

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 52,000. 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 weeklong 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 pages 26 and 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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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.

610 | Create a Fidget Quilt

Lyn Earl, Instructor Tuesdays, November 1 & 8 | 1:00 PM | \$30

A fidget quilt is an activity quilt of any size using buttons, buckles, zippers, loops and more. The possibilities are endless.

265 | Watercolor on Location: Balboa Park

Eddie Omens, Artist Wednesday, November 2 | 10:00 AM | \$15

Let's enjoy painting outdoors using San Diego's Balboa Park as our muse. We'll meet at Bea Evenson Fountain.

499 | Basic Beading With Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, November 7 | 1:00 PM | \$20

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

341 | Art History Applied: **Abstract Expressionism and Post-War**

Elle Arnot, MFA, School of the Art Institute of Chicago Wednesdays, November 9 & 16 | 10:00 AM | \$30

Looking at art and society through images and personalities, we will work on small format, handson art activities based on the post-war era.

395 | Flower Bowl/Pocket Vase

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

Learn how to create a glass flower bowl along with a pocket (bud) vase.

260 | Watercolor Hangout with Eddie Omens

Eddie Omens, Artist

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

260 | Monday, November 14 | 10:00 AM | \$15

261 Monday, November 28 | 10:00 AM | \$15

262 Monday, December 12 | 10:00 AM | \$15

379 | Coffee, Conversation & Crafts

Jodie Wasser, Artist Fridays, Nov 4 – Dec 16 | 10:00 AM | \$32

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

381 | Oriental Brush Art with Chinese Ink & Watercolor

Shinja Scheidnes, Watercolorist, Instructor (Work at Spanish Art Village #23, Balboa Park) Wednesdays, Nov 30 - Dec 14 | 10:00 AM | \$45

Using Chinese ink and watercolor, you will learn the dancing brush technique to create beautiful artwork.

515 | Needlepoint Art for the Beginner

Janet Stuelpher, The Left-Handed Artist and Crafter Thursdays, December 1 - 15 | 10:00 AM | \$45

Learn basic stitches and start with simple designs to create beautiful works of art with needlepoint.

500 | Winter Doodles With Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, December 5 | 1:00 PM | \$15

Come join the Oasis doodlers in a fun-filled class learning to draw fun and easy holiday-themed doodles.

611 | Appliqued & Quilted Christmas Table Runner

Lyn Earl, Instructor

Tuesday, December 6 | 1:00 PM | \$15

Spruce up your holiday table décor and develop or improve your applique and quilting skills by creating a holiday table runner.





d 494 | Wooden Holiday Trees

Amy O'Connor Friday, December 9 | 1:00 PM | \$15

We will complete a set of three wooden trees using acrylic paint, scrapbook paper and decorative embellishments.

396 | Votive Candle Holders

Diana Griffin, Owner of Queenie Glass and Sass Thursday, December 15 | 1:00 PM | \$45

You will be provided a variety of glass pieces to create a unique votive candle holder.

BUSINESS, FINANCE, LEGAL

423 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist Tuesday, November 1 | 10:00 AM | \$15

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

696 | Retirement & Estate Strategies

Anthony Camara, FIC, MBA Monday, November 7 | 10:00 AM | \$5

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

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

Barbara Norman, CFP®, ChFC® CDFA®,

CEO of Sage Path Solutions, The Women's Financial Academy Founder

Monday, November 7 | 1:00 PM | \$15

This class provides guidance for setting up your Family Binder, a guide to help your family avoid common mistakes, and offers fresh ideas that will make the duties of your executor easier.

LOVE OASIS?

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





698 | Thrivent One-on-One

Anthony Camara, FIC, MBA

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

698 | Wednesday, November 9 | 10:00 AM | Free **699** | Wednesday, December 7 | 10:00 AM | Free

253 | Let's Talk About It - News Headlines

Rick LeVine, Attorney

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

253 | Wednesday, November 16 | 1:00 PM | \$15 **254** | Wednesday, December 14 | 1:00 PM | \$15

697 | Social Security

Anthony Camara, FIC, MBA
Tuesday, December 6 | 10:00 AM | \$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.

➡ 487 | Give the Gift of Peace of Mind

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor Tuesday, December 13 | 3:00 PM | Free

In this course, we will discuss five critical documents everyone will want to consider having completed and on file in case of an unexpected event or emergency.

EXERCISE & DANCE

102 | Ballet

Natalia Mozalova, Ballet Master and Choreographer, Fitness Instructor

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

102 | Wednesdays, November 2 - 30 | 2:15 PM | \$40 **103** | Wednesdays, December 7 - 14 | 2:15 PM | \$20

106 | Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

106 | Fridays, Nov 4 - Dec 2 | 10:45 AM | \$30

107 | Fridays, December 9 - 16 | 10:45 AM | \$20

110 | Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

110 | Mondays, Oct 31 - Nov 21 | 12:00 PM | \$40

111 | Mondays, December 5 - 12 | 12:00 PM | \$20

114 | Fridays, Nov 4 - Dec 2 | 12:00 PM | \$30

115 | Fridays, December 9 - 16 | 12:00 PM | \$20

494 | Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

494 | Mondays, Oct 31 - Nov 28 | 9:30 AM | \$50

495 | Mondays, December 5 - 12 | 9:30 AM | \$20

118 | Tuesdays, November 1 - 29 | 12:00 PM | \$50

119 | Tuesdays, December 6 - 13 | 12:00 PM | \$20

122 | Wednesdays, November 2 - 30 | 1:15 PM | \$40

123 | Wednesdays, December 7 - 14 | 1:15 PM | \$20

■ 135 | Country 2-Step

Trish Connery, Walkup Dancer, Teacher & Judge

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

135 | Thursdays, Nov 3 - Dec 1 | 1:15 PM | \$40

136 | Thursdays, December 8 - 15 | 1:15 PM | \$20

127 | International Folk Dancing

Martha Awdziewicz, Folk Dance Group

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

127 | Wednesdays, November 2 - 30 | 9:30 AM | \$24

128 | Wednesdays, December 7 - 14 | 9:30 AM | \$12

131 | Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

131 | Thursdays, Nov 3 - Dec 1 | 12:00 PM | \$40

132 | Thursdays, December 8 - 15 | 12:00 PM | \$20

139 | Progressive Strength, Balance & Flexibility Training

Elinor Smith, Group Exercise Instructor & Certified Personal Trainer

Aerobic warm-up, followed by strength training exercises and finishing with cool down exercises.

