NEW!
Senior Resource Guide inside
Oasis partners with Bridge Club of North County

ONE OASIS, TWO GREAT LOCATIONS!

La Mesa
Rancho Bernardo

JULY AUGUST 2023

(619) 881-6262  (858) 240-2880  Info@SanDiegoOasis.org  SanDiegoOasis.org

La Mesa  Rancho Bernardo
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 53,000. 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, lifestyle, 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 low-income, isolated seniors who do not have any technology (over 1,000 tablets as of 6/2023).

JOINING OASIS
• Who Can Join: Oasis is open to people 50+ regardless of income, gender orientation, 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 Michelle Irby at Michelle@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 for La Mesa and Jhaynane Bastien at Jhaynane@SanDiegoOasis.org for Rancho Bernardo.

• Library Ambassadors: Library Ambassadors are San Diego Oasis volunteer representatives for classes taught at libraries throughout San Diego County. They enrich the off-site 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.

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

June 2023 represents a significant milestone in the story of San Diego Oasis. With the opening of San Diego Oasis at Rancho Bernardo, this new location becomes the first permanent home in our 35-year history. Our new center will be an unprecedented hub for intellectual, fitness, creative, technology, and social programs. Oasis has also joined forces with its newest partner, Bridge Club of North County; we are thrilled to welcome BCNC and launch our new Game Room.

Also in Rancho Bernardo, our new indoor and outdoor spaces bring new opportunities to our Oasis family. If you are considering a naming gift or a Lifetime Membership, please contact me. Should you, your family or organization need an events space, contact our COO, Michael Craig, at Michael@SanDiegoOasis.org.

If you are receiving our catalog for the first time, welcome! We hope you will find a “home away from home” here at Oasis. I encourage you to jump right in, sign up for our e-newsletter, register for classes, and look into volunteering at the office, at local schools through the tutoring program, and helping our team with special events.

Please see page 9 for information on how to contact both the Rancho Bernardo and La Mesa teams, and page 34 for ways to stay up to date on Oasis happenings. I also encourage you to visit our website (SanDiegoOasis.org) and click on the New to Oasis feature box to learn all about our award-winning organization and its mission.

We are also excited to bring the Team on a Trek fun(d) raiser to our La Mesa location. The Trek will take teams of two to six people through a series of challenges throughout Grossmont Center ranging from the silly to the skilled and may include things like learning and performing a line dance routine, answering questions on current events, or facing a technology challenge. The event will end with live music and fun awards. You can learn more on our website. Build your team and come out for a fun afternoon.

The summer is shaping up to be full, fun, and fulfilling as together we learn, stay healthy and give back to our community. Join us!

Gratefully,

Simona Valanciute
President & CEO
San Diego Oasis supports meaningful aging and community service right here in our community. While our mission is partly supported by 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.

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 Legacy Circle

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

Legacy Circle Members

Anonymous Donor
Anonymous Donor
Anonymous Donor
Mark & Maria Allan
Claire & Carlos Arias Family Trust
Krishna & Bonnie Arora
Michael & Arlene Bardin
Regene Braun*
Donald & Nadene Bruders
Heather Chisholm-Chait
Julie Derry
Donna Dotson
Cynthia Haney*
E. Miles & Kathryn Harvey
John & Collette Michelle* Hessler
Emily Keeler
Rupert Keesler*
Ed Kmosena*
Trevalyn Tracy Lawler*
Jolyn B. Parker
Sandra B. Phelps*
Nancy Roos
Nancy Scott
Ouida Shelton*
Herma G. Sullivan*
Glenn Walker
Pitt Warner*
Wayne Yee*
Arleigh Yewchan*

*deceased

Become a part of the Oasis Legacy

“One of the joys of giving is to be able to give to an organization that I think is doing important work. Oasis provides an avenue for older adults to keep learning in a friendly environment. It is an important part of who I am.”

Tom Henry, Oasis donor and volunteer

To join the Legacy Circle, contact Simona Valanciute at (619) 881-6262 or Simona@SanDiegoOasis.org
Thank You to our Generous Donors
Gifts listed below were contributed May 1, 2021 to May 31, 2023

Visionary Circle | $250,000 & Above
Krishna & Bonnie Arora
Bridge Club of North County
Sandra Lawhon
Thrivent Office of Jonathan Doering & Mathew Molstre

President’s Circle | $100,000 - $249,000
Mark & Maria Allan
Michael & Arlene Bardin
Judy & Chuck Beck
County of San Diego Aging & Independence Services
McCarthy Family Foundation
Leslie Miller
Rupert Kessler* Fund@SDF
SDGE

Diamond Circle | $50,000 – $99,999
Jean Cheng & George Y. Kung
Del Mar Healthcare
Dr. Seuss Foundation
Marshall & Judy Lewis
San Diego Foundation | Level Up Summer
Aurelia & Jim Temenak
Walter & Betty Zable Foundation

Platinum Circle | $25,000 – $49,999
Alliance Healthcare Foundation
Jeff Blair | BDS Builders
California Small Business Relief Fund
City of Oceanside
Conrad Prebys Foundation
David C. Copley Foundation
Kaiser Foundation
San Diego Rotary 33
San Marcos Community Grant @ RSF
Sharp Healthcare
Ouida Shelton*

Gold Circle | $10,000 – $24,999
Anonymous
AT&T
Jody Bradley
David Chong & Sarah Saluta
C.J. & Dot Stafford Memorial Fund
Julie Derry | Aging Well Partners
Gary & Mary West Foundation
Eileen Haag
Issa Family Foundation
Carol Lundquist*
Matthews Family Foundation
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JoAnn Onishi & Robert Mogg
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Sigrid U. Pate
Catherine Stiefel
San Diego Housing Commission
Sandra B. Phelps Legacy Fund@SDF
Matt Teichner | Spiegel Nance Design
Scott & Karen Trit
Samuel & Katherine W. French Fund

Silver Circle | $5,000 to $9,999
AARP Foundation
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Anonymous
Art Pratt Foundation of Old Mission
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Regene Braun*
Ken & Darlene Carpenter
Charles & Ruth Billingsley Foundation
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Blaine Davies
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Frank Hoffstadt
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Rancho Bernardo Community Foundation
Stanley | Stearns Fund @SDF
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Umpqua Bank Charitable Foundation
U.S. Bank Foundation
Hon. William & Penny Wise

Matisse Benefactor | $2,500 to $4,999
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Anonymous
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Denise Nelesen
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Sam & John Henry Fox Foundation
Strauss Family Foundation
Linda Thomas
United Healthcare
Simona Valanciute
Barbara & Dick Warden
Fariba Zarieh

*deceased
Thank You to our Generous Donors
Gifts listed below were contributed May 1, 2021 to May 31, 2023

Matisse Fellow | $1,000 to $2,499
Pawan Arora & Family
Michelle Barrett
Laura Berend
Christa Burke
Louisa & Ester Campagna
Joe & Kathleen Carroll
Charles & Diane Cashion
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E. Miles & Kathryn Harvey
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Elizabeth Meyer*
La Jolla Golden Triangle Rotary
Amy O’Connor
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Karen Ternes
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Linda Stouffer Wallis
Deborah B. Wasser
Christopher Weaver
Judith A. Wenker
Dr. Eric & Lorie White
Mary Ann M. White

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Anonymous
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Mary Comport
Larry & Pat Easter
Joe & Linda Evangelist
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Doreen M. Gorostiza
Tom F. Gunn
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William Keefe
Vijay K. Khanna
John & Gretchen Kramer
Eddie & Mary Jane Omens
Joseph & Patricia Perna
Christopher Provo
Barbara Rishel
Terri E. Rix
Barbara B. Rojas
Fred* & Mary Lou Ruane
Henry & Lorly Sander
Elsa Saxod
Mary Strobbe
Surichi Thapar & Family
Floyd & Yolanda Thomas
Madelyn K. Trainor
Charles & Renee Van Vechten
Harold & Elana Weinberger
Robert Zakar

Lifetime Members
Margaret M. Ikezaki
Judy Lewis

In-Kind
Kelly Aljibury
Wayne Davis
Linda Stouffer Wallis
HONOR SOCIETY
Members who have donated at least $1,000 cumulatively in the last 10 years (2013 - 2022)

Marjorie P. Acker*
Jerry & Julia Adams
Mark & Maria Allan
Don & Diana Ambrose
Sr. Mary Jo Anderson
Betsy J. Arnold
Krishna & Bonnie Arora
Pawan Arora & Family
Linda Artiaga
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Vicki & Moises Baron
Michelle Barrett
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Charles & Judy Beck
Laura M. Berend & William Ziegler
Janet S. Bernardy
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Jeff Blair | BDS Builders
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Christa Burke
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Charles Cashion
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David Chong & Sarah Saluta
Elaine Chortek
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Julie Derry | Aging Well Partners
Bryan Devore
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Joe & Linda H. Evangelist
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Jonathan & Carol A. Gebhart
Henry J. & Alta George
Betty Lou Gibbs
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Eileen Haag
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E. Miles & Kathryn T. Harvey
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James & Sandra Helt
John & Colette* M. Hessler
Lois B. Hodik
Gerald & Ingrid Hoffmeister
Frank Hoffstadt
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Henry & Carol Hunte
Gilbert & Margaret M. Ikezaki
Steve & Kelly R. Johnson
Anna K. Jones
Mary Karscig
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Carolyn M. Kerl
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Charles & Maureen King
Margaret Kinney
Edward Knosena*
Jean Cheng & George Y. Kung
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Charles & Lynda Muse
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Sanjeeet & Renu Pandit
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Charles Pederson
Sandra Phelps*
Newton & Arlene Pollock
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Dr. Eric M. & Lorie White
Hon. William & Penny Wise
Wayne Yee*
Fariba Zarieh | United Health
Linda Stouffer Wallis

* deceased
How to Reach Us

Email: Info@SanDiegoOasis.org
Website: SanDiegoOasis.org
Office Hours: 9:30 AM - 4:00 PM, Monday - Friday

Phone: (619) 881-6262
Address: 5500 Grossmont Center Dr., #269
La Mesa, CA 91942

La Mesa

Rancho Bernardo
(858) 240-2880
17170 Bernardo Center Drive
San Diego, CA 92128

Staff Directory

ADMINISTRATION

President & CEO
Simona Valanciute | Simona@SanDiegoOasis.org

Chief Operating Officer
Michael Craig | Michael@SanDiegoOasis.org

PROGRAMS

Consultant
Jolyn Parker | Jolyn@SanDiegoOasis.org

Director of Outreach
Kristen Amicone | Kristen@SanDiegoOasis.org

Intergenerational Tutor Program Manager
Michelle Irby | Michelle@SanDiegoOasis.org

Bridging the Digital Divide Manager
David Beevers | David@SanDiegoOasis.org

Marketing Director
Kelly Johnson | Kelly@SanDiegoOasis.org

Controller
Cindy Friedenberg | Cindy@SanDiegoOasis.org

Staff Accountant
Beatrice Ricart | Accounting@SanDiegoOasis.org

LA MESA STAFF

Office & Volunteer Director
Kris Anelli | Kris@SanDiegoOasis.org

Director of Lifelong Learning
Brandon Harding | Brandon@SanDiegoOasis.org

Cox Tech Tank Educator
Monserrat Callejas | Monserrat@SanDiegoOasis.org

RANCHO BERNARDO STAFF

Office & Volunteer Manager
Jhaynane Bastien | Jhaynane@SanDiegoOasis.org

Lifelong Learning Manager
Judy Applebaum | Judy@SanDiegoOasis.org

Oasis Innovation Center Educator
Monserrat Callejas | Monserrat@SanDiegoOasis.org

