

Let's
OPTIMIZE
Mentally | Physically | Socially

San Diego
Oasis
AUGUST 2022
CLASSES
NEW SECTIONS!
Travel & Library



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

5500 Grossmont Center Drive, #269 | La Mesa, CA 91942
SanDiegoOasis.org | (619) 881-6262 | Info@SanDiegoOasis.org

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 (800 tablets as of 7/2022).

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

Connecting the 50+ Community in San Diego County

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

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OPTIMIZE IN-PERSON

Lifelong Learning & Wellness Centers | Grossmont Center in La Mesa

ARTS & CRAFTS*

 **706 | Making Art Rock . . . Making Art Rocks**
Sharon Hinckley, Artist, Instructor & Author
Thursday & Friday, August 4 & 5 | 10:00 AM | \$24

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

106 | Watercolor Hangout with Eddie Omens
Eddie Omens, Artist
Monday, August 8 | 10:00 AM | \$12

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

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

 **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 about landscape photographers, the basics of framing and composition, and play with 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.

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

 = NEW OFFERING!

 **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,
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

733 | Thrivent One-on-One
Anthony Camara, FIC, MBA
Friday, August 26 | 10:00 AM | Free

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

164 | Let's Talk About It – July Headlines
Rick LeVine, Attorney
Wednesday, August 24 | 1:00 PM | \$12

Objective analysis/discussion of today's hot topics.

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!

In-Person Classes

 **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

198 | Ballet

Natalia Mozalova, Ballet Master and Choreographer,
Fitness Instructor

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

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

202 | Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

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

206 | Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

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

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

 **214 | Cardio Drumming**

Andra Valencia, Fitness and Dance Instructor
Tuesdays, August 2 - 30 | 12:00 PM | \$50

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

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, August 3 - 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.

226 | International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

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

230 | Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

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

 **234 | Middle Eastern Dancing**

Natalia Mozalova, Ballet Master and Choreographer,
Fitness Instructor

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

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

238 | Progressive Strength, Balance and Flexibility Training

Elinor Smith, Group Exercise Instructor & Certified
Personal Trainer

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

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

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

289 | Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP
Fridays, August 5 - Sept 2 | 9:30 AM | \$50

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

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

246 | Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP
Tuesdays, August 2 - 30 | 1:15 PM | \$50

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

250 | Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity
Tuesdays, August 2 - 30 | 10:45 AM | \$50

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

254 | Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity
Thursdays, August 4 - Sept 1 | 10:45 AM | \$50

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

264 | Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor,
Personal Trainer & Nutritionist
Mondays, August 1 - 29 | 1:15 PM | \$50

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.

276 | Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness
Instructors
Mondays, August 1 - 22 | 10:45 AM | \$40

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

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

HEALTH

317 | Joint Health As We Age

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

Lifestyle changes to help your joints stay pain free; treatment options for those experiencing joint pain.

318 | Diabetes – A Growth Industry

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

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

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

The history of local Japanese Americans during and after the Japanese attack on Pearl Harbor.

 **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

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.

 **425 | The Wisdom of Zen Buddhism**

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

Let's uncover practices and principles of this spiritual and eminently practical wisdom tradition.

427 | Romantic Era Art

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

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.

LITERATURE

476 | Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Fridays, August 5 - 26 | 10:00 AM | Free

20-30 minutes of instruction followed by reading and commentary on each other's poems.

 **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. 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

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
Wednesdays, August 3 - 17 | 10:30 AM | Free

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

 **537 | American Mah Jongg for Beginners**

Nancy Velick Smith, Mah Jongg Instructor
Mondays, August 1 - 10 | 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.

516 | Successful Aging - Discussion Group

Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
Wednesday, August 3 | 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.

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

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

We'll cover the basics and get you started playing.

705 | Emotional Intelligence

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

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

Use your voice for commercials, films, videos, and more. 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 well-being in retirement by focusing on social, emotional, physical and environmental factors.

 **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.

TECHNOLOGY

135 | iPhone Basics

Tanya Howe, Instructor, M.Ed, Educational Technology
Monday, August 1 | 10:00 AM | \$12.00

Learn to operate your iphone from the beginning, download applications, send and receive pictures and how to message your friends and family.

567 | Microsoft Word 101

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

Everything from formatting text styles, to making awesome page layout designs, to creating brochures.

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.

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

Jo-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.

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.

598 | Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer
Wednesdays, August 3 - 24 | 11:00 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.

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

**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 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 DEMONSTRATIONS



LOW-COST WORKSHOPS

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.



