



SEE INSIDE 
for October In-Person & Online Classes

Connecting the 50+ Community in San Diego County

Engaging Socially & Intellectually | Staying Active & Fit | Investing in At-Risk Students | Empowering Low-Income Seniors



Join us!

We're changing the way
people think about aging.

SanDiegoOasis.org

Info@SanDiegoOasis.org

Central | East | South County (619) 881-6262

North County (760) 796-6020

ABOUT SAN DIEGO OASIS

San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote successful aging through a three-fold approach: lifelong learning, healthy living and intergenerational community service.

Current Membership is 50,050. Membership is free. Class costs range from free to \$20 per class.

Program Highlights

- Lifelong Learning: 3,000 classes annually at more than 30 physical locations and virtually
- Healthy Living: ongoing workshops in fitness, dance, nutrition, life-style, and chronic disease management
- Intergenerational Tutoring Program: Hundreds of trained volunteer tutors throughout 11 school districts helping at-risk children in grades K-4 build reading skills, self-esteem and positive attitudes toward learning.
- Travel Program: day trips and extended trips are offered throughout the year.
- Closing the Digital Divide: new tablets, personal training, internet, and free online classes are provided to low-income, home bound, isolated seniors who do not have any technology (650 tablets as of 7/2021).

JOINING OASIS

WHO CAN JOIN | Oasis is open to all people 50+ regardless of income, sex, race, religion or background.

REGISTRATION IS EASY | Register in person at an Oasis office, by phone or online at www.SanDiegoOasis.org.

REGISTER ONLINE WITH MYOASIS | Register for classes by logging into your MyOasis account at www.SanDiegoOasis.org. If you don't have a MyOasis account, you'll need to create one by visiting the website, calling us at (619) 881-6262 or emailing us at Info@SanDiegoOasis.org.

CLASS CATEGORIES

Arts & Crafts | Business, Financial & Legal
Exercise & Dance | Health & Wellness
History & Humanities | Language & Literature
Personal Enrichment | Science
Technology | Theatre, Film & Music | Travel

INDEX

In-Person:

Grossmont Center in La Mesa 3 - 7
Escondido Senior Center 8

Online: 10 - 14

AWARDS

2020: Public Health Champion award by the County of San Diego's Covid19 Leadership

2019: Two Impact Awards: by the North San Diego Business Chamber and the Escondido Chamber

2018: NBC Universal Project Innovation Award for Technology Efforts with Older Adults

2017: Oasis Intergenerational Tutoring is named a Program of Distinction by Generations United

SOCIAL MEDIA

-  facebook.com/sandiegoasis
-  linkedin.com/company/san-diego-oasis
-  twitter.com/OasisSanDiego
-  youtube.com/user/SanDiegoOasis

LOOKING AHEAD

- *San Diego Oasis is expanding into Rancho Bernardo in 2022! Details coming soon.*
- *Technology Center coming soon to our La Mesa location!*



IN-PERSON CLASSES

Grossmont Center | La Mesa

(See Page 10 for Online Classes)

ARTS

106 | Doodle With Really Crafty Nina: Cozy Coffee Shop Monday, October 4 | 10:00 AM | \$12

Warm up from the fall chill and enjoy learning how to doodle cozy coffee cup designs and cute tea kettles.

*104 | Crochet Made Simple

Barbara Logan

Wednesdays, October 6 & 17 | 1:00 PM | \$72

In this hands-on class, you will learn to crochet in the round to make nesting bowls of various sizes.

*131 | Watercolor: Let's Paint Glass

Linda Mullen, Watercolorist

Thursday & Friday, October 7 & 8 | 10:00 AM | \$24

In this two-day class, learn the tricks of transparency and colorful cast shadows to make a finished painting.

115 | Succulent Topped Pumpkin

Muriel King, Succulent Designer and Owner of The Perfect Plant

Friday, October 8 | 1:00 PM | \$45

Create a succulent topped pumpkin, a Fall accent with a whimsical flair to enjoy for several months.

125 | Watercolor Hangout with Eddie Omens

Monday, October 11 | 10:00 AM | \$12

Using basic watercolor and ink techniques, Eddie will show you how to create a stunning work of art.

107 | Doodle With Really Crafty Nina: Autumn

Monday, October 18 | 10:00 AM | \$12

Leaves, trees, scare crows, pumpkins and more!
Learn how to doodle all things Fall.