Events Manager
Christine Yoakley | Events@SanDiegoOasis.org

San Diego Oasis is pleased to partner with the Bridge Club of North County at its new location in Rancho Bernardo. We look forward to many fun gatherings in the beautiful new Game Room.
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.
IN-PERSON CLASSES
Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

**Pocket Picture Holder**
Diana Griffin, Owner of Queenie Glass and Sass
Create your own, unique picture holder using colored glass and your own design.
- **364** | Saturday, July 15 | 10:00 AM | $55
- **365** | Wednesday, August 16 | 1:00 PM | $55

**482 | Walker Bag**
Lyn Earl, Instructor
Using a walker makes it difficult to carry a purse or bag. Sew one with pockets to hang on the front bar.
- **242** | Monday, July 10 | 10:00 AM | $15
- **243** | Monday, July 24 | 10:00 AM | $15
- **244** | Monday, August 7 | 10:00 AM | $15
- **245** | Monday, August 21 | 10:00 AM | $15

**Bird Bath/Feeder**
Diana Griffin, Owner of Queenie Glass and Sass
Start with a clear glass circle and add your own design using colored glass pieces.
- **363** | Wednesday, July 19 | 1:00 PM | $55
- **366** | Saturday, August 19 | 10:00 AM | $55

**519 | Painting with Acrylics**
Nancy Isbell, BA, Mural Artist, Instructor, and former owner of Bravo School of Art
Tuesday & Thursday, July 25 - 27 | 10:00 AM | $30
Discover the flexibility and joy of acrylic painting. You’ll learn basic techniques, the application of paint, color gradients, mixing and much more.
- **377** | Thursdays, July 13 - 20 | 10:00 AM | $30
- **378** | Thursdays, August 3 - 10 | 10:00 AM | $30

**Healing Art - Adult Coloring Workshop**
Russ Nail, Technology Trainer
Using jumbo-size geometric artwork, we’ll focus on creativity and therapeutic expression. We’ll explore application of color, shading, and psychological feelings associated with different colors.
- **598** | Friday, July 28 | 1:00 PM | $20
- **599** | Wednesday, August 9 | 10:00 AM | $20
- **600** | Wednesday, August 23 | 10:00 AM | $20

**590 | Making Art Rock... Making Art Rocks**
Sharon Hinckley, Artist
Thursday & Friday, July 6 - 7 | 10:00 AM | $45
Enjoy painting rocks for a very grounding experience. Rocks themselves provide a fascinating work surface.

**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.
- **242** | Monday, July 10 | 10:00 AM | $15
- **243** | Monday, July 24 | 10:00 AM | $15
- **244** | Monday, August 7 | 10:00 AM | $15
- **245** | Monday, August 21 | 10:00 AM | $15

**Arte De Luz: Acrylic Painting for Everyone**
Luz Clayton, Artist & Instructor
Discover your inner artist with simple, entry-level acrylic painting projects.
- **657** | Monday, July 10 | 1:00 PM | $15
- **658** | Monday, July 24 | 1:00 PM | $15
- **659** | Monday, August 7 | 1:00 PM | $15
- **660** | Monday, August 21 | 1:00 PM | $15

**575 | Color Theory**
Aniko Makranczy, MFA
Tuesdays, July 11 - 18 | 10:00 AM | $30
Basic principles of color theory: color wheel, color mixing, and how colors work together to evoke different moods.

**Simple Acrylic Discovery**
Elle Arnot, MFA, School of the Art Institute of Chicago
Explore, discover, and express yourself with acrylics. We’ll talk about art history and techniques you’ll use to create a stunning work of art.
- **377** | Thursdays, July 13 - 20 | 10:00 AM | $30
- **378** | Thursdays, August 3 - 10 | 10:00 AM | $30

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

533 | Tuesdays, August 1 - 8 | 1:00 PM | $30
534 | Tuesdays, August 22 - 29 | 1:00 PM | $30

447 | Variations of Needlepoint
Janet Stuelpner, The Left-Handed Artist and Crafter
Tuesdays, August 8 - 29 | 10:00 AM | $60
Learn basic needlepoint stitches (straight and diagonal); develop skills to complete simple projects.

520 | Drawing Basics
Nancy Isbell, BA, Mural Artist, Instructor, and Founder and former Owner of Bravo School of Art
Mon. & Wed., August 14 & 16 | 10:00 AM | $30
In this workshop, you’ll develop and practice basic, realistic drawing skills using pencils.

483 | Reversible Pint-Sized Ice Cream Cozy
Lyn Earl, Instructor
Wednesday, August 23 | 1:00 PM | $15
Keep your hands warm and dry while eating ice cream from a pint container. This cozy can also be used in the microwave.

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.

370 | Saturday, July 15 | 10:00 AM | $15
371 | Tuesday, July 25 | 10:00 AM | $15

431 | How to Prep Your House for Sale and Attract Buyers
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Tuesday, July 18 | 10:00 AM | $15
Learn the top things you can take care of to help your home make a great impression, entice buyers, and attract great offers.

Business, Finance, Legal

Understanding Senior Residential Care Options
Virginia Renker MPH, CSA, Certified Senior Advisor Residential Options for Seniors and the Elderly (ROSE)
Learn about levels of service provided at senior living facilities in San Diego.

383 | Friday, July 7 | 10:00 AM | Free
382 | Tuesday, July 11 | 1:00 PM | Free

414 | A Guide to Sharing Expenses as an Unmarried Couple
Lisa Claycomb, JD, CITC, CFP®
Friday, July 14 | 10:00 AM | $15
Learn what you should be taking into consideration before combining your finances with a live-in partner.

Retirement & Estate Strategies
Anthony Camara, FIC, MBA
Learn the components of an individual retirement strategy to fully utilize your resources.

654 | Tuesday, July 18 | 1:00 PM | $5
656 | Tuesday, August 8 | 1:00 PM | $5

653 | Social Security
Anthony Camara, FIC, MBA
Tuesday, July 18 | 11:00 AM | $5
Get the most out of Social Security and learn how to manage the key risks all retirees face: outliving income, inflation, and unpredictable events.

688 | New Threats to Democracy
Sheila Tolle, League of Women Voters Board Member
Thursday, July 20 | 10:00 AM | Free
Join us as we explore some of the most recent challenges facing voters today, from Supreme Court decisions to state legislative efforts.

692 | Tuesday, July 25 | 1:00 PM | $15
693 | Thursday, August 24 | 1:00 PM | $15

= NEW!  = HYBRID
**EXERCISE & DANCE**

**Better Balance: Free from Falls**
Russell Rowe, MS, Exercise Physiology

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

- **102** | Fridays, July 7 - 28 | 10:45 AM | $40
- **103** | Fridays, August 4 - Sept. 1 | 10:45 AM | $50

**Bone-Building Fitness**
Russell Rowe, MS, Exercise Physiology

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

- **116** | Mondays, July 10 - 24 | 12:00 PM | $30
- **117** | Mondays, July 31 - August 28 | 12:00 PM | $50
- **106** | Fridays, July 7 - 28 | 12:00 PM | $40
- **107** | Fridays, August 4 - Sept. 1 | 12:00 PM | $50

**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.*

- **120** | Mondays, July 10 - 24 | 9:30 AM | $30
- **121** | Mondays, July 31 - August 28 | 9:30 AM | $50
- **162** | Tuesdays, August 1 - 29 | 12:00 PM | $50
- **177** | Wednesdays, July 5 - 26 | 1:15 PM | $40
- **178** | Wednesdays, August 2 - 30 | 1:15 PM | $50
- **346** | Fridays, July 7 - 28 | 9:30 AM | $40
- **347** | Fridays, August 4 - Sept. 1 | 9:30 AM | $50

**Cardio Drumming to the Oldies**
Cheryl Converse-Rath, Certified Fitness Instructor

*A modified, full-body workout of easy-to-follow dance and drumming movements set to your favorites from yesteryear.*

- **140** | Saturday, July 15 | 9:30 AM | $10
- **141** | Saturday, August 19 | 9:30 AM | $10

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**Let's Talk About It – The Headlines**
Rick LeVine, Attorney

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

- **231** | Wednesday, July 26 | 1:00 PM | $8
- **232** | Wednesday, August 23 | 1:00 PM | $8

**655 | Long-Term Care**
Anthony Camara, FIC, MBA

*Tuesday, August 8 | 11:00 AM | $5*

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

**400 | 15 Steps to a Successful Remodel**
Peter Klein, Author & Former Contractor

*Monday, August 14 | 10:00 AM | $15*

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

**432 | What Are the Steps to Have a Successful Remodel**
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor

*Tuesday, August 15 | 1:00 PM | $15*

*Whether you’re doing it yourself or hiring a contractor, familiarize yourself with the plan, design, timeline, and budget process.*

**471 | SDG&E Electric Pricing Plans, Tools, Tips and Programs**
Martha Quintero, SDG&E

*Wednesday, August 16 | 1:00 PM | Free*

*An informational workshop about electric pricing plan options, tools, tips, and programs to help you manage your energy and save money.*

**689 | Democracy Dollars and Ranked Choice Voting**
Jeanne Brown, League of Women Voters Program Director

*Friday, August 18 | 10:00 AM | Free*

*Explore the pros and cons of two voter engagement initiatives under consideration locally: Democracy Dollars and Ranked Choice Voting.*
**Get Your Steps In: San Diego Oasis Mall Walkers**
Julia Doughty, MFA and Certified HHP
Wednesdays, July 5 - 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.

**Latin Line Dancing – Beginner & Improver**
Patricia Herrington, Dancer & Instructor
Come join us for beginner through improver lessons set to Latin music. We’ll dance to salsa, bachata, flamenco and more.

**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.

**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.

**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.

**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.

**Pilates**
Sofia Puerta Webber, BA Communication Science and Journalism, Certified Yoga Therapist and Mindfulness Teacher
Pilates is a full-body workout that concentrates on strengthening the core to improve the health of the spine, back muscles, and internal organs.

**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.

**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.

**T’ai Chi Chih :**
Joy Through Movement for Intermediate Students
Michelle Sarubbi, Certified TCC Instructor
Fridays, July 14 - August 25 | 1:15 PM | $70
Learn to deepen and refine the movements. Not recommended for beginning students.
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!

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**Tai Chi Basics with Michael**
Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

This class will help you improve balance and promote healing.

128 | Mondays, July 10 - 24 | 1:15 PM | $30
129 | Mondays, July 31 - August 28 | 1:15 PM | $50

**Zumba Gold**
Pamela Toomes & Laura Muto, Certified Fitness Instructors
An exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning, dance fitness party.

132 | Mondays, July 10 - 24 | 10:45 AM | $30
133 | Mondays, July 31 - August 28 | 10:45 AM | $40
190 | Wednesdays, July 5 - 26 | 12:00 PM | $40
191 | Wednesdays, August 2 - 30 | 12:00 PM | $40

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**ALZHEIMER’S ASSOCIATION**

**411 | Understanding and Responding to Dementia-Related Behavior**
Elisa Barnett, MA, Alzheimer’s Association Community Engagement Manager
Wednesday, July 12 | 1:00 PM | Free

Learn common triggers for behaviors associated with dementia, how to assess a person’s needs, how to intervene effectively, and what to watch for in yourself and others.

**412 | Understanding Alzheimer’s and Dementia**
Elisa Barnett, MA, Alzheimer’s Association Community Engagement Manager
Tuesday, August 8 | 1:00 PM | Free

Learn the difference between Alzheimer’s disease and dementia, stages and risk factors, current research and available treatments, and ways the Alzheimer’s Association can help.

