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: 6,000 in-person and online classes annually at our two locations (La Mesa and Rancho Bernardo), more than 30 off-site locations, and virtually via Zoom.

• Healthy Living: workshops in fitness, dance, nutrition, life-style, and chronic disease management

• Intergenerational Tutoring Program: hundreds of trained volunteer tutors help at-risk children in grades K-4 build reading skills. We serve Title 1 schools throughout the County, including San Diego, La Mesa/Spring Valley, Poway/Rancho Bernardo, and Escondido.

• Intergenerational Summer Camp: children and volunteers experience camp together at our Intergenerational Summer Camp in this award-winning, wholly unique Intergenerational summer camp experience.

• 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 at home (~1100 tablets as of 7/2023).

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: Volunteer tutors change children’s lives! In just one hour a week, you can make a big difference. Training/materials provided; no teaching experience required. For info, contact Michelle Irby at Michelle@SanDiegoOasis.org

• Center Volunteers: Volunteers are invaluable, the benefits are mutual, and they 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 Danny Beers at Danny@SanDiegoOasis.org for Rancho Bernardo.

• Library Ambassadors: Library Ambassadors are Oasis representatives for library classes. 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 Anelli at Kris@SanDiegoOasis.org

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Dear Oasis Family,

This Fall is truly unprecedented at Oasis locations in La Mesa and Rancho Bernardo! We are doubling our programs, now that we have an additional 19,000 square feet of classroom and event spaces in Rancho Bernardo.

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.

Also in Rancho Bernardo, our new indoor and outdoor spaces bring new opportunities to our Oasis family. Now is a perfect time to consider a naming gift – while some of the classrooms are already named, others are still available and can be a meaningful way to honor your family. Contact me at Simona@SanDiegoOasis.org for more information.

Did you know that Oasis offers Lifetime Membership? If you ask Judy or Maggie, they enjoy their Lifetime Memberships every day. With one time payment, you are set for life. See more information on page 6.

Finally, we are thrilled to share our beautiful events center with the broader community. Did you know we can seat 300 people gala-style with round tables or 400 lecture-style at our Rancho Bernardo location? Should you, your family or organization need an events space, contact Christine@SanDiegoOasis.org.

This Fall will be full, fun, and fabulous 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.
Oasis partners with Bridge Club of North County!

San Diego Oasis is pleased to partner with the Bridge Club of North County at our new location in Rancho Bernardo. We look forward to many fun gatherings in the beautiful new Game Room.
San Diego Oasis Lifetime Membership

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

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

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

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

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

How do I get my Lifetime Membership?
Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more about the process.

Can I gift a Lifetime Membership to someone else?
Absolutely. Your gift will literally last a lifetime!

Why offer a Lifetime Membership option? Our programs are in high demand, yet today, Oasis has only two full time locations: La Mesa and 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

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

Acrylic Painting for Everyone
Luz Clayton, Artist & Instructor
Discover your inner artist with simple, entry-level acrylic painting projects.

1420 | Monday, Sept. 11 | 10:00 AM | $15
1421 | Monday, Sept. 25 | 10:00 AM | $15
1422 | Monday, Oct. 9 | 1:00 PM | $15
1423 | Monday, Oct. 23 | 1:00 PM | $15

1373 | Service Project for Sharp Grossmont Hospital:
Sew a Fidget Quilt
Lyn Earl, Instructor
Tuesday, Sept. 12 | 1:00 PM | $15
Let’s sew fidget quilts for patients at Sharp Grossmont Hospital.

1383 | Thursdays, Sept. 14 - 21 | 10:00 AM | $30
1384 | Thursdays, Oct 26 - Nov. 2 | 1:00 PM | $30

Painting in Watercolor or Acrylic: Abstract & Representational
Preet Srivastava, Teaching Artist
You’ll use either watercolor or acrylics to paint the subject in representational or abstract style.

1207 | Saturday, Sept. 16 | 10:00 AM | $55
1209 | Wednesday, Oct. 18 | 1:00 PM | $55

1267 | Saturday, Sept. 16 | 10:00 AM | $15
1268 | Saturday, Oct. 21 | 10:00 AM | $15

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.

1000 | Monday, Sept. 18 | 10:00 AM | $15
1001 | Monday, Oct. 2 | 10:00 AM | $15
1002 | Monday, Oct. 16 | 10:00 AM | $15
1003 | Monday, Oct. 30 | 10:00 AM | $15

Coloring for Relaxation
Russ Nail, Technology Trainer
Coloring is fun, calming, relaxing, and a great activity for enjoyment, but it can also have many therapeutic benefits.

1286 | Tuesday, Sept. 19 | 1:00 PM | $20
1291 | Thursday, Oct. 19 | 1:00 PM | $20

Simple Acrylic Discovery
Elle Arnot, MFA, School of the Art Institute of Chicago
After a brief introduction, you will learn to use simple, versatile techniques to create a remarkable work of art.

1252 | Tuesdays, Sept. 19 - 26 | 10:00 AM | $30
1253 | Wednesdays, Oct 25 - Nov. 1 | 10:00 AM | $30

1208 | Wave/Wall Hanger
Diana Griffin, Owner of Queenie Glass and Sass
Wednesday, Sept. 20 | 1:00 PM | $55
Using colored glass, create your own unique art.

1263 | Beginning Practical Crochet
Janet Stuelpnner, The Left-Handed Artist and Crafter
Thursdays, Oct. 5 - 26 | 10:00 AM | $60
Learn to crochet in rows, rounds and squares using basic stitches and simple patterns.

1304 | Drawing Basics
Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Monday & Wednesday, Oct. 9 & 11 | 10:00 AM | $30
In this two-session workshop, you’ll develop and practice basic, realistic drawing skills using pencils.
1254 | Abstract Painting and Drawing
Aniko Makranczy, MFA
Tuesdays, Oct. 10 - Nov. 7 | 10:00 AM | $75
Learn how to abstract a realistic image using concepts such as contrast, shape modification and geometric form. Then create an abstracted image from a picture you choose.

1386 | Crystal Bracelet Making Class
Kathy A. Willcuts Garcia
Wednesday, Oct. 11 | 1:00 PM | $45
In this class you will be making your own handmade bracelet from natural crystals having healing qualities.

1424 | Halloween Doodles with Really Crafty Nina
Nina Hegyi, Artist and Instructor
Monday, Oct. 16 | 1:00 PM | $15
In this class you will learn how to draw fun and easy doodles that have a Halloween theme.

1302 | Succulent-Topped Pumpkins
Muriel King, Succulent Designer/Owner, The Perfect Plant
Friday, Oct. 20 | 10:00 AM | $60
Create your own succulent-topped pumpkin. All materials, tools, and succulent plants will be provided.

1375 | SDG&E Electric Pricing Plans, Tools, Tips and Programs
Martha Quintero, SDG&E
Monday, Sept. 18 | 10:00 AM | Free
Attend this informational workshop and learn about electric pricing plan options, tools, tips and programs to help you manage your energy and save money.

1259 | Planning Funeral and Cemetery Services
Peter Alo, Licensed Family Service Advisor
Tuesday, Sept. 19 | 10:00 AM | $15
We’ll look at the funeral industry so that when the time comes, you can make informed decisions.

1344 | Do You Own Your Stuff or Does Your Stuff OWN You?
Jami Shapiro, CSM Founder, Silver Linings Transitions
Tuesday, Sept. 26 | 10:00 AM | $15
Learn the difference between de-cluttering and organizing, available resources, and changes in the resale market.

1260 | Reverse Mortgages Explained
Owen Coyle, Licensed Reverse Mortgage Specialist
Saturday, Sept. 16 | 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.

1315 | Social Security
Anthony Camara, CFP®, MBA
Thursday, Sept. 28 | 10:00 AM | $5
Learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.

1264 | Upgrading Your Lifestyle Without Increasing Your Property Taxes
Jordan Z. Marks, San Diego County Assessor, Recorder, County Clerk
Friday, Sept. 8 | 10:00 AM | Free
Discover tax saving tips for homeowners.

1317 | Thursday, Sept. 28 | 1:00 PM | $5
1318 | Tuesday, Oct. 17 | 10:00 AM | $5
1316 | Retirement & Estate Strategies
Anthony Camara, CFP®, MBA
Learn the components of an individual retirement strategy to utilize your resources fully.

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

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

- **1011** | Mondays, Sep 11 - 25 | 12:00 PM | $30
- **1012** | Mondays, Oct 2 - 30 | 12:00 PM | $50
- **1015** | Fridays, Sep 8 - 29 | 12:00 PM | $40
- **1016** | Fridays, Oct 6 - Nov 3 | 12:00 PM | $40

**Cardio Drumming**
Andra Valencia, Fitness and Dance Instructor

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

- **1019** | Mondays, Sept. 11 - 25 | 9:30 AM | $30
- **1020** | Mondays, Oct. 2 - 30 | 9:30 AM | $50
- **1023** | Tuesdays, Sept. 5 - 26 | 12:00 PM | $40
- **1024** | Tuesdays, Oct. 3 - 31 | 12:00 PM | $50
- **1027** | Wednesdays, Sept 6 - 27 | 1:15 PM | $40
- **1028** | Wednesdays, Oct 4 - Nov. 1 | 1:15 PM | $50
- **1031** | Fridays, Sept. 8 - 29 | 9:30 AM | $40
- **1032** | Fridays, Oct. 6 - Nov. 3 | 9:30 AM | $50
- **1035** | Saturdays, Sept. 16 | 9:30 AM | $10
- **1036** | Saturdays, Oct. 21 | 9:30 AM | $10
- **1038** | Saturday, Sept. 16 | 9:30 AM | $10
- **1039** | Saturday, Oct. 21 | 9:30 AM | $10

**Dance, Sculpt and Tone**
Rosana Carvalho Gilmore, Certified Fitness Instructor

*A combination of exercises using dance, weights, and bands to increase strength, coordination, and balance.*

- **1041** | Thursdays, Sept. 7 - 28 | 1:15 PM | $40
- **1042** | Thursdays, Oct. 5 - Nov. 2 | 1:15 PM | $50

**Get Your Steps In: San Diego Oasis Mall Walkers**
Julia Doughty, MFA and Certified HHP

*Join us for a casual and conversational 1-hour mall walk. Learn how to maximize your walking.*

- **1298** | Wednesdays, Sept. 6 - 27 | 9:00 AM | $32
- **1299** | Wednesdays, Oct. 4 - 25 | 9:00 AM | $32

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**EXERCISE & DANCE**

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

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

- **1007** | Fridays, Sept. 8 - 29 | 10:45 AM | $40
- **1008** | Fridays, Oct 6 - Nov 3 | 10:45 AM | $40

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- **1036** | Saturdays, Oct. 21 | 9:30 AM | $10
- **1038** | Saturday, Sept. 16 | 9:30 AM | $10
- **1039** | Saturday, Oct. 21 | 9:30 AM | $10
International Folk Dancing
Martha Awdziewicz, Folk Dance Group
Come join us for traditional dances from Eastern Europe and around the world.

1046 | Wednesdays, Sept. 6 - 27 | 9:30 AM | $24
1047 | Wednesdays, Oct. 4 - Nov. 1 | 9:30 AM | $30

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

1050 | Fridays, Sept. 8 - 29 | 2:30 PM | $40
1051 | Fridays, Oct. 6 - Nov. 3 | 2:30 PM | $50

Line Dancing and Beyond
Ruth Parker, Line Dance Instructor
A fun and varied line dance experience featuring country, pop, Latin, and waltz music.

1054 | Wednesdays, Sept. 6 - 27 | 2:15 PM | $40
1055 | Wednesdays, Oct. 4 - Nov. 1 | 2:15 PM | $50
1058 | Thursdays, Sept. 7 - 28 | 12:00 PM | $40
1059 | Thursdays, Oct. 5 - Nov. 2 | 12:00 PM | $50

Pilates for Everyone
Rosana Carvalho Gilmore, Certified Fitness Instructor
A gentle, introductory approach to mat-based Pilates.

