?**

**(619) 881-6262**

**info@sandiegooasis.org**

**FRIDAY, JANUARY 15**

- 354 | Menotti: The Last Italian? | 10:00
- 252 | Our Search for Meaning | 11:00
- 355 | Helen Thomas: Dean of the White House Press Corps | 2:00
- 371 | Martin Luther King Jr. Celebration | 3:00

**SATURDAY, JANUARY 16**

- 129 | \*Zumba for Boomers | 9:00

**JANUARY 18 - 23**

**MONDAY, JANUARY 18**

*Closed in observance of Martin Luther King, Jr. Day*

**TUESDAY, JANUARY 19**

- 356 | Europe in the 1600's: Century in Crisis | 7:30
- 117 | \*Better Balance: Free from Falls | 10:00
- 178 | Cox: Android 102 | 10:00
- 210 | Intermediate Spanish I | 10:00
- 329 | The Power of Whole Food Plant-Based Nutrition | 10:00
- 357 | The Role of the News Media in Our Democracy Today | 10:00
- 109 | \*Bone-Building Fitness | 11:30
- 350 | History Café Discussion: George Washington | 12:00
- 161 | \*Gentle Yoga | 1:00
- 216 | \*Conversational Spanish I | 1:30
- 374 | Virtual Exploration of California's Deserts | 2:00
- 372 | \*The Armchair Traveler Great Rivers of the World: Europe | 3:00



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

**SanDiegoOasis.org**

**Each week, our instructors share about their upcoming classes on our YouTube channel.**

**Subscribe today!  
youtube.com/user/  
SanDiegoOasis**

*\*Denotes a multi-session class*



**Have you signed up for our weekly emails?  
If not, it just takes a minute and a few clicks to get set up.**

We will be transitioning to a new email system later this year, and it is important that you have "opted in" in order to continue receiving our weekly emails.

Be sure to add San Diego Oasis to your safelist of email addresses, and if you don't receive it, check your spam or junk folder.

Visit **san-diego.oasisnet.org/newsletter**

## WEDNESDAY, JANUARY 20

- 260 | The Whole Kit and Caboodle:  
The Story behind Idioms and Phrases | 10:00  
145 | \*Line Dancing for Beginners | 10:00  
268 | \*Oriental Brush Art with Chinese Ink & Watercolor | 10:00  
289 | Richard III: Guilty or Not | 10:00  
347 | Grief Support | 10:30  
125 | \*Zumba Gold | 12:00  
272 | Ukiyo - e: Woodblock Prints of Japan | 1:00  
149 | \*Beginning Ballroom Dancing for Women | 1:00  
275 | Election History – Past and Present | 6:00

## THURSDAY, JANUARY 21

- 170 | Cox: Zoom Tips | 10:00  
133 | \*Progressive Strength | 10:00  
212 | \*Intermediate Spanish II | 10:00  
358 | Civility & Social Justice: Critical Discussion for America | 10:00  
375 | Evolution & Legacy of Liberty Station: Virtual Tour | 11:00  
113 | \*Bone-Building Fitness | 11:30  
276 | History of Personal Hygiene | 1:00  
300 | Kamala Harris | 1:00  
153 | \*Meditation for Physical Stress Relief & Health | 1:00  
165 | \*Chair Yoga | 2:30

## FRIDAY, JANUARY 22

- 214 | \*Advanced Spanish | 10:00  
218 | Current Events | 11:00  
222 | Whodunit Book Club | 1:00  
231 | From the Era of Peter, Paul and Mary:  
A Concert and Sing-a-Long | 3:00

## SATURDAY, JANUARY 23

- 129 | \*Zumba for Boomers | 9:00  
206 | \*Beginning Spanish I | 10:00  
244 | NeuroMovement® - Creating a Sense of Calm | 11:00  
208 | \*Beginning Spanish II | 11:30

