

MAY | JUNE 2023

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in

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twitter.com/ OasisSanDiego LET'S GET SOCIAL!

🔍 (619) 881-6262 | 🔽 Info@SanDiegoOasis.org | 🌐 SanDiegoOasis.org

ABOUT SAN DIEGO OASIS

San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote successful aging through a three-fold approach:

• lifelong learning • healthy living • intergenerational community service

Current Membership is 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 summer camp!
- Travel Program: day trips and extended trips are offered throughout the year.
- Bridging the Digital Divide: new tablets, training, internet, and free online classes are provided to lowincome, isolated seniors who do not have any technology (over 1,000 tablets as of 4/2023).

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 □ \$50 □ \$500 □ \$100 □ Other: \$	Please consider writing a check to avoid credit card processing fees. See Page 4 for a full list of ways to give.	
Payment Type:	or ways to give.	
□ Check □ VISA □ MasterCard	□ Discover	
Name on Card:		
Credit Card #:		
Expiration Date (month/year):	/	
CSC/CVV #: (3-digit nu	mber)	
Signature		
Contact Information:		
Name		
Address		
Phone		
□ I have included San Diego Oasis in	my estate plans.	
Please designate my gift for:		
General Programming Tutoring Program		
Digital Divide Program Rancho	Bernardo	
My gift to San Diego Oasis is in:		
□ Honor of □ Memory of		
San Diego Oasis should send an ackn	owledgment to:	
Please send me more information □ Volunteering □ Tutoring □ Trav		

Dear Oasis Family,

San Diego Oasis is made of incredible people: staff, volunteers, members, instructors. Each of us brings our talent, care, and kindness to make Oasis what it is: A family. A place to belong to. A place full of learning and laughter.

I am often asked: "I love Oasis, but you are too far away from my home; when are you coming to my neighborhood?"

Let's! With your support, let's build more Oasis centers around the county.

Here is what I am most proud of:

We are building the most comprehensive Oasis in the country, right here in Rancho Bernardo. See page 5 for more information.

Building on our long history of intergenerational programs, we are planning the second summer of our Intergenerational Camp. This time, it will span five weeks instead of just two.

What started as a pandemic emergency program for low income seniors who were shut in without any technology at home, our *Bridging the Digital Divide* program is now an ongoing service for the most vulnerable older adults in our communities.

We are making history, together.

Let's keep supporting each other, every day. Give a hug. Bring a smile. Become someone's new friend. Keep learning. Stay healthy. Leave your legacy of giving: **Let's build more Oasis. We all need it.**

Gratefully,

Simona Valanciute President & CEO

PS | Join us for a free tour of our new facility! We have two opportunities:

588 | Friday, April 28 | 2PM 589 | Friday, May 12 | 2PM

Register on our website at sandiegooasis.org.





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

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

CURRENT GIFTS:

Cash | Life Insurance | Stocks | Real Estate

PLANNED GIFTS:

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

Questions? Contact <u>Simona@SanDiegoOasis.org</u> 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 June 2023!

Join us for a FREE Facility Tour! 588 | Friday, April 28 | 2 PM 589 | Friday, May 12 | 2PM Register at sandiegooasis.org



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:

- Beautiful Classrooms
- 310-Person Lecture | Banquet Hall
- Health and Wellness Center
- Oasis Innovation Center
- Demonstration Kitchen
- Library Lounge
- Art Studio
- Game Room
- Outdoor Patio
- Resource Center
- Freeway Accessibility
- Ample Parking



View from the Outdoor Patio



Walls are going up!



Assembly Hall | Lecture Set-Up





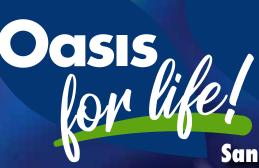
Health and Wellness Center

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

Interested in Volunteer Opportunities? It's not too soon to join us for training. Please email Kris Anelli at **Kris@sandiegooasis.org** if you are interested in volunteering at our Rancho Bernardo location.

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**).



San Diego Oasis Lifetime Membership

Enjoy classes...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, material fees (such as 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.

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

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

373 | Fun with Stamps & Paper: Mother's Day Card Making Trina Pascale, Art Instructor

Tuesday, May 2 | 10:00 AM | \$15

Make two personally designed Mother's Day cards. All of the materials will be provided.

367 | Oriental Brush Art with Chinese Ink and Watercolor

Shinja Scheidnes, Watercolorist, Instructor Wednesdays, May 3 - 17 | 10:00 AM | \$45

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

415 | Mother's Day Doodles with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, May 8 | 1:00 PM | \$15

Come join the Oasis doodlers in a fun-filled class that will teach you to draw fun and easy Mother's Daythemed doodles.

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.

238 | Monday, May 8 | 10:00 AM | \$15
239 | Monday, May 22 | 10:00 AM | \$15
240 | Monday, June 5 | 10:00 AM | \$15
241 | Monday, June 26 | 10:00 AM | \$15

Intermediate Painting in Watercolor or Acrylic: Abstract & Representational

Preet Srivastava, Teaching Artist

You'll use either watercolor or acrylics to paint the class subject in representational or abstract style.

531 | Tuesdays, May 9 - 16 | 1:00 PM | \$30 **532** | Tuesdays, May 23 - 30 | 1:00 PM | \$30

352 | Crochet a Cute Casserole Carrier Barbara Logan

Wednesdays, May 10 - 24 | 1:00 PM | \$45

Learn how to crochet a cute casserole carrier for your next picnic or a meal at a friend's house.

🚽 379 | Glass Chain Suncatcher

Diana Ġriffin, Owner of Queenie Glass and Sass Thursday, May 11 | 10:00 AM | \$55

Create your own unique suncatcher using a variety of colored glass strips that you arrange.

574 | Perspective - Learn the Basics

Aniko Makranczy, MFA Fridays, May 12 – 19 | 10:00 AM | \$30

We will cover linear and atmospheric perspective, vanishing points, eye levels, and the use of value to create a sense of space.

< 416 | Plant and Doodle with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, May 22 | 1:00 PM | \$20

Create your own succulent arrangement in a decorative pot, then learn basic doodling techniques to capture it on paper.

517 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Tuesday & Thursday, May 23 & 25 | 10:00 AM | \$30

In this two-session workshop, you'll learn and practice basic, realistic drawing skills using pencils.

< 374 | Fun with Stamps and Paper – Birthday Card Making

Trina Pascale, Art Instructor Wednesday, May 31 | 10:00 AM | \$15

Make two personally designed birthday cards. All of the materials will be provided.

480 | Retro Casserole Carrier

Lyn Earl, Instructor Wednesday, May 31 | 1:00 PM | \$15

Sew an insulated carrier to keep casseroles warm or cold when taking food to a party or potluck.

446 | Beginning Practical Crochet

Janet Stuelpher, The Left-Handed Artist and Crafter Tuesdays, June 6 - 27 | 10:00 AM | \$60

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

376 | Simple Acrylic Discovery

Elle Arnot, MFA, School of the Art Institute of Chicago Thursdays, June 8 - 15 | 10:00 AM | \$30

Learn to use simple, versatile techniques to create a remarkable work of art.

518 | Color Theory Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Monday & Wednesday, June 12 & 14 | 10:00 AM | \$30

Color wheel basics, color mixing, color schemes, expressive color use, and warm and cool colors.

417 | Summer Doodles with Really Crafty Nina

Nina Hegyi, Artist and Instructor Monday, June 12 | 1:00 PM | \$15

Join the Oasis doodlers in a fun-filled class learning to draw fun and easy, summer-themed doodles.

\star 361 | Stacked Glass Plate

Diana Griffin, Owner of Queenie Glass and Sass Wednesday, June 14 | 1:00 PM | \$55

Start with a base piece of glass and add a variety of glass colors and sizes to build your masterpiece.

428 | Summer Basket of Colorful Succulents

Muriel King, Succulent Designer/Owner, The Perfect Plant Saturday, June 17 | 10:00 AM | \$65

Create a beautiful hanging basket of succulents to take home.