139 | Tuesdays, November 1 - 29 | 9:30 AM | \$50

140 | Tuesdays, December 6 - 13 | 9:30 AM | \$20

143 | Thursdays, Nov 3 - Dec 1 | 9:30 AM | \$40

144 | Thursdays, December 8 - 15 | 9:30 AM | \$20

147 | Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP

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

147 | Mondays, Oct 31 - Nov 28 | 2:15 PM | \$50

148 | Mondays, December 5 - 12 | 2:15 PM | \$20

151 | Fridays, Nov 4 - Dec 2 | 9:30 AM | \$30

152 | Fridays, December 9 - 16 | 9:30 AM | \$20

155 | Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP

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

155 | Tuesdays, November 1 - 29 | 1:15 PM | \$50

156 | Tuesdays, December 6 - 13 | 1:15 PM | \$20

159 | Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

159 | Tuesdays, November 1 - 29 | 10:45 AM | \$50

160 | Tuesdays, December 6 - 13 | 10:45 AM | \$20

163 | Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

163 | Thursdays, Nov 3 - Dec 1 | 10:45 AM | \$40

164 | Thursdays, December 8 - 15 | 10:45 AM | \$20

169 | Tai Chi Basics with Michael

Michael Birmingham

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.

169 | Mondays, Oct 31 - Nov 28 | 1:15 PM | \$50

170 | Mondays, December 5 - 12 | 1:15 PM | \$20

166 | T'ai Chi Chih — Joy Through Movement for Intermediate Students

Michelle Sarubbi, Certified TCC Instructor Fridays, December 2 - 16 | 1:15 PM | \$30

In this three-week intermediate program you will learn to deepen and refine the movements taught in the beginning class.

173 | Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

173 | Mondays, Oct 31 - Nov 28 | 10:45 AM | \$50

174 | Mondays, December 5 - 12 | 10:45 AM | \$20

177 | Wednesdays, November 2 - 30 | 12:00 PM | \$40

178 | Wednesdays, December 7 - 14 | 12:00 PM | \$20

HEALTH

◆ ◆ 486 | Being Grateful — The PACE Model of Care and Medi-Cal Expansion

San Diego PACĒ

Tuesday, November 8 | 3:00 PM | Free

This San Diego PACE presentation will include info about the Medi-Cal expansion and how many more senior will qualify in the future for help.

307 | United Healthcare Presents:

Medicare - The Basics

Fariba Zarieh, United Healthcare

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

307 | Wednesday, November 9 | 10:00 AM | Free

308 | Saturday, November 12 | 10:00 AM | Free

309 | Thursday, December 1 | 1:00 PM | Free

◆ 465 | Holiday Weight Management: Planning for Success

Erin Famulare, Sharp Rees-Stealy Thursday, November 10 | 1:00 PM | Free

Come learn about what makes the holidays so difficult, how quickly calories can add up, factors that contribute to unhealthy habits, mindful eating and tips for success.

● 420 | Regain Your Youthful Memory

Philip J. Goscienski, M.D.

Thursday, November 17 | 1:00 PM | \$15

This class provides techniques for seniors to minimize memory lapse challenges using memory techniques that are thousands of years old.

400 | NeuroMovement® for Healthy Backs

Margie Murnan, NeuroMovement® Practitioner Saturday, November 19 | 10:00 AM | \$20

Prevent back stiffness or get relief from chronic back pain with unique, gentle NeuroMovement® techniques that help you reduce pain and move with less effort.







• 566 | Life's Sunset: Plan Before The Sun Goes Down

Bill Simmons, Attorney Monday, Wednesday & Friday, December 5, 7, 9 1:00 PM | \$15

This lecture covers planning for end-of-life issues and options including the tough questions to ask, the California End of Life Option Act and planning for possible dementia.

◆ 421 | Vitamins: the ABCs

Philip J. Goscienski, M.D. Tuesday, December 6 | 1:00 PM | \$15

Some vitamins are oversold but many seniors have serious, but not obvious, vitamin deficiencies. Find the best sources of these important nutrients.

Tips to Manage the Stress of the Holiday Season

Caroline Atterton, LCSW Lead Therapist, Senior Intensive Outpatient Program, Sharp Mesa Vista Hospital Wednesday, December 7 | 10:00 AM | Free

The holiday season is often filled with stress and anxiety. Learn tips and tools to manage the stress.

HISTORY & HUMANITIES

588 | Major Wine Regions of France

Eric Awes, Wine Industry Consultant Thursday, November 3 | 1:00 PM | \$15

Wine industry consultant Eric Awes is coming back to Oasis with a presentation highlighting the major wine regions of France.

3 ■ 574 | The Myth of Materialism

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, November 3 | 1:00 PM | \$15

We will explore from a number of angles why this physical world isn't physical. If it's not physical, then what is it?

292 | Kumeyaay Life Prior to the 1769 European Arrival

Linda Hawley, Ed.M., Teacher & Author Monday, November 7 | 10:00 AM | \$18

Join us for a one-hour presentation at Oasis. After a lunch break, we'll meet at Mission Trails Regional Park for a FREE guided nature walk.

■ 490 | Homefront San Diego in World War II

Vincent Rossi, Historian & Author, Co-Owner of Story Seekers Monday, November 7 | 10:00 AM | \$15

San Diego was profoundly changed by World War II. This talk includes a slide show with newspaper headlines, photos and newsreel footage from the period.

● 384 | The Settlement of the New World

Henry George, Engineer, Archaeologist and Geologist Tuesday, November 8 | 10:00 AM | \$15

This lecture will examine the Clovis-first settlement of the New World featuring a three-migration hypothesis.

428 | Letters from Rubbish Alley: 1619, the Year Before the Mayflower

Marilyn McPhie, Storyteller Friday, November 18 | 1:00 PM | \$15

Join storyteller Marilyn McPhie to take a look at the Pilgrims in 1619. What stories would they tell each other around the fire?

● 468 | Our Search for Meaning

Matthew Wion, Ph.D. Friday, November 18 | 1:00 PM | \$15

Come and learn about the book, Man's Search for Meaning, by Holocaust survivor and psychologist Viktor Frankl.

➡ 575 | Flawed Worldviews:

Do We Need a New Story?

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Thursday, December 1 | 1:00 PM | \$15

To solve the serious issues plaguing humanity, this lecture will suggest that we need to redefine our collective worldview in order to produce a prosperous future.

519 | Ice Age Artists: An Overview, Part I

Joyce Corum, MA, District Archaeologist, Caltrans (ret) Friday, December 2 | 1:00 PM | \$15

Ice Age art is complex, stunning and mysterious. This overview provides physical context for this art, including fossil records and environment.

Joyce Corum, MA, District Archaeologist, Caltrans (ret) Friday, December 9 | 1:00 PM | \$15

This Part II overview focuses on the cultural/ archaeological context of Ice Age art, including a discussion of archaeological techniques and cultural timelines.

293 | Walk on the WILD Side: San Diego's Wildlife, Flora & Fauna

Linda Hawley, Ed.M., Teacher & Author Tuesday, December 6 | 10:00 AM | \$18

Join us for a one-hour presentation at Oasis. After a lunch break, we'll meet at Mission Trails Regional Park for a FREE guided nature walk.

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter Wednesday, December 7 | 1:00 PM | \$15

Join award-winning author and storyteller Jack Innis as he recounts amazing aspects of San Diego's past.

◆ ● 589 | The Mysterious Death of Meriwether Lewis

Dr. David Peck

Thursday, December 8 | 1:00 PM | \$15

Learn the story surrounding the death of Meriwether Lewis of the famous Lewis & Clark expedition.