1413 | Mondays, Sept. 11 - 25 | 2:15 PM | $30
1414 | Mondays, Oct. 2 - 30 | 2:15 PM | $50
1062 | Thursdays, Sept. 7 - 28 | 2:30 PM | $40
1063 | Thursdays, Oct. 5 - Nov. 2 | 2:30 PM | $50

Progressive Strength, Balance and Flexibility Training
Elinor Smith, Group Exercise Instructor & Certified Personal Trainer
We will start with an aerobic warm-up, followed by strength training exercises, and finishing with cool down stretches.

1066 | Tuesdays, Sept. 5 - 26 | 9:30 AM | $40
1067 | Tuesdays, Oct. 3 - 31 | 9:30 AM | $50
1070 | Thursdays, Sept. 7 - 28 | 9:30 AM | $40
1071 | Thursdays, Oct. 5 - Nov. 2 | 9:30 AM | $50

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.

1074 | Tuesdays, Sept. 5 - 26 | 2:30 PM | $40
1075 | Tuesdays, Oct. 3 - 31 | 2:30 PM | $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.

1078 | Tuesdays, Sept. 5 - 26 | 1:15 PM | $40
1079 | Tuesdays, Oct. 3 - 31 | 1:15 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.

1082 | Tuesdays, Sept. 5 - 26 | 10:45 AM | $40
1083 | Tuesdays, Oct. 10 - 31 | 10:45 AM | $40

Soul Line Dancing - The Basics
Ed Griffith and Lee Wells, Verlosity
In this introductory class learn new and traditional dance steps set to Soul and R&B favorites.

1086 | Thursdays, Sept. 7 - 28 | 10:45 AM | $40
1087 | Thursdays, Oct. 12 - Nov. 2 | 10:45 AM | $40
1090 | T'ai Chi Chih – Joy through Movement for Beginners
Michelle Sarubbi, Certified TCC Instructor
Join us for a beginning T’ai Chi Chih class with 19 movements and one pose in a meditative, slow-moving class.

1091 | Mondays, Sept. 11 - 25 | 1:15 PM | $30
1092 | Mondays, Oct. 2 - 30 | 1:15 PM | $50
Stay up-to-date through our weekly email featuring upcoming classes, announcements, resources, and more. Email Info@SanDiegoOasis.org and we’ll sign you up!

**Zumba Gold**

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

1095 | Mondays, Sept. 11 - 25 | 10:45 AM | $30
1096 | Mondays, Oct. 2 - 30 | 10:45 AM | $50
1099 | Wednesdays, Sept. 6 - 27 | 12:00 PM | $40
1100 | Wednesdays, Oct. 4 - Nov. 1 | 12:00 PM | $50

**HEALTH & WELLNESS**

1323 | Understanding Senior Residential Care Options
Virginia Renker MPH, CSA (Certified Senior Advisors), Certified Senior Advisor Residential Options for Seniors and the Elderly (ROSE)
Friday, Nov. 3 | 1:00 PM | Free

Learn about senior living facilities available in San Diego and the levels of service that they provide.

1244 | How To Decrease Your Risk of Stroke and Live a Healthier Life
Lucas Ramirez, M.D.
Monday, Sept. 11 | 10:00 AM | $15

Do you want to live longer and reduce your chances of heart attacks, strokes, cancers and more? Find out how.

1324 | Your Aging Journey is Unique to You!
Julie Derry, MBA, Certified Senior Advisor
Tuesday, Sept. 12 | 3:00 PM | Free

What’s your plan for aging? What can you do now ahead of the need? Don’t wait for a crisis. Start planning YOUR aging journey today.

1262 | The Three Ingredients for Good Balance
Nancy Jungling, PT with Sharp Rees-Stealy
Friday, Sept. 15 | 10:00 AM | Free

As we explore the relationship between the visual, vestibular, and proprioceptive systems, you’ll gain valuable insights and practical strategies to improve your balance and coordination.

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

1199 | Saturday, Sept. 16 | 10:00 AM | Free
1200 | Saturday, Oct. 21 | 10:00 AM | Free
1201 | Friday, Nov. 3 | 10:00 AM | Free

1245 | The Acute Treatment of Stroke: Past, Present & Future
Lucas Ramirez, M.D.
Monday, Sept. 25 | 10:00 AM | $15

Learn about the incredible advancements in the treatment of acute strokes.

1378 | Charting Your Course: Strategies for Successful Aging in Place
Jacqueline A. Silverman, CSA®, CAPS
Monday, Oct. 2 | 10:00 AM | $15

Discover essential strategies for aging well in the comfort of your home.

**ALZHEIMER’S ASSOCIATION**

1381 | 10 Warning Signs of Alzheimer’s
Elisa Barnett, MA, Community Engagement Manager
Tuesday, Oct. 10 | 10:00 AM | Free

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

1258 | Understanding How Medicare Works
JoAnn Siudara, Medicare Specialist at Sharp HealthCare
Friday, Oct. 13 | 1:00 PM | Free

Learn about Medicare in clear, easy-to-understand language.

1366 | Mindfulness, Science & Cosmology
Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh
Tuesday, Oct. 24 | 10:00 AM | $15

Explore mindfulness, now widely recognized, accepted, and applied in many sectors of society.
1314 | Relief for Symptoms of Parkinson’s Disease and other Neurological Conditions
Dr. Vamsidhar Chavakula, Neurosurgeon
Thursday, Nov. 2 | 10:00 AM | Free
Learn about the new, non-invasive treatments being used to treat Parkinson’s, essential tremor and epilepsy.

1222 | The Sufi Poetry of Rumi and Hafiz
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, Sept. 13 | 10:00 AM | $18
Learn how the poetry of Persian Sufi mystics Rumi and Hafiz speaks to the longing within each of us and helps us recognize the divinity shimmering everywhere in plain sight.

1387 | United States Criminals: You Can Run but You Can’t Hide
Robert Ciaffa, Former Federal Prosecutor
Friday, Sept. 22 | 1:00 PM | $15
Explore legal, diplomatic, and policy issues surrounding international extraditions and prisoner transfers of foreign convicts.

1393 | Comparing and Contrasting the New Testament Gospels
Bruce McGraw, MA, Retired Professor of Philosophy
Tuesday, Sept. 26 | 1:00 PM | $15
We will discuss the differences and similarities of the four New Testament Gospels and learn about each of their unique messages about Jesus.

1223 | The Great Philosophers: Bentham and Mill
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, Sept. 27 | 10:00 AM | $18
We’ll discuss Jeremy Bentham and John Stuart Mill and the ethical theory of Utilitarianism. Learn how they made the modern rights movements possible.

1355 | Philosophy of Death
Matthew Wion, Ph.D.
Thursday, Sept. 28 | 10:00 AM | $15
A thought-provoking, philosophical exploration of death.

1363 | Pop Culture and the Paranormal
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Friday, Sept. 29 | 10:00 AM | $15
Learn how the entertainment and media industries influence paranormal research and peoples’ perceptions of supernatural phenomena.

1360 | Women in Aztec Society
Maria Butler, MA Lecturer Emerita SDSU
Tuesday, Oct. 3 | 10:00 AM | $15
A look at the roles and everyday life of Aztec women in the 15th century.

1242 | Lecture & Nature Walk: Life of the Kumeyaay People
Linda Hawley, Ed.M., Teacher & Author
Wednesday, Oct. 18 | 10:00 AM | $20
Learn about the native people of San Diego County. There will be a lecture followed by a free guided walk at Mission Trails Regional Park.

1326 | Taoism and Its Art
Gwenyth Mapes, Professor of Humanities
Friday, Oct. 20 | 1:00 PM | $15
In this lecture we will discuss Taoism’s enduring principles and look at some Taoist religious art.
1394 | Evil in the Intelligent Universe  
Bruce McGraw, MA, Retired Professor of Philosophy  
Tuesday, Oct. 24 | 1:00 PM | $15
What is evil? Does it even exist, and if it does, what's its role in an intelligent universe? Come and let's explore this intriguing topic.

1225 | The Hero’s Journey - A Guide to Life’s Transitions  
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College  
Wednesday, Oct. 25 | 10:00 AM | $18
Join us as we chart the transformational stages of the hero within each of us as detailed in 1949 by Joseph Campbell in his first published book, The Hero with a Thousand Faces.

1356 | How to Think about “Weird Things”  
Matthew Wion, Ph.D.  
Thursday, Oct. 26 | 10:00 AM | $15
Learn how to use the tools of critical thinking and empirical analysis to carefully evaluate claims of supernatural and paranormal encounters.

1364 | Ghostology  
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host  
Friday, Oct. 27 | 10:00 AM | $15
This course explores the classifications of and theories about various ghosts and spirits.

1266 | Russia and Ukraine: What Is Their Real History?  
Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer  
Monday, Oct. 30 | 1:00 PM | $15
Territorial disputes between Russia and Ukraine. Could similar disputes arise elsewhere in the former Soviet Union?

1327 | Confucianism and Its Art  
Gwenyth Mapes, Professor of Humanities  
Friday, Nov. 3 | 1:00 PM | $15
In this lecture we will look at Confucius, his philosophy, and his endurance through today, while also looking at art honoring the teacher.

1312 | American Sign Language Beginning I  
Jennifer Carmean, MS, American Sign Language Professor, Grossmont College  
Thursdays, Sept. 14 - Nov. 2 | 1:00 PM | $90
Learn basic ASL (American Sign Language) signs to meet and greet people, talk to family, ask questions and more.

Beginning French  
Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Our focus will be on learning practical words, phrases, and general information.

1123 | Mondays, Sept. 18 - Oct. 23 | 11:30 AM | $90  
1124 | Mondays, Oct. 30 - Dec. 11 | 11:30 AM | $105

Intermediate French  
Danielle Deaton, Adv. Teacher, Credentialed Instructor  
This class places emphasis on building vocabulary and developing conversational skills.

1125 | Mondays, Sept. 18 - Oct. 23 | 10:00 AM | $90  
1126 | Mondays, Oct. 30 - Dec. 11 | 10:00 AM | $105

Advanced French  
Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal.

1127 | Mondays, Sept. 18 - Oct. 23 | 1:00 PM | $90  
1128 | Mondays, Oct. 30 - Dec. 11 | 1:00 PM | $105

Italian for Conversation  
Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor  
Bentornati! In this conversation class we will explore common Italian phrases accompanied by songs, videos, and poetry.

