

OPTIMIZE: to make the best or most effective use of a situation, opportunity, or resource.

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 • 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 (700 tablets as of 3/2022).

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 SanDiegoOasis.org

REGISTER ONLINE WITH MYOASIS | Register for classes by logging into your MyOasis account at **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**

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

CLASS CATEGORIES

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

LOOKING AHEAD

We are coming to Rancho Bernardo in 2023! See page 27 or visit the website for more information and pictures!

Connecting the 50+ Community in San Diego County

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

INDEX

In-Person Classes	
Grossmont Center in La Mesa	3 - 13
Cox Tech Tank	14 - 15
Escondido Senior Center	16
Online Classes	17 - 23
Libraries	24
Travel	25
Rancho Bernardo	26 - 27
Ways to Give	28
Volunteer	29
New to Oasis	29
Social Media	29
Diversity Program	29

OPTIMIZE IN-PERSON

Lifelong Learning & Wellness Centers | Grossmont Center in La Mesa

ARTS & CRAFTS*

124 | Color Theory - How Do Colors Work?

Aniko Makranczy, MFA Tuesdays, July 5 - August 2 | 10:00 AM | \$60

Learn color theory concepts and relationships you can use for subtle or dramatic effect for creative projects.

125 | Oriental Brush Art with Chinese Ink and Watercolor

Shinja Scheidnes, Watercolorist & Instructor Wednesdays, July 6 - 27 | 10:00 AM | \$48

Learn the dancing brush techniques, step-by-step, to create beautiful artwork.

◆ 687 | Making Art Rock . . . Making Art Rocks

Sharon Hinckley, Artist, Instructor & Author Thursday & Friday, July 7 & 8 | 10:00 AM | \$24

Do these crazy, upside down times make you feel like throwing rocks? Try painting them instead.

→ 706 | Making Art Rock . . . Making Art Rocks

Thursday & Friday, August 4 & 5 | 10:00 AM | \$24

104 | Watercolor Hangout with Eddie Omens

Eddie Omens, Artist Monday, July 11 | 10:00 AM | \$12

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

105 | Monday, July 25 | 10:00 AM | \$12

106 | Monday, August 8 | 10:00 AM | \$12

107 | Monday, August 22 | 10:00 AM | \$12

693 | Art Journaling

Cappie Geis, Art Instructor Thursday, July 14 | 10:00 AM | \$25

Create a work of art that truly captures your thoughts and emotions. Let loose and explore with colors, shapes, lines, new techniques and writing.

694 | Thursday, August 18 | 10:00 AM | \$25

126 | Air Plant & Succulent Driftwood Centerpiece

Muriel King, Succulent Designer/Owner, The Perfect Plant Friday, July 15 | 10:00 AM | \$65

All materials will be provided to create a naturalistic design centerpiece that can complement any room or patio with good lighting.

127 | Watercolor Workshop

Elle Arnot, MFA, School of the Art Institute of Chicago Tuesday & Wednesday, July 19 & 20 | 1:00 PM | \$24

Learn the basics of quick watercolor sketching, color mixing and simplifying a scene to create your own 4x6 watercolor postcards.

128 | Making Kokedama (Moss Ball)

Hideko Edwards, HD Creations, Moss Based Arts and Crafts Friday, July 22 | 10:00 AM | \$50

Start by selecting a plant of your choice, mold the plant in a special soil mix mud ball and wrap it with moss to create your own unique Kokedama.

■ 129 | Enamel/Bubble Wave

Diana Griffin, Queenie Glass and Sass, Owner Friday, July 29 | 1:00 PM | \$50

Create a unique piece of glass art by painting a wave on a glass circle using enamel and bubble paint.

→ 116 | Teacup, Saucer, and Spoon Succulent Arrangement
Muriel King, Succulent Designer/Owner, The Perfect Plant Friday, July 29 | 10:00 AM | \$65

For this project, you'll create a whimsical succulent arrangement using a teacup as a planter and a saucer and spoon as part of the composition.

*Full class descriptions and supplies/requirements are available on our website or on your registration receipt.



130 | Photography: Picturing the Landscape (OFF-SITE | Museum of Photographic Arts)

Verónica Aponte, Museum of Photographic Arts Friday, August 5 - August 26 | 1:00 PM | \$48

Learn more about landscape photographers, explore the basics of framing and composition, and play with advanced techniques inspired by artists in MOPA's permanent collection.

■ 110 | Intermediate Watercolor Hangout with Eddie Omens

Eddie Omens, Artist

Wednesday, August 17 | 10:00 AM | \$12

For those who have experience using watercolor and ink, develop new skills to push your artwork further.

■ 131 | Repot & Beautify Your Straggly Succulent Arrangement

Muriel King, Succulent Designer/Owner, The Perfect Plant Friday, August 19 | 10:00 AM | \$50

Bring any succulent arrangement to the class to repot, take out old or dead plants, replace and rearrange for eye-catching appeal.

132 | Glottery Bowl

Diana Griffin, Queenie Glass and Sass, Owner Wednesday, August 24 | 1:00 PM | \$50

Create a glass bowl/dish with a pottery look using stencils and various paint mediums.

133 | Elegant & Artistic Napkin Folding

Laura Lynn, Professional Chef Garde Manager, American Culinary Federation Gold Medalist and Presidential Award Winner, San Diego Fruit Carving Founder Friday, August 26 | 2:00 PM | \$15

Get ready to dazzle your guests at your next special event with these elegant and artistic napkin folds.

BUSINESS, FINANCE, LEGAL

176 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist Tuesday, July 5 | 10:00 AM | \$12

Find out how you can receive tax-free income from your home with no monthly mortgage payments.

181 | Job Seeking for the 50+

Bill Loeber, Founder, Operation Hand Up Tuesday, July 12 | 10:00 AM | \$12

Considering a job to supplement your retirement? Join us for the fundamentals!

→ 177 | Using Your Home For Your Next Chapter
Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor Tuesday, July 12 | 3:00 PM | Free

Your home is likely your greatest asset. What is the best way to use it for your next chapter of life?

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

Barbara Norman, CFP®, ChFC®, CDFA®, CEO of Sage **Path Solutions**

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

Create a family binder with crucial information needed to navigate the tax and legal system when someone is incapacitated or passes.

178 | Understanding Annuities

Lisa Claycomb, JD, CLTC, CFP® Tuesday, July 19 | 10:00 AM | \$12

Annuities can be excellent vehicles for delivering financial security and providing income for the rest of your life.

730 | Social Security

Anthony Camara, FIC, MBA Tuesday, July 19 | 1:00 PM | \$5

Get the most out of Social Security and learn how to manage the key risks all retirees face: outliving their income, inflation and unpredictable events.

731 | Thrivent One-on-One

Anthony Camara, FIC, MBA Friday, July 22 | 10:00 AM | Free

Make an appointment for a free, 30 minute, oneon-one confidential financial consultation with no strings attached.

733 | Friday, August 26 | 10:00 AM | Free

179 | What Property Improvements Have The Best **Return On Investment?**

Lisa Vomero Inouye, Trusted Real Estate Adviser Tuesday, July 26 | 1:00 PM | \$12

Thinking about remodeling? Come and find out what improvements are the most cost effective options and what to avoid completely!

163 | Let's Talk About It - July Headlines

Rick LeVine, Attorney Wednesday, July 27 | 1:00 PM | \$12

Join us for an objective analysis and discussion of today's hot topics.

164 | Wednesday, August 24 | 1:00 PM | \$12

676 | 15 Steps to a Successful Remodel

Peter Klein, Author and former Contractor Monday, August 8 | 1:00 PM | \$12

Learn the steps needed to remodel a home and how to prepare yourself mentally and financially.

180 | Assisted Living Communities and Residential Care: It's Not What You Think

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor Tuesday, August 16 | 3:00 PM | Free

When some people hear the words "assisted living," they still think about living out the rest of their days in a nursing home environment. That couldn't be farther from the truth!

◆ 696 | Fraud Watch Network: Tools to Avoid Identity Theft

Tiffany Zhang, Program Analyst, AARP California Thursday, August 18 | 1:00 PM | Free

Empower yourself with resources and tools to help you spot and avoid identity theft and fraud scams.

709 | 5 Financial Risks in Retirement

Lisa Claycomb, JD, CLTC, CFP® Saturday, August 20 | 10:00 AM | \$12

In retirement you need to consider what's going to happen over the next 20 to 30 years. We will discuss five items to help you protect your financial future.

732 | Retirement & Estate Strategies

Anthony Camara, FIC, MBA Tuesday, August 23 | 1:00 PM | \$5

Learn how to accumulate and distribute money for retirement, keys to proper diversification, multigenerational planning, and more.

EXERCISE & DANCE

197 | Ballet

Natalia Mozalova, Ballet Master and Choreographer, Fitness Instructor

Wednesdays, July 6 - 27 | 2:15 PM | \$40

Ballet is a great workout for the whole body, improving posture and balance. Ballet can reduce symptoms of depression, arthritis and diabetes.

198 | Wednesdays, August 3 - 31 | 2:15 PM | \$50

201 | Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology Fridays, July 8 - 29 | 10:45 AM | \$40

Improve your balance capabilities with simple, safe exercises that only require a sturdy chair.

202 | Fridays, August 5 - Sept 2 | 10:45 AM | \$50

205 | Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology Mondays, July 11 - 25 | 12:00 PM | \$30

Build stronger bones through balance training, resistance bands, core stabilization and weights.

206 | Mondays, August 1 - 22 | 12:00 PM | \$40

209 | Fridays, July 8 - 29 | 12:00 PM | \$40

210 | Fridays, August 5 - Sept 2 | 12:00 PM | \$50

213 | Cardio Drumming

Andra Valencia, Fitness and Dance Instructor Tuesdays, July 5 - 26 | 12:00 PM | \$40

Cardio drumming takes a simple movement, drumming, and turns it into a full-body workout that will leave you smiling and feeling great.

214 | Tuesdays, August 2 - 30 | 12:00 PM | \$50

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

268 | Wednesdays, August 3 - 31 | 1:15 PM | \$50

727 | Get Your Steps In: San Diego Oasis Mall Walkers

Julia Doughty, MFA and Certified HHP Wednesdays, July 6 - August 31 | 9:00 AM | Free

Join us every Wednesday for a 1-hour or 2-hour mall walk with your choice of start time: 9:00 or 10:00.