530 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist Monday, December 12 | 1:00 PM | \$15

Union-Tribune language columnist Richard Lederer will share history, lore, puns and poems from his new book, "A Treasury of Christmas Humor."

385 | Genetics IV: Wolves, Dogs, Humans

Henry George, Engineer, Archaeologist and Geologist Monday, December 12 | 10:00 AM | \$15

In this lecture, we will explore the curious genetic relationships among wolves, dogs and humans.

247 | The Mythology and Magic of Christmas

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

Everything you ever wanted to know about Christmas, it's origins, imagery and more!

◆ ● 590 | The Lewis and Clark Expedition: Wilderness Medicine in Early America

Dr. David Peck

Thursday, December 15 | 1:00 PM | \$15

In this lecture, we will explore highlights of the Lewis and Clark Expedition and explore the medical thinking from antiquity to the early 19th century.

429 | Winter Tales

Marilyn McPhie, Storyteller Friday, December 16 | 1:00 PM | \$15

These tales are warm and comforting -- shining some welcome light in the darkest days of the year. You'll hear tales from Norway, Ireland, Germany and more.

● 469 | Blue Christmas:

When Your Holiday is Neither Merry nor Bright

Matthew Wion, Ph.D.

Friday, December 16 | 1:00 PM | \$15

Explore a way to make the Christmas holiday meaningful and constructive even when we are down. Come learn about Blue Christmas.



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!





LANGUAGE

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

334 | Beginning FrenchDanielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, October 31 - December 12 | 10:00 AM | \$90

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

336 | French Literature and Discussion: Level 1

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, October 31 - December 12 | 11:30 AM | \$90

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

338 | French Literature and Discussion: Level 2

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, October 31 - December 12 | 1:00 PM | \$90

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

343 | German for Travelers

J.Elke Ertle, Author Thursdays, November 3 - December 15 | 1:00 PM | \$90

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

324 | Beginning Spanish I

Gladis Jiménez González

Fridays, November 4 - December 16 | 11:30 AM | \$75

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

326 | Beginning Spanish II

Gladis Jiménez González Wednesdays, Nov 2 - Dec 14 | 11:30 AM | \$90

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

328 | Intermediate Spanish I

Gladis Jiménez González

Wednesdays, November 2 - December 14 | 1:00 PM | \$90

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

330 | Intermediate Spanish II

Gladis Jiménez González

Thursdays, November 3 - December 15 | 11:30 AM | \$90

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

332 | Advanced Spanish

Gladis Jiménez González

Fridays, November 4 - December 16 | 1:00 PM | \$75

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

LITERATURE

380 | Rendezvous with Books

Dale Spector

Tuesday, November 1 | 1:00 PM | \$15

Discover new and older titles across a variety of different genres you may have missed.

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

Thursdays, Nov 3 - 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.

601 | Write On! Remedies for the Reluctant Writer

Patricia Benesh, Ed.D. and founder of 7memories.com

You have a story to tell, but you can't get started. This workshop will help you overcome this obstacle.

601 | Friday, November 4 | 1:00 PM | \$15

602 | Friday, December 2 | 1:00 PM | \$15

◆ 437 | Literary Interpretation & Exploration:

"An Occurrence at Owl Creek Bridge"

Jennifer Shenefield, MFA Thursday, November 17 | 1:00 PM | \$15

Join us for a deep dive into "An Occurrence at Owl Creek Bridge" by Ambrose Bierce. We explore this literary work to discover themes, imagery, technique and more.

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

Join us for a deep dive into "The Purloined Letter" by Edgar Allen Poe. We explore this literary work to discover themes, imagery, technique and more.

PERSONAL ENRICHMENT

413 | Learning to Read People

Barbara Gunning, MBA, Master Personality Type Practitioner Wednesday, November 2 | 10:00 AM | \$15

Reading people is a powerful tool to improve communication and influence others. Use the DISC framework to discover your own communication style and the style of others.

511 | Successful Aging - Discussion Group

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Wednesday, November 2 | 1:00 PM | \$18

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.

1 249 | Grief Support Group

Rolandas Kausas, Chaplain Wednesdays, Nov 2 - Dec 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.

→ 100 How to Talk to Your Family About Death

Jilian A. Tullis, PhD, Associate Professor Friday, November 4 | 1:00 PM | \$15

This interactive session will focus on the how and why we should talk about dying and death with our loved ones.

585 | Beginners American Mah Jonga

Nancy Velick Smith, Mah Jongg Instructor

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

585 | Tuesdays, Nov 8 - 15 | 1:00 PM | \$45

586 | Tuesdays, Nov 29 - Dec 8 | 1:00 PM | \$60

414 | Emotional Intelligence

Barbara Gunning, MBA, Master Personality Type Practitioner Tuesdays, November 8 - 15 | 10:00 AM | \$30

What is Emotional Intelligence? Learn the facts about your emotions, what they are trying to tell you and how to use the intelligence of your emotions.

◆ 591 | San Diego Police Department's Senior Volunteer Program

Anniken Iversen, Program Director & Sharon Baker, SDPD Volunteer Outreach Wednesday, November 9 | 1:00 PM | Free

Learn about SDPD's Retired Senior Volunteer Program and how the RSVPs help SDPD improve the safety and quality of life in San Diego communities.

387 | American Mah Jongg for Beginners: Level Two

Chris Eshelman, Mah Jongg Instructor Thursdays, November 10 - December 8 | 1:00 PM | \$60

Intended for those who have taken Beginners: Level 1 or have some experience playing the American version of Mah Jongg.

693 | Collette - Travel Destinations in 2023

Jeff Woods, Senior Business Development Manager Tuesday, November 15 | 10:00 AM | Free

Join Jeff Woods from Collette Vacations for an informative presentation and travel show.





318 | How to Cultivate a Positive Mindset

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

Cultivating a mindset starts with defining what you want from life. We will discuss the value of having a vision and purpose and explore optimism and the attitude of anticipating more good.

Linda Hawley, Ed.M., Teacher & Author Wednesday, November 16 | 1:00 PM | \$15

Discover in what ways Arctic Iceland and Greenland differ from and are similar to each other and to Antarctica.

568 | Genealogy Research: Beyond the Basics

Don Williams

Saturday, November 19 | 10:00 AM | \$15

For beginning genealogists, familiar with research basics and who attended Genealogy Research – Let's Get Started. We explore the techniques and topics in greater detail: transcription errors, sources, census extrapolation and more.

→ 702 | San Diego Oasis Travel Club

Linda Hawley, Ed.M., Teacher & Author Thursday, December 8 | 1:00 PM | Free

Ask questions, learn about trips, discuss your travel experiences and more. Plus, you'll meet other travel enthusiasts & perhaps find a travel companion, too.

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

In this class you learn the five steps in creating a life by design. Write your personal vision and learn why it is important in designing your future.

■ 297 | Exotic and Sacred Sites of Southeast Asia

Linda Hawley, Ed.M., Teacher & Author Wednesday, December 14 | 1:00 PM | \$15

This presentation visits exotic and sacred sites in ten countries—Bhutan, Brunei, Burma, Cambodia, India, Laos, Malaysia, Nepal, Tibet, and Thailand to view awesome architecture.