423 | Upcycling your Artworks

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

Have artwork from lots of classes? Join us to creatively repurpose your existing works of art.

481 | Appliquéd Patriotic T-Shirt

Lyn Earl, Instructor Wednesday, June 28 | 1:00 PM | \$15

Have fun making an appliqued patriotic T-shirt for yourself, friends or family.

BUSINESS, FINANCE, LEGAL

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.

368 | Tuesday, May 2 | 10:00 AM | \$15 **369** | Saturday, May 20 | 10:00 AM | \$15

📌 429 | Safety for Seniors at Home

Farima Tabrizi, Sr. Citizen Specialist, Real Estate Advisor Monday, May 8 | 1:00 PM | \$15

Discover how you can age in place longer by incorporating specific home safety tips and checklist.

522 | Investing 101

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

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

522 | Tuesday, May 9 | 10:30 AM | \$15 **521** | Tuesday, June 13 | 1:00 PM | \$15

Your Family Binder: A Survival Kit for Your Heirs Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder

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

478 | Tuesday, May 9 | 1:00 PM | \$15 **479** | Tuesday, June 13 | 10:30 AM | \$15

Retirement & Estate Strategies Anthony Camara, FIC, MBA

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

507 | Wednesday, May 10 | 10:00 AM | \$5 **510** | Wednesday, June 7 | 10:00 AM | \$5



508 | Social Security Anthony Camara, FIC, MBA Wednesday, May 10 | 1:00 PM | \$5

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

328 | Got Stuff? How to Assess and Liquidate as you Rightsize!

Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director and Joanna L. de Vos, Esq., Estate Planning Attorney Friday, May 12 | 1:00 PM | \$15

Join us to learn valuable tips and how-to's that will help you figure out what you have, what it's worth and realize the best outcome for your needs.

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.

509 | Friday, May 12 | 10:00 AM | Free **512** | Friday, June 9 | 10:00 AM | Free

📌 329 | Strategies For Solo Aging

Lorelei Taylor, Senior Real Estate Specialist, Certified Antiques Appraiser, Estate Services Director and Joanna L. de Vos, Esq., Estate Planning Attorney Tuesday, May 16 | 10:00 AM | \$15

Advice, options and ideas for those "on their own" to plan ahead for legal, living, and tactical approaches for now and in the future.

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.

380 | Tuesday, May 16 | 10:00 AM | Free **381** | Friday, May 19 | 1:00 PM | Free

470 | SDG&E Electric Pricing Plans, Tools, Tips and Programs Martha Quintero, SDG&E Thursday, May 18 | 10:00 AM | Free

Learn about electric pricing plan options, tools, tips and programs to help you manage your energy and save money. Let's Talk About It – The Headlines Rick LeVine, Attorney

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

229 | Wednesday, May 24 | 1:00 PM | \$8 **230** | Wednesday, June 28 | 1:00 PM | \$8

✓ 413 | 10 Common Retirement Mistakes to Avoid Lisa Claycomb, JD, CLTC, CFP[®] Friday, May 26 | 10:00 AM | \$15

Learn how to avoid 10 of the biggest retirement planning mistakes.

< 430 | Avoid These Mistakes When Selling Your Home

Farima Tabrizi, Sr Citizen Specialist, Real Estate Advisor Tuesday, June 6 | 1:00 PM | \$15

It's easy for home sellers to make mistakes. Join Farima to learn the best way to sell your home.

511 | Long-Term Care

Anthony Camara, FIC, MBA Wednesday, June 7 | 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.

540 | Don't Be a Scam Victim: Advice from the FBI

Apollo Ayala, Intelligence Analyst FBI-Carlsbad RA Friday, June 16 | 10:00 AM | Free

Learn the types of financial scams that are affecting seniors today and how to prevent becoming a victim.



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

Better Balance: Free from Falls

Russell Rowe, MS, Exercise Physiology

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

100 | Fridays, May 5 - June 2 | 10:45 AM | \$50 **101** | Fridays, June 9 - 30 | 10:45 AM | \$40

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

 | Mondays, May 1 - 22 | 12:00 PM | \$40 | Mondays, June 5 - 26 | 12:00 PM | \$30 | Fridays, May 5 - June 2 | 12:00 PM | \$50 | Fridays, June 9 - 30 | 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.

118 | Mondays, May 1 - 22 | 9:30 AM | \$40
119 | Mondays, June 5 - 26 | 9:30 AM | \$30
159 | Tuesdays, May 2 - 30 | 12:00 PM | \$50
160 | Tuesdays, June 6 - 27 | 12:00 PM | \$40
175 | Wednesdays, May 3 - 31 | 1:15 PM | \$50
176 | Wednesdays, June 7 - 28 | 1:15 PM | \$40
344 | Fridays, May 5 - June 2 | 9:30 AM | \$50
345 | Fridays, June 9 - 30 | 9:30 AM | \$40
134 | Saturday, May 20 | 10:30 AM | \$10
135 | Saturday, June 17 | 10:30 AM | \$10

< Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

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

138 | Saturday, May 20 | 9:30 AM | \$10 **139** | Saturday, June 17 | 9:30 AM | \$10

Dance Floor Survival – The Basics Trish Connery Walkup, Dancer, Teacher & Judge

Brush up on your partner dance skills for your next cruise, reunion, wedding or special occasion.

143 | Thursdays, May 4 - June 1 | 1:15 PM | \$50 **144** | Thursdays, June 8 - 29 | 1:15 PM | \$40

179 | Get Your Steps In: San Diego Oasis Mall Walkers Julia Doughty, MFA and Certified HHP Wednesdays, May 10 - August 30 | 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.

180 | Wednesdays, May 3 - 31 | 9:30 AM | \$30 **181** | Wednesdays, June 7 - 28 | 9:30 AM | \$24

< Latin Line Dancing – Beginner & Improver

Patricia Herrington, Dancer & Instructor

Intended for beginners and improvers, we'll dance to salsa, bachata, flamenco, and more.

564 | Fridays, May 5 - June 2 | 2:30 PM | \$50 **565** | Fridays, June 9 - 30 | 2:30 PM | \$40

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

Take your dancing to the next level. Learn a variety of line dances: swing, cha cha, salsa, and more.

- 184 | Wednesdays, May 3 31 | 2:15 PM | \$50
- 185 | Wednesdays, June 7 28 | 2:15 PM | \$40
- 147 | Thursdays, May 4 June 1 | 12:00 PM | \$50
- 148 | Thursdays, June 8 29 | 12:00 PM | \$40



Not sure what Fitness Class is right for you? Come and observe! Our volunteers can recommend a class that meets your needs.

= NEW! = HYBRI

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.

163 | Tuesdays, May 2 - 30 | 9:30 AM | \$50
164 | Tuesdays, June 6 - 27 | 9:30 AM | \$40
151 | Thursdays, May 4 - June 1 | 9:30 AM | \$50
152 | Thursdays, June 8 - 29 | 9:30 AM | \$40

Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP

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

 | Mondays, May 8 - 22 | 2:15 PM | \$30 | Mondays, June 5 - 26 | 2:15 PM | \$30 | Tuesdays, May 9 - 30 | 2:30 PM | \$40 | Tuesdays, June 6 - 27 | 2:30 PM | \$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.

167 | Tuesdays, May 9 - 30 | 1:15 PM | \$40 **168** | Tuesdays, June 6 - 27 | 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.

171 | Tuesdays, May 2 - 30 | 10:45 AM | \$50 **172** | Tuesdays, June 6 - 27 | 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.

155 | Thursdays, May 4 - June 1 | 10:45 AM | \$50 **156** | Thursdays, June 8 - 29 | 10:45 AM | \$40

112 | T'ai Chi Chih – Joy through Movement for Beginners Michelle Sarubbi, Certified TCC Instructor Fridays, May 5 - July 7 | 1:15 PM | \$90

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

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

This class will help you improve balance and promote healing.

