



Join us for December classes

IN-PERSON CLASSES

Grossmont Center | La Mesa



ARTS & CRAFTS

118 | *Oriental Brush Art with Chinese Ink and Watercolor

Shinja Scheidnes, Watercolorist, Instructor
Wednesdays, December 1 & 8 | 10:00 AM | \$24
Learn techniques to create a beautiful work of art.

119 | Pillowcase - Unique and Easy Sewing Project

Lyn Earl, Instructor
Wednesday, December 1 | 1:00 PM | \$12
One-of-a-kind pillowcase for yourself, family or friends.

103 | Cork Snowflakes

Amy O'Connor, Dir. of Operations & Volunteer Programs
Thursday, December 2 | 1:00 PM | \$12
Make three different types to bring winter to your home.

116 | Hanging Glass Globe with Living Air Plants & Accent Items

Muriel King, Succulent Designer/Owner, Perfect Plant
Thursday, December 9 | 1:00 PM | \$45
How to display with non-seasonal or holiday ornaments.

114 | Making Kokedama (Moss Ball)

Hideko Edwards, HD Creations, Moss Based Arts & Crafts
Friday, December 10 | 1:00 PM | \$45
Kokedama is a form of bonsai art; come create your own.

129 | Watercolor Hangout with Eddie Omens

Eddie Omens, Artist
Monday, December 13 | 10:00 AM | \$12
Eddie will show you how to create a stunning work of art.

111 | Log Cabin Quilt Block

Lyn Earl, Instructor
Wednesday, December 15 | 1:00 PM | \$12
Create a quilt block for making log cabin quilts.

100 | Alcohol Ink Project

Diana Griffin, Queenie Glass and Sass, Owner
Thursday, December 16 | 1:00 PM | \$40
Create your own sun catcher with glass and alcohol inks.

Visit website for full listing
of classes and descriptions:
SanDiegoOasis.org

BUSINESS • FINANCE • LEGAL

477 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist
Tuesday, December 7 | 10:00 AM | \$5
Tax-free income from your home with no monthly payments.

523 | Social Security

Anthony Camara, FIC, MBA
Tuesday, December 14 | 1:00 PM | \$5
Learn when to apply and how to maximize benefits.

265 | Current Events - December

Rick LeVine, Attorney
Wednesday, December 15 | 1:00 PM | \$12
An objective analysis and discussion of today's hot topics.

EXERCISE • DANCE

177 | *Essentrics, Classical Stretch

Susan Hahn, Certified Essentrics® Instructor
Mondays, December 6 & 13 | 9:30 AM | \$20
A non-impact full body dynamic stretch workout/technique that works through the muscle chains.

236 | *Zumba Gold

Pamela Toomes, Certified Fitness Instructor
Mondays, December 6 & 13 | 10:45 AM | \$20
This class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness party.

166 | *Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology
Mondays, December 6 & 13 | 12:00 PM | \$20
Build stronger bones through a mix of balance training, resistance bands, core stabilization and weights.

**Denotes a
multi-session
class;
fee includes
all sessions.*

208 | *Progressive Strength, Balance and Flexibility Training
Elinor Smith, Group Exercise Instructor
Tuesdays, December 7 & 14 | 9:30 AM | \$20
Begin with an aerobic warm-up, then strength training exercises, followed by cool down stretches.

220 | *Soul Line Dancing
Ed Griffith, Verlosity
Tuesdays, December 7 & 14 | 10:45 AM | \$20
In this energetic class, learn new and traditional line dance steps set to Soul and R&B favorites.

185 | *International Folk Dancing
Martha Awdziejewicz, Folk Dance Group
Wednesdays, December 8 & 15 | 9:30 AM | \$12
This class focuses primarily on traditional dances from Eastern Europe, including Bulgaria, Romania and Serbia.

232 | *Zumba Gold
Pamela Toomes, Certified Fitness Instructor
Wednesdays, December 8 & 15 | 12:00 PM | \$20
This class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness party.

212 | *Progressive Strength, Balance and Flexibility Training
Elinor Smith, Group Exercise Instructor
Thursdays, December 9 & 16 | 9:30 AM | \$20
Begin with an aerobic warm-up, then strength training exercises, followed by cool down stretches.

224 | *Soul Line Dancing - The Basics
Ed Griffith, Verlosity
Thursdays, December 9 & 16 | 10:45 AM | \$20
In this introductory class, learn new and traditional line dance steps set to Soul and R&B favorites.

