

**JANUARY
FEBRUARY
2023**



GROW WITH US

**Physically, mentally,
creatively, and expansively
(Oasis is coming to
Rancho Bernardo!)**

**OUR DONORS
HELP US BLOOM!
PAGES 3-5**

**MESSAGE FROM
THE PRESIDENT
PAGE 6**

**EXPAND WITH US INTO
RANCHO BERNARDO
PAGE 8**

**CULTIVATE
YOUR BRAIN
PAGES 9 - 21**

**STRETCH HIGHER
IN 2023
PAGES 11 - 13, 21**

**FLOURISH ONLINE
PAGES 22 - 26**

**NEW TO OASIS?
DIG DEEPER
PAGE 29**



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 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 (1,000 tablets as of 11/2022).

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 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

2022: Generations United's Program of Merit for our Intergenerational Summer Camp

2022: San Diego Business Journal 500 Most Influential Leaders

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 8!

**Connecting the 50+ Community
in San Diego County**

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

INDEX

Our Donors	3-5
Message from the President	6
Ways to Give	7
Rancho Bernardo	8
In-Person Classes:	
Grossmont Center in La Mesa	9 - 19
Cox Tech Tank	20 - 21
Escondido Senior Center	21
Online Classes	22 - 26
Libraries	27
Travel	28
Volunteer, Diversity, New to Oasis	29

San Diego Oasis Legacy Circle

As you consider what is important in your life and what your legacy will be, please consider including San Diego Oasis in your will, trust, or bequest. We will gladly work with you and your estate planning attorney or financial advisor. By including San Diego Oasis in your will, you can meet the needs of your loved ones, realize the most efficient tax strategy, and leave a legacy of supporting lifelong learning and intergenerational community service. Let us know if we can celebrate your legacy and include your story in our Legacy Circle. Future generations will thank you.

Legacy Circle Members

Anonymous Donor
Anonymous Donor
Anonymous Donor
Mark & Maria Allan
Clair & Carlos Arias Family Trust
Krishna & Bonnie Arora
Michael & Arlene Bardin
Regene Braun*
Donald & Nadene Bruders
Heather Chisholm-Chait

Donna Dotson
Cynthia Haney*
E. Miles & Kathryn Harvey
John & Collette Michelle Hessler
Emily Keeler
Rupert Keesler*
Ed Kmosena*
Sandra Nimitz Lawhon
Trevalyn Tracy Lawler*

William H. & Jolyn Parker
Sandra B. Phelps*
Nancy Roos
Nancy Scott
Ouida Shelton*
Herma G. Sullivan*
Glenn Walker
Pitt Warner*
Wayne Yee*
Arleigh Yewchan*

*deceased



Mark and Maria Allan are our newest members of the San Diego Oasis Legacy Circle. Mark is a retired insurance executive with Alliant Insurance in San Diego and Maria is retired from Levitz Zacks Accounting firm.

Mark is an active San Diego Oasis Board member and is also on the board of St. Paul's Senior Services and other local non-profit boards. Mark has been a proud and active member of the San Diego Rotary Club 33 since 1994.

They both believe in being physically and mentally active seniors. Mark races Radical prototype race cars around the US and is also an active road cyclist. They enjoy spending time with their 3 adult children and 4 grandchildren as well as traveling throughout the world.

Mark and Maria believe strongly in helping people and their community in many ways including philanthropic charity giving. The Allans believe the more they give the more they receive, in so many ways.

Thank You to our Generous Donors

Gifts listed below were contributed November 25, 2021 to December 2, 2022

President's Circle | \$100,000 & Above

Krishna & Bonnie Arora
Bridge Club of North County, Inc.
McCarthy Family Foundation
Thrivent Financial Office
of Jonathan Doering & Matthew Molstre

Diamond Circle | \$50,000 - \$99,999

County of San Diego Aging & Independence Service
Del Mar Healthcare
Keesler Chavez Fund @ TSDF
Marshall & Judy Lewis
Leslie Miller

Platinum Circle | \$25,000 - \$49,999

Alliance Healthcare Foundation
City of Oceanside
David C. Copley Foundation
Sandra N. Lawhon
Walter & Betty Zable Foundation

Gold Circle | \$10,000 - \$24,999

Mark & Maria Allan
AT&T Foundation
David Chong & Sarah Saluta
Samuel H. & Katherine W. French Fund
Eileen Haag
Issa Family Foundation
Robert & JoAnn Onishi Mogg
Sandra B. Phelps Legacy Fund @ TSDF
San Diego Rotary Foundation
Matt Teichner & Spiegel Nan
Sharp Healthcare ce Design Architects
C.J. & Dot Stafford Memorial Trust
Gary & Mary West Foundation

Silver Circle | \$5,000 to \$9,999

Charles & Ruth Billingsley Foundation
Regene Brawn*
Ken & Darlene Carpenter
Owen Coyle
DeFalco Foundation
Julie Derry | Aging Well Partners
Bernadette Kubacki
Maurice Masserini Trust
Nordson Corporation Foundation

Monica U. O'Mark
Rancho Bernardo Community Foundation
SDG&E
Stiefel Behner Charitable Fund
Scott Tritt Charitable Fund @ TSDF
U.S. Bank Foundation
Hon. William & Penny Wise

Matisse Benefactor | \$2,500 to \$4,999

Don & Diane Ambrose
Barnes & Noble
Donald & Nadene Bruders
Wayne Davies
Raymonda DuVall
Sam & John Henry Fox Foundation
Frank Hoffstadt
Margot Kyd
Strauss Family Foundation
The Giving Block
R.V. Thomas Family Fund @ TSDF
Umpqua Bank Foundation
Barbara G. Warden
Fariba Zariah | United Healthcare

Matisse Fellow | \$1,000 to \$2,499

AARP Foundation
Moises & Vicki Baron
Michelle Barrett
Sue Bradham
Louisa M. & Esther Campagna
Kathleen M. Carroll
Charles Cashion
Richard B. Davies
Denise Furmanski
Cynthia Haney*
E. Miles & Kathryn T. Harvey
Diana Heidig
Peter Caldwell Jones Family Foundation
Charles & Maureen King
La Jolla Golden Triangle
Lois Navolt & Alan Vigeant
Denise Nelesen
Sheila McCallum
Barbara Noerenberg
Bryan & Crystal Pridmore
Stanley/Stearns Fund @ TSDF
Thomas Templeton
Simona Valanciute
Judith A. Wenker Charitable Fund
MaryAnn M. White

Sustaining Scholar | \$500 – \$999

Laura M. Berend & William Ziegler
Jamie and Chris Burns
CECO
Nicole A. Clay
East County Mortuary
Pat & Larry Easter
Mary Erlenborn
Joe & Linda Evangelist
Jan Garbosky
Jonathan & Carol Gebhart
Henry & Alta George
Doreen M. Gorostiza
May Harris
Mariam Janan
William Keefe
Vijay K. Khanna
John & Gretchen Kramer
Thomas Lohner
Susan Marberry
Amy O'Connor
Eddie & Mary Jane Owens
Jolyn B. Parker
Provo Financial
Barbara Rishel
Fred & Mary Lou Ruane
Lorly Sander*
Elsa Saxod
Mary Strobbe
Peter & Susan Tancredi
Floyd & Yolanda Thomas
Madelyn K. Trainer

Contributing Scholar | \$250 – \$499

Karen E. Black
Christa Burke
Mary Comport
Nancy Dewees
Kristen S. Earle
Cathy Glover
Peter Griffith & Dory Beatrice
Ellen Gross
Tom F. Gunn
Harrington Family Fund @ TSDF
Robert G. Haskell
Sandra and James Helt
Jeanne C. Hurwitz
Steve & Kelly Johnson
Carolyn M. Kerl
Fraeda Kopman
Mary Kuhn
Alan W. Larson
Linda M. McCallister
Paul & Margaret Meyer
Stephen & Linda Rawlinson
Michael W. Rodley
Fred & Susan Shatsky
Nancy B. Weaver
Harold E. & Elana Weinberger

Tribute Gifts 2022

In Loving Memory of Shamily Arora
for Shamily's Kitchen
Krishna & Bonnie Arora
Harrington Family Fund
Vijay K. Khanna

In Honor of Bonnie & Krishna Arora
celebrating 50 Years of Marriage
Anonymous
Peter Griffith & Dory Beatrice
Dianne Day
Allan L. Galgut
Nancy K. Gatschet
Doreen M. Gorostiza
Barbro A. Owens-Kirkpatrick
Wayne Sanders
Stephen Tako | Confident Life Enterprises
David A. Tansey

Tribute Gifts in Honor Of

Susan Buckley | Ollie Jo
Julie Derry | Belinda Ormerod & Jodi Humble
Sandra & James F. Helt | Simona Valanciute
Laura A. Johnson | Carolyn Cash
Fraeda Kopman | Marylen Mann
Joan Locke | Stella Rittweger
Emilie Mason | Amy O'Connor
Susan G. Mitchell | JoAnne Boucher
Susan Morin | Dick Lereau
Steve & Kristine Six | Edith Pearl Armstrong-Six
Rose Snow | Kelly Johnson
Kathleen Strauss | Paul & Anita Strauss
Sylvia Press | Jerry Press

Tribute Gifts in Memory Of

Donna Burton | Mary Jane Carter Fickes
Gordon Fickes | Mary Jane Carter Fickes
Sue & RC | Mary Jane Carter Fickes
Douglas & Angela Hawkins | Mary Jane Carter Fickes
Sandra & Dave Hodges | Mary Jane Carter Fickes
Ileane Tartar | Mort Tartar

Please accept my donation, as indicated:

- ☐ \$25 ☐ \$250
☐ \$50 ☐ \$500
☐ \$100 ☐ Other: \$ _____

Please consider writing
a check to avoid credit
card processing fees.
See Page 7 for a full list
of ways to give.