126 | Mondays, May 1 - 22 | 1:15 PM | \$40 **127** | Mondays, June 5 - 26 | 1:15 PM | \$30

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

130 | Mondays, May 1 - 22 | 10:45 AM | \$40

- 131 | Mondays, June 5 26 | 10:45 AM | \$30
- 188 | Wednesdays, May 3 31 | 12:00 PM | \$50
- 189 | Wednesdays, June 7 28 | 12:00 PM | \$40

HEALTH

📌 🗣 424 | Maintaining a Healthy Brain

Shannon Patel, LCSW, Memory Café Program Director Tuesday, May 9 | 3:00 PM | Free

Explore some unexpected ways to protect your brain.

409 | 10 Warning Signs of Alzheimer's

Elisa Barnett, MA, Community Engagement Manager Tuesday, May 16 | 1:00 PM | Free

Alzheimer's and other dementias cause changes in memory, thinking and behavior. We'll talk about warning signs and what to watch for in yourself and others.

410 | Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Elisa Barnett, MA, Community Engagement Manager Monday, June 26 | 1:00 PM | Free

Learn to have honest and caring conversations about common concerns regarding dementia.

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

304 | Saturday, May 20 | 10:00 AM | Free **305** | Saturday, June 17 | 10:00 AM | Free

📌 330 | Tips on How to Manage Pain

Tania Faruque, MD Monday, May 22 | 10:00 AM | Free

Learn what pain is, discuss the most common causes of pain among older adults, and hear about the wide variety of treatment options available to you.

438 | Antioxidants and Vitamins

Nadin Benrey, MA, NBC-HWC Tuesday, May 23 | 1:00 PM | \$15

Learn about the benefits of antioxidants and different types of vitamins and how these are beneficial to your body.

587 | What Are You Afraid to Ask Your Doctor?

Jillian A. Tullis, PhD, Associate Professor Wednesday, May 24 | 10:00 AM | \$15

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

📌 🛡 401 | Fasting: Healthy, Holy, Hazard or Hoax?

Philip J. Goscienski, M.D. Thursday, May 25 | 10:00 AM | \$15

Learn how to take advantage of the fasting trend that is widely – and sometimes unwisely – practiced in the modern era.

448 | Motion is Lotion

Nancy Jungling, PT Friday, June 9 | 10:00 AM | Free

Learn how to choreograph a series of mindful movements and purposeful postures to lubricate your joints, increase circulation and feel your best.

425 | Critical Documents: Your Signature Here

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

We will discuss the critical documents to have readily available as we age.

437 | The Truth About Sugar

Nadin Benrey, MA, NBC-HWC Tuesday, June 20 | 1:00 PM | \$15

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

• 402 | Regain Your Youthful Memory

Philip J. Goscienski, M.D. Thursday, June 22 | 10:00 AM | \$15

Minimize your forgetful moments by learning these memory techniques that are thousands of years old.

HISTORY & HUMANITIES

679 | Walk on the WILD Side: San Diego's Wildlife, Flora & Fauna Linda Hawley, Ed.M., Teacher & Author Monday, May 8 | 10:00 AM | \$18

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

● 495 | U.S. Historical Novels: A Great History Lesson Blaine Davies, MA, Professor of U.S. History Monday, May 8 | 10:00 AM | \$15

Learn how historical novels help us better experience the dramatic events that shaped our nation.

< 🗣 577 | A President, a Queen, and a Prime Minister

Donald H. Harrison, Editor Emeritus San Diego Jewish World Tuesday, May 9 | 10:00 AM | \$15

Storyteller Don Harrison relates how his career led him to some personal interactions with a president, a queen, and a prime minister.

✓ ● 472 | Mexico in the 1800's: The Struggle for Independence Frank Newton, Ph.D.

Monday, May 15 | 10:00 AM | \$15

The astonishing history of Mexico; learn about the leaders whose enterprises made the 1800's a bloody and oppressive century for the Mexican people.



✓ ● 458 | A History of Immigration

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Wednesday, May 17 | 10:00 AM | \$15

An overview of the history of immigration with photos and documents drawn from both American history and the instructor's family photos.

723 | Gregory Page and Peter Bolland in Concert

Gregory Page and Peter Bolland Friday, May 19 | 1:00 PM | \$35

Join us for two hours of folk music heaven with renowned singer-songwriter Gregory Page. Opening the show is local singer-songwriter Peter Bolland.

◆ ● 405 | Buried and Forgotten Cities and Lost Civilizations of Mesoamerica

Henry George, Engineer, Archaeologist and Geologist Tuesday, May 23 | 10:00 AM | \$15

Pre-Columbian cities, their unique architecture, numerous ball courts, and forgotten tribes.

486 | Karl Marx's 5 Stages of History and its Relevance for Today and Tomorrow

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, May 25 | 1:00 PM | \$15

Karl Marx theorized that there are five stages of history and that we have yet to reach the fifth stage. Let's discuss what this final stage might entail, socially and politically.

➡ ● 581 | The Afterlife Chronicles:

Exploring the Connection between Life, Death and Beyond

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Friday, May 26 | 10:00 AM | \$15

Learn about the connection between mortality and the afterlife with life-changing experiences people have had with the spirit realm.

• 462 | The Art and Architecture of India

Gwenyth Mapes, Professor of Humanities Friday, May 26 | 1:00 PM | \$15

We will take a quick romp through some of India's most famous art and architecture.

✓ 740 | Our Wild Calling — Richard Louv and Peter Bolland Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, May 31 | 10:00 AM | \$18

Join best-selling author Richard Louv and philosophy and religion professor Peter Bolland for a conversation about our relationship with the natural world.

680 | Talking Bolland: Post-Lecture Discussion Group

Marv Sloben, Facilitator Wednesday, May 31 | 12:00 PM | \$5

Join our discussion group to continue your experience with your fellow students by exploring Peter's ideas in a facilitated, open environment.

◆ ● 463 | Ancient Athens and the Hellenic World: Art & Architecture

Gwenyth Mapes, Professor of Humanities Friday, June 2 | 1:00 PM | \$15

Although besieged by war, 5th century BCE Athens created some of the most enduring art and architecture.

◆ ● 550 | San Diego Women and their Role in World War II Linda Canada, Historian & Author Tuesday, June 6 | 10:00 AM | \$15

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

✓ ● 473 | Mexico in the 1900's:

Revolution to Dominant-Party Politics Frank Newton, Ph.D. Wednesday, June 7 | 10:00 AM | \$15

Learn about the many travails suffered by Mexico through the 20th century to the present.

557 | Women in History Project: Live Performance

Carol Perkins, AAUW Women in History Project Coordinator Friday, June 9 | 1:00 PM | \$15

The La Mesa-El Cajon branch of the American Association of University Women will present a live dramatization featuring heroic women in history.

• 454 | Marc Chagall

Aniko Makranczy, MFA Tuesday, June 13 | 10:00 AM | \$15

This course explores Marc Chagall as a person and as an artist.

📌 🗣 459 | Rancho Bernardo:

From Indian Village to Big City Neighborhood

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

Learn about the history of one San Diego neighborhood, from seasonal indigenous villages to ranchland and to the planned community of today.

📌 🗣 468 | India, Nepal, Bhutan & the Mystical Himalayas

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

Visit exotic, sacred and beautiful places, and experience the magic of these countries.

◆ ● 464 | Ancient Roman Urban and Imperial Life: Art & Architecture

Gwenyth Mapes, Professor of Humanities Friday, June 16 | 1:00 PM | \$15

Explore ancient Roman art and architecture that resulted in buildings and art that are still a marvel.

• 406 | The Settlement of Europe

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

Learn about the pre-history of the European Peoples and the three settlements of Europe by anatomically modern humans – The Paleolithic, Neolithic, and Indo-European settlements.