225 | International Folk Dancing

Martha Awdziewicz, Folk Dance Group Wednesdays, July 6 - 27 | 9:30 AM | \$24

Come join us for traditional dances from Eastern Europe and around the world.

226 | Wednesdays, August 3 - 31 | 9:30 AM | \$30

229 | Line Dancing and Beyond

Ruth Parker, Line Dance Instructor Thursdays, July 7 - 28 | 12:00 PM | \$40

Taking line dancing to the next level, learn the steps of swing, cha-cha, rumba, waltz and many more.

230 | Thursdays, August 4 - Sept 1 | 12:00 PM | \$50

233 | Middle Eastern Dancing

Natalia Mozalova, Ballet Master and Choreographer, Fitness Instructor

Thursdays, July 7 - 28 | 1:15 PM | \$40

Learn graceful hip drops, rolls, and pivots using your abdomen, spine and more. Great, low-impact exercise for all ages and levels of fitness.

234 | Thursdays, Aug 4 - Sept 1 | 1:15 PM | \$50

237 | Progressive Strength, Balance and Flexibility Training

Elinor Smith, Group Exercise Instructor & Certified Personal Trainer

Tuesdays, July 5 - 26 | 9:30 AM | \$40

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

238 | Tuesdays, August 2 - 30 | 9:30 AM | \$50

241 | Thursdays, July 7 - 28 | 9:30 AM | \$40

242 | Thursdays, August 4 - Sept 1 | 9:30 AM | \$50

288 | Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP Fridays, July 8 - 29 | 9:30 AM | \$40

Using a chair for support, learn deep breathing along with yoga exercises for flexibility and mobility.

289 | Fridays, August 5 - Sept 2 | 9:30 AM | \$50

292 | Mondays, July 11 - 25 | 2:15 PM | \$30

293 | Mondays, August 1 - 29 | 2:15 PM | \$50

245 | Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP Tuesdays, July 5 - 26 | 1:15 PM | \$40

Yoga can assist in healing, recovery, and balance while calming your mind and renewing your energy.

246 | Tuesdays, August 2 - 30 | 1:15 PM | \$50

249 | Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity Tuesdays, July 5 - 26 | 10:45 AM | \$40

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

250 | Tuesdays, August 2 - 30 | 10:45 AM | \$50

253 | Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity Thursdays, July 14 - 28 | 10:45 AM | \$30

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

254 | Thursdays, August 4 - Sept 1 | 10:45 AM | \$50

Michelle Sarubbi, Certified TCC Instructor Fridays, July 22 - August 19 | 1:15 PM | \$50

In this five-week intermediate program you will learn to deepen and refine the movements.

263 | Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist Mondays, July 11 - 25 | 1:15 PM | \$30

Tai Chi is a non-competitive, self-paced system of gentle physical exercise and stretching. This class will help you improve balance and promote healing.

264 | Mondays, August 1 - 29 | 1:15 PM | \$50

275 | Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

Mondays, July 11 - 25 | 10:45 AM | \$30

An exhilarating, effective, easy-to-follow, Latininspired, calorie burning, dance fitness party.

276 | Mondays, August 1 - 22 | 10:45 AM | \$40

279 | Wednesdays, July 6 - 27 | 12:00 PM | \$40

280 | Wednesdays, August 3 - 31 | 12:00 PM | \$50

HEALTH

716 | NeuroMovement® for Brain Fitness

Margie Murnan, NeuroMovement® Practitioner Wednesday, July 6 | 10:00 AM | Free

Discover how you can achieve better brain fitness, greater flexibility, strength, balance, and easier movement by creating changes in your brain.

692 | Hearing Loss and Solutions

Dr. Dena Riso, Peninsula Hearing Center Thursday, July 7 | 1:00 PM | \$12

Learn about the anatomy of the ear, different types of hearing loss and the options available to you for dealing with hearing loss.

313 | 7 Simple Changes to Prevent Heart Attack and Stroke Suhail Zavaro, MD, Board-Certified Interventional Cardiologist affiliated with Sharp Grossmont Hospital Friday, July 8 | 10:00 AM | Free

Heart disease and stroke cause 1 in 3 deaths among women each year. Discover seven small steps that can make a big difference in lowering your risk.

717 | NeuroMovement® for a Healthy Neck and Shoulders

Margie Murnan, NeuroMovement® Practitioner Saturday, July 16 | 10:00 AM | \$20

Do you have a stiff neck or chronic tightness in your shoulders? Learn how to effectively move your body to reduce chronic tension, pain and limitation.

314 | Health Secrets of the Stone Age

Philip J. Goscienski, M.D. Tuesday, July 19 | 1:00 PM | \$12

Since our body chemistry is a couple of million years old, it's suggested that today's so-called diseases of aging are actually lifestyle diseases.

315 | Mindfulness Practice:

Aimlessness - We Already Are All We Want to Become

Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh Wednesday, July 20 | 1:00 PM | \$12

Breaking free of the illusion that what we want is to be found somewhere else at some other time, we realize that what we want is here and now.

💜 317 | Joint Health As We Age

Nancy Jungling, Physical Therapist Friday, August 12 | 1:00 PM | Free

Learn about easy lifestyle changes to help your joints stay pain free as well as treatment options for those who are experiencing joint pain.

d 318 | Diabetes — A Growth Industry

Philip J. Goscienski, M.D. Tuesday, August 16 | 1:00 PM | \$12

This presentation reveals the impact of Type 2 diabetes on the world's economy and why it potentially threatens the nation's healthcare system.

718 | NeuroMovement®

Free your Hips, Knees, and Ankles for Better Balance
Margie Murnan, NeuroMovement® Practitioner

Saturday, August 20 | 10:00 AM | \$20

Do you have tight hip joints, stiff ankles or achy knees? Learn how to properly distribute effort through your legs in order to reduce strain on your joints.

HISTORY & HUMANITIES

▼ 702 | The Four Indian Tribes of San Diego County

Cheryl Hinton, MA Anthropology Friday, July 15 | 1:00 PM | \$12

We'll examine origins of the Kumeyaay, Luiseño, Cupeño and Cahuilla tribes and learn fascinating aspects of their rich prehistories and histories.

738 | Major Wine Regions of the Pacific Northwest

Eric Awes, Wine Industry Consultant Saturday, July 16 | 10:00 AM | \$12

Come and learn some of the mysteries of the Pacific Northwest's wine region and why you should be sampling its wines.

PREFER TO REGISTER IN PERSON?

Feel free to come in during business hours (M-F, 9:30 AM - 4:00 PM) and we'll help get you signed up!



393 | Jewels of the Balkans

Henry George, Engineer, Archaeologist and Geologist Tuesday, July 19 | 10:00 AM | \$12

This lecture will explore, from an anthropological perspective, the prehistory, history and peoples of the former Yugoslavia – Croatia, Slovenia, Bosnia, and Montenegro.

396 | Weird and Wonderful San Diego History

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter Thursday, July 21 | 1:00 PM | \$12

Author and storyteller Jack Innis will share San Diego's weird, wonderful, and captivating legends.

397 | What is a Fair Society?

Matthew Wion, Ph.D. Friday, July 22 | 1:00 PM | \$12

We will explore a number of philosophical arguments to illuminate what a fair society might look like.

434 | A Pleasury of Word & Phrase Origins

Richard Lederer, Union-Tribune Language Columnist Monday, July 25 | 10:00 AM | \$12

Richard Lederer will share stories about the histories and mysteries of everyday words and expressions.

◆ 400 | The Great Philosophers: Aristotle

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, July 26 | 10:00 AM | \$15

Join us for this exploration into the ways Aristotle shaped the Western worldview like no other philosopher before or since.

402 | Psychology of Aging

Oliva M. Espín, Ph.D. Wednesday, July 27 | 1:00 PM | \$12

This presentation will focus on how various dynamics influence the individual process of aging and on the aging process in different societies.

404 | Logic and Critical Thinking, Understanding Human Thought

Greg Buckles, MA, Professor of Philosophy Thursday, July 28 | 1:00 PM | \$12

How is logic essential to the human thinking process and what is its significance in science, politics, and daily living and work experiences?

405 | Volcanic Super-Eruptions and Origin of the Yellowstone Hotspot

Victor Camp, Ph.D., SDSU Department of Geological Sciences Lecturer Emeritus
Monday, August 1 | 10:00 AM | \$12

Causes and consequences of spectacular volcanic eruptions and the probable effects of the next great super-eruption on planet Earth.

◆ 699 | Japanese Americans in San Diego - Part 1

Linda Canada, Historian & Author Wednesday, August 3 | 1:00 PM | \$12

Learn the history of people of Japanese descent in San Diego County prior to World War II, including their immigration experiences and how they lived.

700 | Japanese Americans in San Diego - Part 2

Linda Canada, Historian & Author Wednesday, August 10 | 1:00 PM | \$12

Discover the history of local Japanese Americans during and after the Japanese attack on Pearl Harbor, their segregation into remote incarceration camps during WWII, and how they rebuilt their lives in San Diego and elsewhere afterwards.

◆ 415 | Ethiopia During a Pandemic

Gwenyth Mapes, Professor of Humanities Thursday, August 11 | 1:00 PM | \$12

We'll examine Ethiopian history and look at photos that instructor Gweneth Mapes took as she traveled through that country in 2021.

419 | Jewels of the Baltics

Henry George, Engineer, Archaeologist and Geologist Tuesday, August 16 | 10:00 AM | \$12

In this lecture, we will examine the people, places, cultures, and histories of Lithuania, Latvia, and Estonia.

421 | Ethnicity, Sainthood, and American (U.S.) Identity

Oliva M. Espín, Ph.D.

Wednesday, August 17 | 1:00 PM | \$12

We will look at several U.S. saints from different ethnic backgrounds, the impact of their activities, and the interesting fact that most canonized Americans are women.

→ 734 | Beef Stew for 2,500: Feeding Our Navy from the Revolutionary War to Present

Rudy Shappee, U.S. Navy Veteran and Local Historian Saturday, August 20 | 10:00 AM | \$12

Learn how the U.S. Navy fed the hungry crews of its ships during its earliest days. Some of their favorite meals included Dandyfunk, Spotted Dog, Sea Pie and Lobscouse.