188 | *Line Dancing and Beyond: Improver
Lois Spaulding
Thursdays, December 9 & 16 | 12:00 PM | \$20
Let's take line dancing to the next level. Dances include swing, cha-cha, rumba, waltz, and many more.

216 | *Restorative Chair Yoga
Julia Doughty, MFA and Certified HHP
Fridays, December 10 & 17 | 9:30 AM | \$20
Using a chair for support, learn deep breathing along with yoga exercises for flexibility and mobility.

158 | *Better Balance: Free From Falls
Russell Rowe, MS, Exercise Physiology
Fridays, December 10 & 17 | 10:45 AM | \$20
If you have poor to average balance, this class will improve your balance capabilities.

162 | *Bone-Building Fitness
Russell Rowe, MS, Exercise Physiology
Fridays, December 10 & 17 | 12:00 PM | \$20
Build stronger bones through a mix of balance training, resistance bands, core stabilization and weights.

HEALTH

296 | Health Benefits of Wine and Chocolate
Philip J. Goscienski, M.D.
Monday, December 6 | 1:00 PM | \$12
How to select the healthiest forms of wine and chocolate.

HISTORY • HUMANITIES

545 | Mingei International Museum
Private Docent-led Tour on Location
Wednesday, December 8 | 10:30 AM | \$10
Experience Global Spirit, from the collection of Ted Cohen and Humble Spirit-Priceless Art curated by Rob Sidner, Mingei Executive Director.

314 | Putin, Ukraine, and Russian Expansionism
Philip Pryde, PhD, Professor Emeritus SDSU, Author/Lecturer
Wednesday, December 8 | 1:00 PM | \$12
International policies/recent history of the new Russia.

485 | Immigration in America: Its Darkest Hour
Bruno Leone, MA, Author & Lecturer
Thursday, December 9 | 1:00 PM | \$12
Learn how the immigration laws between 1875 - 1924 were the most prejudicial in US history.

256 | Blue Christmas:
When Your Holiday Is Neither Merry Nor Bright
Matthew Wion, Ph.D.
Friday, December 10 | 11:00 AM | \$12
Make the holiday meaningful even when we are down.

307 | Logic and Critical Thinking, Understanding Human Thought
Gregory Buckles, BA, MA, Professor of Philosophy
Thursday, December 16 | 1:00 PM | \$12
How basic logic is essential to the human thinking process.

*Visit website for full listing of
classes and descriptions:
SanDiegoOasis.org
January classes begin on
Wednesday, January 5.
Registration opens
Monday, January 1.*

LITERATURE

482 | Poetry & Artist Icons, Life and Works: Sylvia Plath
Seretta Martin, MFA, Poet, Editor, San Diego Poetry Annual
Wednesday, December 1 | 10:00 AM | \$12
The haunting and emotional poetry and life of Sylvia Plath.

PERSONAL ENRICHMENT

381 | *Grief Support Group (In-Person)
Rolandas Kausas
Wednesdays, December 1 - 15 | 10:30 AM | Free
Grief: what you might experience and how to respond to it.

503 | Let's Play Mah Jongg
Terri Adams, Instructor
Tuesday, December 7 | 10:00 AM | \$10
Get together for beginners and intermediate players.

480 | Reinventing Your Life
Laura Diaz, Board Certified Coach (BCC)
Tuesday, December 7 | 1:00 PM | \$12
Re-examine who you are during your second half of life.

TECHNOLOGY

528 | Conquering Your iPhone - Part III
Jacki Montierth, Founder of Wiseboomer.Com
Friday, December 3 | 10:00 AM | \$12
Take skills further with iCloud management and useful apps.

532 | Conquering the Apple iCloud and Photo Storage
Jacki Montierth, Founder of Wiseboomer.Com
Monday, December 6 | 10:00 AM | \$12
Understand what the iCloud is and how to manage storage.

THEATRE • MUSIC

488 | Joni's Jukebox Holiday Revue
Joni Brobst, Joni and the Jeanie's
Friday, December 3 | 2:00 PM | \$20
A song and dance revue of your favorite holiday songs.

501 | A Renaissance Christmas
Chris Burns, Many-Strings
Wednesday, December 8 | 3:00 PM | \$20
Music from Germany, Ireland, England, Scotland and French colonial America will delight you.

IN-PERSON CLASSES

Escondido Senior Center



EXERCISE • DANCE

671 | *Tai Chi Chuan: Early Risers
Pat Griffith, Sifu
Tuesdays, December 7 & 14 | 7:30 AM | \$16
We do the complete form from start to finish! Improve your balance, strength, flexibility, and peace of mind.