Payment Type:

- ☐ Check ☐ VISA ☐ MasterCard ☐ Discover

Name on Card:

Credit Card #:

Expiration Date (month/year): _____ / _____

CSC/CVV #: _____ (3-digit number)

Signature _____

Contact Information:

Name _____

Address _____

Phone _____

☐ I have included San Diego Oasis in my estate plans.

Please designate my gift for:

- ☐ General Programming ☐ Tutoring Program
☐ Digital Divide Program ☐ Rancho Bernardo

My gift to San Diego Oasis is in:

- ☐ Honor of ☐ Memory of

San Diego Oasis should send an acknowledgment to:

Please send me more information on:

- ☐ Volunteering ☐ Tutoring ☐ Travel

TAKING BOLD, FOCUSED ACTION CREATES EXPLOSIVE RESULTS.

-John Di Lemme

Dear Oasis Family,

2022 was an amazing, complex, and challenging year for San Diego Oasis, and we anticipate 2023 to be equally so. Based on the success of our Lifelong Learning and Wellness Centers in La Mesa, we decided to **BE BOLD** when we set out to build the most innovative healthy aging center of excellence in Rancho Bernardo so we could offer our North County members the same quality and variety of programming our East County members enjoy.

We have stepped up in unprecedented ways in order to bring this expansion to fruition. We have expanded our class offerings. We have served over 1,000 in-need seniors through our Bridging the Digital Divide program. We have invested in the lives of 350 at-risk students through 175 tutors at 43 San Diego County schools. **As we enter 2023, we need YOU to bolster our collective energy to keep growing in each of these key programs that are at the heart of our mission.**

I encourage you to fill out the form on this page and send your support in the envelope attached to this catalog. Whether you choose to support our general programming, the Rancho Bernardo expansion, our Intergenerational Tutoring Program, or our Digital Divide Program, **each gift is important and appreciated, as it helps us empower and equip more seniors and students throughout our community.**

We are building on a history of leadership and excellence, and we are taking Oasis to an entirely new level.

Simona Valanciute

Simona Valanciute
President & CEO
San Diego Oasis



P.S. If you prefer to make your tax-deductible gift online, visit our website and click on the Donate button or simply drop it off at our La Mesa location.



San Diego
Oasis
WHEN YOU PLAN TO *Give*
WE CAN PLAN TO *Grow*

SanDiegoOasis.org | (619) 881-6262 | EIN #30-0403895

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 Simona@SanDiegoOasis.org or (619) 846-3832 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.

**San Diego Oasis is coming to
Rancho Bernardo in May 2023.
Your donation today will help us
open the doors as soon as possible!**

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.
- **435-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.
- **Health and Wellness Center** for exercise and dance, 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 I5 freeway.
- **Ample Parking** that is safe and well-lit.
- **Garden Area** for meditation, outdoor dining and friendly relaxation.



Assembly Hall | Lecture Set-Up



Assembly Hall | Banquet Set-Up



Health and Wellness Center

Naming Opportunities Available! Ask for a copy of the Rancho Bernardo Case for Support for details.

Donate Today! 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.

Questions? Contact Simona Valanciute at Simona@SanDiegoOasis.org.

ARTS & CRAFTS

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

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.

386 | Monday, Jan. 9 | 10:00 AM | \$15

387 | Monday, Jan. 23 | 10:00 AM | \$15

388 | Monday, Feb. 13 | 10:00 AM | \$15

389 | Monday, Feb. 27 | 10:00 AM | \$15

463 | Pot Pinchers/Mini Oven Mitts

Lyn Earl, Instructor

Wednesday, Jan. 11 | 1:00 PM | \$15

Make some handy oven mitts, great for microwave and hot pot hand protection.

351 | Still-Life Drawing/Painting

Aniko Makranczy, MFA

Wednesdays, Jan. 11 - Feb. 8 | 10:00 AM | \$75

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

531 | Embroidery Art for the Beginner, Part II

Janet Stuelpner, The Left-Handed Artist and Crafter

Fridays, Jan. 13 - 27 | 10:00 AM | \$45

Continue experimenting with basic stitches and the many things that you can make with them.

Weave Plate

Diana Griffin, Owner of Queenie Glass and Sass

You will be provided with pre-fired slumped glass pieces and strips to create a 6" square plate.

274 | Wednesday, Jan. 18 | 1:00 PM | \$55

277 | Saturday, Feb. 18 | 10:00 AM | \$55

Coral Bowl/Vase

Diana Griffin, Owner of Queenie Glass and Sass

You will be provided glass strips to create an 8" diameter piece to resemble coral and then slump it into a bowl or vase.

275 | Saturday, Jan. 21 | 10:00 AM | \$50

276 | Wednesday, Feb. 15 | 1:00 PM | \$50

594 | Basic Beading with Really Crafty Nina

Nina Hegyi, Artist and Instructor

Monday, Jan. 23 | 1:00 PM | \$20

Learn basic beading and take home your own beaded necklace.

420 | Fun with Stamps and Paper:

Valentine's Card Making

Trina Pascale, Art Instructor

Tuesday, Jan. 24 | 10:00 AM | \$15

Impress your friends and family with Valentine's Day cards that you made.

571 | Wine Bottle Planter of Succulents

Muriel King, Succulent Designer/ Owner, The Perfect Plant

Thursday, Jan. 26 | 10:00 AM | \$65

Using a wine bottle, you will create a lovely succulent arrangement.

464 | Jelly Roll Quilted Jacket

Lyn Earl, Instructor

Wednesdays, Feb. 1 - 8 | 1:00 PM | \$30

Create a one-of-a-kind jacket using a jelly roll and crew neck sweatshirt.

532 | Embroidery Art for the Beginner, Part I

Janet Stuelpner, The Left-Handed Artist and Crafter

Tuesdays, Feb. 7 - 28 | 10:00 AM | \$60

Learn basic stitches that you can then use to create a variety of different things.

 **422 | Simple Acrylic Discovery**

Elle Arnot, MFA, School of the Art Institute of Chicago
Thursdays, Feb. 9 - 16 | 10:00 AM | \$30

Enjoy a brief introduction followed by hands-on application using simple, versatile techniques.

595 | Love Doodles with Really Crafty Nina

Nina Hegyi, Artist and Instructor
Monday, Feb. 13 | 1:00 PM | \$15

Celebrate Valentine's Day by learning how to draw fun and easy doodles.

291 | Oriental Brush Art with Chinese Ink & Watercolor

Shinja Scheidnes, Watercolorist, Instructor
Wednesdays, Feb. 15 - Mar. 8 | 10:00 AM | \$60

Come learn the dancing brush technique to create beautiful works of art.

599 | Making Art Rocks . . . Making Art Rocks

Sharon Hinckley, Artist
Thursday & Friday, Feb. 23 - 24 | 10:00 AM | \$30

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

BUSINESS, FINANCE, LEGAL

  **385 | Prosecuting David Meza: Catching a Murderer**

Robert Ciaffa, Former Federal Prosecutor
Monday, Jan. 9 | 10:00 AM | \$15

A true crime story of deception, conspiracy, and murder, with ties to San Diego.

Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist

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

310 | Tuesday, Jan. 10 | 10:00 AM | \$15

311 | Saturday, Jan. 21 | 10:00 AM | \$15

Understanding Senior Residential Care Options

Virginia Renker MPH, CSA, Certified Senior Advisor

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

301 | Tuesday, Jan. 10 | 10:00 AM | Free

302 | Friday, Jan. 13 | 10:00 AM | Free

 **296 | Aging in Place: Can You Do it Safely and Easily**

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Tuesday, Jan. 10 | 3:00 PM | Free

Make your current living environment more safe, comfortable, and livable as you age.

324 | 15 Steps to a Successful Remodel

Peter Klein, Author & former Contractor
Tuesday, Jan. 17 | 1:00 PM | \$15

Learn how to prepare yourself mentally and financially.

567 | Social Security

Anthony Camara, FIC, MBA
Tuesday, Jan. 17 | 10:00 AM | \$5

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

568 | Thrivent One-on-One

Anthony Camara, FIC, MBA
Friday, Jan. 20 | 10:00 AM | Free

Free, 30-minute, one-on-one, confidential financial consultation, with no strings attached.

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

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder
Tuesday, Jan. 24 | 10:00 AM | \$15

Set up your Family Binder to help your family avoid common mistakes and have an easy asset transition.

413 | Investing 101

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder
Tuesday, Jan. 24 | 1:00 PM | \$15

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

Let's Talk About It – The Headlines

Rick LeVine, Attorney

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

407 | Wednesday, Jan. 25 | 1:00 PM | \$8

408 | Wednesday, Feb. 22 | 1:00 PM | \$8

333 | Which Home Improvements Pay Off?

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thursday, Jan. 26 | 10:00 AM | \$15

Join us to learn how to add curb appeal before selling your home!

504 | Got Stuff?

How to Assess and Liquidate as you Rightsize!

Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director
Wednesday, Feb. 1 | 10:00 AM | \$15

Learn valuable tips and how-to's to help you figure out what you have and what it's worth.

524 | Retirement Strategies for Singles

Lisa Claycomb, JD, CLTC, CFP®
Friday, Feb. 3 | 10:00 AM | \$15

Learn the components of an individual retirement strategy to fully utilize your resources.

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

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor
Tuesday, Feb. 14 | 3:00 PM | Free

Attend this talk and get the facts on assisted living!

505 | How to Sell Your Stuff

Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director
Friday, Feb. 24 | 10:00 AM | \$15

Use online selling platforms and direct selling techniques as you prepare to organize or rightsize.

525 | Do I Have Enough to Retire?

Lisa Claycomb, JD, CLTC, CFP®
Friday, Mar. 3 | 10:00 AM | \$15

Learn how to put the pieces to your retirement puzzle in place so that when you decide to retire, you know you'll have enough.