126 | Watercolor Hangout with Eddie Omens

Monday, October 25 | 10:00 AM | \$12

Using basic watercolor and ink techniques, Eddie will show you how to create a stunning work of art.



108 | Fused Glass Suncatcher

Diana Griffin, Queenie Glass and Sass, Owner

Thursday, October 28 | 1:00 PM | \$40

Receive a piece of 6" square clear glass and already fused glass pieces to create your own suncatcher.

BUSINESS • FINANCE • LEGAL

142 | Investing 101

Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder

Tuesday, October 5 | 1:00 PM | \$12

In this class we demystify the basics of stocks, bonds, mutual funds, ETF's, investment fees and more.

144 | Planning for Long-Term Care

Anthony Camara, FIC, MBA

Tuesday, October 12 | 1:00 PM | \$5

Learn what long term care is and isn't, have an extended care strategy and how to start the process.

431 | Aging In Place – The New Buzz Phrase

Julie Derry, MBA, Certified Sr Advisor
Kie Copenhaver, MA, RHIA, RCFE, Certified Sr Advisor

Tuesday, October 12 | 3:00 PM | FREE

Learn what you can do in your current living environment to make it more safe, comfortable and livable as you age.

www.SanDiegoOasis.org

IN-PERSON CLASSES

152 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFA®, CEO
of Sage Path Solutions, The Women's Financial
Academy Founder

Tuesday, October 26 | 1:00 PM | \$12

Learn how to create and maintain a Family Binder that gives your family/agent the crucial information.

141 | How Annuities Work

Lisa Claycomb, JD, CLTC, CFP®

Friday, October 29 | 1:00 PM | \$12

Learn about different kinds of annuities, how they work, and the pros and cons of each type.

148 | Thrivent One-on-One

Anthony Camara, FIC, MBA

Friday, October 29 | 10:00 AM | FREE

30-minute, one-on-one confidential financial consultation, no strings attached.



EXERCISE • DANCE

***175 | Essentrics, Classical Stretch**

Susan Hahn, Certified Essentrics® Instructor

Mondays, October 4 - 25 | 9:30 AM | \$40

A non-impact full body dynamic stretch workout/technique that works through the muscle chains.

***164 | Bone-Building Fitness**

Russell Rowe, MS, Exercise Physiology

Mondays, October 4 - 25 | 12:00 PM | \$40

Class is a mix of balance training, resistance bands, core stabilization, and weights to build stronger bones.

***234 | Zumba Gold**

Laura Muto, Certified Zumba Instructor

Mondays, October 4 - 25 | 10:45 AM | \$40

This class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness party.

***514 | Tai Chi with Michael Birmingham**

Mondays, October 4 - 25 | 1:15 PM | \$40

Keep your body in motion with these gentle postures.

***206 | Progressive Strength, Balance & Flexibility Training**

Elinor Smith, Group Exercise Instructor

Tuesdays, October 5 - 26 | 9:30 AM | \$30

Begin with an aerobic warm-up, then strength training exercises, all followed by cool down stretches.

***218 | Soul Line Dancing**

Ed Griffith, Verlosity

Tuesdays, October 5 - 26 | 10:45 AM | \$30

In this energetic class, learn new and traditional line dance steps set to Soul and R&B favorites.

***516 | Mat Pilates with Laurie Nuger**

Tuesdays, October 5 - 26 | 1:15 | \$40

Hold movements like planks, side planks, and core exercises to build your muscles and core strength.

199 | Personal Training: At Your Level

Elinor Smith, Certified Personal Trainer

Tuesday, October 5 | 1:15 PM | \$90

Want to get moving but don't know how to start? Join Elinor for a one hour one-on-one personal training session. See below for more dates.

- **201 | Tuesday, October 12 | 2:15 PM | \$90**
- **203 | Tuesday, October 26 | 2:15 PM | \$90**

***183 | International Folk Dancing**

Martha Awdziejewicz, Folk Dance Group

Wednesdays, October 6 - 27 | 9:30 AM | \$18

This class focuses primarily on traditional dances from Eastern Europe, including Bulgaria, Romania, Serbia.

***230 | Zumba Gold**

Laura Muto, Certified Zumba Instructor

Wednesdays, October 6 - 27 | 12:00 PM | \$30

This class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness party.

***515 | Tai Chi with Michael Birmingham**

Wednesdays, October 6 - 27 | 1:15 PM | \$40

Keep your body in constant motion with these gentle postures.

