



OCT | 2023

**NEW! OASIS MUSIC
SERIES LAUNCHES!**

P4

**STAY UP ON ALL
THINGS OASIS**

P11

**FILTERS ARE
YOUR FRIEND**

P12

**VOLUNTEER
OPPORTUNITIES**

P22

**COMING SOON!
OASIS SOCIAL CLUB**
LOOK FOR DETAILS IN
THE NOV/DEC CATALOG



 **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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How to Reach Us

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

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

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

Staff Directory

DEVELOPMENT & OPERATIONS

President & CEO

Simona Valanciute | Simona@SanDiegoOasis.org

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Consultant

Jolyn Parker | Jolyn@SanDiegoOasis.org

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Cindy Friedenberg | Cindy@SanDiegoOasis.org

Staff Accountant

Beatrice Ricart | Accounting@SanDiegoOasis.org

LA MESA STAFF

Office & Volunteer Director

Kris Anelli | Kris@SanDiegoOasis.org

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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

Bridging the Digital Divide Manager

David Beevers | David@SanDiegoOasis.org

Technology Learning Specialist

Montserrat Callejas | Montserrat@SanDiegoOasis.org

Intergenerational Tutor Program Manager

Michelle Irby | Michelle@SanDiegoOasis.org



WHEN YOU

Give

WE CAN

Grow



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 (look for the red Donate button).

Questions?

Contact Simona@SanDiegoOasis.org or (619) 846-3832 to learn about the many ways you can support the mission of San Diego Oasis.

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)

San Diego
OASIS
MUSIC
SERIES

2385 | In aChord Men's Ensemble

Sunday, October 29 | 4:00 PM → 5:00 PM | \$15.00

Rancho Bernardo Lifelong Learning Center

1445 | Classical Piano Concert Featuring Bryan Verhoye

Friday, October 27 | 2:00 PM → 3:00 PM | \$15.00

Grossmont Lifelong Learning Center

2386 | Classical Piano Concert Featuring Bryan Verhoye

Friday, November 17 | 2:00 PM → 3:00 PM | \$15.00

Rancho Bernardo Lifelong Learning Center

1462 | Rhapsody Singers Holiday

Thursday, November 30 | 2:00 PM → 3:00 PM | \$15.00

Grossmont Lifelong Learning Center

2281 | Rhapsody Singers Holiday

Monday, December 18 | 2:00 PM → 3:00 PM | \$15.00

Rancho Bernardo Lifelong Learning Center

SAN DIEGO OASIS

5500 Grossmont Center Drive | La Mesa, CA 91942 | (619) 881-6262

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

WEB

SanDiegoOasis.org

EMAIL

Info@SanDiegoOasis.org

Register on the website!



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.

1422 | Monday, Oct. 9 | 1:00 PM | \$15

1423 | Monday, Oct. 23 | 1:00 PM | \$15

1384 | Painting in Watercolor or Acrylic: Abstract & Representational

Preet Srivastava, Teaching Artist

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

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

1209 | Candle/Plant Holder

Diana Griffin, Owner of Queenie Glass and Sass

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

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

1268 | Intro to Quilling

Cathy Yan

Saturday, Oct. 21 | 10:00 AM | \$15

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

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.

1001 | Monday, Oct. 2 | 10:00 AM | \$15

1002 | Monday, Oct. 16 | 10:00 AM | \$15

1003 | Monday, Oct. 30 | 10:00 AM | \$15

1291 | Coloring for Relaxation

Russ Nail, Technology Trainer

Thursday, Oct. 19 | 1:00 PM | \$20

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

1253 | Simple Acrylic Discovery

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

Wednesdays, Oct 25 - Nov. 1 | 10:00 AM | \$30

After a brief introduction, you will learn to use simple, versatile techniques to create a remarkable work of 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

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

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

BUSINESS, FINANCE, LEGAL

1196 | Let's Talk About It – The Headlines

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

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

1318 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Tuesday, Oct. 17 | 10:00 AM | \$5

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

1320 | Thrivent One-on-One

Anthony Camara, CFP®, MBA
Friday, Oct. 20 | 10:00 AM | Free

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

1377 | Investing 101

Barbara Norman, CFP®, ChFC® CDFA®, 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® CDFA®, 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.

EXERCISE & DANCE

1008 | Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology
Fridays, Oct 6 - Nov 3 | 10:45 AM | \$40

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

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1012 | Mondays, Oct 2 - 30 | 12:00 PM | \$50

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.

