

INTEGRATE

Lifelong Learning Healthy Living Community Service





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 Programs: Hundreds of trained volunteers throughout the County dedicate their time and energy to at-risk youth through reading tutoring, book giveaways, mentorship programs, and even a week-long summer camp!
- Travel Program: day trips and extended trips are offered throughout the year.
- Bridging 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 8/2022).

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 expanding 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

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INTEGRATE

IN-PERSON Lifelong Learning & Wellness Centers Grossmont Center in La Mesa

ARTS & CRAFTS

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

🚽 392 | Creating a Glass Mobile

Diana Griffin, Queenie Glass and Sass, Owner Thursdays, September 8 - 15 | 1:00 PM | \$50

This is a two-part class; the 1st week you'll create your pieces and then the 2nd week you will assemble your pieces to create a unique glass mobile.

379 | Coffee, Conversation & Crafts

Jodie Wasser, Artist Every Other Friday September 9 - December 16 | 10:00 AM | \$64

Join our group of like-minded women for positive, kind and confidential conversation.

256 | Watercolor Hangout with Eddie Omens

Eddie Omens, Artist Monday, September 12 | 10:00 AM | \$15

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

258 | Monday, October 10 | 10:00 AM | \$15 **259** | Monday, October 24 | 10:00 AM | \$15

496 | Rock Your Garden: Rock Mosaic with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, September 19 | 1:00 PM | \$35

Learn the basics of mosaic and take home a beautiful mosaic rock for your garden.

\star 339 | Art History Applied: Impressionism

Elle Arnot, MFA, School of the Art Institute of Chicago Wednesdays, September 21 - 28 | 10:00 AM | \$30

In this course, we will look at art and society through images and personalities.

< 393 | Create a Mandala Bowl/Plate

Diana Griffin, Queenie Glass and Sass, Owner Wednesday, September 21 | 1:00 PM | \$45

You will be provided a 6" glass circle and a variety of glass pieces for you to assemble your mandala bowl.

513 | Embroidery Art for the Beginner

Janet Stuelpner, The Left-Handed Artist and Crafter Thursdays, Sep 22 - Oct 6 | 10:00 AM | \$45

You will learn basic stitches to start and complete a project by the end of the class.

263 | Watercolor on Location: Shelter Island

Eddie Omens, Artist Wednesday, September 28 | 10:00 AM | \$15

Let's enjoy painting outdoors using San Diego's waterfront as our muse.

497 | Basic Beading with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, October 3 | 1:00 PM | \$20

Learn basic beading and take home your own beaded necklace made with your newly learned skills.

434 | Still-Life Drawing/Painting

Aniko Makranczy, MFA Tuesdays, Oct 4 - Nov 1 | 10:00 AM | \$75

Learn the basic steps needed to create a well composed still life painting.

< 340 | Art History Applied: Impressionism Surrealism

Elle Arnot, MFA, School of the Art Institute of Chicago Wednesdays, October 12 & 19 | 10:00 AM | \$30

In this course, we will look at art and society through images and personalities.

516 | Making Art Rock . . . Making Art Rocks

Sharon Hinckley, Artist Thursday & Friday, October 13 & 14 | 10:00 AM | \$30

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



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🚽 394 | Halloween Ornaments

Diana Griffin, Queenie Glass and Sass, Owner Thursday, October 20 | 10:00 AM | \$45

In this class you will be provided a variety of sample pieces to choose from to create your ornament pieces.

< 498 | Halloween Doodles with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, October 24 | 1:00 PM | \$15

Join Oasis Doodlers and learn to create Halloween Doodles. No experience needed.

< 514 | Bargello Needlepoint for the Beginner

Janet Stuelpner, The Left-Handed Artist and Crafter Wednesdays, Oct 26 - Nov 16 | 1:00 PM | \$60

In this class, we will explore some simple stitching patterns to make a project or a work of art.

517 | Succulent Topped Pumpkins

Muriel King, Succulent Designer, Owner, Perfect Plant Friday, October 28 | 10:00 AM | \$50

A succulent topped pumpkin is a great fall accent with a whimsical flair to enjoy for several months. Each participant will make and take home their own unique creation.

BUSINESS, FINANCE, LEGAL

411 | Understanding Senior Residential Care Options

Virginia Renker MPH, CSA, Certified Senior Advisor Residential Options for Seniors and the Elderly (ROSE) Tuesday, September 6 | 10:00 AM | Free

Come hear about senior living facilities available in San Diego and levels of service that are provided.

412 | Friday, September 9 | 10:00 AM | Free

402 | Redistricting and Gerrymandering

Sheila Tolle, League of Women Voters Wednesday, September 7 | 1:00 PM | Free

We will explore some of the examples of states' gerrymandering that resulted from the 2020 census redistricting as well as the impact of redistricting on our local elections.

526 | Social Security

Anthony Camara, FIC, MBA Monday, September 12 | 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.

422 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist Tuesday, September 13 | 10:00 AM | \$15

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

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

Barbara Norman, CFP[®], ChFC[®] CDFA[®], CEO of Sage Path Solutions, Women's Financial Academy Founder Wednesday, September 14 | 10:00 AM | \$15

Discover fresh ideas that will make the duties of your executor easier.

548 | Wednesday, September 14 | 1:00 PM | \$15 **550** | Tuesday, October 11 | 1:00 PM | \$15

528 | Thrivent One-on-One

Anthony Camara, FIC, MBA Wednesday, September 14 | 10:00 AM | Free

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

529 | Friday, October 21 | 10:00 AM | Free

251 | Let's Talk About It – September Headlines Rick LeVine, Attorney

Wednesday, September 28 | 1:00 PM | \$15

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

252 | Let's Talk About It – October Headlines

Rick LeVine, Attorney Wednesday, October 26 | 1:00 PM | \$15

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



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549 | Investing 101

Barbara Norman, CFP[®], ChFC[®] CDFA[®], CEO of Sage Path Solutions, Women's Financial Academy Founder Tuesday, October 11 | 10:00 AM | \$15

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

485 | Do You Own Your Stuff or Does Your Stuff Own You?

Jami Shapiro, Silver Linings Transitions Tuesday, October 11 | 3:00 PM | Free

Jami's favorite motto when it comes to organizing is "perfect is the enemy of done" and addresses the reason so many people stockpiled toilet paper during the pandemic.

546 | Putting Together Your Retirement Plan

Lisa Claycomb, JD, CLTC, CFP® Saturday, October 15 | 10:00 AM | \$15

Please join us to learn what steps you can take to get on track for your impending retirement, so that you can ensure your peace of mind when you get there.

401 | Ballot Props and Measures Pros and Cons

League of Women Voters Monday, October 17 | 1:00 PM | Free

How can we make sense of the many propositions that will appear on our November ballot? LWV will present their non-partisan analysis of state and local ballot measures.

527 | Long-Term Care

Anthony Camara, FIC, MBA Tuesday, October 18 | 10:00 AM | \$5

Learn what long term care is and isn't, why an extended care strategy should be a part of your financial conversation, and how to start the process.

🚽 476 | Home Updates vs. Repairs

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor Wednesday, October 26 | 1:00 PM | \$15

Learn the difference between repairs and upgrades or improvements to your property, the impact on its value, and more.