***210 | Progressive Strength, Balance & Flexibility Training**

Elinor Smith, Group Exercise Instructor

Thursdays, October 7 - 28 | 9:30 AM | \$30

Begin with an aerobic warm-up, then strength training exercises, all followed by cool down stretches.

***222 | Soul Line Dancing - The Basics**

Ed Griffith, Verlosity

Thursdays, October 7 - 28 | 10:45 AM | \$30

In this introduction class, learn new and traditional line dance steps set to Soul and R&B favorites.

***517 | Mat Pilates with Laurie Nuger**
Thursdays, October 7 - 28 | 1:15 PM | \$40
Hold movements like planks, side planks, and core exercises to build your muscles and core strength.

***214 | Restorative Chair Yoga**
Julia Doughty, MFA and Certified HHP
Fridays, October 8 - 29 | 9:30 AM | \$40
Using a chair for support, learn deep breathing along with yoga exercises for flexibility and mobility.

***156 | Better Balance: Free From Falls**
Russell Rowe, MS, Exercise Physiology
Fridays, October 8 - 29 | 10:45 AM | \$40
If you have poor to average balance, this class of balance training is intended to improve your systems.

***160 | Bone-Building Fitness**
Russell Rowe, MS, Exercise Physiology
Fridays, October 8 - 29 | 12:00 PM | \$40
Class is a mix of balance training, resistance bands, core stabilization, and weights to build stronger bones.

190 | NeuroMovement®:
Walking and Balance Fundamentals
Margie Murnan, NeuroMovement® Practitioner
Friday, October 15 | 1:30 PM | \$25
Learn principles of how your skeleton relates to gravity. Develop skills that reduce chances of falling.



HEALTH

339 | The True Mediterranean Diet
Philip J. Goscienski, M.D.
Monday, October 18 | 1:00 PM | \$12
Learn why the dwellers of the Mediterranean area are among the world's healthiest and how you can follow their example.

491 | Medicare: The Basics
Fariba Zarieh, United Healthcare
Tuesday, October 12 | 1:00 PM | Free
Understand the different plans and coverage options, enrollment, making changes and more.

492 | How to Control Pain
Fariba Zarieh, United Healthcare
Tuesday, October 26 | 1:00 PM | Free
Learn how to use hypnotherapy to control pain and discomfort.



HISTORY • HUMANITIES

338 | The Roman Catholic Tradition: The Holy Women
Gregory Buckles, BA, MA, Professor of Philosophy
Monday, October 4 | 1:00 PM | \$12
Overview of some of the most influential women of the Catholic Faith including their sayings and writings.

316 | Resurrection in the Hebrew Bible and Beyond
Rabbi Michael Mayersohn
Wednesday, October 6 | 10:00 AM | \$12
The origin of the idea of resurrection in the Hebrew Bible, beliefs and expectations.

261 | Confucianism and its Art
Gwenyth Mapes, Professor of Humanities
Thursday, October 7 | 1:00 PM | \$12
Learn about the multi-faceted life and legacy of the philosopher Confucius.

299 | How to Think about "Weird Things"
Matthew Wion, Ph.D.
Friday, October 8 | 11:00 AM | \$12
Use the tools of good critical thinking and empirical analysis to examine encounters with the supernatural and paranormal.

305 | Karen Horney: The First Feminist Psychoanalyst
Oliva M. Espín, Ph.D.
Monday, October 11 | 10:00 AM | \$12
Learn about Karen Horney, a German psychoanalyst who practiced in the US and is credited with founding feminist psychology.

**324 | The Axial Age (700-300 B.C.E.):
The Era of Socrates, Confucius, & Buddha**
Frank Newton, Ph.D.
Thursday, October 14 | 10:00 AM | \$12
We'll explore why so many great philosophers and religions arose during this pivotal moment in time.

**309 | Manzanar: The Relocation of 120,000
Japanese Americans During WWII**
Rudy Shappee, U.S. Navy Veteran, Local Historian
Thursday, October 14 | 1:00 PM | \$12
The relocation of Japanese-American citizens to Manzanar War Relocation Center during WWII and their lives are the topics presented.

www.SanDiegoOasis.org

IN-PERSON CLASSES

335 | The Nation's Library: The Library of Congress

Vincent Rossi, Historian & Author,
Co-Owner Story Seekers

Friday, October 22 | 11:00 AM | \$12

Learn more about the Library of Congress, what they choose to preserve and why.

