MARCH APRIL 2023

San Diego OdSIS GROW WITH US

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

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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 (1,000 tablets as of 12/2022).

JOINING OASIS

- Who Can Join: Oasis is open to all people 50+ regardless of income, sex, race, religion or background
- Registration: 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, create one by visiting the website, calling us at (619) 881-6262 or emailing us at Info@SanDiegoOasis.org
- **New to Oasis?** Would you like to share with friends and family all that Oasis offers? We have a helpful resource on the home page of our website dedicated to those new to Oasis.

VOLUNTEER OPPORTUNITIES

- **Tutoring Program**: Volunteers, 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 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 opportunities from which to choose. To learn more, contact Kris Anelli at **Kris@SanDiegoOasis.org**.
- **Library Ambassadors**: Library Ambassadors are San Diego Oasis volunteer representatives for classes taught at libraries throughout San Diego County. They enrich the offsite program experience for attendees by providing Oasis updates, answering general program questions, and providing instant feedback. If you would like to learn more about this volunteer opportunity, please contact Kris at Kris@SanDiegoOasis.org

CLASS CATEGORIES

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

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DETACH AND MAIL TO SAN DIEGO OASIS 5500 Grossmont Center Drive, #269, La Mesa, CA 91942

Please accept my donation, as indicated: □ \$25 □ \$250 Please consider writing a check to avoid credit □ \$50 □ \$500 ☐ Other: \$______ card processing lees. See Page 4 for a full list □ \$100 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 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

Dear Oasis Family,

Nothing makes us happier than hearing from individuals who benefit from what Oasis offers.

Reading books with my young grandchild not only increases his reading skill and comprehension, but it also strengthens our relationship!

- JoAnne, Tutor and Grandmother

Thanks to San Diego Oasis, I now have this wonderful tablet that allows me to reconnect with my family and friends. I look forward to taking technology classes so I can learn more about support services that are available online.

- William, Tablet Recipient

My Oasis fitness classes teach me balance, stability, good breathing techniques and it's a great group of people to have some laughs with.

- Mike, Oasis Member

Creating joy, friendships, and confidence is at the heart of our mission. Whether you are a lifelong learner of technology or philosophy, a fitness and dance enthusiast, or a volunteer in our Intergenerational Tutoring or Bridging the Digital Divide programs, you know our excellent programs make a difference for older adults and at-risk children.

You can help us have a greater impact by:

- Continuing to take your favorite classes...and trying new ones!
- Sharing Oasis with friends and family to help us build our membership and programming.
- Financially supporting the programs that resonate with you. Did you know that class fees only cover 21% of the cost? Generous donations, estate gifts, and grants must make up the difference each year.

I encourage you to send in your donation. Whether you choose our general programming, the Rancho Bernardo expansion, our 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.

Simona Valanciute President & CEO





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 Summer 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 15 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** or click on the Rancho Bernardo feature box on our website (**SanDiegoOasis.org**).



Enjoy dasses...every day, every week, every year, for life!

Lifetime Membership at San Diego Oasis allows you to take in-person and online classes when and where convenient for you. Invest in your personal learning and healthy lifestyle opportunities. It's an investment that will last for the rest of your life.

How does the Lifetime Membership work? A limited number of Lifetime Memberships are available each year. In 2023, the one-time cost is \$25,000 per person. Each year, the cost and available number of Lifetime Memberships changes, to reflect the economic environment. However, once an Oasis member purchases a Lifetime Membership, he/she/they are set for life and can grow with San Diego Oasis.

How does the Lifetime Membership help me?

- For the one-time cost of \$25,000, you can attend an unlimited number of Oasis programs throughout San Diego County for your lifetime. Simply register for the classes you want to attend; our system will recognize you as a lifetime member. Enjoy all lifelong learning and wellness programs for as long as you live, at any location in the region. Please note that some class sizes are limited, so registration is based on availability.
- Oasis will issue a special Oasis Lifetime Member card, which gives you priority everything: registration, check-in, and other accommodations.
- As we grow, so will you. We are always working to expand, which means more programming and locations that you'll be able to enjoy.

What is excluded: Oasis Everywhere classes, third-party classes, material fees (art supplies, required books, etc.) and Travel. Oasis offers an impressive menu of local and international trips, in partnership with our travel agencies, but these opportunities fall outside of the Lifetime Membership offerings.

How do I get my Lifetime Membership?

Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more about the process.

Can I gift a Lifetime Membership to someone else?

Absolutely. Your gift will literally last a lifetime!

Why offer a Lifetime Membership option? Our programs are in high demand, yet today, Oasis has only two full time locations: Escondido and La Mesa (and soon, Rancho Bernardo!). In order to build more program locations, Oasis needs working capital. The older adult population is growing in unprecedented numbers, yet nonprofit funding becomes more challenging each year. This membership will allow us, in part, to bring programs you already love and appreciate to more local neighborhoods for others to enjoy.



N-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.

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.

389	Monday,	Feb.	27		10:00	AM		\$15
390	Monday,	Mar.	13		10:00	AM		\$15
391	Monday,	Mar.	27	ĺ	10:00	AM	ĺ	\$15
392	Monday,	Apr.	10	Ĺ	10:00	AM	ĺ	\$15
393	Monday,	Apr.	24	Ĺ	10:00	AM	Ĺ	\$15

Crystal Bracelet Making Class

Kathy A. Willcuts Garcia and Steven Garcia

Make your own handmade bracelet made from natural crystals with healing qualities.

654 | Thursday, Mar. 2 | 10:00 AM | \$45 **657** | Monday, Apr. 17 | 10:00 AM | \$45

◆ 465 | Quilted Easter Egg Placemats

Lyn Earl, Instructor

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

Update your spring table décor with these cute Easter egg shaped placemats.

Simple Acrylic Discovery Simple Acrylic Discovery

Elle Arnot, MFA, School of the Art Institute of Chicago

Each session will begin with a brief introduction, from there you will learn to use simple, versatile techniques to create a stunning work of art.

423 | Thursdays, Mar. 9 - 16 | 10:00 AM | \$30 **424** | Thursdays, Apr. 6 - 13 | 10:00 AM | \$30

655 | Sewing Herbal Leather Pouches

Kathy A. Willcuts Garcia and Steven Garcia Monday, Mar. 13 | 1:00 PM | \$40

In this class you will be sewing a leather pouch and filling it with healing, aromatic herbs.

533 | Beginner Practical Crocheting

Janet Stuelpner, The Left-Handed Artist and Crafter Tuesdays, Mar. 14 - 28 | 10:00 AM | \$45

Learn to crochet in rows, rounds and squares using basic stitches and simple patterns.

Small Dish/Nightlight

Diana Griffin, Owner of Queenie Glass and Sass

In this class you will make 2 glass pieces: a small square plate and a nightlight.

278 | Wednesday, Mar. 15 | 1:00 PM | \$50 **281** | Saturday, Apr. 15 | 10:00 AM | \$50

352 | From Realism to Abstraction

Aniko Makranczy, MFA

Wednesdays, Mar. 15 - Apr. 12 | 10:00 AM | \$75

Learn how to abstract a realistic image using concepts such as contrast, shape modification, changeover lines, and geometric form.

Wind Chime/Suncatcher

Diana Griffin, Owner of Queenie Glass and Sass

Use a pre-drilled piece of wood, fishing line, kiln fired glass pieces and beads to create your own designer wind chime/suncatcher.

279 | Saturday, Mar. 18 | 10:00 AM | \$50 **280** | Wednesday, Apr. 12 | 1:00 PM | \$50

572 | Living Picture Box of Succulents

Muriel King, Succulent Designer/Owner, The Perfect Plant Thursday, Mar. 23 | 10:00 AM | \$65

Accent your gate, wall or table with a living picture. All materials, tools, and plants will be provided.

596 | Easter Doodles

Nina Hegyi, Artist and Instructor Monday, Mar. 27 | 1:00 PM | \$15

Celebrate the Easter season and enjoy doodling with Nina. Learn easy to draw Easter spirited doodles.

d 656 | Tea Making and Meditation

Kathy A. Willcuts Garcia and Steven Garcia Tuesday, Mar. 28 | 1:00 PM | \$40

Nourish yourself with a guided meditation and then relax with a cup of calming, herbal tea.

◆ 680 | Fun with Stamps and Paper — Easter Card Making

Trina Pascale, Art Instructor Thursday, Mar. 30 | 10:00 AM | \$15

Come make two personally designed Easter cards. All the materials will be provided.

■ 534 | Variations of Needlepoint

Janet Stuelpner, The Left-Handed Artist and Crafter Tuesdays, Apr. 4 - 18 | 10:00 AM | \$45

Learn basic needlepoint stitches and develop skills to complete simple projects.

◆ 466 | Zippered Tote Bag

Lyn Earl, Instructor Wednesday, Apr. 5 | 1:00 PM | \$15

Sew a fabulous retro zippered tote bag. Great for beach trips and groceries.

◆ 597 | Still-Life Drawing with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, Apr. 17 | 1:00 PM | \$15

In this still-life drawing class we will cover the basic techniques needed to develop your drawing skills.

◆ 658 | Beaded Rosette

Kathy A. Willcuts Garcia and Steven Garcia Wednesday & Thursday, Apr. 19-20 | 10:00 AM | \$50

Learn pattern making and sewing techniques to create your own beaded rosette.

571 | Wine Bottle Planter of Succulents

Muriel King, Succulent Designer/Owner, The Perfect Plant Thursday, Apr. 20 | 1:00 PM | \$65

Using a wine bottle with a wide horizontal opening, you will create a lovely succulent arrangement.