EXERCISE & DANCE

100 | Ballet

Natalia Mozalova, Ballet Master and Choreographer, Fitness Instructor Wednesdays, September 7 - 28 | 2:15 PM | \$40

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

101 | Wednesday, October 5 - 26 | 2:15 PM | \$40

104 | Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology Fridays, September 9 - 30 | 10:45 AM | \$40

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

105 | Friday, October 7 - 28 | 10:45 AM | \$40

108 | Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology Mondays, September 12 - 26 | 12:00 PM | \$30

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

109 | Mondays, October 3 - 24 | 12:00 PM | \$40 **112** | Fridays, September 9 - 30 | 12:00 PM | \$40 **113** | Fridays, October 7 - 28 | 12:00 PM | \$40

492 | Cardio Drumming

Andra Valencia, Fitness and Dance Instructor Mondays, September 12 - 26 | 9:30 AM | \$30

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

- 493 | Mondays, October 3 24 | 9:30 AM | \$40
- 116 | Tuesdays, September 6 27 | 12:00 PM | \$40
- 117 | Tuesdays, October 4 25 | 12:00 PM | \$40
- 120 | Wednesdays, September 7 28 | 1:15 PM | \$40
- **121** | Wednesdays, October 5 26 | 1:15 PM | \$40

< 133 | Country 2-Step

Trish Connery, Walkup Dancer, Teacher & Judge Thursdays, September 8 - 29 | 1:15 PM | \$40

Country 2-Step is one of the easiest partner dances out there. Learn all about the basic rhythms and patterns, dance position and turns.

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

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

Julia Doughty, MFA and Certified HHP Wednesdays, Sep 7 - Dec 14 | 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.

125 | International Folk Dancing

Martha Awdziewicz, Folk Dance Group Wednesdays, September 7 - 28 | 9:30 AM | \$24

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

126 | Wednesdays, October 5 - 26 | 9:30 AM | \$24

129 | Line Dancing and Beyond

Ruth Parker, Line Dance Instructor Thursdays, September 8 - 29 | 12:00 PM | \$40

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

130 | Thursdays, October 6 - 27 | 12:00 PM | \$40

137 | Progressive Strength, Balance & Flexibility Training

Elinor Smith, Group Exercise Instructor & Certified Personal Trainer

Tuesdays, September 6 - 27 | 9:30 AM | \$40

We'll begin class with an aerobic warm-up, then strength-training exercises and finish with cool down exercises.

138 | Tuesdays, October 4 - 25 | 9:30 AM | \$40
141 | Thursdays, September 8 - 29 | 9:30 AM | \$40
142 | Thursdays, October 6 - 27 | 9:30 AM | \$40

145 | Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP Mondays, September 12 - 26 | 2:15 PM | \$30

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

146 | Mondays, October 3 - 24 | 2:15 PM | \$40 **149** | Fridays, September 9 - 30 | 9:30 AM | \$40 **150** | Fridays, October 7 - 28 | 9:30 AM | \$40

153 | Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP Tuesdays, September 6 - 27 | 1:15 PM | \$40

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

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

157 | Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity Tuesdays, September 6 - 27 | 10:45 AM | \$40

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

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

161 | Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity Thursdays, September 8 - 29 | 10:45 AM | \$40

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

162 | Thursdays, October 6 - 27 | 10:45 AM | \$40

167 | Tai Chi Basics with Michael

Michael Birmingham Mondays, September 12 - 26 | 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.

168 | Mondays, October 3 - 24 | 1:15 PM | \$40

= NEW! = HYBRID

165 | T'ai Chi Chih – Joy through Movement for Beginners

Michelle Sarubbi, Certified TCC Instructor Fridays, September 9 - November 4 | 1:15 PM | \$90

In this meditative, slow movement class, you'll learn a series of movements over each progressive session.

171 | Zumba Gold

Pamela Toomes, Certified Fitness Instructor, and Laura Muto Mondays, September 12 - 26 | 10:45 AM | \$30

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

172 | Mondays, October 3 - 24 | 10:45 AM | \$40
175 | Wednesdays, September 7 - 28 | 12:00 PM | \$40
176 | Wednesdays, October 5 - 26 | 12:00 PM | \$40

HEALTH

➡ 418 | The Nation's Health: Turning Points

Philip J. Goscienski, M.D. Thursday, September 8 | 1:00 PM | \$15

Historically, man-made epidemics threatened human survival. With creativity, will and resolve we can eliminate these as surely as we eliminated the Black Death of medieval times.

✓ ● 484 | When Your Feet Hit the Ground, Everything Changes

Sean Kuhn, Physio on the Go Tuesday, September 13 | 3:00 PM | Free

In this course, you will learn about the vital roles the foot (and ankle) plays in your physical function, orthopedic health, and overall longevity.

303 | United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare Thursday, September 15 | 1:00 PM | Free

Let's talk Medicare: Understanding the different plans and coverage options, enrollment, making a change to different coverage, and more.

304 | Saturday, September 17 | 10:00 AM | Free

- **305** | Saturday, October 15 | 10:00 AM | Free
- **306** | Tuesday, October 18 | 1:00 PM | Free

398 | NeuroMovement® for Better Flexibility

Margie Murnan, NeuroMovement® Practitioner Saturday, September 17 | 10:00 AM | \$20

Get immediate outcomes with these unique, gentle NeuroMovement[®] techniques that help you reduce pain and move with less effort.

• 390 | The Power of Plant Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach Thursday, September 29 | 1:00 PM | \$15

Learn how a whole food, plant-based lifestyle can be a simple and enjoyable way to attain optimal health.

✓ ● 419 | All About Eggs:

The Good, The Bad and The Truly Fascinating Philip J. Goscienski, M.D.

Tuesday, October 4 | 1:00 PM | \$15

Learn about the true anatomy of eggs, why wild bird eggs vary in color and shape, surprising nutrients, whether raw eggs are nutritious and other interesting facts.

397 | NeuroMovement® for Brain Fitness

Margie Murnan, NeuroMovement® Practitioner Wednesday, October 5 | 1:00 PM | Free

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

• 391 | Living a Whole Food Plant-Based Lifestyle 101 Charlene Correia,

Certified Plant-Based Lifestyle Health Coach Thursday, October 6 | 1:00 PM | \$15

Here we dive into simple tools and solutions to eat plant-based foods, whether you are eating out, traveling, entertaining or just in the comfort of your own home.

399 | NeuroMovement® Walking and Balance Fundamentals

Margie Murnan, NeuroMovement® Practitioner Saturday, October 15 | 10:00 AM | \$20

Learn new skills that reduce your chances of falling. Walk with ease, comfort, and reduced tension throughout your body.

HISTORY & HUMANITIES

< 426 | Tales and Legends of Ukraine

Marilyn McPhie, Storyteller Friday, September 9 | 1:00 PM | \$15

Hear tales from Ukraine featuring flying serpents, woodland sprites, farmers, farmer's daughters, rich and poor sons, witches, evil rulers, brave heroes – a little magic and a lot of courage.

403 | The Birth of the Beatles 1956-1960

Chuck Gunderson Thursday, September 15 | 1:00 PM | \$15

Discover how the world's greatest band was formed along with twists, turns, failures, lucky breaks and lots of serendipity in between!

• 488 | San Diego North County - A Look Back

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Monday, September 19 | 1:00 PM | \$15

Lost landmarks like the Escondido Teepee and lost towns like Barham, Bernardo and Bostonia.

• 382 | The Vikings

Henry George, Engineer, Archaeologist and Geologist Tuesday, September 20 | 10:00 AM | \$15

This class will explore how the Vikings built their distinctive ships to sail in the open ocean waters and go on to found numerous nations that exist today.

✓ ● 294 | Romantic Blue Danube from Budapest to Prague, then Germany

Linda Hawley, Ed.M., Teacher & Author Wednesday, September 21 | 1:00 PM | \$15

Pastoral places and amazing architecture, set to the music of Lehar, Bartok, Liszt, J. Strauss, Mozart, Dvorak, Smetana, J. Brahms, and Beethoven.

539 | Personal Experiences of Wartime Incarceration: An interview with Jack Kubota

Linda Canada, Historian & Author Thursday, September 22 | 1:00 PM | \$15

This program will be conducted in an interview format after a short history of Japanese American internment is given.