**426 | Aging in Place: Can You Do It Safely and Easily?**
Jacqueline A. Silverman, CSA, CAPS
Tuesday, July 11 | 3:00 PM | Free

Adapt to your current living environment to make it more safe, comfortable, and livable as you age.

**591 | Understanding Anxiety: Navigating Nervousness, Fear, and Anxiety**
Dr. Muhammad Azam, a family medicine provider with Sharp Community Medical Group
Friday, July 14 | 1:00 PM | Free

Explore the topic of anxiety. Delve into differences between feeling nervous and anxious, and how to improve your mental well-being.

**United Healthcare Presents: Medicare – The Basics**
Fariba Zarieh, United Healthcare
Understand different plans and coverage options, enrollment, making a coverage change, and more.

306 | Saturday, July 15 | 10:00 AM | Free
307 | Saturday, August 19 | 10:00 AM | Free

**439 | The Importance of Water and Fiber to Prevent Chronic Disease**
Nadin Benrey, MA, NBC-HWC
Tuesday, July 18 | 1:00 PM | $15

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

**403 | Sleep, Light and Health**
Philip J. Goscienski, MD
Tuesday, July 18 | 10:00 AM | $15

Learn about diseases and conditions that never affected our Stone Age ancestors but are now common thanks to Thomas Edison.

**601 | Understanding How Medicare Works**
Medicare Specialist at Sharp HealthCare
Wednesday, July 26 | 10:00 AM | Free

If you’re turning 65, or you’re still working and planning to retire soon, it’s time to start thinking about Medicare and your coverage options.

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**HEALTH & WELLNESS**

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Stay up-to-date through our weekly email featuring upcoming classes, announcements, resources, and more.
Learn mindful eating tips for brain health and overall well-being.

Okinawa has the largest percentage of centenarians, and it has nothing to do with their genes, or luck. Their diet is not as hard to imitate as it might seem.

Learn about eating well as you age by incorporating plants into your diet for optimal health.

Readings from Rumi and Hafiz, Persian Sufi Muslims who brought everyday mysticism to their spiritual poetry.

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

Overview of the Paris Peace Conference, how it came to be, and how this meeting set in motion political and social upheavals that plague us to this day.
476 | Viva La México: Mexican Revolución & the Formation of Alta California
Richard Carrico, MA, Author and Professor of American Indian Studies
Monday, July 24 | 10:00 AM | $15
Learn the reasons for the Mexican Revolution of 1821, the effects on Alta California/San Diego County and the mythology of the revolution and post-revolution.

642 | The Six Stages in the Evolution of Human Consciousness
Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Tuesday, July 25 | 1:00 PM | $15
This class will explore the six stages of human evolution as we emerged from our animal past, and how these stages contribute to conflicts today.

407 | The Voyages of Discovery by the Chinese Treasure Ships from 1421-1423
Henry George, Engineer, Archaeologist and Geologist
Tuesday, July 25 | 10:00 AM | $15
Learn how and why China became an isolate rather than the premier maritime world power during the Ming-Dynasty in the early 1400’s.

701 | You Can Run but You Can’t Hide...Or Can You?
Robert Ciaffa, Former Federal Prosecutor
Friday, July 28 | 10:00 AM | $15
We’ll explore the legal, diplomatic and policy issues surrounding international extraditions and prisoner transfers of foreign convicts.

477 | Here Come the Americanos: San Diego County From 1846-1935
Richard Carrico, MA, Author and Professor of American Indian Studies
Monday, July 31 | 10:00 AM | $15
Historic figures who formed early Anglo-American San Diego, laws they passed, and how the indigenous population fared under the new empire.

325 | The Goddess Within
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, August 2 | 10:00 AM | $18
Cultures all over the world have personified the sacred source as a feminine energy. Join us as we survey key examples of this universal archetype.

685 | Talking Bolland: Post-Lecture Discussion Group
Rachel Clibborn, BA, (ret.) Adult Education Instructor, and Judy Rockland
Wednesday, August 2 | 12:00 PM | $5
Join our discussion group to continue your experience with fellow students by exploring Peter’s ideas in a facilitated, open environment.

593 | American Blues Music
Delores Fisher, Professor, Africana Studies SDSU
Thursday, August 3 | 10:00 AM | $15
American Blues music has existed for more than 100 years as an African American musical genre. We’ll look at and listen to its lyrics, and expressions in film and literature.

702 | The Long Arm of US Law
Robert Ciaffa, Former Federal Prosecutor
Friday, August 4 | 10:00 AM | $15
Explore the investigation of crime abroad, interaction with foreign agents, and the applicability of U.S. Constitutional protections for evidence obtained in another country.

580 | The Good, the Bad, and the Salty!
Marilyn McPhie, Storyteller
Friday, August 4 | 1:00 PM | $15
Join Marilyn McPhie for a Finnish story explaining how the sea came to be salty and other “salty” tales.

455 | Walter Anderson
Aniko Makranczy, MFA
Tuesday, August 8 | 10:00 AM | $15
We’ll learn about Walter Anderson, the American modernist painter who created prints, murals, pottery and wrote, with deep respect, about nature.

604 | Aztec Life: From Birth to Death
Maria Butler, MA, Lecturer Emerita, San Diego State University
Wednesday, August 9 | 10:00 AM | $15
We’ll discuss the diverse societal function of commoners, priests, warriors, and slaves as well as overview customary traditions from birth to death.
607 | What is God?
Matthew Wion, Ph.D.
Thursday, August 10 | 10:00 AM | $15
We’ll examine various concepts of God, explore arguments for and against the existence of God, and evaluate the impact of science on the question of God.

326 | The Great Philosophers: Immanuel Kant
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, August 16 | 10:00 AM | $18
Join us in this inquiry to learn how much our modern worldview is rooted in the philosophy of Immanuel Kant.

686 | Talking Bolland: Post-Lecture Discussion Group
Marv Sloben, Facilitator
Wednesday, August 16 | 12:00 PM | $5
Join our discussion group to continue your experience with fellow students by exploring Peter’s ideas in a facilitated, open environment.

643 | The New Testament Gospels and a Look at the Gospel of Mark
Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Tuesday, August 22 | 1:00 PM | $15
This course will examine the New Testament from a historical perspective, discovering what we do and don’t know about it factually.

408 | The History of Progress
Henry George, Engineer, Archaeologist and Geologist
Tuesday, August 22 | 10:00 AM | $15
Learn about the five transformations in the history of human society.

466 | Science and Medicine and the Lewis & Clark Expedition
Dr. David Peck
Thursday, August 24 | 10:00 AM | $15
What did the world know about science and medicine in 1804 when Lewis & Clark began their epic exploration?

535 | Dressed to Kill: The Fashion, Function, and Artistry of European Armor
Scott Farrell, Director, Chivalry Today Educational Program
Tuesday, August 29 | 10:00 AM | $15
Gain a deeper understanding of the elegance and artistry of knightly habiliment, and a new appreciation for the functional innovation that makes up a full harness of late Medieval armor.

327 | American Buddha – The Wisdom of Walt Whitman
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, August 30 | 10:00 AM | $18
A focus on passages from Walt Whitman’s “Song of Myself;” equally worldly and transcendent, celebrates the sacred in all things, especially in us.

687 | Talking Bolland: Post-Lecture Discussion Group
Rachel Clibborn, BA, (ret.) Adult Education Instructor, and Judy Rockland
Wednesday, August 30 | 12:00 PM | $5
Join our discussion group to continue your experience with fellow students by exploring Peter’s ideas in a facilitated, open environment.

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

225 | Advanced French
Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mondays, July 10 - August 21 | 1:00 PM | $105
Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal.

221 | Beginning French
Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mondays, July 10 - August 21 | 10:00 AM | $105
Our focus will be on learning practical words and common phrases.
223 | Intermediate French
Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mondays, July 10 - August 21 | 11:30 AM | $105
This class places emphasis on building vocabulary and developing conversational skills.

205 | Beginning Spanish I
Gladis Jiménez González
Wednesdays, July 12 - August 30 | 10:00 AM | $105
For students who have no background in Spanish, we’ll focus on learning vocabulary, the uses of SER and ESTAR (to be), dates and numbers.

207 | Beginning Spanish II
Gladis Jiménez González
Wednesdays, July 12 - August 30 | 11:30 AM | $105
We will continue with the present tense using irregular verbs, grammar, and vocabulary.

209 | Intermediate Spanish I
Gladis Jiménez González
Wednesdays, July 12 - August 30 | 1:00 PM | $105
We will learn direct and indirect objects, pronouns, and reflexive verbs.

215 | Beginning Conversational Spanish
Walberto Diaz, Ed.D. Spanish Professor
Thursdays, July 13 - August 24 | 10:00 AM | $105
We’ll focus on developing fluency and conversational skills for beginning-level Spanish speakers.

217 | Intermediate Conversational Spanish
Walberto Diaz, Ed.D. Spanish Professor
Thursdays, July 13 - August 24 | 11:30 AM | $105
For those familiar with basic structure; we’ll focus on activities using the present and past tense.

219 | Advanced Conversational Spanish
Walberto Diaz, Ed.D. Spanish Professor
Thursdays, July 13 - August 24 | 1:00 PM | $105
This course focuses on developing greater fluency, placing communicative goals at the forefront.

586 | Beginning Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fridays, July 14 - August 25 | 11:30 AM | $105
For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

211 | Intermediate Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fridays, July 14 - August 25 | 10:00 AM | $105
This course will help you develop oral, listening, reading, and writing skills.

213 | Advanced Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fridays, July 14 - August 25 | 1:00 PM | $105
We’ll review, refine and expanded your oral proficiency, reading, writing and listening comprehension as well as the culture, history and literature of the Spanish-speaking world.

233 | Intermediate Poetry Workshop
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Thursdays, July 6 - August 31 | 10:00 AM | Free
20-30 minutes of instruction will be followed by reading and commentary on each other’s poems.

349 | Creative Writing Workshop
Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers
Tuesdays, July 11 - August 1 | 1:00 PM | $60
Remember that book you were going to write and the memories you were going to record? Let’s get started.

New and Notable Book Club
Cathleen Mills, Former Literature Instructor
This book club will feature authors who have won a Booker Prize. Our conversations will be rich and thought-provoking.

619 | Monday, July 17 | 1:00 PM | $10
620 | Monday, August 21 | 1:00 PM | $10
698 | Literary Interpretation & Exploration:
The Masque of the Red Death
Jennifer Shenefield, MFA
Thursday, July 27 | 1:00 PM | $15
We’ll be discussing the short story “The Masque of the Red Death” by Edgar Allan Poe, exploring its themes, imagery, technique, and much more.

351 | Read & Critique Writing Group
Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers
Tuesdays, August 8 - 29 | 1:00 PM | $60
Share an existing manuscript or begin a new project. Get positive feedback from other writers on how to polish your prose.

594 | Rendezvous with Books
Jennifer Shenefield, MFA
Thursday, August 10 | 1:00 PM | $15
Across a variety of different genres, discover new and older titles that you may have missed.

PERSONAL ENRICHMENT

226 | Grief Support Group
Rolandas Kausas, Chaplain
Wednesdays, July 5 - 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.

644 | Thursday, July 6 | 1:00 PM | Free
645 | Thursday, August 3 | 1:00 PM | Free

583 | Friendship Force Club of San Diego County
Sharon Barker and Kathy Velasco – Council Members
Friday, July 7 | 10:00 AM | Free
Learn about a dynamic club dedicated to world peace through the understanding of people and cultures throughout the world.