BUSINESS, FINANCE, LEGAL

694 | Social Security

Anthony Camara, FIC, MBA Thursday, Mar. 9 | 1:00 PM | \$5

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

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.

695 | Friday, Mar. 3 | 10:00 AM | Free **697** | Friday, Apr. 21 | 10:00 AM | Free

Retirement & Estate Strategies

Anthony Camara, FIC, MBA

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

714 | Thursday, Mar. 9 | 11:00 AM | \$5 **715** | Friday, Apr. 21 | 1:00 PM | \$5

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 to do so.





Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist

Are you house rich but cash poor? Government insured program, tax free money, no mortgage payments. Receive money: lump sum, line of credit, monthly payments, or a combination of both.

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

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

Understanding Senior Residential Care Options

Virginia Renker MPH, CSA, Certified Senior Advisor Residential Options for Seniors and the Elderly (ROSE)

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

303 | Monday, Mar. 6 | 1:00 PM | Free

304 | Wednesday, Mar. 8 | 1:00 PM | Free

325 | 15 Steps to a Successful Remodel

Peter Klein, Author & former contractor Tuesday, Mar. 7 | 10:00 AM | \$15

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

■ 385 | Prosecuting David Meza – Catching a Murderer

Robert Ciaffa, Former Federal Prosecutor Tuesday, Mar. 7 | 10:00 AM | \$15

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

Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, Women's Financial Academy Founder

Guidance to help your family avoid common mistakes and have an easy asset transition.

415 | Tuesday, Mar. 21 | 1:00 PM | \$15

416 | Tuesday, Apr. 25 | 10:00 AM | \$15

409 | Let's Talk About It - Mar. Headlines

Rick LeVine, Attorney

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

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

410 | Let's Talk About It - Apr. Headlines

Rick LeVine, Attorney Wednesday, Apr. 26 | 1:00 PM | \$8

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

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

Martha Quintero, SDG&E

Tuesday, Mar. 28 | 10:00 AM | Free

Electric pricing plan options, tools, tips and programs to help you manage your energy and save money.

334 | Essential Home-Selling Tips

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Wednesday, Mar. 29 | 10:00 AM | \$15

If you are thinking of selling your home, join this seminar to learn some top tips for helping you to compete in today's real estate market.

Lisa Claycomb, JD, CLTC, CFP[®] Saturday, Apr. 15 | 10:00 AM | \$15

Learn how they work, contributions versus conversions, and the rules and tax advantages that apply.

696 | Long-Term Care

Anthony Camara, FIC, MBA Tuesday, Apr. 18 | 1:00 PM | \$5

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

417 | Investing 101

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, Women's Financial Academy Founder Tuesday, Apr. 25 | 1:00 PM | \$15

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

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.

126 | Wednesday, Mar. 8 - 29 | 2:15 PM | \$40 **127** | Wednesday, Apr. 5 - 26 | 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.

130 | Fridays, Mar. 10 -31 | 10:45 AM | \$40 **131** | Fridays, Apr. 7 - 28 | 10:45 AM | \$40

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

134 | Mondays, Mar. 6 - 27 | 12:00 PM | \$40

135 | Mondays, Apr. 3 -24 | 12:00 PM | \$40

138 | Fridays, Mar. 10-31 | 12:00 PM | \$40

139 | Fridays, Apr. 7 -28 | 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.

142 | Mondays, Mar. 6 - 27 | 9:30 AM | \$40

143 | Mondays, Apr. 3 - 24 | 9:30 AM | \$40

146 | Tuesdays, Mar. 7 - 28 | 12:00 PM | \$40

147 | Tuesdays, Apr. 4 - 25 | 12:00 PM | \$40

150 | Wednesdays, Mar. 8 - 29 | 1:15 PM | \$40

151 | Wednesdays, Apr. 5 - 26 | 1:15 PM | \$40

473 | Saturday, Mar. 18 | 10:30 AM | \$10

474 | Saturday, Apr. 15 | 10:30 AM | \$10

Country 2-Step

Trish Connery Walkup, Dancer, Teacher & Judge One of the easiest partner dances! Learn basic rhythms and patterns, dance position and turns.

154 | Thursdays, Mar. 9 - 30 | 1:15 PM | \$40

155 | Thursdays, Apr. 6 -27 | 1:15 PM | \$40

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

Julia Doughty, MFA and Certified HHP Wednesdays, Mar. 1 - 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 Awdziewicz, Folk Dance Group

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

159 | Wednesdays, Mar. 8 - 29 | 9:30 AM | \$24

160 | Wednesdays, Apr. 5 - 26 | 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.

163 | Thursdays, Mar. 9 - 30 | 12:00 PM | \$40

164 | Thursdays, Apr. 6 - 27 | 12:00 PM | \$40

Progressive Strength, Balance and Flexibility Training

Elinor Smith, Group Exercise Instructor & Certified Personal Trainer

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

167 | Tuesdays, Mar. 7 - 28 | 9:30 AM | \$40

168 | Tuesdays, Apr. 4 - 25 | 9:30 AM | \$40

171 | Thursdays, Mar. 9 - 30 | 9:30 AM | \$40

172 | Thursdays, Apr. 6 - 27 | 9:30 AM | \$40

Not sure what Fitness Class is right for you?

Come and observe one from our lobby!

Our volunteers will also be happy to assist in recommending a Fitness class that meets your individual needs.





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.

175 | Mondays, Mar. 6 - 27 | 2:15 PM | \$30

176 | Mondays, Apr. 3 - 24 | 2:15 PM | \$40

179 | Fridays, Mar. 10 - 31 | 9:30 AM | \$30

180 | Fridays, Apr. 7 - 28 | 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.

183 | Tuesdays, Mar. 7 - 28 | 1:15 PM | \$30

184 | Tuesdays, Apr. 4 - 25 | 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.

187 | Tuesdays, Mar. 7 - 28 | 10:45 AM | \$40

188 | Tuesdays, Apr. 4 - 25 | 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.

191 | Thursdays, Mar. 9 -30 | 10:45 AM | \$40

192 | Thursdays, Apr. 6 - 27 | 10:45 AM | \$40

194 | T'ai Chi Chih:

Joy Through Movement for Intermediate Students

Michelle Sarubbi, Certified TCC Instructor Fridays, Mar. 17 - Apr. 28 | 1:15 PM | \$70

In this three-week program you learn to deepen and refine the movements.

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

This class will help you improve balance and promote healing.

197 | Mondays, Mar. 6 - 27 | 1:15 PM | \$40

198 | Mondays, Apr. 3 - 24 | 1:15 PM | \$40

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

201 | Mondays, Mar. 6 - 27 | 10:45 AM | \$40

202 | Mondays, Apr. 3 - 24 | 10:45 AM | \$40

205 | Wednesdays, Mar. 8 - 29 | 12:00 PM | \$40

206 | Wednesdays, Apr. 5 - 26 | 12:00 PM | \$40

469 | Saturday, Mar. 18 | 9:30 AM | \$10

470 | Saturday, Apr. 15 | 9:30 AM | \$10

HEALTH

d 474 | How to Get the Most from Your Doctor's Visit

Jillian A. Tullis, PhD, Associate Professor Thursday, Mar. 2 | 10:00 AM | \$15

Learn how to talk with your doctor about anything and get the most out of your appointments.

ALZHEIMER'S®

◆ 688 | Alzheimer's Research Update

Lena Huang, MA, CNP Friday, Mar. 3 | 1:00 PM | Free

Hear the latest advances regarding prevention, detection, diagnostics, and therapeutic interventions.

685 | Navigating Loss, Change, and Life Transitions

Colleen Linnertz, LMFT, SEP

Friday, Mar. 10 | 10:00 AM | Free

Practical ways to navigate feelings of loss, uncertainty, and fear that can accompany a life-changing event.

448 | Fats - Healthy or Unhealthy

Nadin Benrey, MA, NBC-HWC

Wednesday, Mar. 15 | 10:00 AM | \$15

During this class, students will learn about healthy and unhealthy fats.

● 707 | Vitamins: the ABCs

Philip J. Goscienski, M.D.

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

We'll break down what vitamins are oversold and what vitamins you really need.

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

337 | Saturday, Mar. 18 | 10:00 AM | Free **338** | Saturday, Apr. 15 | 10:00 AM | Free

d 676 | A Day of Plant Based Nutrition

Charlene Correia, Plant-Based Lifestyle Health Coach Friday, Mar. 24 | 10:00 AM | \$15

Discover plant-based options for each meal of the day, including snacks and desserts.

● 677 | The Power of Plant Based Nutrition

Charlene Correia, Plant-Based Lifestyle Health Coach Friday, Mar. 31 | 10:00 AM | \$15

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

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

Charlene Correia, Plant-Based Lifestyle Health Coach Friday, Apr. 7 | 10:00 AM | \$15

We'll discuss simple tools and solutions to eat plantbased foods whether you are eating out, traveling or just in the comfort of your own home.

299 | Managing Knee Arthritis:

What To Do If Your Knees Are Getting You Down

Aging Well Partner Sean Kuhn, PT, DPT, FAFS, 3DMAPS, MBA of Physio on the Go Tuesday, Apr. 11 | 3:00 PM | Free

We will discuss potential causes of arthritis as well as some do's and don'ts to help you figure it out.

● 708 | Ten Ways to Prevent Dementia & Alzheimer's Disease

Philip J. Goscienski, M.D.

Friday, Apr. 28 | 10:00 AM | \$15

We'll discuss ten simple measures that will preserve and even improve brain function.

Stay up-to-date through our weekly email featuring upcoming classes, announcements, resources, and more.