EXERCISE & DANCE

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.

124 | Wednesdays, Jan. 11 - Feb. 1 | 2:15 PM | \$40

125 | Wednesdays, Feb. 8 - Mar. 1 | 2:15 PM | \$40

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

128 | Fridays, Jan. 13 - Feb. 3 | 10:45 AM | \$40

129 | Fridays, Feb. 10 - Mar. 3 | 10:45 AM | \$40

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

132 | Mondays, Jan. 9 - 30 | 12:00 PM | \$30

133 | Mondays, Feb. 6 - 27 | 12:00 PM | \$30

136 | Fridays, Jan. 13 - Feb. 3 | 12:00 PM | \$40

137 | Fridays, Feb. 10 - Mar. 3 | 12:00 PM | \$40

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.

140 | Mondays, Jan. 9 - 30 | 9:30 AM | \$30

141 | Mondays, Feb. 6 - 27 | 9:30 AM | \$30

144 | Tuesdays, Jan. 10 - 31 | 12:00 PM | \$40

145 | Tuesdays, Feb. 7 - 28 | 12:00 PM | \$40

148 | Wednesdays, Jan. 11 - Feb. 1 | 1:15 PM | \$40

149 | Wednesdays, Feb. 8 - Mar. 1 | 1:15 PM | \$40

 **471** | Saturday, Jan. 21 | 10:30 AM | \$10

 **472** | Saturday, Feb. 18 | 10:30 AM | \$10

153 | Country 2-Step

Trish Connery Walkup, Dancer, Teacher & Judge
Thursdays, Feb. 9 - Mar. 2 | 1:15 PM | \$40

One of the easiest partner dances out there. Learn basic rhythms, patterns, dance position and turns.

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

Julia Doughty, MFA and Certified HHP
Wednesdays, Jan. 11 - Apr. 26 | 9:00 AM | Free

Join us for a 1hr or 2hr mall walk, with your choice of start time: 9:00 or 10:00. Everyone is welcome.

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

157 | Wednesdays, Jan. 11 - Feb. 1 | 9:30 AM | \$24

158 | Wednesdays, Feb. 8 - Mar. 1 | 9:30 AM | \$24

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

161 | Thursdays, Jan. 12 - Feb. 2 | 12:00 PM | \$40

162 | Thursdays, Feb. 9 - Mar. 2 | 12:00 PM | \$40

Progressive Strength, Balance & Flexibility Training

Elinor Smith, Group Exercise Instructor

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

165 | Tuesdays, Jan. 10 - 31 | 9:30 AM | \$40

166 | Tuesdays, Feb. 7 - 28 | 9:30 AM | \$40

169 | Thursdays, Jan. 12 - Feb. 2 | 9:30 AM | \$40

170 | Thursdays, Feb. 9 - Mar. 2 | 9:30 AM | \$40

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.

173 | Mondays, Jan. 9 - 30 | 2:15 PM | \$30

174 | Mondays, Feb. 6 - 27 | 2:15 PM | \$30

177 | Fridays, Jan. 13 - Feb. 3 | 9:30 AM | \$40

178 | Fridays, Feb. 10 - Mar. 3 | 9:30 AM | \$40

Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP

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

181 | Tuesdays, Jan. 10 - 31 | 1:15 PM | \$40

182 | Tuesdays, Feb. 7 - 28 | 1:15 PM | \$40

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.

185 | Tuesdays, Jan. 10 - 31 | 10:45 AM | \$30

186 | Tuesdays, Feb. 7 - 28 | 10:45 AM | \$40

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.

189 | Thursdays, Jan. 12 - Feb. 2 | 10:45 AM | \$30

190 | Thursdays, Feb. 9 - Mar. 2 | 10:45 AM | \$40

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

Improve balance and promote healing.

195 | Mondays, Jan. 9 - 30 | 1:15 PM | \$30

196 | Mondays, Feb. 6 - 27 | 1:15 PM | \$30

193 | T'ai Chi Chih: Joy through Movement for Beginners

Michelle Sarubbi, Certified TCC Instructor

Fridays, Jan. 13 - Mar. 10 | 1:15 PM | \$90

Beginning T'ai Chi Chih class with 19 movements and one pose in a meditative, slow movement class.

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

199 | Mondays, Jan. 9 - 30 | 10:45 AM | \$30

200 | Mondays, Feb. 6 - 27 | 10:45 AM | \$30

203 | Wednesdays, Jan. 11 - Feb. 1 | 12:00 PM | \$40

204 | Wednesdays, Feb. 8 - Mar. 1 | 12:00 PM | \$40

 467 | Saturday, Jan. 21 | 9:30 AM | \$10

 468 | Saturday, Feb. 18 | 9:30 AM | \$10

HEALTH

446 | How to Improve Your Metabolism

Nadin Benrey, MA, NBC-HWC

Tuesday, Jan. 10 | 10:00 AM | \$15

Five important elements to implement immediately.

322 | How to Decrease Your Risk of Stroke and Live a Healthier Life

Lucas Ramirez, M.D

Friday, Jan. 13 | 1:00 PM | \$15

Do you want to live longer and reduce your chances of heart attack, stroke, cancer and more? Find out how.

305 | Sleep and Your Health

Gary Bogart, DO, Ret. UCSD Professor of Family Medicine

Thursday, Jan. 19 | 10:00 AM | \$15

A focus on sleep hygiene and related sleep problems.

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

Understand the different plans and coverage options, enrollment, making a coverage change and more.

335 | Saturday, Jan. 21 | 10:00 AM | Free

336 | Saturday, Feb. 18 | 10:00 AM | Free

323 | Sound Healing

Judith Wolinsky & Teri Wilder

Tuesday, Jan. 24 | 1:00 PM | \$15

Therapeutic application of sound frequencies to a person's body, mind and emotions with the intention of bringing them into a state of harmony.

542 | Understanding How Medicare Works

JoAnn Siudara, Medicare Specialist, Sharp HealthCare

Friday, Jan. 27 | 1:00 PM | Free

Medicare is great insurance, but it can be confusing. We'll guide you through the enrollment process.

447 | Fiber- Healthy Carbohydrates

Nadin Benrey, MA, NBC-HWC

Thursday, Feb. 9 | 10:00 AM | \$15

In this class, you will learn how to differentiate between the various types of carbohydrates and discover the benefits of eating fiber.

306 | Maintaining Your Overall Health

Gary Bogart, DO, Ret. UCSD Professor of Family Medicine

Thursday, Feb. 23 | 10:00 AM | \$15

We will discuss how to maintain a healthy and happy quality of life as a senior.

HISTORY & HUMANITIES

266 | The Great Philosophers: Thomas Aquinas

Peter Bolland, MA, Professor of Philosophy and

Humanities at Southwestern College

Wednesday, Jan. 11 | 10:00 AM | \$18

Thomas Aquinas was one of the greatest of the Church Fathers. Aquinas found a way to synthesize faith and reason.

425 | Should Politics Be Morally Neutral?

Matthew Wion, Ph.D.

Thursday, Jan. 12 | 10:00 AM | \$15

Many political thinkers have argued that government should be "morally neutral" regarding the values by which citizens live their lives.

559 | Marsden Hartley

Aniko Makranczy, MFA

Tuesday, Jan. 17 | 10:00 AM | \$15

We'll explore his works that were strongly influenced by European expressionism, cubism and fauvism.

318 | Benjamin Franklin – America's Original Renaissance Man

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

Wednesday, Jan. 18 | 10:00 AM | \$15

Scientist, writer, publisher, diplomat, inventor, businessman. We'll examine the life of the witty, brilliant and irascible Benjamin Franklin.

491 | The Arabic Culture of North Africa: A Deeper Look!

Mohamed Ben Yahya, BA, MBA Intercultural

Communication Consultant

Friday, Jan. 20 | 10:00 AM | \$15

Learn about the Arabian Maghreb's cultural dimensions, attitudes, perceptions and its effects on people's behaviors within society.

 **402 | Paleolithic Art**

Gwenyth Mapes, Professor of Humanities
Friday, Jan. 20 | 1:00 PM | \$15

The Paleolithic period hunter-gatherers donated some of their DNA to Homo Sapiens and left us with interesting art and burial practices.

 **421 | The Myth of Materialism**

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Monday, Jan. 23 | 1:00 PM | \$15

We'll explore several angles why this physical world isn't physical. If it's not physical, then what is it?

 **514 | San Diego During World War I**

Linda Canada, Historian & Author
Monday, Jan. 23 | 10:00 AM | \$15

In this class we will talk about the impact of having a new training base on the outskirts of the city, the rise of the Navy and how the community reacted.

 **236 | Archaeology and the Bible**

Henry George, Engineer, Archaeologist and Geologist
Tuesday, Jan. 24 | 10:00 AM | \$15

Biblical stories of the Old Testament in the context of archaeological research conducted in the Near East.

267 | Follow Your Bliss: The Wisdom of Joseph Campbell

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, Jan. 25 | 10:00 AM | \$18

Joseph Campbell's book "The Hero With a Thousand Faces," took the study of mythology and thrust it into the middle of our popular consciousness.

 **418 | From Olmecs to Aztecs: 1800 BCE -1325 CE**

Maria Butler, MA Lecturer Emerita SDSU
Tuesday, Jan. 31 | 10:00 AM | \$15

A brief overview of ancient civilizations that inhabited Mesoamerica and their contributions to the development of their respective cultures.

 **492 | The Arabic Culture of The Middle East**

Mohamed Ben Yahya, BA, MBA Intercultural Communication Consultant
Thursday, Feb. 2 | 10:00 AM | \$15

Arabian Gulf's cultural dimensions, attitudes, and perceptions and its effects on people's behaviors.

 **406 | A Behind-The-Scenes Look at Disneyland Marketing**

Shelby Gordon, Sr Mktg Manager, Hotel del Coronado
Friday, Feb. 3 | 10:00 AM | \$15

Gordon shares insights, victories and challenges in marketing the "Happiest Place on Earth."