595 | Using Genetic Genealogy to Find Family
Kathleen Fernandes, Ph.D.
Friday, July 7 | 1:00 PM | $15
Learn step-by-step tips on how to use your DNA testing results in your genealogical research.

227 | Men’s Forum
Walter Talley, Facilitator
Wednesdays, July 12 - August 23 | 10:00 AM | $32
Join us to share, bond and develop friendships through discussion of meaningful, thought-provoking issues.

357 | Life Reimagined: New Life Possibilities
Laura Diaz, Board Certified Coach (BCC)
Thursday, July 13 | 1:00 PM | $15
Life Reimagined is a journey of inner and outer discovery. It is a map and guidance system to help people navigate a new phase of life.

700 | Native Plants for Food and Remedies: Part Two
Julia Doughty, MFA and Certified HHP
OFF SITE | Thursday, July 13 | 10:00 AM | $15
Learn about California native plants that you can grow for food and health remedies.
514 | How the Words “Thank You” Saved My Life
Natalie Reilly, Nothing But Love Notes Founder
Friday, July 14 | 1:00 PM | Free
This is a workshop in gratitude for people looking to positively impact their lives and communities.

442 | Navigating Retirement: How and Where do I want to Live?
Virginia B. Berger, MA, Certified Professional Coach
Thursday, July 20 | 1:00 PM | $15
Explore the best cities for successful aging, international destinations, and nomadic retiring. Leave with a better idea of what is home.

236 | Vision Workshop: Foundation for Health, Prosperity and Well-Being
Laura Diaz, Board Certified Coach (BCC)
Friday, July 21 | 10:00 AM | $15
Expand your awareness for success in areas of your life that matter to you, and we’ll discuss creating a blueprint for your health, prosperity, and well-being.

237 | 3 Keys for Achieving a Success
Laura Diaz, Board Certified Coach (BCC)
Friday, August 18 | 10:00 AM | $15
In this class we’ll study three disciplines of the mind that will help you achieve success.

488 | Words on the Job
Richard Lederer, Union-Tribune Language Columnist
Wednesday, August 23 | 10:00 AM | $15
Labor Day celebrates the work we do. Richard Lederer will show how many of us have occupational last names.

606 | Home Networking 101
Chris Aaron, BSEE, Comcast Director of Systems Integration and Testing (Retired)
Monday, July 10 | 10:00 AM | $15
Learn the basics of home networking including tools you can use to help with troubleshooting issues with in-home cable TV, WiFi, routers, and more.

395 | Android 102
Bucky Reed, IT Professional
Friday, July 14 | 10:00 AM | $15
Learn how to access maps to get around, use Uber and Lyft, share photos. See how much your phone can do to make your life easier.

390 | Windows Navigation Basics
Russ Nail, Technology Trainer
Monday, August 7 | 10:00 AM | $15
Learn how to navigate the Windows computer environment as well as tips and strategies on how to search the internet.

396 | Android 103
Bucky Reed, IT Professional
Friday, August 4 | 10:00 AM | $15
We will cover how to use your phone’s contacts, adjust settings like ringtones and notifications, and how to text.

393 | Windows: The Basics
Russ Nail, Technology Trainer
Monday, August 7 | 10:00 AM | $15
We’ll cover basic settings, file management tips, how to install printers, scanners, mobile phones and more.
399 | Online Safety and Security
Bucky Reed, IT Professional
Friday, August 11 | 10:00 AM | $15

Protect yourself on your devices with tools like 2-factor authentication, secure passwords, and what to do if your device has been compromised.

391 | Android: Get Started with Your Android Phone
Russ Nail, Technology Trainer
Tuesday, August 15 | 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.

392 | Android: Do More with Your Android Phone
Russ Nail, Technology Trainer
Tuesday, August 22 | 10:00 AM | $15

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

Wiseboomer

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

333 | Conquering Your iPhone - Part I
Friday, July 7 | 10:00 AM | $16

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

336 | Conquering Your iPhone - Part II
Tuesday, July 11 | 10:00 AM | $16

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

339 | Conquering Your iPhone - Part III
Monday, July 17 | 10:00 AM | $16

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

343 | Conquering the iPhone Photo App
Thursday, July 27 | 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

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.

570 | Thursdays, July 6 - 20 | 1:00 PM | $45
571 | Thursdays, August 3 - 24 | 1:00 PM | $60

Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

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

252 | Tuesdays, July 11 - August 1 | 12:30 PM | $240
253 | Tuesdays, July 11 - August 1 | 1:30 PM | $240
573 | Tuesdays, July 18 - August 1 | 2:30 PM | $180
271 | Tuesdays, July 18 - August 1 | 3:30 PM | $180
254 | Tuesdays, August 8 - 29 | 12:30 PM | $240
255 | Tuesdays, August 8 - 29 | 1:30 PM | $240
272 | Tuesdays, August 15 - 29 | 3:30 PM | $180
263 | Wednesdays, July 12 - August 2 | 12:30 PM | $240
264 | Wednesdays, July 12 - August 2 | 1:30 PM | $240
265 | Wednesdays, July 12 - August 2 | 2:30 PM | $240
275 | Wednesdays, July 12 - August 2 | 3:30 PM | $240
266 | Wednesdays, August 9 - 30 | 12:30 PM | $240
267 | Wednesdays, August 9 - 30 | 1:30 PM | $240
268 | Wednesdays, August 9 - 30 | 2:30 PM | $240
276 | Wednesdays, August 9 - 30 | 3:30 PM | $240

609 | Broadway and Beyond
David Dooley, Singer
Thursday, July 27 | 2:00 PM | $25

San Diego’s favorite cabaret singer, David Dooley, along with guest soloists, present Broadway favorites and other popular songs.

278 | Acting Workshop: Showcase Performance
Jo-Darlene Reardon, M.Ed
Monday, August 7 | 1:00 PM | Free

Monologues and scenes from stage, screen and TV as we showcase our fellow Oasis members.

560 | Songs and Ballads from the Wild West - Live Concert
Chris Burns, Many-Strings
Friday, August 25 | 1:00 PM | $15

Join us for a wonderful hour featuring cowboy songs, outlaw ballads, and tunes from the rails.
Apple Health: Your Step-By-Step Guide

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.

1050 | Monday, July 17 | 11:00 AM | $5
1054 | Tuesday, July 25 | 11:30 AM | $5
1063 | Wednesday, August 9 | 10:30 AM | $5
1070 | Wednesday, August 23 | 10:30 AM | $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.

1049 | Friday, July 14 | 11:00 AM | $5
1055 | Wednesday, July 26 | 10:30 AM | $5
1074 | Thursday, August 31 | 10:30 AM | $5

Apple Photos Workshop

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

1046 | Monday, July 10 | 12:30 AM | $5
1052 | Friday, July 21 | 11:00 AM | $5
1071 | Monday, August 28 | 11:00 AM | $5

Bluetooth Basics Workshop

We’ll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more.

1053 | Monday, July 24 | 11:00 AM | $5
1066 | Monday, August 14 | 11:00 AM | $5

Cloud Services Workshop

Popular cloud services and how to get started using Google Drive, iCloud, and OneDrive.

1047 | Tuesday, July 11 | 11:30 AM | $5
1057 | Friday, July 28 | 11:00 AM | $5
1069 | Tuesday, August 22 | 11:30 AM | $5

Google Maps App Workshop

Tips to use the Google Maps app like a pro.

1043 | Wednesday, July 5 | 10:00 AM | $5
1060 | Friday, August 4 | 11:00 AM | $5
1072 | Tuesday, August 29 | 11:30 AM | $5

Google Photos Workshop

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

1048 | Thursday, July 13 | 12:30 PM | $5
1058 | Monday, July 31 | 11:00 AM | $5
1062 | Tuesday, August 8 | 11:30 AM | $5

QR Codes Workshop

Overview of QR codes are and how to use them.

1045 | Friday, July 7 | 11:00 AM | $5
1056 | Thursday, July 27 | 10:30 AM | $5
1065 | Friday, August 11 | 1:30 PM | $5

1061 | Social Media Workshop

Monday, August 7 | 11:00 AM | $5

Overview of the most popular social media platforms such as Instagram, Facebook, Twitter and TikTok.

UBER/Lyft App Workshop

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

1042 | Monday, July 3 | 11:00 AM | $5
1064 | Thursday, August 10 | 10:30 AM | $5
1073 | Wednesday, August 30 | 10:30 AM | $5

Web Cookies Workshop

Learn how they are used, and how to delete them.

1044 | Wednesday, July 5 | 12:30 PM | $5
1051 | Wednesday, July 19 | 10:30 AM | $5
1068 | Monday, August 21 | 11:00 AM | $5

YouTube Workshop

Learn the basics of YouTube

1059 | Wednesday, August 2 | 12:00 PM | $5
1067 | Friday, August 18 | 11:00 AM | $5
2111 | Plant and Doodle Succulents with Really Crafty Nina
Nina Hegyi, Artist and Instructor
Monday, July 10 | 1:00 PM | $20
Create your own succulent arrangement in a decorative pot. Then learn basic doodling techniques to capture your succulents on paper.

375 | Fun with Stamps & Paper: Christmas in July Card Making
Trina Pascale, Art Instructor
Wednesday, July 12 | 10:00 AM | $15
In this workshop, you will be making two personally designed Christmas cards.

2133 | Bird Bath/Feeder
Diana Griffin, Owner of Queenie Glass and Sass
Tuesday, July 18 | 1:00 PM | $60
Start with a clear glass circle and add your own design using colored glass pieces.

2086 | Fun Folds
Trina Pascale, Art Instructor
Wednesday, July 19 | 10:00 AM | $15
Make two birthday cards that don’t fold in the usual way but still fit into a standard envelope.

2087 | Interactive Card
Trina Pascale, Art Instructor
Wednesday, August 2 | 10:00 AM | $15
You will make two birthday cards that move when you pull a tab.

2112 | Floral Doodles with Really Crafty Nina
Nina Hegyi, Artist and Instructor
Thursday, August 10 | 1:00 PM | $15
Learn simple and fun ways to convert basic shapes into beautiful floral doodles. We will also incorporate easy lettering techniques.

2128 | Simple Acrylic Discovery
Elle Arnot, MFA, School of the Art Institute of Chicago
Tuesdays, August 15 - 22 | 10:00 AM | $30
Explore, discover, and express yourself with acrylics. We’ll talk about art history and techniques you’ll use to create a stunning work of art.

2088 | Fun with Punches & Paper
Trina Pascale, Art Instructor
Wednesday, August 16 | 10:00 AM | $15
You will use various punches and colored paper to make two cards that will have dimensions.

2134 | Pocket Picture Holder
Diana Griffin, Owner of Queenie Glass and Sass
Thursday, August 17 | 1:00 PM | $60
Create your own, unique picture holder using colored glass and your own design.

2094 | Roth IRAs & Roth Conversions
Lisa Claycomb, JD, CLTC, CFP®
Friday, July 7 | 10:00 AM | $15
Learn whether a Roth IRA might be right for you. Learn how they work, contributions versus conversions, and the rules and tax advantages that apply.

2098 | How to Liquidate Your Stuff
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thursday, July 13 | 1:00 PM | $15
Learn valuable tips and how-to’s to help you figure out what you have and what it’s worth.

Retirement & Estate Strategies
Anthony Camara, FIC, MBA
Learn the components of an individual retirement strategy to fully utilize your resources.