Email Info@SanDiegoOasis.org

and we'll get you signed up!

= NEW!



HISTORY & HUMANITIES

● 546 | The Lost Towns of San Diego County

Vincent Rossi, Historian & Author, Story Seekers Monday, February 27 | 10:00 AM | \$15

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

→ 701 | Philosophical Self-Portrait

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, Mar. 2 | 10:00 AM | \$15

We'll discuss three main areas of philosophy and examine how they logically fit together.

604 | Tales from the Emerald Isle

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

Join storyteller Marilyn McPhie for a wee bit of Irish magic – and blarney.

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

Impact of French scientist, mathematician, and philosopher René Descartes (1596-1650).

290 | Intriguing Italy: Part I

Linda Hawley, Ed.M., Teacher & Author Thursday, Mar. 9 | 10:00 AM | \$15

We will travel to various sites and cities to explore this country's archaeology, architecture, and art.

675 | Niccolo Machiavelli: The Dark Prince?

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

Friday, Mar. 10 | 1:00 PM | \$15

This presentation will examine how Machiavelli's ideas were the product of the turbulent times in which he lived.

609 | Kumeyaay Life Prior to the 1769 European Arrival

Linda Hawley, Ed.M., Teacher & Author Monday, Mar. 13 | 10:00 AM | \$18

Learn about the native people of San Diego County via lecture followed by a free guided walk at Mission Trails Regional Park.

● 320 | Patton — The General and the Legend

Blaine Davies, M.A., Professor of U.S. History Monday, Mar. 13 | 10:00 AM | \$15

Heralded as the "greatest combat commander in modern times," George Patton was a man of contradictions. Learn more about this great leader.

◆ 547 | The Nation's Record Keeper Vincent Rossi, Historian & Author,

Story Seekers Co-Owner Tuesday, Mar. 14 | 10:00 AM | \$15

The National Archives and Records Administration is the repository for the federal government. Learn about the history of NARA and the records it holds.

427 | What is God?

Matthew Wion, Ph.D. Thursday, Mar. 16 | 10:00 AM | \$15

Conceptions of God, arguments for and against the existence of God, and the impact of science on the question of God.

◆ 605 | Fey Folk: Bogles, Brownies, Selkies, and Fairies

Marilyn McPhie, Storyteller Friday, Mar. 17 | 1:00 PM | \$15

Do you believe in fairies? Learn about the facts, legends, cautions, and stories of the fey.

■ 404 | Ancient Mesopotamia and the Near East

Gwenyth Mapes, Professor of Humanities Friday, Mar. 17 | 1:00 PM | \$15

The ancient Near Eastern cultures in Sumeria, Akkadia, Israel, Babylon, Assyria, and Persia left amazing art and architecture.

■ 237 | Anthropology and the Bible

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

This lecture is about the correlation between human cultural evolution and the books of the Bible.

■ 271 | The Dying God, the Trickster, and Sacrifice

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

Three prominent and powerful concepts in religion and mythology—the dying god, the trickster, and sacrifice.

● 669 | The Lives of Women Conquistadors

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College

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

Isabel de Guevara and Catalina de Erauso: both women challenged the patriarchal society of Colonial Spanish America.

◆ ● 670 | Religious Rebels: Sor Juana and Anne Hutchinson

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Mar. 24 | 1:00 PM | \$15

We'll look at how religious rebels Sor Juana in Colonial Mexico and Anne Hutchinson in Colonial England challenged the social norms of society.

◆ 671 | Black Vaqueros

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Thursday, Mar. 30 | 10:00 AM | \$15

Lesser-known story of black vaqueros or cowboys in the Wild West, such as Bass Reeves who inspired the story of The Lone Ranger.

◆ 684 | Tears of War--Stories of Refugee Women

Anne Hoiberg, Activist, Women's Hall of Fame Inductee, President of Women's Museum of California Friday, Mar. 31 | 1:00 PM | \$15

Hear the stories of thirty-seven refugee women that describe the terrifying consequences of war and the circumstances of fleeing their home country.

272 | The Lost Gospel of Thomas

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, Apr. 5 | 10:00 AM | \$18

In 1945 an intact text of the Gospel of Thomas was discovered in Egypt. We'll explore that heady first century before the establishment of the official Church.

● 659 | When the Indians Met Lewis and Clark

Dr. David Peck

Thursday, Apr. 6 | 10:00 AM | \$15

Join us as we explore clashes between vastly different cultures - when the Lewis and Clark Expedition encountered Native American tribes.

■ 606 | Tulip Mania

Marilyn McPhie, Storyteller Friday, Apr. 7 | 1:00 PM | \$15

Learn what Tulip Mania, a period during the Dutch Golden Age, had to do with art, a botanical virus, and the rules of international finance.

350 | Pierre Bonnard (1867-1947)

Aniko Makranczy, MFA Tuesday, Apr. 11 | 10:00 AM | \$15

French painter Pierre Bonnard was a leading figure in the transition from Impressionism to Modernism.

● 321 | Dwight Eisenhower - Soldier, Statesman, Patriot Blaine Davies, MA, Professor of U.S. History

Wednesday, Apr. 12 | 10:00 AM | \$15

A look at the man who played a key role in destroying Nazi tyranny and then led the free world through the most perilous years of the Cold War.

Matthew Wion, Ph.D. Thursday, Apr. 13 | 10:00 AM | \$15

How can we think about race and ethnicity in a way that prevents us from seeing others in a negative light?

405 | Islam's Art & Architecture

Gwenyth Mapes, Professor of Humanities Friday, Apr. 14 | 1:00 PM | \$15

The 7th century rise of Islam created trade and war, and architecture and art that is still studied today.

◆ ● 668 | The Life and Ideas of Sigmund Freud

Marti Peck, Ph.D., Psychologist Friday, Apr. 14 | 10:00 AM | \$15

Sigmund Freud revolutionized the field of Psychology. Understand the man, and his theories regarding human behavior and mental health.

348 | Revolution & Independence from Spain

Frank Newton, PhD

Monday, Apr. 17 | 10:00 AM | \$15

After 300 years of servitude, Spain's New World colonies exploded with rebellion. We'll explore the causes of the social and political upheaval.

■ 238 | The Mysteries of the Olmecs

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

The Olmec civilization is regarded as the "Mother" civilization in Mesoamerica, from which the succeeding civilizations drew cultural attributes.

273 | The Great Philosophers: SpinozaPeter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, Apr. 19 | 10:00 AM | \$18

Spinoza, born in Amsterdam in 1632, wrestled with ideas of God and the universe and changed the course of Western religion and philosophy.

▼ 702 | The Eight Stages of Death

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, Apr. 20 | 10:00 AM | \$15

The Tibetan Book of the Dead describes the eight stages of death and its aftermath. Discover how this ancient wisdom sheds light on an area our modern world doesn't focus on.

■ 515 | World War II Through the Eyes of San Diego **Children and Teens**

Linda Canada, Historian & Author Tuesday, Apr. 25 | 10:00 AM | \$15

Through letters, school newspapers, and official records, learn about actual experiences of San Diego's children on the home front during World War II.

◆ ● 672 | Behind the Mask: The Historical Zorro

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Thursday, Apr. 27 | 10:00 AM | \$15

We will look at the origin of the story of Zorro, the various individuals who might have inspired the tale, and more.

◆ ● 673 | Demystifying Culture and Society of the Aztecs

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Apr. 28 | 1:00 PM | \$15

We will examine the impact of conquest and the rhetoric used by contemporaries in vilifying Mexicans and other Latino immigrants.





LANGUAGE

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

576 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mondays, Mar. 13 - Apr. 24 | 10:00 AM | \$105

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

577 | French Literature and Discussion: Level 1

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mondays, Mar. 13 - Apr. 24 | 11:30 AM | \$105

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

578 | French Literature and Discussion: Level 2

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mondays, Mar. 13 - Apr. 24 | 1:00 PM | \$105

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

d 498 | Italian for Beginners

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Mondays, Mar. 13 - Apr. 24 | 12:30 PM | \$105

With this course you will learn the basics of the Italian language though fun, interactive activities.

699 | Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Mondays, Mar. 13 - Apr. 24 | 1:45 PM | \$105

Fun and interactive activities in this class will help you refresh and improve your Italian.

294 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Mar. 14 - Apr. 25 | 10:00 AM | \$90

Bentornati! Explore common Italian phrases accompanied by various songs, videos and poetry.

295 | Italian for Travelers

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Mar. 14 - Apr. 25 | 12:00 PM | \$90

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

283 | Beginning Spanish I

Gladis Jiménez González Wednesdays, Mar. 15 - Apr. 26 | 10:00 AM | \$105 For students who have no background in Spanish.

285 | Beginning Spanish II

Gladis Jiménez González Wednesdays, Mar. 15 - Apr. 26 | 11:30 AM | \$105 We will continue with the present tense using irregular verbs, grammar and vocabulary.

287 | Intermediate Spanish I

Gladis Jiménez González Wednesdays, Mar. 15 - Apr. 26 | 1:00 PM | \$105

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

452 | **Beginning Spanish 101** Walberto Diaz, Ed.D. Spanish Professor Thursdays, Mar. 16 - Apr. 27 | 10:00 AM | \$105

Learn to perform simple tasks in the present tense in a highly interactive, lively environment.

453 | Beginning Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor Thursdays, Mar. 16 - Apr. 27 | 11:30 AM | \$105

We'll focus on developing fluency and conversational skills for beginning-level Spanish speakers.

◆ 454 | Advanced Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor Thursdays, Mar. 16 - Apr. 27 | 1:00 PM | \$105

This course focuses on developing greater fluency, placing communicative goals at the forefront.