< 321 | Turning Pain Into Purpose

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, June 21 | 10:00 AM | \$18

This restorative inquiry will help us take on life's inevitable setbacks with renewed resilience, gratitude, and grace.

681 | Talking Bolland: Post-Lecture Discussion Group

Judy Rockland & Rachel Clibborn, BA, Retired Adult Education Instructor Wednesday, June 21 | 12:00 PM | \$5

Join our discussion group to continue your experience with your fellow students by exploring Peter's ideas in a facilitated, open environment.

📌 487 | Who am I?

An Evolutionary View of the Self and Who We Are

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Thursday, June 22 | 1:00 PM | \$15

Find out how our concept of the Self has changed over time. Discover different views of the Self and with which one you most identify.

➡ ● 582 | History of Spiritualism: Communicating with Spirits

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Friday, June 23 | 10:00 AM | \$15

Learn about the history of Spiritualism, the Fox Sisters, Houdini and those who supported or debunked alleged psychic mediums.

📌 322 | The Great Philosophers: John Locke

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, June 28 | 10:00 AM | \$18

Come learn about John Locke, who famously championed the idea of natural rights, including the right to private property—a notion that would transform the world.

682 | Talking Bolland: Post-Lecture Discussion Group Marv Sloben, Facilitator Wednesday, June 28 | 12:00 PM | \$5

Join our discussion group to continue your

experience with your fellow students by exploring Peter's ideas in a facilitated, open environment.

🗣 465 | Frida Kahlo's Art

Gwenyth Mapes, Professor of Humanities Friday, June 30 | 1:00 PM | \$15

We will look at Frida Kahlo's life (1907-1954) and some of her art.



LANGUAGE

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

220 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, May 15 - June 26 | 10:00 AM | \$75

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

222 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, May 15 - June 26 | 11:30 AM | \$75

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

224 | Advanced French

Danielle Deaton, Advanced Teacher, Credentialed Instructor Mondays, May 15 - June 26 | 1:00 PM | \$75

Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal.

214 | Beginning Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor Thursdays, May 11 - June 22 | 10:00 AM | \$105

This conversational course focuses on developing fluency and conversational skills for beginninglevel Spanish speakers.

216 | Intermediate Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor Thursdays, May 11 - June 22 | 11:30 AM | \$105

This course is designed for those familiar with the basic structures of Spanish. We'll focus on activities using the present and past tense.

218 | Advanced Conversational Spanish

Walberto Diaz, Ed.D. Spanish Professor Thursdays, May 11 - June 22 | 1:00 PM | \$105

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

204 | Beginning Spanish I

Gladis Jiménez González Wednesdays, May 17 - June 28 | 10:00 AM | \$105 For students who have no background in Spanish. We will cover chapters 1 - 3.

Sec. 585 | Beginning Spanish 101

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, May 19 - June 30 | 11:30 AM | \$105

For students who have no background in Spanish. Build vocabulary, grammar and common phrases.

206 | Beginning Spanish II

Gladis Jiménez González Wednesdays, May 17 - June 28 | 11:30 AM | \$105

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

208 | Intermediate Spanish I

Gladis Jiménez González Wednesdays, May 17 - June 28 | 1:00 PM | \$105

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

210 | Intermediate Spanish II

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, May 19 - June 30 | 10:00 AM | \$105

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

212 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, May 19 - June 30 | 1:00 PM | \$105

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



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!

LITERATURE

233 | Intermediate Poetry Workshop

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

Thursdays, May 4 - August 31 | 10:00 AM | Free

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

348 | Creative Writing Workshop

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers Tuesdays, May 9 - 30 | 1:00 PM | \$60

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

📌 350 | Read & Critique Writing Group

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers Tuesdays, June 6 - 27 | 1:00 PM | \$60

Share an existing manuscript or begin a new project. Get positive feedback from writers on how to polish your prose.

PERSONAL ENRICHMENT

Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor

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

353 | Tuesdays & Thursdays, May 2 - 11 | 1:00 PM | \$60 **354** | Tuesdays & Thursdays, June 6 - 15 | 1:00 PM | \$60

228 | Making Connections: Women's Discussion Group

Cheryl Davis-Plotts, Psy.D., LMFT 1st & 3rd Wednesdays, May 3 - August 16 1:00 PM | \$64

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

226 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wednesdays, May 3 - August 16 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.

American Mah Jongg for Beginners: Level Two

Chris Eshelman, Mah Jongg Instructor

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

359 | Thursdays, May 4 - 25 | 1:00 PM | \$60 **360** | Thursdays, June 1 - 29 | 1:00 PM | \$60

467 | San Diego Oasis Travel Club

Linda Hawley, Ed.M., Teacher & Author Thursday, May 4 | 1:00 PM | Free

Come and share ideas, travel experiences, get answers to questions, and learn about trips, and, perhaps, find a travel companion.

➡ ● 537 | The Arabic Culture: A Deeper Look

Mohamed Ben Yahya, BA, MBA Intercultural Communication Consultant Thursday, May 4 | 10:00 AM | \$15

An introduction to Arabic culture, attitudes, and perceptions. Learn strategies and tools to successfully communicate with the Arab people.

572 | San Diego Police Department's Senior Volunteer Program

Anniken Iversen, Program Director & Sharon Baker, SDPD Volunteer Outreach Friday, May 5 | 1:00 PM | Free

Thươy, May 5 | 1.00 PM | Thee

Program history followed by a discussion of how volunteers are making a meaningful contribution to the protection of our community.

227 | Men's Forum

Walter Talley, Facilitator 2nd & 4th Wednesday, May 10 - August 23 10:00 AM | \$64

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



461 | Millennials & Generation Z: Who Are They?

Jacqueline Penhos, MA, Certified Diversity & Mindfulness Therapist Wednesday, May 10 | 10:00 AM | \$15

Dispel myths and stereotypes about Generation Zand Millennials, and learn to connect with them.

372 | Safe Travels and Destinations with AFC Vacations

Will Reece, AFC Vacations Friday, May 12 | 10:00 AM | Free

Join Will Reece from AFC Vacations for an informative presentation. We will cover new travel trends and what areas are safe for travel.

561 | Hops To It: Beer Tasting and Conversation

Michael Craig, San Diego Oasis COO Monday, May 15 | 1:00 PM | \$15

Enjoy four different beers while learning how beer is created, from grain to glass.

513 | How the Words "Thank You" Saved My Life

Natalie Reilly, Nothing But Love Notes Founder Monday, May 15 | 1:00 PM | Free

This is a workshop in gratitude for people looking to positively impact their life and community.

440 | Navigating Retirement:

Paving the Way for Greater Health and Well-Being

Virginia B. Berger, MA, Certified Professional Coach Thursday, May 18 | 1:00 PM | \$15

We'll focus on tools that will help us let go of the things that detract from our health and well-being.

Confident Living Discussion Group

Laura Diaz, Board Certified Coach (BCC)

Monthly drop-in group where we will discuss different topics about life and its challenges.

234 | Friday, May 19 | 10:00 AM | \$8 **235** | Friday, June 16 | 10:00 AM | \$8

📌 562 | Drought-Tolerant Plants for San Diego

Sharon Reeve, MS, Landscape Designer Saturday, May 20 | 10:00 AM | \$15

We'll talk about some of the best drought-tolerant, low-maintenance plants for your garden.

355 | Be Happy – Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC) Tuesday, May 23 | 10:00 AM | \$15

Come join us in learning ways to create happiness habits. Explore new ways to expand your happiness, and learn to appreciate what you have.

558 | Ready to Learn About Herbs?

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County Friday, May 26 | 1:00 PM | \$15

This class will cover the basic types of herbs, common uses, and growing tips.

584 | Friendship Force Club of San Diego County

Sharon Barker and Kathy Velasco, Friendship Force Council Members Tuesday, May 30 | 10:00 AM | Free

Learn about a dynamic club dedicated to world peace through the understanding of people and cultures throughout the world.