TECHNOLOGY

444 | Do More with Your iPhone

Tanya Howe, Instructor M.Ed, Educational Technology Learn to download apps, books, use the calendar, take notes and more!

444 | Monday, October 31 | 10:00 AM | \$15 **446** | Monday, December 12 | 10:00 AM | \$15

441 | Get Started with Your Android Phone

Tanya Howe, Instructor, M.Ed, Educational Technology Monday, November 14 | 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.

442 | Do More with Your Android Phone

Tanya Howe, Instructor, M.Ed, Educational Technology Monday, November 28 | 10:00 AM | \$15

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

445 | Get Started with Your iPhone

Tanya Howe, Instructor, M.Ed, Educational Technology Monday, December 5 | 10:00 AM | \$15

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

For full class descriptions, visit the website and search using the filter feature: class number, title, or instructor.

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





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

376 | Conquering Your iPhone - Part II

Jacki Montierth, Founder of Wiseboomer.Com Friday, November 4 | 10:00 AM | \$16

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

377 | Conquering Your iPhone - Part III

Jacki Montierth, Founder of Wiseboomer.Com Tuesday, November 8 | 10:00 AM | \$16

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

378 | Conquering your iPhone - Part IV

Jacki Montierth, Founder of Wiseboomer.Com Tuesday, December 6 | 10:00 AM | \$16

Having finished Parts 1-3, learn the hidden features of your phone: system privacy settings, accessibility options, widgets, printing, sharing, camera app features and more.

STAY IN TOUCH!



THEATRE & MUSIC

595 | Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

595 | Wednesdays, Nov 2 - Dec 14 | 10:00 AM | \$240 **596** | Wednesdays, Nov 2 - Dec 14 | 11:00 AM | \$240 **597** | Thursdays, Nov 3 - Dec 15 | 10:00 AM | \$240 **598** | Thursdays, Nov 3 - Dec 15 | 11:00 AM | \$240 **599** | Fridays, Nov 4 - Dec 16 | 10:00 AM | \$240 **600** | Fridays, Nov 4 - Dec 16 | 11:00 AM | \$240

◆ 455 | Revenge of the Baritones: The Sinatra Chronicles

David Dooley, Singer

Tuesday, November 15 | 2:00 PM | \$25

Cabaret artist David Dooley offers a fresh and personal perspective on Frank Sinatra's musical legacy singing familiar hits and hidden gems from Sinatra's repertoire.

695 | Let's Sing - Karaoke Live!

Russell Allen, Karaoke host Thursday, December 1 | 2:00 PM | \$10

Join us for a joyful afternoon of singing, laughing, dancing and fun. Veteran karaoke host Russ Allen has been entertaining crowds of all ages for over 20 years.

290 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon

Monday, December 5 | 1:00 PM | Free

Join us for an afternoon of monologues and scenes from stage, screen and television performed by fellow Oasis members of the Acting Workshop.

Stay up-to-date through our weekly email featuring upcoming classes, announcements, resources, and more. Visit the website and click on the Newsletter feature box.



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 web page 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.

1031 | Apple Maps App Workshop

Raul Bernal-Gonzalez

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

1031 | Friday, November 4 | 11:00 PM | \$5 **1032** | Wednesday, November 9 | 12:00 PM | \$5

1033 | Apple Photos Workshop

Raul Bernal-Gonzalez

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

1033 | Monday, November 7 | 11:00 AM | \$5

1034 | Friday, November 18 | 11:00 AM | \$5

1035 | Friday, December 2 | 1:30 PM | \$5

1036 | Bluetooth Basics Workshop

Raul Bernal-Gonzalez

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

1036 | Wednesday, November 30 | 12:00 PM | \$5 **1037** | Friday, December 9 | 11:00 AM | \$5

1013 | Cloud Services Workshop

Raul Bernal-Gonzalez

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

1013 | Monday, October 31 | 11:00 AM | \$5
1038 | Wednesday, November 16 | 10:00 AM | \$5
1039 | Monday, November 28 | 11:00 AM | \$5
1040 | Wednesday, December 14 | 12:00 PM | \$5

1041 | Google Maps App Workshop

Raul Bernal-Gonzalez

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

1041 | Monday, November 14 | 11:00 AM | \$5 **1042** | Monday, December 12 | 11:00 AM | \$5

1043 | Google Photos Workshop

Raul Bernal-Gonzalez Friday, December 16 | 11:00 AM | \$5

Recommended for Android users. Learn tips for organizing photos on your smartphone. Learn about favorites, creating folders, saving photos from texts and emails and more.

1044 | Music Apps Streaming Workshop

Raul Bernal-Gonzalez Monday, November 21 | 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 joy to your ears.

1045 | QR Codes Workshop

Raul Bernal-Gonzalez

If you have dined at a restaurant recently, you've likely seen a QR, or Quick Response code. This workshop will provide a brief overview of what that is and how to use it.

1045 | Friday, November 4 | 1:30 PM | \$5 **1046** | Monday, November 7 | 12:30 PM | \$5

1047 | Social Media Workshop

Raul Bernal-Gonzalez Friday, December 2 | 11:00 AM | \$5

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

1048 | UBER/Lyft App Workshop

Raul Bernal-Gonzalez

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

1048 | Wednesday, November 16 | 12:00 PM | \$5 **1049** | Monday, December 12 | 12:30 PM | \$5

1050 | Web Cookies Workshop

Raul Bernal-Gonzalez

Learn the basics about web cookies, what they are, how they are used and how to delete them.

1050 | Wednesday, November 2 | 12:00 PM | \$5 **1051** | Monday, December 5 | 11:00 AM | \$5



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





EXERCISE & DANCE

181 | Better Balance with Stability Ball

Traci Thys

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

181 | Tuesdays, November 1 - 29 | 12:00 PM | \$32

182 | Tuesdays, December 6 - 13 | 12:00 PM | \$16

186 | Thursdays, December 8 - 15 | 12:00 PM | \$16

185 | Thursdays, Nov 3 - Dec 1 | 12:00 PM | \$32

189 | Chair Fitness

Traci Thys

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

189 | Wednesdays, November 2-30 | 12:30 PM | \$32

190 | Wednesdays, December 7-14 | 12:30 PM | \$16

193 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

193 | Thursdays, Nov 3 - Dec 1 | 3:00 PM | \$32

194 | Thursdays, December 8 - 15 | 3:00 PM | \$16

197 | Tai Chi Chuan: Early Risers

Pat Griffith, Sifu

This class helps you improve balance, strength, flexibility and peace of mind.

197 | Tuesdays, November 1 - 29 | 7:30 AM | \$40

198 | Tuesdays, December 6 - 13 | 7:30 AM | \$16

201 | Fridays, Nov 4 - Dec 2 | 7:30 AM | \$24

202 | Fridays, December 9 - 16 | 7:30 AM | \$16

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

Visit pages 26 & 27 for the latest news about our 2023 expansion into Rancho Bernardo!