◆ 587 | Intermediate Spanish IIRene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, Mar. 17 - Apr. 28 | 10:00 AM | \$105

This course will help you develop oral, listening, reading and writing skills.

589 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, Mar. 17 - Apr. 28 | 11:30 AM | \$105

Review, refine and expand your oral proficiency, reading, writing and listening comprehension.

LITERATURE

240 | Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor, Blue Vortex Publishers, Managing Editor, San Diego Poetry Annual Thursdays, Mar. 2 - Apr. 27 | 10:00 AM | Free

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

316 | Creative Writing Workshop: An Overview Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers Tuesday, Mar. 7 | 1:00 PM | \$15

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

317 | Creative Writing Workshop

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers Tuesdays, Mar. 14 - Apr. 18 | 1:00 PM | \$90

The craft of the universal structure of storytelling. Write, share and feel pride in your unique prose.

◆ 444 | Literary Interpretation & Exploration: **Three Treasured Classic Poems III**

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

"The Road Not Taken" by Robert Frost, "A Dream Within a Dream" by Edgar Allan Poe, and "Because I Could Not Stop for Death" by Emily Dickinson.

◆ 445 | Literary Interpretation & Exploration:

"The Rime of the Ancient Mariner"

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

Dive into the brilliant narrative techniques of Samuel Taylor Coleridge's long poem.

592 | Poetry Month: So, You Want to Write a Narrative?

Delores Fisher, Professor, Africana Studies SDSU Friday, Apr. 21 | 10:00 AM | \$15

Share your personal story using words, photos and learn to create 'the blended scrapbook' of your life.

◆ 667 | T.S. Eliot's The Waste Land

David Dooley, Singer Wednesday, Apr. 26 | 10:00 AM | \$15

A dramatic reading of Eliot's "The Waste Land" and discussion of its literary and cultural importance.

PERSONAL ENRICHMENT

deligional DiversityJacqueline Penhos, MA, Certified Diversity & Mindfulness Therapist Wednesday, Mar. 1 | 10:00 AM | \$15

Connect with your grandchildren, mentees, coworkers, volunteers or any young person in your life.

288 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wednesdays, Mar. 1 - Apr. 19 10:30 AM | Free

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

561 | San Diego Oasis Travel Club

Linda Hawley, Ed.M., Teacher & Author Thursday, Mar. 2 | 1:00 PM | Free

Join the Club! Ask questions, learn about trips, discuss your travel experiences and more.

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.

536 | Taking Transit 101

Ariel Kroll, Community Engagement Specialist (MTS) Tuesday, Mar. 7 | 10:00 AM | Free

Learn how to get started riding with MTS! By the end, you will be ready to travel around San Diego.





Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor

Bam! Crack! Dot! Join the fun and learn to play an exciting tile game of strategy and luck.

495 | Tues. and Thurs., Mar. 7 - 16 | 1:00 PM | \$60 **496** | Tues. and Thurs., Apr. 4 - 13 | 1:00 PM | \$60

300 | Men's Forum

Walter Talley, Facilitator 2nd & 4th Weds., Mar. 8 - Apr. 26 | 10:00 AM | \$32

Join us to share, bond and develop friendships through discussion of meaningful, thoughtprovoking issues.

298 | Have you been Pickled? Pickleball 101

Aging Well Partners Bob Heck and Joan Chintz, Pickleball Instructors

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

Learn about Pickleball, the crazy popular, fastest growing sport in the US.

Confident Living Discussion Group

Laura Diaz, Board Certified Coach (BCC)

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

457 | Friday, Mar. 17 | 10:00 AM | \$15 458 | Friday, Apr. 21 | 10:00 AM | \$15

■ 509 | Gardening with Succulents

Sharon Reeve, MS, Landscape Designer Saturday, Mar. 18 | 10:00 AM | \$15

There are so many great succulent choices for San Diego. You'll learn garden design principles for creating a beautiful succulent garden.

704 | Discussion Group on Successful Aging

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Monday, Mar. 20 | 10:00 AM | \$15

We will focus on celebrating aging and moving beyond life events that are causing us to feel stuck, discouraged, or uncertain about what's ahead.

461 | Choose Confidence

Laura Diaz, Board Certified Coach (BCC) Monday, Mar. 20 | 1:00 PM | \$15

Building confidence is learning more about yourself and making a choice of what positive changes need to happen.

522 | Navigating Retirement: Making a Smooth Transition Virginia B. Berger, MA, Certified Professional Coach

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

Become familiar with the stages in transition and learn tools for facing challenges and opportunities as you move through your retirement journey.

709 | Native Plants for Food and Remedies

OFF-SITE | California Native Plant Demonstration Garden 2201 Morley Field Dr. San Diego, CA 92104 Julia Doughty, MFA and Certified HHP Thursday, Mar. 30 | 10:00 AM | \$15

Learn about California native plants that you can grow for food and health remedies.

523 | Navigating Retirement:

Repacking Relationships with Family and Friends
Virginia B. Berger, MA, Certified Professional Coach
Thursday, Apr. 13 | 1:00 PM | \$15

We'll explore which relationships we cherish and which are toxic, how we deal with changing roles in families, and with whom we would like to reconnect.

529 | Emotional Intelligence

Barbara Gunning, MBA, Master Personality Type Practitioner Fridays, Mar. 24 -31 | 10:00 AM | \$30

Learn to use your emotions to enhance your communication and empathy skills.

682 | The Basics of DNA Testing and Analysis

Kathleen Fernandes, Ph.D. Friday, Mar. 24 | 10:00 AM | \$15

We'll look at the basics of autosomal DNA testing and discuss the major testing companies and the information they provide.



◆ ● 683 | Understanding Your AncestryDNA Test Result

Kathleen Fernandes, Ph.D.

Monday, Apr. 3 | 10:00 AM | \$15

We'll review the ethnicity prediction and cousin matching features of AncestryDNA and explain how to use the tools of analysis available on the site.

618 | Giving Back, Simple Ways to Pay It Forward

Jacqueline Penhos, MA, Certified Diversity & Mindfulness Therapist

Tuesday, Apr. 4 | 10:00 AM | \$15

Learn how giving back can be fulfilling for others while increasing your own mental and social emotional health.

→ 703 | Building Blocks to Better Aging: Live Interview with Dr. Mike Howard

Dr. Joe Casciani, Geropsychologist & Dr. Michael Howard, Clinical Neuropsychologist, Rehabilitation Psychologist, and Health Psychologist Friday, Apr. 7 | 1:00 PM | \$15

We explore how stress management, resilience and happiness are related to longevity and well-being.

462 | Self-Sabotage No More!

Laura Diaz, Board Certified Coach (BCC) Friday, Apr. 7 | 10:00 AM | \$15

Learn to use the SMART principle in setting goals, how to avoid distractions, and design a roadmap of where you are going.

530 | Learning to Read People

Barbara Gunning, MBA, Master Personality Type Practitioner Friday, Apr. 14 | 10:00 AM | \$15

Reading people is a powerful tool to improve communication and influence others. Learn to use this valuable tool to understand people in a new way.

PREFER TO REGISTER IN PERSON?

Visit our Grossmont location during business hours (M-F, 9:30 AM - 4:00 PM) and we'll help get you signed up!

TECHNOLOGY

Android: Do More with Your Android Phone

Russ Nail, Technology Trainer

Learn how to download apps, share photos, use the calendar, take notes and more.

433 | Monday, February 27 | 10:00 AM | \$15 **438** | Tuesday, Apr. 11 | 10:00 AM | \$15

328 | Online Safety and Security

Bucky Reed, IT Professional Friday, Mar. 10 | 10:00 AM | \$15

Learn how to protect yourself on your computer and smartphone. Use tools like 2-factor authentication, secure passwords, antivirus software, and what to do if your device has been compromised.

434 | iPhone: Get Started with Your iPhone

Mary Burns, Professor, San Diego Continuing Education Tuesday, Mar. 14 | 10:00 AM | \$15

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

435 | iPhone: Do More with Your iPhone

Mary Burns, Professor, San Diego Continuing Education Tuesday, Mar. 21 | 10:00 AM | \$15

Learn how to download apps, books from the library, use the calendar, take notes and more.

437 | Android: Get Started with Your Android Phone

Russ Nail, Technology Trainer Tuesday, Apr. 4 | 10:00 AM | \$15

Learn how to navigate your phone's important functions, such as customizing your background, downloading and removing apps, and much more.

329 | Android 101

Bucky Reed, IT Professional

Friday, Apr. 14 | 10:00 AM | \$15

Get more out of your phone. Install apps, increase text size, browse the internet, email, text, and more

330 | Android 102

Bucky Reed, IT Professional Friday, Apr. 21 | 10:00 AM | \$15

Learn how to access maps, use Uber and Lyft, share photos, see how your phone can make your life easier.

331 | Android 103

Bucky Reed, IT Professional Friday, Apr. 28 | 10:00 AM | \$15

We will cover how to use your phone's contacts, adjust settings like ringtones and notifications, and texting.

439 | Computer Navigation Basics

Russ Nail, Technology Trainer Monday, Apr. 17 | 10:00 AM | \$15

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

436 | iMac: Get Started

Russ Nail, Technology Trainer Tuesday, Apr. 25 | 10:00 AM | \$15

Learn how to navigate the Mac Operating system and learn about the dock, the finder, system preferences, how to access the cloud and photos.

713 | Windows: The Basics

Russ Nail, Technology Trainer Friday, Apr. 28 | 10:00 AM | \$15

We'll cover basic settings, file management tips, how to install printers, scanners, mobile phones and more.

LOVE OASIS?