## JANUARY 25 - 30

### MONDAY, JANUARY 25

- 102 | Watercolor Hangout with Eddie Omens | 10:00  
240 | Simone de Beauvoir | 10:00  
338 | Medical Diseases That Changed the Course of History | 10:00  
157 | \*Essentrics | 10:00  
121 | \*Zumba Gold | 12:00  
316 | Where Did My Day Go? | 1:00  
137 | \*Tai Chi Beginner | 1:30  
141 | \*Tai Chi Advanced | 3:00

*\*Denotes a multi-session class*



**Cox Communications has teamed up with San Diego Oasis to provide free online classes for seniors in an effort to ensure that technology training is available to everyone who wants it.**

## JANUARY CLASSES

### MONDAY, JANUARY 11

Class #270 | 1:00 PM  
**How Alexa Can Enhance Your Life**

### TUESDAY, JANUARY 12

Class #177 | 10:00 AM  
**Android 101**

### WEDNESDAY, JANUARY 13

Class #182 | 1:00 PM  
**Staying Safe on the Internet**

### TUESDAY, JANUARY 19

Class #178 | 10:00 AM  
**Android 102**

### THURSDAY, JANUARY 21

Class #170 | 10:00 AM  
**Zoom Tips**

### TUESDAY, JANUARY 26

Class #179 | 10:00  
**Android 103**

### THURSDAY, JANUARY 28

Class #169 | 10:00  
**Music: Your Computer, YouTube & Zoom**



## TUESDAY, JANUARY 26

- 359 | Europe in the 1600's: Century in Recovery | 7:30
- 303 | Climate Change, San Diego & You | 10:00
- 117 | \*Better Balance: Free from Falls | 10:00
- 179 | Cox: Android 103 | 10:00
- 210 | \*Intermediate Spanish I | 10:00
- 109 | \*Bone-Building Fitness | 11:30
- 161 | \*Gentle Yoga | 1:00
- 336 | The Essentials of Chinese Herbology | 1:00
- 216 | \*Conversational Spanish I | 1:30
- 372 | \*The Armchair Traveler Great Rivers of the World: Europe | 3:00

## WEDNESDAY, JANUARY 27

- 287 | Dementia: Planning Ahead | 10:00
- 145 | \*Line Dancing for Beginners | 10:00
- 268 | \*Oriental Brush Art with Chinese Ink and Watercolor | 10:00
- 290 | The Six Wives of Henry VIII | 10:00
- 347 | Grief Support | 10:30
- 125 | \*Zumba Gold | 12:00
- 273 | Vermeer: Girl with a Pearl Earring | 1:00
- 149 | \*Beginning Ballroom Dancing for Women | 1:00
- 373 | Voice of the Generations on Holocaust Remembrance Day | 1:00

## THURSDAY, JANUARY 28

- 169 | Cox: Music: Your Computer, YouTube & Zoom | 10:00
- 133 | \*Progressive Strength | 10:00
- 212 | \*Intermediate Spanish II | 10:00
- 322 | Mystery of Antarctica | 10:00
- 360 | The US and China: What Lies Ahead? | 10:00
- 113 | \*Bone-Building Fitness | 11:30
- 309 | Presidential Mental Health | 1:00
- 153 | \*Meditation for Physical Stress Relief & Health | 1:00
- 165 | \*Chair Yoga | 2:30

## FRIDAY, JANUARY 29

- 214 | \*Advanced Spanish | 10:00
- 253 | What is a Fair Society | 11:00

## SATURDAY, JANUARY 30

- 129 | \*Zumba for Boomers | 9:00
- 206 | \*Beginning Spanish I | 10:00
- 208 | \*Beginning Spanish II | 11:30

*\*Denotes a multi-session class*



**QUESTIONS?**  
**(619) 881-6262**  
**info@sandiegooasis.org**

**New Classes  
added weekly!**

**Refer to the  
weekly eblast or  
visit the website  
for a full listing of  
upcoming classes.**

**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.

Contact us with any questions:  
**Info@SanDiegoOasis.org**