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

BUSINESS, FINANCE & LEGAL

◆ 491 | Inflation

Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College Part-Time Faculty Tuesday, November 1 | 1:00 PM | \$15

Are there positive benefits of inflation? Can inflation be curbed? Who wins/loses from inflation? This class addresses all these questions.

532 | SDGE Electric Pricing Plans, Tools, Tips & Programs

Martha Quintero, SDG&E

Monday, November 7 | 1:00 PM | Free

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

■ 487 | Give the Gift of Peace of Mind

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor Tuesday, December 13 | 3:00 PM | Free

In this course, we will discuss five critical documents everyone will want to consider having completed and on file in case of an unexpected event or emergency.

EXERCISE & DANCE

213 | Strength and Fitness at Home

Kerry Wilson, Yoga Instructor Tuesdays, November 1 - 29 | 2:30 PM | \$50

Join us at home for a gentle, chair-based fitness class. Exercises can be performed standing or seated.

209 | Chair Yoga

Kerry Wilson, Yoga Instructor Thursdays, November 3 - December 1 | 2:30 PM | \$40

This class focuses on strength, flexibility, and body awareness, using a chair for seated, standing, and balance positions.

221 | Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

Have fun dancing salsa, merengue, swing and chacha using Latin and international music.

221 | Saturdays, November 5 - 26 | 9:00 AM | \$40

222 | Saturdays, December 3 - 17 | 9:00 AM | \$30

217 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu

This beginner class will help you improve balance, strength, flexibility, and peace of mind.

217 | Mondays, November 7 - 28 | 2:00 PM | \$40 **218** | Mondays, December 5 - 12 | 2:00 PM | \$20

HEALTH

225 | Meditation: The Key to Health & Peace

Melynnique Seabrook, MA

Thursdays, November 3 - December 1 | 1:00 PM | \$40

Learn many methods of meditation for physical, emotional, mental and spiritual health, to quiet the mind and bring peace back into the heart.

→ 486 | Being Grateful:

The PACE Model of Care and Medi-Cal Expansion

San Diego PACE

Tuesday, November 8 | 3:00 PM | Free

This San Diego PACE presentation will include info about the Medi-Cal expansion and how many more seniors will qualify in the future for help.

● 420 | Regain Your Youthful Memory

Philip J. Goscienski, M.D.

Thursday, November 17 | 1:00 PM | \$15

This class provides techniques for seniors to minimize memory lapse challenges using memory techniques that are thousands of years old.





576 | Sharp HealthCare: Understanding Medicare Open Enrollment Options

Sharp HealthCare

Thursday, November 17 | 2:00 PM | Free

Join specialists from Sharp HealthCare for this free educational webinar to learn the difference between Medicare Advantage and Medicare supplement insurance plans.

● 566 | Life's Sunset: Plan Before The Sun Goes Down

Bill Simmons, Attorney Monday, Wednesday, Friday, December 5, 7, 9 1:00 PM | \$15

This lecture covers planning for end of life issues and options including the tough questions to ask, the California End of Life Option Act, and planning for possible dementia.

■ 421 | Vitamins: the ABCs

Philip J. Goscienski, M.D. Tuesday, December 6 | 1:00 PM | \$15

Some vitamins are oversold but many seniors have serious, but not obvious, vitamin deficiencies. Learn how to find the best sources of these important nutrients.

HISTORY & HUMANITIES

463 | Christmas Truce of 1914

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, November 1 | 10:00 AM | \$15

This lecture covers the remarkable symbolic moment of peace and humanity amidst the horrors of war in the weeks leading up to Christmas Day in 1914.

453 | The Uniqueness of the San Diego Region

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

Wednesday, November 2 | 1:00 PM | \$15

This informative slide show illustrates why San Diego is America's most unique county.

◆ ● 574 | The Myth of Materialism

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, November 3 | 1:00 PM | \$15

We will explore why this physical world isn't physical from a number of angles. If it's not physical, then what is it?

577 | Muhammad And the Rise of Islam

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

Thursday, November 3 | 1:30 PM | \$8

In this lecture, we'll look at Muhammad, the man and the religious leader, the basic tenets of Islam, and the rapid spread of Islam throughout the Mediterranean world and beyond.

301 | Philosopher, Activist & Mystic: Simone Weil

Oliva M. Espín, Ph.D.

Thursday, November 3 | 1:00 PM | \$15

Simone Weil blended radical social politics with mystical experiences. This lecture examines this unique philosopher whose writings did not attract much attention until after her death.

◆ 359 | The High Line: NYC's Fabulous Urban Park

Bill Keene, Urban Historian

Thursday, November 3 | 10:00 AM | \$18

From obsolete urban infrastructure to new urban park, learn the story of how the High Line came about, has prospered, and has inspired similar projects around the world.

236 | Friday Reflections with Peter Bolland

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

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

236 | Friday, November 4 | 10:00 AM | \$5

237 | Friday, November 18 | 10:00 AM | \$5

238 | Friday, December 2 | 10:00 AM | \$5

239 | Friday, December 9 | 10:00 AM | \$5

240 | Friday, December 16 | 10:00 AM | \$5

■ 490 | Homefront San Diego in World War II

Vincent Rossi, Historian & Author, Co-Owner of Story Seekers Monday, November 7 | 10:00 AM | \$15

San Diego was profoundly changed by World War II. This talk includes a slide show with newspaper headlines, photos and newsreel footage from the period.

384 | The Settlement of the New World

Henry George, Engineer, Archaeologist and Geologist Tuesday, November 8 | 10:00 AM | \$15

This lecture will examine the Clovis-first settlement of the New World featuring a three-migration hypothesis.

■ 507 | The Great War and the Dawn of the American Century

Mark Carlson, Historian & Author Tuesday, November 8 | 1:00 PM | \$15

We will examine World War I (1914-1918), the powers involved, how and where it was fought and the dangerous ideology that spurred from its legacy.

■ 578 | The March of Authoritarianism

Marty Judge, Continuing Education Center Tuesday, November 8 | 10:30 AM | \$8

How modern-day authoritarianism was developed by Mussolini, Hitler and Stalin. Learn about the trend away from democracy and toward authoritarianism today.

A History of Movie Comedy

Brian Rose, Professor (ret.), Dept. of Communication and Media Studies, Fordham University Wednesday, November 9 | 10:00 AM | \$15

Since the beginning of motion pictures, making audiences laugh has been one of industry's chief box office attractions. We'll look at highlights, illustrated with examples from Hollywood's funniest films.

30 ■ 20

Mark Carlson, Historian & Author Thursday, November 10 | 1:30 PM | \$8

Hear about a century of pilots, stunt men, and famous actors and a behind-the scenes story of 20 of Hollywood's most famous aviation movies.

361 | Norman Cousins:

Secret Peacemaker in the Atomic Age

Allen Pietrobon, Asst. Professor/Global Affairs, **Trinity University**

Thursday, November 10 | 10:00 AM | \$15

A fascinating look at the impact Norman Cousins had on the course of American public debate, international humanitarianism, and Cold War diplomacy in the decades after World War II.