**Saturday appointments now available
on the 3rd Saturday of every month!**

1064 | Bluetooth Basics Workshop

Monday, August 1 | 11:00 AM | \$5

*We will review how this technology works, along with how to pair your device to wireless speakers, headsets, computers, cars and more.***1065 | Google Photos Workshop**

Tuesday, August 2 | 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.***1066 | Social Media Workshop**

Wednesday, August 3 | 12:00 PM | \$5

*An overview of popular social media platforms: Instagram, Facebook, Twitter, TikTok. Stay connected with your family, friends, and current events.***1068** | Friday, August 5 | 11:00 AM | \$5**1070** | Tuesday, August 9 | 11:30 AM | \$5**1069 | Music Apps Streaming Workshop**

Monday, August 8 | 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.***1071 | Google Maps App Workshop**

Wednesday, August 10 | 12:00 PM | \$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.***1085** | Wednesday, August 31 | 12:00 PM | \$5**1072 | Cloud Services Workshop**

Thursday, August 11 | 10:30 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.***1074 | QR Codes Workshop**

Tuesday, August 16 | 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.***1075 | Apple Maps App Workshop**

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

*Get from here to there with ease and learn tips to help you use and navigate Apple Maps apps like a pro.***1077 | Apple Photos Workshop**

Friday, August 19 | 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.***1082 | Email Basics Workshop**

Friday, August 26 | 11:00 AM | \$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.***NEED HELP REGISTERING?****Feel free to come in during business hours (M-F, 9:30 AM - 4:00 PM) and we'll help get you signed up!****GET TO KNOW OUR INSTRUCTORS**
Visit the website, click on CLASSES, then click on INSTRUCTOR BIOS to learn more about our instructor's experience and credentials.

OPTIMIZE IN-PERSON

North County | Escondido Senior Center

EXERCISE & DANCE

643 | Better Balance with Stability Ball

Traci Thys

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

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

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

651 | Chair Fitness

Traci Thys

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

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

655 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

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

659 | Tai Chi Chuan: Early Risers

Pat Griffith, Sifu

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

Improve balance, strength, flexibility & peace of mind.

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

673 | Zumba Gold

Lynn Morgan, Licensed Instructor

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

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

668 | Zumba via Chair

Lynn Morgan, Licensed Instructor

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

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



**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

BUSINESS, FINANCE & LEGAL

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!

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.

272 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu
Mondays, August 1 - 29 | 2:00 PM | \$50

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

285 | Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor
Saturdays, August 6 - Sept 3 | 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.

HEALTH

300 | Meditation: The Key to Health & Peace

Melynnique Seabrook, MA
Tuesdays, August 11 - 25 | 1:00 PM | \$30

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

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.

HISTORY & HUMANITIES

347 | Friday Reflections with Peter Bolland

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

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

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

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

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



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

 **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

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.

 **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'll 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.

 **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.

LITERATURE

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

Wednesdays, August 3 - 17 | 10:30 AM | Free

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

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

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

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

Come delight in music from the British Isles.

TRAVEL

753 | The Armchair Traveler’s Tropical Vacation: Oceania

Miriam Caiden, MSG, Ph.D.

Wednesdays, August 3 – 17 | 5:00 PM | \$15

Our armchair takes us to beautiful islands complete with beaches, rainforests, waterfalls and interesting cultures. Sunscreen optional – no passports required.

OPTIMIZE AT THE LIBRARY

CORONADO PUBLIC LIBRARY

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

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

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

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.

UNIVERSITY COMMUNITY BRANCH

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

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

Olivia M. Espín, Ph.D.

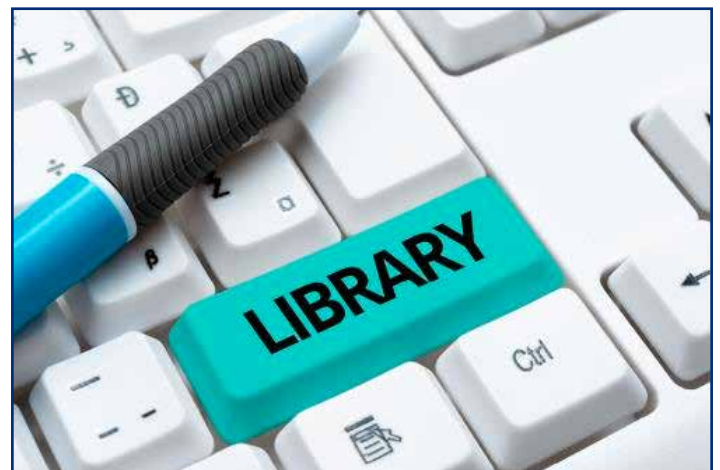
Friday, August 26 | 10:30 AM | Free

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

LIBRARY AMBASSADORS VOLUNTEER OPPORTUNITY

Library Ambassadors are meaningful San Diego Oasis volunteer representatives for classes that are taught at libraries throughout San Diego County. They enrich the offsite experience for class attendees by making announcements about current events and program updates, and by answering general program questions.

If you would like to learn more about this opportunity, please contact Kris Anelli at Kris@SanDiegoOasis.org.



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



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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 Jolyn@SanDiegoOasis.org 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 Kris Anelli, Office & Volunteer Manager, at Kris@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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Monday, August 29, 2022 | 10:00 AM - 12:30 PM
In-Person Event at the Lifelong Learning & Wellness Centers



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