425 | The Wisdom of Zen Buddhism

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, August 23 | 10:00 AM | \$15

Join us as we uncover the practices and principles of this profoundly spiritual and eminently practical wisdom tradition.

427 | Romantic Era Art

Gwenyth Mapes, Professor of Humanities Wednesday, August 24 | 1:00 PM | \$12

Called "bad" and even "degenerate" art in its day, Romantic art led to the later Impressionist, Expressionist, and Modern art.

416 | Where Does the Soul Live?

Matthew Wion, Ph.D. Friday, August 26 | 1:00 PM | \$12

Do we have souls? If so, what and where is the soul? Come discuss the arguments for and against whether we have souls.

LANGUAGE*

446 | Beginning French

Danielle Deaton, Former Advanced Teacher, Credentialed Instructor Mondays, July 11 - August 22 | 10:00 AM | \$84

Beginning French for learning practical words, phrases and general information.

LOVE OASIS?

If you love being a part of Oasis, share it with your friends and family!





448 | French Literature and Discussion: Level 1

Danielle Deaton, Former Advanced Teacher, Credentialed Instructor

Mondays, July 11 - August 22 | 11:30 AM | \$84

This class places emphasis on building advanced vocabulary and developing conversational skills.

450 | French Literature and Discussion: Level 2

Mondays, July 11 - August 22 | 1:00 PM | \$84

Students will continue developing their French language skills, with emphasis on discussing French history and literature.

452 | German for Travelers

J.Elke Ertle, Author

Thursdays, July 14 - August 25 | 1:00 PM | \$84

For a richer travel experience, add some useful German phrases to your repertoire.

454 | Beginning Spanish I

Gladis Jiménez González

Fridays, July 15 - August 26 | 11:30 AM | \$84

For students who have no background in Spanish. Each session starts at Chapter 1.

456 | Beginning Spanish II

Wednesdays, July 13 - August 24 | 11:30 AM | \$84

We will continue with the present tense using irregular verbs, grammar and vocabulary.

458 | Intermediate Spanish I

Wednesdays, July 13 - August 24 | 1:00 PM | \$84

We will learn direct and indirect objects, pronouns, and reflexive verbs.

460 | Intermediate Spanish II

Thursdays, July 14 - August 25 | 11:30 AM | \$84

We will focus on learning reflexive verbs, subjunctive and past tense.

462 | Advanced Spanish

Fridays, July 15 - August 26 | 1:00 PM | \$84

We'll focus on reflexive verbs, subjunctive, past tenses and conversation skills.

*Full class descriptions and supplies/requirements are available on our website or on your registration receipt.

In-Person Classes

LITERATURE

476 | Intermediate Poetry Workshop

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

Fridays, July 1 - August 26 | 10:00 AM | Free

Each session will begin with 20-30 minutes of instruction followed by reading and commentary on each other's poems.

489 | Literary Interpretation & Exploration: "The Lady, or the Tiger?"

Jennifer Shenefield, MFA Thursday, July 28 | 1:00 PM | \$12

In this session we will discuss one of the most famous short stories in literature, "The Lady, or the Tiger," by Frank Stockton an intriguing tale about the dangers, difficulty and consequences of choice.

◆ 481 | Write On! Remedies for the Reluctant Writer

Patricia Benesh, Ed.D. and founder of 7memories.com Tuesday, August 16 | 1:00 PM | \$12

You have a story to tell, but you can't get started or maybe you've reached a roadblock in your writing. Are you ready to assess your situation and start writing?

688 | Rendezvous with Books

Dale Spector

Tuesday, August 23 | 1:00 PM | \$12

Join Dale for an afternoon of book talk as he shares new and older titles that you may have missed.

491 | Literary Interpretation & Exploration: "The Yellow Wallpaper"

Jennifer Shenefield, MFA Thursday, August 25 | 1:00 PM | \$12

In this session we will discuss one of the most influential and meaningful short stories of American literature, "The Yellow Wallpaper" by Charlotte Perkins Gilman.

PERSONAL ENRICHMENT

495 | Grief Support Group

Rolandas Kausas

Fridays, July 1 - August 17 | 10:30 AM | Free

Understand the symptoms of grief, what you might experience and how to respond to it.

Nancy Velick Smith, Mah Jongg Instructor Tuesdays, July 5 - 14 | 1:00 PM | \$40

Want to play Mah Jongg, but don't know where to start? We'll cover the basics and get you started.

37 | Mondays, August 1 - 10 | 1:00 PM | \$40

677 | Genealogy Research: Let's Get Started

Don Williams, Genealogy Researcher Monday, July 11 | 1:00 PM | \$12

Learn the basics of genealogy, research techniques and how to determine the accuracy of source types.

528 | Self-Sabotage, No More

Laura Diaz, Board Certified Coach (BCC) Tuesday, July 12 | 1:00 PM | \$12

Learn what self-sabotage behavior is and how to overcome it.

728 | Safe Travels and Destinations with AFC Vacations

Will Reece, AFC Vacations Tuesday, July 12 | 1:00 PM | Free

Current travel trends, restrictions and safety tips when traveling domestically and internationally.

498 | Men's Forum

Walter Talley, Facilitator

Wednesdays, July 13 - August 24 | 10:00 AM | \$32

The Men's Forum is all about sharing, bonding and friendships, where meaningful, thought-provoking issues are discussed every 2nd and 4th Wednesday.

529 | Introduction to Gender and Sexuality: Defining Sex, Gender, and Sexuality

Sydney Folsom, MA, Communication & Gender Studies Wednesday, July 13 | 1:00 PM | \$8

We will define gender and sexuality, explore gender and sexuality as a social construction, and examine the connections between gender and sexuality.

511 | 9 Must Have Strategies for Living Well While Living Longer

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Thursday, July 14 | 1:00 PM | \$12

This presentation encourages the audience to "turn aging on its head," with an uplifting perspective on aging successfully, overcoming obstacles, and the resilience needed to start new chapters.

₹ 707 | Introduction to Writing Your Memoir

Sid Shapira, Author, Public Relations and Corporate Communications Specialist Monday, July 18 | 10:00 AM | \$12

Everyone has a story to tell. Learn how to take the first step to sharing your family's history, traditions and life lessons for future generations.

◆ 530 | Navigating Retirement:

Who do I Want to Be? Finding a New Purpose

Virginia B. Berger, MA, Certified Professional Coach Monday, July 18 | 1:00 PM | \$12

In this workshop, participants will learn the importance of purpose and develop some strategies for creating a new purpose in their retirement.

515 | Successful Aging - Discussion Group

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Wednesday, July 20 | 1:00 PM | \$20

The purpose of this small group class is to have a conversation about aging well and moving beyond life events that are causing us to feel stuck, discouraged, or uncertain about what's ahead.

516 | Wednesday, August 3 | 1:00 PM | \$20 **517** | Wednesday, August 17 | 1:00 PM | \$20

531 | Simple Practices to Manifest Your Dreams

Laura Diaz, Board Certified Coach (BCC) Tuesday, July 26 | 1:00 PM | \$12

Create a new vision for yourself. Learn simple practices that will help you manifest your dreams.

679 | Learning to Read People

Barbara Gunning, MBA, Master Personality Type Practitioner Wednesday, August 3 | 10:00 AM | \$12

An interactive workshop to help you read and understand clues given by speech and movements.

519 | American Mah Jongg for Beginners: Level One

Chris Eshelman, Mah Jongg Instructor Thursdays, August 4 - 25 | 1:00 PM | \$40

Have you always wanted to play Mah Jongg, but don't know where to start? We'll cover the basics and get you started.

705 | Emotional Intelligence

Barbara Gunning, MBA, Master Personality Type Practitioner Tuesdays, August 9 & 16 | 10:00 AM | \$24

The need for emotional intelligence is at an all-time high. Learn to use the intelligence of your emotions to enhance your communication and empathy skills.

631 | Voiceover Workshop

Justine Reiss, Voiceover Artist, Executive Coach, Speaker and Consultant Tuesday, August 9 | 10:00 AM | \$30

Learn how you can use your speaking voice for commercials, films, videos, and more. This class will help you learn how to break into the industry.

532 | Self-Leadership

Laura Diaz, Board Certified Coach (BCC) Tuesday, August 9 | 1:00 PM | \$12

Are you a prisoner of circumstances or a leader of your life who finds solutions to your challenges?

533 | Introduction to Gender and Sexuality: What are Personal Pronouns and Why They Matter

Sydney Folsom, MA, Communication & Gender Studies Wednesday, August 10 | 1:00 PM | \$8

We will discuss gender identity, usage of pronouns, and why declaring pronouns can be an essential way to show solidarity with the LGBTQIA+ community.

507 | Ready! Set! Start Your Obituary

Patricia Benesh, Ed.D. and Founder of 7memories.com Thursday, August 11 | 1:00 PM | \$12

Learn how to write an obituary that celebrates life and leaves a lasting mark for generations to come.

534 | Navigating Retirement:

Paving the Way for Greater Health and Wellbeing

Virginia B. Berger, MA, Certified Professional Coach Monday, August 15 | 1:00 PM | \$12

We'll discuss tips to enhance your health and wellbeing in retirement by focusing on social, emotional, physical and environmental factors.



d 678 | Genealogy Research: Beyond the Basics

Don Williams, Genealogy Researcher Monday, August 22 | 1:00 PM | \$12

Beginning genealogists along with those who have attended the "Let's Get Started" class will explore the next steps to expanding your family tree.

535 | Reinventing Your Life in the 2nd Half with Confidence, Purpose and Passion

Laura Diaz, Board Certified Coach (BCC) Tuesday, August 23 | 1:00 PM | \$12

Reinvention is about re-examining and rediscovering who you are during your second half of life, where you belong, and what you care about. Make your extra years count.

TECHNOLOGY

557 | Android 101

Bucky Reed, IT Professional Friday, July 8 | 10:00 AM | \$12

Learn how to get more out of your Android phone. Install apps, increase the text size, browse the internet, use email, text, and more.

559 | Android 102

Friday, July 22 | 10:00 AM | \$12

Learn how to get even more out of your Android phone. Access maps to get around, use Uber and Lyft, share photos, see how much your phone can do to make your life easier.

561 | Android 103

Friday, August 5 | 10:00 AM | \$12

Get even more out of your Android phone, including how to use the phone, voicemail, and contacts.