1020 | Mondays, Oct. 2 - 30 | 9:30 AM | \$50

1024 | Tuesdays, Oct. 3 - 31 | 12:00 PM | \$50

1028 | Wednesdays, Oct 4 - Nov. 1 | 1:15 PM | \$50

1032 | Fridays, Oct. 6 - Nov. 3 | 9:30 AM | \$50

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.

1042 | Dance, Sculpt and Tone

Rosana Carvalho Gilmore, Certified Fitness Instructor
 Thursdays, Oct. 5 - Nov. 2 | 1:15 PM | \$50

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

1299 | Get Your Steps In: San Diego Oasis Mall Walkers

Julia Doughty, MFA and Certified HHP
 Wednesdays, Oct. 4 - 25 | 9:00 AM | \$32

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

1047 | International Folk Dancing

Martha Awdziejewicz, Folk Dance Group
 Wednesdays, Oct. 4 - Nov. 1 | 9:30 AM | \$30

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

1051 | Latin Line Dancing – Beginner & Improver

Patricia Herrington, Dancer & Instructor
 Fridays, Oct. 6 - Nov. 3 | 2:30 PM | \$50

Join us for beginner - improver lessons set to Latin American music. We'll dance to salsa, bachata, flamenco and more.

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

A fun and varied line dance experience featuring country, pop, Latin, and waltz music.

1055 | Wednesdays, Oct. 4 - Nov. 1 | 2:15 PM | \$50

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.

1414 | Mondays, Oct. 2 - 30 | 2:15 PM | \$50

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.

1067 | Tuesdays, Oct. 3 - 31 | 9:30 AM | \$50

1071 | Thursdays, Oct. 5 - Nov. 2 | 9:30 AM | \$50

1075 | Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP
 Tuesdays, Oct. 3 - 31 | 2:30 PM | \$50

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

1079 | Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP
 Tuesdays, Oct. 3 - 31 | 1:15 PM | \$50

Yoga can assist in healing, recovery and balance while calming your mind and renewing your energy.

1083 | Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity
 Tuesdays, Oct. 10 - 31 | 10:45 AM | \$40

In this energetic class, learn new and traditional dance steps set to Soul and R&B favorites.

1087 | Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity
 Thursdays, Oct. 12 - Nov. 2 | 10:45 AM | \$40

In this introductory class learn new and traditional dance steps set to Soul and R&B favorites.

1092 | Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist
 Mondays, Oct. 2 - 30 | 1:15 PM | \$50

This class will help you improve balance and promote healing.

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

1096 | Mondays, Oct. 2 - 30 | 10:45 AM | \$50

1100 | Wednesdays, Oct. 4 - Nov. 1 | 12:00 PM | \$50

HEALTH & WELLNESS

1200 | United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare
Saturday, Oct. 21 | 10:00 AM | Free

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



1381 | 10 Warning Signs of Alzheimer's

Elisa Barnett, MA, Community Engagement Manager
Tuesday, Oct. 10 | 10:00 AM | Free

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

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.

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. A guided walk at Mission Trails Regional Park will follow lecture.

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?

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.

HISTORY & HUMANITIES

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.



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?

LANGUAGE

1124 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mondays, Oct. 30 - Dec. 11 | 11:30 AM | \$105

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

1126 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mondays, Oct. 30 - Dec. 11 | 10:00 AM | \$105

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

1128 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mondays, Oct. 30 - Dec. 11 | 1:00 PM | \$105

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

1214 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor
Tuesdays, Oct. 24 - Dec. 12 | 10:00 AM | \$105

In this conversation class we will explore common Italian phrases accompanied by songs, videos, and poetry.

1216 | Italian for Travelers, Part I

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor
Tuesdays, Oct. 24 - Dec. 12 | 2:00 PM | \$105

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

1218 | Italian for Travelers, Part II

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor
Tuesdays, Oct. 24 - Dec. 12 | 12:00 PM | \$105

Continue building your vocabulary with more complex words and phrases for your next trip to Italy!

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.

1192 | Tuesdays, Oct. 3 - 24 | 1:00 PM | \$60

1193 | Tuesdays, Oct. 31 - Nov. 28 | 1:00 PM | \$60

1282 | New And Notable Book Club | The Promise

Cathleen Mills, Former Literature Instructor
Friday, Oct. 27 | 1:00 PM | \$8

This book club will feature authors who have won the Booker Prize. Our conversations will be rich and thought-provoking.