576 | Major Wine Regions of the Pacific Northwest

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

Learn the mysteries of the Pacific Northwest's wine region and why you should be sampling its wines.

578 | Legends and Lore of Spices

Marilyn McPhie, Storyteller Friday, June 2 | 1:00PM | \$15

You may use basil in pesto, but did you know that it was once considered useful in warding off dragons? Join us to hear the fascinating lore of spices from around the world.

538 | **Dealing with Cultural Challenges in Int'l Travel** Mohamed Ben Yahya, BA, MBA Intercultural Communication Consultant

Thursday, June 8 | 10:00 AM | \$15

This presentation highlights and discusses the language and cultural barriers that international travelers may face.



356 | 3 Keys to Becoming Your Own Best Leader

Laura Diaz, Board Certified Coach (BCC) Wednesday, June 14 | 1:00 PM | \$15

Discover your talents and cultivate your leadership qualities to help you move forward in your life.

441 | Navigating Retirement:

Working after Retirement-The New Normal

Virginia B. Berger, MA, Certified Professional Coach Thursday, June 15 | 1:00 PM | \$15

Explore semi-retirement opportunities. Participants will imagine their ideal working situation and identify some steps to getting there.

559 | Fruit Trees: Your Step-By-Step Guide

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County Friday, June 23 | 1:00 PM | \$15

Take the mystery out of growing fruit trees in San Diego: selection, planting, maintenance and more.

TECHNOLOGY

386 | Google Docs and Google Sheets

Russ Nail, Technology Trainer Friday, May 5 | 10:00 AM | \$15

Using Google Sheets and Google Docs, create and edit documents and spreadsheets directly in your web browser with no special software required.

Android: Get Started with Your Android Phone Russ Nail, Technology Trainer

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

384 | Monday, May 8 | 10:00 AM | \$15 **388** | Friday, June 9 | 10:00 AM | \$15

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.

385 | Monday, May 22 | 10:00 AM | \$15 **389** | Tuesday, June 20 | 10:00 AM | \$15

398 | Online Safety and Security

Bucky Reed, IT Professional Friday, June 2 | 10:00 AM | \$15

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

🛸 387 | Gmail: The Basics

Russ Nail, Technology Trainer Monday, June 5 | 10:00 AM | \$15

Learn how to perform basic email tasks, as well as unique features that make Gmail one of the most popular online email services.

394 | Android 101

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

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



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

340 | Conquering Your Apple Watch

Jacki Montierth, Founder of Wiseboomer.com Tuesday, May 9 | 10:00 AM | \$16

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

342 | International Travel the Digital Way

Jacki Montierth, Founder of Wiseboomer.Com Thursday, May 11 | 10:00 AM | \$16

Learn to use your cell phone and other digital devices to make international traveling easier.

341 | Conquering the Apple iCloud and Photo Storage

Jacki Montierth, Founder of Wiseboomer.Com Monday, June 26 | 10:00 AM | \$16

Learn what the iCloud is and how to manage storage.

Conquering Your iPhone - Part I Jacki Montierth, Founder of Wiseboomer.com

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

331 | Monday, May 15 | 10:00 AM | \$16 **332** | Tuesday, June 6 | 10:00 AM | \$16

Conquering Your iPhone - Part II Jacki Montierth, Founder of Wiseboomer.com

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

334 | Friday, May 26 | 10:00 AM | \$16 **335** | Monday, June 12 | 10:00 AM | \$16

Conquering Your iPhone - Part III

Jacki Montierth, Founder of Wiseboomer.com

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

337 | Tuesday, May 30 | 10:00 AM | \$16 **338** | Friday, June 23 | 10:00 AM | \$16

THEATRE & MUSIC

📌 Improv Class! All Levels Welcome!

Gwenn Olive, Improv Instructor & Performer

In a safe, supportive environment, let's laugh and create fun memories with new friends.

568 | Thursdays, May 11 - 25 | 1:00 PM | \$45 **569** | Thursdays, June 8 - 29 | 1:00 PM | \$60

723 | Gregory Page and Peter Bolland in Concert Gregory Page and Peter Bolland Friday, May 19 | 1:00 PM | \$35

Join us for two hours of folk music heaven with renowned singer-songwriter Gregory Page. Opening the show is local singer-songwriter Peter Bolland.

277 | Acting Workshop

Jo-Darlene Reardon

Mondays, May 22 - August 7 | 1:00 PM | \$120

Learn more about acting and the theater in a relaxed, informal class, with an opportunity to perform scenes, monologues, and reader's theater.

563 | Music Through The Decades (Music from Irving Berlin to the Beatles)

Mike Chamberlin, Singer, Author & Storyteller Friday, June 23 | 1:00 PM | \$15

Using songs from the 1930's-60's, we'll travel through four decades of songs.

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

246 | Tuesday, May 9 - 30 | 12:30 PM | \$240 247 | Tuesday, May 9 - 30 | 1:30 PM | \$240 248 | Tuesday, May 16 - 30 | 2:30 PM | \$180 269 | Tuesday, May 16 - 30 | 3:30 PM | \$180 249 | Tuesday, June 6 - 27 | 12:30 PM | \$240 250 | Tuesday, June 6 - 27 | 1:30 PM | \$240 251 | Tuesday, June 6 - 27 | 2:30 PM | \$180 270 | Tuesday, June 6 - 27 | 3:30 PM | \$180 257 | Wednesday, May 10 - 31 | 12:30 PM | \$240 258 | Wednesday, May 10 - 31 | 1:30 PM | \$240 259 | Wednesday, May 10 - 31 | 2:30 PM | \$240 273 | Wednesday, May 10 - 31 | 3:30 PM | \$240 260 | Wednesday, June 7 - 28 | 12:30 PM | \$240 261 | Wednesday, June 7 - 28 | 1:30 PM | \$240 262 | Wednesday, June 7 - 28 | 2:30 PM | \$240 274 | Wednesday, June 7 - 28 | 3:30 PM | \$240



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

1:1 Sessions, Demos, and Workshops at our Le Mesa Location

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 Grossmont Lifelong Learning Center.

📥 Apple Health: Your Step-By-Step Guide

Recommended for iPhone users. We will create your medical ID, discover a new way to track medications as well as how to input crucial information in case of a medical emergency.

 | Wednesday, May 3 | 12:00 PM | \$5 | Monday, May 22 | 11:00 AM | \$5 | Wednesday, June 7 | 10:00 AM | \$5 | Thursday, June 22 | 12:30 PM | \$5

Apple Maps App Workshop

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

 1008 | Thursday, May 11 | 10:30 AM | \$5

 1016 | Tuesday, May 23 | 11:30 AM | \$5

 1031 | Friday, June 16 | 11:00 AM | \$5

 1039 | Wednesday, June 28 | 12:00 PM | \$5

Apple Photos Workshop

This class will offer tips for organizing the photos on your iPhone. Learn about favorites, creating folders, saving photos from texts, emails, and more.

1005 | Monday, May 8 | 12:30 PM | \$5
1013 | Thursday, May 18 | 10:30 AM | \$5
1023 | Friday, June 2 | 11:00 AM | \$5
1037 | Monday, June 26 | 11:00 AM | \$5

Bluetooth Basics Workshop

Learn how Bluetooth technology works, including with how to pair your device to wireless speakers, headsets, computers, cars, and more.

1014 | Friday, May 19 | 11:00 AM | \$5 **1029** | Wednesday, June 14 | 12:00 PM | \$5

Cloud Services Workshop

An overview of the most popular cloud services and how to get started using Google Drive, iCloud, and OneDrive.

1006 | Tuesday, May 9 | 11:30 AM | \$5 **1018** | Thursday, May 25 | 10:30 AM | \$5 **1034** | Wednesday, June 21 | 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 the Google Maps app like a pro.