565 | iPhone Basics

Tanya Howe, Instructor, M.Ed., Educational Technology Monday, July 11 | 10:00 AM | \$12

We will explore how to download applications from the Apple app store, how to send and receive pictures and how to message your friends and family.

725 | Saturday, July 16 | 10:00 AM | \$12

567 | Microsoft Word 101

Annie Zuckerman

Thursday, August 4 | 1:00 PM | \$12

We'll explore everything from formatting basic text styles, to making awesome page layout designs, to creating brochures.

570 | Computer Navigation Basics

Tanya Howe, Instructor, M.Ed., Educational Technology Monday, August 8 | 10:00 AM | \$12

Learn how to navigate the Windows computer environment as well as tips and strategies on how to search the internet.

573 | Google Docs

Annie Zuckerman

Thursday, August 18 | 1:00 PM | \$12

Easy to use and versatile, with Google Docs you can create and format documents, work with graphics, hyperlinks, outlines and more.



Jacki Montierth, Founder of Wiseboomer.Com Bring your charged device, Apple ID and password!

542 | Conquering Your iPhone - Part I

Friday, August 12 | 10:00 AM | \$12

This class will fill in the gaps and explain all the basic settings and capabilities of your iPhone.

545 | Conquering Your iPhone - Part II

Tuesday, August 16 | 10:00 AM | \$12

Explore settings, contacts, voice calls, email, texting, navigation and how to use Siri.

548 | Conquering Your iPhone - Part III

Monday, August 22 | 10:00 AM | \$12

Learn how to scan documents, iCloud management, wallet and a myriad of useful, efficient apps.

549 | Conquering Your iPad

Friday, August 19 | 10:00 AM | \$12

Learn about settings, bookmarks, contacts, email and much more.

THEATRE & MUSIC

620 | Water Music: A Many-Strings Concert

Chris Burns, Many-Strings Thursday, August 4 | 2:00 PM | \$20

This special live concert will feature acoustic guitar and hammered dulcimer. Chris and Jaime Burns will perform a delightful selection of instrumental melodies inspired by water.

622 | Acting Workshop: Showcase Performance

lo-Darlene Reardon Monday, August 8 | 1:00 PM | Free

Showcasing the talents of Oasis members, you will be delighted by an afternoon of monologues and scenes from stage, screen and TV.

d 624 | Let's Sing - Karaoke Live!

Russ Allen, Karaoke Host Thursday, August 25 | 2:00 PM | \$5

Join us for a joyful afternoon of singing, laughing, dancing and fun.

591 | Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer Wednesdays, July 6 - 27 | 10:00 AM | \$240

Learn to play piano or improve your skills in these one-on-one sessions that are tailored to your level and your personal goals.

592 | Wednesdays, July 6 - 27 | 11:00 AM | \$240

593 | Thursdays, July 7 - 28 | 10:00 AM | \$240

594 | Thursdays, July 7 - 28 | 11:00 AM | \$240

595 | Fridays, July 15 - 29 | 10:00 AM | \$180

596 | Fridays, July 15 - 29 | 11:00 AM | \$180

597 | Wednesdays, August 3 - 24 | 10:00 AM | \$240

598 | Wednesdays, August 3 - 24 | 11:00 AM | \$240

599 | Thursdays, August 4 - 25 | 10:00 AM | \$240

600 | Thursdays, August 4 - 25 | 11:00 AM | \$240

601 | Fridays, August 5 - 26 | 10:00 AM | \$240

602 | Fridays, August 5 - 26 | 11:00 AM | \$240

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

From each email, and with just one click, you now have three options for quickly and easily viewing classes for the upcoming week:



View Featured Classes

Click on the View Featured Classes button to scroll through upcoming classes specific to that week.



Week at a Glance

Click the Week at a Glance button to view classes by day of week. This feature is always on the home page of the website...updated every Friday with classes for the upcoming week.



This Week's Classes

Click the This Week's Classes button to view classes happening this week. Using the filter features on the Classes page of the website, we filter for classes happening specific to that week; we do the searching for you!

Do you know how to use the filters on the Classes page?

When you visit the Classes page on the website, the right hand side of the page has a variety of filters that make finding the classes you want a little easier. You can filter by date range, class number, class type, location, instructor or price.

You can sign up for our emails on the website, either on the feature box on the home page or under the About tab.

Need Help?

Give us a call at (619) 881-6262 or email us at Info@SanDiegoOasis.org and we'll get you set up.



OPTIMIZE AT THE TECH TANK

Register for Tech Tank classes on the website under the Technology tab.

Led by Technology Learning Specialist Raul Bernal-Gonzalez at our Lifelong Learning Center.

Cox Communications and San Diego Oasis have teamed up to make learning technology affordable, accessible and designed to help you address your specific needs. You can register for Tech Tank classes on the website under the Technology tab.







One-On-One Sessions (FREE)

Get help with general smartphone, tablet, and computer questions with individual 20-30 minute sessions.

- Instructional only, repair services not available.
- Can be over the phone or in person, and available in English and Spanish.
- Smartphone Settings for Seniors; schedule time to bring your smartphone in for senior-friendly customizations.
- Individual sessions are limited to one session per day, and a total of two sessions per week.

Technology Demonstrations (FREE)

Demos are approximately 30 minutes with hands-on application and time for Q&A. Topics include: Voice Controlled Television | Streaming Services | Internet 101 | Internet Security | Smart Home Sweet Home

Workshops (\$5 Each)

All workshops require that you be a registered member with a MyOasis account (you can sign up on the website, membership is free). All registrants should bring their fully charged smartphone to their workshop. If you can't bring your device with you, we can provide a tablet for you to practice on during the workshop.

1057 | Apple Maps App Workshop

Thursday, July 21 | 10:30 AM | \$5

Get from here to there with ease and learn tips to help you use and navigate Apple Maps apps like a pro.

1061 | Wednesday, July 27 | 12:00 PM | \$5

1075 | Wednesday, August 17 | 12:00 PM | \$5

1079 | Tuesday, August 23 | 11:30 AM | \$5

1053 | Apple Photos Workshop

Friday, July 15 | 11:00 AM | \$5

Tips for organizing the photos on your smartphone. Learn about favorites, creating folders, saving photos from texts and emails, and more.

1056 | Wednesday, July 20 | 12:00 PM | \$5

1060 | Tuesday, July 26 | 11:30 AM | \$5

1077 | Friday, August 19 | 11:00 AM | \$5

1078 | Monday, August 22 | 11:00 AM | \$5

1048 | Bluetooth Basics Workshop

Thursday, July 7 | 10:30 AM | \$5

We will review how this technology works, along with how to pair your device to wireless speakers, headsets, computers, cars and more.

1051 | Wednesday, July 13 | 12:00 PM | \$5 **1064** | Monday, August 1 | 11:00 AM | \$5 **1080** | Wednesday, August 24 | 12:00 PM | \$5

1045 | Cloud Services Workshop

Friday, July 8 | 11:00 AM | \$5

Learn what it means to save your files to "the cloud." This class provides an overview of the most popular cloud services and how to get started.

1067 | Thursday, August 4 | 10:30 AM | \$5 **1072** | Thursday, August 11 | 10:30 AM | \$5 **1083** | Monday, August 29 | 11:00 AM | \$5

1047 | Email Basics Workshop

Wednesday, July 6 | 12:00 PM | \$5

We will review email safety, how to reply and forward messages, how to create folders, and what to do with spam. Be sure you know your email account password to access your account.

1052 | Thursday, July 14 | 10:30 AM | \$5 **1076** | Thursday, August 18 | 10:30 AM | \$5 **1082** | Friday, August 26 | 11:00 AM | \$5

1046 | Google Maps App Workshop

Tuesday, July 5 | 11:30 AM | \$5

Get from here to there with ease, and learn tips that will help you use and navigate Google Maps apps like a pro. Get driving directions, find businesses, share your location with others, and more.

1059 | Monday, July 25 | 11:00 AM | \$5 **1071** | Wednesday, August 10 | 12:00 PM | \$5 **1085** | Wednesday, August 31 | 12:00 PM | \$5

1055 | Google Photos Workshop

Tuesday, July 19 | 11:30 AM | \$5

Recommended for Android users. This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, saving photos from texts and emails, and more.

1065 | Tuesday, August 2 | 11:30 AM | \$5

1063 | Music Apps Streaming Workshop

Friday, July 29 | 11:00 AM | \$5

Music streaming makes it possible to access music you love with just a few steps. Download music apps, create an account, and bring some joy to your ears.

1069 | Monday, August 8 | 11:00 AM | \$5 **1084** | Tuesday, August 30 | 11:30 AM | \$5

1050 | QR Codes Workshop

Tuesday, July 12 | 11:30 AM | \$5

If you have dined at a restaurant recently, you have likely seen a QR, or quick response code. This workshop will provide a brief overview of what they are and how to use them.

1062 | Thursday, July 28 | 10:30 AM | \$5 **1074** | Tuesday, August 16 | 11:30 AM | \$5

1044 | Social Media Workshop

Friday, July 1 | 11:00 AM | \$5

An overview of popular social media platforms: Instagram, Facebook, Twitter, TikTok. Stay connected with your family, friends, and current events.

1066 | Wednesday, August 3 | 12:00 PM | \$5 **1068** | Friday, August 5 | 11:00 AM | \$5 **1070** | Tuesday, August 9 | 11:30 AM | \$5

1054 | UBER/Lyft App Workshop

Monday, July 18 | 11:00 AM | \$5

Learn to use UBER and Lyft rideshare apps as a transportation alternative to driving. Learn how to download the app to your device, create a user account, request a ride, get safety recommendations, and more.

1058 | Friday, July 22 | 11:00 AM | \$5 **1073** | Friday, August 12 | 11:00 AM | \$5 **1081** | Thursday, August 25 | 10:30 AM | \$5

OPTIMIZE IN-PERSON

North County | Escondido Senior Center

EXERCISE & DANCE

642 | Better Balance with Stability Ball

Traci Thys

Tuesdays, July 5 - 26 | 12:00 PM | \$32

We use weights, bands and a stability ball to improve core strength, flexibility and balance.

643 | Tuesdays, August 2 - 30 | 12:00 PM | \$40

646 | Thursdays, July 7 - 28 | 12:00 PM | \$32

647 | Thursdays, August 4 - Sept 1 | 12:00 PM | \$40

650 | Chair Fitness

Traci Thys

Wednesdays, July 6 - 27 | 12:30 PM | \$32

Using a variety of exercises while in a chair, you will increase your strength, flexibility and balance.