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.

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.

PERSONAL ENRICHMENT

SCIENCE

1150 | Grief Support Group

Rolandas Kausas, Chaplain
1st & 3rd Wednesdays, Oct. 4 - 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.

1410 | San Diego Oasis Travel Club

Linda Hjelle and Charlie Nickerson,
Facilitators, Travel Enthusiasts
Thursday, Oct. 5 | 1:00 PM | Free

Join the San Diego Oasis Travel Club. Ask questions, learn about trips, discuss your travel experiences, and more.

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.

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!

 = NEW!  = HYBRID

1220 | Biomimicry:

Harmonizing Nature and New Technologies

Paul Detwiler, MA, Marine Ecology,
Professor and Consultant
Thursday, Oct. 5 | 1:00 PM | \$15

Marine organisms 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

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

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

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. Learn the process, then put it to use.

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!

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.

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 tailored to your level and your personal goals.

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

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

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.

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!

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

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 **Montserrat Callejas** at the La Mesa Lifelong Learning Center.

137 | Apple Maps App Workshop

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

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

136 | Apple Photos Workshop

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

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

134 | Bluetooth Basics Workshop

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

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

128 | Cloud Services Workshop

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

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

Google Maps App Workshop

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

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.

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

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

138 | QR Codes Workshop

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

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

Social Media Workshop

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

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

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

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

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.**

<input checked="" type="checkbox"/> 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

<input checked="" type="checkbox"/> 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

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.

2191 | Wednesday, Oct. 4 | 10:00 AM | \$20
Beach Vacation

2192 | Wednesday, Oct. 18 | 10:00 AM | \$20
Lotus Flower

2211 | Card Making

Trina Pascale, Instructor & Card Designer
Wednesday, Oct. 11 | 10:00 AM | \$15

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

2081 | Basic Ceramics | Paint-a-Bowl

Carol Zaleta, Ceramic Artist
Thursday, Oct. 19 | 10:00 AM | \$24

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

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

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.

 = NEW!  = HYBRID

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

Develop and practice basic, realistic drawing skills using pencils.

BUSINESS, FINANCE, LEGAL

2111 | Home Selling Tips

Farima Tabrizi, Sr Citizen Specialist Real Estate Advisor
Thursday, Oct. 5 | 1:00 PM | \$15

Come to this seminar to learn some top tips for helping you compete in today's real estate market.

2414 | Let's Talk About It – The Headlines

Friday, Oct. 13 | 10:30 AM | \$15
Rick LeVine, Attorney

An objective analysis and discussion of today's hot topics.

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.

2034 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Tuesday, Oct. 24 | 10:00 AM | \$5

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

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.

2036 | Thrivent One-on-One

Anthony Camara, CFP®, MBA
Friday, Oct. 27 | 10:00 AM | Free

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

EXERCISE & DANCE

2502 | Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor
Thursdays, Oct. 5 - Nov. 2 | 10:45 AM | \$50

Exercise using basic aerobic movements, stretching, and light handheld weights for a complete body workout.

2505 | Aerobic Intervals

Pam Chilton, Certified Personal Trainer/Fitness Instructor
Wednesdays, Oct. 4 - Nov. 1 | 12:00 PM | \$50

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.

2501 | Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor
Mondays, Oct. 2 - 30 | 2:00 PM | \$50

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

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.

2507 | Tuesdays, Oct. 3 - 31 | 1:15 PM | \$50

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.

2509 | Mondays, Oct. 2 - 30 | 12:00 PM | \$50

2511 | Fridays, Oct. 6 - Nov. 3 | 12:00 PM | \$50

2513 | Cardio Drumming: Rock & Roll Anthems

Andra Valencia, Fitness and Dance Instructor
Mondays, Oct. 2 - 30 | 1:00 PM | \$50

This unique program uses fun drumming movements to go along with the greatest hits of the 50's - 80's.

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.

2517 | Tuesdays, Oct. 3 - 31 | 9:30 AM | \$50

2519 | Wednesdays, Oct. 4 - Nov. 1 | 1:15 PM | \$50

2521 | Gentle Hatha Yoga and Guided Meditation

Lisa Marie Oakes, CMT, CYT
Thursdays, Oct. 5 - Nov. 2 | 1:15 PM | \$50

This gentle class offers breath work and movement on the mat and ends with guided Yoga Nidra meditation.