2159 | Thursday, July 13 | 1:00 PM | $5
2161 | Tuesday, August 1 | 1:00 PM | $5
2158 | Social Security
Anthony Camara, FIC, MBA
Thursday, July 13 | 11:00 AM | $5

Get the most out of Social Security and learn how to manage the key risks all retirees face: outliving income, inflation, and unpredictable events.

Let’s Talk About It – The Headlines
Rick LeVine, Attorney

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

2172 | Friday, July 14 | 10:30 AM | $8
2171 | Friday, August 11 | 10:30 AM | $8

Thrivent One-on-One
Anthony Camara, FIC, MBA

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

2162 | Friday, July 14 | 10:00 AM | Free
2163 | Friday, August 4 | 10:00 AM | Free

2169 | Investing 101
Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women’s Financial Academy Founder
Tuesday, July 25 | 1:00 PM | $15

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

2168 | 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
Tuesday, July 25 | 10:30 AM | $15

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

2095 | Retirement Strategies for Singles
Lisa Claycomb, JD, CITC, CFP®
Friday, July 28 | 10:00 AM | $15

We will discuss different elements of a sound individual retirement strategy and look at ways to utilize resources to address areas of financial concern.

2160 | Long-Term Care
Anthony Camara, FIC, MBA
Tuesday, August 1 | 11:00 AM | $5

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

2083 | Reverse Mortgages Explained
Owen Coyle, Licensed Reverse Mortgage Specialist
Thursday, August 3 | 10:00 AM | $15

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.

2099 | Home Remodel vs. Repairs
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wednesday, August 23 | 11:00 AM | $15

What’s the difference between repairs, upgrades, and improvements? Discover what has a greater impact on the value of your property.

EXERCISE & DANCE

Active Total Body Conditioning
Curt Gonzales, Certified Fitness Instructor
Exercise using basic aerobic movements, stretching and light handheld weights for a complete body workout.

2038 | Thursday, June 29 | 10:45 AM | $10
2039 | Thursdays, July 6 - 27 | 10:45 AM | $40
2040 | Wednesdays, August 2 - 30 | 12:00 PM | $50

Aerobics
Pam Chilton, Certified Personal Trainer/Fitness Instructor
Enjoy a low-impact, gentle aerobic workout beginning with warm-up and movement including grapevines, knees up, squats, lunges, and upper body work ending with stretching.

2050 | Wednesday, June 28 | 12:00 PM | $10
2084 | Wednesdays, July 5 - 26 | 12:00 PM | $40
2085 | Wednesdays, August 2 - 30 | 12:00 PM | $50
Better Balance
Pam Chilton, Certified Personal Trainer/Fitness Instructor
For all abilities, we will do standing activities and movements to increase balance.

- **2051**: Tuesday, June 27 | 1:15 PM | $10
- **2002**: Tuesdays, July 11 - 25 | 1:15 PM | $30
- **2003**: Tuesdays, August 1 - 29 | 1:15 PM | $50

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.

- **2052**: Monday, June 26 | 12:00 PM | $10
- **2004**: Mondays, July 10 - 24 | 12:00 PM | $30
- **2005**: Mondays, July 31 - August 28 | 12:00 PM | $50
- **2053**: Friday, June 30 | 12:00 PM | $10
- **2006**: Fridays, July 7 - 28 | 12:00 PM | $40
- **2007**: Fridays, August 4 - 25 | 12:00 PM | $40

Cardio Drumming: Rock & Roll Anthems
Andra Valencia, Fitness and Dance Instructor
A modified, full-body workout of easy-to-follow dance and drumming movements set to your favorites from the 60s-80s.

- **2054**: Monday, June 26 | 1:00 PM | $10
- **2008**: Mondays, July 10 - 24 | 1:00 PM | $30
- **2009**: Mondays, July 31 - August 28 | 1:00 PM | $50
- **2055**: Friday, June 30 | 1:00 PM | $10
- **2034**: Fridays, July 7 - 28 | 1:00 PM | $40
- **2035**: Fridays, August 4 - 25 | 1:00 PM | $40

Essentrics
Jennifer Doheny, Certified Essentrics Instructor
Essentrics is a full body workout which rebalances the body, prevents and treats injuries and unlocks tight joints. Perfect for men and women of all fitness levels.

- **2062**: Tuesday, June 27 | 9:30 AM | $10
- **2063**: Tuesdays, July 11 - 25 | 9:30 AM | $30
- **2064**: Tuesdays, August 1 - 29 | 9:30 AM | $50
- **2065**: Wednesday, June 28 | 1:15 PM | $10
- **2066**: Wednesdays, July 5 - 26 | 1:15 PM | $40
- **2067**: Wednesdays, August 2 - 30 | 1:15 PM | $50

Gentle Hatha Yoga and Guided Meditation
Lisa Marie Oakes, CMT, CYT
This gentle class offers breath work and movement on the mat and ends with guided Yoga Nidra meditation.

- **2044**: Thursday, June 29 | 1:15 PM | $10
- **2010**: Thursdays, July 6 - 27 | 1:15 PM | $40
- **2011**: Thursdays, August 3 - 31 | 1:15 PM | $50

Gentle Total Body Conditioning
Curt Gonzales, Certified Fitness Instructor
Using a chair for some (or all) of the exercises, we’ll focus on basic aerobic movements, stretching and light handheld weights for a complete, but gentle workout.

- **2041**: Friday, June 30 | 9:30 AM | $10
- **2042**: Fridays, July 7 - 28 | 9:30 AM | $40
- **2043**: Fridays, August 4 - September 1 | 9:30 AM | $50

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.

- **2135**: Wednesday, June 28 | 2:30 PM | $10
- **2136**: Wednesdays, July 5 - 26 | 2:30 PM | $40
- **2137**: Wednesdays, August 2 - 30 | 2:30 PM | $50

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.

- **2048**: Wednesday, June 28 | 10:45 AM | $10
- **2018**: Wednesdays, July 5 - 26 | 10:45 AM | $40
- **2019**: Wednesdays, August 2 - 30 | 10:45 AM | $50

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.

- **2049**: Wednesday, June 28 | 9:30 AM | $10
- **2020**: Wednesdays, July 5 - 26 | 9:30 AM | $40
- **2021**: Wednesdays, August 2 - 30 | 9:30 AM | $50
**Seated Chair Yoga and Guided Meditation**
Lisa Marie Oakes, CMT, CYT

This seated chair yoga class helps build strength, flexibility and relieve stress through breath work, gentle movement, and guided Yoga Nidra meditation.

- **2045** | Thursday, June 29 | 2:30 PM | $10
- **2016** | Thursdays, July 6 - 27 | 2:30 PM | $40
- **2017** | Thursdays, August 3 - 31 | 2:30 PM | $50

**Standing & Chair Yoga**
Kathy Jorgensen, Certified Fitness & Yoga Instructor

Increase flexibility and mobility, improve posture, and reduce stress. Class includes chair & standing poses. Please bring a yoga mat.

- **2056** | Monday, June 26 | 10:45 AM | $10
- **2022** | Mondays, July 10 - 24 | 10:45 AM | $30
- **2023** | Mondays, July 31 - August 28 | 10:45 AM | $50

**Strength, Balance & Stretch**
Kathy Jorgensen, Certified Fitness & Yoga Instructor

In this class, you’ll get stronger with dumbbells, bands and body weight exercises, improve balance, and increase range of motion.

- **2057** | Monday, June 26 | 9:30 AM | $10
- **2025** | Mondays, July 10 - July 24 | 9:30 AM | $30
- **2026** | Mondays, July 31 - August 28 | 9:30 AM | $50
- **2059** | Thursday, June 29 | 9:30 AM | $10
- **2024** | Thursdays, July 6 - 27 | 9:30 AM | $40
- **2027** | Thursdays, August 3 - 31 | 9:30 AM | $50

**Tai Chi Chuan: Beginning**
Pat Griffith, Sifu

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

- **2173** | Friday, June 30 | 10:45 AM | $10
- **2028** | Fridays, July 7 - 28 | 10:45 AM | $40
- **2029** | Fridays, August 4 - 25 | 10:45 AM | $40

**Tai Chi for Everyone**
Master Peter Wu, Certified international Tai Chi Quan coach and referee

Learn Tai Chi to build strength and improve balance. The class will help you to find your inner peace and self-confidence.

- **2059** | Tuesday, June 27 | 2:30 PM | $10
- **2031** | Tuesdays, July 11 - 25 | 2:30 PM | $30
- **2032** | Tuesdays, August 1 - 29 | 2:30 PM | $30
- **2060** | Thursday, June 29 | 12:00 PM | $10
- **2030** | Thursdays, July 6 - 27 | 12:00 PM | $40
- **2033** | Thursdays, August 3 - 31 | 12:00 PM | $50

**Zumba Gold**
Saleemah Muhammad, Licensed Zumba Gold Instructor

Cha cha, merengue, salsa, and swing, easy-to-follow dance steps make this class suitable for beginners and experienced alike!

- **2046** | Tuesday, June 27 | 12:00 PM | $10
- **2036** | Tuesdays, July 11 - 25 | 12:00 PM | $30
- **2037** | Tuesdays, August 1 - 29 | 12:00 PM | $40

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

For beginners or advanced meditators, learn meditation methods of peace and mindfulness, mantra and breathing, guided and relaxation meditations.

- **2092** | Fridays, July 7 - 28 | 2:00 PM | $40
- **2093** | Fridays, August 4 - 25 | 2:00 PM | $40

**Fasting: Healthy, Holy, Hazard or Hoax?**
Philip J. Goscienski, MD

Thursday, July 6 | 10:00 AM | $15

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

**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
2143 | Understanding and Responding to Dementia-Related Behavior
Elisa Barnett, MA, Alzheimer’s Association Community Engagement Manager
Monday, July 10 | 1:00 PM | Free

Learn common triggers for behaviors associated with dementia, how to assess needs, how to intervene, and what to watch for in yourself and others.

2144 | Understanding Alzheimer’s and Dementia
Elisa Barnett, MA, Alzheimer’s Association Community Engagement Manager
Monday, August 21 | 1:00 PM | Free

Learn the difference between Alzheimer’s disease and dementia, stages and risk factors, current research and available treatments, and ways the Alzheimer’s Association can help.

2132 | Life’s Sunset: Plan Before the Sun Goes Down
Bill Simmons, Attorney
Monday, Wednesday & Friday, July 17, 19 & 21
10:00 AM | $15

The end of one’s life can be tragic or warm and fulfilling. This series will give you basic tools to plan your sunset and show you how to implement your plan.

2127 | Regain your Youthful Memory
Philip J. Goscienski, MD
Thursday, August 3 | 10:00 AM | $15

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

2124 | The Power of Plant Based Nutrition
Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Thursday, August 3 | 1:00 PM | $15

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

2125 | Living a Whole Food Plant-Based Lifestyle 101
Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Thursday, August 17 | 1:00 PM | Free

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

HISTORY & HUMANITIES

2068 | The Other Impressionists: Renoir/Sisley/Pissarro
Julia Fister, MA, Studio ACE Executive Director
Tuesday, July 11 | 1:00 PM | $15

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

2113 | The Voyages of Discovery by the Chinese Treasure Ships from 1421-1423
Henry George, Engineer, Archaeologist and Geologist
Tuesday, July 11 | 10:00 AM | $15

Learn how and why China became an isolate rather than the premier maritime world power during the Ming-Dynasty in the early 1400’s.

2089 | Eleanor Roosevelt – “First Lady of the World”
Blaine Davies, MA, Professor of U.S. History
Wednesday, July 12 | 10:00 AM | $15

An activist and humanitarian, Eleanor Roosevelt was known as the “First Lady of the World.” We’ll explore her life and legacy.