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



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

231 | Need a computer...which do I choose?

Jacki Montierth, Founder of Wiseboomer.com Tuesday, February 28 | 10:00 AM | \$16

See a demonstration of three types of computers: a Mac, a PC and a Chromebook, learn the pros and cons of each and the benefits to interact with your other devices.

232 | Conquering Your iPhone - Part I

Jacki Montierth, Founder of Wiseboomer.com Monday, Apr. 3 | 10:00 AM | \$16

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."

233 | Conquering Your iPhone - Part II

Jacki Montierth, Founder of Wiseboomer.com Monday, Apr. 10 | 10:00 AM | \$16

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

234 | Conquering Your iPhone - Part III

Jacki Montierth, Founder of Wiseboomer.com Tuesday, Apr. 18 | 10:00 AM | \$16

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

235 | Conquering the iPhone Photo App

Jacki Montierth, Founder of Wiseboomer.com Monday, Apr. 24 | 10:00 AM | \$16

Learn to use the Photos app on your iPhone, iPad, or Mac to organize, edit, and share all your pictures and videos securely.

THEATRE & MUSIC

332 | Oscar Time with Andy Friedenberg

Andy Friedenberg, Director Cinema Society of SD Monday, Mar. 6 | 10:00 AM | \$15

Andy Friedenberg, member of the Academy of Motion Picture Arts & Sciences, will discuss the upcoming Academy Awards, including his predictions.

700 | Learn the Violin with Friends!

Flavia Pisco Contreras, MA, Bachelor of Music and Award-Winning Educator & Annette Fritzsche, MA, Bachelors of Music

Tuesdays, Mar. 7 - Apr. 25 | 2:30 PM | \$240

Eight weeks of beginning group violin instruction will lay the foundation for playing and learning music in a supportive and fun environment with friends.

347 | Film & Discussion: The Necessities of Life

Andy Friedenberg, Director Cinema Society of SD Monday, Mar. 20 | 10:00 AM | \$15

In 1952, an Inuit hunter with tuberculosis goes to a sanatorium in Quebec City - uprooted, unable to speak French in an alien world. English subtitles.

◆ 591 | Adventures In Music: Women's History Month

Delores Fisher, Professor, Africana Studies SDSU Monday, Mar. 27 | 10:00 AM | \$15

Join Delores Fisher on a biographical journey into the lives and works of five women composers.

511 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon

Monday, Apr. 3 | 1:00 PM | Free

Be delighted by an afternoon of monologues and scenes from stage, screen and TV as we showcase the hard work and dedication of our fellow Oasis members.

NEED ASSISTANCE?

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

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

Learn or improve your skills in these 1-on-1 sessions tailored to your level and your personal goals.

- **357** | Tuesdays, Mar. 7 28 | 12:30 PM | \$240
- 358 | Tuesdays, Mar. 7 28 | 1:30 PM | \$240
- **362** | Tuesdays, Mar. 7 28 | 2:30 PM | \$180
- **366** | Wednesdays, Mar. 8 29 | 12:30 PM | \$240
- 372 | Wednesdays, Mar. 8 29 | 1:30 PM | \$240
- **373** | Wednesdays, Mar. 8 29 | 2:30 PM | \$240
- **380** | Thursdays, Mar. 9 30 | 12:30 PM | \$240
- **381** | Thursdays, Mar. 9 30 | 1:30 PM | \$240
- **359** | Tuesdays, Apr. 4 25 | 12:30 PM | \$240
- **360** | Tuesdays, Apr. 4 25 | 1:30 PM | \$240
- **363** | Tuesdays, Apr. 4 25 | 2:30 PM | \$180
- **367** | Wednesdays, Apr. 5 26 | 12:30 PM | \$240
- 374 | Wednesdays, Apr. 5 26 | 1:30 PM | \$240
- 375 | Wednesdays, Apr. 5 26 | 2:30 PM | \$240
- 382 | Thursdays, Apr. 6 27 | 12:30 PM | \$240
- 383 | Thursdays, Apr. 6 27 | 1:30 PM | \$240

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

(Email us at Info@SanDiegoOasis.org and we'll get you signed up!)

Each week in our email, you have three options to choose from 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 updated every Friday with classes for the upcoming week.



This Week's Classes

Click the This Week's Classes button to view all classes happening this week.

COX TECH TANK 1:1 Sessions, Free Demos, and Low-Cost Workshops

Cox Communications and San Diego Oasis have teamed up to make learning technology affordable, accessible and designed to help you address your specific needs. Cox Tech Tank personal appointments and workshops are led by Technology Learning Specialist Monserrat Callejas at our Lifelong Learning Center.

Apple Maps App Workshop

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

1005 | Monday, February 27 | 11:00 AM | \$5

1048 | Friday, Mar. 3 | 11:00 AM | \$5

1078 | Tuesday, Apr. 18 | 11:30 AM | \$5

Apple Photos Workshop

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

1011 | Tuesday, February 28 | 11:30 AM | \$5

1051 | Wednesday, Mar. 8 | 10:00 AM | \$5

1063 | Monday, Mar. 27 | 11:00 AM | \$5

1068 | Monday, Apr. 3 | 11:00 AM | \$5

1059 | Bluetooth Basics Workshop

Tuesday, Mar. 21 | 11:30 AM | \$5

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

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.

1054 | Tuesday, Mar. 14 | 11:30 AM | \$5

1066 | Thursday, Mar. 30 | 10:30 AM | \$5

1072 | Monday, Apr. 10 | 11:00 AM | \$5

1079 | Wednesday, Apr. 19 | 12:00 PM | \$5

Google Maps App Workshop

Get from here to there with ease and learn tips that will help you use or navigate Google Maps app.

1052 | Thursday, Mar. 9 | 10:30 AM | \$5

1062 | Friday, Mar. 24 | 11:00 AM | \$5

1075 | Thursday, Apr. 13 | 10:30 AM | \$5

Google Photos Workshop

Recommended for Android users, learn tips for organizing photos on your phone, favorites, saving photos from texts and emails, and more.

1046 | Wednesday, Mar. 1 | 12:00 PM | \$5

1053 | Monday, Mar. 13 | 11:00 AM | \$5

1081 | Friday, Apr. 21 | 11:00 PM | \$5

QR Codes Workshop

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 they are and how to use them.

1055 | Wednesday, Mar. 15 | 12:00 PM | \$5

1057 | Friday, Mar. 17 | 1:30 PM | \$5

1064 | Tuesday, Mar. 28 | 1:00 PM | \$5

1082 | Monday, Apr. 24 | 11:30 PM | \$5

Social Media Workshop

Instagram, Facebook, Twitter, TikTok. Learn to stay connected with your family, friends, and current events via popular social media platforms.

1047 | Thursday, Mar. 2 | 10:30 AM | \$5

1060 | Thursday, Mar. 2 | 12:00 PM | \$5

1069 | Tuesday, Apr. 4 | 10:30 AM | \$5

1073 | Tuesday, Apr. 11 | 1:00 PM | \$5

GROW WITH US!

IN-PERSON North County Escondido Senior Center

COX TECH TANK, CONTINUED.

UBER/Lyft App Workshop

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

1058 | Monday, Mar. 20 | 11:00 AM | \$5 **1070** | Wednesday, Apr. 5 | 12:00 PM | \$5 1076 | Friday, Apr. 14 | 11:00 AM | \$5 1080 | Thursday, Apr. 20 | 12:30 PM | \$5

Web Cookies Workshop

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

1049 | Monday, Mar. 6 | 11:00 PM | \$5 1065 | Wednesday, Mar. 29 | 12:00 PM | \$5 **1071** | Thursday, Apr. 6 | 12:30 PM | \$5

YouTube Workshop

Learn the basics of YouTube, the second most visited search engine.

1056 | Thursday, Mar. 16 | 10:30 AM | \$5 **1077** | Monday, Apr. 17 | 11:00 AM | \$5 1086 | Friday, Apr. 28 | 11:00 AM | \$5

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



NEW OFFICE HOURS

Tuesdays 11:00 AM - 2:00 PM Wednesdays 11:00 AM - 2:00 PM Thursdays 12:00 PM - 3:00 PM

EXERCISE & DANCE

Better Balance with Stability Ball

Traci Thys

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

102 | Tuesdays, Mar. 7 - 28 | 12:00 PM | \$32 103 | Tuesdays, Apr. 4 - 25 | 12:00 PM | \$32 106 | Thursdays, Mar. 9 - 30 | 12:00 PM | \$32 **107** | Thursdays, Apr. 6 - 27 | 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.

110 | Wednesdays, Mar. 8 - 29 | 12:30 PM | \$32 111 | Wednesdays, Apr. 5 - 26 | 12:30 PM | \$32

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

114 | Thursdays, Mar. 9 - 30 | 3:00 PM | \$32 115 | Thursdays, Apr. 6 - 27 | 3:00 PM | \$32

116 | Tai Chi Chuan: Early Risers

Pat Griffith, Sifu

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

118 | Tuesdays, Mar. 7 - 28 | 7:30 AM | \$32 119 | Tuesdays, Apr. 4 - 25 | 7:30 AM | \$32 122 | Fridays, Mar. 10 - 31 | 7:30 AM | \$32 123 | Fridays, Apr. 7 - 28 | 7:30 AM | \$32

GROW WITH US!

OASIS AT THE LIBRARIES

COLLEGE-ROLANDO BRANCH LIBRARY

6600 Montezuma Rd, San Diego, CA 92115

611 | Give the Gift of Peace of Mind

Julie Derry, MBA, Certified Sr. Advisor Kie Copenhaver, MA, RHIA, RCFE, Certified Sr. Advisor Saturday, Mar. 11 | 3:00 PM | Free

We will discuss five critical documents everyone will want to consider having completed and on file in case of an unexpected emergency.