1213 | Tuesdays, Sept. 5 - Oct. 17 | 10:00 AM | $105  
1214 | Tuesdays, Oct. 24 - Dec. 12 | 10:00 AM | $105

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

NEED ASSISTANCE?  
Email Info@SanDiegoOasis.org  
or call (619) 881-6262
Italian for Travelers, Part I
Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor
Bentornati! Learn helpful words and phrases for your next trip to Italy!
1215 | Tuesdays, Sept. 5 - Oct. 17 | 2:00 PM | $105
1216 | Tuesdays, Oct. 24 - Dec. 12 | 2:00 PM | $105

Italian for Travelers, Part II
Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor
Continue building your vocabulary with more complex words and phrases for your next trip to Italy!
1217 | Tuesdays, Sept. 5 - Oct. 17 | 12:00 PM | $105
1218 | Tuesdays, Oct. 24 - Dec. 12 | 12:00 PM | $105

Beginning Spanish I
Gladis Jiménez González
For students who have no background in Spanish. We will start at Chapter 1 and continue through Chapter 3.
1129 | Wednesdays, Sept. 20 - Oct. 25 | 10:00 AM | $90
1130 | Wednesdays, Nov. 1 - Dec. 13 | 10:00 AM | $90

Beginning Spanish II
Gladis Jiménez González
We will continue with the present tense using irregular verbs, grammar, and vocabulary.
1131 | Wednesdays, Sept. 20 - Oct. 25 | 11:30 AM | $90
1132 | Wednesdays, Nov. 1 - Dec. 13 | 11:30 AM | $90

Intermediate Spanish I
Gladis Jiménez González
We will learn direct and indirect objects, pronouns, and reflexive verbs.
1133 | Wednesdays, Sept. 20 - Oct. 25 | 1:00 PM | $90
1134 | Wednesdays, Nov. 1 - Dec. 13 | 1:00 PM | $90

Beginning Conversational Spanish
Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
This conversation course focuses on developing fluency and conversational skills for beginning level Spanish speakers.
1135 | Thursdays, Sept. 21 - Oct. 26 | 10:00 AM | $90
1136 | Thursdays, Nov. 2 - Dec. 14 | 10:00 AM | $90

Intermediate Conversational Spanish
Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
This intermediate conversation course is designed for those familiar with the basic structures of Spanish. We’ll focus on activities using the present and past tense.
1137 | Thursdays, Sept. 21 - Oct. 26 | 11:30 AM | $90
1138 | Thursdays, Nov. 2 - Dec. 14 | 11:30 AM | $90

Advanced Conversational Spanish
Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
This course focuses on developing greater fluency, placing communicative goals at the forefront.
1139 | Thursdays, Sept. 21 - Oct. 26 | 1:00 PM | $90
1140 | Thursdays, Nov. 2 - Dec. 14 | 1:00 PM | $90

Beginning Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.
1141 | Fridays, Sept. 22 - Oct. 27 | 11:30 AM | $90
1142 | Fridays, Nov. 3 - Dec. 15 | 11:30 AM | $75

Intermediate Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
This course will help you develop oral, listening, reading and writing skills.
1143 | Fridays, Sept. 22 - Oct. 27 | 10:00 AM | $90
1144 | Fridays, Nov. 3 - Dec. 15 | 10:00 AM | $75
Advanced Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Expand oral proficiency, reading, writing and listening comprehension while further exploring the culture, history, and literature of the Spanish-speaking world.

1145 | Fridays, Sept. 22 - Oct. 27 | 1:00 PM | $90
1146 | Fridays, Nov. 3 - Dec. 15 | 1:00 PM | $75

LITERATURE

Creative Writing Workshop
Irene A. Márquez, Wordsmith, Mentor, Founder and Former Executive Director of Los Bilingual Writers
This workshop is for those who want to learn the craft of the universal structure of storytelling.

1191 | Tuesdays, Sept. 5 - 26 | 1:00 PM | $60
1192 | Tuesdays, Oct. 3 - 24 | 1:00 PM | $60
1193 | Tuesdays, Oct. 31 - Nov. 28 | 1:00 PM | $60

Intermediate Poetry Workshop
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Thursdays, Sept. 7 - Dec. 14 | 10:00 AM | Free
Each session will begin with 20-30 minutes of instruction, followed by reading and commentary on each other’s poems.

1203

1411 | Literary Interpretation & Exploration: Three Treasured Classic Poems IV
Jennifer Shenefield, MFA
Thursday, Sept. 21 | 1:00 PM | $15
In this session we’ll discuss famous, classic poems from Robert Frost, Sylvia Plath, and Langston Hughes.

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

1281 | Friday, Sept. 22 | 1:00 PM | $8 | The Bookshop
1282 | Friday, Oct. 27 | 1:00 PM | $8 | The Promise

PERSONAL ENRICHMENT

1151 | Making Connections: Women’s Discussion Group
Cheryl Davis-Plotts, Psy.D., LMFT
1st & 3rd Wednesdays, Sept. 6 - Dec. 6 | 1:00 PM | $56
Twice a month be part of a women’s group for caring and sharing the times of our lives.

1150 | Grief Support Group
Rolandas Kausas, Chaplain
1st & 3rd Wednesdays, Sept. 6 - Dec. 6 | 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.

San Diego Oasis Travel Club
Linda Hjelle and Charlie Nickerson, Facilitators, Travel Enthusiasts
Join the San Diego Oasis Travel Club. Ask questions, learn about trips, discuss your travel experiences, and more.

1409 | Thursday, Sept. 7 | 1:00 PM | Free
1410 | Thursday, Oct. 5 | 1:00 PM | Free

1152 | Men’s Forum
Walter Talley, Facilitator
2nd & 4th Wednesday, Sept. 13 - Dec. 13 | 10:00 AM | $48
Join us to share, bond and develop friendships through discussions of meaningful, thought-provoking issues.

1362 | Write On! Remedies for the Reluctant Writer
Patricia Benesh, Ed.D. and Founder of AuthorAssist.com and 7memories.com
Thursday, Oct. 12 | 1:00 PM | $15
You have a story to tell, but you can’t get started. This workshop will help you overcome this obstacle.

1412 | Rendezvous with Books
Jennifer Shenefield, MFA
Thursday, Oct. 26 | 1:00 PM | $15
Discover new and older titles from different genres that you may have missed.
1241 | Return to Travel: Domestic and International Destinations to Visit in 2024
Will Reece, AFC Vacations
Wednesday, Sept. 13 | 1:00 PM | Free
Join Will Reece from AFC Vacations for an informative presentation. We will cover new travel trends and which locations are taking off!

1239 | Collette - Travel Destinations in 2024
Jonathan Cerreta, Collette Travel, Business Development Manager
Wednesday, Sept. 20 | 10:00 AM | Free
Join us for an informative travel presentation discussing Collette’s upcoming trips and current travel trends and tips.

1388 | How Do I Create Positive Results?
Laura Diaz, Board Certified Coach (BCC)
Friday, Sept. 22 | 10:00 AM | $15
This class is about exploring your thoughts and examining your mindset in order to create positive results.

1264 | Bird Migration: Marvels, Myths, and Mysteries
Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer
Monday, Sept. 25 | 1:00 PM | $15
Join us for this fascinating exploration into bird behavior, especially the marvels of bird migration.

1340 | Win Your Battles with Powerful Writing
Dave Ray, Speaking & Writing Coach, Author
Monday, Sept. 25 | 10:00 AM | $15
Improve your writing to get what you want in any situation.

1204 | Beginners American Mah Jongg
Nancy Velick Smith, Mah Jongg Instructor
Tuesdays & Thursdays, Oct. 3 - 12 | 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.

1265 | Beautiful and Unusual Birds of the World
Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer
Wednesday, Oct. 11 | 1:00 PM | $15
Enjoy a display of the finest plumage of dozens of the most remarkable birds found on our diverse planet.

1389 | Creating New Friendships
Laura Diaz, Board Certified Coach (BCC)
Friday, Oct. 13 | 10:00 AM | $15
Learn simple practices and insights to attract and develop new friendships.

1307 | Bulbs, Rhizomes & Corms
Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Friday, Oct. 27 | 1:00 PM | $15
Learn about selection, placement and care for spring, summer, and reblooming flowers using bulbs, rhizomes, and corms.

SCIENCE

1219 | (Almost) Everything about Seaweed
Paul Detwiler, MA, Marine Ecology, Professor and Consultant
Thursday, Sept. 14 | 1:00 PM | $15
Explore seaweed, its diverse uses in gastronomy, cosmetics, pharmaceuticals and biofuels, and its ecological significance.

1321 | Alaska: Jeweled Crown on the Cap of North America
Armin Stolz
Thursdays, Sept. 14 - 21 | 10:00 AM | $30
A photographic journey through the majestic state of Alaska.

1334 | The Evolutionary Quad
Henry George, Engineer, Archaeologist and Geologist
Tuesday, Sept. 19 | 10:00 AM | $15
A look at how social and cultural changes affect us as a species.

1335 | Geology of San Diego
Jennifer Olim, Ph.D.
Wednesday, Sept. 20 | 10:00 AM | $15
Explore the fascinating geology of San Diego. Learn how volcanoes, faults and floods shaped the landscape.

1221 | Back to the Moon: From “One Small Step” to Humanity’s Next Challenge
Philip Blanco, Ph.D., Physics and Astronomy Professor
Friday, Sept. 22 | 10:00 AM | $15
Take a fascinating journey into the past and present of lunar exploration.
1220 | Biomimicry: Harmonizing Nature and New Technologies
Paul Detwiler, MA, Marine Ecology, Professor and Consultant
Thursday, Oct. 5 | 1:00 PM | $15
Learn about marine organisms that have inspired scientists and engineers to create innovative materials and novel technologies.

1322 | Oregon: Our Neighbor to the North
Armin Stolz
Thursdays, Oct. 12 - 19 | 10:00 AM | $30
A look at the beautiful state of Oregon through the eyes of a geographer.

1336 | Space Telescope
Jennifer Olim, Ph.D.
Wednesday, Oct. 18 | 10:00 AM | $15
In this class we’ll learn how the Webb Space Telescope works and discuss some of the incredible images from it.

TECHNOLOGY

Android: Get Started with Your Android Phone
Russ Nail, Technology Trainer
Learn how to navigate your phone’s important functions, such as customizing your background, downloading and removing apps, and much more.

1283 | Friday, Sept. 15 | 1:00 PM | $15
1290 | Friday, Nov. 3 | 10:00 AM | $15

1284 | Android: Do More with Your Android Phone
Russ Nail, Technology Trainer
Friday, Sept. 22 | 1:00 PM | $15
Learn how to download apps, share photos, use the calendar, take notes and more.

1285 | Gmail: The Basics
Russ Nail, Technology Trainer
Tuesday, Sept. 26 | 10:00 AM | $15
Learn how to perform basic email tasks and navigate the unique features that make Gmail one of the most popular online email services.

1287 | Windows: The Basics
Russ Nail, Technology Trainer
Tuesday, Oct. 3 | 10:00 AM | $15
We’ll cover basic settings, file management tips, how to install printers, scanners, mobile phones, and more.

1288 | Google Docs and Google Sheets
Russ Nail, Technology Trainer
Monday, Oct. 9 | 10:00 AM | $15
Using Google Docs and Google Sheets, create and edit documents and spreadsheets directly in your web browser with no special software required.

1342 | Tell Your Story on Video
Ginny Robinson, Producer, PACE-TV
Fridays, Oct. 20 - 27 | 10:00 AM | $30
Learn basic video production techniques using your smartphone to create a great interview. Learn the process, then put it to use in this two-session class.

1289 | Computer Navigation Basics
Russ Nail, Technology Trainer
Tuesday, Oct. 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.

Wiseboomer

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

1247 | Conquering Your iPhone - Part I
Jacki Montierth, Founder of Wiseboomer.com
Tuesday, Sept. 12 | 10:00 AM | $16
The class is perfect for both the novice and more experienced users and is especially helpful for those who say, “Siri doesn’t like me.”

1248 | Conquering Your iPhone - Part II
Jacki Montierth, Founder of Wiseboomer.com
Monday, Sept. 18 | 10:00 AM | $16
Explore settings, contacts, voice calls, email, texting, navigation and how to use Siri.
1249 | Conquering Your iPhone - Part III  
Jacki Montierth, Founder of Wiseboomer.com  
Friday, Sept. 29 | 10:00 AM | $16  
Learn how to scan documents, iCloud management, wallet, and a myriad of useful, efficient apps.

1250 | Conquering Your Apple Watch  
Jacki Montierth, Founder of Wiseboomer.com  
Friday, Sept. 15 | 10:00 AM | $16  
This workshop reviews all features on all models of the Apple watch. Focus will be on the health app and, for those who have versions 4 or 5, EKG usage.