598 | Love, Marriage and Other Dangerous Pursuits

Marilyn McPhie, Storyteller
Friday, Feb. 3 | 1:00 PM | \$15

We're always in the mood for a good love story. Here are a few favorites from storyteller Marilyn McPhie.

 **419 | Aztec/Mexica Politics, Economy & Legal System**

Maria Butler, MA Lecturer Emerita SDSU
Tuesday, Feb. 7 | 10:00 AM | \$15

An overview of the complexity of the Aztec empire from its judicial system to the stratified labor force.

268 | Why Religion?

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, Feb. 8 | 10:00 AM | \$18

Join us in this inquiry as we search for ways to adapt religion to the realities of the new age.

 **545 | Eating Local in the Roaring Twenties**

Vincent Rossi, Historian & Author, Story Seekers Co-Owner
Friday, Feb. 10 | 10:00 AM | \$15

A lighthearted journey into what San Diego's premier restaurants featured on their menus in the 1920s.

 **403 | Neolithic Art and Architecture**

Gwenyth Mapes, Professor of Humanities
Friday, Feb. 10 | 1:00 PM | \$15

The Neolithic period (~8000 – 3000 B.C.E.) saw a dramatic change in lifestyle with the beginning of farming and animal domestication, leaving us astonishing art and architecture.

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.

● **319 | George Washington,
America's Indispensable Founding Father**

Blaine Davies, MA, Professor of U.S. History
Monday, Feb. 13 | 10:00 AM | \$15

Let's explore the life of George Washington who was the one indispensable man of the American Revolution and the founding of our republic.

● **426 | What is a Person?**

Matthew Wion, Ph.D.
Tuesday, Feb. 14 | 10:00 AM | \$15

Join us for an in-depth philosophical discussion of human rights and who or what that includes.

● **349 | Charles Burchfield**

Aniko Makranczy, MFA
Wednesday, Feb. 15 | 10:00 AM | \$15

American watercolor painter and visionary artist, known for his passionate depictions of nature.

● **289 | Asian Adoration Part II:
India, Bhutan, Nepal and Tibet**

Linda Hawley, Ed.M., Teacher & Author
Thursday, Feb. 16 | 10:00 AM | \$15

An adventure to exotic and sacred sites representing major world religions in four Asian countries.

● **590 | Adventures in African American Music:
1885 to 1925**

Delores Fisher, Professor, Africana Studies SDSU
Friday, Feb. 17 | 10:00 AM | \$15

Live musical examples on the piano as well as text and video sources to showcase African American music and history.

● **593 | San Diego's First Jewish Settler & Entrepreneur**

Donald H. Harrison,
Editor Emeritus San Diego Jewish World
Friday, Feb. 17 | 1:00 PM | \$15

A portrait of early San Diego through the remarkable life of entrepreneur Louis Rose.

● **237 | Anthropology and the Bible**

Henry George, Engineer, Archaeologist and Geologist
Tuesday, Feb. 21 | 10:00 AM | \$15

This lecture is about human cultural evolution correlated with the books of the Bible.

● **269 | Our Wild Calling: Richard Louv & Peter Bolland**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, Feb. 22 | 10:00 AM | \$18

Join Richard Louv and Peter Bolland for a conversation about our relationship with the natural world.

● **546 | The Lost Towns of San Diego County**

Vincent Rossi, Historian & Author, Story Seekers Co-Owner
Monday, Feb. 27 | 10:00 AM | \$15

Historian Vincent Rossi will share photos, maps, and stories of daily life in San Diego's lost towns.

LANGUAGE

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

573 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor
Mondays, Jan. 23 - Feb. 27 | 10:00 AM | \$75

Our focus will be learning practical words, phrases and general information.

574 | French Literature and Discussion: Level 1

Danielle Deaton, Advanced Teacher, Credentialed Instructor
Mondays, Jan. 23 - Feb. 27 | 11:30 AM | \$75

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

575 | French Literature and Discussion: Level 2

Danielle Deaton, Advanced Teacher, Credentialed Instructor
Mondays, Jan. 23 - Feb. 27 | 1:00 PM | \$75

Continue developing your French language skills, with emphasis on discussing history and literature.

292 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor
Tuesdays, Jan. 31 - Mar. 7 | 10:00 AM | \$90

Bentornati! In this conversation class, we will explore common Italian phrases accompanied by various songs, videos and poetry.

293 | Italian for Travelers

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tuesdays, Jan. 31 - Mar. 7 | 12:00 PM | \$90

Bentornati! Learn helpful words and phrases for your next trip to Italy.

282 | Beginning Spanish I

Gladis Jiménez González
Wednesdays, Jan. 18 - Mar. 1 | 10:00 AM | \$105

For students who have no background in Spanish. We will start at Chapter 1 and continue through Chapter 3.

449 | Beginning Spanish 101

Walberto Diaz, Ed.D. Spanish Professor
Thursdays, Jan. 19 - Mar. 2 | 10:00 AM | \$105

Students learn to perform simple tasks in the present tense in a highly interactive environment.

284 | Beginning Spanish II

Gladis Jiménez González
Wednesdays, Jan. 18 - Mar. 1 | 11:30 AM | \$105

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

286 | Intermediate Spanish I

Gladis Jiménez González
Wednesdays, Jan. 18 - Mar. 1 | 1:00 PM | \$105

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

586 | Intermediate Spanish II

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fridays, Jan. 20 - Mar. 3 | 10:00 AM | \$105

The course will continue to develop oral, listening, reading, and writing skills.

588 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fridays, Jan. 20 - Mar. 3 | 11:30 AM | \$105

Designed to refine and expand oral proficiency, reading, writing and listening comprehension.

450 | Beginning Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor
Thursdays, Jan. 19 - Mar. 2 | 11:30 AM | \$105

This conversation course focuses on developing fluency and conversational skills for intro beginning-level Spanish speakers.

451 | Advanced Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor
Thursdays, Jan. 19 - Mar. 2 | 1:00 PM | \$105

We'll focus on developing greater fluency and conversational skills. You will not just learn about the language; you will learn how to use it.

LITERATURE

240 | Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor, Blue Vortex Publishers, Managing Editor, San Diego Poetry Annual
Thursdays, Jan. 12 - Apr. 27 | 10:00 AM | Free

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

314 | Creative Writing Workshop: An Overview

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers
Tuesday, Jan. 17 | 1:00 PM | \$15

For those with a passion for writing and who want to learn the craft of universal storytelling.

315 | Creative Writing Workshop

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers
Tuesdays, Jan. 24 - Feb. 28 | 1:00 PM | \$90

That book you were going to write and the memories you were going to record? Let's get started.

442 | Literary Interpretation & Exploration: "There Will Come Soft Rains"

Jennifer Shenefield, MFA
Thursday, Jan. 19 | 1:00 PM | \$15

Discuss the iconic and deep science fiction short story "There Will Come Soft Rains" by Ray Bradbury. Come learn, share, and discover with us!

**443 | Literary Interpretation & Exploration:
"The Tell-Tale Heart"**

Jennifer Shenefield, MFA
Thursday, Feb. 16 | 1:00 PM | \$15

Discuss master author Edgar Allan Poe's chilling and brilliant tale of terror, "The Tell-Tale Heart."

309 | Rendezvous with Books

Dale Spector
Friday, Feb. 24 | 1:00 PM | \$15

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

 **438 | Literary Interpretation & Exploration:
"The Purloined Letter"**

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

We explore this literary work to discover themes, imagery, technique and more.

PERSONAL ENRICHMENT

 **288 | Grief Support Group**

Rolandas Kausas, Chaplain
1st & 3rd Wednesdays, Jan. 4 - Apr. 19
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.

Beginners American Mah Jongg

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.

493 | Tuesdays & Thursdays, Jan. 10 - 19 | 1:00 PM | \$60

494 | Tuesdays & Thursdays, Feb. 7 - 16 | 1:00 PM | \$60

 **535 | Taking Transit 101**

Ariel Kroll, Community Engagement Specialist (MTS)
Tuesday, Jan. 10 | 10:00 AM | Free

Learn how to get started riding with MTS, and successfully travel around San Diego.

300 | Men's Forum

Walter Talley, Facilitator
2nd & 4th Wednesdays, Jan. 11 - Apr. 26
10:00 AM | \$64

All about sharing, bonding and friendships, where meaningful, thought-provoking issues are discussed.

 **429 | How to Talk to Your Family about Death**

Jillian A. Tullis, PhD, Associate Professor
Thursday, Jan. 12 | 10:00 AM | \$15

How and why we should talk about dying with our loved ones. Learn how to start the conversation.

384 | Safe Travels and Destinations with AFC Vacations

Will Reece, AFC Vacations
Friday, Jan. 13 | 1:00 PM | Free

An informative presentation covering new travel trends and what areas are safe for travel.

 **513 | Making Connections: Women's Discussion Group**

Cheryl Davis-Plotts, Psy.D., LMFT
1st & 3rd Wednesdays, Jan. 18 - Apr. 19
1:00 PM | \$56

Join us twice a month and be part of a women's group for caring and sharing the times of our lives.

 **Confident Living Discussion Group**

Laura Diaz, Board Certified Coach (BCC)

This is a monthly drop-in group where we discuss different topics of life and challenges. .

455 | Friday, Jan. 20 | 10:00 AM | \$15

456 | Friday, Feb. 17 | 10:00 AM | \$15

 **507 | Gardening for Pollinators**

Sharon Reeve, MS, Landscape Designer
Saturday, Jan. 21 | 10:00 AM | \$15

Plant choices and garden practices that create the most welcoming environment for pollinators.

584 | Collette - Travel Destinations in 2023

Jeff Woods, Senior Business Development Manager
Tuesday, Jan. 24 | 1:00 PM | Free

Join us for an informative travel presentation discussing Collette's upcoming trips as well as the current travel trends and tips.