651 | Wednesdays, August 3 - 31 | 12:30 PM | \$40

654 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu

Thursdays, July 7 - 28 | 3:00 PM | \$24

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

655 | Thursdays, August 4 - Sept 1 | 3:00 PM | \$40

658 | Tai Chi Chuan: Early Risers

Pat Griffith, Sifu

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

Improve balance, strength, flexibility & peace of mind.

659 | Tuesdays, August 2 - 30 | 7:30 AM | \$40

662 | Fridays, July 8 - 29 | 7:30 AM | \$24

663 | Fridays, August 5 - Sept 2 | 7:30 AM | \$40

672 | Zumba Gold

Lynn Morgan, Licensed Instructor Wednesdays, July 6 - 27 | 5:00 PM | \$32

Taught at a slower pace, Zumba Gold is perfect for everyone at any fitness level.

673 | Wednesdays, August 3 - 31 | 5:00 PM | \$40

667 | Zumba via Chair

Lynn Morgan, Licensed Instructor Wednesdays, July 6 - 27 | 3:45 PM | \$32

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

668 | Wednesdays, August 3 - 31 | 3:45 PM | \$40

Visit the website or call (760) 796-6020 for à la carte class fees.

ESCONDIDO OFFICE HOURS: Tuesday 10:00 - 2:00 PM Wednesday 11:00 AM - 4:00 PM Thursday 11:00 - 4:00 PM

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

Subscribe to our YouTube channel for weekly
Instructor Preview videos:
youtube.com/user/SanDiegoOasis





OPTIMIZE ONLINE

Zoom info provided at time of registration

ARTS & CRAFTS*

→ 703 | Watercolor Painting Online

Sharon Hinckley, Artist, Instructor & Author Tuesdays, July 5 - 26 | 9:00 AM | \$48

This course focuses on mastering the fundamentals of watercolor painting while developing the ability to perceive and paint in one's own unique style.

BUSINESS, FINANCE & LEGAL

166 | SDG&E Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDG&E Wednesday, July 6 | 1:00 PM | Free

Attend this informational workshop and learn about the new electric pricing plans and how to determine which plan is best for you.

■ 177 | Using Your Home For Your Next Chapter

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor Tuesday, July 12 | 3:00 PM | Free

Your home is likely your greatest asset. What is the best way to use it for your next chapter of life?

180 | Assisted Living Communities and Residential Care: It's Not What You Think

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor Tuesday, August 16 | 3:00 PM | Free

When some people hear the words "assisted living" they still think about living out the rest of their days in a nursing home environment. That couldn't be farther from the truth!

*Full class descriptions and supplies/requirements are available on our website or on your registration receipt.

EXERCISE & DANCE

218 | Chair Yoga

Kerry Wilson, Yoga Instructor Thursdays, August 4 - September 1 | 2:30 PM | \$50

Improve strength, flexibility, and body awareness with a chair for seated, standing and balance postures.

258 | Strength and Fitness at Home

Kerry Wilson, Yoga Instructor Tuesdays, August 2 - 30 | 2:30 PM | \$50

We'll focus on cardiovascular fitness, muscle strength, range of motion, balance and stretch.

271 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu

Mondays, July 11 - 25 | 2:00 PM | \$30

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

272 | Mondays, August 1 - 29 | 2:00 PM | \$50

284 | Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor Saturdays, July 9 - 30 | 9:00 AM | \$40

For everyone who enjoys music and wants to have fun while getting some exercise. We will dance salsa, merengue, swing and cha cha.

285 | Saturdays, August 6 - Sept 3 | 9:00 AM | \$40

NEED ASSISTANCE? Email Info@SanDiegoOasis.org or call (619) 881-6262



HEALTH

299 | Meditation: The Key to Health & Peace

Melynnique Seabrook, MA Thursdays, July 7 - 28 | 1:00 PM | \$40

Learn techniques to quiet your mind, let go of negative tendencies, and stimulate healing. All levels of students are welcome.

300 | Thursdays, August 11 - 25 | 1:00 PM | \$30

390 | Harness the Power of Plants in Your Diet

Libby Lamancusa, Registered Dietitian Thursday, July 14 | 10:00 AM | \$15

Learn about the health benefits of plant-forward diets and how to tap into those benefits with simple changes.

■ 314 | Health Secrets of the Stone Age

Philip J. Goscienski, M.D. Tuesday, July 19 | 1:00 PM | \$12

Since our body chemistry is a couple of million years old, it's suggested that today's so-called diseases of aging are actually lifestyle diseases.

316 | Mindful Eating

Nadin Benrey, MA, NBC-HWC Tuesday, August 2 | 10:00 AM | \$12

To promote a positive balance between our mind and body, we will discuss being present when eating and how to identify true hunger signals.

318 | Diabetes − A Growth Industry

Philip J. Goscienski, M.D. Tuesday, August 16 | 1:00 PM | \$12

This presentation reveals the impact of Type 2 diabetes on the world's economy and why it potentially threatens the nation's healthcare system.

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

Subscribe to our YouTube channel for weekly Instructor Preview videos:
youtube.com/user/SanDiegoOasis

HISTORY & HUMANITIES

Henry George, Engineer, Archaeologist, Geologist Tuesday, July 5 | 10:00 AM | \$8

We'll explore the conflicts that Christians may face when trying to reconcile scripture with empirical science. Perspectives presented are those of a physical scientist, social scientist and biblical scholar.

385 | The West, Slavery, and the Causes of the Civil War

Denver Brunsman, Associate Chair, Department of History, George Washington University Thursday, July 7 | 10:00 AM | \$18

We will discuss how the combination of western expansion and political dysfunction exacerbated the issue of slavery and led to the U.S. Civil War.

◆ 431 | Yayoi Kusama: Princess of Polka Dots

Julia Fister, MA, Studio ACE Executive Director Thursday, July 7 | 1:00 PM | \$12

At the epicenter of the New York art scene, widely known for her avant-garde installations, she is known as the "princess of polka dots."

343 | Friday Reflections with Peter Bolland

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Friday, July 8 | 10:00 AM | \$5

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

344 | Friday, July 15 | 10:00 AM | \$5

345 | Friday, July 22 | 10:00 AM | \$5

346 | Friday, July 29 | 10:00 AM | \$5

347 | Friday, August 5 | 10:00 AM | \$5

348 | Friday, August 12 | 10:00 AM | \$5

349 | Friday, August 19 | 10:00 AM | \$5

350 | Friday, August 26 | 10:00 AM | \$5

386 | Amazing Ancient Archaeological Sites in America

Lola Sparrowhawk, International Award-Winning Author/Historian

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

Tour North and South America to see some incredible archaeological sites starting with fossilized human footprints dated to 21,000 to 23,000 years ago.

387 | The Great Philosophers: Plato (429-347 BCE) Peter Bolland, MA, Professor of Philosophy and

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, July 12 | 10:00 AM | \$15

Plato essentially invented the philosophic method while laying the foundation for Western philosophy across metaphysics, epistemology, and ethics.

388 | Artist Icons, Life and Works: Andrew Wyeth

Seretta Martin, MFA, Poet, Founding Editor, Blue Vortex Publishers, Managing Editor of San Diego Poetry Annual Tuesday, July 12 | 1:00 PM | \$12

Join us to absorb the visions that made Andrew Wyeth so memorable and why his art stands the test of time. We will view a selection of his 3,000 art pieces.

■ 389 | The Golden Age of Television

Brian Rose, Professor (ret.), Dept. of Communication and Media Studies, Fordham University
Wednesday, July 13 | 10:00 AM | \$18

This presentation will look at the forces that made the "golden age" such an intriguing chapter in TV history and why it was so short-lived.

→ 721 | Magic for Intellectuals

The Amazing Dana Wednesday, July 13 | 1:30 PM | \$8

Throughout his 33-year career as a professional magician, The Amazing Dana has performed all over the world. Join us for a dazzling and mind-bending performance.

▼ 702 | The Four Indian Tribes of San Diego County

Cheryl Hinton, MA Anthropology Friday, July 15 | 1:00 PM | \$12

We'll examine origins of the Kumeyaay, Luiseño, Cupeño and Cahuilla tribes and learn fascinating aspects of their rich and storied prehistories and histories.

391 | Eleanor Roosevelt: "First Lady of the World"

Blaine Davies, MA, Professor of U.S. History Monday, July 18 | 10:00 AM | \$12

An activist and humanitarian before, during and after FDR's presidency, Eleanor Roosevelt served as Harry Truman's Ambassador to the United Nations where he called her, "First Lady of the World." We'll explore her fascinating life and legacy.

392 | The Lindbergh Kidnapping - The Simple Truth

Mark Carlson, Historian & Author Monday, July 18 | 1:00 PM | \$12

In 1932 Charles Lindbergh's infant son was kidnapped. Many complicated aspects of the resulting investigation and trial are still hotly debated. Now you can learn some of the answers.

393 | Jewels of the Balkans

Henry George, Engineer, Archaeologist and Geologist Tuesday, July 19 | 10:00 AM | \$12

This lecture will explore, from an anthropological perspective, the prehistory, history and peoples of the Former Yugoslavia – Croatia, Slovenia, Bosnia, and Montenegro.

ძ 394 | Heroines of History: Who You Should Know

Robert Watson, PhD, Distinguished Professor of American History, Lynn University Wednesday, July 20 | 10:00 AM | \$18

Hear inspiring stories of great women from all walks of life, periods in history, ages, and occupations. We'll discuss their contributions to the nation and the world.

395 | From the Knish to Halal Carts: Street Food and Immigrant Identity

Andrew Silverstein, Freelance Journalist, NYC Tour Guide Thursday, July 21 | 10:00 AM | \$15

In this class, we'll explore how street food has become a way for ethnic groups to be recognized by and communicate with the city as a whole.

397 | What is a Fair Society?

Matthew Wion, Ph.D.
Friday, July 22 | 1:00 PM | \$12

In this thoughtful examination of societal and governmental obligation, we will explore a number of philosophical arguments to illuminate what a fair society might look like.

🗬 399 | Moving People, A History of Transportation

Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College Part-Time Faculty Monday, July 25 | 1:00 PM | \$12

Follow the transportation timeline, the innovations that made travel faster and easier, and identify innovators responsible for creating the means to bring about social, economic and cultural change.