1246 | Conquering Your Passwords  
Jacki Montierth, Founder of Wiseboomer.com  
Friday, Oct. 13 | 10:00 AM | $16  
A detailed password system will be presented along with a myriad of ways to ensure your internet safety. This applies to all types of computers and phones.

1308 | World Music - An Introduction  
Bernard Ellorin, Ph.D.  
Thursday, Sept. 21 | 1:00 PM | $15  
An introduction to the art of appreciating music within its cultural context.

1189 | Acting Workshop  
Jo-Darlene Reardon, M.Ed  
Monday, Sept. 25 - December 4 | 1:00 PM | $120  
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.

1309 | Music of Oceania  
Bernard Ellorin, Ph.D.  
Thursday, Oct. 19 | 1:00 PM | $15  
Learn about the music from Oceania, musical instruments made from natural materials, and more.

THEATRE & MUSIC

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.

1153 | Tuesdays, Sept. 5 - 26 | 12:30 PM | $240  
1154 | Tuesdays, Sept. 5 - 26 | 1:30 PM | $240  
1155 | Tuesdays, Sept. 5 - 26 | 2:30 PM | $180  
1156 | Tuesdays, Sept. 5 - 26 | 3:30 PM | $180  
1161 | Tuesdays, Oct. 3 - 31 | 12:30 PM | $240  
1162 | Tuesdays, Oct. 3 - 31 | 1:30 PM | $240  
1163 | Tuesdays, Oct. 3 - 31 | 2:30 PM | $240  
1164 | Tuesdays, Oct. 3 - 31 | 3:30 PM | $240

1157 | Wednesdays, Sept. 6 - 27 | 12:30 PM | $240  
1158 | Wednesdays, Sept. 6 - 27 | 1:30 PM | $240  
1159 | Wednesdays, Sept. 6 - 27 | 2:30 PM | $240  
1160 | Wednesdays, Sept. 6 - 27 | 3:30 PM | $240  
1165 | Wednesdays, Oct. 4 - 25 | 12:30 PM | $240  
1166 | Wednesdays, Oct. 4 - 25 | 1:30 PM | $240  
1167 | Wednesdays, Oct. 4 - 25 | 2:30 PM | $240  
1168 | Wednesdays, Oct. 4 - 25 | 3:30 PM | $240

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

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. Located on the home page of the website and updated every Friday.

3. This Week’s Classes  
Click the This Week’s Classes button to view classes happening this week. Use the filter features on the Classes page of the website to fine-tune your search.

Sign up for the newsletter on the home page of our website or call us and we’ll take care of it for you!
Create your medical ID. Discover a new way to track medications and how to input crucial information.

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

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

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

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

Google Maps App Workshop
Get from here to there with ease and learn tips that will help you navigate the Google Maps app like a pro.

Google Photos Workshop
Tips for organizing photos on your smart phone. Learn about favorites, saving photos from texts and emails, and more.

QR Codes Workshop
This workshop is a brief overview of what QR codes are and how to use them.

Social Media Workshop
Learn to stay connected with your family, friends, and current events on social media. This class will offer an overview of the most popular social media platforms.

Tech Scam Trivia
Bring your competitive spirit and join this informative Jeopardy game on tech scams.

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

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

YouTube Workshop
Learn YouTube, the second most visited search engine.
**ARTS & CRAFTS**

**Watercolor for Beginners**
Fang Luo, Artist and Fashion Designer

*For beginners or as a refresher, you’ll learn basic watercolor strokes, color theory, and composition.*

- 2189 | Wednesday, Sept. 6 | 10:00 AM | $20
  - Sunset Mountain
- 2190 | Wednesday, Sept. 20 | 10:00 AM | $20
  - Koi Fishpond
- 2191 | Wednesday, Oct. 4 | 10:00 AM | $20
  - Beach Vacation
- 2192 | Wednesday, Oct. 18 | 10:00 AM | $20
  - Lotus Flower

**2184 | Art—Poetry—Mixed-Media**
Seretta Martin, MFA, Poet and Artist, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual

*Wednesday, Sept. 13 | 1:00 PM | $15
Unleash your creative spirit in this mixed-media collage-assemblage art class using poetry to inspire our choice of materials and design.*

**Card Making**
Trina Pascale, Instructor & Card Designer

*Each workshop uses different folding methods and materials to create beautiful custom cards.*

- 2210 | Wednesday, Sept. 13 | 10:00 AM | $15
- 2211 | Wednesday, Oct. 11 | 10:00 AM | $15

**Basic Ceramics**
Carol Zaleta, Ceramic Artist

*Learn techniques to paint unglazed ceramics (provided) which will be fired in a kiln and ready for pick up a week or two after each class.*

- 2080 | Thursday, Sept. 14 | 10:00 AM | $24
  - Paint-a-Mug
- 2081 | Thursday, Oct. 19 | 10:00 AM | $24
  - Paint-a-Bowl

**2021 | Wave/Wall Hanger**
Diana Griffin, Owner of Queenie Glass and Sass

*Thursday, Sept. 21 | 1:00 PM | $55
Create your own unique art using colored glass.*

**2049 | Simple Plein Air Starter**
Elle Arnot, MFA, School of the Art Institute of Chicago

*Tuesdays, Oct. 10 - Oct. 17 | 10:00 AM | $30
Outdoor painting (plein air) is fun and meditative. We’ll talk about watercolor techniques in the classroom followed by painting outside.*

**2022 | Candle/Plant Holder**
Diana Griffin, Owner of Queenie Glass and Sass

*Tuesday, Oct. 17 | 1:00 PM | $55
In this class you will be provided with a variety of colored glass squares and strips to create your own unique candle/plant holder.*

**2416 | Halloween Doodles with Really Crafty Nina**
Nina Hegyi, Artist and Instructor

*Monday, Oct. 23 | 1:00 PM | $15
In this class you will learn how to draw fun and easy doodles that have a Halloween theme.*

**2052 | Drawing Basics**
Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor

*Tuesdays, Oct. 24 - Oct. 26 | 1:00 PM | $30
In this two-session workshop, you’ll develop and practice basic, realistic drawing skills using pencils.*

*NEW! = HYBRID
Full class descriptions and supplies/requirements are listed on our website and your registration receipt.*
BUSINESS, FINANCE, LEGAL

2015 | Elder Fraud: Be Aware and Report Scams
FBI Field Agent
Thursday, Sept. 7 | 10:00 AM | Free
A Special Agent from the FBI will share information about common fraud schemes and tips for avoiding scams.

Let’s Talk About It – The Headlines
Rick LeVine, Attorney
An objective analysis and discussion of today’s hot topics.

2415 | Thursday, Sept. 28 | 10:00 AM | $15
2414 | Friday, Oct. 13 | 10:30 AM | $15

2110 | How to Liquidate Your Stuff
Farima Tabrizi, Sr Citizen Specialist Real Estate Advisor
Wednesday, Sept. 13 | 10:00 AM | $15
Learn valuable tips and how-to’s to help you figure out what you have and what it’s worth.

2187 | Do You Own Your Stuff or Does Your Stuff OWN You?
Jami Shapiro, CSM, Founder, Silver Linings Transitions
Tuesday, Sept. 19 | 10:00 AM | $15
Learn the difference between clutter and hoarding, why it occurs, and how you can help loved ones who have too much stuff.

2028 | Reverse Mortgages Explained
Owen Coyle, Licensed Reverse Mortgage Specialist
Friday, Sept. 22 | 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.

2552 | Increasing Your Property Taxes
Jordan Z. Marks, San Diego County Assessor, Recorder, County Clerk
Wednesday, Sept. 27 | 10:00 AM | Free
Discover tax saving tips for homeowners.

2413 | Should I Stay or Should I Go?
Ginger Couvrette, Owner/Broker Halcyon Real Estate & John Couvrette, Real Estate Advisor and Investor
Thursday, Sept. 28 | 10:00 AM | Free
Explore the options regarding your home: tax base transfer when downsizing, aging in place, decisions to rent or sell, Prop 19. Snacks will be provided.

2111 | Home Selling Tips
Farima Tabrizi, Sr Citizen Specialist Real Estate Advisor
Thursday, Oct. 5 | 1:00 PM | $15
If you are thinking of selling your home, come to this seminar to learn some top tips for helping you compete in today’s real estate market.

2188 | Hoarding Disorder: The Humor and the Humanity
Jami Shapiro, CSM, Founder, Silver Linings Transitions
Tuesday, Oct. 17 | 10:00 AM | $15
Learn the difference between clutter and hoarding, why it occurs, and how you can help loved ones who have too much stuff.

2035 | Will Your Taxes Affect Your Retirement?
Anthony Camara, CFP®, MBA
Tuesday, Oct. 24 | 1:00 PM | $5
Understand how investments are taxed and learn how to make decisions to keep income taxes in check.

2031 | Social Security
Anthony Camara, CFP®, MBA
Tuesday, Sept. 19 | 10:00 AM | $5
Learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.

Thrivent One-on-One
Anthony Camara, CFP®, MBA
Make an appointment for a free, 30-minute, one-on-one, confidential financial consultation with no strings attached.

2033 | Wednesday, Sept. 20 | 10:00 AM | Free
2036 | Friday, Oct. 27 | 10:00 AM | Free

Need Assistance?
Email Info@SanDiegoOasis.org or call (619) 881-6262
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.*

2503 | Thursdays, Sept. 7 - 28 | 10:45 AM | $40  
2502 | Thursdays, Oct. 5 - Nov. 2 | 10:45 AM | $50

**Aerobic Intervals**  
Pam Chilton, Certified Personal Trainer/Fitness Instructor  
*A low-impact, gentle aerobic workout beginning with warm-up and including grapevines, knees up, squats, lunges, and upper body work, and ending with stretching.*

2504 | Wednesdays, Sept. 6 - 27 | 12:00 PM | $40  
2505 | Wednesdays, Oct. 4 - Nov. 1 | 12:00 PM | $50

**Ballet for Every Body**  
Anna Brown Massey, MFA, Choreographer, Lecturer  
*Discover grace, balance, and strength through the joy of ballet. This class is for all body types. No experience necessary.*

2500 | Mondays, Sept. 11 - 25 | 2:00 PM | $30  
2501 | Mondays, Oct. 2 - 30 | 2:00 PM | $50

**Better Balance**  
Pam Chilton, Certified Personal Trainer/Fitness Instructor  
*With the use of a chair, we will do standing activities and movements to develop your balance.*

2506 | Tuesdays, Sept. 5 - 26 | 1:15 PM | $40  
2507 | Tuesdays, Oct. 3 - 31 | 1:15 PM | $50  
2522 | Fridays, Sept. 8 - 29 | 9:30 AM | $40  
2523 | Fridays, Oct. 6 - Nov. 3 | 9:30 AM | $50

**Cardio Drumming**  
Andra Valencia, Fitness and Dance Instructor  
*Cardio drumming takes a simple movement and turns it into a full-body workout that will leave you smiling and feeling great.*

2508 | Mondays, Sept. 11 - 25 | 12:00 PM | $30  
2509 | Mondays, Oct. 2 - 30 | 12:00 PM | $50  
2510 | Fridays, Sept. 8 - 29 | 12:00 PM | $40  
2511 | Fridays, Oct. 6 - Nov. 3 | 12:00 PM | $50

**Cardio Drumming: Rock & Roll Anthems**  
Andra Valencia, Fitness and Dance Instructor  
*This unique program uses fun drumming movements to go along with the greatest hits of the 50’s - 80’s.*

2512 | Mondays, Sept. 11 - 25 | 1:00 PM | $30  
2513 | Mondays, Oct. 2 - 30 | 1:00 PM | $50

**Essentrics: Lengthen, Strengthen, Sculpt & Soothe**  
Jennifer Doheny, Certified Essentrics Instructor  
*As seen on PBS, this easy to follow and dynamic workout can improve your energy, power, flexibility, posture, and balance.*

2516 | Tuesdays, Sept. 5 - 26 | 9:30 AM | $40  
2517 | Tuesdays, Oct. 3 - 31 | 9:30 AM | $50  
2518 | Wednesdays, Sept. 6 - 27 | 1:15 PM | $40  
2519 | Wednesdays, Oct. 4 - Nov. 1 | 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.*

2520 | Thursdays, Sept. 7 - 28 | 1:15 PM | $40  
2521 | Thursdays, Oct. 5 - Nov. 2 | 1:15 PM | $50

**Get Your Steps In: San Diego Oasis Mall Walkers**  
Julia Doughty, MFA and Certified HHP  
*OFF-SITE: North County Mall*  
*Join us for a casual and conversational 1-hour mall walk. Learn how to maximize your walking.*

2407 | Wednesdays, Sept. 6 - 27 | 1:00 PM | $32  
2408 | Wednesdays, Oct. 4 - 25 | 1:00 PM | $32

**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.*

2526 | Wednesdays, Sept. 6 - 27 | 2:30 PM | $40  
2527 | Wednesdays, Oct. 4 - Nov. 1 | 2:30 PM | $50

**Seated Chair Yoga and Guided Meditation**  
Lisa Marie Oakes, CMT, CYT  
*This class helps build strength, flexibility and relieve stress through breath work, gentle movement, and meditation.*

2528 | Thursdays, Sept. 7 - 28 | 2:30 PM | $40  
2529 | Thursdays, Oct. 5 - Nov. 2 | 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.