• 460 | The Axial Age: Birth of World Religions Frank Newton, PhD

Monday, September 26 | 10:00 AM | \$15

The instructor will delve into this fantastic era, discussing the great figures who led the way, exploring the cultural and cognitive factors that contributed to this world-changing period.

404 | The Beatles: 1964 Summer North American Tour

Chuck Gunderson Thursday, September 29 | 1:00 PM | \$15

Why did this historic tour turn the entertainment business on its ear and forever change the landscape of the concert touring industry?

🗣 466 | Media Ethics:

How Do We Morally Evaluate The News Matthew Wion, Ph.D.

Friday, September 30 | 1:00 PM | \$15

The purpose of the news is to inform the citizenry. Does this mean that the media must be neutral no matter what?

489 | What's in a Name? A Lot of History! Origins of San Diego County Place Names

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Tuesday, October 11 | 1:00 PM | \$15

Did you know there was once a place named Virginia in the middle of San Diego County? There's a fascinating story behind every place name, past and present.

424 | Defying Death: Medicine's Journey Toward Immortality

Bruno Leone, MA, Instructor CEC, San Diego Oasis, Author, Lecturer

Thursdays, October 13 & 20 | 1:00 PM | \$30

This lecture will outline where medical science has journeyed in the past and focus in particular upon where it is heading in the future.

405 | The Beatles: 1965 Summer North American Tour Chuck Gunderson

Thursday, October 13 | 1:00 PM | \$15

Discover how the group invented the stadium show, broke records along the way, and began to change the direction of their music.



432 | Introduction to Paranormal Investigation and Research

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Monday, October 17 | 10:00 AM | \$15

This presentation highlights important aspects of paranormal research and serves as a motivator for anyone interested in learning more about investigating the unknown.

• 383 | The Pharaohs of Egypt

Henry George, Engineer, Archaeologist and Geologist Tuesday, October 18 | 10:00 AM | \$15

Learn about the dynasties and rulers of Ancient Egypt from the Early Dynastic Period through the New Kingdom, and review the history of the last millennium before the Common Era.

< 🗣 295 | Wildlife & Way of Life in Tanzania & Rwanda

Linda Hawley, Ed.M., Teacher & Author Wednesday, October 19 | 1:00 PM | \$15

This presentation will spotlight the wildlife and the resilience and resourcefulness of the people of these two African countries.

✓ 427 | Witches of Salem, Massachusetts

Marilyn McPhie, Storyteller Friday, October 21 | 1:00 PM | \$15

Join storyteller Marilyn McPhie for tales of a terrible time – the accusers, the accused, the executed, the survivors, the law, the clergy, the possible explanations, and the dark legacy.

406 | The Beatles: 1966 Summer North American Tour

Chuck Gunderson Thursday, October 27 | 1:00 PM | \$15

Why did touring end and what did the future hold for the four lads from Liverpool?

• 467 | Should Politics Be Morally Neutral?

Matthew Wion, Ph.D. Friday, October 28 | 1:00 PM | \$15

Many political thinkers have argued that government should be "morally neutral" regarding the values by which citizens live their lives. Is it desirable? Is it even possible?

LANGUAGE

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

333 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, Sep 12 - Oct 17 | 10:00 AM | \$90

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

335 | French Literature and Discussion: Level 1

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, Sep 12 - Oct 17 | 11:30 AM | \$90

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

337 | French Literature and Discussion: Level 2

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, Sep 12 - Oct 17 | 1:00 PM | \$90

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

342 | German for Travelers

J. Elke Ertle, Author Thursdays, Sep 15 - Oct 20 | 1:00 PM | \$90

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

312 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Oct 25 - Dec 13 | 10:00 AM | \$120

We'll explore Italy during the Covid-19 pandemic by looking at various songs, videos and poetry.

313 | Italian for Travelers

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Oct 25 - Dec 13 | 12:00 PM | \$120

An introduction to basic Italian grammar, sentence structure, vocabulary, and idioms. No prior knowledge of Italian is required.

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323 | Beginning Spanish I

Gladis Jiménez González Fridays, Sep 16 - Oct 21 | 11:30 AM | \$90

For students who have no background in Spanish. Each new session will start at Chapter 1 and covers through Chapter 3.

325 | Beginning Spanish II

Gladis Jiménez González Wednesdays, Sep 14 - Oct 19 | 11:30 AM | \$90

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

327 | Intermediate Spanish I

Gladis Jiménez González Wednesdays, Sep 14 - Oct 19 | 1:00 PM | \$90

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

329 | Intermediate Spanish II

Gladis Jiménez González Thursdays, Sep 15 - Oct 20 | 11:30 AM | \$90

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

331 | Advanced Spanish

Gladis Jiménez González Fridays, Sep 16 - Oct 21 | 1:00 PM | \$90

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



PREFER TO REGISTER IN PERSON? Feel free to come into our Grossmont location during business hours (M-F, 9:30 AM - 4:00 PM) and we'll help get you signed up!

LITERATURE

255 | Intermediate Poetry Workshop

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

Thursdays, Sep 8 - Dec 15 | 10:00 AM | Free

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

435 | Literary Interpretation & Exploration: "The Cask of Amontillado"

Jennifer Shenefield, MFA Thursday, September 22 | 1:00 PM | \$15

We'll explore an amazing literary work by Edgar Allen Poe to discover themes, imagery, technique, and much more.

✓ 436 | Literary Interpretation & Exploration: Three Treasured Classic Poems II

Jennifer Shenefield, MFA Thursday, October 20 | 1:00 PM | \$15

We'll explore literary works by William Blake, Maya Angelou, and Edgar Allen Poe to discover themes, imagery, technique, and much more.

PERSONAL ENRICHMENT

447 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor Tuesday & Thursday, Sep 6 & 15 | 10:00 AM | \$60

Join the fun and learn to play American Mah Jongg, an exciting tile game of strategy and luck.

• 249 | Grief Support Group

Rolandas Kausas, Chaplain Every 1st & 3rd Wednesday, September 7 - December 7 | 10:30 AM | Free

Join our monthly drop-in group to understand the symptoms of grief, what you might experience, and how to respond to it.

560 | San Diego Police Department's Senior Volunteer Program

Wednesday, Šeptember 7 | 1:00 PM | Free

Learn about SDPD's Retired Senior Volunteer Program, including a brief history of the program as well as the qualifications and requirements to join.

737 | Safe Travels and Destinations with AFC Vacations

Will Reece, AFC Vacations Thursday, September 8 | 1:00 PM | Free

Discuss emerging travel trends, and learn about some of AFC's exciting upcoming vacations.

314 | Be Happy

Laura Diaz, Board Certified Coach (BCC) Tuesday, September 13 | 1:00 PM | \$15

Join us in exploring ways to create lasting happiness and happiness habits. Happiness gives you the resilience to move forward, especially in dark times.

248 | Men's Forum

Walter Talley, Facilitator Every 2nd & 4th Wednesday, September 14 - December 14 | 10:00 AM | \$48

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

315 | Optimism and Living the Life You Love

Laura Diaz, Board Certified Coach (BCC) Tuesday, September 27 | 1:00 PM | \$15

Discuss learned optimism, positive psychology and "What do I need to do to be happy?"

508 | 9 Must Have Strategies for Living Well While Living Longer

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Wednesday, September 28 | 1:00 PM | \$15

Learn how to "turn aging on its head," with an uplifting perspective on aging successfully, overcoming obstacles, and the resilience needed to start new chapters.

509 | Successful Aging - Discussion Group

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Wednesday, October 5 | 1:00 PM | \$18

In this small group class, we'll 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.

510 | Wednesday, October 19 | 1:00 PM | \$18

386 | American Mah Jongg for Beginners: Level One Chris Eshelman, Mah Jongg Instructor Thursdays, October 6 - 27 | 1:00 PM | \$60

Mah Jongg is a fun and exciting tile game. This is a beginner's class for the American version.