612 | Amazing Stories From San Diego's Past

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter Saturday, Apr. 1 | 10:00 AM | Free

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

LINDA VISTA LIBRARY

2160 Ulric St, San Diego, CA 92111

646 | How to Sell Your Stuff

Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director Monday, February 27 | 6:30 PM | Free

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

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

Linda Hawley, Ed.M., Teacher & Author Tuesday, Mar. 14 | 6:30 PM | Free

Learn about the diverse and fascinating wildlife of San Diego. Come discover what's out there so you're able to better appreciate nature and safely have fun going WILD!

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

650 | Ancient Egyptian Art

Gwenyth Mapes, Professor of Humanities Monday, Mar. 13 | 6:30 PM | Free

Ancient Pharonic Egypt's art and architecture reflected their advanced culture, as well as their active participation in Aegean life.

642 | Degenerate Art

Julia Fister, MA, Studio ACE Executive Director Monday, Mar. 20 | 6:30 PM | Free

Learn about the 1937 Nazi Party Degenerate Art Exhibition, featuring modern art confiscated from German museums by artists such as Franz Marc, Otto Dix and Pablo Picasso.

621 | Alexander Hamilton - The Man, Not the Musical

Blaine Davies, MA, Professor of U.S. History Monday, Mar. 27 | 6:00 PM | Free

Learn how Alexander Hamilton became our most important Founding Father not to serve as President. His remarkable life and the key role he played in shaping our nation will be discussed.

622 | Joan of Arc: Contradictions of Female Heroism

Oliva M. Espín, Ph.D.

Saturday, Apr. 15 | 2:30 PM | Free

Who was Joan of Arc? Was she a hero, a saint, a witch, a martyr, a patriot, a mentally ill person or a visionary?

623 | The Fall of Saigon and Operation Frequent Wind

Rudy Shappee, U.S. Navy Veteran and Local Historian Monday, Apr. 24 | 6:30 PM | Free

Learn about the U.S.S. Midway. Operation Frequent Wind, a story of fear, hope, and sanctuary during the final days of the Vietnam War.

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

Dr. Sandee Bonura, Author Monday, May 15 | 6:30 PM | Free

Join us as we look at the legacy of John Diedrich Spreckels who almost single-handedly built our city after building empires up and down California and across the Pacific.

648 | Songs from Shady Grove: American Roots

Chris Burns, Many-Strings Monday, May 22 | 6:30 PM | Free

Gems of our Americana soundtrack since before the 1900's: Shady Grove, Cripple Creek, New River Train, The Water Is Wide, and much more.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

602 | San Diego Women and their Role in World War II

Linda Canada, Historian & Author Tuesday, Mar. 21 | 1:00 PM | Free

Come hear actual stories and the real experiences of San Diego women as they lived through this tumultuous period of history.

603 | Bird Migration: Marvels, Myths, and Mysteries

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

Tuesday, Apr. 18 | 1:00 PM | Free

A fascinating exploration into bird behavior; be entertained by the marvels of bird migration.

OCEAN BEACH BRANCH LIBRARY

4801 Santa Monica Ave, San Diego, CA 92107

619 | Fun with Dr. Grammar Guy

Richard Lederer, Union-Tribune Language Columnist Saturday, Mar. 11 | 2:00 PM | Free

Learn about the terminal preposition, split infinitive and answers to your questions about grammar, usage, and punctuation.

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

629 | Manzanar: The Relocation of 120,000 Japanese Americans During WWII

Rudy Shappee, U.S. Navy Veteran and Local Historian Wednesday, Mar. 8 | 1:00 PM | Free

Learn why Japanese citizens were forced to leave their homes and businesses. Take a look inside the Manzanar Relocation Center to see what life was like.

631 | Turbulent History of US Elections

Blaine Davies, MA, Professor of U.S. History Wednesday, Mar. 22 | 1:00 PM | Free

Explore the turbulent history of our presidential elections dating back to the days when only white men with property were allowed to vote.

630 | San Diego During WW II

Linda Canada, Historian & Author Wednesday, Apr. 12 | 1:00 PM | Free

Join us for a poignant tale of the blackouts, rationing, and war bond drives as military and manufacturing took over our sleepy city by the sea.

632 | Ancient Greek Art

Gwenyth Mapes, Professor of Humanities Wednesday, Apr. 26 | 1:00 PM | Free

From the Greek Bronze Age through Athens' Golden Age, learn about the art and architecture and how they provide vivid reminders of culture, war, and trade.

RANCHO PEÑASQUITOS LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

634 | The Truth About Sugar

Nadin Benrey, MA, NBC-HWC Wednesday, Mar. 8 | 11:00 AM | Free

What is the difference between added sugars and naturally occurring sugars? Learn about the side effects of being on a high sugar diet.

635 | The Importance of Water and Fiber to Prevent Chronic Disease

Nadin Benrey, MA, NBC-HWC Wednesday, Apr. 12 | 11:00 AM | Free

Learn about hydrating our bodies to keep our metabolism balanced and the benefits of eating fiber to lower cholesterol and maintain a healthy blood glucose level.

636 | All About Fats

Nadin Benrey, MA, NBC-HWC Wednesday, May 10 | 11:00 AM | Free

Learn about healthy fats and unhealthy fats. While fats/oils are essential to good health, there are health risks linked to over-consumption of fats.

637 | The Importance of Movement

Nadin Benrey, MA, NBC-HWC Wednesday, June 14 | 11:00 AM | Free

Learn how movement and exercise are essential to preventing chronic disease.

RANCHO SANTA FE LIBRARY

17040 Avenida De Acacias Box 348, Rancho Santa Fe, CA 92067

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

Dr. Sandee Bonura, Author Thursday, Apr. 20 | 11:00 AM | Free

Join us as we look at the legacy of John Diedrich Spreckels who almost single-handedly built our city after building empires up and down California and across the Pacific.

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

440 | Major Wine Regions of California

Eric Awes, Wine Industry Consultant Saturday, February 25 | 11:00 AM | 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.

441 | Major Wine Regions of France

Eric Awes, Wine Industry Consultant Saturday, Apr. 29 | 1:00 PM | Free

Wine industry consultant Eric Awes will explain in detail each region's history and unique characteristics.

SERRA MESA-KEARNY MESA BRANCH LIBRARY

9005 Aero Dr, San Diego, CA 92123

653 | Present & Future Water Supplies for the San Diego Region

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

Thursday, Mar. 23 | 10:00 AM | Free

Do we have adequate water supplies available to San Diego County to satisfy future needs? Learn about the changing sources of our water supplies.

644 | Legacies of the Past

Linda Canada, Historian & Author Thursday, Apr. 27 | 1:00 PM | Free

From local archives and private photograph collections, explore a program highlighting the details of San Diego's history.

639 | 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 Thursday, May 25 | 1:00 PM | Free

Learn what you can do to your current living environment to make it safer, more comfortable, and more livable as you age.

641 | Current Events

Rick LeVine, Attorney Thursday, June 22 | 10:00 AM | Free

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



UNIVERSITY COMMUNITY BRANCH

4155 Governor Dr, San Diego, CA 92122

543 | African American Artists

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

Learn about African American artists from 1792 to the present. Explore artists such as Robert Duncanson, Edmonia Lewis, Horace Pippin, Jacob Lawrence, Faith Ringgold, and many more.

661 | Pop Art

Julia Fister, MA, Studio ACE Executive Director Tuesday, Mar. 7 | 12:30 PM | Free

Learn about Pop Art, a diverse response to the postwar era's commodity-driven values, including artists such as Peter Blake, Andy Warhol and Roy Lichtenstein.

660 | Mark Rothko

Aniko Makranczy, MFA Tuesday, Mar. 14 | 12:30 PM | Free

Mark Rothko, pioneer of the Abstract Expressionist movement, strove to create a spiritual relationship between the viewer and the painting.

544 | San Diego Women and their Role in World War II

Linda Canada, Historian & Author Thursday, Mar. 16 | 12:30 PM | Free

Come hear actual stories and the real experiences of San Diego women as they lived through this tumultuous period of history.

665 | Ancient Egyptian Art

THIS PROGRAM WILL BE PRESENTED ONLINE VIA ZOOM ONLY

Gwenyth Mapes, Professor of Humanities Monday, Mar. 20 | 6:00 PM | Free

Ancient Pharonic Egypt's art and architecture reflected their advanced culture, as well as their active participation in Aegean life.

662 | William Mulholland — The Controversial LA Aqueduct and the St. Francis Dam Disas

Blaine Davies, MA, Professor of U.S. History Tuesday, Apr. 11 | 12:30 PM | Free

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

663 | Genetics IV: Wolves, Dogs, Humans

Henry George, Engineer, Archaeologist and Geologist Tuesday, May 9 | 12:30 PM | Free

There is a synergy in the evolution of humans, wolves, and dogs. We will use paleontology, archaeology, folklore, and genetics to understand how these relationships evolved over time.

664 | San Diego North County - A Look Back

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Tuesday, June 6 | 12:30 PM | Free

Learn about lost landmarks like the Escondido Teepee, lost towns like Barham, Bernardo and Bostonia, and when Cal State San Marcos was a chicken ranch.

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.