501 | American Mah Jongg for Beginners: Level One

Chris Eshelman, Mah Jongg Instructor

Thursdays, Jan. 26 - Feb. 23 | 1:00 PM | \$60

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

502 | American Mah Jongg for Beginners: Level Two

Chris Eshelman, Mah Jongg Instructor

Thursdays, Mar. 2 - 9 | 1:00 PM | \$30

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

520 | Navigating Retirement: Finding a New Purpose

Virginia B. Berger, MA, Certified Professional Coach

Thursday, Jan. 26 | 1:00 PM | \$15

Learn the importance of purpose and develop strategies for creating a new purpose in retirement.

459 | Simple Practices to Setting Goals for 2023

Laura Diaz, Board Certified Coach (BCC)

Tuesday, Jan. 31 | 1:00 PM | \$15

We will go over the SMART principle in setting goals and how to deal with distractions.

San Diego Oasis Travel Club

Linda Hawley, Ed.M., Teacher & Author

Ask questions, learn about trips, discuss your travel experiences and more.

560 | Thursday, Feb. 2 | 1:00 PM | Free

561 | Thursday, Mar. 2 | 1:00 PM | Free

527 | What is Your Temperament?

Barbara Gunning, MBA, Master Personality Type Practitioner

Friday, Feb. 3 | 10:00 AM | \$15

Explore an ancient personality theory dating back to 450 B.C. which speaks to your temperament or driving force in life.

460 | Vision Workshop:

Foundation for Health, Prosperity and Well-Being

Laura Diaz, Board Certified Coach (BCC)

Wednesday, Feb. 8 | 1:00 PM | \$15

Create a vision for a healthy and prosperous life; learn how to create a simple blueprint for yourself.

508 | Gardening for Bees

Sharon Reeve, MS, Landscape Designer

Saturday, Feb. 18 | 10:00 AM | \$15

Discover the best plants and garden practices to attract native bees.

521 | Navigating Retirement: Managing your "Time Affluence"

Virginia B. Berger, MA, Certified Professional Coach

Thursday, Feb. 23 | 1:00 PM | \$15

Retirees know it's easy to fill this time with "busyness." The challenge is to choose activities that provide stimulation, connection and fun.

528 | Why am I This Way: Exploring Personality Types

Barbara Gunning, MBA, Master Personality Type Practitioner

Friday, Feb. 24 | 10:00 AM | \$15

Nature vs nurture? Learn four traits that have been part of you since birth.

TECHNOLOGY

430 | iPhone Photo App: Get Started

Tanya Howe, Instructor, M.Ed, Educational Technology

Monday, Jan. 30 | 10:00 AM | \$15

Learn to send, edit and post photos on a variety of platforms. Learn the camera features to compose a great shot plus much more.

431 | Android: Get Started with Your Android Phone

Tanya Howe, Instructor, M.Ed, Educational Technology

Monday, Feb. 6 | 10:00 AM | \$15

Learn to customize your phone, how to download and remove apps, and much more.

326 | Windows Basics

Bucky Reed, IT Professional

Friday, Feb. 10 | 10:00 AM | \$15

Discover how to adjust text and screen size, File Explorer, Settings, program shortcuts and more.

432 | iMac: Get Started

Tanya Howe, Instructor, M.Ed, Educational Technology

Tuesday, Feb. 14 | 10:00 AM | \$15

We will learn about the dock, the finder, system preferences, how to access the cloud and photos.

327 | Mac Basics

Bucky Reed, IT Professional

Friday, Feb. 24 | 10:00 AM | \$15

Learn how to use your Mac. How to use finder, spotlight search, system preferences, and more.

433 | Android: Do More with Your Android Phone

Tanya Howe, Instructor, M.Ed, Educational Technology

Monday, Feb. 27 | 10:00 AM | \$15

Discover how to download apps and books from the library, how to use calendar and note taking apps.



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

Conquering Your iPhone - Part I

The class is perfect for both novice and not-so-novice users and is especially helpful for those who say, "Siri doesn't like me."

223 | Monday, Jan. 9 | 10:00 AM | \$16

228 | Tuesday, Feb. 7 | 10:00 AM | \$16

Conquering Your iPhone - Part II

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

224 | Tuesday, Jan. 17 | 10:00 AM | \$16

229 | Monday, Feb. 13 | 10:00 AM | \$16

Conquering Your iPhone - Part III

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

225 | Monday, Jan. 23 | 10:00 AM | \$16

230 | Tuesday, Feb. 21 | 10:00 AM | \$16

226 | Conquering Your Passwords

Monday, Jan. 30 | 10:00 AM | \$16

Learn a detailed password system, along with a myriad of ways to ensure your internet safety.

227 | Conquering Your Apple Watch

Tuesday, Jan. 31 | 10:00 AM | \$16

This workshop reviews all features on all models of the watch. Focus will be on the health app and for those who have versions 4 or 5, EKG usage.

231 | Need A Computer...Which Do I Choose?

Tuesday, Feb. 28 | 10:00 AM | \$16

Demo of three types of computers: Mac, PC and Chromebook. Learn the pros and cons of each.

THEATRE & MUSIC

510 | Acting Workshop

Jo-Darlene Reardon, M.Ed.

Mondays, Jan. 23 - Apr. 3 | 1:00 PM | \$120

For anyone interested in learning more about acting and the theater in a relaxed, informal class.

346 | Elina: As If I Wasn't There

Andy Friedenberg, Director Cinema Society of SD

Monday, Feb. 6 | 10:00 AM | \$15

Finland's Academy Awards candidate will be screened, followed by a discussion led by Andy.

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 tailored to your level and goals.

353 | Tuesdays, Jan. 10 - 31 | 12:30 PM | \$180

354 | Tuesdays, Jan. 10 - 31 | 1:30 PM | \$180

355 | Tuesdays, Feb. 7 - 28 | 12:30 PM | \$240

356 | Tuesdays, Feb. 7 - 28 | 1:30 PM | \$240

361 | Tuesdays, Feb. 7 - 28 | 2:30 PM | \$180

364 | Wednesdays, Jan. 11 - Feb. 1 | 12:30 PM | \$240

368 | Wednesdays, Jan. 11 - Feb. 1 | 1:30 PM | \$240

369 | Wednesdays, Jan. 11 - Feb. 1 | 2:30 PM | \$240

365 | Wednesdays, Feb. 8 - Mar. 1 | 12:30 PM | \$240

370 | Wednesdays, Feb. 8 - Mar. 1 | 1:30 PM | \$240

371 | Wednesdays, Feb. 8 - Mar. 1 | 2:30 PM | \$240

376 | Thursdays, Jan. 12 - Feb. 2 | 12:30 PM | \$240

377 | Thursdays, Jan. 12 - Feb. 2 | 1:30 PM | \$240

378 | Thursdays, Feb. 9 - Mar. 2 | 12:30 PM | \$240

379 | Thursdays, Feb. 9 - Mar. 2 | 1:30 PM | \$240

Cox Communications and San Diego Oasis have teamed up to make learning technology affordable, accessible and designed to help you address your specific needs.

Led by Technology Learning Specialist Monserrat Callejas at our Lifelong Learning Center.

1:1 sessions are available; sign up on the website under the Technology/Tech Tank tab.

Apple Maps App Workshop

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

- 1000** | Thursday, Jan. 5 | 10:30 AM | \$5
- 1004** | Friday, Jan. 20 | 11:00 AM | \$5
- 1001** | Monday, Jan. 23 | 11:00 AM | \$5
- 1002** | Monday, Jan. 30 | 11:00 AM | \$5
- 1003** | Monday, Feb. 13 | 11:00 AM | \$5
- 1005** | Monday, Feb. 27 | 11:00 AM | \$5

Apple Photos Workshop

Learn about favorites, creating folders, and saving/organizing photos from texts, emails.

- 1006** | Tuesday, Jan. 10 | 1:00 PM | \$5
- 1007** | Wednesday, Jan. 25 | 12:00 PM | \$5
- 1008** | Wednesday, Feb. 1 | 12:00 PM | \$5
- 1009** | Tuesday, Feb. 7 | 11:30 AM | \$5
- 1010** | Thursday, Feb. 23 | 10:30 AM | \$5
- 1011** | Tuesday, Feb. 28 | 11:30 AM | \$5

Bluetooth Basics Workshop

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

- 1012** | Monday, Jan. 9 | 11:00 AM | \$5
- 1013** | Thursday, Jan. 19 | 10:30 AM | \$5
- 1014** | Friday, Feb. 17 | 11:00 AM | \$5
- 1015** | Tuesday, Feb. 21 | 11:30 AM | \$5

Cloud Services Workshop

Learn what it means to save your files to “the cloud.” An overview of the most popular cloud services and how to get started.

- 1016** | Thursday, Jan. 12 | 10:30 AM | \$5
- 1017** | Friday, Jan. 27 | 11:00 AM | \$5
- 1018** | Monday, Feb. 6 | 11:00 AM | \$5
- 1019** | Tuesday, Feb. 14 | 11:30 AM | \$5

Google Maps App Workshop

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

- 1020** | Tuesday, Jan. 10 | 11:30 AM | \$5
- 1021** | Tuesday, Jan. 24 | 11:30 AM | \$5
- 1022** | Wednesday, Feb. 8 | 12:00 PM | \$5

Google Photos Workshop

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

- 1023** | Tuesday, Jan. 3 | 11:30 AM | \$5
- 1024** | Wednesday, Jan. 11 | 12:00 PM | \$5
- 1025** | Wednesday, Feb. 15 | 12:00 PM | \$5

Music Apps Streaming Workshop

Music streaming makes it possible to access music you love with just a few steps.