1009 | Friday, May 12 | 11:00 AM | \$5 **1020** | Tuesday, May 30 | 11:30 AM | \$5 **1030** | Thursday, June 15 | 10:30 AM | \$5

Google Photos Workshop

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

1007 | Wednesday, May 10 | 12:00 PM | \$5

- 1019 | Friday, May 26 | 11:00 AM | \$5.
- 1025 | Tuesday, June 6 | 11:30 AM | \$5
- 1036 | Monday, June 26 | 11:00 AM | \$5

QR Codes Workshop

A brief overview of what QR codes are and how to use them.

- 1004 | Friday, May 5 | 11:00 AM | \$5
- 1017 | Wednesday, May 24 | 12:00 PM | \$5
- 1028 | Tuesday, June 13 | 1:00 PM | \$5
- 1038 | Tuesday, June 27 | 11:30 AM | \$5

North County Escondido Senior Center | 210 E. Park Ave., Room 6, Escondido

COX TECH TANK, CONTINUED.

Social Media Workshop

Instagram, Facebook, Twitter, TikTok. Learn to stay connected with your family, friends, and current events. This class will offer an overview of the most popular social media platforms.

1001 | Tuesday, May 2 | 11:30 AM | \$5 **1024** | Monday, June 5 | 11:00 AM | \$5

UBER/Lyft App Workshop

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

1000 | Monday, May 1 | 11:00 AM | \$5 1012 | Wednesday, May 17 | 10:00 AM | \$5 1027 | Monday, June 12 | 11:00 AM | \$5 1040 | Thursday, June 29 | 10:30 AM | \$5

Web Cookies Workshop

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

 | Thursday, May 4 | 10:30 AM | \$5 | Tuesday, May 16 | 11:30 AM | \$5 | Thursday, June 1 | 10:30 AM | \$5 | Monday, June 19 | 11:00 AM | \$5

YouTube Workshop

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

 | Monday, May 15 | 11:00 AM | \$5 | Wednesday, May 31 | 12:00 PM | \$5 | Monday, June 19 | 11:00 AM | \$5 | Friday, June 30 | 11:00 AM | \$5

NEW OFFICE HOURS | PHONE NUMBER

Tuesdays & Wednesdays Thursdays Telephone 11:00 AM - 2:00 PM 12:00 PM - 3:00 PM (760) 796-6020

EXERCISE & DANCE

Better Balance with Stability Ball Traci Thys

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

192 | Tuesdays, May 2 - 30 | 12:00 PM | \$40 **193** | Tuesdays, June 6 - 27 | 12:00 PM | \$32 **194** | Thursdays, May 4 - June 1 | 12:00 PM | \$40 **195** | Thursdays, June 8 - 29 | 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.

196 | Wednesdays, May 3 - 31 | 12:30 PM | \$40 **197** | Wednesdays, June 7 - 28 | 12:30 PM | \$32

Tai Chi Chuan: Beginning Pat Griffith, Sifu

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

198 | Thursdays, May 4 - June 1 | 3:00 PM | \$40 **199** | Thursdays, June 8 - 29 | 3:00 PM | \$32

Tai Chi Chuan: Early Risers Pat Griffith, Sifu

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

 | Tuesdays, May 2 - 30 | 7:30 AM | \$40 | Tuesdays, June 6 - 27 | 7:30 AM | \$32 | Fridays, May 5 - June 2 | 7:30 AM | \$40 | Fridays, June 9 - 30 | 7:30 AM | \$32

OASIS AT THE LIBRARIES

GEORGINA COLE LIBRARY 1250 Carlsbad Village Dr., Carlsbad, CA 92008

665 | Write On! Remedies for the Reluctant Writer

Patricia Benesh, Ed.D., Founder of AuthorAssist.com and 7memories.com Friday, June 23 | 1:00 PM | Free

Do you have a story to tell, but you can't get started? Let's take the first steps together.

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

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 many more.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

485 | The Creation of the Panama Canal

Blaine Davies, MA, Professor of U.S. History Tuesday, May 2 | 1:00 PM | Free

Learn how the canal was conceived, engineered and made available for ocean-to-ocean transit.

484 | The Mysterious Death of Meriwether Lewis

Dr. David Peck Tuesday, June 13 | 1:00 PM | Free Based on the new book by Dr. Dave and Marti Peck, we'll shed light on the mysterious historical fate of this American icon.

OCEAN BEACH BRANCH LIBRARY

4801 Santa Monica Ave, San Diego, CA 92107

539 | Catch the Wave: The History of Surf Music Chris Burns, Many-Strings

Monday, June 12 | 6:30 PM | Free

This hour will treat you to the energy and beauty of California surf music. We'll also enjoy waves from Australia and the Caribbean.

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

542 | The Creation of the Panama Canal

Blaine Davies, MA, Professor of U.S. History Wednesday, May 3 | 1:00 PM | Free

Learn how the canal was conceived, engineered and made available for ocean-to-ocean transit.

543 | The Importance of Movement

Nadin Benrey, MA, NBC-HWC Wednesday, May 24 | 1:00 PM | Free

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

544 | 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 Wednesday, June 7 | 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.

545 | Genetics: A Line of Evidence in Peopling of the World

Henry George, Engineer, Archaeologist and Geologist Wednesday, June 28 | 1:00 PM | Free

This lecture on human origins will trace the diaspora from the proverbial Adam and Eve to the peoples of the world today.

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

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, identify the health risks of over-consumption of fats, particularly trans and saturated 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

536 | Intriguing Italy

Linda Hawley, Ed.M., Teacher & Author Saturday, May 13 | 10:00 AM | Free

Enjoy a two-hour adventure as we travel to various sites and cities in Italy to explore the archaeology, architecture, and art of this amazing country.

SERRA MESA-KEARNY MESA BRANCH LIBRARY

9005 Aero Dr, San Diego, CA 92123

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 LIBRARY

4155 Governor Dr, San Diego, CA 92122

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 the chicken ranch know today as Cal State San Marcos.



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.



EXERCISE & DANCE

312 | Strength and Fitness at Home

Kerry Wilson, Yoga Instructor Tuesdays, May 2 - 30 | 2:30 PM | \$50

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

308 | Chair Yoga

Kerry Wilson, Yoga Instructor Thursdays, May 4 - June 1 | 2:30 PM | \$50

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

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

316 | Saturdays, May 13 - 27 | 9:00 AM | \$30 **317** | Saturdays, June 3 - 24 | 9:00 AM | \$40

HEALTH

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.

444 | Thursdays, May 4 - 25 | 1:00 PM | \$40 **445** | Thursdays, June 8 - 29 | 1:00 PM | \$40

• 425 | Critical Documents: Your Signature Here

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

We will discuss the critical documents to have readily available as we age.

📌 🗣 424 | Maintaining a Healthy Brain

Shannon Patel, LCSW, Memory Café Program Director Tuesday, May 9 | 3:00 PM | Free

We'll explore unexpected ways to protect your brain.

◆ ● 401 | Fasting: Healthy, Holy, Hazard or Hoax? Philip J. Goscienski, M.D.

Thursday, May 25 | 10:00 AM | \$15

Learn how to take advantage of the fasting trend that is widely – and sometimes unwisely – practiced in the modern era.

• 402 | Regain your Youthful Memory

Philip J. Goscienski, M.D. Thursday, June 22 | 10:00 AM | \$15

Minimize your forgetful moments by learning these memory techniques that are thousands of years old.

HISTORY & HUMANITIES

527 | The Transformation of Our Society

Carl Luna, Ph.D. Wednesday, May 3 | 1:30 PM | \$8

Learn about society's fifth system break and how it will radically transform economics, politics and society in the decades to come.

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.

287 | Friday, May 5 | 10:00 AM | \$6
288 | Friday, May 12 | 10:00 AM | \$6
289 | Friday, May 19 | 10:00 AM | \$6
290 | Friday, May 26 | 10:00 AM | \$6
291 | Friday, June 2 | 10:00 AM | \$6
292 | Friday, June 9 | 10:00 AM | \$6
293 | Friday, June 16 | 10:00 AM | \$6
294 | Friday, June 23 | 10:00 AM | \$6
295 | Friday, June 30 | 10:00 AM | \$6



495 | U.S. Historical Novels: A Great History Lesson

Blaine Davies, MA, Professor of U.S. History Monday, May 8 | 10:00 AM | \$15

Learn how historical novels help us better experience the dramatic events that shaped our nation.