398 | The Explosion of Mt. St. Helens

Philip R. Pryde, Ph.D., Professor Emeritus SDSU, Author, Lecturer Monday, July 25 | 10:00 AM | \$12

On May 18, 1980, Mt. St. Helens erupted in Washington state. This presentation will take you back to the time of the eruption and the consequences that followed.

◆ 400 | The Great Philosophers: Aristotle

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, July 26 | 10:00 AM | \$15

Join us for this exploration into the ways Aristotle shaped the Western worldview like no other philosopher before or since.

401 | The Timeless Appeal of Mid-Century Modern Architecture and Design

Bill Keene, Urban Historian Wednesday, July 27 | 10:00 AM | \$18

We will discuss various aspects of Mid-Century Modern including design principles and color palettes going beyond architecture to general design trends and developments.

◆ 403 | Hank Williams: Hillbilly Shakespeare

Jane Ellen, Performer, Composer, and Recording Artist Thursday, July 28 | 10:00 AM | \$18

Follow the fascinating journey of Hank Williams, country music's first superstar.

405 | Volcanic Super-eruptions and Origin of the Yellowstone Hotspot

Victor Camp, Ph.D., SDSU Department of Geological Sciences Lecturer Emeritus Monday, August 1 | 10:00 AM | \$12

Let's uncover the causes and consequences of spectacular volcanic eruptions and the probable effects of the next great super-eruption on planet Earth.

◆ 406 | Disneyland and the 1964-65 New York World's Fair

James Keeline, Historian & Author Monday, August 1 | 1:00 PM | \$12

See how Walt Disney saw an opportunity to raise funds for the park by applying technologies and artistry to make attractions for the 1964 New York World's Fair.

◆ 407 | The Samurai Who Saved Jews From the Nazis

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, August 2 | 10:00 AM | \$12

Six months before World War II broke out, an unlikely man from Japan became a great hero, risking his life to help thousands of Jews escape Europe.

ძ 699 | Japanese Americans in San Diego - Part 1

Linda Canada, Historian & Author Wednesday, August 3 | 1:00 PM | \$12

Learn the history of people of Japanese descent in San Diego County prior to World War II, including their immigration experiences and how they lived.

432 | Neo-Impressionism

Julia Fister, MA, Studio ACE Executive Director Thursday, August 4 | 1:00 PM | \$12

We will take a look at this new painting technique that rebelled against the spontaneity of Impressionists through works of Georges Seurat, Paul Signac and more.

409 | Politics Stops at the Water's Edge: Can US Foreign Policy Be Bipartisan Again?

Lawrence Haas, Senior Fellow, American Foreign Policy Council Thursday, August 4 | 10:00 AM | \$18

In the late 1940's, President Truman, along with Arthur Vandenberg, created a bipartisan foreign policy platform. We will learn the fascinating history of this alliance and how it applies to today's political impasses.

410 | Rembrandt - His Early Years (1606-1634)

Aniko Makranczy, MFA Monday, August 8 | 10:00 AM | \$12

The early life of Rembrandt van Rijn, his early success in Amsterdam, his marriage, his mastery and uniqueness, and the trends in art during this time will be discussed. Part 1 of 2. See Class 423 on page 21.

411 | The Great Philosophers: Epictetus

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, August 9 | 10:00 AM | \$15

Along with Marcus Aurelius and Seneca, Epictetus represents the best of the wisdom of Stoicism, a practical, down-to-earth philosophy of forbearance and fortitude in the face of fickle fortune.

412 | Zen Art and Poetry

Seretta Martin, MFA, Poet, Founding Editor, Blue Vortex Publishers, Managing Editor, San Diego Poetry Annual Tuesday, August 9 | 1:00 PM | \$12

What is Zen? How has it been expressed throughout centuries of art and poetry? Together, we'll explore its history, enduring spiritual path and aesthetic expressions in numerous art forms.

→ 700 | Japanese Americans in San Diego - Part 2

Linda Canada, Historian & Author Wednesday, August 10 | 1:00 PM | \$12

Discover the history of local Japanese Americans during and after the Japanese attack on Pearl Harbor, their segregation into remote incarceration camps during WWII, and how they rebuilt their lives in San Diego and elsewhere afterwards.

415 | Ethiopia During a Pandemic

Gwenyth Mapes, Professor of Humanities Thursday, August 11 | 1:00 PM | \$12

We'll examine Ethiopian history and look at photos that instructor Gweneth Mapes took as she traveled through that country in 2021.

◆ 414 | Conning Hitler: Allied Deception Plans for D-Day

David Lindauer, Lt. Colonel (Ret.), US Army Signal Corps Thursday, August 11 | 10:00 AM | \$18

British and American planners organized an enormous array of deceptions to distract the Germans and draw their attention away from their real plans. Learn how they were conceived and implemented.

◆ 417 | The Creation of the Panama Canal

Blaine Davies, MA, Professor of U.S. History Monday, August 15 | 10:00 AM | \$12

In spite of disease, politics, and daunting civil engineering obstacles, the Panama Canal was conceived, engineered and opened over a century ago.

418 | Battles of the Civil War: Lee's Last Hopes

Mark Carlson, Historian & Author Monday, August 15 | 1:00 PM | \$12

The battles of Chancellorsville, Gettysburg and the Wilderness are enshrined in the pages of history. Experience the battles from detailed diagrams and personal accounts.

419 | Jewels of the Baltics

Henry George, Engineer, Archaeologist and Geologist Tuesday, August 16 | 10:00 AM | \$12

In this lecture, we will examine the people, places, cultures, and histories of Lithuania, Latvia, and Estonia.

420 | How Great Composers Structure Their Pieces to Make Them More Beautiful

A. Scott Wood, Artistic and Executive Director, Amadeus Concerts

Wednesday, August 17 | 10:00 AM | \$18

We'll explore some tricks and learn how masterpieces have arisen from counterpoint, sonata-allegro form, strophic writing, and many other techniques.

422 | War of 1812: Out of History's Shadows

Richard Bell, Professor of History, University of MD Thursday, August 18 | 10:00 AM | \$18

Richard Bell explains how the War of 1812 should best be understood as both the last battle of the American Revolution and the first battle of the Civil War.

423 | Rembrandt - His Middle Years (1636-1656)

Aniko Makranczy, MFA Monday, August 22 | 10:00 AM | \$12

We will discuss the changing art world in the mid-17th century and Rembrandt's eventual decline in popularity and fortune. Part 2 of 2. See Class 410 on page 20.

◆ 425 | The Wisdom of Zen Buddhism

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, August 23 | 10:00 AM | \$15

Join us as we uncover the practices and principles of this profoundly spiritual and eminently practical wisdom tradition.

701 | The Best of Paul Harvey's The Rest of the Story

Mark Carlson, Historian & Author Tuesday, August 23 | 1:00 PM | \$12

Join us as we look at Paul Harvey's most intriguing and memorable vignettes from history and legend. Find out the "rest of the story!"

427 | Romantic Era Art

Gwenyth Mapes, Professor of Humanities Wednesday, August 24 | 1:00 PM | \$12

Called "bad" and even "degenerate" art in its day, Romantic art led to the later Impressionist, Expressionist, and Modern Art.



426 | Joan Baez: Diamonds & Rust

Jane Ellen, Performer, Composer, and Recording Artist Wednesday, August 24 | 10:00 AM | \$18

Discover how the highly accomplished, much awarded superstar and political activist Joan Baez contributed to folk rock, pop, country and gospel.

428 | The Theft of the Mona Lisa: An Art History Mystery

Barbara Evans, Independent Lecturer in Art History Thursday, August 25 | 10:00 AM | \$12

Join Art History lecturer Barbara Evans for a richly illustrated presentation about the most famous painting in the world, Leonardo da Vinci's Mona Lisa.

◆ 416 | Where Does the Soul Live?

Matthew Wion, Ph.D. Friday, August 26 | 1:00 PM | \$12

Do we have souls? If so, what and where is the soul? Come discuss the arguments for and against whether we have souls.

→ 722 | Putin vs. Ukraine & the West

Pierre Asselin, Ph.D. San Diego State University Tuesday, August 30 | 10:00 AM | \$8

Moscow's war in Ukraine, NATO's expansion in the post-Cold War era, and what the future holds for Russia vs. the West will be discussed by Prof. Pierre Asselin.

724 | How Pop Culture Shaped Attitudes About The Vietnam War

Gregory A. Daddis, Ph.D. San Diego State University Wednesday, August 31 | 1:30 PM | \$8

Explore how pop culture from the 1950's and early 1960's helped shape the attitudes of young, working-class Americans, the same men who served in Vietnam.

LANGUAGE

464 | Conversational Spanish

Danisa Mardones, BA Tuesdays, July 12 - August 23 | 1:30 PM | \$84

Intended for participants with a very advanced level of Spanish who wish to deepen and perfect their knowledge of the language.

LITERATURE

487 | Nancy Drew:

The Story Behind America's Favorite Teen Sleuth

James Keeline, Historian & Author Monday, July 11 | 1:00 PM | \$12

Attention Nancy Drew Fans! Discover the stories behind Nancy Drew and how her mysteries still relate to today.

488 | Hamlet: Play Analysis

Kim Keeline, Ph.D., Freelance Consultant and Writer Friday, July 22 | 11:00 AM | \$12

Discover the richness of Shakespeare's Hamlet and its impact on popular culture.

490 | The Boy Who Forged Shakespeare: William Henry Ireland

Kim Keeline, Ph.D., Freelance Consultant and Writer Friday, August 19 | 11:00 AM | \$12

Learn about this fascinating bit of history of how one man tried to please his father by writing new Shakespeare pieces in "Shakespeare's own hand."

PERSONAL ENRICHMENT

495 | Grief Support Group

Rolandas Kausas Fridays, July 1 - August 17 | 10:30 AM | Free

Understand the symptoms of grief, what you might experience and how to respond to it.

511 | 9 Must Have Strategies for Living Well While Living Longer

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Thursday, July 14 | 1:00 PM | \$12

This presentation encourages the audience to "turn aging on its head," with an uplifting perspective on aging successfully, overcoming obstacles, and the resilience needed to start new chapters.