430 | Turbulent History of US Elections

Blaine Davies, MA, Professor of U.S. History Monday, November 14 | 10:00 AM | \$15

From the first Presidential election when the nation unanimously elected George Washington, the history of presidential elections in the United States has been marked by controversy.

245 | Thanksgiving and the Power of Gratitude

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, November 15 | 10:00 AM | \$16

Join us as we explore the transformative power of the consciousness of gratitude.

363 | The American Revolution in Indian Country

Richard Bell, Professor of History, University of Maryland Thursday, November 17 | 10:00 AM | \$18

A look at the American Revolution in Indian Country, and the life and times of Molly Brant, an Iroquois woman and important military and cultural broker in Native America.

468 | Our Search for Meaning

Matthew Wion, Ph.D. Friday, November 18 | 1:00 PM | \$15

Come and learn about the book, Man's Search for Meaning, by Holocaust survivor and psychologist Viktor Frankl.

474 | Pop Art

Julia Fister, MA, Studio ACE Executive Director Monday, November 28 | 10:00 AM | \$15

We will explore Pop Art, which was defined as a diverse response to the postwar era's commoditydriven values, often using commonplace objects.





≥ 246 | The Great Philosophers: Augustine

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Tuesday, November 29 | 10:00 AM | \$16

In this lecture, we will examine the influence and lasting impact of Augustine, considered the greatest voice in early Christianity.

■ 364 | The Informed Eye: How to Look at Architecture

Judy Scott Feldman, Ph.D., Art Historian/National Mall Coalition Wednesday, November 30 | 10:00 AM | \$18

Learn to look critically at the architecture of the present as well as that of the past.

◆ 575 | Flawed Worldviews: Do We Need a New Story?

Bruce McGraw, MA, Refired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, December 1 | 1:00 PM | \$15

To solve the serious issues plaguing humanity, this lecture will suggest that we need to redefine our collective worldview in order to produce a prosperous future.

→ 365 | Eliot Ness and the Hunt for America's Jack the Ripper

Daniel Stashower, Author, and Scott Sedar, Actor Thursday, December 1 | 10:00 AM | \$18

Learn about his early exploits in Chicago as leader of "The Untouchables" to the unprecedented manhunt for a killer known as "The Butcher of Kingsbury Run."

525 | The History of Santa Claus: A Christmas Lecture

Kim Keeline, Ph.D., Freelance Consultant and Writer Monday, December 5 | 1:00 PM | \$15

From ancient tradition to Coca-Cola ads, we'll look at the many stories surrounding the legendary figure of Santa.

◆ 431 | William Mulholland — The Controversial LA Aqueduct and the St. Francis Dam Disaster

Blaine Davies, MA, Professor of U.S. History Monday, December 5 | 10:00 AM | \$15

William Mulholland designed and built the Los Angeles Aqueduct. We will explore the life of the man who made Los Angeles possible.

454 | Mary Magdalene Rediscovered

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

Tuesday, December 6 | 10:00 AM | \$15

This talk will be an objective review based on analyses by biblical historians and others to separate fact from falsehoods.

◆ ● 589 | The Mysterious Death of Meriwether Lewis

Dr. David Peck

Thursday, December 8 | 1:00 PM | \$15

Learn the story surrounding the death of Meriwether Lewis of the famous Lewis & Clark expedition.

Bill Keene, Urban Historian Thursday, December 8 | 10:00 AM | \$18

Bill Keene will discuss the history, architecture, and prominent families of the Hudson River Valley and how conditions have changed over time.

582 | The Neolithic Revolution

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

Thursday, December 8 | 1:30 PM | \$8

This lecture will explore the Neolithic or "New Stone Age" Revolution and explain how and why "temporary villages" evolved into the flourishing civilizations of the Ancient Near East.

🛁 🗣 385 | Genetics IV: Wolves, Dogs, Humans

Henry George, Engineer, Archaeologist and Geologist Monday, December 12 | 10:00 AM | \$15

In this lecture, we will explore the curious genetic relationships among wolves, dogs and humans.

464 | The First Chanukah

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Monday, December 12 | 1:00 PM | \$15

The story of one of history's major wars between a military superpower, the Syrian-Greeks, and a Jewish militia in the Judean Hills.

475 | Renaissance Art

Julia Fister, MA, Studio ACE Executive Director Tuesday, December 13 | 1:00 PM | \$15

We will follow the development of Renaissance art from artists such as Giotto and Cimabue to the high Renaissance artists such as Michelangelo, Leonardo da Vinci and Rafael.

◆ ● 590 | The Lewis and Clark Expedition: Wilderness Medicine in Early America

Dr. David Peck Thursday, December 15 | 1:00 PM | \$15

In this lecture, we will explore the highlights of the Lewis and Clark Expedition and explore the medical thinking from antiquity to the early 19th century.

→ 369 | Fascinating Lives of America's First Ladies

Robert Watson, PhD, Distinguished Professor of American History, Lynn University Thursday, December 15 | 10:00 AM | \$18

This lecture goes behind the scenes to reveal the triumphs and tragedies of life in the White House.

• 469 | Blue Christmas:

When Your Holiday is Neither Merry nor Bright Matthew Wion, Ph.D.

Friday, December 16 | 1:00 PM | \$15

Explore a way to make the Christmas holiday meaningful and constructive even when we are down. Come learn about Blue Christmas.

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

LANGUAGE

322 | Conversational Spanish

Danisa Mardones, BA Tuesdays, Nov 1 - Dec 13 | 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.

LITERATURE

Kim Keeline, Ph.D., Freelance Consultant and Writer Wednesday, November 9 | 1:00 PM | \$15

Many rumors surrounded Christopher Marlowe, a writer in the time of Shakespeare. Learn about this romantic figure and the influence of his plays and life.

324 | Bibliomysteries: Mystery Books about Books

Kim Keeline, Ph.D., Freelance Consultant and Writer Wednesday, November 30 | 1:00 PM | \$15

Kim Keeline will survey the history of bibliomysteries, a very common sub-genre of mysteries, that take place in libraries, bookstores, or book collectors' homes.

PERSONAL ENRICHMENT

1 249 | Grief Support Group

Rolandas Kausas, Chaplain Wednesdays, Nov 2 - Dec 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.

→ 700 | How to Talk to Your Family About Death Jilian A. Tullis, PhD, Associate Professor Friday, November 4 | 1:00 PM | \$15

This interactive session will focus on the how and why we should talk about dying and death with our loved ones.





296 | Polar Opposites?

Iceland, Greenland & Antarctica

Linda Hawley, Ed.M., Teacher & Author Wednesday, November 16 | 1:00 PM | \$15

Discover in what ways Arctic Iceland and Greenland differ from and are similar to each other and to Antarctica.

297 | Exotic and Sacred Sites of Southeast Asia Linda Hawley, Ed.M., Teacher & Author Wednesday, December 14 | 1:00 PM | \$15

This presentation visits exotic and sacred sites in ten countries—Bhutan, Brunei, Burma, Cambodia, India, Laos, Malaysia, Nepal, Tibet, and Thailand to view awesome architecture.