2408 | Get Your Steps In: San Diego Oasis Mall Walkers

Julia Doughty, MFA and Certified HHP
Wednesdays, Oct. 4 - 25 | 1:00 PM | \$32

OFF-SITE: North County Mall

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

2527 | Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP
Wednesdays, Oct. 4 - Nov. 1 | 2:30 PM | \$50

Yoga can assist in healing, recovery, and balance while calming your mind and renewing your energy.

2529 | Seated Chair Yoga and Guided Meditation

Lisa Marie Oakes, CMT, CYT
Thursdays, Oct. 5 - Nov. 2 | 2:30 PM | \$50

This class helps build strength, flexibility and relieve stress through breath work, gentle movement, and meditation.

2531 | Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity
Wednesdays, Oct. 11 - Nov. 1 | 10:45 AM | \$40

In this energetic class learn new and traditional dance steps set to Soul and R&B favorites.

2533 | Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity
Wednesdays, Oct. 11 - Nov. 1 | 9:30 AM | \$40

In this introductory class learn new and traditional dance steps set to Soul and R&B favorites.

2535 | Standing & Chair Yoga

Kathy Jorgensen, Certified Fitness & Yoga Instructor
Mondays, Oct. 9 - 30 | 10:45 AM | \$40

Increase flexibility and mobility, improve posture, and reduce stress. Class includes chair & standing poses.

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.

2537 | Mondays, Oct. 9 - 30 | 9:30 AM | \$40

2539 | Thursdays, Oct. 12 - Nov. 2 | 9:30 AM | \$40

2541 | Tai Chi Chuan: Beginning

Pat Griffith, Sifu

Fridays, Oct. 6 - Nov. 3 | 10:45 AM | \$50

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

Tai Chi and Qigong: The Fundamentals

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.

2543 | Tuesdays, Oct. 3 - Oct. 31 | 2:30 PM | \$50

2545 | Thursdays, Oct. 5 - Nov. 2 | 12:00 PM | \$50

2515 | Cardio Drumming: Rock & Roll Anthems

Andra Valencia, Fitness and Dance Instructor
Fridays, Oct. 6 - Nov. 3 | 1:00 PM | \$50

This unique program uses fun drumming movements to go along with the greatest hits of the 50's - 80's..

2547 | Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor
Tuesdays, Oct. 3 - Oct. 31 | 12:00 PM | \$50

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

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.

2009 | Friday, Oct. 6 | 10:00 AM | Free

2010 | Friday, Oct. 13 | 10:00 AM | Free

2011 | Friday, Oct. 27 | 10:00 AM | Free

2525 | Meditation: Renew Your Life and Jumpstart Your Energy

Melynnique Seabrook, MA

Fridays, Oct. 6 - Nov. 3 | 2:00 PM | \$50

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



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.

**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**

HISTORY & HUMANITIES

A Meeting of the Minds: Discussion Group

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

We'll exchange insight and perspectives on topics of interest in a friendly, safe forum moderated by a former CNN reporter.

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

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

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.

2556 | Baja California: 50 Years of Exploration

Gerald Green, M.S. Physics; Parabotanist
Wednesday, October 18 | 1:00 PM | \$15

Come along on a virtual journey through the Baja California where you'll encounter unique desert plants, animals and Native American Artifacts from the comfort of your classroom chair.

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

Stories about the origins of some of San Diego's place names.

2161 | Boogie Woogie to Electric Slide:

Dancing in the Street in Popular Culture

Anna Brown Massey, MFA; Choreographer, Lecturer
Monday, October 23 | 1:00 AM | \$15.00

This course invites you to consider how movement develops, who dances and where, and how culture and history are inextricably tied to how people dance. Join us to look at how identity and movement particularly work together to shape our perceptions about culture.

2548 | Día de Los Muertos

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

Customs of Dia de Los Muertos, the traditional Mexican holiday that celebrates friends and family who have passed.

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.

2466 | Presidential Libraries: More than Just Books

Barbara J Salice, Ed.D
Friday, Oct. 27 | 10:00 AM | \$15

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

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

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

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.

LITERATURE

2412 | Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Mondays, Oct. 2 - 30 | 1:00 PM | Free

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

PERSONAL ENRICHMENT

2800 | Oasis at Rancho Bernardo – Facility Tour

Christine Yoakley, San Diego Oasis Events Manager
Tuesdays & Thursdays, Oct. 3 - Dec. 14 | 2:00 PM | Free

Join us for a guided tour every Tuesday and Thursday with Events Manager, Christine Yoakley.