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

BUSINESS-FINANCE-LEGAL

■ 385 | Prosecuting David Meza: Catching a Murderer Robert Ciaffa, Former Federal Prosecutor Tuesday, Mar. 7 | 10:00 AM | \$15

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

EXERCISE & DANCE

Chair Yoga

Kerry Wilson, Yoga Instructor

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

396 | Thursdays, Mar. 9 - 30 | 2:30 PM | \$40 **397** | Thursdays, Apr. 6 - 27 | 2:30 PM | \$40

Strength and Fitness at Home

Kerry Wilson, Yoga Instructor

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

400 | Tuesdays, Mar. 7 - 28 | 2:30 PM | \$40 **401** | Tuesdays, Apr. 4 - 25 | 2:30 PM | \$40

Zumba Gold Toning

Lynn Morgan, Licensed Instructor

Zumba Fitness with muscle conditioning using 1 lb. maraca-like Toning Sticks or light weights.

342 | Thursdays, Mar. 2 - 30 | 11:15 AM | \$50 343 | Thursdays, Apr. 6 - 27 | 11:15 AM | \$40

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

Have fun dancing salsa, merengue, swing and cha-cha using Latin and International music.

221 | Saturdays, Mar. 4 - 25 | 9:00 AM | \$40 222 | Saturdays, Apr. 1 - 29 | 9:00 AM | \$50

HEALTH

◆ 607 | Mindfulness: Bringing Balance to Our Lives

Jean Frazier, RN, Unified Mindfulness Certified Coach, Sharp Healthcare

Tuesday, February 28 | 1:00 PM | Free

Learn basic exercises that can reduce stress, promote health, and enhance well-being.

585 | Life's Sunset: Plan Before the Sun Goes Down

Bill Simmons, Attorney Monday, Wednesday & Friday, Mar. 6, 8 & 10 10:00 AM | \$15

Basic tools to plan your sunset, and show you how to implement your plan.

Meditation: Renew Your Life and Jumpstart Your Energy

Melynnique Seabrook, MA

Learn meditation methods of peace and mindfulness, mantra and breathing, guided and relaxation meditations.

485 | Thursdays, Mar. 9 - 30 | 1:00 PM | \$40 486 | Thursdays, Apr. 6 - 27 | 1:00 PM | \$40

● 707 | Vitamins: the ABCs

Philip J. Goscienski, M.D.

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

We'll break down what vitamins are oversold and what vitamins you really need.

• 677 | The Power of Plant Based Nutrition

Charlene Correia, Plant-Based Lifestyle Health Coach Friday, Mar. 31 | 10:00 AM | \$15

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

● 678 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Plant-Based Lifestyle Health Coach Friday, Apr. 7 | 10:00 AM | \$15

Tools and solutions to eat plant-based foods whether you are eating out, traveling or at home.





■ 299 | Managing Knee Arthritis:

What To Do If Your Knees Are Getting You Down

Aging Well Partner Sean Kuhn, PT, DPT, FAFS, 3DMAPS, MBA of Physio on the Go Tuesday, Apr. 11 | 3:00 PM | Free

Potential causes of arthritis and some do's and don'ts to help you figure it out.

◆ 689 | Reduce Your Risk: Understanding Prediabetes

Kimberly Smith, LMFT, CWHC, Wellness Education Specialist with Sharp Rees Stealy Tuesday, Apr. 18 | 1:00 PM | Free

Learn risk factors for developing prediabetes and the nutrition and lifestyle tools to aid in prevention.

● 708 | Ten Ways to Prevent Dementia & Alzheimer's Disease

Philip J. Goscienski, M.D.

Friday, Apr. 28 | 10:00 AM | \$15

We'll discuss ten simple measures that will preserve and even improve brain function.

HISTORY & HUMANITIES

● 546 | The Lost Towns of San Diego County

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Monday, February 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

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Monday, February 27 | 1:00 PM | \$15

Learn about the Black Conquistadors, like Juan Garrido and others who were often-overlooked, though they were vital in the pacification and conquest of the "New World."

NEED ASSISTANCE?

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

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.

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

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

259 | Friday, Mar. 17 | 10:00 AM | \$6

260 | Friday, Mar. 24 | 10:00 AM | \$6

261 | Friday, Mar. 31 | 10:00 AM | \$6

262 | Friday, Apr. 7 | 10:00 AM | \$6

263 | Friday, Apr. 14 | 10:00 AM | \$6

264 | Friday, Apr. 21 | 10:00 AM | \$6

265 Friday, Apr. 28 | 10:00 AM | \$6

● 320 | Patton — The General and the Legend

Blaine Davies, M.A., Professor of U.S. History Monday, Mar. 13 | 10:00 AM | \$15

Heralded as the "greatest combat commander in modern times," George Patton was a man of contradictions. Learn more about this great leader.

◆ ● 547 | The Nation's Record Keeper

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Tuesday, Mar. 14 | 10:00 AM | \$15

The history of The National Archives and Records Administration and the records it holds.

◆ 481 | Women Who Changed History

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, Mar. 14 | 1:00 PM | \$15

Learn about the first female king of the world, and others who participated in the building of America and Europe.

427 | What is God?

Matthew Wion, Ph.D.

Thursday, Mar. 16 | 10:00 AM | \$15

Conceptions of God, arguments for and against the existence of God, and the impact of science on the question of God.

705 | The Passport: A HistoryNadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College faculty member Thursday, Mar. 16 | 1:00 PM | \$15

Travel documents have been around since 445BC. We'll trace their evolution through the ages and reveal that some are more valuable than others.

◆ 404 | Ancient Mesopotamia and the Near East

Gwenyth Mapes, Professor of Humanities Friday, Mar. 17 | 1:00 PM | \$15

The ancient Near Eastern cultures left amazing art and architecture that continues to be studied.

◆ 477 | Casting Light on the Dark Ages Mark Carlson, Historian & Author Monday, Mar. 20 | 1:00 PM | \$15

This story began ten thousand years ago with the peoples of the Middle and Far East inventing metallurgy, writing, agriculture, trade, and more.

■ 237 | Anthropology and the Bible

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

This lecture is about the correlation between human cultural evolution and the books of the Bible.

557 | North American Saints: The Women

Oliva M. Espín, Ph.D.

Tuesday, Mar. 21 | 1:00 PM | \$15

Women who represent the Catholic populations of Native Americans, white immigrants, converts and "cradle" Catholics as well as Black Americans.

499 | Women Artists

Julia Fister, MA, Studio ACE Executive Director Wednesday, Mar. 22 | 1:00 PM | \$15

We will look at artists such as Artemisia Gentileschi, Mary Cassatt and Faith Ringgold.

● 669 | The Lives of Women Conquistadors

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Thursday, Mar. 23 | 10:00 AM | \$15

The lives of Isabel de Guevara and Catalina de Erauso; both women challenged the patriarchal society of Colonial Spanish America.

◆ 670 | Religious Rebels: Sor Juana and Anne Hutchinson Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Mar. 24 | 1:00 PM | \$15

We will look at how religious rebels Sor Juana in Colonial Mexico and Anne Hutchinson in Colonial England challenged the social norms of society.

583 | American Foreign Policy After the Midterm Elections Mary M. McKenzie, J.D., Ph.D., Adjunct Professor, University of San Diego

Tuesday, Mar. 28 | 1:00 PM | \$15

Examine how the new power calculus in Congress has affected President Biden's foreign policy goals.

706 | Pseudoscience

Nadine Bopp, BA, Ecology, MLA, Landscape Architecture, Columbia College Faculty Member Wednesday, Mar. 29 | 1:00 PM | \$15

We'll dive into what makes people so vulnerable to pseudoscience and examine some of the modern conspiratorial theories.

◆ 671 | Black Vaqueros

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Thursday, Mar. 30 | 10:00 AM | \$15

The lesser-known story of black vaqueros or cowboys in the Wild West, such as Bass Reeves who inspired the story of The Lone Ranger.

615 | The Search for the True Mary Magdalene Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer

Tuesday, Apr. 4 | 1:00 PM | \$15

Mary Magdalene is among the most famous of women, yet little is known about her. Explore an overview based on analyses by biblical historians.

• 659 | When the Indians Met Lewis and Clark

Dr. David Peck

Thursday, Apr. 6 | 10:00 AM | \$15

Join us as we explore clashes between vastly different cultures - when the Lewis and Clark Expedition encountered Native American tribes.





◆ 478 | The True Saga of the Mutiny on the Bounty

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

A trilogy and three films have told the epic story of the ill-fated Bounty in her 1787 voyage to Tahiti.

350 | Pierre Bonnard (1867-1947)

Aniko Makranczy, MFA Tuesday, Apr. 11 | 10:00 AM | \$15

French painter Pierre Bonnard, one of the greatest colorists of modern art, was a leading figure in the transition from Impressionism to Modernism.

482 | Secrets of the Viking Age
Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, Apr. 11 | 1:00 PM | \$15

Learn how the Vikings originated in Scandinavia and quickly spread to Western Europe and beyond.

321 | Dwight Eisenhower – Soldier, Statesman, Patriot

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

A look at the man who played a key role in destroying Nazi tyranny and then led the free world through the most perilous years of the Cold War.

558 | Religion & Psychoanalysis: The Work of Ana-Maria Rizzuto Oliva M. Espín, Ph.D.

Wednesday, Apr. 12 | 1:00 PM | \$15

Ana-Maria Rizzuto is an educator and psychoanalyst. Her work has enriched the practice by asserting the coexistence of psychoanalysis and religion in the therapeutic setting.

◆ 428 | The Philosophy of Race and Ethnicity

Matthew Wion, Ph.D.

Thursday, Apr. 13 | 10:00 AM | \$15

How can we think about race and ethnicity in a way that prevents us from seeing others in a negative light?