577 | A President, a Queen, and a Prime Minister

Donald H. Harrison, Editor Emeritus San Diego Jewish World Tuesday, May 9 | 10 AM | \$15

Storyteller Don Harrison relates how his career led him to some personal interactions with a president, a queen, and a prime minister.

461 | Millennials & Generation Z: Who Are They?

Jacqueline Penhos, MA, Certified Diversity & Mindfulness Therapist Wednesday, May 10 | 10:00 AM | \$15

Explore myths and stereotypes about Generation Z and Millennials, and learn to connect with them.

553 | X-15: America's First Spacecraft

Mark Carlson, Historian & Author Wednesday, May 10 | 1:00 PM | \$15

Discover the almost forgotten achievements of the North American X-15 Rocket and its crew, who pushed the boundaries of space aviation in the 60s.

472 | Mexico in the 1800's: The Struggle for Independence

Frank Newton, Ph.D. Monday, May 15 | 10:00 AM | \$15

Explore the astonishing history of Mexico and learn about the leaders whose enterprises made the 1800's a bloody and oppressive century for its people.

< 500 | Spanish Stonehenge Emerges After Drought

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, May 16 | 1:00 PM | \$15

Archaeologists found hundreds of standing stones and other megaliths at a construction site on the Spain-Portugal border.

458 | A History of Immigration

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Wednesday, May 17 | 10:00 AM | \$15

An overview of the history of immigration with photos and documents drawn from both American history and the instructor's family photos.

< 456 | Dante's Story:

The Life of an Indigenous Boy from Peru Holly Wissler, Ph.D. Ethnomusicology, Senior Lecturer at Texas State University and Tour Leader, Cusco, Peru Friday, May 19 | 10:00 AM | \$15

Learn about Dante, born deaf in a remote Quechua community in Peru and his journey to the US.

405 | Buried and Forgotten Cities and Lost **Civilizations of Mesoamerica**

Henry George, Engineer, Archaeologist and Geologist Tuesday, May 23 | 10:00 AM | \$15

Explore Pre-Columbian cities, their unique architecture, numerous ball courts, and forgotten tribes.

515 | The Cuban Mysteries of Leonardo Padura

Oliva M. Espín, Ph.D. Tuesday, May 23 | 1:00 PM | \$15

Padura's intriguing "whodunits," featuring police Inspector Mario Conde, provide us with scenes of everyday Havana life as well as social criticism.

491 | The Other Impressionists

Julia Fister, MA, Studio ACE Executive Director Wednesday, May 24 | 1:00 PM | \$15

This lecture will explore Impressionist artists such as Camille Pissarro, Auguste Renoir, Alfred Sisley and Gustave Caillebotte along with others.

📌 🗣 581 | The Afterlife Chronicles: Exploring the Connection between Life, Death and Beyond

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Friday, May 26 | 10:00 AM | \$15

Learn about the connection between mortality and the afterlife with life-changing experiences people have had with the spirit realm.

462 | The Art and Architecture of India

Gwenyth Mapes, Professor of Humanities Friday, May 26 | 1:00 PM | \$15

We will take a quick romp through some of India's most famous art and architecture.



541 | A New Kid on The (digital) Block: The New Digital Intelligence Reality Alex Castaneda, Ph.D.

Tuesday, May 30 | 1:00 PM | \$15

Artificial Intelligence is here, but are we prepared? Will society embrace AI or reject its many applications?

✓ ● 463 | Ancient Athens and the Hellenic World: **Art & Architecture**

Gwenyth Mapes, Professor of Humanities Friday, June 2 | 1:00 PM | \$15

Although besieged by war, 5th century BCE Athens created some of the most enduring art and architecture.

< 🗣 550 | San Diego Women and their Role in World War II

Linda Canada, Historian & Author Tuesday, June 6 | 10:00 AM | \$15

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

473 | Mexico in the 1900's: **Revolution to Dominant-Party Politics**

Frank Newton, Ph.D. Wednesday, June 7 | 10:00 AM | \$15

Learn about the many travails suffered by Mexico through the 20th century through to the present day.

< 554 | The First Men in Space

Mark Carlson, Historian & Author Wednesday, June 7 | 1:00 PM | \$15

This is the story of how a NASA team of dedicated pioneers and visionaries took the first steps off Earth and reached for the stars.

454 | Marc Chagall

Aniko Makranczy, MFA Tuesday, June 13 | 10:00 AM | \$15

This course explores Marc Chagall as a person and as an artist.

501 | American Revolutionary: **Political Path to Independence**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, June 13 | 1:00 PM | \$15

Understand the process of turning from loyal American subjects of the British Crown to rebels willing to risk their lives for independence.

📌 🗣 459 | Rancho Bernardo:

From Indian Village to Big City Neighborhood Vincent Rossi, Historian & Author, Story Seekers Co-Owner Wednesday, June 14 | 10:00 AM | \$15

Learn about the history of one San Diego neighborhood, from seasonal indigenous villages to ranchland to the planned community of today.

492 | Artists of the Early Renaissance

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

Masaccio, Lorenzo Ghiberti, Fra Angelico, Donatello and Botticelli, artists who laid the groundwork for their peers in the High Renaissance.

< 🗣 464 | Ancient Roman Urban and Imperial Life: **Art & Architecture**

Gwenyth Mapes, Professor of Humanities Friday, June 16 | 1:00 PM | \$15

Explore ancient Roman art and architecture that resulted in buildings and art that are still a marvel.

406 | The Settlement of Europe

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

Learn about the pre-history of the European Peoples and the three settlements of Europe by anatomically modern humans - The Paleolithic, Neolithic, and Indo-European settlements.

528 | Books Not Included in the Bible

John R. Spencer, Ph.D. Tuesdays, June 20 - 27 | 10:00 AM | \$16

Learn about the materials, written by early Jewish and Christian communities, which are not considered authoritative and thus not included in the Canon.



26

551 | Egypt and Jordan: Key Countries

Philip R. Pryde, Ph.D., Professor Emeritus SDSU, Author, Lecturer Thursday, June 22 | 1:00 PM | \$15

Learn about the Islamic portion of the Middle East, including differences between Sunni and Shia Muslims and key aspects of the history of the region.

📌 🗣 582 | History of Spiritualism: **Communicating with Spirits**

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Friday, June 23 | 10:00 AM | \$15

Learn about the history of Spiritualism, the Fox Sisters, Houdini and those who supported or debunked alleged psychic mediums.

465 | Frida Kahlo's Art

Gwenyth Mapes, Professor of Humanities Friday, June 30 | 1:00 PM | \$15

We will look at Frida Kahlo's life (1907-1954) and some of her art.

LANGUAGE

489 | Conversational Spanish Danisa Mardones, BA

Tuesdays, May 16 - June 27 | 1:30 PM | \$105

This course is for people with a very advanced level of Spanish who wish to deepen and perfect their knowledge of the language.

LITERATURE

523 | The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator 1st & 3rd Fridays, May 5 - August 18 | 1:00 PM | \$64

We'll discuss various types of mystery books and pick a different author each meeting to read and evaluate.

504 | How to Write a Book and Publish It

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Thursdays, May 18 - June 22 | 10:00 AM | \$90

Learning how to write your story and getting it published is a process of many parts.

PERSONAL ENRICHMENT

226 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wednesdays, May 3 - August 16 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.

537 | The Arabic Culture: A Deeper Look Mohamed Ben Yahya, BA, MBA Intercultural

Communication Consultant Thursday, May 4 | 10:00 AM | \$15

An introduction to Arabic culture, attitudes, and perceptions. Learn strategies and tools to successfully communicate with the Arab people.