254 | Andrew Jackson, America's Original Populist President

Blaine Davies, MA, Professor of U.S. History

Monday, October 25 | 10:00 AM | \$12

Learn about Andrew Jackson, hero of the Battle of New Orleans and our nation's seventh President.

343 | The World Happiness Report: 2019 vs. 2020

Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College Part-Time Faculty

Monday, October 25 | 1:00 PM | \$12

This class will examine the history of national happiness studies, review the 2019 findings and compare the results against the 2020 findings.

263 | Current Events – October

Wednesday, October 27 | 1:00 PM | \$12

Stay abreast of current affairs in this monthly objective analysis and discussion of hot topics.

349 | Witches: Villains or Feminist Icons?

Sydney Folsom, MA, Communication & Gender Studies

Wednesday, October 27 | 1:00 PM | \$12

This lecture will investigate literary, theatrical, and cinematic representations of the witch.

301 | Islam and its Art and Architecture

Gwenyth Mapes, Professor of Humanities

Thursday, October 28 | 1:00 PM | \$12

Muhammed's life and Islam's lasting influence on art and architecture.

LANGUAGE

New sessions starting up in November; check the website for upcoming dates.



IN-PERSON CLASSES



LITERATURE

*379 | Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual

Thursdays, Oct 7 - Dec 16 | 10:30 AM | FREE

Grow as a poet by sharing your poetry and getting helpful feedback. No class on November 25.

*378 | Chronicles: Sagas, Tall Tales, and Nonsense

Tuesdays, October 26 - November 16 | 1:00 PM | \$48

Learn storytelling techniques and plot devices that will captivate readers for the story you want to write.



PERSONAL ENRICHMENT

*Mah Jongg for Beginners

Theresa Adams

Tuesdays, Oct 5 - Nov 16 | 10:00 AM | \$60

In this beginner class, you will learn the finer points of the game, including strategy and the ability to see new options.

*381 | Grief Support Group (In-Person) | FREE

Rolandas Kausas

Wednesdays, October 6 - December 15 | 10:30 AM

Understand the symptoms of grief, what you might experience and how to respond to it. In-person every 1st and 3rd Wednesday (livestreamed for virtual participants to attend as well).

For full descriptions of each class, visit the website and search by class number, title, or instructor. November and December classes are available; use the "Filter By Class Begin Date" function to view upcoming classes.



TECHNOLOGY

405 | Cox Presents: The World of Google, Part I Overview, Tools, and Email

Jacki Montieth, Founder of Wiseboomer.Com
Friday, October 1 | 11:00 AM | \$5
Google can simplify your journey in this digital world.

406 | Cox Presents: The World of Google, Part II Google Drive, Google Documents

Jacki Montieth, Founder of Wiseboomer.Com
Monday, October 4 | 11:00 AM | \$5
Expand your Google World with Google Drive.

394 | Conquering Your iPhone - Part II Friday, October 8 | 10:00 AM | \$12

Improve your iPhone skills including GPS and camera capabilities.

397 | Conquering Your iPhone - Part III Monday, October 11 | 10:00 AM | \$12

Take your iPhone skills further with iCloud management, useful apps, etc.

392 | Conquering Your iPhone - Part I Friday, October 15 | 10:00 AM | \$12

Expand your ability to use your iPhone by filling in the gaps in your knowledge.

395 | Conquering Your iPhone - Part II
Monday, October 25 | 10:00 AM | \$12
Improve your iPhone skills including GPS and camera capabilities.

398 | Conquering Your iPhone - Part III
Friday, October 29 | 10:00 AM | \$12
Take your iPhone skills further with iCloud management, useful apps, etc.

THEATRE • MUSIC

419 | I'm Glad I'm Not Young Anymore
David A. Dooley, Singer
Wednesday, October 6 | 2:30 PM | \$20
David Dooley's cabaret show "I'm Glad I'm Not Young Anymore" celebrates the return of Oasis classes with songs from Broadway and popular music.

422 | Music From The Movies
Mike Chamberlin
Wednesday, October 13 | 3:00 PM | \$20
A wonderful afternoon of magical-musical entertainment and movie trivia.

You can make a difference!



INTERESTED IN VOLUNTEERING?

We have a place for you and a wide variety of fun ways you can get involved!