2530 | Wednesdays, Sept. 6 - 27 | 10:45 AM | $40
2531 | Wednesdays, Oct. 11 - Nov. 1 | 10:45 AM | $40

Soul Line Dancing - The Basics
Ed Griffith and Lee Wells, Verlosity
In this introductory class learn new and traditional dance steps set to Soul and R&B favorites.

2532 | Wednesdays, Sept. 6 - 27 | 9:30 AM | $40
2533 | Wednesdays, Oct. 11 - Nov. 1 | 9:30 AM | $40

SPECIAL EVENT!
2802 | An Afternoon of Soul Line Dancing
Ed Griffith and Lee Wells, Verlosity
Friday, Sept. 8 | 1:00 PM | $10

Join your fellow Oasis peers, staff, and instructors for a special 3-hour Soul Line Dancing party hosted by dance instructor Ed Griffith.

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.

2534 | Mondays, Sept. 11 - 25 | 10:45 AM | $30
2535 | Mondays, Oct. 9 - 30 | 10:45 AM | $40

Strength, Balance & Stretch
Kathy Jorgensen, Certified Fitness & Yoga Instructor
Get stronger using dumbbells, bands, and body weight exercises to improve balance and increase range of motion.

2536 | Mondays, Sept. 11 - 25 | 9:30 AM | $30
2537 | Mondays, Oct. 9 - 30 | 9:30 AM | $40
2538 | Thursdays, Sept. 7 - 21 | 9:30 AM | $30
2539 | Thursdays, Oct. 12 - Nov. 2 | 9:30 AM | $40

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.

2540 | Fridays, Sept. 8 - 29 | 10:45 AM | $40
2541 | Fridays, Oct. 6 - Nov. 3 | 10:45 AM | $50

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.

2542 | Tuesdays, Sept. 5 - Sept. 26 | 2:30 PM | $40
2543 | Tuesdays, Oct. 3 - Oct. 31 | 2:30 PM | $50
2544 | Thursdays, Sept. 7 - Sept. 28 | 12:00 PM | $40
2545 | Thursdays, Oct. 5 - Nov. 2 | 12:00 PM | $50

Zumba
Andra Valencia, Fitness and Dance Instructor
Enjoy a Latin-inspired, full body cardio-dance workout with easy-to-follow dance steps in a fun, “fitness-party” atmosphere.

2514 | Fridays, Sept. 8 - Sept. 29 | 1:00 PM | $40
2515 | Fridays, Oct. 6 - Nov. 3 | 1:00 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!

2546 | Tuesdays, Sept. 5 - Sept. 26 | 12:00 PM | $40
2547 | Tuesdays, Oct. 3 - Oct. 31 | 12:00 PM | $50

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
**HEALTH**

**United Healthcare Presents: Medicare—The Basics**
Fariba Zarieh, United Healthcare

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

- **2008** | Friday, Sept. 1 | 10:00 AM | Free
- **2009** | Friday, Oct. 6 | 10:00 AM | Free
- **2010** | Friday, Oct. 13 | 10:00 AM | Free
- **2011** | Friday, Oct. 27 | 10:00 AM | Free

**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.

- **2524** | Fridays, Sept. 8 - 29 | 2:00 PM | $40
- **2525** | Fridays, Oct. 6 - Nov. 3 | 2:00 PM | $50

**2016 | Hearing Loss and Solutions**
Dr. Dena Riso, Peninsula Hearing Center

Tuesday, Sept. 12 | 10:00 AM | $15

Learn about the anatomy of the ear, distinct types of hearing loss, and options available to you for dealing with hearing loss.

**2025 | What to Eat After 50**
Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Friday, Sept. 15 | 1:00 PM | $15

Expert advice for those of us 50 and older on what to eat to improve digestion, metabolism, and energy problems.

**2054 | Your Aging Journey is Unique to You!**
Julie Derry, MBA, Certified Senior Advisor

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

What’s your plan for aging? What can you do now ahead of the need? Don’t wait for a crisis. Start planning YOUR aging journey today.

**2263 | Anxiety Management: A Journey Away from Stress & Pain**
Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide

Tuesday, Oct. 31 | 10:00 AM | $15

Embark on a transformative journey toward releasing anxiety and gaining inner calmness.

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**HISTORY & HUMANITIES**

**2170 | Nancy Drew: Story Behind America’s Favorite Teen Sleuth**
Kim Keeline, Ph.D., Freelance Consultant and Writer

Wednesday, Sept. 6 | 10:00 AM | $15

Attention Nancy Drew Fans! Discover the stories behind Nancy Drew and how her mysteries still relate to today.

**2171 | Death on the Rails: Accidents, Murders and Trains**
Kim Keeline, Ph.D., Freelance Consultant and Writer

Wednesday, Sept. 6 | 1:00 PM | $15

Learn about the dangers—both real and fictional—of historical rail travel from a bona fide steam engineer.

**2160 | The Body Politic: Propaganda, Protest, and Power**
Anna Brown Massey, MFA, choreographer, lecturer

Friday, Sept. 8 | 10:00 AM | $15

Learn how and why dance reflects the force of politics—including the moves of King Louis XIV to the electric slide at Black Lives Matter protests to Freedom Girls’ performances at Trump rallies.

**2220 | History of Scripps Ranch**
Linda Canada, Historian & Author

Wednesday, Sept. 13 | 10:00 AM | $15

Who were the people and events that created one of San Diego’s prominent residential communities just south of Rancho Bernardo? Find out in this class about Scripps Ranch.
Learn about the Taoist concept of the origin of the universe, Yin/Yang Theory, immortality, and the importance of balance.

Join us for an interactive class where we will exchange insight and perspectives on topics of interest in a friendly and safe forum moderated by a former CNN reporter.

An introduction to the Taoist Generation Cycle, the Controlling Cycle, and the energetic relationship of the organs of the body.

Learn about Joan of Arc, her life, deeds, significance as a symbol of female heroism, and reactions to her through the centuries.

Come hear stories about the origins of some of San Diego’s place names.

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

Learn about the landmarks of London as they would have been seen by William Shakespeare.

Shakespeare's plays were not the only thing with high drama! Learn about the sordid backdrop called “real life” that framed his work, and how it incited real life unrest.
**TALES OF A TERRIBLE TIME: WITCHES OF SALEM, MASSACHUSETTS**
Marilyn McPhie, Storyteller
Monday, Oct. 30 | 1:00 PM | $15

Hear tales of a terrible time – the accusers, the accused, the executed, the survivors, the law, the clergy, the possible explanations, and the dark legacy.

**LANGUAGE**

**2230 | Beginning Spanish**
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mondays, Sept. 18 - Oct. 30 | 10:00 AM | $105

For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

**2231 | Intermediate Spanish**
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mondays, Sept. 18 - Oct. 30 | 11:30 AM | $90

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

**2232 | Advanced Spanish**
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mondays, Sept. 18 - Oct. 30 | 1:00 PM | $105

Review, refine and expand oral proficiency, reading, writing, and listening comprehension, and further explore the culture, history, and literature of the Spanish-speaking world.

**2150 | Italian for Beginners**
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tuesdays, Sept. 19 - Oct. 31 | 12:00 PM | $105

Learn the basics of the Italian language through fun, interactive activities.

**2153 | Intermediate Italian**
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tuesdays, Sept. 19 - Oct. 31 | 1:15 PM | $105

Already speak some Italian? Fun and interactive activities in this class will help you refresh and improve your language skills.

**LITERATURE**

**2412 | Intermediate Poetry Workshop**
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Mondays, Sept. 11 - Oct. 30 | 1:00 PM | Free

Each session will begin with 20-30 minutes of instruction, followed by reading and commentary on each other’s poems.

**PERSONAL ENRICHMENT**

**2800 | Oasis at Rancho Bernardo – Facility Tour**
Christine Yoakley, San Diego Oasis Events Manager
Tuesdays, Sept. 5 - Dec. 14 | 2:00 PM | Free

Join us in our second-floor lobby for a guided tour every Tuesday and Thursday at 2pm with Events Manager, Christine Yoakley.

= NEW!  = HYBRID
SPECIAL EVENT!
2555 | Hops to It: Beer Tasting and Conversation
Michael Craig, San Diego Oasis Chief Operating Officer & Christine Yoakley, San Diego Oasis Events Manager
Thursday, Sept. 7 | 12:00 PM | Suggested Donation: $20
During this libation adventure, we will explore four different beers to better understand what your palate desires, with a special bonus of two cold brew coffees if you prefer non-alcoholic.

2026 | Beginners American Mah Jongg
Nancy Velick Smith, Mah Jongg Instructor
Tuesdays & Thursdays, Sept. 5 - 14 | 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.

2107 | Bridge Basics 1
Hazel Turner, ACBL Certified Teacher; Ruby Life Master
Tuesdays, Sept. 5 - Oct. 3 | 10:00 AM | $60
The perfect introduction to bridge! Starting with the basics, the course progresses through modern bidding, opening bids and responses.

2013 | Bridge Basics 2
Hazel Turner, ACBL Certified Teacher; Ruby Life Master
Thursdays, Sept. 7 - Oct. 5 | 10:00 AM | $60
Bridge Basics 2 progresses through preemptive bids, overcalls, takeout doubles, and then competitive auctions.

2051 | Return to Travel: Domestic and International Destinations to Visit in 2024
Will Reece, AFC Vacations
Friday, Sept. 8 | 1:00 PM | Free
Join Will Reece from AFC Vacations for an informative presentation that will cover new travel trends and what locations are taking off!

2004 | An Overview of the National Park System
Costa Dillon, M.P.A., Experienced National Park Ranger/Superintendent
Tuesday, Sept. 12 | 10:00 AM | $15
Get the inside scoop about national parks and the national park movement from experienced, award-winning ranger/superintendent Costa Dillon.

If you love being a part of Oasis, share it with your friends and family!
**2236 | Condensed Introduction to American Mah Jongg**
Carol Shapiro, American Mah Jong Instructor
Thursdays, Sept. 21 - 28 | 1:00 PM | $30
This class will help you learn the basic rules and nuances of American Mah Jongg and give you time for real game play.

**2382 | Dementia-Related Behaviors: Understand the Triggers and Managing Them**
Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club
Thursdays, Sept. 21 | 1:00 PM | $15
Explore the complex cognitive decline of an individual with dementia to understand why difficult behaviors occur, what the triggers are, and how to manage these behaviors.