- 1026** | Tuesday, Jan. 17 | 11:30 AM | \$5
- 1027** | Friday, Feb. 10 | 11:00 AM | \$5
- 1028** | Wednesday, Feb. 22 | 12:00 PM | \$5

TECH TANK, CONTINUED.

QR Codes Workshop

This workshop will provide a brief overview of what they are and how to use them.

- 1029** | Friday, Jan. 13 | 11:00 AM | \$5
- 1030** | Wednesday, Jan. 18 | 10:00 AM | \$5
- 1031** | Thursday, Jan. 26 | 12:30 PM | \$5
- 1032** | Thursday, Feb. 16 | 10:30 AM | \$5

Social Media Workshop

Learn to stay connected with your family, friends, and current events.

- 1033** | Wednesday, Jan. 4 | 12:00 PM | \$5
- 1034** | Friday, Jan. 20 | 11:00 AM | \$5
- 1035** | Thursday, Feb. 2 | 10:30 AM | \$5
- 1036** | Monday, Feb. 6 | 12:30 PM | \$5
- 1037** | Friday, Feb. 24 | 11:00 AM | \$5

UBER/Lyft App Workshop

Learn to use UBER and Lyft rideshare apps as a transportation alternative to driving.

- 1038** | Wednesday, Jan. 18 | 12:00 PM | \$5
- 1039** | Friday, Feb. 3 | 11:00 AM | \$5
- 1040** | Thursday, Feb. 9 | 10:30 AM | \$5
- 1041** | Tuesday, Feb. 14 | 1:00 PM | \$5
- 1042** | Wednesday, Feb. 22 | 10:00 AM | \$5

Web Cookies Workshop

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

- 1043** | Friday, Jan. 6 | 11:00 AM | \$5
- 1044** | Thursday, Jan. 26 | 10:30 AM | \$5
- 1045** | Friday, Feb. 3 | 1:30 PM | \$5

EXERCISE & DANCE

Better Balance with Stability Ball

Traci Thys

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

- 100** | Tuesdays, Jan. 10 - 31 | 12:00 PM | \$32
- 101** | Tuesdays, Feb. 7 - 28 | 12:00 PM | \$32
- 104** | Thursdays, Jan. 12 - Feb. 2 | 12:00 PM | \$32
- 105** | Thursdays, Feb. 9 - Mar. 2 | 12:00 PM | \$32

Chair Fitness

Traci Thys

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

- 108** | Wednesdays, Jan. 11 - Feb. 1 | 12:30 PM | \$32
- 109** | Wednesdays, Feb. 8 - Mar. 1 | 12:30 PM | \$32

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

- 112** | Thursdays, Jan. 12 - Feb. 2 | 3:00 PM | \$32
- 113** | Thursdays, Feb. 9 - Mar. 2 | 3:00 PM | \$32

Tai Chi Chuan: Early Risers

Pat Griffith, Sifu

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

- 116** | Tuesdays, Jan. 10 - 31 | 7:30 AM | \$32
- 117** | Tuesdays, Feb. 7 - 28 | 7:30 AM | \$32
- 120** | Fridays, Jan. 13 - Feb. 3 | 7:30 AM | \$32
- 121** | Fridays, Feb. 10 - Mar. 3 | 7:30 AM | \$32

BUSINESS•FINANCE•LEGAL

385 | Prosecuting David Meza: Catching a Murderer

Robert Ciaffa, Former Federal Prosecutor

Monday, Jan. 9 | 10:00 AM | \$15

True crime story of deception, conspiracy, and murder, with ties to San Diego.

296 | Aging in Place: Can You Do it Safely & Easily

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor

Tuesday, Jan. 10 | 3:00 PM | Free

Make your current living environment more safe, comfortable, and livable as you age.

579 | SDG&E Pricing Plans, Tools, Tips & Programs

Martha Quintero, SDG&E

Monday, Jan. 23 | 1:00 PM | Free

Ways to manage your energy and save money.

411 | Navigating Sources of Information Online

Harvey Zeytuntsyan, J.D.

(Public Policy and Law Topics Educator)

Tuesday, Jan. 31 | 1:00 PM | \$15

We will survey policy research and talk about ways to evaluate sources of news and information.

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

Julie Derry, MBA, Certified Senior Advisor and Kie Copenhaver, MA, RHIA, RCFE, Certified Senior Advisor

Tuesday, Feb. 14 | 3:00 PM | Free

Assisted living can look like a residential home environment or a "cruise ship on land" depending on your financial considerations and preferences.

EXERCISE & DANCE

Chair Yoga

Kerry Wilson, Yoga Instructor

Strength, flexibility, and body awareness using a chair for seated, standing and balance positions.

394 | Thursdays, Jan. 12 - Feb. 2 | 2:30 PM | \$40

395 | Thursdays, Feb. 9 - Mar. 2 | 2:30 PM | \$40

Strength and Fitness at Home

Kerry Wilson, Yoga Instructor

Gentle, chair-based fitness class, standing or seated.

398 | Tuesdays, Jan. 10 - 31 | 2:30 PM | \$40

399 | Tuesdays, Feb. 7 - 28 | 2:30 PM | \$40

339 | Zumba Gold Toning (Free Demo)

Lynn Morgan, Licensed Instructor

Thursday, Jan. 5 | 11:15 AM | Free

Free demo of fitness class utilizing Toning Sticks.

Zumba Gold Toning

Lynn Morgan, Licensed Instructor

The music of Zumba Fitness with muscle conditioning.

340 | Thursdays, Jan. 12 - 26 | 11:15 AM | \$30

341 | Thursdays, Feb. 2 - 23 | 11:15 AM | \$40

342 | Thursdays, Mar. 2 - 30 | 11:15 AM | \$50

344 | Zumba with Lynn for Boomers (Free Demo)

Lynn Morgan, Licensed Instructor

Saturday, Jan. 7 | 9:00 AM | Free

No commitments, just join us for a fun dance party.

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

Have fun dancing using Latin and int'l music.

219 | Saturdays, Jan. 14 - 28 | 9:00 AM | \$30

220 | Saturdays, Feb. 4 - 25 | 9:00 AM | \$40

HEALTH

Meditation: Renew Your Life and Jumpstart Your Energy Melynnique Seabrook, MA

Peace and mindfulness, mantra and breathing, guided and relaxation meditations.

483 | Thursdays, Jan. 12 - Feb. 2 | 1:00 PM | \$40

484 | Thursdays, Feb. 9 - Mar. 2 | 1:00 PM | \$40

HISTORY & HUMANITIES

537 | The Social Nature of Giraffes

Dr. Fred Bercovitch

Wednesday, Jan. 4 | 1:30 PM | \$8

Learn insights into giraffes including differences between males and females.

425 | Should Politics Be Morally Neutral?

Matthew Wion, Ph.D.

Thursday, Jan. 12 | 10:00 AM | \$15

Is it desirable? Is it even possible?

475 | Admiral Nelson's Three Great Battles

Mark Carlson, Historian & Author

Thursday, Jan. 12 | 1:00 PM | \$15

Learn how Nelson and his 'Band of Brothers' planned and executed the battles which cost him his life and made his name legend.

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.

250 | Friday, Jan. 13 | 10:00 AM | \$6

251 | Friday, Jan. 20 | 10:00 AM | \$6

252 | Friday, Jan. 27 | 10:00 AM | \$6

253 | Friday, Feb. 3 | 10:00 AM | \$6

254 | Friday, Feb. 10 | 10:00 AM | \$6

255 | Friday, Feb. 17 | 10:00 AM | \$6

256 | Friday, Feb. 24 | 10:00 AM | \$6

257 | Friday, Mar. 3 | 10:00 AM | \$6

559 | Marsden Hartley

Aniko Makranczy, MFA

Tuesday, Jan. 17 | 10:00 AM | \$15

We'll explore his works that were influenced by European expressionism, cubism and fauvism.

555 | Stories of a Cuban Childhood in the 40s and 50s

Oliva M. Espín, Ph.D.

Tuesday, Jan. 17 | 1:00 PM | \$15

Stories about Cuba's fraught history and political instability are interwoven with personal stories.

318 | Benjamin Franklin – America's Original Renaissance Man

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

Wednesday, Jan. 18 | 10:00 AM | \$15

We'll examine the life of the witty, brilliant and irascible Benjamin Franklin.

479 | North American Indian Myths and Legends

Lola Sparrowhawk, Int'l Award-Winning Author/Historian

Wednesday, Jan. 18 | 1:00 PM | \$15

Turtle Island (North America) tales give insight into the beliefs and practices of North American Indian Nations before European contact.

402 | Paleolithic Art

Gwenyth Mapes, Professor of Humanities

Friday, Jan. 20 | 1:00 PM | \$15

These hunter-gatherers donated some of their DNA to Homo Sapiens and left us with some sophisticated art and interesting burial practices.

491 | The Arabic Culture of North Africa

Mohamed Ben Yahya, BA, MBA

Intercultural Communication Consultant

Friday, Jan. 20 | 10:00 AM | \$15

Learn about the Arabian Maghreb's cultural dimensions, attitudes, perceptions and its effects on people's behaviors within society.

514 | San Diego During World War I

Linda Canada, Historian & Author

Monday, Jan. 23 | 10:00 AM | \$15

The impact of having a new training base on the outskirts of the city, the rise of the Navy and how the community reacted.

 **236 | Archaeology and the Bible**

Henry George, Engineer, Archaeologist and Geologist
Tuesday, Jan. 24 | 10:00 AM | \$15

Biblical stories of the Old Testament in context of archaeological research conducted in the Near East.

497 | Van Gogh in Arles

Julia Fister, MA, Studio ACE Executive Director
Wednesday, Jan. 25 | 1:00 PM | \$15

The most productive and dramatic period of Van Gogh's painting life while living in the south of France.