Email Amy@SanDiegoOasis.org.

www.SanDiegoOasis.org

IN-PERSON CLASSES

IN-PERSON CLASSES

Escondido Senior Center



EXERCISE • DANCE

***641 | Tai Chi Chuan: Early Risers**

Pat Griffith, Sifu

Fridays, October 1 - 29 | 7:30 AM | \$40

***640 | Tai Chi Chuan: Early Risers**

Pat Griffith, Sifu

Tuesdays, October 5 - 26 | 7:30 AM | \$32

***644 | Line Dancing: Beginners**

Carol C. Stroecker

Tuesdays, October 5 - 26 | 11:00 AM | \$32

***646 | Better Balance with Stability Ball**

Traci Thys

Tuesdays, October 5 - 26 | 12:00 PM | \$24

***645 | Line Dancing: Beginners**

Carol C. Stroecker

Tuesdays, October 5 - 26 | 1:00 PM | \$32

***649 | Zumba via Chair**

Lynn Morgan, Licensed Instructor

Tuesdays, October 5 - 26 | 3:45 PM | \$32

***648 | Chair Fitness**

Traci Thys

Wednesdays, October 6 - 27 | 12:00 PM | \$24

***669 | Zumba for Boomers**

Lynn Morgan, Licensed Instructor

Wednesdays, October 6 - 27 | 3:45 PM | \$32

***647 | Better Balance with Stability Ball**

Traci Thys

Thursdays, October 7 - 28 | 12:00 PM | \$24



***642 | Tai Chi Chuan: Beginning**

Pat Griffith, Sifu

Thursdays, October 7 - 28 | 3:00 PM | \$32

***643 | Tai Chi Chuan: Advanced**

Pat Griffith, Sifu

Thursdays, October 7 - 28 | 4:00 PM | \$32

Stay up-to-date on all things Oasis by signing up for our weekly email featuring upcoming classes, announcements, resources, and more. Visit the website and click on the Newsletter feature box.



IN-PERSON CLASSES



**STAY
TUNED**
- COMING SOON -

**Rancho Bernardo location
coming in 2022!**

**We're
Growing and
Expanding!**

We are excited to add a new location where we will bring the same programming that our La Mesa location enjoys to our North County membership.

We'll share more details soon, but in the meantime, we encourage you to sign up for our weekly emails on our website to learn more in the coming days.

More good news:
Technology Center coming soon to our La Mesa location!

Are you House Rich but Cash Poor?

A reverse mortgage loan can improve your "Quality of Life" and give you "Peace of Mind" SM

Home Owners 62 and older:

- Supplement your retirement income
- Never make a monthly mortgage payment (Responsible for property taxes and homeowner's insurance)
- Tax-free money
- Lump sum, monthly payments, line of credit; or combo
- Will not affect Social Security or Medicare Benefits (May affect Medicaid and SSI)

It's more than a Mortgage, it's a Reverse Mortgage!

Seniors can purchase a new home and do a reverse mortgage loan at the same time, enabling them to move into their new home with no mortgage payments for the rest of their lives.

They are responsible for property taxes and homeowner's insurance.

Most reverse mortgage companies want to do business over the phone and use the US Postal Service.

*I do business "The Old Fashion Way",
I come to your home and meet with you face to face at your kitchen table.*

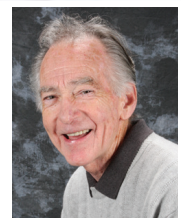
800-830-2505 / 760-484-6660

email: owen.coyle@gmail.com

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Owen Coyle

Your Reverse Mortgage Specialist
19 years experience

BRE#01253295 / NMLS#279015



Helping Seniors realize their desires while still residing in their homes. SM

These materials are not from HUD or FHA and were not approved by HUD or a government agency.



ONLINE CLASSES Via Zoom**

(See Page 3 for In-Person Classes)

BUSINESS • FINANCE • LEGAL

431 | Aging In Place – The New Buzz Phrase

Julie Derry, MBA, Certified Sr Advisor
Kie Copenhaver, MA, RHIA, RCFE, Certified Sr Advisor
Tuesday, October 12 | 3:00 PM | FREE

Learn what you can do in your current living environment to make it more safe, comfortable and livable as you age.

EXERCISE AND DANCE

***226 | Tai Chi Chuan: Beginning**

Monday, October 4 - 25 | 2:00 PM | \$40

If you are a beginner, this class will improve balance, strength, flexibility, and peace of mind.