**2215 | Uncomfortable Conversations**
Barbara Gunning, MBA, Master Personality Type Practitioner
Thursday, Sept. 21 | 10:00 AM | $15
Ever feel like a deer-in-the-headlight in the middle of a conversation? This class will help enhance your communication skills to make talking about sensitive issues easier.

**2550 | Senior 101**
Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties
An introduction to the many resources available to seniors and their families.

**2216 | Reading People with DISC**
Barbara Gunning, MBA, Master Personality Type Practitioner
Thursday, Oct. 12 | 10:00 AM | $15
Learn how to use DISC as a framework for reading people. It is a powerful skill you can use to improve communication and broaden your influence.

**2237 | Introduction to American Mah Jongg**
Carol Shapiro, American Mah Jongg Instructor
Thursdays, Oct. 5 - 26 | 1:00 PM | $60
We will help you learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play. Bring your own Mah Jongg card or purchase from instructor ($14).

**2241 | Other Major Wine Regions of Italy, Part 2**
Matilda Parente, MD, Certified Specialist of Wine
Friday, Oct. 6 | 1:00 PM | $15
This class will cover the famous and not-so-familiar wine regions of Italy, the mystique and intrigue of their wines, food pairing, and value hunting. No prior wine knowledge is needed.

**2005 | Explore Your Nearby National Parks**
Costa Dillon, M.P.A., Experienced National Park Ranger/Superintendent
Tuesday, Oct. 10 | 10:00 AM | $15
This class will help you get familiar with the 39 units of the National Park System which are within a day's drive (500 miles or less) from San Diego.

**2300 | Diversity, Equity & Inclusion: A Conversation**
Edwina Welch, Ed.D., (Ret.)
Director of UCSD Cross-Cultural Center
Thursday, Oct. 12 | 2:00 PM | $15
This is a brave space for OASIS members and community to discuss diversity, equity, and inclusion topics. Bring your questions, and together we'll find the answers.

**2303 | How We Go On:**
Ken Druck, Ph.D, Author
Self-Compassion, Courage and Gratitude on the Path Forward
Monday, Oct. 23 | 10:00 AM | $15
This program is designed to help you process your fears, consider your options, weigh the consequences of your choices, and summon the strength, courage, and clarity to find your way on the path forward.
**SCIENCE**

**2270 | The Evolution and Creation Quarrel**
Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology  
Friday, Sept. 15 | 10:00 AM | $15

*Human beings are amazing animals; how did we get here? Learn about the bridges and chasms characterizing the debate between creation and evolution.*

**2271 | The Voyage of the Beagle**
Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology  
Friday, Oct. 20 | 10:00 AM | $15

*Charles Darwin spent five years on Her Majesty’s Ship The Beagle, but only five weeks on the Galapagos Islands. Learn how Darwin’s expedition influenced his theory of natural selection.*

**2265 | Cross Species Friends of Humans Series: The Cat**
Henry George, Engineer, Archaeologist and Geologist  
Tuesday, Oct. 24 | 10:00 AM | $15

*Learn more about the domestic cat, a species that became friends of the human species when they domesticated themselves during the Neolithic Revolution.*

**TECHNOLOGY**

**2250 | Health Wearables: Enhancing Senior’s Health with Tech**
Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Thursday, Sept. 7 | 1:00 PM | $15

*Join Eamen as he shares popular devices, guides you in their usage, and answers your questions so you can start tracking progress toward your health goals.*

**Android: Get Started with Your Android Phone**
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Learn to charge, power on/off, lock/unlock the phone, find and go to the home screen, set the text size, make calls, send messages, and more.

**2400 | Wednesday, Sept. 13 | 1:00 PM | $15**
**2245 | Wednesday, Oct. 11 | 10:00 AM | $15**

**iPhone: Get Started with Your iPhone**
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Learn to charge, power on/off, lock/unlock the iPhone, find and go to the home screen, set the text size, make calls, send messages, and more.

**2403 | Thursday, Sept. 14 | 1:00 PM | $15**
**2405 | Thursday, Oct. 12 | 1:00 PM | $15**

**Android: Do More with Your Android Phone**
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Continue learning phone settings, GPS, photos, camera, voice activation, browsing the internet, and reaching out to get support.

**2251 | Wednesday, Sept. 20 | 10:00 AM | $15**
**2253 | Wednesday, Oct. 18 | 10:00 AM | $15**

**iPhone: Do More with Your iPhone**
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Continue learning your iPhone settings, GPS, photos, camera, voice activation, browsing the internet, and reaching out to get support.

**2404 | Thursday, Sept. 21 | 1:00 PM | $15**
**2406 | Thursday, Oct. 19 | 1:00 PM | $15**

**2261 | Streaming Anytime: Seniors and Streaming Services**
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Thursday, Sept. 28 | 10:00 AM | $15

*Join us in this practical hands-on training to learn about access to popular streaming platforms and how to make the most of the various entertainment options.*

**2262 | Electronic Medical Records: How to Access and Use Yours**
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide  
Wednesday, Oct. 4 | 10:00 AM | $15

*Learn efficient ways to navigate your online medical records for seamless communication with healthcare providers, tracking prescriptions, managing appointments, and staying informed.*
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide
Thursday, Oct. 5 | 10:00 AM | $15
This vital training session teaches how to master passwords including the benefits of a password manager and how to establish yours.

2252 | Scam Recognition and Prevention
Eamen Hameed, M. S., Information Technology & Engineering Consultant; Transformational Energy Guide
Wednesday, Oct. 25 | 10:00 AM | $15
Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated scams to stay safe in the digital age.

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Wiseboomer
Jacki Montierth, Founder of Wiseboomer.com

2017 | Conquering Your iPhone - Part I
Jacki Montierth, Founder of Wiseboomer.com
Monday, Oct. 16 | 10:00 AM | $16
Perfect for both novice and more experienced users and is especially helpful for those who say, “Siri doesn’t like me.”

2018 | Conquering Your iPhone - Part II
Jacki Montierth, Founder of Wiseboomer.com
Tuesday, Oct. 24 | 10:00 AM | $16
Explore settings, contacts, voice calls, email, texting, navigation and how to use Siri.

2019 | Conquering Your iPhone - Part III
Jacki Montierth, Founder of Wiseboomer.com
Monday, Oct. 30 | 10:00 AM | $16
Learn how to scan documents, iCloud management, wallet, and a myriad of useful, efficient apps.

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THEATRE & MUSIC

2066 | 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.

2067 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2068 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2069 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2070 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

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Jeanne Neilson, Certified Piano Teacher & Composer

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Jeanne Neilson, Certified Piano Teacher & Composer

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Jeanne Neilson, Certified Piano Teacher & Composer

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Jeanne Neilson, Certified Piano Teacher & Composer

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Jeanne Neilson, Certified Piano Teacher & Composer

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Jeanne Neilson, Certified Piano Teacher & Composer

2079 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2080 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2081 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2082 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2083 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2084 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2085 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2086 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2087 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2088 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2089 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2090 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2091 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2092 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2093 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2094 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2095 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2096 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2097 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2098 | Love Piano? Let’s Learn
Jeanne Neilson, Certified Piano Teacher & Composer

2099 | House of Peru Performance
Friday, Sept. 29 | 2:00 PM | $15
Enjoy a dance performance and cultural information presentation by members of the House of Peru.

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Kick Start
Medium Roast Ethiopian
REGULAR & DECAF
Small batches that support the mission of San Diego Oasis.
Proprietary blend roasted by our COO, Michael Craig!
Look for displays in the lobbies of both locations (La Mesa & Rancho Bernardo).

= NEW! = HYBRID
115 | Cloud Services Workshop
Tuesday, Sept. 12 | 11:30 AM | Free
An overview of the most popular cloud services and how to get started using Google Drive, iCloud, and OneDrive.

Google Photos Workshop
This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching pictures, and more.

117 | Thursday, Sept. 14 | 10:30 AM | Free
144 | Tuesday, Sept. 19 | 1:00 PM | Free

124 | QR Codes Workshop
Tuesday, Sept. 26 | 11:30 AM | Free
A brief overview of QR codes and how to use them.

126 | Tech Scam Trivia
Thursday, Sept. 28 | 10:30 AM | Free
Bring your competitive spirit and join this informative Jeopardy game on tech scams.

133 | Tuesday, Oct. 10 | 11:30 AM | Free
141 | Thursday, Oct. 26 | 10:30 AM | Free

135 | Web Cookies Workshop
Thursday, Oct. 12 | 11:30 AM | Free
Learn the basics about web cookies, how they are used, and how to delete them.

INNOVATION CENTER
1:1 Sessions, Demos, and Workshops at our Rancho Bernardo Location

These classes were made possible by The Rancho Bernardo Community Foundation, an affiliate of The San Diego Foundation.

Special Events
Consider Oasis for your Special Event or Business Meeting!

Both San Diego Oasis locations are available for rent outside of our regular business hours. Whether small or large, personal or professional, one-time or on-going, we have a space sure to meet your needs!

Contact Us
Contact Christine Yoakley, Events Manager, at Events@SanDiegoOasis.org or (858) 240-2880, Ext. 104, for more information, ideas, rates or to schedule a personal tour of either facility.
**OASIS AT THE LIBRARIES**

**ALPINE LIBRARY BRANCH LIBRARY**
1752 Alpine Blvd, Alpine, CA 91901

102 | Music of the Wild West: Live Concert
Chris Burns, Many-Strings
Saturday, Sept. 16 | 10:30 AM | Free

Join us for a wonderful hour featuring cowboy songs, outlaw ballads, and tunes from the rails.

103 | The Afterlife Chronicles: Exploring the Connection between Life, Death & Beyond
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Saturday, Oct. 14 | 10:30 AM | Free

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

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

703 | Frida Kahlo’s Art
Gwenyth Mapes, Professor of Humanities
Tuesday, Sept. 12 | 1:00 PM | Free

Frida Kahlo’s life (1907-1954) and some of her art.

704 | History and Hauntings of the RMS Queen Mary
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Tuesday, Oct. 3 | 1:00 PM | Free

Overview of the Queen Mary’s remarkable history; we’ll discuss its resident spiritual energies and theories for its haunting.

**MISSION HILLS HILLCREST/KNOX BRANCH LIBRARY**
215 W Washington St, San Diego, CA 92103

700 | Dances with Words
Richard Lederer, Union-Tribune Language Columnist
Saturday, Sept. 9 | 2:30 PM | Free

Richard Lederer will be performing a unique folk concert that combines his talents with folk-singing humorist Bill Shipper.

701 | Frida Kahlo’s Art
Gwenyth Mapes, Professor of Humanities
Saturday, Sept. 23 | 2:30 PM | Free

Frida Kahlo’s life (1907-1954) and some of her art.

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

702 | Frida Kahlo’s Art
Gwenyth Mapes, Professor of Humanities
Monday, Sept. 25 | 6:30 PM | Free

Frida Kahlo’s life (1907-1954) and some of her art.

**OASIS AT THE LIBRARIES**

Do you know how to use filters on the Classes website page?
Visit the Classes page on the website to view 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.

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

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
Danny Beers, Office & Volunteer Manager
Danny@SanDiegoOasis.org

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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.

100 | Michelangelo
Julia Fister, MA, Studio ACE Executive Director
Saturday, Sept. 23 | 12:30 PM | Free
The life and work of the man considered by some scholars to be not only one of the greatest artists of his age, but of all time.

105 | San Diego’s Most Haunted
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Tuesday, Sept. 12 | 12:30 PM | Free
Learn the history and paranormal claims of various historical landmarks in San Diego, California.