539 | Remember the Maine

Mark Carlson, Historian & Author
Thursday, Jan. 26 | 1:30 PM | \$8

When the American battleship Maine exploded in Havana Harbor in 1898, Spain was blamed for the disaster and the U.S. declared war.

 **487 | Peru: Inca Past and Current Indigenous**

Quechua Culture

Holly Wissler, PhD Ethnomusicology, Senior Lecturer at Texas State University and Tour Leader, Cusco, Peru
Friday, Jan. 27 | 10:00 AM | \$15

This talk introduces concepts of their empire and connects to their current beliefs and musical rituals.

562 | Richard III: Guilty or Not?

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

A murder mystery for the ages; see if you would vote him guilty after you hear the true facts of the case.

 **418 | From Olmecs to Aztecs: 1800 BCE -1325 CE**

Maria Butler, MA Lecturer Emerita SDSU
Tuesday, Jan. 31 | 10:00 AM | \$15

Overview of the peopling of ancient civilizations that inhabited Mesoamerica and their contributions to the development of their respective cultures.

 **506 | When Cultures Collide:**

The History of Immigrations and Confrontations in America

Alex Castaneda, Ph.D.
Wednesday, Feb. 1 | 1:00 PM | \$15

America is a country like no other, of nomads in constant movement.

 **492 | The Arabic Culture of The Middle East**

Mohamed Ben Yahya, BA, MBA
Intercultural Communication Consultant
Thursday, Feb. 2 | 10:00 AM | \$15

Arabian Gulf's cultural dimensions, attitudes, and perceptions and its effects on people's behaviors.

 **581 | Recreating Europe During the Cold War**

Mary M. McKenzie, J.D., Ph.D., Adjunct Professor, University of San Diego
Thursday, Feb. 2 | 1:00 PM | \$15

Events that led to the creation of NATO and its direct influence on Europe's development.

 **406 | Behind-the-Scenes Look: Disneyland Marketing**

Shelby Gordon, Sr Mktg Manager, Hotel del Coronado
Friday, Feb. 3 | 10:00 AM | \$15

Gordon will share insights, victories, and challenges in marketing the "Happiest Place on Earth."

563 | The Six Wives of Henry VIII

Kim Keeline, Ph.D., Freelance Consultant and Writer
Monday, Feb. 6 | 1:00 PM | \$15

Learn about the fascinating women who married one of Britain's most notorious monarchs.

 **419 | Aztec/Mexica Politics, Economy & Legal System**

Maria Butler, MA Lecturer Emerita SDSU
Tuesday, Feb. 7 | 10:00 AM | \$15

The complexity of the Aztec empire will be examined; from its judicial system to the stratified labor force that built and lived in Tenochtitlan.

 **545 | Eating Local in the Roaring Twenties**

Vincent Rossi, Historian & Author, Story Seekers Co-Owner
Friday, Feb. 10 | 10:00 AM | \$15

A lighthearted journey into what San Diego's premier restaurants featured on their menus in the 1920s.

 **403 | Neolithic Art and Architecture**

Gwenyth Mapes, Professor of Humanities
Friday, Feb. 10 | 1:00 PM | \$15

The Neolithic period saw a dramatic change in lifestyle, leaving us astonishing art and architecture.

● **319 | George Washington, America's Indispensable Founding Father**
Blaine Davies, M.A., Professor of U.S. History
Monday, Feb. 13 | 10:00 AM | \$15

The one indispensable man of the American Revolution and the founding of our republic.

🌿 **476 | Which Way Did They Go? Air Wing 8 at Midway**
Mark Carlson, Historian & Author
Monday, Feb. 13 | 1:00 PM | \$15

The mystery concerning the failure of USS Hornet's air wing to find the Japanese fleet.

● **426 | What is a Person?**
Matthew Wion, Ph.D.
Tuesday, Feb. 14 | 10:00 AM | \$15
Join us for an in-depth philosophical discussion of human rights and who or what that includes.

🌿 **540 | Women's Revolt in Iran**
Medhi Sarram, Ph.D.
Tuesday, Feb. 14 | 10:00 AM | \$8
The revolt by women in Iran began with the death of Mahsa Amini for failing to properly veil her hair.

● **349 | Charles Burchfield**
Aniko Makranczy, MFA
Wednesday, Feb. 15 | 10:00 AM | \$15
American watercolor painter and visionary artist, known for his passionate depictions of nature.

🌿 **480 | Ancient Egypt's Monotheistic Pharaoh: Akhenaton**
Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Wednesday, Feb. 15 | 1:00 PM | \$15
Pharaoh Akhenaton and his Great Wife Nefertiti showcase political and environmental changes.

🌿 **556 | The Cuban Mysteries of Leonardo Padura**
Oliva M. Espín, Ph.D.
Thursday, Feb. 16 | 1:00 PM | \$15
Leonardo Padura has written screenplays, short stories, and a series of detective novels.

● **237 | Anthropology and the Bible**
Henry George, Engineer, Archaeologist and Geologist
Tuesday, Feb. 21 | 10:00 AM | \$15
This lecture is about human cultural evolution correlated with the books of the Bible.

🌿 **582 | When Will There Be Peace in Ukraine?**
Mary M. McKenzie, J.D., Ph.D., Adjunct Professor, University of San Diego
Tuesday, Feb. 21 | 1:00 PM | \$15

Ukrainian history, including World War I, the Russian Revolution, the Holocaust and more.

498 | Dutch Still Life Art
Julia Fister, MA, Studio ACE Executive Director
Wednesday, Feb. 22 | 1:00 PM | \$15
The realism of Dutch art can be deceiving; there was usually a hidden message in the artwork.

🌿 **488 | From the Peruvian Amazon to the Smithsonian Folklife Festival**
Holly Wissler, PhD Ethnomusicology, Senior Lecturer at Texas State University and Tour Leader, Cusco, Peru
Friday, Feb. 24 | 10:00 AM | \$15
In 2010, Holly Wissler repatriated the archives of 206 recorded songs of the Wachiperi.

● **546 | The Lost Towns of San Diego County**
Vincent Rossi, Historian & Author, Story Seekers Co-Owner
Monday, Feb. 27 | 10:00 AM | \$15
Historian Vincent Rossi will share photos, maps, and stories of daily life in San Diego's lost towns.

608 | Black Conquistadors
Monday, Feb. 27 | 1:00 PM | \$15
Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College
The role Black Conquistadors played in the conquest and exploration of Spanish America.

607 | Mindfulness: Bringing Balance to Our Lives
Tuesday, Feb. 28 | 1:00 PM | Free
Jean Frazier, RN, Mindfulness Trainer, Sharp Healthcare
Basic exercises that can reduce stress, promote health and enhance well-being.

LANGUAGE

489 | Conversational Spanish
Danisa Mardones, BA
Tuesdays, Jan. 17 - Feb. 28 | 1:30 PM | \$105
Students will debate in Spanish on a variety of topics.

LITERATURE

345 | The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator

1st & 3rd Fridays, Jan. 6 - Apr. 21 | 1:00 PM | \$64

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

552 | Creative Writing Workshop

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Thursdays, Jan. 19 - Feb. 23 | 10:00 AM | \$90

Develop and deepen your storytelling skills and take your narrative to the next level.

566 | Jules Verne: The Father of Science-Fiction

James Keeline, Historian & Author

Wednesday, Feb. 8 | 1:00 PM | \$15

Learn about this famous French author and the wide array of books he wrote.

PERSONAL ENRICHMENT

288 | Grief Support Group

Rolandas Kausas, Chaplain

1st & 3rd Wednesdays, Jan. 4 - Apr. 19
10:30 AM | Free

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

TECHNOLOGY

548 | Hooked on Podcasts

Barbara Smith, MA, Community College Instructor
Wednesday, Jan. 11 | 1:00 PM | \$15

Learn how to search for and download podcasts.

516 | Streaming Options 101

Mary Burns, Professor, San Diego Continuing Education
Thursday, Jan. 19 | 1:00 PM | \$15

Get content onto your TV, and basic requirements of your Internet service.

549 | Music Apps and Streaming Options

Barbara Smith, MA, Community College Instructor
Thursday, Feb. 9 | 1:00 PM | \$15

Explore some popular free services including Spotify, Pandora and Deezer, and subscription options.

517 | Understanding Gmail

Mary Burns, Professor, San Diego Continuing Education
Thursday, Feb. 23 | 1:00 PM | \$15

Create folders, search for content, and filter emails.

THEATRE & MUSIC

241 | Hans Zimmer: Composer of Spectacular Film Music

Chris Burns, Many-Strings

Friday, Jan. 13 | 3:00 PM | \$15

Zimmer composes, tours, and brings musicians from all over the world into the musical celebration.

538 | The World of Musical Satire

Vincent Young, Musician & Composer

Wednesday, Jan. 25 | 1:30 PM | \$8

Vincent Young will play and sing some of the most bizarre pairings throughout music history.

242 | Haydn: The Father of the Symphony

Chris Burns, Many-Strings

Friday, Jan. 27 | 3:00 PM | \$15

His compositions inspired Mozart, Beethoven and Schubert.

243 | The Special Creativity of Luigi Boccherini

Chris Burns, Many-Strings

Friday, Feb. 10 | 3:00 PM | \$15

An Italian master and creator of fluid cello concertos, delightful works that feature the guitar.

541 | The Broadway & Hollywood Music of Sammy Cahn

Vincent Young, Musician & Composer

Wednesday, Feb. 22 | 1:30 PM | \$8

Essentials from Cahn's impressive musical catalog.

244 | Max Bruch: Romantic Era Master of the Violin

Chris Burns, Many-Strings

Friday, Feb. 24 | 3:00 PM | \$15

Max Bruch's heavenly Romantic Era violin melodies will engage your heart and mind.

**GROW
WITH US!**

OASIS AT THE LIBRARIES

MISSION VALLEY BRANCH LIBRARY

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

600 | William Mulholland:

The Controversial L.A. Aqueduct

Blaine Davies, MA, Professor of U.S. History
Tuesday, Jan. 24 | 1:00pm | Free

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

601 | Don't Downsize, Rightsize!