405 | Islam's Art & Architecture

Gwenyth Mapes, Professor of Humanities Friday, Apr. 14 | 1:00 PM | \$15

The 7th century rise of Islam, one of the world's three major monotheisms, created trade and war, and architecture and art that is still studied today.

Marti Peck, Ph.D., Psychologist

Friday, Apr. 14 | 10:00 AM | \$15

Sigmund Freud revolutionized the field of Psychology. Understand the man, and his theories regarding human behavior and mental health.

🛁 🌓 348 | Revolution & Independence from Spain

Frank Newton, PhD

Monday, Apr. 17 | 10:00 AM | \$15

After 300 years of servitude, Spain's New World colonies exploded with rebellion. We'll explore the causes of the social and political upheaval.

238 | The Mysteries of the Olmecs

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

The Olmec civilization is regarded as the "Mother" civilization in Mesoamerica, from which the succeeding civilizations drew cultural attributes.

692 | Can America Become One Nation Again?

Judge Jan Goldsmith

Wednesday, Apr. 19 | 1:30 PM | \$8

Judge Jan Goldsmith will address the question: Can America Become One Nation Again?

▼ 500 | Pablo Picasso

Julia Fister, MA, Studio ACE Executive Director Wednesday, Apr. 19 | 1:00 PM | \$15

Pablo Picasso was a prolific Spanish artist who had enormous influence on 20th century art.

◆ ● 515 | World War II Through the Eyes of San Diego **Children and Teens**

Linda Canada, Historian & Author Tuesday, Apr. 25 | 10:00 AM | \$15

Through letters, school newspapers, and official records, learn about actual experiences of San Diego's children on the home front during World War II.

616 | Global Climate Change and San Diego

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

Tuesday, Apr. 25 | 1:00 PM | \$15

This presentation will be an illustrated, objective look at what we know and don't know about global climate change and its possible local effects.

■ 672 | Behind the Mask: The Historical Zorro
Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Thursday, Apr. 27 | 10:00 AM | \$15

We will look at the origin of the story of Zorro, the various individuals who might have inspired the tale, and more.

673 | Demystifying Culture and Society of the Aztecs
Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Apr. 28 | 1:00 PM | \$15

We will examine the impact of conquest and the rhetoric used by contemporaries in vilifying Mexicans and other Latino immigrants.

LANGUAGE

490 | Conversational Spanish

Danisa Mardones, BA

Tuesdays, Mar. 14 - Apr. 25 | 1:30 PM | \$105

For people with advanced level of Spanish. Students will debate in Spanish on a variety of topics.

LITERATURE

564 | Shakespeare's Comedies: An Overview

Kim Keeline, Ph.D., Freelance Consultant and Writer Tuesday, Mar. 7 | 1:00 PM | \$15

Learn about Shakespeare's First Folio, specifically discussing his comedies and how modern audiences interpret these works.

565 | Shakespeare's Tragedies: An Overview

Kim Keeline, Ph.D., Freelance Consultant and Writer Monday, Apr. 3 | 1:00 PM | \$15

Learn the elements that make up a tragedy, the sources Shakespeare used to write his tragedies.

553 | Creative Writing Workshop

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Thursdays, Mar. 16 - Apr. 20 | 10:00 AM | \$90

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

PERSONAL ENRICHMENT

288 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wednesday, Mar. 1 - Apr. 19 10:30 AM | Free

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

614 | Bird Migration: Marvels, Myths, and Mysteries

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

Monday, Mar. 6 | 1:00 PM | \$15

A fascinating exploration into bird behavior; be entertained by the marvels of bird migration.

710 | Your Past Life and How It Affects This One! Richard Jelusich, Ph.D., Spiritual Counselor,

Author & Professor Wednesday, Mar. 8 | 1:00 PM | \$15

Dr. J shares information encompassing how past lives and karma empower us.

298 | Have you been Pickled? Pickleball 101 Aging Well Partners Bob Heck and Joan Chintz, Pickleball Instructors Tuesday, Mar. 14 | 3:00 PM | Free

Learn about Pickleball, the crazy popular, fastest growing sport in the US.

690 | Why Are Dick & Jane Different?

Dr. Fred Bercovitch, Ph.D. Wednesday, Mar. 15 | 1:30 PM | \$8

The biological roadmap guiding sex differences in development, maturation, and function among animals, including people as explained by a scientist.

◆ ● 682 | The Basics of DNA Testing and Analysis

Kathleen Fernandes, Ph.D. Friday, Mar. 24 | 10:00 AM | \$15

We'll look at the basics of autosomal DNA testing and discuss the major testing companies and the information they provide.





● 683 | Understanding Your AncestryDNA Test Results

Kathleen Fernandes, Ph.D.

Monday, Apr. 3 | 10:00 AM | \$15

This presentation will review the ethnicity prediction and cousin matching features of AncestryDNA and explain how to use their tools of analysis.

711 | Beginners Guide to Chakras: Tools to Awaken Consciousness Richard Jelusich, Ph.D., Spiritual Counselor,

Author & Professor Thursday, Apr. 27 | 1:00 PM | \$15

This is a great workshop for seekers who would like to expand their awareness of the chakras.

TECHNOLOGY

550 | TV Options - A New Way of Viewing

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

Look at various streaming services and subscriptions; choices in devices (Roku streaming stick, Amazon Fire Stick); and smart TV choices.

→ 518 | Setting up a Family Website

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

Learn how to set up a site to include video, photos and more, which can be shared for viewing using Google Sites.

551 | File Management

Barbara Smith, MA, Community College Instructor Thursday, Apr. 13 | 1:00 PM | \$15

Discover how to open, save, move, and delete documents and to copy documents from your computer to a flash drive or portable hard drive.

519 | Android vs iPhone

Mary Burns, Professor, San Diego Continuing Education Thursday, Apr. 20 | 1:00 PM | \$15

We'll compare and contrast the Android and iPhone in terms of safety, working with other devices and ease of use to determine which one is right for you.

THEATRE & MUSIC

245 | Composed in Ireland: Popular and Classical

Chris Burns, Many-Strings Friday, Mar. 17 | 3:00 PM | \$15

From the traveling blind harper Turlough O'Carolan to the Romantic Era's John Field, to the Celtic folk artists to film music, you'll enjoy this lovely and engaging music.

691 | A Musical Travelogue

Vincent Young, Musician Wednesday, Mar. 22 | 1:30 PM | \$8

Vincent Young plays, sings and discusses classics, pops, and jazz standards from around the world.

246 | Beethoven, Mozart and Haydn: The Piano Takes Center Stage

Chris Burns, Many-Strings Friday, Mar. 31 | 3:00 PM | \$15

We will explore the piano sonatas of Haydn, Mozart and Beethoven.

247 | Tchaikovsky's Ballets

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

Tchaikovsky was a master of melody and the dramatic. His three ballets are among the most beloved compositions.

693 | How Arrangements Enhance Music Vincent Young, Musician

Wednesday, Apr. 26 | 1:30 PM | \$8

Musical arrangers can transform hits, add their own instruments, and change the mood of a piece. Vincent Young plays, sings, and explains the importance of music arrangers.

248 | Music from France and Paris Chris Burns, Many-Strings

Friday, Apr. 28 | 3:00 PM | \$15

From Medieval times with its castles & knights to Paris and the Romantic Era, to the music of Brittany, an hour of music that everyone will enjoy!

TRAVEL

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

All fees shown are per person. Visit the Travel page on the website for full brochures:

Click "Classes" and then select "Travel & Tips"

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, Lake Louise, and more.

Great Trains & Grand Canyons

May 14 - 19, 2023 | 6 Ďays | 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, 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.

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

800 | Rest, Relax, Refocus: Deluxe Mexico Spa Trip

July 9 - 16, 2023

Double \$2,778 plus \$295 for single occupancy

Enjoy 8 Days & 7 Nights of pampering & health and beauty treatments in the Sierra Madre Mountains at Ixtapan de la Sal Mexico! Includes airfare, ground transportation, 7-night hotel, all meals, taxes, tips and 17 spa treatments.

802 | Informational Meeting

Saturday, Mar. 18 | 10:00 AM - 12:00 PM Grossmont Learning Center

Deposit due by Apr. 1, 2023; final payment due May 1, 2023. Minimum of 20 reservations required.

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

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Owen has 14 two-minute videos on his website, www.reversemortgages62.com, that will show you how Reverse Mortgages work and will answer most of your questions.



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694 | Social Security

Thursday, Mar. 9 | 1:00 PM | \$5 Learn how to manage key risks all retirees face: outliving income, inflation and unpredictable events.

Thrivent One-on-One

Make an appointment for a 30-minute, 1:1 confidential financial consultation, with no strings attached.

695 | Friday, Mar. 3 | 10:00 AM | Free 697 | Friday, Apr. 21 | 10:00 AM | Free

Retirement & Estate Strategies

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

714 | Thursday, Mar. 9 | 11:00 AM | \$5 **715** | Friday, Apr. 21 | 1:00 PM | \$5

696 | Long-Term Care

Tuesday, Apr. 18 | 1:00 PM | \$5 Learn what long term care is and isn't, why an extended care strategy should be a part of your financial conversation, and how to start the process.

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2022

Generations United's Program of Merit

2020

Public Health Champion award by the County of San Diego's Covid 19 Leadership.

2019

Two Impact Awards: •North San Diego Business Chamber •Escondido Chamber

2018

NBC Universal Project Innovation Award for Technology Efforts with Older Adults

2017

Program of Distinction Generations United

<u>2016</u>

Excellence Award: •KUSI •Torrey Pines Bank

2014

Charity Navigator | 4 stars out of 4 stars

2013

Gloria Cavanaugh Award for Excellence in Training and Education



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