101 | Navigating Retirement: How and Where do I want to Live?
Virginia B. Berger, MA, Certified Professional Coach
Wednesday, Sept. 13 | 11:00 AM | Free
Explore options such as the best cities for successful aging, international destinations, and nomadic retiring. Participants will leave with a better idea of what is home.

709 | Yayoi Kusama: Princess of Polka Dots
Julia Fister, MA, Studio ACE Executive Director
Wednesday, Oct. 18 | 1:00 PM | Free
We will examine the works of Yayoi Kusama, an amazing artist who is sometimes known as the “princess of polka dots.”

710 | History of Spiritualism & Communicating with Spirits
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Wednesday, Oct. 4 | 1:00 PM | Free
Learn about the history of Spiritualism, the Fox Sisters, Houdini, and those who supported or debunked alleged psychic mediums.

LIBRARY
**EXERCISE & DANCE**

**Zumba with Lynn for Boomers**
Lynn Morgan, Licensed Instructor

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

- 1103 | Saturdays, Sept. 9 - 30 | 9:00 AM | $40
- 1104 | Saturdays, Oct. 7 - 28 | 9:00 AM | $40

**Get Fit & Have Fun**
Traci Thys

These low-impact aerobics classes incorporate balance, strength training and flexibility.

- 1417 | Tuesdays & Thursdays, Sept. 5 - 28 | 9:00 AM | $64
- 1418 | Tuesdays & Thursdays, Oct. 3 - 26 | 9:00 AM | $64

**HEALTH**

**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.

- 1107 | Thursdays, Sept. 7 - 28 | 1:00 PM | $40
- 1108 | Thursdays, Oct. 5 - 26 | 1:00 PM | $40
- 1109 | Thursdays, Nov. 2 - 30 | 1:00 PM | $40

**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.

- 1111 | Friday, Sept. 8 | 10:00 AM | $6
- 1112 | Friday, Sept. 15 | 10:00 AM | $6
- 1113 | Friday, Sept. 22 | 10:00 AM | $6
- 1114 | Friday, Oct. 6 | 10:00 AM | $6
- 1115 | Friday, Oct. 13 | 10:00 AM | $6
- 1116 | Friday, Oct. 20 | 10:00 AM | $6
- 1117 | Friday, Oct. 27 | 10:00 AM | $6
- 1118 | Friday, Nov. 3 | 10:00 AM | $6

**ON-LINE CLASSES**

Zoom information will be provided at time of registration

**HISTORY & HUMANITIES**

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- 1117 | Friday, Oct. 27 | 10:00 AM | $6
- 1118 | Friday, Nov. 3 | 10:00 AM | $6

**1401 | Secret Life of Mary Queen of Scots**
Lola Sparrowhawk, Int’l Award-Winning Author/Historian
Tuesday, Sept. 19 | 1:00 PM | $15

The life of Mary, Queen of Scots highlights the political upheaval throughout Europe as powerful families fought each other for power and control.

**1395 | Rails across America – The Transcontinental Railroad**
Mark Carlson, Historian & Author
Wednesday, Sept. 20 | 1:00 PM | $15

Join us to learn the story of the first transcontinental railroad, a saga of patriotism and greed, industry, and scandal.

**1387 | United States Criminals: You Can Run but You Can’t Hide**
Robert Ciaffa, Former Federal Prosecutor
Friday, Sept. 22 | 1:00 PM | $15

Explore the legal, diplomatic, and policy issues surrounding international extraditions and prisoner transfers of foreign convicts.

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- **NEW!**
- **HYBRID**
1240 | Hexagon: Spies in the Sky
Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command
Tuesday, Sept. 26 | 1:00 PM | $15
This presentation gives a first-person, historical look at how high-resolution images taken by a vehicle known as the HEXAGON became a critical Cold War asset.

1368 | Vermeer: Girl with a Pearl Earring
Julia Fister, MA, Studio ACE Executive Director
Wednesday, Sept. 27 | 1:00 PM | $15
Join us for a look into Johannes Vermeer’s most renowned works of art.

1355 | Philosophy of Death
Matthew Wion, Ph.D.
Thursday, Sept. 28 | 10:00 AM | $15
A thought-provoking, philosophical exploration of death.

1358 | How America’s Discovery Promoted Europe’s Renaissance
Alex Castaneda, Ph.D.
Thursday, Sept. 28 | 1:00 PM | $15
Learn about how the discovery of the Americas led to a period of intense exploration, colonization, and trade.

1363 | Pop Culture and the Paranormal
Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Friday, Sept. 29 | 10:00 AM | $15
Learn how the entertainment and media industries influence paranormal research and peoples’ perceptions of supernatural phenomena.

1360 | Women in Aztec Society
Maria Butler, MA Lecturer Emerita SDSU
Tuesday, Oct. 3 | 10:00 AM | $15
A look at the roles and everyday life of Aztec women in the 15th century.

1278 | Cartoon Characters & Their Creators
Fred Bercovitch, Ph.D.
Wednesday, Oct. 4 | 1:30 PM | $8
Learn about the “Golden Age of Animation,” the period from the late 1920’s to the early 1960’s.

1280 | Extreme Weather Explained by Weather Service Official
Alex Tardy, Ph.D.
Thursday, Oct. 5 | 1:30 PM | $8
Hear why the United States has more frequent extreme weather than any other country on the planet with more extreme events forecast.

1270 | The Bermuda Triangle - Is The Mystery Real?
Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command
Tuesday, Oct. 10 | 1:00 PM | $15
We’ll explore the mysteries surrounding the Bermuda Triangle. Are the legends real? Or are they just a myth?

1396 | Death on the Mississippi: The Sultana Disaster of 1865
Mark Carlson, Historian & Author
Wednesday, Oct. 11 | 1:00 PM | $15
A look at the worst maritime disaster in American history.

1359 | How the Spanish Civil War Promoted Latin America’s Intellectual Boom
Alex Castaneda, Ph.D.
Thursday, Oct. 12 | 1:00 PM | $15
Learn how the Spanish Civil War (1936-1939) profoundly impacted the cultural and intellectual landscape of the time, not only in Spain, but internationally.

1326 | Taoism and Its Art
Gwenyth Mapes, Professor of Humanities
Friday, Oct. 20 | 1:00 PM | $15
In this lecture we will discuss Taoism’s enduring principles and look at some Taoist religious art.

1271 | UFO’s- Has Earth Been Visited by Intelligent Life?
Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command
Tuesday, Oct. 24 | 1:00 PM | $15
A look at the evidence surrounding Unidentified Flying Objects and learn how to come to your own conclusions.

1356 | How to Think about “Weird Things”
Matthew Wion, Ph.D.
Thursday, Oct. 26 | 10:00 AM | $15
Learn how to use the tools of critical thinking and empirical analysis to carefully evaluate claims of supernatural and paranormal encounters.
1364 | Ghostology
Nicole Strickland, Paranormal Researcher, Author &
Writer, Award-Winning Radio Host
Friday, Oct. 27 | 10:00 AM | $15
This course explores the classifications of and theories about
various ghosts and spirits.

1402 | Göbekli Tepe Update
Lola Sparrowhawk, Int’l Award-Winning Author/Historian
Tuesday, Oct. 31 | 1:00 PM | $15
Learn about newly uncovered artifacts include grinding stones
and other indicators that an entire “T-Pillar Civilization”
lived at Göbekli Tepe.

1327 | Confucianism and Its Art
Gwenyth Mapes, Professor of Humanities
Friday, Nov. 3 | 1:00 PM | $15
In this lecture, we will look at Confucius, his philosophy, and
his endurance through today, while looking at art honoring
the Teacher.

1149 | The Oasis “Whodunit” Book Club
Lisa Benton, Facilitator
Fridays, Sept. 15 - Dec. 15 | 1:00 PM | $56
In this book club, we’ll discuss the several types of mystery
books, and we’ll pick a different author at each meeting to
read and evaluate.

1238 | Fiction Depictions of Positive Aging:
5 Characters Who Show us the Way
Emily Nye, Ph.D.
Wednesday, Oct. 18 | 1:00 PM | $15
Meet five characters from modern novels who show us the
way to be courageous, wise, and young at heart.

1406 | Screenplay Writing for Beginners
Lola Sparrowhawk, Int’l Award-Winning Author/Historian
Thursdays, Oct. 26 - Nov. 2 | 10:00 AM | $30
Come to advance or start your screenplay project or simply
come for fun.

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come for fun.

PERSONAL ENRICHMENT

1150 | Grief Support Group
Rolandas Kausas, Chaplain
1st & 3rd Wednesdays, Sept. 6 - Dec. 6
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.

1275 | Curbing Guns & Drugs in San Diego
Marnie Von Wilpert, J.D.
Thursday, Sept. 7 | 1:30 PM | $8
Learn about the ongoing efforts to crack down on guns and
drugs on the streets of San Diego.
1335 | Geology of San Diego
Jennifer Olim, Ph.D.
Wednesday, Sept. 20 | 10:00 AM | $15
Explore the fascinating geology of San Diego. Learn how volcanoes, faults and floods shaped the landscape.

1221 | Back to the Moon:
From “One Small Step” to Humanity’s Next Challenge
Philip Blanco, Ph.D., Physics and Astronomy Professor
Friday, Sept. 22 | 10:00 AM | $15
Take a fascinating journey into the past and present of lunar exploration.

1277 | Mars: Myth & Magic
Neil Farber, M.D.
Tuesday, Oct. 17 | 10:00 AM | $8
Learn about the United States’ extensive quest to explore, discover and colonize Mars.

1336 | Space Telescope
Jennifer Olim, Ph.D.
Wednesday, Oct. 18 | 10:00 AM | $15
In this class we’ll learn how the Webb Space Telescope works and discuss some of the incredible images from it.

1348 | Composed in America: Part Two
Chris Burns, Many-Strings
Friday, Sept. 29 | 3:00 PM | $15
This show’s focus will be historical: Native American, Colonial, Cajun, Appalachian tunes, and much more.

1370 | Robert and Clara Schumann
Chris Burns, Many-Strings
Friday, Oct. 6 | 3:00 PM | $15
Enjoy the music of Robert and Clara Schumann. He was a brilliant composer who understood the orchestra. She was a master pianist and composer.

1349 | From England’s Green Fields
Chris Burns, Many-Strings
Friday, Oct. 13 | 3:00 PM | $15
During the Romantic and Modern Periods English composers enriched the world with lovely orchestral music.

1350 | Liszt and Chopin: Extraordinary Musical Creativity
Chris Burns, Many-Strings
Friday, Oct. 20 | 3:00 PM | $15
Both were exceptional pianists and composers who blessed their communities with their musical gifts.

1279 | Musical Inspirations
Vincent Young, Musician
Wednesday, Oct. 25 | 1:30 PM | $8
Vincent Young will play, sing, and discuss a variety of light classics, jazz, and pop standards and perform original piano improvisations.

1351 | Fabulous Orchestral Music from Animated Films
Chris Burns, Many-Strings
Friday, Nov. 3 | 3:00 PM | $15
Enjoy orchestral music composed for animated films from Fantasia, John Williams, Hans Zimmer, and others.

1274 | The Music of John Denver
Lisa Campbell, Musician
Tuesday, Sept. 12 | 10:00 AM | $8
Learn about musical and cultural icon John Denver through his songs and music.

1276 | Music with An Autumn Theme
Adrienne Nims
Thursday, Sept. 14 | 1:30 PM | $8
Pianist Sheldon Rosenbaum joins Adrienne Nims in a presentation of music commemorating the Fall Equinox.

1347 | Composed in America: Part One
Chris Burns, Many-Strings
Friday, Sept. 15 | 3:00 PM | $15
Experience a musical appreciation of the development of American classical music beginning in the 1800’s.