***172 | Chair Zumba with Lynn**

Monday, October 4 - 25 | 3:45 PM | \$40

Move to music, this class is for those who can't stand for long periods of time or have balance issues.

***168 | Chair Yoga**

Thursday, October 7 - 28 | 2:30 PM | \$30

Strength, flexibility and body awareness with chair for seated, standing and balance postures.

***238 | Zumba with Lynn for Boomers**

Saturday, October 9 - October 30 | 9:00 AM | \$40

For everyone who enjoys dance: salsa, merengue, swing and cha-cha using Latin and Int'l music!

HEALTH

339 | The True Mediterranean Diet

Philip J. Goscienski, M.D.

Monday, October 18 | 1:00 PM | \$12

Learn why the dwellers of the Mediterranean area are among the world's healthiest and how you can follow their example.

473 | Eating the Rainbow

Becky Hofseth, Certified Personal Trainer and Health Coach

Thursday, October 21 | 2:30 PM | FREE

Eating a rainbow of colorful fruits and veggies and the benefits of low-impact exercises will be presented.

***242 | Meditation for Stress Relief & Health**

Thursday, Oct 28 - Nov 18 | 1:00 PM | \$30

Learn how to be present within yourself to release the stressful influences from outside.

****Zoom information provided with registration confirmation. Join from any of your devices: computer, tablet or phone.**



282 | Friday Reflections with Peter Bolland

Friday, October 1 | 10:00 AM | \$5

Let's travel deeper to reveal the wisdom hidden just beneath the surface of our everyday lives.

Additional dates include:

- 283 | Friday, October 8 | 10:00 AM | \$5
- 284 | Friday, October 15 | 10:00 AM | \$5
- 285 | Friday, October 22 | 10:00 AM | \$5
- 286 | Friday, October 29 | 10:00 AM | \$5

*320 | Saturday Safaris: Walking and Photographic

Saturday, October 2 - 30 | 1:00 PM | \$15

Discover African landscapes, flora and fauna through walking and photographic safaris.

338 | The Roman Catholic Tradition: The Holy Women

Gregory Buckles, BA, MA, Professor of Philosophy

Monday, October 4 | 1:00 PM | \$12

The lecture provides an overview of some of the most influential women of the Catholic Faith including their sayings and writings.

*295 | Gustav Klimt

Aniko Makranczy, MFA

Tuesday & Thursday, October 5 - 7 | 10:00 AM | \$15

Let's examine the varied works and influences on Austrian artist Gustav Klimt.

351 | Woodpeckers: Carpenters of the Forest

Gillian Martin, Director, Cavity Conservation Initiative

Tuesday, October 5 | 1:00 PM | \$12

Woodpeckers: Get informed about this unique and vital family of birds.

316 | Resurrection in the Hebrew Bible and Beyond

Rabbi Michael Mayersohn

Wednesday, October 6 | 10:00 AM | \$12

The origin of the idea of resurrection in the Hebrew Bible, beliefs and expectations.

347 | What Can Downton Abbey Teach Us About British History?

Julie Taddeo, Research Professor of History, University of Maryland

Wednesday, October 6 | 10:30 AM | \$15

Delve into Downton Abbey's appeal, historical accuracy and what it says about the 21st century.

300 | Is Voting a Right?

Elaine Apter, Communications Chair, League of Women Voters Montgomery County

Thursday, October 7 | 10:30 AM | \$12

A brief history of the right to vote movements and current legislation and responses.

299 | How to Think About "Weird Things"

Matthew Wion, Ph.D.

Friday, October 8 | 11:00 AM | \$12

Use the tools of good critical thinking and empirical analysis to examine encounters with the supernatural and paranormal.

305 | Karen Horney: The First Feminist Psychoanalyst

Oliva M. Espin, Ph.D.

Monday, October 11 | 10:00 AM | \$12

Learn about Karen Horney, a German psychoanalyst who practiced in the US and is credited with founding feminist psychology.

*332 | The Industrial Revolution

Henry George, Engineer, Archaeologist, Geologist

Monday & Tuesday, Oct 11 - 12 | 1:00 PM | \$15

Explore how the Industrial revolution began and how it transformed society.

341 | The Wisdom of Kabbalah

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

Tuesday, October 12 | 10:00 AM | \$15

The tradition of Kabbalah runs like a rich vein of gold through the ground of Judaism from its ancient beginnings to the present.

For full descriptions of each class, visit the website and search by class number, title, date, or instructor.