TECHNOLOGY

544 | A Sampler of Fun Smartphone Apps

Barbara Smith, MA, Community College Instructor Monday, November 14 | 1:00 PM | \$15

Explore some of the fun smartphone apps, including voice recording, free video calls, movie reviews, travel enhancers, e-readers and many more!

■ 409 | Highlights of a Google Account

Mary Burns, Professor, San Diego Continuing Education Friday, November 18 | 10:00 AM | \$15

Beyond Google search and gmail, learn about the capabilities available with a Google Account: video storage, website design, video conferencing and more.

■ 410 | Your Digital Afterlife

Mary Burns, Professor, San Diego Continuing Education Friday, December 9 | 10:00 AM | \$15

Learn how to set up a digital plan for when you are gone, assigning someone to take over your accounts and suggestions to make it an easier process.

545 | Gadgets and Gizmos

Barbara Smith, MA, Community College Instructor Thursday, December 15 | 1:00 PM | \$15

Learn about cutting edge technology: smart home devices, smart watches, tracking devices and other helpful devices.

THEATRE & MUSIC

■ 358 | Blue Bayou: The Linda Ronstadt Story

Jane Ellen, Performer, Composer, and Recording Artist Wednesday, November 2 | 10:00 AM | \$18

Ronstadt has long been recognized as one of the most versatile and commercially successful female singers in American music.

272 | The Violin, the Fiddle: **An Instrument of Exceptional Agility**

Chris Burns, Many-Strings Friday, November 4 | 3:00 PM | \$15

With selections from American folk music, Celtic traditions, classical and beyond, this hour features the violin and melodies from the Renaissance, Mozart, Appalachia, Ireland and more.

■ 579 | Let Me Entertain You

Vincent Young

Wednesday, November 9 | 1:30 PM | \$8

Vincent Young plays and sings a variety of music including classical, pop, and jazz, plus a small injection of rock 'n' roll. Come be entertained!

◆ 581 | Let Me Entertain You, Part II

Vincent Young

Wednesday, December 21 | 1:30 PM | \$8

Vincent Young turns to Broadway this month. He will play and sing musical numbers by Gershwin, Berlin, The Platters and others.

362 | Musical Crossroads:

African American Influence on Classical Music

Dan Sherman, Musical Theatre Instructor Wednesday, November 16 | 10:00 AM | \$18

We'll look at the important and under-appreciated role that African American music had in developing the sound of American classical music.

273 | The Classical Piano:

Charming, Dramatic, and Expressive

Chris Burns, Many-Strings Friday, November 18 | 3:00 PM | \$15

This class features the classical piano: sometimes bold and dramatic, other times enchanting and romantic. Enjoy music from Debussy, Chopin, Liszt, Beethoven and Rachmaninoff.

274 | Bach: The Brandenburg Concertos

Chris Burns, Many-Strings Friday, December 2 | 3:00 PM | \$15

Experiencing Bach's Brandenburg Concertos is an essential ingredient to a life well-lived. They are magical! Enchanting!

366 | A Change is Gonna Come: Sam Cooke

Jane Ellen, Performer, Composer, and Recording Artist Wednesday, December 7 | 10:00 AM | \$18

Sam Cooke is arguably the inventor of the soul music genre, in which he worked as both singer and songwriter.

➡ 311 | Beethoven's Symphonies: Eternally Valued Music!

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

Beethoven's music changed the world forever. Beethoven is loved for his bold, dramatic, and sensitive originality. Come enjoy his masterful symphonies.

→ 368 | Celebration of African American Classical Composers

Dan Sherman, Musical Theatre Instructor Wednesday, December 14 | 10:00 AM | \$18

This lecture looks at the careers of a number of African American "classical" composers, their works and links to African American culture.

583 | Holiday Music from Around the World

Adrienne Nims

Thursday, December 15 | 1:30 PM | \$8

Adrienne Nims takes us on a round-the-world tour of holiday music from many cultures including Hawaii, Latin America, the Middle East, Austria, Scandinavia, England and America.

275 | Expressions of Christmas: 1,000 Years of Sacred Music

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

Come listen to musical offerings covering 1,000 years of Christmas melodies. Emphasis is on the Renaissance, the era of Bach and Handel and other popular expressions of Christmas.

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 LIBRARY

MISSION HILLS / KNOX LIBRARY

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

604 | An Afternoon of Language and Laughter

Richard Lederer, Union-Tribune Language Columnist Saturday, November 19 | 2:30 PM | Free

A joyride through the glories and oddities of our language, in which you drive in a parkway and park in a driveway, and your nose can run and your feet can smell.

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

Vincent Rossi, Historian & Author, Co-Owner Story Seekers Saturday, December 10 | 2:30 PM | Free

Historian and researcher Vincent Rossi will share slides showing some examples of what the library has preserved and offers to the public.

MISSION VALLEY BRANCH LIBRARY

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

571 | Lost Towns of San Diego County

Vincent Rossi, Historian & Author, Co-Owner Story Seekers Tuesday, November 15 | 1:00 PM | Free

Historian Vincent Rossi will share photos, maps and stories of life in San Diego's past from his research into lost towns in San Diego County.

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

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

Tuesday, December 6 | 1:00 PM | Free

The speaker will be Dr. Philip Pryde, professor emeritus at SDSU, who was a specialist on the Soviet Union and the Russian Federation.

PARADISE HILLS LIBRARY

5922 Rancho Hills Dr, San Diego, CA 92139

594 | How to Sell Your Stuff

Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director Tuesday, November 29 | 6:30 PM | Free

Learn how to use online selling platforms like eBay, Chairish and Marketplace as well as direct selling techniques as you prepare to organize or rightsize.

POINT LOMA BRANCH LIBRARY

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

608 | Catch the Wave: The History of Surf Music

Chris Burns, Many-Strings Wednesday, November 9 | 1:00 PM | Free

A musical celebration of Surf Music featuring Dick Dale, The Surfaris, Beach Boys and more. We begin in the 1950s and ride the musical wave into the 1960s.

609 | A Pilgrim Odyssey: From Holland to a New World

Rudy Shappee, U.S. Navy Veteran and Local Historian Wednesday, November 30 | 1:00 PM | \$12

Learn everything there is to know about the Pilgrims in this fascinating lecture.

593 | Ten Ways to Prevent Dementia and Alzheimer's Disease

Philip J. Goscienski, M.D.

Wednesday, December 7 | 1:00 PM | Free

Most forms of age-related dementia can be avoided or delayed by following a prudent lifestyle. Ten simple measures will preserve and improve brain function.

606 | Alexander Hamilton – The Man, Not the Musical

Blaine Davies, MA, Professor of U.S. History Wednesday, December 14 | 1:00 PM | Free

From his humble, illegitimate birth to his tragic death in an infamous duel, we'll explore Alexander Hamilton's turbulent, remarkable life and the key role he played in shaping our nation.