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

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

AFC Vacations

New York City & The Hudson Valley
October 13 - 19, 2023 | 7 Days • 8 Meals
Double $3,675 | Single $5,125 | Triple $3,625

New York City Tour including 9/11 Memorial & Museum, One World Trade Center, Rockefeller Center, Times Square, & Central Park, Statue of Liberty/Ellis Island, Broadway Show, West Point Military Academy Tour, New Paltz & Huguenot Street, Hyde Park - FDR Historic Site, Maple Syrup Farm Tour & Tasting, Boscobel House & Gardens, and Hudson River Cruise.

Music Cities Holiday
November 28 - December 3, 2023 | 6 Days • 9 Meals
Double $2,995 | Single $3,695 | Triple $2,965

Branson City Tour + Shows: The Dutton Family Show, Doug Gabriel Show, & 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, and Grand Ole Opry at historic Ryman Theater.

Eastern Canadian Christmas
December 7 - 11, 2023 | 5 Days • 6 Meals
Double $2,699 | Single $3,299 | Triple $2,669

Montreal City Tour, Montreal’s Underground City, Notre Dame Cathedral, VIA Rail Train - Montreal to Quebec, Quebec City Tour, Montmorency Falls, Montreal Christmas Market, Quartier Petit Champlain & German Christmas Market in Quebec City, and Gilles Copper Museum

Sierra Snow Train
January 26 - 30, 2024 | 5 Days • 7 Meals
Double $2,199 | Single $2,749 | Triple $2,169


Washington D.C. Cherry Blossoms
April 8 - 13, 2024 | 6 Days • 8 Meals
Double $3,399 | Single $4,099 | Triple $3,369


Collette Vacations

Discover the Colors of New England
September 26 – October 3, 2024 | 8 Days • 12 Meals
Double $3,999 | Single $5,499 | Triple $3,949


Shades of Ireland
with optional 3-Night London Pre Tour Extension
September 25 – October 4, 2024 | 10 Days • 13 Meals
Double $3,999 | Single $4,699 | Triple $3,969

Dublin, Irish Evening, Choice on Tour: Dublin City Bus or Walking Tour, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, and Castle Stay.

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

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

Are you House Rich but Cash Poor?
Then you should consider a Reverse Mortgage

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

Home Owners 62 and older:
• Supplement your retirement income
• Never make a monthly mortgage payment
  (Responsible for property taxes and homeowner’s insurance)
• Tax-free money
• Lump sum, monthly payments, line of credit; or combo
• Will not affect Social Security or Medicare Benefits
  (May affect Medicaid and SSI)

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

Most reverse mortgage companies want to do business over the phone and use the US Postal Service.
I do business “The Old Fashion Way”,
I come to your home and meet with you face to face at your kitchen table.

760-484-6660
email: owen.coyle@gmail.com
www.reversemortgages62.com
8975-403 Lawrence Welk Dr., Escondido CA 92026
Serving San Diego County since 2003

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

These materials are not from HUD or FHA and were not approved by HUD or a government agency.
Navigating your future may bring uncertainty. Aging Well Partners can help you discover your best path forward by empowering you with the vetted resources and trusted services that meet your specific needs. Your journey has a roadmap and we are here to help you find it.

Your Local Partners. Your Certified Senior Advisors™.

Free Consultation: 619.789.1839
www.agingwellpartners.com

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

• Now in both La Mesa and Rancho Bernardo •

Proudly featuring our Certified Business Partners

Proudly featuring our Certified Business Partners

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 Kelly Johnson if you are interested in being included in our Resource Directory:
Kelly@SanDiegoOasis.org or (619) 881-6262
ASSISTED LIVING PLACEMENT SPECIALISTS

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™, offers highly personalized and customized assistance when looking for assisted living, memory care, or residential care homes. With nearly a decade of expertise in the senior industry and a wellness specialist, Jacqui is a leader in educating aging adults on how to live and age well.

NEW! RESOURCE DIRECTORY TOURS

2409 | Tour Sungarden Terrace Assisted Living and Memory Care
Susan O’Shaughnessy, BA, Administrator of Sungarden Terrace | Friday, September 22 | 1:00 PM | Free
During this interactive visit of Sungarden Terrace, your host will show you what it’s like to live in assisted living as well as how to prepare for life changes, downsizing, and more.

2410 | Guided Tour and Chef’s Dessert Bar at The Montera Senior Living Community
Connie DeLost, Montera Director of Sales | Thursday, October 12 | 1:00 PM | Free
We will embark on a guided tour of our social, outdoor areas and La Sevilla, our restaurant. Our activities department will provide an interactive demonstration including a virtual reality experience, and other interactive programs.

2411 | Casa de las Campanas Guided Tour
Van Cupples, Director of Sales & Marketing | Wednesday, October 25 | 11:00 AM | Free
At Casa de las Campanas, you can enjoy retirement without any of the drawbacks. Join us for a tour of the amazing facilities at Casa de las Campanas.

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.

ASSISTED LIVING: EAST COUNTY

THE MONTERA
Connie Delost | (619) 495-0100
ConnieDeLost@mbk.com

“The Montera Senior Living is dedicated to providing person-centered care and life enriching programming, supporting the physical and total well-being of our residents. Whether you are looking for assisted living or memory care, you will find comfort in knowing our trained and compassionate team is here to support you day in and day out.”
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
vcuppies@casadlc.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.

**The Remington Club**
Pat Gunn | (858) 673-6300, Ext. 6325
PGunn@5ssl.com | theremingtonclub.com

The Remington Club offers a unique life experience to current and future residents, allowing you to celebrate life to the fullest. We will further our community redevelopment by bringing memory care later this year! Call to schedule a tour of 43 community and learn more about our easy living environment!

**Castle Maven, Inc.**
Darlene Pidgeon, MBA, RN, CAPS | (858) 886-6452
DPidgeon@CastleMaven.com | CastleMaven.com

Castle Maven is a comprehensive Aging In Place Solutions Company. Your home is your Castle. Live There. Age There. We provide solutions to lower the cost of care. Choose between our Self-Directed website of trusted service providers or our onsite Guided Approach with one of our Aging in Place Specialists.

**Glener Centers Day Program**
Lisa Tyburski | (619) 543-4700
information@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.

**Harmony Home Medical Supply**
Erica Sell, CSA | (858) 560-8177
harmonyhomemedical@gmail.com | harmonyhomemedical.com

Harmony Home Medical Supply is a medical equipment and home accessibility retailer that has been serving San Diego County for the last 15 years. They provide the products and services that can help someone live more independently and safely wherever they call home. They are truly a one-stop-shop for Aging-In-Place.

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

**FINANCIAL PLANNERS**

**THRIVENT FINANCIAL**  
Offices of Jonathan Doering and Matthew Molstre  
Jonathan Doering/Anthony Camara | (858) 455-5227  
Jonathan.Doering@thrivent.com  
connect.thrivent.com/la-jolla-gateway-team  
Thrivent Financial is a Fortune 500 company represented at Oasis by Jonathan Doering, Matt Molstre and Anthony Camara. Their La Jolla Gateway team brings over 100 years experience helping individuals and families invest wisely during their lifetimes and reduce taxation along the way. There is no cost or obligation to visit with them in person or virtually.

**HOSPICE**

**The Elizabeth Hospice**  
Lisa Marcolongo | (800) 797-2050  
info@ehospice.org  | elizabethhospice.org  
As California’s largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, life-limiting illnesses. Since 1978, we’ve touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

**VITAS Healthcare**

**VITAS**  
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 ADVOCACY

AMADA SENIOR CARE SAN DIEGO CENTRAL
John Boodhansingh, Owner | (858) 866-9005
john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

Amada Senior Care provides advocacy for long term care insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide complete claims service for our home care clients affording them piece of mind when they need it most.

JAHNKE CONSULTING & LTC ALLIANCE
Linda Jahnke | (858) 513-8351
linda.jahnke@jcltca.com | jcltca.com

We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

MEDI-CAL/VA BENEFIT CONSULTANTS

F8D
Financial Security Designs

FINANCIAL SECURITY DESIGNS
Tony Bevin | (858) 673-8448
financialsecdesigns@gmail.com | vabenefitsonline.com

We can get you eligible for financial assistance to help pay for those in a nursing home and free assistance (in certain zip code areas) for those at home with In-Home Care, Adult Day Care, Transportation, Medication Management, Therapy, Meal Assistance, and Prescription Delivery.

MEDI-CARE EXPERTS

AMERICAN RETIREMENT INSURANCE SERVICES, INC.
Catrina Morgan | (858) 449-2209 | (800) 233-2747
catrina@americanretirementca.com
americanretirementca.com

Catrina Morgan is a licensed independent insurance broker with over 14 years of experience helping Medicare beneficiaries navigate the Medicare maze. She can help you impartially compare the leading companies’ plan options at no cost to you. Catrina provides service that is unsurpassed in the Medicare Supplement market.

UNITED HEALTH CARE
Fariba Zarieh | (619) 887-6822
Fariba.Zarieh@gmail.com | myuhcagent.com/Fariba.Zarieh

My name is Fariba Zarieh and I’ve been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it’s important to consider all of your options. I’m ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.
JUST US MEDICARE
Amanda Shelley | (858) 302-4234
amanda@justusmedicare.com  |  justusmedicare.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.*

PACE PROGRAMS

ST. PAUL’S PACE
Mary Johson | (619) 677-3800
pacenow@stpaulspace.org  |  stpaulspace.org
St. Paul’s Program of All-Inclusive Care for the Elderly (PACE) is a managed health care plan exclusively for seniors. As part of St. Paul’s PACE, you receive primary medical care, medication management, physical therapy, specialty services, in-home care, social work assistance, and transportation to and from the medical center.

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.

ASIS PHYSICAL THERAPY
Kevin Pansky | (858) 217-2496
info@asispt.com  |  www.AsisPT.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.

PROPERTY MANAGEMENT

HALCYON REAL ESTATE SERVICES AND SENIOR@HOME
Ginger Couvrette | (858) 243-5304
Ginger@HalcyonCA.com  |  HalcyonCA.com
Halcyon is your full-service real estate company focusing on understanding your needs and providing options. House maintenance and remodel coordination for seniors aging in place, property management for on-going revenue, and selling the property at its highest value, Halcyon works with families to be your trusted real estate resource.

REVERSE MORTGAGE

EQUITYSMART HOME LOANS
Laura Strickler | (760) 518-9839
lauras@equitysmartloans.com  |  laurastrickler.com
A reverse mortgage can turn the value of your home into cash with no monthly mortgage payments required and help you better manage your financial future. It can supplement your monthly income, pay off existing mortgages, make home improvements, or purchase your dream home! Work with a longtime local professional-since 2003!
Caring Transitions makes it easy. We are a total solutions provider for senior move management, downsizing/rightsizing, and full or partial liquidations and estate sales. We help families avoid the stress that accompany these transitions by managing the process from start to finish. CTS certified and screened, bonded, and insured.

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.

Patti Gerke, Realtor, DRE# 01386269
Patti Gerke, MBA, CRS, SRES, CAPS | (760) 525-7269
patti@pattigerke.com | 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.

Check out the online version of the Oasis Resource Directory!
https://san-diego.oasisnet.org/resource-directory
**San Diego Oasis**

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**Awards**

2023:  
CSO50 Award Winner for AI Edge Security and Thought Leadership

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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**SERVING UP SUMMER FUN AT BOTH OASIS LOCATIONS**

No registration needed...just show up!

**LA MESA**

Monday, August 28  
10:00 AM - 12:30 PM

**RANCHO BERNARDO**

Tuesday, August 29  
10:00 AM - 12:30 PM

Take a Peek at Upcoming Classes  
Observe or Participate in Dance & Fitness Demonstrations  
Meet New & Known Instructors  
Browse Vendor Resources  
Enjoy Nibbles

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**Thank You to our Sponsors**