Lorelei Taylor, Senior Real Estate Specialist, Certified
Antiques Appraiser, Estate Services Director
Tuesday, Feb. 7 | 1:00pm | Free

Learn how to evaluate personal contents, decide what to keep, and how to let go.

SCRIPPS MIRAMAR RANCH

10301 Scripps Lake Dr, San Diego, CA 92131

440 | Major Wine Regions of California

Eric Awes, Wine Industry Consultant
Saturday, Feb. 25 | 1:30 PM | Free

This class will familiarize you with the six major California grape-growing regions to aid you in making the best choices when purchasing California wines.

TIERRASANTA LIBRARY BRANCH

4985 La Cuenta Dr, San Diego, Ca 92124

512 | Don't Downsize, Rightsize!

Lorelei Taylor, Senior Real Estate Specialist, Certified
Antiques Appraiser, Estate Services Director
Saturday, Jan. 28 | 1:00 PM | Free

Learn how to evaluate personal contents, decide what to keep, and how to let go.

UNIVERSITY COMMUNITY BRANCH

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

543 | African American Artists in Art History New

Julia Fister, MA, Studio ACE Executive Director
Tuesday, Feb. 28 | 12:30 PM | Free

This lecture will look at African American artists from 1792 to the present. As artists, they were incredibly prolific!

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-to-the-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.

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

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.

Southern Charm

May 14 - 20, 2023 | 7 Days | 9 Meals
Double \$2,999 | Triple \$2,299 | Single \$4,349

Highlights include Historic Charleston • Choice on Tour: Walking Tour or Fort Sumter Cruise in Charleston • Boone Hall Plantation & Gardens • Savannah • St. Simons Island • Jekyll Island • Sea Turtle Hospital

Spotlight on New York City

September 20 - 24, 2023 | 5 Days | 5 Meals
Double \$2,999 | Single \$3,799 | Triple \$2,969

Highlights include Greenwich Village • Wall Street • Broadway Show • Statue of Liberty • Ellis Island • 9/11 Memorial • 9/11 Museum

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 Durango to Silverton Railroads.

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.**

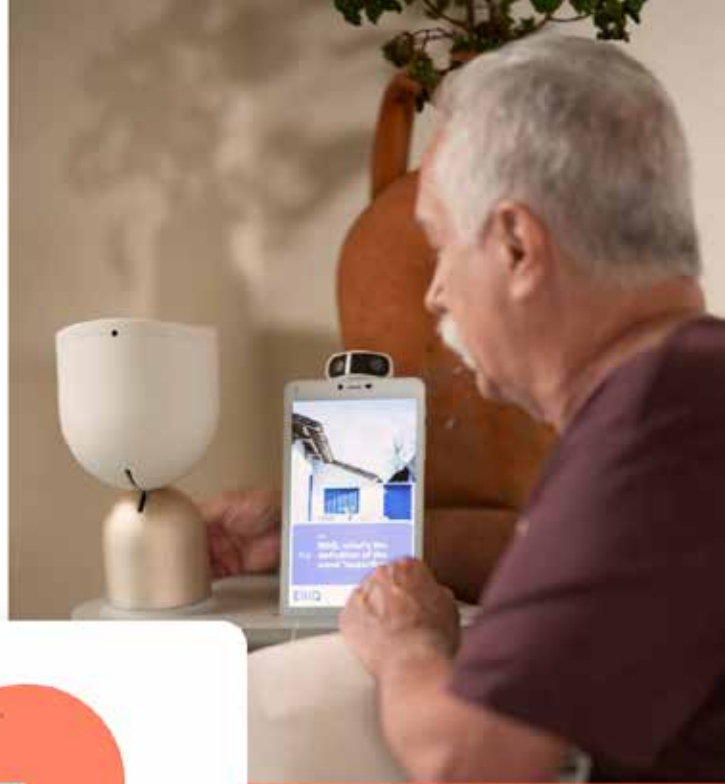
If you or someone in your household has a qualifying medical condition or a need for certain medical devices, you may qualify for the Medical Baseline Allowance Program. Apply today to see if you can receive more electricity at a lower rate. Learn more at sdge.com/medical.



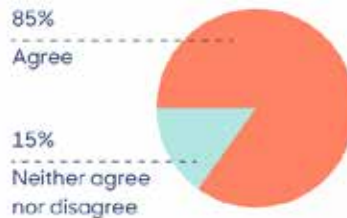
ELLI•Q

Have you met the sidekick
for healthier, happier aging?

Visit San Diego Oasis for a demo!



85% of users feel
more companionship
after getting ElliQ



844-944-ELLI
www.elliq.com

Are you House Rich but Cash Poor?

*A reverse mortgage loan can improve your "Quality of Life"
and give you "Peace of Mind" SM*

Home Owners 62 and older:

- Supplement your retirement income
- Never make a monthly mortgage payment
(Responsible for property taxes and homeowner's insurance)
- Tax-free money
- Lump sum, monthly payments, line of credit; or combo
- Will not affect Social Security or Medicare Benefits
(May affect Medicaid and SSI)

It's more than a Mortgage, it's a Reverse Mortgage!

*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.*

They are responsible for property taxes and homeowner's insurance.

*Most reverse mortgage companies want to do
business over the phone and use the US Postal Service.*

*I do business "The Old Fashion Way";
I come to your home and meet with you
face to face at your kitchen table.*

800-830-2505 / 760-484-6660

email: owen.coyle@gmail.com

www.reversemortgages62.com

8975-403 Lawrence Welk Dr., Escondido CA 92026
Serving Southern California since 2003



Owen Coyle

Your Reverse Mortgage Specialist
23 years experience

BRE#01253295 / NMLS#279015



Loans made or arranged pursuant to Real Estate Corporation License Endorsement, California Bureau of Real Estate Broker #01837820. NMLS #274336

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

These materials are not from HUD or FHA and were not approved by HUD or a government agency.

Navigate the Path Ahead



Housekeeping · Transportation · Meal Prep · Physical Therapy · Aging in Place · Assisted Living · Memory Care

Navigating your future may bring uncertainty. Aging Well Partners can help you discover your best path forward by empowering you with the vetted resources and trusted services that meet your specific needs. Your journey has a roadmap and we are here to help you find it.

Your Local Partners.

Your Certified Senior Advisors™.

Free Consultation: 619.789.1839



AGING WELL
PARTNERS

agingwellpartners.com

Proudly featuring our Certified Business Partners



Aging 23

DEVORE REALTY
GROUP



CHINTZ TEAM
DESIGN-BUILD-RENOVATE

Oasis
Living Adventure

GLENNER
RESIDENTIAL & COMMERCIAL

St. Paul's PACE

PHYSIO 360

Thrivent Financial Classes at San Diego Oasis

Speaker: Anthony Camara, FIC, MBA

**567 | Social Security
Tuesday, January 17 | 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.

**568 | Thrivent One-on-One
Friday, January 20 | 10:00 AM | Free**

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

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



**THRIVENT
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

Oasis Board of Directors

Julie Derry,
Board Chair
Mark Allan
Vice Board Chair
Krishna Arora,
Board Chair Emeritus
Simona Valanciute,
President & CEO
Paul Weiss, PhD,
President, Oasis Institute
Michael Bardin
Sue Bradham
David Chong
Jonathan Doering
Kathy Gamez
Frank Hoffstadt
Danielle Kyd
Sandra Nimitz Lawhon
Judy Lewis, PhD
Barbara Noerenberg
Hon. William H. Wise



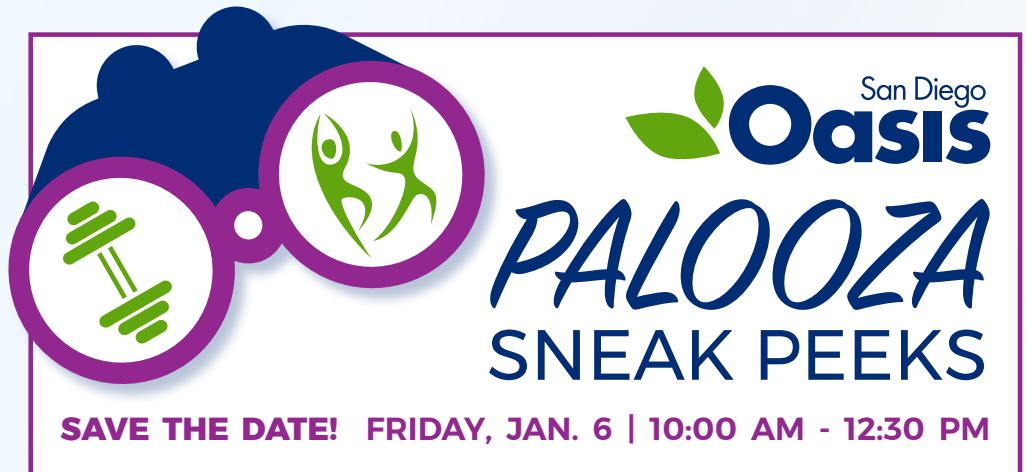
San Diego Oasis

Serving San Diego County
5500 Grossmont Center Drive | Suite 269
La Mesa, CA 91942

NON-PROFIT ORG
US POSTAGE
PAID
PERMIT #3175
SAN DIEGO, CA

Oasis Advisory Board

Don Ambrose
Sister Mary Jo Anderson
Michelle Candland
Ken Druck, PhD
Peg Eddy
Henry George
Bob Kelly
Maureen King
Jordan Z. Marks, Esq.
Mark Riedy, PhD
Drew Schlosberg
Ellen Schmeding
Alejandra Sotelo-Solis
Deborah Szekely
Charles Van Vechten
Bill York



Thank You to our Sponsors