< 525 | Life in Cuba

Gary Kleemann, Ph.D. Thursday, May 4 | 1:30 PM | \$8

A Cuban travelogue with pictures of the people, points of interest, and observations of the people and their circumstances.

524 | Keeping San Diego Honest Sharon Spivak, Executive Director,

San Diego City Ethics Commission Tuesday, May 16 | 10:00 AM | \$8

San Diego's City Ethics Commission's executive director, Sharon Spivak, will explain how the commission works and the successes it has had.

< 552 | Birds of San Diego County

Philip R. Pryde, Ph.D., Professor Emeritus SDSU, Author, Lecturer Thursday, May 25 | 1:00 PM | \$15

Learn about common bird species found in the San Diego region, together with their more interesting characteristics, and where you can see them.

✓● 538 | Dealing with Cultural Challenges in International Travel

Mohamed Ben Yahya, BA, MBA Intercultural **Communication Consultant** Thursday, June 8 | 10:00 AM | \$15

We'll highlight and discuss the language and cultural barriers that international travelers may face during their leisure or business trips.

📌 🗣 468 | India, Nepal, Bhutan & the Mystical Himalayas

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

Visit exotic, sacred and beautiful places, and experience the magic of these countries.

TECHNOLOGY

433 | Photography on the Smartphone

Mary Burns, Professor, San Diego Continuing Education Thursday, May 18 | 1:00 PM | \$15

Learn the basics of using your smartphone as a camera (both iPhone and Android).

✓ 497 | Excel: Create a Budget and More

Barbara Smith, MA, Community College Instructor Wednesdays, May 24 - 31 | 1:00 PM | \$30

Learn Excel basics including creating formulas. Design a simple, customizable budget, and use data from a spreadsheet to create different types of charts.

434 | iPhone: Basics and Beyond

Mary Burns, Professor, San Diego Continuing Education Thursdays, June 1 - 8 | 1:00 PM | \$30

In two sessions, learn about the basics of the iPhone, the Apple cloud, apps, settings and more.

📌 498 | Word: How to Create a Flyer

Barbara Smith, MA, Community College Instructor Wednesday, June 21 | 1:00 PM | \$15

Learn how to create a colorful, attractive, welldesigned flyer from scratch as well as by using a free Word template.

THEATRE & MUSIC

279 | Felix Mendelssohn: Classical and Romantic

Chris Burns, Many-Strings Friday, May 12 | 3:00 PM | \$15

Enrich your day with the music of Felix Mendelssohn, who, like Mozart, was a "boy wonder."

🛸 526 | The Broadway & Hollywood Music of Sammy Cahn

Vincent Young, Musician Wednesday, May 24 | 1:30 PM | \$8

Learn about four-time Oscar winner Sammy Cahn, who is best known for his romantic lyrics for both film and Broadway.

< 280 | John Barry: James Bond and Much More

Chris Burns, Many-Strings Friday, May 26 | 3:00 PM | \$15

From James Bond to Born Free, Dances with Wolves and much more, this English composer has blessed us with gorgeous melodies.

281 | The Evolution of Country Music: American Expressions

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

Enjoy 100 years of country music expression from a variety of regions, including Nashville, the Midwest, and Bakersfield.

282 | Composed in Spain: Unique, Passionate, & Romantic Chris Burns, Many-Strings

Friday, June 23 | 3:00 PM | \$15

This hour is a celebration of Spanish melodies, from the Renaissance, Baroque and Romantic Eras to the fire of the street and tavern.

< 529 | The Music of Richard Rogers

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

The music of Richard Rodgers, arguably the greatest American theatre composer of the last century.



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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 | Single \$4,019 | Triple \$3,149

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.

Great Trains & Grand Canyons

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

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.

Canadian Rockies & Glacier National Park

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

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.

Cape Cod & The Islands

September 16-22, 2023 | 7 Days, 9 Meals Double \$2,899 | Single \$3,649 | Triple \$3,619

Includes Boston City Tour & Faneuil Hall, Plymouth Rock, recreated ship Mayflower II, Martha's Vineyard Tour, Provincetown & Cape Cod Nat'l Seashore, Cranberry Bog Tour, Newport Tour & The Breakers Mansion, Nantucket Island & Whaling Museum, and more.

Southwest National Parks

November 5-10, 2023 | 6 Days, 8 Meals Double \$2,125 | Single \$2,705 | Triple \$2,7675

Includes Hoover Dam tour, Las Vegas Mob Museum, Grand Canyon West, Grand Canyon Skywalk, Bryce Canyon National Park, Zion National Park with Zion Tram Tour & historic Zion Lodge, and more.

Music Cities Holiday

November 28 - December 3, 2023 | 6 Days, 9 Meals Double \$2,995 | Single \$3,695 | Triple \$3,665

Includes Branson City Tour + Shows, Showboat Branson Belle, Clinton Presidential Library, Memphis' Beale Street & Dinner, Elvis Presley's Graceland, Holiday Dinner & Show at Opryland Resort, Nashville City Tour & the Country Music Hall of Fame, Grand Ole Opry at historic Ryman Theater, and more.

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, Guanacaste, and more.

Spotlight on New York City

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

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

Friendly Excursions

Trains of Colorado

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

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

Medical devices in your home?

We may be able to help.

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



Are you House Rich but Cash Poor? Then you should consider a <u>Reverse Mortgage</u>

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

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- Tax-free money
- Lump sum, monthly payments, line of credit; or combo
- Will not affect Social Security or Medicare Benefits (May affect Medicaid and SSI)

It's more than a Mortgage, it's a <u>Reverse Mortgage!</u>

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

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

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email: owen.coyle@gmail.com www.reversemortgages62.com

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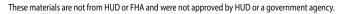
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Owen has 14 two-minute videos on his website, www.reversemortgages62.com, that will show you how Reverse Mortgages work and will answer most of your questions.





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Join us as we take a look at current conditions in the stock market

Economic & Market Updates with Chuck Etzweiler

Calls are live (Pacific time) and last 25-30 minutes. Maximum of 100 participants per call. If you are not able to get on, select alternate date.

Dates and Times

- Monday, May 15 | 2 PM
- Tuesday, May 16 | 5 PM
- Thursday, May 18 | 10 AM

Instructions

- 1. Select your preferred date and time.
- 2. Dial 888-788-0099 (toll-free).
- 3. Enter Meeting ID 381 101 0533#.
- 4. Note: You are the "Participant," select #.

Questions

linda.smith2@thrivent.com | (858) 455-5227



Join us for these upcoming Thrivent Financial classes with Anthony Camara, FIC, MBA

Retirement & Estate Strategies

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

507 | Wednesday, May 10 | 10:00 AM | \$5 510 | Wednesday, June 7 | 10:00 AM | \$5

508 | Social Security | Wednesday, May 10 | 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 free, 30-minute, one-on-one, confidential financial consultation, with no strings attached.

509 | Friday, May 12 | 10:00 AM | Free 512 | Friday, June 9 | 10:00 AM | Free

511 | Long-Term Care | Wednesday, June 7 | 1:00 PM | \$5

Learn why an extended care strategy should be a part of your financial conversation, and how to start the process.

Register at SanDiegoOasis.org or call (619) 881-6262

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Awards

<u>2022</u>

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022 Generations United's Program of Merit

<u>2020</u>

Public Health Champion award by the County of San Diego's Covid19 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

2016 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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COCISIS TEAM ON A TREES

On a mission to change the way people think about aging

Form your team and come participate in a series of fun challenges at various stations through out Grossmont Center. At the end of the challenge, teams will enjoy refreshments, live music, and an opportunity drawing. **Funds raised benefit San Diego Oasis.**

Team Price: \$150 (2-6 members) Sponsorships available!

FRIDAY, JULY 28 | 4 - 7 PM SAN DIEGO OASIS @ GROSSMONT CENTER

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