2138 | California History: Prehistory and Pre-Contact
Richard Carrico, MA,
Author and Professor of American Indian Studies
Thursday, July 13 | 10:00 AM | $15

We’ll travel back 12,000 years to analyze the native people who inhabited the region where we now reside. We’ll focus on their language, diet, and environmental adaptation.

2076 | Major Wine Regions of California
Eric Awes, Wine Industry Consultant
Monday, July 17 | 1:00 PM | $15

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.
As one of the most influential luminaries of Western philosophy, we’ll examine this notable Athenian in depth.

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

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

Using archaeological, historical, and oral narratives, we’ll explore San Diego’s Hispanic past, focusing on the transition from Spanish colony to Mexican pueblo.

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.

Lost landmarks like the Escondido Teepee, lost towns like Barham, Bernardo and Bostonia, and the chicken ranch known today as Cal State San Marcos.

This class will review the life of the Buddha, examine the early development of divergent Buddhist Schools, and the cultural impact of the spread of Buddhism.

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

In this class, we will discuss artists such as Masaccio, Lorenzo Ghiberti, Fra Angelico, Donatello, and Botticelli, who laid the groundwork for their peers in the High Renaissance.

From dirt roads and trails to concrete highways and mass commerce, we’ll explore the development of California into the modern era.


Plato essentially invented the philosophic method while laying the foundation for Western philosophy across metaphysics, epistemology, and ethics.
In this lecture, we will discuss the meaning of Karma, The Three Dharma Seals, The Three Poisons of the Mind, and The Bodhisattva Path.

Come learn how, despite disease, politics and daunting civil engineering obstacles, the canal was conceived, engineered and made available for ocean-to-ocean transit.

Join storyteller Marilyn McPhie for stories of the history of Old California.

Enjoy a presentation of photos of a rural, less populated San Diego County taken from Douglas Gunn’s 1887 book titled Picturesque San Diego.

This lecture will focus on common Buddhist tools; a Buddhist altar, malas, mudras, chants, statues, Tsongas, bowing. There will be an optional period of Forgiveness Meditation.

Based on the new book by David and Marti Peck, we’ll shed light on the mysterious historical fate of this American icon.

Learn about the life and work of Paul Cezanne, said to have formed the bridge between 19th century Impressionism and 20th century Cubism.

Giraffes live in a complex society with gregarious females forming babysitting groups and solitary males devoting their lives to finding sex partners.

Learn how during World War I San Diego emerged from its “sleepy little town” status to begin the process of becoming a military city.

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

Join Marilyn McPhie for a Finnish story explaining how the sea came to be salty and other “salty” tales.

Koalas are not bears, but marsupials, and an endangered species. Find out how climate change is impacting their behavior and ecology.

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

**2129 | Be Happy – Awakening to What Really Matters**
Laura Diaz, Board Certified Coach (BCC)
Tuesday, July 11 | 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.

**2149 | Beginners American Mah Jongg**
Nancy Velick Smith, Mah Jongg Instructor
Tuesdays & Thursdays July 11 - 20 | 1:00 PM | $60
Bam! Crack! Dot! Join the fun and learn to play American Mah Jongg, an exciting tile game of strategy and luck.

**2147 | Navigating Retirement: Who do I Want to Be? Finding a New Purpose**
Virginia B. Berger, MA, Certified Professional Coach
Tuesday, July 18 | 10:00 AM | $15
During this workshop, participants will learn the importance of purpose and develop strategies for creating a new purpose in their retirement.

**2061 | Bridge Basics 1**
Hazel Turner
Thursdays, July 20 - August 17 | 9:00 AM | $60
The perfect introduction to bridge! Starting with the basics, the course progresses through modern bidding, opening bids and responses.

**LITERATURE**

**2115 | Diversity, Equity & Inclusion (DEI) Book Club**
Dr. Edwina Welch
Wednesdays, July 12 - August 23 | 10:45 AM | $40

**2131 | Intermediate Poetry Workshop**
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Wednesdays, July 12 - August 30 | 1:00 PM | $120
20-30 minutes of instruction will be followed by reading and commentary on each other’s poems.
2154 | 9 Must Have Strategies for Living Well While Living Longer
Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
Thursday, July 27 | 1:00 PM | $15

Strategies for living longer. You’ll leave with a fresh and positive mindset about the future, with solutions that help lift depression, and more.

Successful Aging - Discussion Group
Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
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.

2155 | Thursday, August 10 | 1:00 PM | $15
2156 | Thursday, August 24 | 1:00 PM | $15

2157 | American Mah Jongg for Beginners: Level One
Chris Eshelman, Mah Jongg Instructor
Thursdays, August 3 - 24 | 1:00 PM | $60

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

2077 | Major Wine Regions of the Pacific Northwest
Eric Awes, Wine Industry Consultant
Tuesday, August 8 | 1:00 PM | $15

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

2130 | Self-Sabotage No More!
Laura Diaz, Board Certified Coach (BCC)
Tuesday, August 15 | 10:00 AM | $15

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

2148 | Navigating Retirement: Managing your “Time Affluence”
Virginia B. Berger, MA, Certified Professional Coach
Tuesday, August 22 | 10:00 AM | $15

The average American over 65 has 7.4 hours of leisure time each day. During this class we’ll look at how to plan our leisure, treating this “time affluence” as a valuable asset to be spent wisely.

2078 | Major Wine Regions of France
Eric Awes, Wine Industry Consultant
Thursday, August 31 | 1:00 PM | $15

Learn why the wines of Burgundy are so expensive, why Champagne doesn’t make much red wine, and much more.

2116 | Wednesday, July 12 | 1:00 PM | $15
2120 | Wednesday, August 9 | 1:00 PM | $15
2072 | Thursday, August 10 | 10:00 AM | $15

2117 | Wednesday, July 19 | 1:00 PM | $15
2121 | Wednesday, August 16 | 1:00 PM | $15
2073 | Thursday, August 17 | 10:00 AM | $15

2118 | Wednesday, July 26 | 1:00 PM | $15
2122 | Wednesday, August 23 | 1:00 PM | $15

2119 | Wednesday, August 2 | 1:00 PM | $15
2123 | Wednesday, August 30 | 1:00 PM | $15

2074 | Windows Navigation Basics
Russ Nail, Technology Trainer
Thursday, August 24 | 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.
2146 | Home Networking 101
Chris Aaron, BSEE, Comcast Director of Systems Integration and Testing (Retired)
Thursday, August 24 | 10:00 AM | $15
Learn the basics of home networking including tools you can use to help with troubleshooting issues with in-home cable TV, WiFi, routers, and more.

2075 | Windows: The Basics
Russ Nail, Technology Trainer
Thursday, August 31 | 10:00 AM | $15
We'll cover basic settings, file management tips, how to install printers, scanners, mobile phones, and more.

1081 | Apple Health: Your Step-By-Step Guide
Monse Callejas, Technology Learning Specialist
Thursday, August 3 | 10:30 AM | $5
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.

1076 | Apple Maps App Workshop
Monse Callejas, Technology Learning Specialist
Tuesday, July 18 | 1:00 PM | $5
Get from here to there with ease and learn tips to help you navigate Apple Maps app like a pro.

1075 | Apple Photos App Workshop
Monse Callejas, Technology Learning Specialist
Tuesday, July 18 | 10:45 AM | $5
This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching pictures, and more.

1077 | Google Maps App Workshop
Monse Callejas, Technology Learning Specialist
Thursday, July 20 | 10:30 AM | $5
Get from here to there with ease, learn tips to help you use Google Maps apps like a pro to get driving directions, find businesses, share your location with others, and more.

1078 | Google Photos App Workshop
Monse Callejas, Technology Learning Specialist
Thursday, July 20 | 12:30 PM | $5
This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching pictures, and more.

1082 | QR Codes Workshop
Monse Callejas, Technology Learning Specialist
Tuesday, August 15 | 11:30 AM | $5
Overview of what QR codes are and how to use them.

1080 | UBER/Lyft App Workshop
Monse Callejas, Technology Learning Specialist
Tuesday, August 1 | 1:00 PM | $5
Learn to use UBER and Lyft rideshare apps as an alternative to driving.

1079 | Web Cookies Workshop
Monse Callejas, Technology Learning Specialist
Tuesday, August 1 | 11:30 AM | $5
Learn the basics about web cookies, how they are used, and how to delete them.

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

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youtube.com/user/SanDiegoOasis
linkedin.com/company/san-diego-oasis
THEATRE & MUSIC

2141 | Acting Workshop
Jo-Darlene Reardon, M.Ed
Thursdays, July 13 - August 31 | 10:30 AM | $96
Learn more about acting and the theater in a relaxed, informal class. You'll have an opportunity to perform scenes, monologues, and reader’s theater.

2142 | Acting Workshop: Showcase Performance
Jo-Darlene Reardon, M.Ed
Thursday, August 31 | 10:30 AM | Free
Come 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.

2151 | The Birth of the Beatles 1956-1960
Chuck Gunderson, Historian & Author, MA
Monday, July 24 | 10:00 AM | $15
The amazing journey of how the world’s greatest band was formed along with twists, turns, failures, lucky breaks, and lots of serendipity in between!

2152 | The Beatles: 1964 Summer North American Tour
Chuck Gunderson, Historian & Author, MA
Monday, August 7 | 10:00 AM | $15
The historic Beatles 1964 tour of North America was record-shattering. Find out how it turned entertainment on its ear and forever changed the landscape of concert touring.

2153 | The Beatles: 1966 Summer North American Tour
Chuck Gunderson, Historian & Author, MA
Monday, August 21 | 10:00 AM | $15
1966 would spell the end of touring for the Beatles. Learn why the tour ended and what the future held for the four lads from Liverpool.

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

From each email, and with just one click, you have three options for quickly and easily viewing classes for the upcoming week:

1. View Featured Classes
Click on the View Featured Classes button to scroll through upcoming classes specific to that week.

2. Week at a Glance
Click the Week at a Glance button to view classes by day of week. This feature is always on the home page of the website...updated every Friday with classes for the upcoming week.

3. This Week’s Classes
Click the This Week’s Classes button to view classes happening this week. Using the filter features on the Classes page of the website, we filter for classes happening specific to that week; we do the searching for you!

Do you know how to use the filters on the Classes page?
When you visit the Classes page on the website, the right hand side of the page has a variety of filters that make finding the classes you want a little easier. You can filter by date range, class number, class type, location, instructor or price.

You can sign up for our emails on the website, either on the feature box on the home page or under the About tab.

Need Help?
Give us a call at (619) 881-6262 or email us at Info@SanDiegoOasis.org and we’ll get you set up.

LOVE OASIS?
If you love being a part of Oasis, share it with your friends and family!
MISSION HILLS – HILLCREST/KNOX BRANCH LIBRARY
215 W Washington St, San Diego, CA 92103

617 | Genetics: A Line of Evidence in Peopling of the World
Henry George, Engineer, Archaeologist and Geologist
Saturday, July 8 | 2:30 PM | Free
This lecture on human origins will trace the diaspora from the proverbial Adam and Eve to the peoples of the world today.

618 | Legacies of the Past: San Diego’s History
Linda Canada, Historian & Author
Monday, August 21 | 6:30 PM | Free
This class highlights details of San Diego history using local archives and private photograph collections.