🖈 384 | Off the Beaten Path: European Travel Planning Tips

Barbara Paulson, European Travel Specialist Friday, July 15 | 10:00 AM | \$18

Whether it's your first visit to Europe or you're returning, Barbara Paulson offers advice on balancing your travel criteria and priorities.

726 | Cycles of Time

Richard Jelusich, Ph.D., Spiritual Counselor, Author & Professor Tuesday, August 2 | 1:00 PM | \$12

Can consciousness and synchronicity create situations and cycles in our lives offering opportunities for growth?

413 | Home Safe Home:

5 Keys to Unlocking the Door To Safety

Ali Soltani, Owner/Project Manager and Melissa Bressler, Occupational Therapist, HandyPro Wednesday, August 10 | 10:00 AM | Free

Is your home aging gracefully with you? Learn modifications and why planning ahead can be beneficial.

TECHNOLOGY

566 | iPad Accessories: More Power, More Versatility

Barbara Smith, MA, Community College Instructor Wednesday, July 13 | 1:00 PM | \$12

We'll look at the iPad Pro along with a collection of accessories, including improved keyboards, Bluetooth add-ons, and adaptors to connect to external devices.

■ 569 | Free Microsoft Tools Online

Mary Burns, Professor, San Diego Continuing Education Friday, July 29 | 10:00 AM | \$12

If you have a Microsoft account, you have access to powerful productivity programs.

■ 408 | Artificial Intelligence: What You Need to Know

Sheldon Hochberg, Attorney
Wednesday, August 3 | 10:00 AM | \$18

Join us to explore AI and the incredible things it may be able to achieve in the future.

571 | Get Smart With Alexa

Barbara Smith, MA, Community College Instructor Monday, August 8 | 1:00 PM | \$12

We'll demonstrate Alexa devices including the Echo Dot, Spot and Alexa Auto.

➡ 572 | Getting the Most Out of Your Smartphone

Mary Burns, Professor, San Diego Continuing Education Friday, August 12 | 10:00 AM | \$12

Join us to look at some of the everyday things that you can do with your Apple or Android device.

THEATRE & MUSIC

◆ 617 | Beethoven's Concertos

Chris Burns, Many-Strings Friday, July 8 | 3:00 PM | \$12

Beethoven's concertos shine brightly as bold statements of his brilliance. Join us for an enriching day!

618 | Ragtime and Swing

Chris Burns, Many-Strings Friday, July 15 | 3:00 PM | \$12

Let's celebrate the diverse and creative music that got everyone's toes tappin', and kept the dance floor rockin'.

→ 720 | Gilbert & Sullivan's Greatest Hit:

The Yeomen of the Guard, Act I

Vincent Young Wednesday, July 27 | 1:30 PM | \$8

We'll focus on Act I, in which Colonel Fairfax is under sentence of death. Vincent sings, plays and narrates.

◆ 619 | The Era of JS Bach: Italian, German & French Creativity

Chris Burns, Many-Strings Friday, July 29 | 3:00 PM | \$12

Let's spotlight the musical virtuosity of German, Italian and French masters of the golden baroque period.

621 | Sax Sounds! Classic Jazz to Classical and more!

Chris Burns, Many-Strings Friday, August 5 | 3:00 PM | \$12

This hour is dedicated to celebrating the sax in jazz, classical and modern music.

623 | George Gershwin: An Extraordinary Musical Comet

Chris Burns, Many-Strings Friday, August 19 | 3:00 PM | \$12

George Gershwin's brilliant Hollywood film scores.

723 | Gilbert & Sullivan's Greatest Hit:

The Yeoman of the Guard, Act II

Vincent Young

Wednesday, August 24 | 1:30 PM | \$8

In Act II, Elsie Maynard has fallen for the disguised Colonel Fairfax. Vincent sings, plays and narrates.

625 | English Classical Composers: Renaissance to Modern

Chris Burns, Many-Strings
Friday, August 26 | 3:00 PM | \$12

111ddy, August 20 | 5.00 1 M | \$12

Come delight in music from the British Isles.



OPTIMIZE AT THE LIBRARY

CORONADO PUBLIC LIBRARY

640 Orange Ave, Coronado | (619) 522-7390

675 | Major Wine Regions of California

Eric Awes, Wine Industry Consultant Tuesday, July 19 | 11:00 AM | Free

We'll discuss six major grape-growing regions to aid you in purchasing California wines.

684 | The Story of Cabeza de Vaca and Estebanico

Maria Butler, MA Lecturer Emerita SDSU Thursday, August 4 | 11:00 AM | Free

Based on La Relacion by Cabeza de Vaca, an arduous journey traversing territories from Florida to Texas.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Parkway, San Diego | (858) 573-5007

736 | Osteoporosis: Calcium Is Not the Answer

Philip J. Goscienski, M.D.

Tuesday, July 5 | 1:00 PM | Free

There's a lot that we can do to slow Osteoporosis down and even reverse it.

739 | Major Wine Regions of California

Eric Awes, Wine Industry Consultant Tuesday, August 30 | 1:00 PM | Free

We'll discuss six major grape-growing regions to aid you in purchasing California wines.

POINT LOMA BRANCH LIBRARY

3701 Voltaire St, San Diego | (619) 531-1539

713 | Russia and Ukraine: What Is Their Real History?

Philip R. Pryde, Ph.D., Professor Emeritus SDSU, Author, Lecturer

Wednesday, July 13 | 1:00 PM | Free

What's behind the territorial disputes between Russia and Ukraine? Let's unpack this series of world events.

714 | Major Wine Regions of California

Eric Awes, Wine Industry Consultant Wednesday, July 27 | 1:00 PM | Free

We'll discuss six major grape-growing regions to aid you in purchasing California wines.

Library Classes

710 | Symbolism in Art

Julia Fister, MA, Studio ACE Executive Director Wednesday, August 17 | 1:00 PM | Free

Symbols have always been important to artists; we'll explore ideas, codes and symbols in art history.

715 | The Wright Brothers and the Dawn of Aviation

Blaine Davies, MA, Professor of U.S. History Wednesday, August 31 | 1:00 PM | Free

Let's explore how the Wright Brothers, often risking their own lives, launched the age of aviation.

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego | (858) 538-8158

695 | Why Brain Function Declines & 10 Ways to Prevent It

Philip J. Goscienski, M.D.

Saturday, July 23 | 2:00 PM | Free

There are at least ten things that we can do to keep the brain working as we age. Join us to discover more.

UNIVERSITY COMMUNITY BRANCH

4155 Governor Dr, San Diego | (858) 552-1655

682 | Georgia O'Keeffe in New Mexico

Aniko Makranczy, MFA Friday, July 8 | 10:30 AM | Free

In the 1930's, Georgia O'Keefe emerged as the most well-known American female artist of the time.

685 | Thurgood Marshall

Blaine Davies, MA, Professor of U.S. History Friday, July 29 | 10:30 AM | Free

An American lawyer, civil rights activist and first African American appointed to the U.S. Supreme Court.

680 | The Story of Cabeza de Vaca and Estebanico

Maria Butler, MA Lecturer Emerita SDSU Tuesday, August 2 | 12:30 PM | Free

Based on La Relacion by Cabeza de Vaca, an arduous journey traversing territories from Florida to Texas.

686 | The Enduring Popularity of Rose of Lima

Oliva M. Espín, Ph.D.

Friday, August 26 | 10:30 AM | Free

We'll study the life of Rose of Lima (1586-1617), the first canonized saint of the Americas.

OPTIMIZE ON TRAVEL

To book any of these vacations, contact Brandon Harding at Oasis San Diego: (619) 881-6262

All fees shown are per person.

Visit the Travel page on the website for full brochures.

Magnolia Trail & Heart of Texas

October 15 - 19 | November 5 - 9 Double \$2,199 | Single \$2,779 | Triple \$2,169

Enjoy 5 Days, 6 Meals, Magnolia Market at the Silos, HGTV Fixer Upper Tour, Dallas & Waco, and many more highlights throughout the cities of Dallas and Ft. Worth Stockyards/Waco.

Music Cities: Branson, Memphis & Nashville

October 13 - 20 Double \$3,095 | Single \$3,895 | Triple \$3,045 Enjoy 8 Days, 11 Meals, Branson Shows, Memphis + Graceland, Nashville + Grand Ole Opry

Music Cities: Cities Holiday

November 29 - December 4 Double \$2,695 | Single \$3,395 | Triple \$2,665 Enjoy 6 Days, 9 Meals, Branson Shows, Memphis + Graceland, Nashville + Grand Ole Opry

New Mexico Balloon Fiesta

October 7 - 12 Double \$2,699 | Single \$3,449 | Triple \$2,669 Enjoy 6 Days, 7 Meals, Albuquerque Balloon Fiesta, Santa Fe & Taos, Los Alamos

New Orleans Holiday

November 29 - December 3 Double \$2,099 | Single \$2,679 | Triple \$2,069 Enjoy 5 Days, 7 Meals, Oak Alley Plantation, French Quarter, Holiday Lights. Unpack Once!

Smoky Mountains & Pigeon Forge Holiday

December 4 - 8
Double \$2,099 | Single \$2,649 | Triple \$2,069
5 Days, 7 Meals, Dollywood, Biltmore Estate,
Moonshine Tasting. Unpack Once!

Rest, Relax, Refocus | Deluxe Mexico Spa Trip

Class #800 | October 16 - 23, 2022

Enjoy 8 Days & 7 Nights of magic, pampering & health and beauty treatments in the majestic Sierra Madre Mountains at Ixtapan de la Sal Mexico!

Total Cost Per Person: \$2,728 double occupancy, plus \$295 for single occupancy (Minimum of 15 reservations required)

Includes airfare, ground transportation, 7-night hotel, all meals, taxes, tips and 17 spa treatments!

SPA PACKAGE INCLUDES:

- 6 Swedish massages
- 3 facials
- 3 reflexology foot massages
- 1 loofah/fango treatment
- 1 hair treatment
- 1 hair styling
- 1 manicure & pedicure
- 3 tennis lessons
- 6 guided morning walks
- Yoga, aerobics, Pilates, Zumba & aquatics classes
- Nutritionally balanced meals
- Use of fully-equipped gym, whirlpool, sauna and steam room

Class #802 | Informational Meeting

Saturday, September 10 | 10:00 AM - 12:00 PM Grossmont Learning Center

Deposit due by August 20, 2022; final payment due September 15, 2022.

Benefiting Local Charities including San Diego Oasis!