673 | *Better Balance with Stability Ball
Traci Thys
Tuesdays, December 7 & 14 | 12:00 PM | \$16
We use weights, bands, and a stability ball to improve core strength, flexibility, and balance.

675 | *Chair Fitness
Traci Thys
Wednesdays, December 8 & 15 | 12:30 PM | \$16
This class will help to increase your strength, flexibility, and balance, and is perfect for anyone who has trouble standing for long periods of time.

677 | *Zumba with Lynn for Boomers
Lynn Morgan, Licensed Instructor
Wednesdays, December 8 & 15 | 3:45 PM | \$16
For everyone who enjoys music and wants to have fun while getting some exercise. No experience necessary.

679 | *Better Balance with Stability Ball
Traci Thys
Thursdays, December 9 & 16 | 12:00 PM | \$16
We use weights, bands, and a stability ball to improve core strength, flexibility, and balance.

681 | *Tai Chi Chuan: Beginning
Pat Griffith, Sifu
Thursdays, December 9 & 16 | 3:00 PM | \$16
If you are a beginner or it has been a long time since you practiced Tai Chi, you'll improve balance, strength, flexibility, and peace of mind.

682 | *Tai Chi Chuan: Early Risers
Pat Griffith, Sifu
Friday, December 10 & 17 | 7:30 AM | \$16
We do the complete form from start to finish! Improve your balance, strength, flexibility, and peace of mind.



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SOCIAL!



youtube.com/user/
SanDiegoOasis

ONLINE CLASSES

Via Zoom



Zoom info provided with registration confirmation.

BUSINESS • FINANCE • LEGAL

265 | Current Events - December

Rick LeVine, Attorney

Wednesday, December 15 | 1:00 PM | \$12

An objective analysis and discussion of today's hot topics.

EXERCISE AND DANCE

228 | *Tai Chi Chuan: Beginning

Pat Griffith, Sifu

Mondays, December 6 & 13 | 2:00 PM | \$20

174 | *Chair Zumba with Lynn

Lynn Morgan, Licensed Instructor

Mondays, December 6 & 13 | 3:45 PM | \$20

181 | *Strength and Fitness at Home

Kerry Wilson, Yoga Instructor

Tuesdays, December 7 & 14 | 2:30 PM | \$20

170 | *Chair Yoga

Kerry Wilson, Yoga Instructor

Thursdays, December 9 & 16 | 2:30 PM | \$20

240 | *Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

Saturdays, December 11 & 18 | 9:00 AM | \$20

HEALTH

296 | Health Benefits of Wine and Chocolate

Philip J. Goscinski, M.D.

Monday, December 6 | 1:00 PM | \$12

Learn which claims are legitimate and how to select the healthiest forms of wine and chocolate.

HISTORY • HUMANITIES

260 | Clarifying Jesus' Existence

Larry Solomon, Ph.D.

Wednesday, December 1 | 1:00 PM | \$12

Contemporary consensus: Was there really a Jesus?

854 | President Biden and the Middle East

Melvin Goodman, Johns Hopkins Univ.

Thursday, December 2 | 7:30 AM | \$18

The United States' complicated history in the region.

853 | Unsung Heroes of Jazz History

Seth Kibel, Musician and Composer

Thursday, December 2 | 10:30 AM | \$18

Lives and careers of a number of jazz and swing greats.

328 | The First Twelve Christmas Celebrations at Disneyland

James Keeline, Historian & Author

Thursday, December 2 | 1:00 PM | \$12

Learn how the decor and celebrations evolved.

290 | Friday Reflections with Peter Bolland

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

Friday, December 3 | 10:00 AM | \$5

Hidden wisdom just beneath the surface of our lives.

437 | Book Collecting 101:

How to Collect, Store, Display and Care for Books

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

Friday, December 3 | 11:00 AM | \$12

Learn to collect, determine value, and how to display.

353 | *World War II in the Pacific

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

Mon/Wed, December 6, 8, 13 & 15 | 10:00 AM | \$40

How US defeated the Empire of Japan and ended WWII.

859 | Who Are the Maori?

Joseph Snyder, International Lecturer

Tuesday, December 7 | 7:30 AM | \$12

We'll explore New Zealand and its heritage.

310 | *Milton Avery

Aniko Makranczy, MFA

Tuesday & Thursday, December 7 & 9 | 10:00 AM | \$15

Milton Avery reduced forms to convey his subjects' essence.