316 | Simple Practices to Setting Goals for 2023

Laura Diaz, Board Certified Coach (BCC) Tuesday, October 11 | 1:00 PM | \$15

We will talk about how to avoid distractions that get in the way of consistently focusing on our goals.

302 | Age-Friendly Transportation

Ruby Morgen, Associate Planner Community Outreach Specialist Friday, October 14 | 1:00 PM | Free

This class will cover convenient and affordable transportation options such as public transit, access paratransit, rideshare services, and rideFACT.

317 | Self-Sabotage No More!

Laura Diaz, Board Certified Coach (BCC) Tuesday, October 25 | 1:00 PM | \$15

We'll explore what self-sabotaging behavior is as well as how to overcome it.

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

TECHNOLOGY

533 | Android 101

Bucky Reed, IT Professional Friday, September 16 | 10:00 AM | \$15

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

536 | Friday, October 14 | 10:00 AM | \$15

439 | Get Started with Your Android Phone

Tanya Howe, Instructor, M.Ed, Educational Technology Monday, September 19 | 10:00 AM | \$15

Navigate important functions of your phone: Android's cloud based system, connecting to Wi-Fi, Bluetooth and how to make text larger or smaller.

534 | Android 102

Bucky Reed, IT Professional Friday, September 23 | 10:00 AM | \$15

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

537 | Friday, October 21 | 10:00 AM | \$15

535 | Android 103

Bucky Reed, IT Professional Friday, September 30 | 10:00 AM | \$15

Learn how to use your Android phone, voicemail, contacts and more.

538 | Friday, October 28 | 10:00 AM | \$15

440 | Do More with Your Android Phone

Tanya Howe, Instructor, M.Ed, Educational Technology Monday, October 3 | 10:00 AM | \$15

Learn to download apps, books, use the calendar, take notes and more!

443 | Get Started with Your iPhone

Tanya Howe, Instructor, M.Ed, Educational Technology Monday, October 17 | 10:00 AM | \$15

Learn the important functions of your iPhone, Wi-Fi, Bluetooth, photos, files, contacts and more.

444 | Do More with Your iPhone

Tanya Howe, Instructor M.Ed, Educational Technology Monday, October 31 | 10:00 AM | \$15

Learn to download apps, books, use the calendar, take notes and more!



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

370 | Conquering Your iPhone – Part I

Monday, September 12 | 10:00 AM | \$16

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

375 | Tuesday, October 25 | 10:00 AM | \$16

371 | Conquering Your iPhone – Part II

Tuesday, September 20 | 10:00 AM | \$16

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

372 | Conquering Your iPhone – Part III

Monday, September 26 | 10:00 AM | \$16

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

373 | Conquering Your Apple Watch

Friday, October 7 | 10:00 AM | \$16

In this hands-on workshop, we'll review the features of each Apple watch, with a particular focus on the health app, emergency capabilities and more.

374 | Conquering the Apple iCloud and Photo Storage

Monday, October 10 | 10:00 AM | \$16

This class is perfect for iPhone and iPad users who want to understand what the iCloud is and how to manage storage.



THEATRE & MUSIC

277 | Acting Workshop

Jo-Darlene Reardon Mondays, Sep 26 - Dec 5 | 1:00 PM | \$100

This is a great workshop for anyone interested in learning more about acting and the theater in a relaxed, informal class.

278 | Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer Wednesdays, September 7 - 28 | 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.

279 | Wednesdays, Sep 7 - 28 | 11:00 AM | \$240
280 | Thursdays, Sep 8 - 29 | 10:00 AM | \$240
281 | Thursdays, Sep 8 - 29 | 11:00 AM | \$240
282 | Fridays, Sep 9 - 30 | 10:00 AM | \$240
283 | Fridays, Sep 9 - 30 | 11:00 AM | \$240
284 | Wednesdays, Oct 5 - 26 | 10:00 AM | \$240
285 | Wednesdays, Oct 5 - 26 | 10:00 AM | \$240
286 | Thursdays, Oct 6 - 27 | 10:00 AM | \$240
287 | Thursdays, Oct 6 - 27 | 11:00 AM | \$240
288 | Fridays, Oct 7 - 28 | 10:00 AM | \$240
289 | Fridays, Oct 7 - 28 | 11:00 AM | \$240



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.

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.

INTEGRATE 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.



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.
- NEW! Saturday appointments now available on the 3rd Saturday of every month.

Technology Demonstrations (FREE)

Demos are approximately 30 minutes with hands-on application and time for Q&A. See Tech Tank webpage for current offerings.

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.

1000 | Apple Maps App Workshop

Wednesday, September 14 | 12:00 PM | \$5

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

1001 | Friday, October 7 | 11:00 AM | \$5 **1002** | Monday, October 24 | 11:00 AM | \$5

1003 | Apple Photos Workshop

Wednesday, September 7 | 12:00 PM | \$5

Recommended for Apple iPhone 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.

1004 | Friday, September 23 | 11:00 AM | \$5

- **1005** | Monday, October 3 | 11:00 AM | \$5
- **1006** | Wednesday, October 12 | 10:00 AM | \$5
- **1007** | Monday, October 24 | 12:30 PM | \$5

1008 | Bluetooth Basics Workshop

Monday, September 19 | 11:00 AM | \$5

Bluetooth allows electronic equipment to connect without wires. We will review how this technology works, along with how to pair your device wireless speakers, headsets, computers, cars, and more.

1009 | Wednesday, September 28 | 12:00 PM | \$5 **1010** | Friday, October 21 | 11:00 AM | \$5

1011 | Cloud Services Workshop

Friday, September 2 | 11:00 AM | \$5

Learn what it means to save your files to "the cloud." Includes an overview of the most popular cloud services (Google Drive, iCloud, and OneDrive) and how to get started.

1012 | Wednesday, September 28 | 10:00 AM | \$5 **1013** | Monday, October 31 | 11:00 AM | \$5

1014 | Google Maps App Workshop

Friday, September 16 | 11:00 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.

1015 | Wednesday, October 5 | 12:00 PM | \$5 **1016** | Friday, October 28 | 11:00 AM | \$5

1017 | Google Photos Workshop

Monday, September 19 | 12:30 PM | \$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.

1018 | Wednesday, October 26 | 12:00 PM | \$5

1019 | Music Apps Streaming Workshop

Friday, October 21 | 1:30 PM | \$5

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

1020 | QR Codes Workshop

Friday, September 16 | 1:30 PM | \$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.

1021 | Monday, October 3 | 12:30 PM | \$5 **1022** | Wednesday, October 19 | 12:00 PM | \$5

1023 | Social Media Workshop

Wednesday, September 21 | 12:00 PM | \$5

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

1024 | Friday, October 14 | 11:00 AM | \$5

1025 | UBER/Lyft App Workshop

Friday, September 9 | 11:00 AM | \$5

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

1026 | Monday, September 26 | 11:00 AM | \$5 **1027** | Wednesday, October 12 | 12:00 PM | \$5

1028 | Web Cookies Workshop

Wednesday, September 7 | 10:00 AM | \$5

What are cookies? Why do I need to accept them? Learn the basics about web cookies, how they are used, and how to delete them.

1030 | Saturday, September 17 | 11:00 AM | \$5 **1029** | Friday, September 30 | 11:00 AM | \$5

One-on-One Saturday appointments now available on the 3rd Saturday of every month! INTEGRATE

IN-PERSON North County Escondido Senior Center

EXERCISE & DANCE

\star 552 | Folk Dance Fun ~ In Your Seat

Barbara Birenbaum, Dance Instructor Thursdays, September 8 - 29 | 1:30 PM | \$32

Enjoy gentle aerobic dance movements all while sitting in your chair. Extend your upper body with colorful wands to the beat of classic songs.