Info/Contact: Sandra Lawhon at (619) 379-5538 or sl@landmark-key.com





At San Diego Oasis, we want each and every

member to live life as

WE BELIEVE this is what sets us apart.

as possible ...mentally

...physically

...socially ...creatively

...knowledgeably

...safely

...and enjoyably!

Our newest location* in Rancho Bernardo will be an intellectual, fitness, creative, and social hub that brings each of these elements together in a beautiful, safe, and convenient location:

- Demonstration Kitchen for hands-on experiences in the best of cooking creations.
- Oasis Innovation Center (OIC) for one-on-one Ask the Expert sessions and "try before you buy" demonstrations as well as up-to-date presentations on current technological advances.
- **200-Person Lecture Hall** for large presentations with renowned speakers and events classrooms for peer-to-peer learning and exchanges through a myriad of compelling and relevant topics.
- **Art Studio** for inspirational arts and crafts work like the ex-Disney® executive who created the beast in *Beauty and the Beast* who teaches animation, or the watercolor expert who inspires seniors of all levels to paint what they see.
- **Resource Center** where seniors can get useful information about benefits, Veterans issues, finance, healthcare, and other services.
- Coffee Cart to encourage socialization, friendship and engagement.
- Health and Wellness Center for exercise and dance, as well as health-related classes and
 activities where people can feel the music and enjoy movement and inspiration with their peers.
- Accessibility through easy access from the 15 freeway.
- Ample Parking that is safe and well-lit.
- Garden Area for zen meditation, outdoor dining and friendly relaxation.

Your donation today will help us open the doors as soon as possible! Visit the website, click on the red Donate button, and select Rancho Bernardo Expansion in the drop-down box to designate your contribution for this exciting expansion into North County. Contact Geordyn Coker at Geordyn@SanDiegoOasis.org with any questions.



We celebrate Capital Campaign Gift Commitments to support our remodel of the new Rancho Bernardo location

In Honor of Joy | \$1,000,000.00

This generous gift commitment from **Sandra Nimitz Lawhon**, a member of the San Diego Oasis Board of Directors, is given in honor of her wonderful mother, **Joy Ann**. Sandra's fond memories of her mother include an image of a hard-working, persevering, generous, kind, and brave woman, ahead of her time.

When her mother was born, women did not yet have the right to vote, but she grew up devoted to family, friends and to country. Sandra says, "This building is a symbol of all that my mother represented as she continued to reinvent herself and to triumph in a world that did not have a vision for women or seniors." She believes her mother would be proud to know that we provide purpose and meaningful engagement, encouraging continued learning and community service. Thank you so much, Sandra!

In Honor of Shamily | \$700,001.00

This generous gift commitment from **Bonnie and Krishna Arora** is given in honor of their beloved daughter, **Shamily Angeli Arora**, who passed away in April of 2022. This gift will be dedicated to the development of a demonstration kitchen and social space for our members.

Shamily loved to cook and was trained at the California Culinary Academy in San Francisco after earning a bachelor's degree in Social Welfare from UC Berkeley. As a personal chef who also worked with a number of restaurants throughout San Diego, she was kind enough to donate catering for some Oasis events, too. Everyone raved about her food, in particular her mini pecan pies. In honor of her love for cooking, we will be able to host cooking demonstrations and social gatherings for our Oasis members. Krishna serves as the chair of our Oasis Board of Directors and is passionate about ensuring that seniors have a place to relax and socialize. Thank you so much, Bonnie and Krishna!





SANDRA NIMITZ LAWHON



WITH SADIE & STELLA



San Diego Oasis supports meaningful aging and community service right here in our community. While our class costs are partly supported through class fees, we rely on donations and grants to bring our health and wellness, fall prevention, seniors in need and intergenerational tutoring programs to underserved populations in the San Diego region.

Please consider supporting Oasis by making a donation today through the many options on our website.

CURRENT GIFTS:

Cash | Life Insurance | Stocks | Real Estate

PLANNED GIFTS:

Bequest & Estate Plan | Retirement Assets Life Estate Reserved | Charitable Gift Annuity Charitable Trusts (Remainder, Annuity, Lead)

Questions? Contact <u>Geordyn@SanDiegoOasis.org</u> to learn about the many ways you can support the mission of San Diego Oasis.

TO MAKE A CASH DONATION, simply visit san-diego.oasisnet.org/donate/ or call (619) 881-6262. If donating by check, make it out to San Diego Oasis and mail to San Diego Oasis, 5500 Grossmont Center Drive, Suite 269, La Mesa, CA 91942 or simply drop it off at one of our Centers.



A **Legacy Gift** is a meaningful way to ensure your personal values continue for years to come. It could be the most important gift you ever make to the future of healthy aging.



Become a **Monthly Donor** and make a lasting impact at San Diego Oasis. Monthly donations add up to a major gift. Choose the "monthly donation" option on our Donate page to start your journey with Club Oasis.



Honor someone special, pay tribute to a significant milestone, or simply say thanks through a **Tribute Gift**. We'll work with you to feature your tribute via email or catalog.



Your **cryptocurrency** donation helps us build a stronger program. You'll be investing in the lives of at-risk elementary school students and helping seniors in need conquer the Digital Divide.



CURRENT GIFTS: Cash • Life Insurance • Stocks • Real Estate

PLANNED GIFTS: Bequest &
Estate Plan • Retirement Assets
• Life Estate Reserved Charitable
Gift Annuity • Charitable Trusts



Donate a vehicle and support a cause near and dear to your heart! With a phone call, you can make a difference. Call (877) 55-OASIS to get started on the simple process. It just takes a few minutes.

VOLUNTEER

Tutoring Program

Through the Oasis Intergenerational Tutoring program, volunteers, your neighborhood schools and Oasis work together to help children build reading skills, self-esteem and positive attitudes toward learning. Training and materials are provided; no teaching experience is needed. If you are interested in learning more, please contact Kristen Amicone at Kristen@SanDiegoOasis.org.

Center Volunteers

Volunteers at Oasis are invaluable and the benefits mutual. Volunteers have worthwhile experiences when they donate their time and talents to help the staff and faculty function as a community. We have a variety of needs and offerings from which to choose. To learn more, contact the Office & Volunteer Manager at Info@SanDiegoOasis.org.

DIVERSITY

You can visit the website to learn more about how Oasis is incorporating Diversity, Equity and Inclusion into its programming, mission, and mindset. Click on **About** and in the drop-down menu, select **Diversity**. If you have questions, would be interested in sharing your story or would simply like to learn more, please contact Sydney Folsom, Diversity Outreach Coordinator, at **Sydney@SanDiegoOasis.org**.

NEW TO OASIS

or want to share with friends and family all that Oasis offers? We have a new resource on the home page of our website dedicated to those new to Oasis.

STAY IN TOUCH



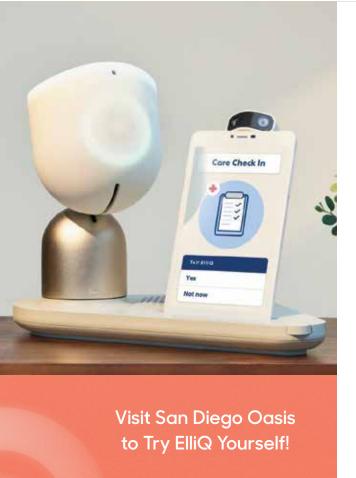






Stay up-to-date on all things Oasis by signing up for our weekly email featuring upcoming classes, announcements, resources, and more. Visit the website and click on the Newsletter feature box.

You can also subscribe to our YouTube channel to be alerted about our weekly Instructor Preview videos, where our instructors personally share about their upcoming classes.





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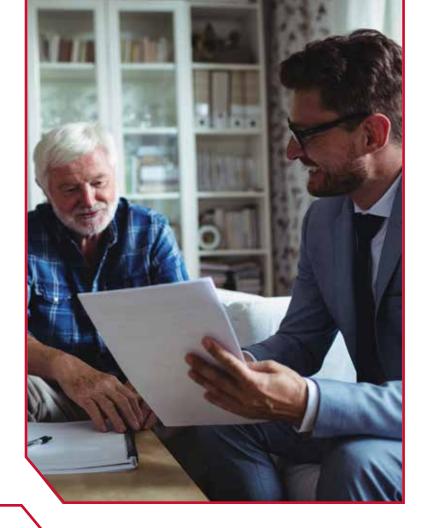
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Join us for our July Economic Review Calls from the Comfort of Your Own Home!

Please see below for the next upcoming dates, times and access information for each conference call. The calls will be "live" and last approximately 25-30 minutes. Each conference call can host a maximum of 100 participants. If you are not able to get on to the call, please select an alternate date.

Select your preferred date and time (as seen below).
Dial 888-788-0099 (toll-free number).
Enter Meeting ID 381 101 0533#.
Note: You are the "Participant", select #.

July 18, 2022 | 5:00 PM Pacific Time Zone July 19, 2022 | 1:00 PM Pacific Time Zone July 20, 2022 | 10:00 AM Pacific Time Zone



Join us at these upcoming Thrivent Classes at San Diego Oasis:

Class 730 | Social Security

Anthony Camara, FIC, MBA Tuesday, July 19 | 1:00 PM | \$5

Learn to manage the key risks all retirees face: outliving income, inflation and unpredictable events.

Class 732 | Retirement & Estate Strategies

Anthony Camara, FIC, MBA Tuesday, August 23 | 1:00 PM | \$5

Accumulate and distribute money, keys to proper diversification, multigenerational planning, and more.

Class 731 | Thrivent One-on-One

Friday, July 22 | 10:00 AM - 2:00 PM

Class 733 | Thrivent One-on-One

Friday, August 26 | 10:00 AM - 2:00 PM

Make an appointment for a free private 30-minute financial consultation, no strings attached!



Offices of Jonathan Doering and Matthew Molstre



The La Jolla Gateway Team®

Questions: Contact Linda Smith Email | linda.a.smith@thrivent.com Phone | (858) 455-5227

Register at San Diego Oasis SanDiegoOasis.org | (619) 881-6262

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Monday, August 29, 2022 | 10:00 AM - 12:30 PM In-Person Event at the Lifelong Learning & Wellness Centers

Sampling of Upcoming Classes **Fitness Demonstration Meet Instructors Vendor Resources** Coffee & Nibbles



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