860 | The Partnership That Saved the World

Nick Glakas, International Lecturer

Tuesday, December 7 | 10:30 AM | \$12

We'll examine the extraordinary partnership and friendship of Franklin Roosevelt and Winston Churchill.

276 | Father Christmas, Santa, St. Nicholas, and other Traditions

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

Tuesday, December 7 | 1:00 PM | \$12

Stories surrounding the figure of Santa Claus.

862 | Abraham Lincoln As You Never Knew Him

Robert Watson, Lynn University

Wednesday, December 8 | 10:30 AM | \$18

His presentation in textbooks and in pop culture.

314 | Putin, Ukraine, and Russian Expansionism

Philip Pryde, PhD, Professor Emeritus SDSU, Author, Lecturer

Wednesday, December 8 | 1:00 PM | \$12

International policies/recent history of the new Russia.

485 | Immigration in America: Its Darkest Hour

Bruno Leone, MA, Author & Lecturer

Thursday, December 9 | 1:00 PM | \$12

Learn about immigration laws between 1875 - 1924.

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Hidden wisdom just beneath the surface of our lives.

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Matthew Wion, Ph.D.
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Make the holiday meaningful even when we are down.

483 | Pirates and Plunder

Mark Carlson, Historian & Author
Friday, December 10 | 1:00 PM | \$12
Your chance to find buried treasure in the legends.

867 | Music from the Heartland

Daryl Davis, Musician
Monday, December 13 | 10:30 AM | \$18
Singers whose songs resonated with us in the '50s and '60s.

293 | *Genetics: The Science of Heredity

Henry George, Engineer, Archaeologist and Geologist
Monday & Tuesday, December 13 & 14 | 1:00 PM | \$15
How genetics work and how we pass traits to descendants.

334 | The Mythology of Christmas

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Tuesday, December 14 | 10:00 AM | \$15
Underlying mythological significance and spiritual meaning of familiar images, icons, and songs.

274 | Edward Hopper

Julia Fister, MA, Studio ACE Executive Director
Tuesday, December 14 | 1:00 PM | \$12
The most important realist painter of 20th century America.

271 | Do You Believe in God?

Larry Solomon, Ph.D.
Wednesday, December 15 | 1:00 PM | \$12
The fields of particle physics, complexity theory and genetics are explored as part of the search for God.

307 | Logic and Critical Thinking, Understanding Human Thought

Gregory Jay Buckles, BA, MA, Professor of Philosophy
Thursday, December 16 | 1:00 PM | \$12
How basic logic is essential to the human thinking process.

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The haunting and emotional poetry and life of Sylvia Plath.

PERSONAL ENRICHMENT

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Rolandas Kausas
Wednesdays, December 1 - 29 | 10:30 AM | Free
Grief: what you might experience and how to respond to it.

TECHNOLOGY

407 | Cox Presents: Understanding Cloud Storage

Mary Burns, Professor, San Diego Continuing Education
Thursday, December 2 | 10:00 AM | \$5
Learn about Google drive, iCloud, Amazon and Dropbox.

399 | Cox Presents: A Sampler of Fun Smartphone Apps

Barbara Smith, MA, Community College Instructor
Thursday, December 9 | 1:00 PM | \$5
Explore some of the fun apps, including free video calls, travel enhancers, e-readers, and more!

404 | Cox Presents: Tech Tools

Mary Burns, Professor, San Diego Continuing Education
Thursday, December 16 | 10:00 AM | \$5
Learn about unzipping files, screen shots, managing downloads, organizing files, and settings to improve performance.

THEATRE • MUSIC

423 | Peter Ilyich Tchaikovsky: The Master of Romantic Melody

Chris Burns, Many-Strings
Friday, December 10 | 3:00 PM | \$12
The Nutcracker, Sleeping Beauty, Swan Lake, and more!

417 | Expressions of Christmas:

From Medieval Courts, the Renaissance and more!

Chris Burns, Many-Strings
Friday, December 17 | 3:00 PM | \$12
Find hope and peace in this music from the Renaissance.



SAVE THE DATE!



San Diego **20** FITNESS **22** PALOOZA

Friday, January 7 | 10:00 AM - 12:00 PM

In-Person Fitness Palooza at the Grossmont Wellness Center
Come participate in 20-minute sessions of upcoming fitness classes.
No registration needed. Just show up and have fun!

More details coming soon.

*Coming to our Grossmont Center
location in 2022!*



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



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

LOOKING AHEAD

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