553 | Thursdays, October 6 - 27 | 1:30 PM | \$32

179 | Better Balance with Stability Ball

Traci Thys Tuesdays, September 6 - 27 | 12:00 PM | \$32

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

180 | Tuesdays, October 4 - 25 | 12:00 PM | \$32
183 | Thursdays, September 8 - 29 | 12:00 PM | \$32
184 | Thursdays, October 6 - 27 | 12:00 PM | \$32

187 | Chair Fitness

Traci Thys Wednesdays, September 7 - 28 | 12:30 PM | \$32

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

188 | Wednesdays, October 5 - 26 | 12:30 PM | \$32

191 | Tai Chi Chvan: Beginning

Pat Griffith, Sifu Thursdays, September 8 - 29 | 3:00 PM | \$32

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

192 | Thursdays, October 6 - 27 | 3:00 PM | \$32

195 | Tai Chi Chuan: Early Risers

Pat Griffith, Sifu Tuesdays, September 6 - 27 | 7:30 AM | \$32

Improve your balance, strength, flexibility and peace of mind.

196 | Tuesdays, October 4 - 25 | 7:30 AM | \$32
199 | Fridays, September 9 - 30 | 7:30 AM | \$32
200 | Fridays, October 7 - 28 | 7:30 AM | \$32

< 556 | Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor Tuesdays, September 6 - 27 | 1:30 PM | \$32

Join us for an in-person, easy-to-follow, Latininspired, calorie-burning, dance fitness party.

557 | Tuesdays, October 4 - 25 | 1:30 PM | \$32

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



INTEGRATE ON-LINE Zoom information will be provided at time of registration

BUSINESS, FINANCE & LEGAL

531 | SDGE Electric Pricing Plans, Tools, Tips & Programs Martha Quintero, SDG&E Tuesday, September 20 | 1:00 PM | Free

Tools, tips, pricing and programs to help you manage your energy and save money.

< 347 | The Supreme Court's New Term

David Fontana, Samuel Tyler Research Professor, George Washington University School of Law Thursday, September 22 | 10:00 AM | \$15

We'll discuss important cases the Supreme Court will decide in the next year and where the Court might go after its controversial prior term.

485 | Do You Own Your Stuff or Does Your Stuff Own You?

Jami Shapiro, Silver Linings Transitions Tuesday, October 11 | 3:00 PM | Free

Jami's favorite organizing motto is "perfect is the enemy of done" and addresses the reason so many people stockpiled toilet paper during the pandemic.

501 | International Disability Rights

Mary M. McKenzie, J.D., Ph.D., Adjunct Professor, University of San Diego Tuesday, October 18 | 1:00 PM | \$15

Do you know that disabled persons are guaranteed fundamental rights under both American and international law? Join us to learn more.

EXERCISE & DANCE

207 | Chair Yoga

Kerry Wilson, Yoga & Fitness Instructor Thursdays, September 8 - 29 | 2:30 PM | \$40

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

208 | Thursdays, October 6 - 27 | 2:30 PM | \$40

211 | Strength and Fitness at Home

Kerry Wilson, Yoga & Fitness Instructor Tuesdays, September 6 - 27 | 2:30 PM | \$40

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

212 | Tuesdays, October 4 - 25 | 2:30 PM | \$40

215 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu Mondays, September 12 - 26 | 2:00 PM | \$30

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

216 | Mondays, October 3 - 24 | 2:00 PM | \$40

219 | Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor Saturdays, September 3 - 24 | 9:00 AM | \$40

For everyone who enjoys music and wants to have fun while getting some exercise.

220 | Saturdays, October 1 - 29 | 9:00 AM | \$50

HEALTH

◆ ● 418 | The Nation's Health: Turning Points Philip J. Goscienski, M.D. Thursday, September 8 | 1:00 PM | \$15

With creativity, will and resolve we can eliminate these pandemics as surely as we eliminated the Black Death of medieval times.

✓ ● 484 | When Your Feet Hit the Ground, Everything Changes

Sean Kuhn, Physio on the Go Tuesday, September 13 | 3:00 PM | Free

Vital roles the foot (and ankle) plays in physical function, orthopedic health, and overall longevity.

223 | Meditation: The Key to Health & Peace

Melynnique Seabrook, MA Thursdays, September 15 - 29 | 1:00 PM | \$30

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

224 | Thursdays, October 6 - 27 | 1:00 PM | \$40

🚽 388 | Mindful Eating

Nadin Benrey, MA, NBC-HWC Tuesday, September 20 | 10:00 AM | \$15

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

• 390 | The Power of Plant Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach Thursday, September 29 | 1:00 PM | \$15

A whole food, plant-based lifestyle can be a simple and enjoyable way to attain optimal health.

✓ ● 419 | All About Eggs: The Good, The Bad and The Truly Fascinating

Philip J. Goscienski, M.D. Tuesday, October 4 | 1:00 PM | \$15

Learn about the true anatomy of eggs, why wild bird eggs vary in color and shape, surprising nutrients, whether raw eggs are nutritious and other interesting facts.

389 | The Truth About Sugar

Nadin Benrey, MA, NBC-HWC Tuesday, October 4 | 10:00 AM | \$15

Be self-reflective about your sugar intake, eating choices, and health implications associated with diets high in sugar.

• 391 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Certified Plant-Based Lifestyle Health Coach Thursday, October 6 | 1:00 PM | \$15

Here we dive into simple tools and solutions to eat plant-based foods whether you are eating out, traveling, entertaining or just in the comfort of your own home.

HISTORY & HUMANITIES

227 | Friday Reflections with Peter Bolland

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Friday, September 2 | 10:00 AM | \$5

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

228 | Friday, September 9 | 10:00 AM | \$5

- 229 | Friday, September 16 | 10:00 AM | \$5
- **230** | Friday, September 23 | 10:00 AM | \$5
- **231** | Friday, September 30 | 10:00 AM | \$5
- **232** | Friday, October 7 | 10:00 AM | \$5
- **233** | Friday, October 14 | 10:00 AM | \$5
- 234 | Friday, October 21 | 10:00 AM | \$5
- **235** | Friday, October 28 | 10:00 AM | \$5

✓ 541 | Breaking the Glass Ceiling: Tales of Extraordinary Women

Wendy Davenport, MA, Retired Drama Coach, English Teacher Mondays, Sep 12 - Oct 17 | 11:00 AM | \$25

Selecting from a myriad of incredible choices, we will consider five biographies that investigate a series of remarkable people.

298 | The Feminist Challenge to Freud: The Work of Karen Horney

Oliva M. Espín, Ph.D. Monday, September 12 | 10:00 AM | \$15

In this presentation, we will discuss her life, ideas, and most important writings and contributions to psychology and feminist thought.

505 | The First World Wide Web: The Amazing Telegraph

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

This is how what was called the most remarkable invention in human history came to shape the future.



241 | The Great Philosophers: Marcus Aurelius

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, September 13 | 10:00 AM | \$16

Like Buddhism in the East, Stoicism offers clear, down to earth, and straightforward guidance for how to navigate this challenging life.

344 | Know Van Gogh: Shattering Myths and Appreciating His Art

Lisa Lipinski, Assistant Professor of Art History, Corcoran School of the Arts & Design Wednesday, September 14 | 10:00 AM | \$15

We'll explore Van Gogh's life and personality, shatter myths, and go into an in-depth visual analysis of his most famous paintings.

472 | Monet at Giverny

Julia Fister, MA, Studio ACE Executive Director Wednesday, September 14 | 1:00 PM | \$15

We will look at Monet's time at his home and property in Giverny where he created some of his best-known works.

503 | Why Is There War In Ukraine?

Mary M. McKenzie, J.D., Ph.D., Adjunct Professor, University of San Diego Thursday, September 15 | 1:00 PM | \$15

Russia invaded Ukraine in February 2022, starting a war that continues today. Learn the history between the two countries and how it affects the US policy choices.