MISSION VALLEY BRANCH LIBRARY
2123 Fenton Pkwy, San Diego, CA 92108

516 | Aging in Place: Can You Do It Safely and Easily?
Julie Derry, MBA, Certified Senior Advisor
Tuesday, July 11 | 1:00 PM | Free
Adapt to your current living environment to make it more safe, comfortable, and livable as you age.

OCEAN BEACH BRANCH LIBRARY
4801 Santa Monica Ave, San Diego, CA 92107

621 | Simple Practices to Manifest Your Dreams
Laura Diaz, Board Certified Coach (BCC)
Monday, July 17 | 6:30 PM | Free
Learn how to create a blueprint of your dream and how to befriend the fear that gets stirred up when you are taking steps to create a new vision.

POINT LOMA/HERVEY BRANCH LIBRARY
3701 Voltaire St, San Diego, CA 92107

546 | San Diego Women and their Role in World War II
Linda Canada, Historian & Author
Wednesday, July 19 | 1:00 PM | Free
Discover actual stories and the real experiences of San Diego women as they lived through this tumultuous period of history.

547 | Navigating Retirement: Managing your “Time Affluence”
Virginia B. Berger, MA, Certified Professional Coach
Wednesday, July 26 | 1:00 PM | Free
The average American over 65 has 7.4 hours of leisure time each day. During this class we’ll look at how to plan our leisure, treating this “time affluence” as a valuable asset to be spent wisely.

548 | Degenerate Art
Julia Fister, MA, Studio ACE Executive Director
Wednesday, August 2 | 1:00 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.

549 | Living a Whole Food Plant-Based Lifestyle 101
Charlene Correia, Certified Plant-Based Lifestyle Health Coach
Wednesday, August 16 | 1:00 PM | Free
Simple tools and solutions to eat plant-based foods whether you are eating out, traveling, entertaining or just in the comfort of your own home.
RANCHO PEÑASQUITOS BRANCH LIBRARY
13330 Salmon River Rd, San Diego, CA 92129

603 | Aging in Place: Can You Do It Safely and Easily?
Julie Derry, MBA, Certified Senior Advisor
Wednesday, July 12 | 11:00 AM | Free
Adapt to your current living environment to make it more safe, comfortable, and livable as you age.

699 | Avoid These Mistakes When Selling Your Home
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wednesday, August 9 | 11:00 AM | Free
It’s easy for home sellers to make mistakes; this workshop will share with you the best way to sell your home.

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

530 | Weird and Wonderful San Diego History
Jack Innis, BA, Author & Lecturer, San Diego’s Legend Hunter
Tuesday, July 25 | 6:00 PM | Free
Hear stories from San Diego’s weird history as told by storyteller Jack Innis and go on a virtual tour of a Prohibition Era smuggler’s cave.

UNIVERSITY COMMUNITY BRANCH LIBRARY
4155 Governor Dr, San Diego, CA 92122

703 | Yayoi Kusama: Princess of Polka Dots
Julia Fister, MA, Studio ACE Executive Director
Tuesday, July 18 | 12:30 PM | Free
We will look at Yayoi Kusama, an amazing artist who is sometimes known as the “princess of polka dots.”

704 | Myth to Reality I – Schliemann at Troy and Mycenae
Henry George, Engineer, Archaeologist and Geologist
Tuesday, August 15 | 12:30 PM | Free
Heinrich Schliemann was never accepted as a professional, but his discoveries brought Greek Mythology back to life and were instrumental in bringing prehistory into the public domain.

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 off-site experience for class attendees by making announcements about current events and program updates, and by answering general program questions.

THERE ARE MANY WAYS TO VOLUNTEER AT OASIS!

Center Volunteers
Volunteers at Oasis are invaluable and the benefits mutual. Volunteers have worthwhile experiences when they donate their time and talents to help the staff and faculty function as a community. We have a variety of needs and offerings from which to choose. To learn more, contact us:

La Mesa Opportunities
Kris Anelli, Office & Volunteer Director
Kris@SanDiegoOasis.org

Rancho Bernardo Opportunities
Jhaynane Bastien, Office & Volunteer Manager
Jhaynane@SanDiegoOasis.org

Tutoring Program
Through our Tutoring program, volunteers, neighborhood schools and Oasis work together to help students build reading skills, self-esteem and positive attitudes toward learning. Training/materials provided; no teaching experience is needed. If interested in learning more, please contact Michelle Irby at Michelle@SanDiegoOasis.org.
EXERCISE & DANCE

Zumba with Lynn for Boomers
Lynn Morgan, Licensed Instructor

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

318 | Saturdays, July 1 - 29 | 9:00 AM | $50
319 | Saturday, August 5 - 26 | 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.

695 | Thursdays, July 6 - 27 | 1:00 PM | $40
696 | Thursdays, August 3 - 24 | 1:00 PM | $40

426 | Aging in Place: Can You Do It Safely and Easily?
Jacqueline A. Silverman, CSA, CAPS
Tuesday, July 11 | 3:00 PM | Free

Adapt to your current living environment to make it more safe, comfortable, and livable as you age.

Sound Healing
Sofia Puerta Webber, BA, Certified Yoga Therapist and Mindfulness Teacher

Sound Healing incorporates meditation, intention setting, and the use of crystal bowl, chime, and gong vibrations to create the perfect environment to relax your mind and body.

690 | Tuesday, July 11 | 1:00 PM | $15
691 | Tuesday, August 22 | 1:00 PM | $15

= NEW!  = HYBRID

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

403 | Sleep, Light and Health
Philip J. Goscienski, MD
Tuesday, July 18 | 10:00 AM | $15

Learn about diseases and conditions that never affected our Stone Age ancestors but are now common thanks to Thomas Edison.

427 | Eat Well for Cognitive Nutrition
Diorella Mae Gatchalian-Riveros, Registered Dietitian
Tuesday, August 8 | 3:00 PM | Free

Learn mindful eating tips for brain health and overall well-being.

404 | Aging Gracefully in Okinawa
Philip J. Goscienski, MD
Tuesday, August 15 | 10:00 AM | $15

Okinawa has the largest percentage of centenarians, and it has nothing to do with their genes, or luck. Their diet is not as hard to imitate as it might seem.

HISTORY & HUMANITIES

496 | Paris 1919: The Peace Conference That Changed the World
Blaine Davies, MA, Professor of U.S. History
Thursdays, July 6 - 13 | 10:00 AM | $30

How it came to be, and how it set in motion political and social upheavals that still plague us.

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.

296 | Friday, July 7 | 10:00 AM | $6
297 | Friday, July 14 | 10:00 AM | $6
298 | Friday, July 21 | 10:00 AM | $6
299 | Friday, July 28 | 10:00 AM | $6
300 | Friday, August 4 | 10:00 AM | $6
301 | Friday, August 11 | 10:00 AM | $6
302 | Friday, August 18 | 10:00 AM | $6
303 | Friday, August 25 | 10:00 AM | $6

= NEW!  = HYBRID
**469 | Intriguing Italy: Part II: Northern Italy**  
Linda Hawley, Ed.M., Teacher & Author  
Tuesday, July 11 | 10:00 AM | $15

We’ll travel to various sites and cities in Italy to explore the archaeology, architecture, and art of this amazing country.

**460 | Picturesque San Diego: Images and Stories from the Past**  
Vincent Rossi, Historian & Author, Story Seekers Co-Owner  
Wednesday, July 12 | 10:00 AM | $15

Enjoy a presentation of photos of a rural, less populated San Diego County taken from Douglas Gunn’s 1887 book titled Picturesque San Diego.

**555 | Drowned Eagle - The Amelia Earhart Mystery**  
Mark Carlson, Historian & Author  
Wednesday, July 12 | 1:00 PM | $15

Here is the story of that last flight, the legends, myths and, possibly, the answer to what happened to Amelia Earhart.

**502 | Napoleon: The Man Behind the Legend**  
Lola Sparrowhawk, Int’l Award-Winning Author/Historian  
Tuesday, July 18 | 1:00 PM | $15

Napoleon played a key role in many significant historic events. We’ll explore his accomplishments and how he influenced revolutionaries and nationalists the world over.

**493 | Edouard Manet & Berthe Morisot**  
Julia Fister, MA, Studio ACE Executive Director  
Wednesday, July 19 | 10:00 AM | $15

This lecture explores Edouard Manet’s and Berthe Morisot’s relationship, both personal and professional, through their paintings.

**407 | The Voyages of Discovery by the Chinese Treasure Ships from 1421-1423**  
Henry George, Engineer, Archaeologist and Geologist  
Tuesday, July 25 | 10:00 AM | $15

Learn how and why China became an isolate rather than the premier maritime world power during the Ming-Dynasty in the early 1400’s.

**611 | Gershwin Music and Beyond**  
Vincent Young  
Wednesday, July 26 | 1:30 PM | $8

George and Ira Gershwin’s music spans the spectrum from classical to popular genres. Enjoy such favorites as “I Got Rhythm,” “Someone to Watch Over Me,” and others.

**610 | Astronomy: Copernicus to Galileo to Hubble**  
Mark Carlson, Historian & Author  
Thursday, July 27 | 1:30 PM | $8

This lecture explains the milestones of discovery of the universe and the contributions of Pythagoras, Copernicus, Galileo, Hubble, and others to the science of astronomy.

**613 | The Rise of the Mayan Civilization**  
Henry George, M.A.  
Tuesday, August 1 | 10:00 AM | $8

In this lecture, we will explore Maya Highland sites of Mesoamerica and their contributions to the Maya Civilization.

**455 | Walter Anderson**  
Aniko Makranczy, MFA  
Tuesday, August 8 | 10:00 AM | $15

Join us as we learn about Walter Anderson, the American modernist painter who created prints, murals, pottery, and wrote, with deep respect, about nature.

**556 | Atoms for Peace – Ike’s Deadly Nuclear Dream**  
Mark Carlson, Historian & Author  
Tuesday, August 8 | 1:00 PM | $15

Come learn about Eisenhower’s bizarre and dangerous national effort known as “Atoms for Peace,” a campaign to show the peaceful benefits of atom bombs.

**604 | Aztec Life: From Birth to Death**  
Maria Butler, MA Lecturer Emerita SDSU  
Wednesday, August 9 | 10:00 AM | $15

We’ll discuss the diverse societal function of commoners, priests, warriors, and slaves as well as an overview of customary traditions from birth to death.
503 | Atlantis: Myth or History
Lola Sparrowhawk, Int’l Award-Winning Author/Historian
Tuesday, August 15 | 1:00 PM | $15
Atlantis is most often defined as an ancient myth, yet the search for evidence continues to intrigue researchers and historians. We'll explore the evidence for this lost civilization.

608 | Love Mysteries? Take a Deeper Look at WHY
Emily Nye, Ph.D.
Wednesday, August 9 | 1:00 PM | $15
Follow the clues to solve the mystery of why we love mystery fiction! Learn the history of the mystery genre and why they appeal to our human psychology.
PERSONAL ENRICHMENT

226 | Grief Support Group
Rolandas Kausas, Chaplain
Wednesdays, July 5 - 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.

595 | Using Genetic Genealogy to Find Family
Kathleen Fernandes, Ph.D.
Friday, July 7 | 1:00 PM | $15
Learn step-by-step tips on how to use your DNA testing results in your genealogical research.

TECHNOLOGY

435 | Online Banking and Mobile Apps
Mary Burns, Professor, San Diego Continuing Education
Thursday, July 13 | 1:00 PM | $15
Learn how to set up online banking on your smartphone, how to deposit checks and transfer funds, and use other ways to pay.