268 | Día de Los Muertos

Julia Fister, MA, Studio ACE Executive Director

Tuesday, October 12 | 1:00 PM | \$12

Dig deep into the cultural significance and traditions of the Day of the Dead.

435 | Witchcraft in Medieval and Renaissance Europe

Kim Keeline, Ph.D., Freelance Consultant and Writer

Wednesday, October 13 | 10:00 AM | \$12

With a focus on Medieval Europe, we'll overview the influence witchcraft had on the culture and literature.

325 | The "Baltimore Plot" to Murder Lincoln

Daniel Stashower, Author and Historian, and Scott Sedar, Actor

Wednesday, October 13 | 10:30 AM | \$18

NY Times best-selling author Daniel Stashower discusses the true story of the Baltimore Plot to murder Lincoln.

333 | The Life of an Amah in 20th Century Colonial Hong Kong

Antonia Barradas, Author of Once Upon an Amah

Wednesday, October 13 | 1:00 PM | \$12

Discover more about the domestic servants who raised generations of British, Portuguese and Chinese children in colonial Hong Kong.

324 | The Axial Age (700-300 B.C.E.)

Frank Newton, Ph.D.

Thursday, October 14 | 10:00 AM | \$12

Delving into this amazing era, we'll explore why so many great philosophers and religions arose during this pivotal moment in time.

309 | Manzanar: The Relocation of 120,000

Japanese Americans During WWII

Rudy Shappee, U.S. Navy Veteran, Local Historian

Thursday, October 14 | 1:00 PM | \$12

The relocation of Japanese-American citizens to Manzanar War Relocation Center during WWII and their lives are the topics presented.

337 | The Psychology of Democracy

Larry Solomon, Ph.D.

Friday, October 15 | 11:00 AM | \$12

A discussion of how national decision-making could become nondemocratic.

253 | American Indians

Lola Sparrowhawk, Award-Winning Author | Historian

Monday, October 18 | 10:00 AM | \$12

This lecture traces the history of different tribes from before Columbus to present-day.

475 | Spectres and Special Effects of Disneyland's Haunted Mansion

James Keeline, Historian & Author

Wednesday, October 20 | 6:00 PM | FREE

Disney's Haunted Mansion, a culmination of artistry and technology that only Disney could achieve.

345 | Victorian Women Travelers

Barbara Paulson, European Travel Specialist

Thursday, October 21 | 10:30 AM | \$18

Explore the backgrounds of five Victorian women who traveled alone in a restrictive era.

335 | The Nation's Library: The Library of Congress

Vincent Rossi, Historian & Author,

Co-Owner Story Seekers

Friday, October 22 | 11:00 AM | \$12

Learn more about the Library of Congress, what they choose to preserve and why.

254 | Andrew Jackson, America's Original Populist President

Blaine Davies, MA, Professor of U.S. History

Monday, October 25 | 10:00 AM | \$12

Learn about Andrew Jackson, hero of the Battle of New Orleans and our nation's seventh President.

343 | The World Happiness Report: 2019 vs. 2020

Nadine Bopp, BA, Ecology, MLA, Landscape

Architecture, Columbia College Part-Time Faculty

Monday, October 25 | 1:00 PM | \$12

This class will examine the history of national happiness studies, review the 2019 findings and compare the results against the 2020 findings.

336 | The Perennial Philosophy

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

Tuesday, October 26 | 10:00 AM | \$15

We'll search across cultures and through the centuries for evidence that a perennial philosophy exists.

LANGUAGE

New sessions starting up in November; check the website for upcoming dates.

PERSONAL ENRICHMENT

***382 | Grief Support Group (Online) | FREE**
Rolandas Kausas
Wednesday, October 6 - December 29 | 10:30 AM
Understand the symptoms of grief, what you might experience and how to respond to it.

TECHNOLOGY

**405 | Cox Presents: The World of Google, Part I
Overview, Tools, and Email**
Jacki Montierth, Founder of Wiseboomer.Com
Friday, October 1 | 11:00 AM | \$5
Google, a search engine and a source for products that can simplify your journey in this digital world.

**406 | Cox Presents: The World of Google, Part II
Google Drive, Google Documents**
Jacki Montierth, Founder of Wiseboomer.Com
Monday, October 4 | 11:00 AM | \$5
Expand your Google World with Google Drive and all the tools that come with it.