504 | Six Transformative Events that Changed the Course of History

Alex Castaneda, Ph.D. Friday, September 16 | 10:00 AM | \$15

This one-hour online program is about the impact of six periods of time in world history that have, even today, modified the way we live.

488 | San Diego North County - A Look Back

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Monday, September 19 | 1:00 PM | \$15

Find out about lost landmarks like the Escondido Teepee and even lost towns like Barham, Bernardo and Bostonia.

461 | America's Natural Wonders on Display Lola Sparrowhawk,

Int'l Award-Winning Author/Historian Monday, September 19 | 10:00 AM | \$15

Join this class for an inside view of some of America's most beautiful natural wonders.

• 382 | The Vikings

Henry George, Engineer, Archaeologist and Geologist Tuesday, September 20 | 10:00 AM | \$15

This class will explore how the Vikings built their distinctive ships to sail in the open ocean waters and go on to found numerous nations that exist today.

433 | Rembrandt's Last Years and His Self-Portraits

Aniko Makranczy, MFA Tuesday, September 20 | 1:00 PM | \$15

Rembrandt's last years were his most difficult as a result of his bankruptcy, the deaths of his mistress and son, his continuing financial needs, and the changing taste in the Dutch art market.

• 294 | Romantic Blue Danube from Budapest to Prague to Germany

Linda Hawley, Ed.M., Teacher & Author Wednesday, September 21 | 1:00 PM | \$15

A slide show of pastoral places and amazing architecture, set to the music of Lehar, Bartok, Liszt, J. Strauss, Mozart, Dvorak, Smetana, J. Brahms, and Beethoven.

< \star 480 | Doolittle Raid on Tokyo & The Battle of Midway

Norman Levine Wednesday, September 21 | 1:30 PM | \$8

A U.S. Navy fleet defeated an attacking fleet of the Japanese Navy and delivered what was termed as "the most stunning and decisive blow in the history of naval warfare."

• 460 | The Axial Age: Birth of World Religions

Frank Newton, PhD Monday, September 26 | 10:00 AM | \$15

The instructor will delve into this fantastic era, discussing the great figures who led the way, exploring the cultural and cognitive factors that contributed to this world-changing period.

451 | Water Supplies for San Diego - Enough?

Philip R. Pryde, Ph.D., Professor Emeritus SDSU, Author, Lecturer Monday, September 26 | 1:00 PM | \$15

Do we have adequate water supplies available to San Diego County to satisfy future needs? This question, as well as the changing sources of our water supplies, will be discussed.

< 449 | Syn-Bio: Our Scientific Future

Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College Faculty Member Tuesday, September 27 | 1:00 PM | \$15

This class will look at all sides of the unique discipline of Synthetic Biology

✓ 477 | The Economics of Adam Smith

Norman Levine Tuesday, September 27 | 10:00 AM | \$8

Adam Smith's 1776 book, The Wealth of Nations, is regarded as the founding text of liberal economic philosophy for the 19th and 20th centuries.

242 | The Philosophy of Abortion

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, September 27 | 10:00 AM | \$16

No matter your personal views, join us for this philosophical inquiry into the big questions the abortion debate draws to the surface.

348 | Benjamin Banneker and The African Roots of His Science

Carroll Gibbs, Historian/Author Wednesday, September 28 | 10:00 AM | \$12

Born to free black parents in 1731, Benjamin Banneker was a naturalist, mathematician, astronomer and almanac author.

< 349 | Reconstruction: The Unfinished Revolution

Denver Brunsman, Associate Chair, Department of History, George Washington University Thursday, September 29 | 10:00 AM | \$18

The instructor will share the recent insights by scholars about what Reconstruction did and did not accomplish.

466 | Media Ethics: How Do We Morally Evaluate The News

Matthew Wion, Ph.D. Friday, September 30 | 1:00 PM | \$15

The purpose of the news is to inform the citizenry. Does this mean that the media must be neutral no matter what?

521 | The Early History of Disneyland as Seen on the Pages of the Disneyland News

James Keeline, Historian & Author Friday, September 30 | 11:00 AM | \$15

No matter how many times you have visited Disneyland, you'll be surprised by some of the news that appeared in these papers.

473 | Matisse

Julia Fister, MA, Studio ACE Executive Director Monday, October 3 | 10:00 AM | \$15

This class will look at his significant body of work from his painting to his cut-outs.

462 | New Neanderthal Evidence Changes History of Europe

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, October 4 | 10:00 AM | \$15

This lecture presents an update of a chapter in human history.

452 | Russian Expansionism: Ukraine and Elsewhere

Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer Wednesday, October 5 | 10:00 AM | \$15

Dr. Philip Pryde was a specialist on the Soviet Union and the Russian Federation. He has written three books about the Soviet Union, and has spent time in 13 of the 15 former Soviet republics.

351 | Plight of the Common Man in Post-Revolution America

Richard Bell, Professor of History, University of Maryland Friday, October 7 | 10:00 AM | \$18

How did the common man's inalienable rights to life, liberty, and the pursuit of happiness change in the aftermath of the American Revolution?

= NEW! = HYBRID

299 | Religion and Psychoanalysis: The Work of Ana-Maria Rizzuto

Oliva M. Espín, Ph.D. Monday, October 10 | 10:00 AM | \$15

This presentation will look at the life and ideas of Ana-Maria Rizzuto and her influence on psychoanalysis.

506 | The Sinking of the Lusitania

Mark Carlson, Historian & Author Monday, October 10 | 1:00 PM | \$15

In May, 1915, during the height of the Great War, RMS Lusitania, queen of the Cunard Line, was sunk while carrying 2200 passengers and crew into the war zone of the British Isles.

489 | What's in a Name? A Lot of History! Origins of San Diego County Place Names

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Tuesday, October 11 | 1:00 PM | \$15

Did you know there was once a place named Virginia in the middle of San Diego County? There's a fascinating story behind every place name, past and present.

243 | What Are Creation Myths Really All About?

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, October 11 | 10:00 AM | \$16

A discussion of the creation stories in both Genesis and the Mayan Popul Vuh, looking for insights into the secrets of our own essential nature and the nature of reality itself.

✓ 352 | Presidential Leadership in Crisis: Defining Moments of the Modern Presidents

Ken Walsh, Veteran White House Correspondent, Historian and Author

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

This talk discusses major crises that modern presidents have faced and applies standards for crisis management.

522 | The History of Witchcraft in England

Kim Keeline, Ph.D., Freelance Consultant and Writer Wednesday, October 12 | 1:00 PM | \$15

We'll overview the belief in witches, the truth behind the executions, and the effect that the belief in witchcraft had on the culture and literature of Europe, particularly in England.

< 479 | Tracking Wildlife on Four Continents

Fred Bercovitch, Ph.D. Biological Anthropology, UCLA Wednesday, October 12 | 1:30 PM | \$8

Fred Bercovitch has spent 40 years traveling the world and living among wild animals. Join us to hear captivating stories based on Fred's adventures.

353 | From Milton Berle to David Letterman: A History of TV Comedy

Brian Rose, Professor (ret.), Department of Communication and Media Studies, Fordham University Thursday, October 13 | 10:00 AM | \$15

This presentation will survey the extraordinary landscape of American TV comedy over the decades.

• 432 | Introduction to Paranormal Investigation and Research

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Monday, October 17 | 10:00 AM | \$15

This presentation highlights important aspects of paranormal research and serves as a motivator for anyone interested in learning more about investigating the unknown.

● 383 | The Pharaohs of Egypt

Henry George, Engineer, Archaeologist and Geologist Tuesday, October 18 | 10:00 AM | \$15

Learn about the dynasties and rulers of Ancient Egypt from the Early Dynastic Period through the New Kingdom, and review the history of the last millennium before the Common Era.

◆ ● 295 | Wildlife & Way of Life in Tanzania & Rwanda Linda Hawley, Ed.M., Teacher & Author Wednesday, October 19 | 1:00 PM | \$15

This presentation will spotlight the wildlife and the resilience and resourcefulness of the people of these two African countries.

🚽 354 | Amazing Musical Prodigies

Daryl Davis, Musician Wednesday, October 19 | 10:00 AM | \$18

This class will introduce you to some of the most impressive, unsung musicians who will leave you in awe.

481 | Building Hoover Dam

Mark Carlson, Historian & Author Wednesday, October 19 | 1:30 PM | \$8

The largest dam in history was begun in 1931 to tame the mighty Colorado River and provide a more even flow of water to farms and residents of the Western states.

355 | A Marvel-ous Life:

The Amazing Life of Comic Book Creator Stan Lee

Danny Fingeroth, Popular Culture Critic and Historian Thursday, October 20 | 10:00 AM | \$12

Join the biographer of Stan Lee to learn about the man who changed the world's idea of what a hero should be.

450 | Map-Making; The History of Cartography

Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College faculty member Monday, October 24 | 10:00 AM | \$15

Cartography, one of the oldest forms of communication, existing before writing or formal language. Join us to learn more.

244 | Inside the Electoral College

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, October 25 | 10:00 AM | \$16

Join us for an insider's view into this uniquely American institution.

🛁 356 | Off the Beaten Path: Andalucia, Spain

Barbara Paulson, European Travel Specialist Wednesday, October 26 | 10:00 AM | \$18

Welcome to this introduction to Spain's myriad of cultures and geography.

540 | Specters and Special Effects of Disneyland's

Haunted House James Keeline, Historian & Author Friday, October 28 | 11:00 AM | \$15

When it opened, it was a culmination of the artistry and technology that only the Disney company could achieve at the time.

LANGUAGE

321 | Conversational Spanish

Danisa Mardones, BA Tuesdays, Sep 13 - Oct 18 | 1:30 PM | \$90

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

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



< 357 | John Singer Sargent and the Beauty of Spain

Joan Hart, Art History Instructor, Museum One, Inc. Thursday, October 27 | 10:00 AM | \$18

We'll explore the works of John Singer Sargent, specifically focusing on his works depicting the bright colors, luminous lights and romantic atmosphere of the Iberian peninsula.

300 | Simone de Beauvoir: Feminist Philosopher

Oliva M. Espín, Ph.D. Thursday, October 27 | 1:00 PM | \$15

This class will look at the life of Simone de Beauvoir and her theoretical and feminist contributions to 20th century thought.

467 | Should Politics Be Morally Neutral?

Matthew Wion, Ph.D. Friday, October 28 | 1:00 PM | \$15

Many political thinkers have argued that government should be "morally neutral" regarding the values by which citizens live their lives. Is it desirable? Is it even possible?

LITERATURE

250 | The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator Fridays, September 2 - December 16 | 1:00 PM | \$64

A discussion of the various types of mystery books with a different author chosen each meeting to read and evaluate.

416 | Intro to Creative Writing

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Thursdays, September 15 - 22 | 10:00 AM | \$30

Learn how to set your scenes, structure your fiction or memoir story, develop and deepen your storytelling skills, and take your narrative to the next level with detailed descriptions.

417 | Creative Writing Workshop

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Thursdays, Sep 29 - Nov 3 | 10:00 AM | \$90

Explore your potential and improve your skills while you learn how to begin your writing projects or how to take your work-in-progress to the next level.

PERSONAL ENRICHMENT

• 249 | Grief Support Group

Rolandas Kausas, Chaplain Every 1st & 3rd Wednesday, September 7 - December 7 | 10:30 AM | Free

Join our monthly drop-in group to understand the symptoms of grief, what you might experience, and how to respond to it.

456 | Introduction to Gender and Sexuality: History of the LGBTQ Community in San Diego

Sydney Folsom, MA, Communication & Gender Studies Wednesday, September 14 | 1:00 PM | Free

In this class we will explore the history of the LGBTQ community in San Diego.

✓ 457 | Introduction to Gender and Sexuality: The Rise and Reclamation of the "Q" Word

Sydney Folsom, MA, Communication & Gender Studies Wednesday, October 12 | 1:00 PM | Free

We will explore the origins of the term and chronicle the process of reclaiming the "Q" word as an encompassing identity and empowerment term.

TECHNOLOGY

542 | Google Drive - Your Road to the Cloud

Barbara Smith, MA, Community College Instructor Tuesday, September 13 | 1:00 PM | \$15

Learn about this feature-rich, free service including cloud storage, sharing, and more.

407 | Features of a Web Browser

Mary Burns, Professor, San Diego Continuing Education Friday, September 23 | 10:00 AM | \$15

Learn the ins and outs of web browsers.

408 | Cryptocurrency and NFTs

Mary Burns, Professor, San Diego Continuing Education Friday, October 14 | 10:00 AM | \$15

Learn about Bitcoin, blockchains and mining, NFTs, and more!

543 | File Management

Barbara Smith, MA, Community College Instructor Wednesday, October 26 | 1:00 PM | \$15

Learn the essentials of computer document/file management.

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



THEATRE & MUSIC

< 267 | 15 Diverse Expressions of American Folk Music

Chris Burns, Many-Strings Friday, September 9 | 3:00 PM | \$15

Enjoy 15 diverse expressions of American folk music, within a historical and cultural context.

✓ 345 | Life in the Fast Lane with "The Eagles," Legendary Rock Band of the '70s

Jane Ellen, Performer, Composer, and Recording Artist Thursday, September 15 | 10:00 AM | \$18

From humble beginnings in 1971, The Eagles quickly became one of the most successful American rock bands of the decade.

268 | 1,000 Years of Music History in 60 Minutes

Chris Burns, Many-Strings Friday, September 16 | 3:00 PM | \$15

We'll begin this musical journey in the 1st century, enjoy Medieval European music, Renaissance tunes, Baroque and Classical masters, ancient chants, ballads, and soundtracks from the present.

📌 346 | The Magic of Fred Astaire

Brian Rose, Professor (ret.), Dept. of Communication and Media Studies, Fordham University Wednesday, September 21 | 10:00 AM | \$15

This talk will survey Astaire's remarkable career, looking at his work both as a soloist and as the most romantic dance partner in Hollywood history.

269 | Ennio Morricone: Italian Giant of Dramatic Film Music

Chris Burns, Many-Strings Friday, September 23 | 3:00 PM | \$15

Ennio Morricone has composed gorgeous music that at times is transcendental and at other times textured and intense.

< 478 | Memorable Musicals

Vincent Young Wednesday, September 28 | 1:30 PM | \$8

Orchestral and vocal selections from The Phantom of the Opera, Camelot, South Pacific, and Kiss Me Kate will be performed as a musical collage.

< 350 | The Many Musical Worlds of Cat Stevens

Jane Ellen, Performer, Composer, and Recording Artist Thursday, October 6 | 10:00 AM | \$18

This class will sample songs from the many musical worlds of Cat Stevens.

< 270 | Wonderful Women Classical Composers

Chris Burns, Many-Strings Friday, October 7 | 3:00 PM | \$15

Dedicated to the unique and special contributions made by women to "classical" music. Sit back with your favorite beverage and love the music.

271 | The Music of the Middle Ages and the Renaissance

Chris Burns, Many-Strings Friday, October 14 | 3:00 PM | \$15

Enjoy Renaissance melodies of the Italian, English, and Spanish courts as well as coronation music, Gregorian chants, new world melodies, John Dowland, and Monteverdi.

310 | The Music of George Fredrick Handel

Chris Burns, Many-Strings Friday, October 21 | 3:00 PM | \$15

We'll celebrate the baroque creativity of G.F. Handel, composer of The Messiah, Water Music for King George, The Arrival of the Queen of Sheba, and much more.

482 | Tchaikovsky's Swan Lake & Other Music Mehdi Sarram

Tuesday, October 25 | 10:00 AM | \$8

Pyotr Ilyich Tchaikovsky was the first Russian composer whose music made a lasting impression internationally.

📌 483 | Somewhere Along the Way

Vincent Young Wednesday, October 26 | 1:30 PM | \$8

Join Vincent Young as he plays, sings, and discusses some of the musical personalities behind The Great American Songbook.



INTEGRATE AT THE LIBRARY

MISSION HILLS / KNOX LIBRARY

215 W. Washington St, San Diego | (619) 692-4910

291 | Symbolism in Art

Julia Fister, MA, Studio ACE Executive Director Monday, September 26 | 6:15 PM | Free

This lecture will explore the representations of ideas, codes and symbols in art history.

MISSION VALLEY BRANCH LIBRARY 2123 Fenton Parkway, San Diego L (858) 573-50

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

735 | John D. Spreckels and the Making of San Diego

Dr. Sandee Bonura, Author Tuesday, September 20 | 1:00 PM | Free

John D. Spreckels is the man who almost singlehandedly built San Diego after establishing empires in sugar, shipping, transportation and construction.

POINT LOMA BRANCH LIBRARY

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

711 | Greatest Hits of Singer-Songwriters

Doug Beaupré, Singer Songwriter Wednesday, September 14 | 1:00 PM | Free

Doug Beaupré, a San Diego-based singer-songwriter, will perform well-known songs by James Taylor, John Denver, Neil Young, Billy Joel, Elton John, and many more.

712 | Beautiful and Unusual Birds of the World

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

Wednesday, September 28 | 1:00 PM | Free

Treat yourself to a delightful hour featuring the most remarkable birds from all seven continents of our hugely diverse planet.

RANCHO BERNARDO LIBRARY

17110 Bernardo Ctr Dr, San Diego | (858) 538-8163

320 | Doctor Grammar Guy

Richard Lederer, Union-Tribune Language Columnist Thursday, September 22 | 1:00 PM | Free

Richard Lederer will illuminate the terminal preposition and split infinitive.

512 | A Treasury of Halloween Humor

Richard Lederer, Union-Tribune Language Columnist Wednesday, October 12 | 2:00 PM | Free

History, lore, puns and poems from Richard Lederer's brand new book, "A Treasury of Halloween Humor."

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

689 | Degenerate Art

Julia Fister, MA, Studio ACE Executive Director Friday, September 9 | 10:30 AM | Free

The Degenerate Art Exhibition was organized by the Nazi Party in Munich, Germany in 1937 and presented art confiscated from German museums.

681 | Women in Aztec Society

Maria Butler, MA, Lecturer Emerita, SDSU Tuesday, September 27 | 12:30 PM | Free

We'll explore the every day life of Mesoamerican women before the European conquest, particularly in the region of the Valley of Mexico.

691 | A Treasury of Halloween Humor

Richard Lederer, Union-Tribune Language Columnist Tuesday, October 11 | 12:30 PM | Free

History, lore, puns and poems from Richard Lederer's brand new book, "A Treasury of Halloween Humor."

690 | Día de Los Muertos

Julia Fister, MA, Studio ACE Executive Director Friday, October 21 | 10:30 AM | Free

Let's explore traditions associated with Día de Los Muertos, including the creation of altars, the making of special food, and the costumes and creative customs.

INTEGRATE

Contact Brandon Harding at (619) 881-6262 to book your vacations.

2022 TRIPS

Rest, Relax, Refocus | Deluxe Mexico Spa Trip

Class #800 | October 16 - 23, 2022 Double \$2,728 plus \$295 for single occupancy (Minimum of 15 reservations required)

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

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 31, 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

Music Cities: Branson, Memphis & Nashville

October 13 - 20, 2022 Double \$3,095 | Single \$3,895 | Triple \$3,045

Enjoy 8 Days, 11 Meals, Branson Shows, Memphis + Graceland, Nashville + Grand Ole Opry

New Orleans Holiday

November 29 - December 3, 2022 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, 2022 Double \$2,099 | Single \$2,649 | Triple \$2,069

5 Days, 7 Meals, Dollywood, Biltmore Estate, Moonshine Tasting. Unpack Once!

2023 TRIPS

Count Down to Mardi Gras!

New Orleans & Cajun Country

February 14 - 19, 2023 | 6 Days, 5 Nights Double \$2,699 | Single \$3,299

Includes New Orleans walking tour, French Quarter, Pre-Mardi Gras Parades, National WWII Museum, Bayou Airboat Ride, Baton Rouge Capitols, and more!

The Mighty Wonders of the Southwest

June 6 - 13, 2023 | 8 Days, 7 Nights Double \$3,399 | Single \$4,399

Includes Utah's Mighty 5 (Arches, Zion, Bryce Canyon, Canyonlands and Capital Reef), Moab Boat Dinner, Antelope Canyon, Grand Canyon and Sedona, Arizona.

Trains of Colorado

August 17, 2023 | 8 Days, 7 Nights Double \$3,499 | Single \$4,299

Includes visits to Denver, the United States Air Force Academy, and rides aboard Pike's Peak Cog, the Royal Gorge Route and the Durange to Silverton Railroads.

Tropical Costa Rica

Optional 3-Night Jungle Adventure Pre Tour Extension October 9 - 17, 2023 | 9 Days, 8 Nights

Double \$2,799 | Single \$3,299 | Triple 42,769

Includes San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour, Monteverde Cloud Forest, Cuanacaste and more.



At San Diego Oasis, we want each and every member to live life as

Franll

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 our 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 Kelly Johnson at Kelly@SanDiegoOasis.org with any questions.

*Features subject to change. Opening timeline is targeted for 2023.

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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 Kelly@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 our Tutoring program, volunteers, neighborhood schools and Oasis work together to help students build reading skills, self-esteem and positive attitudes toward learning. Training/materials 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

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



Medical devices in your home? We may be able to help.

If you or someone in your household has a qualifying medical condition or a need for certain medical devices, you may qualify for the Medical Baseline Allowance Program. Apply today to see if you can receive more electricity at a lower rate. Learn more at sdge.com/medical.





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Helping Seniors realize their desires while still residing in their homes.⁵⁴

Join us for these upcoming webinars from the comfort of your own home:

Retirement & Estate Strategies

Topics will cover investing, taxes, distribution and estate strategies. **Speaker**: Jonathan Doering (Thrivent) Tuesday, October 4 | 10 AM | 5 PM

Economic & Market Outlook

Topics will cover a current update and outlook on the stock and bond markets with considerations given to inflation, the Fed and mid-term elections. **Speaker**: Chuck Etzweiler (Nepsis)

Monday, October 10 | 5 PM Tuesday, October 11 | 1 PM Wednesday, October 12 | 10 AM Wednesday, November 9 | 10 AM & 5 PM

RSVP to Linda Smith at (858) 455-5227 or linda.smith2@thrivent.com for Zoom link information. All times are PT.

Thrivent Classes at San Diego Oasis Speaker: Anthony Camara, FIC, MBA

Class 526 | Social Security

Monday, September 12 | 1 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.

Class 527 | Long-Term Care

Tuesday, October 18 | 10 AM | \$5

Learn what long term care is and isn't, why an extended care strategy should be a part of your financial conversation, and how to start the process.

Class 528 | Thrivent One-on-One Wednesday, September 14 | 10 AM - 2 PM

Class 529 | Thrivent One-on-One

Friday, October 21 | 10 AM - 2 PM

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



FINANCIAL®

Offices of Jonathan Doering and Matthew Molstre



The La Jolla Gateway Team®

Questions: Contact Linda Smith Email | linda.smith2@thrivent.com Phone | (858) 455-5227

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