RANCHO BERNARDO LIBRARY

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

569 | Musical Expressions of Christmas: 1,000 Years

Chris Burns, Many-Strings Tuesday, December 13 | 5:00 PM | Free

Come listen to musical offerings covering 1,000 years of Christmas melodies. Emphasis is on the Renaissance, the era of Bach and Handel and other popular expressions of Christmas.

SCRIPPS MIRAMAR RANCH

10301 Scripps Lake Dr, San Diego, CA 92131

587 | An Afternoon of Language and Laughter

Richard Lederer, Union-Tribune Language Columnist Wednesday, November 30 | 1:00 PM | Free

A joyride through the glories and oddities of our language, in which you drive in a parkway and park in a driveway, and your nose can run and your feet can smell.

TIERRASANTA LIBRARY BRANCH 4985 La Cuenta Dr, San Diego, Ca 92124

471 | Beautiful and Unusual Birds of the World

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

Saturday, November 19 | 2:00 PM | Free

Beginning birders and more experienced world travelers will enjoy seeing dozens of the most remarkable birds to be found on our hugely diverse planet.

470 | Live Family Holiday Musical Celebration

Chris Burns, Many-Strings

Saturday, December 17 | 2:00 PM | Free

Come and enjoy the wonderful experience of Christmas and winter-themed songs including a mix of traditional, folk, country and popular tunes.

UNIVERSITY COMMUNITY BRANCH

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

561 | Chicano Artists

Julia Fister, MA, Studio ACE Executive Director Tuesday, November 15 | 12:30 PM | Free

A celebration of the history of Chicano art and artists, this lecture also explores modern Chicano artists in San Diego's Chicano Park and Los Angeles.

560 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist Tuesday, December 13 | 11:30 AM | Free

Union-Tribune language columnist Richard Lederer will share history, lore, puns and poems from his new book, A Treasury of Christmas Humor.

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.



AFC Vacations

Niagara Falls & The Grand Hotel

May 12 - 19, 2023 | 8 Days | 11 Meals Double \$3,199 | Triple \$3,149 | Single \$4,019

Detroit's Henry Ford Museum, Greenfield Village & River Rouge Truck Plant, Ferry to Mackinac Island,, Horse Drawn Carriage Ride, Bavarian flavor of Frankenmuth, MI, Maid of the Mist Cruise and Niagara Falls Area Tour.

Canadian Rockies & Glacier National Park

June 21 - 27, 2023 | 7 Days | 9 Meals Double \$3,799 | Triple \$3,769 | Single \$4,919

Head-Smashed-In Buffalo Jump, Glacier National Park, Waterton Lakes National Park, Kootenay National Park, Banff Area Tour & Sulphur Mtn. Gondola, 1930's Red Jammer Touring Cars, Going-tothe-Sun Highway, Icefields Pkwy & Lake Louise, and Athabasca Glacier Ice Explorer.

Great Trains & Grand Canyons

May 14 - 19, 2023 | 6 Days | 8 Meals Double \$2,799 | Triple \$2,769 | Single \$3,599

Unpack once in Sedona, Two Awesome Rail Trips the Grand Canyon Railway & the Verde Canyon Rail, Grand Canyon National Park, Sedona City Trolley Tour & Leisure Time, Visit Jerome, an old West mining town Montezuma Castle National Monument, Chuckwagon Supper & Western Show and visit Old Town Scottsdale.



Collette Vacations

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 \$2,769

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

Friendly Excursions

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.

All fees shown are per person.
Visit the Travel page on the website
for full brochures:
Click "Classes"
and then select "Travel & Tips"



At San Diego Oasis, we want each and every

member to live life as

WE BELIEVE this is what sets us apart.

as possible ...mentally

...physically

...socially ...creatively

...knowledgeably

...safely

...and enjoyably!

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

- Demonstration Kitchen for hands-on experiences in the best of cooking creations.
- Oasis Innovation Center (OIC) for one-on-one Ask the Expert sessions and "try before you buy" demonstrations as well as up-to-date presentations on current technological advances.
- **250-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 Simona Valanciute at Simona@SanDiegoOasis.org with any questions.

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



PERMANENT NAMING OPPORTUNITIES AVAILABLE!

Ask for your copy of the Rancho Bernardo Case for Support for details.

Questions? Contact Simona@SanDiegoOasis.org | (619) 846-3832





Rendering of Assembly Hall | Banquet Set-Up





Rendering of Assembly Hall | Lecture Set-Up







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

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

CURRENT GIFTS:

Cash | Life Insurance | Stocks | Real Estate

PLANNED GIFTS:

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

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

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



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



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



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



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



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

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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

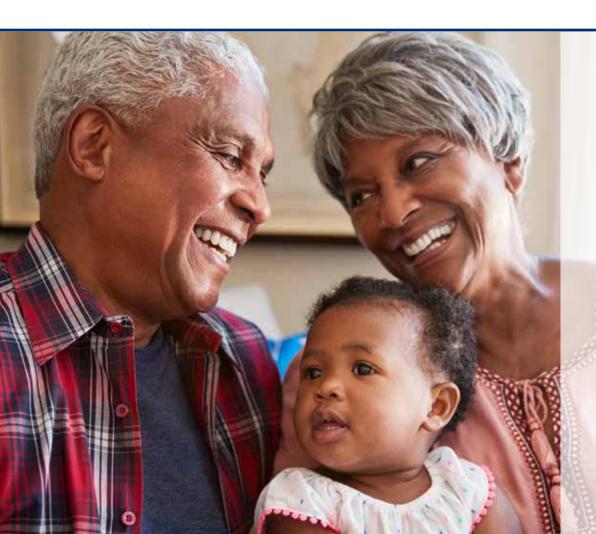
Volunteers at Oasis are invaluable and the benefits mutual. Volunteers have worthwhile experiences when they donate their time and talents to help the staff and faculty function as a community. We have a variety of needs and offerings from which to choose. To learn more, contact Kris Anelli, Office &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

DIVERSITY

You can visit the website to learn more about how San Diego Oasis is incorporating Diversity, Equity and Inclusion into its programming, mission, and mindset. Click on **About** and in the drop-down menu, select **Diversity**.

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

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

Economic & Market Forecast Wednesday, November 9 | 10 AM

Speaker: Chuck Etzweiler (Nepsis)

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.

Retirement & Estate Strategies Monday, November 14 | 1 PM Monday, December 12 | 1 PM

Speaker: Jonathan Doering (Thrivent Financial) Topics will cover investing, taxes, distribution and estate strategies.

RSVP for these webinars 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

696 | Retirement & Estate Strategies Monday, November 7 | 10:00 AM | \$5

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

Thrivent One-on-One

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

698 | Wednesday, November 9 | 10:00 AM | Free 699 | Wednesday, December 7 | 10:00 AM | Free

697 | Social Security Tuesday, December 6 | 10:00 AM | \$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.



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

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

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HOLIDAY HOURS

San Diego Oasis will be closed on the following dates:

Wednesday, November 23 - Friday, November 25 Monday, December 19 - Friday, December 30

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