402 | Cox Presents: Hooked on Podcasts
Barbara Smith, MA, Community College Instructor
Friday, October 8 | 1:00 PM | \$5
Explore some popular, intriguing podcasts and learn how to search for and download them.

403 | Cox Presents: Managing Your Photos
Mary Burns, Professor, San Diego Continuing Education
Thursday, October 28 | 10:00 AM | \$5
Organize your photos from phone to computer, storing, uploading and downloading on the cloud.

344 | Van Gogh's Sunflowers

Julia Fister, MA, Studio ACE Executive Director

Tuesday, October 26 | 1:00 PM | \$12

Trace the history of Van Gogh's sunflower paintings, some of his most important works.

278 | First Men in Space

Mark Carlson, Historian & Author

Wednesday, October 27 | 10:00 AM | \$12

Learn how a team of dedicated pioneers took the first steps off Earth and reached for the stars.

263 | Current Events - October

Wednesday, October 27 | 1:00 PM | \$12

Stay abreast of current affairs in this monthly objective analysis and discussion of hot topics.

349 | Witches: Villains or Feminist Icons?

Sydney Folsom, MA, Communication & Gender Studies

Wednesday, October 27 | 1:00 PM | \$12

This lecture will investigate literary, theatrical, and cinematic representations of the witch.

277 | Female Blues Belters of the 1920s

Seth Kibel, Musician and Composer

Thursday, October 28 | 10:30 AM | \$18

Explore the lives and music of key figures, including Mamie Smith, "Ma" Rainey, and Bessie Smith.

326 | The Cult Phenomenon

Larry Solomon, Ph.D.

Friday, October 29 | 11:00 AM | \$12

Everything about cults: The types, the leaders, who's attracted to them, and their inner workings.



www.SanDiegoOasis.org

ONLINE CLASSES



THEATRE • MUSIC

424 | Rimsky-Korsakov: The Russian Master

Chris Burns, Many-Strings

Friday, October 1 | 3:00 PM | \$12

Enjoy the lush creativity of Rimsky-Korsakov.

426 | The Music of Grofe and Gershwin: Exceptional American Creativity

Chris Burns, Many-Strings

Friday, October 15 | 3:00 PM | \$12

An amazing collaboration of orchestral invention and jazzy motifs.

420 | Jazz: American Creativity Front and Center!

Chris Burns, Many-Strings

Friday, October 29 | 3:00 PM | \$12

Sample the fabulous melodies, rhythms and creativity of America's foremost musical invention: Jazz.

November and December classes are available on the website. Use the "Filter By Class Begin Date" function to view upcoming classes.

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Help a Child Today... *for a brighter tomorrow!*

Our Intergenerational Literacy Tutoring Program impacts at-risk, low-income elementary school students by providing free books to encourage a love of reading and pairing one older adult tutor with a student who meet once a week for one hour – the same team for the entire school year – creating a bond we like to refer to as “the grandparent effect.” We currently work with 11 school districts at over 100 schools.

Due to COVID-related school closures, UNESCO anticipates a 20% increase in children falling behind the minimum proficiency level in reading, which makes our work more important than ever. Our volunteer tutors work with children to build their reading skills and confidence, providing a steady, positive influence throughout the school year.

If you are interested in joining our tutoring program, please contact Kristen Amicone at Kristen@SanDiegoOasis.org

San Diego
OASIS
TUTORING



2021 GET CONNECTED: TECHNOLOGY FAIR FOR ADULTS 50+

**FREE TECH
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**San Diego Oasis invites you to its 9th annual
GET CONNECTED:
TECHNOLOGY FAIR FOR ADULTS 50+
THURSDAY & FRIDAY • NOVEMBER 4 & 5**

Join us for themed Tech Talk sessions presented by knowledgeable speakers addressing a wide variety of technology-related topics, such as:

**Every Day Tech | Healthcare Tech | Online Security Tech
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Invite your friends and family to join you for these two power-packed days of practical, helpful and fun technology-related topics.

EVENT IS FREE: REGISTRATION OPENS OCTOBER 1
Visit SanDiegoOasis.org for more details

CC will be available for all sessions

**Join us to
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Serving San Diego County
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San Diego Oasis is an organization of learning and engagement that creates opportunities for meaningful dialogue and deep thinking about current events. We provide opportunities for socialization, active living and intergenerational community initiatives to help low income students thrive.

Learn more at www.SanDiegoOasis.org

San Diego Oasis promotes successful aging through a three-fold approach:

