



SEPT | OCT | 2023

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 **La Mesa**
(619) 881-6262

Rancho Bernardo
(858) 240-2880



Info@SanDiegoOasis.org



SanDiegoOasis.org

ABOUT SAN DIEGO OASIS

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

- lifelong learning • healthy living • intergenerational community service

Current Membership is 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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Please accept my donation, as indicated:

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

Please consider writing
a check to avoid credit
card processing fees.
See Page 4 for a full list
of ways to give.

Payment Type:

- Check VISA MasterCard Discover

Name on Card:

Credit Card #:

Expiration Date (month/year): _____ / _____

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

Signature _____

Contact Information:

Name _____

Address _____

Phone _____

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

Please designate my gift for:

- General Programming Tutoring Program
 Digital Divide Program Rancho Bernardo

My gift to San Diego Oasis is in:

- Honor of Memory of

San Diego Oasis should send an acknowledgment to:

Please send me more information on:

- Volunteering Tutoring Travel Estate Gift

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





WHEN YOU PLAN TO

Give
WE CAN PLAN TO *Grow*

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

San Diego Oasis supports meaningful aging and community service right here in our community. While our 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.



CURRENT GIFTS: Cash • Life Insurance • Stocks • Real Estate

PLANNED GIFTS: Bequest & Estate Plan • Retirement Assets • Life Estate Reserved Charitable Gift Annuity • Charitable Trusts



Donate a vehicle and support a cause near and dear to your heart! With a phone call, you can make a difference. Call (877) 55-OASIS to get started on the simple process. It just takes a few minutes.

How to Reach Us

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

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

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

Staff Directory

DEVELOPMENT & OPERATIONS

President & CEO
Simona Valanciute | Simona@SanDiegoOasis.org

Chief Operating Officer
Michael Craig | Michael@SanDiegoOasis.org

Consultant
Jolyn Parker | Jolyn@SanDiegoOasis.org

Controller
Cindy Friedenbergl | Cindy@SanDiegoOasis.org

Staff Accountant
Beatrice Ricart | Accounting@SanDiegoOasis.org

LA MESA STAFF

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

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

RANCHO BERNARDO STAFF

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

Lifelong Learning Manager
Judy Applebaum | Judy@SanDiegoOasis.org

Events Manager
Christine Yoakley | Events@SanDiegoOasis.org

PROGRAM SUPPORT STAFF

Director of Outreach
Kristen Amicone | Kristen@SanDiegoOasis.org

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

Technology Learning Specialist
Monserrat Callejas | Monserrat@SanDiegoOasis.org

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

Marketing Director
Kelly Johnson | Kelly@SanDiegoOasis.org

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.



Oasis for life!



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.

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.

1383 | Thursdays, Sept. 14 - 21 | 10:00 AM | \$30

1384 | Thursdays, Oct 26 - Nov. 2 | 1:00 PM | \$30

Candle/Plant Holder

Diana Griffin, Owner of Queenie Glass and Sass

You will be provided with a variety of colored glass squares and strips to create your own unique candle/plant holder.

1207 | Saturday, Sept. 16 | 10:00 AM | \$55

1209 | Wednesday, Oct. 18 | 1:00 PM | \$55

Intro to Quilling

Cathy Yan

Learn the basics of Quilling, the art of rolling thin pieces of paper to create shapes. Create your own greeting card!

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 Stuelpner, 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.

1374 | Origami Tote Bag NEW

Lyn Earl, Instructor

Wednesday, Oct. 25 | 1:00 PM | \$15

Sew an origami tote bag, great for the farmers' market.

BUSINESS, FINANCE, LEGAL

1371 | 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.

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.

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.

Let's Talk About It – The Headlines

Rick LeVine, Attorney

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

1195 | Wednesday, Sept. 27 | 1:00 PM | \$15

1196 | Wednesday, Oct. 25 | 1:00 PM | \$15

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

1316 | Thursday, Sept. 28 | 1:00 PM | \$5

1318 | Tuesday, Oct. 17 | 10:00 AM | \$5

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.

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.

1317 | Friday, Sept. 29 | 10:00 AM | Free

1320 | Friday, Oct. 20 | 10:00 AM | Free

1377 | Investing 101

Barbara Norman, CFP®, ChFC® CDFP®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Friday, Oct. 6 | 1:00 PM | \$15

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

1376 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFP®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Friday, Oct. 6 | 10:30 AM | \$15

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

1345 | Hoarding Disorder: The Humor and the Humanity

Jami Shapiro, CSM Founder, Silver Linings Transitions
Tuesday, Oct. 10 | 10:00 AM | \$15

Learn the difference between clutter and hoarding, why it occurs, and how to help your loved ones who have too much stuff.

1330 | Home Selling Tips

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Monday, Oct. 16 | 10:00 AM | \$15

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

1319 | Will Your Taxes Affect Your Retirement?

Anthony Camara, CFP®, MBA
Tuesday, Oct. 17 | 1:00 PM | \$5

Understand how investments are taxed and how to make decisions to keep income taxes in check.

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

1038 | Saturday, Sept. 16 | 9:30 AM | \$10

1035 | Saturday, Sept. 16 | 10:30 AM | \$10

1036 | Saturday, Oct. 21 | 10:30 AM | \$10

1039 | Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor
Saturday, Oct. 21 | 9:30 AM | \$10

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

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

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

NEED ASSISTANCE?

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

International Folk Dancing

Martha Awdziejewicz, 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
Fridays, Sept. 8 - Nov. 3 | 1:15 PM | \$90

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

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor,
Personal Trainer & Nutritionist

This class will help you improve balance and promote healing.

1091 | Mondays, Sept. 11 - 25 | 1:15 PM | \$30
1092 | Mondays, Oct. 2 - 30 | 1:15 PM | \$50

Zumba Gold

Pamela Toomes & Laura Muto,
Certified Fitness Instructors

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

- 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.

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!

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

1243 | Hearing Loss and Solutions

Dr. Dena Riso, Peninsula Hearing Center
Monday, Sept. 18 | 1:00 PM | \$15

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

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.



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.

HISTORY & HUMANITIES

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.

 **1224 | Atheism, Agnosticism, and the Idea of God**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wednesday, Oct. 4 | 10:00 AM | \$18

We will compare and contrast the key concepts of atheism and agnosticism and the dominant voices in each area.

1385 | John D. Spreckels and the Making of San Diego

Dr. Sandee Bonura, Author
Thursday, Oct. 5 | 10:00 AM | \$15

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

1367 | The Powers of the Presidency

Nicholas Boushee, Ph.D.,
Assistant Professor of Political Science
Wednesday, Oct. 11 | 10:00 AM | \$15

In this lecture we'll look at the formal and informal powers of the office of the presidency, and explore tools such as executive orders, executive privilege and more.

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.

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

LANGUAGE

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

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

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

1203 | 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.

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

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.

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.

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.



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

 = NEW!  = HYBRID

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:



View Featured Classes

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



Week at a Glance

Click the **Week at a Glance** button to view classes by day of week. Located on the home page of the website and updated every Friday.



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!



COX TECH TANK

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

All 1:1 appointments, workshops and demonstrations are led by Technology Learning Specialist Monserrat Callejas at the La Mesa Lifelong Learning Center.

122 | Apple Health: Your Step-By-Step Guide

Thursday, Sept. 21 | 10:30 AM | \$5

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.

123 | Monday, Sept. 25 | 12:30 PM | \$5

137 | Tuesday, Oct. 17 | 12:30 PM | \$5

Apple Photos Workshop

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

114 | Monday, Sept. 11 | 12:30 PM | \$5

136 | Monday, Oct. 16 | 11:00 AM | \$5

Bluetooth Basics Workshop

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

121 | Wednesday, Sept. 20 | 12:00 PM | \$5

134 | Wednesday, Oct. 11 | 12:00 PM | \$5

Cloud Services Workshop

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

116 | Wednesday, Sept. 13 | 10:30 AM | \$5

128 | Tuesday, Oct. 3 | 11:30 AM | \$5

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.

112 | Tuesday, Sept. 5 | 1:00 PM | \$5

132 | Monday, Oct. 9 | 11:00 AM | \$5

140 | Wednesday, Oct. 25 | 11:00 AM | \$5

Google Photos Workshop

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

111 | Monday, Sept. 4 | 12:30 PM | \$5

125 | Wednesday, Sept. 27 | 12:00 PM | \$5

130 | Thursday, Oct. 5 | 10:30 AM | \$5

142 | Friday, Oct. 27 | 11:30 AM | \$5

QR Codes Workshop

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

113 | Wednesday, Sept. 6 | 12:00 PM | \$5

138 | Wednesday, Oct. 18 | 10:30 AM | \$5

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.

119 | Monday, Sept. 18 | 12:30 PM | \$5

129 | Wednesday, Oct. 4 | 12:00 PM | \$5

139 | Thursday, Oct. 19 | 10:30 AM | \$5

118 | Tech Scam Trivia

Friday, Sept. 15 | 11:00 AM | \$5

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

120 | UBER/Lyft App Workshop

Tuesday, Sept. 19 | 11:30 AM | \$5

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

110 | Web Cookies Workshop

Friday, Sept. 1 | 11:00 AM | \$5

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.

127 | Monday, Oct. 2 | 11:00 AM | \$5

143 | Tuesday, Oct. 31 | 11:00 AM | \$5

IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

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.

**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 de-cluttering and organizing, available resources, and changes in the resale market.

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

2032 | Tuesday, Sept. 19 | 1:00 PM | \$5

2034 | Tuesday, Oct. 24 | 10:00 AM | \$5

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

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.

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.



2267 | 10 Warning Signs of Alzheimer's

Elisa Barnett, MA, Community Engagement Manager

Tuesday, Sept. 26 | 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.

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.

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.

 **2180 | The Origins, History, and Basic Concepts of Taoism**

Kathy Hassett, MS, Ordained Buddhist Priest
Wednesday, Sept. 13 | 1:00 PM | \$15

Learn about the Taoist concept of the origin of the universe, Yin/Yang Theory, immortality, and the importance of balance.

 **A Meeting of the Minds: Discussion Group**

Eva Beim, MA, Broadcast Journalism; Recording Artist;
Certified Yoga Instructor

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.

2000 | Wednesday, Sept. 13 | 1:00 PM | \$15

2001 | Wednesday, Sept. 27 | 1:00 PM | \$15

2002 | Wednesday, Oct. 11 | 1:00 PM | \$15

2003 | Wednesday, Oct. 25 | 1:00 PM | \$15

2020 | Joan of Arc:

Contradictions of Women's Heroism and Leadership

Oliva M. Espín, Ph.D.

Thursday, Sept. 14 | 10:00 AM | \$15

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

 **2038 | Presidential Libraries: More than Just Books**

Barbara J Salice, Ed.D

Monday, Sept. 18 | 10:00 AM | \$15

Join Dr. Barbara Salice as she explores our country's fascinating presidential libraries.

2221 | Eating Local in the Roaring Twenties

Vincent Rossi, Historian & Author, Story Seekers Co-Owner
Friday, Sept. 22 | 1:00 PM | \$15

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

 **2161 | Boogie Woogie to Electric Slide:
Dancing in the Street in Popular Culture**

Anna Brown Massey, MFA, Choreographer, Lecturer
Wednesday, Sept. 27 | 1:00 PM | \$15

Learn how history, identity, and our perceptions of culture are inextricably tied to how people dance—as we watch, discuss, and even move together in this highly participatory class.

 **2196 | Tales and Legends of Ukraine**

Marilyn McPhie, Storyteller

Thursday, Sept. 28 | 1:00 PM | \$15

Hear tales from Ukraine featuring flying serpents, woodland sprites, farmers, witches, evil rulers, and brave heroes.

2200 | The Great Philosophers: Marcus Aurelius

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Friday, Sept. 29 | 1:00 PM | \$18

Learn about how the journal of Marcus Aurelius initiated the philosophy of Stoicism, offering us guidance for how to navigate this challenging life.

 **2181 | Taoist Wu Hsing (5 Element Theory)**

Kathy Hassett, MS, Ordained Buddhist Priest
Wednesday, Oct. 11 | 1:00 PM | \$15

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

2222 | What's in A Name?

A Lot of History! Origins of San Diego County Place Names

Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Thursday, Oct. 19 | 10:00 AM | \$15

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

2548 | Día de Los Muertos

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

Explore the customs of Dia de Los Muertos, the internationally recognized, traditional Mexican holiday which celebrates friends and family who have passed away.

2173 | The City of London: Shakespeare's World

Kim Keeline, Ph.D., Freelance Consultant and Writer
Thursday, Oct. 26 | 10:00 AM | \$15

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

 **2174 | Shakespeare Survey of Theatrical History Covering
Fires, Riots, and More**

Kim Keeline, Ph.D., Freelance Consultant and Writer
Thursday, Oct. 26 | 1:00 PM | \$15

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.

 **2197 | 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.

 **2040 | Beginning French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wednesdays, Sept. 20 - Oct.25 | 10:00 AM | \$90

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

 **2042 | Intermediate French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wednesdays, Sept. 20 - Oct.25 | 11:30 AM | \$90

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

 **2044 | Advanced French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wednesdays, Sept. 20 - Oct.25 | 1:00 PM | \$90

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

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

TAKE NOTE!

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.



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.

Five Crowns, a Rummy-Style Card Game

Joan H. Cook, Experienced Card Player

Learn to play this fun, social card game with interesting twists and rotating wild cards. It's a quick favorite for avid and casual players. No experience is necessary.

2210 | Tuesday, Sept. 12 | 1:30 PM | \$10

2211 | Tuesday, Sept. 26 | 1:30 PM | \$10

Gluten Free Baking

Linda Adams, B.S., Dietetics & Food

Learn to make scrumptious delectables including gluten-free pumpkin bread, toffee cookies and flourless chocolate cake. Enjoy samples of these tasty treats.

2100 | Tuesday, Sept. 12 | 10:00 AM | \$25

2101 | Tuesday, Oct. 10 | 10:00 AM | \$25

2105 | Staying Focused: Women's Discussion Group

Michelle Shelton, M.A., Experienced Marriage and Family Therapist

2nd & 4th Tuesdays, Sept. 12 - Dec. 12 | 1:00 PM | \$84

Join our women's group to share the times of our lives.

2380 | Successful Aging - Discussion Group

Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club

Thursday, Sept. 14 | 1:00 PM | \$15

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

2240 | Major Wine Regions of Italy, Part 1

Matilda Parente, MD, Certified Specialist of Wine
Friday, Sept. 15 | 1:00 PM | \$15

This class on Italy's wine regions will introduce you to famous and less familiar wine regions worth knowing about.

2030 | So You Want to Teach a Class?

Gail Hall, MS, Rehabilitative Counseling
Wednesday, Sept. 20 | 10:00 AM | \$15

Acquire best practices, techniques, and tips for teaching a class, facilitating a workshop, or presenting a lecture at San Diego Oasis.

**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 Jongg 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
Thursday, 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.

2550 | Saturday, Sept. 23 | 10:00 AM | Free

2551 | Saturday, Oct. 28 | 10:00 AM | Free

 **2553 | Creating New Friendships**

Laura Diaz, Board Certified Coach (BCC)
Tuesday, Sept. 26 | 1:00 PM | \$15

Come learn simple practices and insights to attract and develop new friendships.

 **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.

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.

2554 | Be Happy – Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)
Tuesday, Oct. 17 | 1:00 PM | \$15

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

 **2303 | How We Go On:**

Self-Compassion, Courage and Gratitude on the Path Forward

Ken Druck, Ph.D, Author
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

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: 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

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.

**2260 | Mastering Passwords:
Best Security Practices for Seniors**

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.



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

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.



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.

2066 | Mondays, Sept. 11 - 25 | 12:00 PM | \$180

2067 | Mondays, Sept. 11 - 25 | 1:00 PM | \$180

2065 | Mondays, Sept. 11 - 25 | 2:00 PM | \$180

2070 | Mondays, Oct. 2 - 23 | 12:00 PM | \$240

2071 | Mondays, Oct. 2 - 23 | 1:00 PM | \$240

2069 | Mondays, Oct. 2 - 23 | 2:00 PM | \$240

2062 | Fridays, Sept. 15 - 29 | 12:00 PM | \$180

2063 | Fridays, Sept. 15 - 29 | 1:00 PM | \$180

2061 | Fridays, Sept. 15 - 29 | 2:00 PM | \$180

2074 | Fridays, Oct. 6 - 27 | 12:00 PM | \$240

2075 | Fridays, Oct. 6 - 27 | 1:00 PM | \$240

2073 | Fridays, Oct. 6 - 27 | 2:00 PM | \$240

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.

Kick Start

COFFEE

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).

INNOVATION CENTER

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

All 1:1 appointments, workshops and demonstrations are led by Technology Learning Specialist Monserrat Callejas at the Oasis Innovation Center in Rancho Bernardo.

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.

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

126 | Tech Scam Trivia

Thursday, Sept. 28 | 10:30 AM | Free

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.

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.

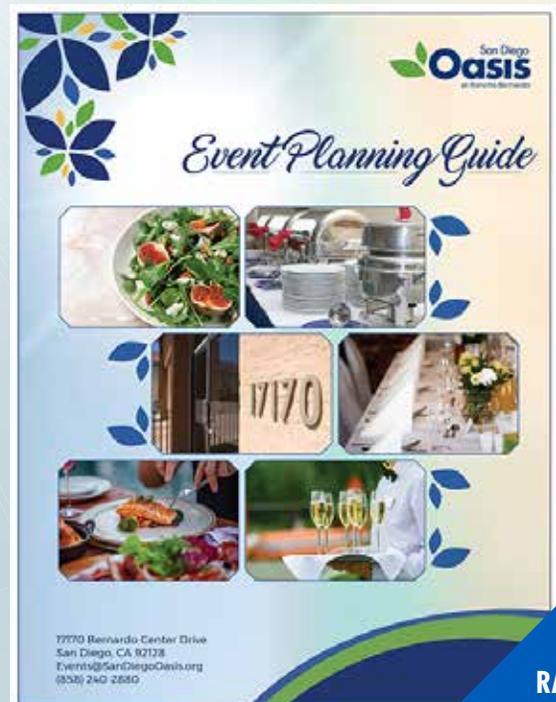
Special Events

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 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 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.

OCEAN 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.

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.**

Filter By Class Type

- Arts
- Business, Financial and Legal
- Exercise and Dance
- Health
- History and Humanities
- Language
- Literature
- Personal Development and Enrichment
- Technology
- Theatre and Music

Filter By Location

- Grossmont Lifelong Learning Center
- Grossmont Wellness Center
- In-Person or Online |
- Lifelong Learning Center
- Mission Hills
- Hillcrest/Knox Library
- Online Only
- Point Loma Branch Library
- Rancho Bernardo Innovation Center

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

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

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.

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.”

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

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.

TIERRASANTA BRANCH LIBRARY

4985 La Cuenta Dr, San Diego, CA 92124

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.

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

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.

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

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.

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.



ON-LINE CLASSES

Zoom information will be provided at time of registration

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

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.

HISTORY & HUMANITIES

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.

1110 | Friday, Sept. 8 | 10:00 AM | \$6

1111 | Friday, Sept. 15 | 10:00 AM | \$6

1112 | Friday, Sept. 22 | 10:00 AM | \$6

1113 | Friday, Sept. 29 | 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

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.

 **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.

LANGUAGE

Conversational Spanish

Danisa Mardones, BA

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

1147 | Tuesdays, Sept. 19 - Oct. 24 | 1:30 PM | \$90

1148 | Tuesdays, Oct. 31 - Dec. 12 | 1:30 PM | \$105

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.

LITERATURE

 **1405 | Creative Writing Techniques**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Thursdays, Sept. 7 - 28 | 10:00 AM | \$60

Explore your potential and improve your skills while you learn how to take your work-in-progress to the next level.

SCIENCE

 **1334 | The Evolutionary Quad**

Henry George, Engineer, Archaeologist and Geologist
Tuesday, Sept. 19 | 10:00 AM | \$15

Join us as we 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.

 **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.

THEATRE & MUSIC

 **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

Aerospace Museum of California, California State Railroad Museum, Sacramento Brewery Visit & Tasting, Old Sacramento Waterfront, Sierra Nevada Rail Journey, Virginia City, Nevada, National Auto Museum Reno, and Lake Tahoe & Heavenly Village.

Washington D.C. Cherry Blossoms

April 8 - 13, 2024 | 6 Days • 8 Meals
Double \$3,399 | Single \$4,099 | Triple \$3,369

D.C. Sights: Famous Memorials, Arlington National Cemetery, White House Visitor Center, Ford's Theater, Smithsonian Institutes, Library of Congress, & Capitol Visitor Center, Potomac Cherry Blossoms Cruise, National Portrait Gallery, Twilight Illumination Monuments Tour, Mt. Vernon, George Washington's Estate, and Annapolis & the US Naval Academy.

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

Boston, Simon Pearce, Quechee Gorge, Stowe, Cold Hollow Cider Mill, Trapp Family Lodge, Rocks Estate, North Conway, Kancamagus Highway, Choice on Tour: Nature Walk or Free Time in North Conway, Mount Washington, Lake Winnepesaukee Cruise, Ogunquit, Portland, Kennebunkport, and Lobster Dinner.

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

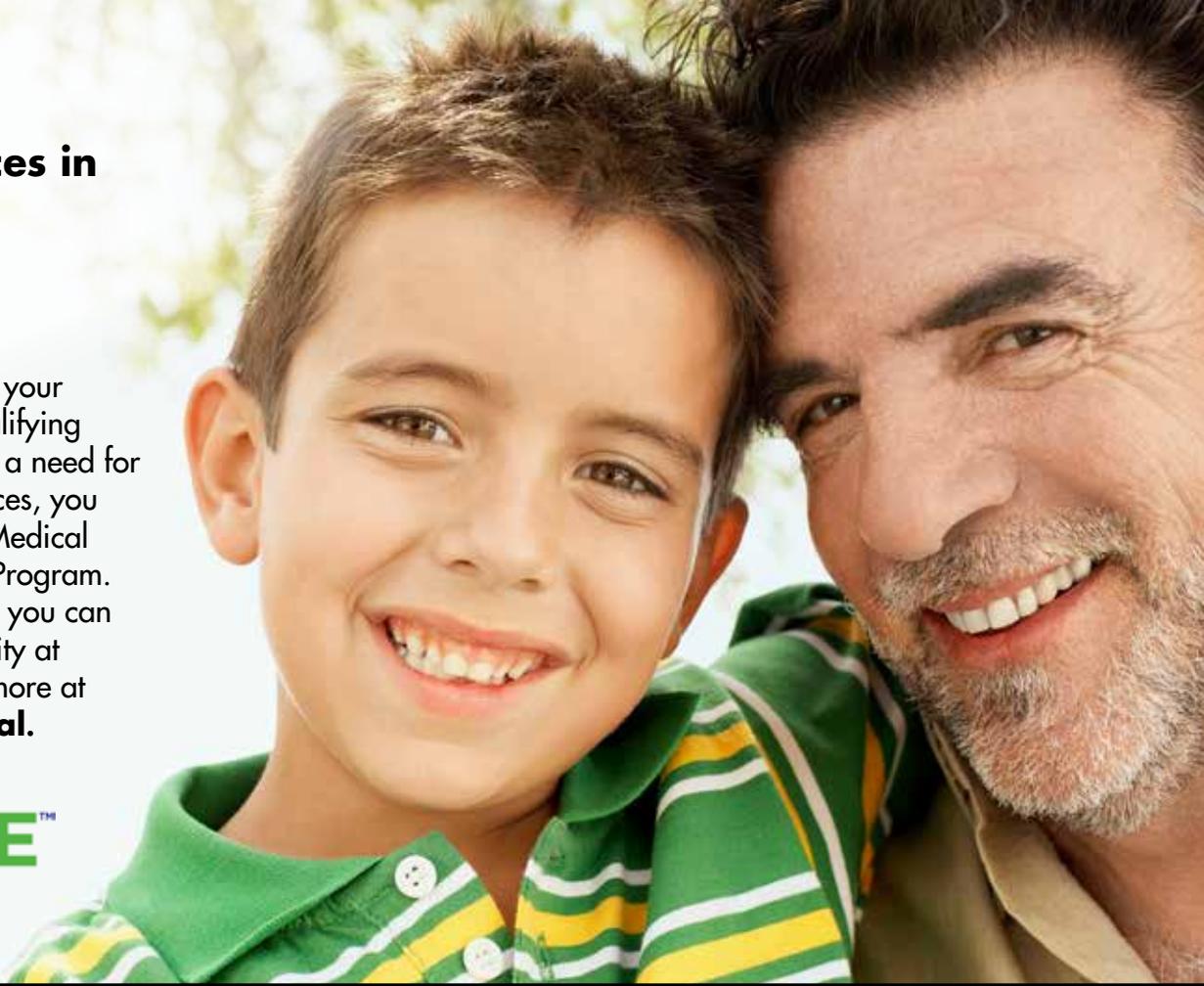
Dublin, Irish Evening, Choice on Tour: Dublin City Bus or Walking Tour, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, and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



Home Owners 62 and older:

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

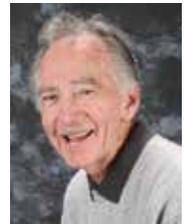
It's more than a Mortgage, it's a Reverse Mortgage!

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

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

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.*



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24 years experience

BRE#01253295 / NMLS#279015

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

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



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.



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.

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• Now in both La Mesa and Rancho Bernardo •



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Offices of Jonathan Doering and Matthew Molstre

RANCHO BERNARDO

- 2031 | Social Security
Tues., Sept. 19 | 10:00 AM | \$5
- 2032 | Retirement & Estate Strategies
Tues., Sept. 19 | 1:00 PM | \$5
- 2033 | Thrivent One-on-One
Wed., Sept. 20 | 10:00 AM | Free
- 2034 | Retirement & Estate Strategies
Tues., Oct. 24 | 10:00 AM | \$5
- 2035 | Will Your Taxes Affect Your Retirement?
Tue., Oct. 24 | 1:00 PM | \$5
- 2036 | Thrivent One-on-One
Fri., Oct. 27 | 10:00 AM | Free

LA MESA

- 1315 | Social Security
Thu., Sept. 28 | 10:00 AM | \$5
- 1316 | Retirement & Estate Strategies
Thu., Sept. 28 | 1:00 PM | \$5
- 1317 | Thrivent One-on-One
Fri., Sept. 29 | 10:00 AM | Free
- 1319 | Will Your Taxes Affect Your Retirement?
Tue., Oct. 17 | 10:00 AM | \$5
- 1320 | Thrivent One-on-One
Fri., Oct. 20 | 10:00 AM | Free



TWO LOCATIONS TO SERVE YOU!

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



Senior Resource DIRECTORY

2023



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

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.

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.



Residential Options for
Seniors and the Elderly (ROSE)

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
MBK SENIOR LIVING

THE MONTERA

Connie DeLost | (619) 495-0100
ConnieDeLost@mbk.com
https://www.mbkseiorliving.com/senior-living/ca/la-mesa/the-montera/?utm_source=GBP&utm_medium=organic

"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."



SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 508-0931
susan@sungardenterrace.com | sungardenterrace.com

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

ASSISTED LIVING: NORTH COUNTY



CASA DE LAS CAMPANAS

Van Cupples | (858) 592-1811
vcupples@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!

CERTIFIED AGING IN PLACE SPECIALISTS



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.



AGING ADVISORY SERVICES

Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733
jacqueline@agingadvisoryservices.com
www.agingadvisoryservices.com

Meet Jacqueline Silverman, a Certified Senior Advisor and partner dedicated to easing the way for aging in place. With home safety assessments, referrals, and concierge services, Jacqueline offers vital support to assist people in understanding, planning for, and managing the changes that come with aging, wherever they call home.

DEMENTIA SUPPORT



GLENNER 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.

DURABLE MEDICAL EQUIPMENT



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

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

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

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.

**Hyperlinks are
provided if viewing
electronically.**



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



FINANCIAL SECURITY DESIGNS

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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.

MEDICARE 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. Katrina 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!

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Wade Pantel | (619) 289-8964

CTSDEastinfo@caringtransitions.com
caringtransitionssandiegoeast.com

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. CRTS certified and screened, bonded, and insured.



SILVER LINING TRANSITIONS

Jami Shapiro | (760) 522-1624

info@silverliningstransitions.com | silverliningstransitions.com

As Senior Move Managers, we assist adults and their families with the emotional and logistical aspects of relocation—whether it's to a smaller space, moving to be near family, or moving into a senior living residence. Our services are free when we refer you to one of our realtor partners.

SENIOR REAL ESTATE SPECIALISTS



BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES

Bryan Devore | (760) 908-3838 | DRE 01397835

Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

Bryan, a real estate agent since 2003, excels in assisting clients with home buying/selling. He specializes in guiding seniors through transitioning to smaller homes or senior communities. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process. Bryan is involved in two local non-profits benefiting seniors.



COLDWELL BANKER WEST

Melina Rissone | (619) 865-6015

melina@melinarissone.com

melinarissone.com/retirement-and-real-estate

As an SRES Associated Real Estate Broker with Coldwell Banker West, Melina Rissone's mission is to support active adults and seniors with their real estate planning and home sales. She understands the emotional demands and can help minimize them. She takes the no-pressure approach to the transaction and is 100% service-oriented.



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>



| | | |
|--------------------------------------|---------------------------------|--------------------------------|
| Assisted Living Placement | Financial Planners | Physical Therapy |
| Assisted Living-East County | Hospice | Property Management |
| Assisted Living-North County | In-Home Care Agencies | Reverse Mortgage |
| Certified Aging in Place Specialists | Long-Term Care Advocacy | Senior Move Managers |
| Dementia Support | Medi-Cal/VA Benefit Consultants | Senior Real Estate Specialists |
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- 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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 10:00 AM - 12:30 PM

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

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