499 | Excel: Create a Budget and More
Barbara Smith, MA, Community College Instructor
Wednesdays, August 2 - 9 | 1:00 PM | $30
Learn Excel basics including creating formulas. Design a simple, customizable budget, and use data from a spreadsheet to create several types of charts.

436 | iPhone: Basics and Beyond
Mary Burns, Professor, San Diego Continuing Education
Thursdays, August 10 - 17 | 1:00 PM | $30
We’ll review the basics of the iPhone, the Apple cloud, apps, settings and more.

THEATRE & MUSIC

283 | Claude Debussy: French Impressions & Melodic Images
Chris Burns, Many-Strings
Friday, July 7 | 3:00 PM | $15
Symphonic motifs, lovely pianos, harps and guitars are ready to embrace you in your favorite setting to enjoy wonderful music.

284 | Bluegrass: From Kentucky, the Grand Ole Opry to Southern CA
Chris Burns, Many-Strings
Friday, July 21 | 3:00 PM | $15
This musical hour is focused on the evolution of this very American tradition, from Kentucky to Southern California!

285 | Johann Brahms: Classical and Romantic Diversity
Chris Burns, Many-Strings
Friday, August 4 | 3:00 PM | $15
In this hour you will be treated to a wonderful diversity of “must-know” music from the classical world and learn of his main influences.

286 | James Horner: Film Scores to Love
Chris Burns, Many-Strings
Friday, August 18 | 3:00 PM | $15
Learn about his fabulous scores for George Lucas, Steven Spielberg, Ron Howard, and many iconic leaders in fine film.

612 | The Music of Gilbert & Sullivan
Vincent Young
Wednesday, August 23 | 1:30 PM | $8
Vincent Young plays, sings, and discusses the upbeat music of Gilbert and Sullivan. Their operas have enjoyed broad and enduring international success.

457 | Musical Expression of the Amazon, Andes and Peru
Holly Wissler, PhD Ethnomusicology, Senior Lecturer at Texas State University and Tour Leader, Cusco, Peru
Friday, August 25 | 10:00 AM | $15
Learn about singing in the Amazon, indigenous panpipes and folkloric-created music of the Andes, and re-created Afro-Peruvian music of the coast.

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

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 $2,767
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.

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

DETAILED INFORMATION ON EACH TRIP IS AVAILABLE ON THE OASIS WEBSITE!
SanDiegoOasis.org
Medical devices in your home?
We may be able to help.

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

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• Now in both La Mesa and Rancho Bernardo •

RANCHO BERNARDO

2158 | Social Security
Thu., July 13 | 11:00 AM | $5

2159 | Retirement & Estate Strategies
Thu., July 13 | 1:00 PM | $5

2162 | Thrivent One-on-One
Fri., July 14 | 10:00 AM | Free

2163 | Thrivent One-on-One
Fri., August 4 | 10:00 AM | Free

2160 | Long-Term Care
Tue., August 1 | 11:00 AM | $5

2161 | Retirement & Estate Strategies
Tue., August 1 | 1:00 PM | $5

LA MESA

653 | Social Security
Tue., July 18 | 11:00 AM | $5

654 | Retirement & Estate Strategies
Tue., July 18 | 1:00 PM | $5

656 | Retirement & Estate Strategies
Tue., August 8 | 1:00 PM | $5

655 | Long-Term Care
Tue., August 8 | 11:00 AM | $5

For complete class descriptions and to register, visit SanDiegoOasis.org or call (619) 881-6262

TWO LOCATIONS TO SERVE YOU!
Welcome to the San Diego Oasis Resource Directory!
Whether you are looking for help with assisted living, in-home care, retirement planning, long-term care, Medicare - and much more - , we invite you to browse this directory as your starting point in finding the right solution. You can also visit our Resource Directory web page at www.SanDiegoOasis.org/Resources.

Interested in a Resource Directory listing?
Contact Monserratt Callejas if you are interested in being included in our Resource Directory: Monserrat@SanDiegoOasis.org or (619) 881-6262, Ext. 1002.
SUNGARDEN TERRACE
Susan O’Shaughnessy | (619) 508-0931
susan@sungardenterrace.com | sungardenterrace.com

Founded in 2000, Sungarden Terrace is a premier retirement community in Lemon Grove. Featuring both assisted living and memory care, we are dedicated to providing exceptional service in all aspects of daily living. Through compassion and excellence, we create meaningful connections everyday with one another and those we serve.

CASA DE LAS CAMPANAS
Van Cupples | (858) 592-1811
vcupplescasadlmc.com | casadelascampanas.com

Casa de las Campanas is the only not-for-profit Type “A” Continuing Care Retirement Community (CCRC) in San Diego, a community that provides an engaging lifestyle and the highest level of senior care. Our 5-Star rated Health Center, numerous amenities and extensive life enrichment programming gives Residents the retirement they desire.

AGING123
Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

At Aging123, we specialize in educating, advocating and navigating the placement journey for aging adults and their loved ones. We’ve toured and inspected all Assisted Living and Memory Care homes and communities we refer our clients to. We are a FREE service as we are compensated by our provider network.

LIVING COASTAL
Jacqui Clark, CSA | (858) 761-7551
Jacqui@LivingCoastalSeniorResources.com
agingwellpartners.com/partners/living-coastal-senior-resources

Jacqui Clark, Certified Senior Advisor™ and seasoned communications specialist, has 9+ years of experience in the senior industry. As a consultant with Living Coastal Senior Resources, she assists families in navigating memory care, assisted living, in-home care, and more. Jacqui simplifies the complex journey of aging, offering expertise and support.

RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY
Virginia Renker, CSA | (619) 885-0420
virginia@rosecares.com | rosecares.com

Residential Options for Seniors and the Elderly, LLC, is a free placement and referral service providing you or your loved one with personalized service in determining the best fit for your transition into the most optimal senior living environment to suit your budget, and your individual needs and desires.

GLENNER CENTERS DAY PROGRAM
Lisa Tyberski | (619) 543-4700
ltyburski@glenner.org | glenner.org

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA.

THRIVENT FINANCIAL
Jonathan Doering/Anthony Camara | (858) 455-5227
Jonathan.Doering@thrivent.com
connect.thrivent.com/la-jolla-gateway-team

Thrivent has been offering mutual funds since 1970. Today there are more than 20 solution-based mutual funds with $25.1 billion in assets (as of 12/31/2022). Funds are actively managed by Thrivent Asset Management, LLC, focused on both accumulation and distribution strategies designed for all risk tolerances.

Visit the online version: https://bit.ly/43spz1j
VITAS Healthcare

VITAS
Contact: Eric Ludwig | (858) 616-7495
eric.ludwig@vitas.com | vitas.com
VITAS provides care for patients and families dealing with a life-limiting illness by a team of professionals specially trained to control pain, reduce anxiety, and provide spiritual and emotional comfort. Our professionals are trained to understand the unique needs of veterans. Services can be provided at home, in assisted living/residential care, hospitals or nursing homes.

IN-HOME CARE AGENCIES

COAST CARE PARTNERS
David Chong | (619) 354-2544
david@coastcarepartners.com | coastcarepartners.com
We are a compassionate, non-medical home care agency servicing San Diego County. Our trained caregivers provide personalized assistance, promoting independence and enhancing quality of life empowering exceptional care and peace of mind for families.

NONA'S HOME CARE
Benjamin Barth, Owner | (619) 788-4459
ben@nonashomecare.com | nonashomecare.com
Nona’s Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.

RIGHT AT HOME
Melanie Delgado | (858) 200-5523
mdelgado@homecare-sd.com | rightathome.net/el-cajon
Whether you seek independent living support or care for a loved one, we go beyond in-home assistance. As your care partner, we understand your journey and provide guidance. From meals to 24-hour care, our dedicated team prioritizes your safety and well-being, delivering exceptional service honed through years of experience.

LONG TERM CARE INSURANCE

JAHNKE CONSULTING & LTC ALLIANCE
Linda Jahnke | 858) 513-8351
linda.jahnke@jcltca.com | jcltca.com
Jahnke Consulting designs long term care solutions to help families select extended care services. Our clients can choose to live at home, in assisted living or continuing care communities. Planning ensures individuals have financial means to maintain independence while continuing to be a vital part in their family and community.

MEDICARE EXPERTS

JUST US MEDICARE
Amanda Shelley | (858) 302-4234
amanda@justusmedicare.com | justusinsurance.com
Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. *by appointment only.*

PHYSICAL THERAPY

PHYSIO ON THE GO:
MOBILE PHYSICAL THERAPY & WELLNESS SERVICES
Sean Kuhn | (619) 391-8688
sean@kuhnphysicaltherapy.com | physio-on-the-go.com
Your one-stop shop for everything health. Whether you’re at home or on the move, Physio on the GO provides a unique remote self care, wellness, and physical therapy experience through complimentary, subscription, and private or semi-private opportunities in order to custom tailor a program designed for you to achieve your goals.

Hyperlinks are provided if viewing electronically.
ASIS PHYSICAL THERAPY
Kevin Pansky | (858) 217-2496
kevin@asispt.com | asisphysicaltherapy.com
Asis Physical Therapy provides advanced solutions and individualized service to clients. By combining physical therapy in San Diego with other treatments, our medical professionals help you regain your range of motion and live a fuller life. Learn more about our core services and how you can add other modalities to your PT for lasting results.

PROFESSIONAL FIDUCIARY
Profiduciary
Dan Thale | (619) 493-0019
contact@profiduciary.com | profiduciary.com
Professional Trust and Estate Management in San Diego since 2005. At Profiduciary, we are a team of experienced fiduciaries who have spent decades building relationships with individuals and families to preserve their wealth and pass it on to loved ones and charitable institutions. Currently serving clients with assets totaling over two million.

SENIOR MOVE MANAGERS
Silver Linings Transitions
Jami Shapiro | (760) 522-1624
info@silverliningstransitions.com | silverliningstransitions.com
As Senior Move Managers, we assist adults and their families with the emotional and logistical aspects of relocation—whether it’s to a smaller space, moving to be near family, or moving into a senior living residence. Our services are free when we refer you to one of our realtor partners.

SENIOR REAL ESTATE SPECIALISTS
DEVORE REALTY GROUP
BERKSHIRE HATHAWAY
Bryan Devore | (760) 908-3838
Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com
Bryan, a real estate agent since 2003, excels in assisting clients with home buying/selling. He specializes in guiding seniors through transitioning to smaller homes or senior communities. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process. Bryan is involved in two local non-profits benefiting seniors.

COLDWELL BANKER WEST
Melina Rissone | (619) 865-6017
Email: melina@melinarissone.com
Web: melinarissone.com
Melina Rissone moved from Germany to San Diego in 2001 and is now an expert Senior’s Real Estate Specialist (SRES) broker. She enjoys reading, camping, hiking, and yoga, and specializes in guiding adults and seniors through major financial transitions. Melina considers herself blessed to come home to her daughter and German shepherd every day.

PATTI GERKE, REALTOR, DRE# 01386269
Patti Gerke, MBA, CRS, SRES, CAPS | (760) 525-7269
Email: patti@pattigerke.com
Web: agingwellpartners.com/partners/patti-gerke-realtor
Patti Gerke is a seasoned professional with decades of experience specializing in working with seniors and their family members. She utilizes her compassionate perseverance to provide guidance, assistance and expertise when wanting to Age In Place with dignity & independence or selling their home.
Awards

2022
SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022
Generations United’s Program of Merit

2020
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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FRIDAY, JULY 28 | 4 - 7 PM
SAN DIEGO OASIS @ GROSSMONT CENTER

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)

Scan QR code to learn more and to stay up to date on event details!

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