**2942 | Learn to Play Rumikube:
The Game at the Crossroads of Mahjongg and Rummy!**

Julie Brickman

Tuesdays, Oct. 3 & 10 | 1:00PM | \$20

Love Mahjongg AND Rummy? You don't have to choose since Rumikube combines both! You don't need to know anything about either to learn this fun and thoughtful game!

 **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.

 **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.

 **2101 | Gluten Free Baking**

Linda Adams, B.S., Dietetics & Food

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

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

 **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

Learn 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

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.

2551 | Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

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

Intro to the resources available to seniors and their families.

SCIENCE

 **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

2262 | Electronic Medical Records: How to Access & 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

Learn how to master passwords including the benefits of a password manager and how to establish yours.

2245 | Android: Get Started with Your Android Phone

Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide
Wednesday, Oct. 11 | 10:00 AM | \$15

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.

2405 | iPhone: Get Started with Your iPhone

Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide
Thursday, Oct. 12 | 1:00 PM | \$15

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.

2253 | Android: Do More with Your Android Phone

Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide
Wednesday, Oct. 18 | 10:00 AM | \$15

Learn phone settings, GPS, photos, camera, voice activation, browsing the internet, and reaching out to get support.

2406 | iPhone: Do More with Your iPhone

Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide
Thursday, Oct. 19 | 1:00 PM | \$15

Learn iPhone settings, GPS, photos, camera, voice activation, browsing the internet, and reaching out to get support.

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.

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

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



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.

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

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

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.



OASIS AT THE LIBRARIES

ALPINE LIBRARY BRANCH LIBRARY

1752 Alpine Blvd, Alpine, CA 91901

103 | The Afterlife Chronicles:

Exploring the Connection between Life, Death & Beyond

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host

Saturday, Oct. 14 | 10:30 AM | Free

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

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

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.

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 artist who is sometimes known as the "princess of polka dots."

LOVE OASIS?

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

ON-LINE CLASSES

Zoom information will be provided at time of registration

EXERCISE & DANCE

1104 | Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor
Saturdays, Oct. 7 - 28 | 9:00 AM | \$40

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

1418 | Get Fit & Have Fun

Traci Thys
Tuesdays & Thursdays, Oct. 3 - 26 | 9:00 AM | \$64

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

HEALTH

1108 | Meditation: Renew Your Life and Jumpstart Your Energy

Melynnique Seabrook, MA
Thursdays, Oct. 5 - 26 | 1:00 PM | \$40

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

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.

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

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 U.S. has more frequent extreme weather than any other country 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 this war profoundly impacted the cultural and intellectual landscape of the time.


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.

LANGUAGE


1148 | Conversational Spanish
Danisa Mardones, BA
Tuesdays, Oct. 31 - Dec. 12 | 1:30 PM | \$105

For people with a very advanced level of Spanish who wish to deepen and perfect their knowledge of the language.


LITERATURE

1149 | The Oasis "Whodunit" Book Club
Lisa Benton, Facilitator
Fridays, Sept. 15 - December 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.

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.

SCIENCE

 **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.

THEATRE & MUSIC

1370 | Robert and Clara Schumann

Chris Burns, Many-Strings

Friday, Oct. 6 | 3:00 PM | \$15

*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.*

**See Page 4 for information
about our new Music Series!**



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.



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!**

San Diego Oasis Board of Directors

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Awards

2023:

CSO50 Award Winner for AI Edge Security and Thought Leadership

2022

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

2022

Generations United's Program of Merit

2020

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

2019

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

2018

NBC Universal Project Innovation Award for Technology Efforts with Older Adults

2017

Program of Distinction Generations United

2016

Excellence Award: •KUSI •Torrey Pines Bank

2014

Charity Navigator | 4 stars out of 4 stars

2013

Gloria Cavanaugh Award for Excellence in Training and Education



San Diego Oasis

5500 Grossmont Center Drive | Suite 269
 La Mesa, CA 91942

**BOOK-SIGNING WITH
 SPECIAL GUEST KEN DRUCK**
 Monday, October 23 | 10:00 - 11:30 AM
 San Diego Oasis At Rancho Bernardo

Class #2303

“How We Go On”

Book Signing Event with Dr. Ken Druck

Monday, October 23 | 10:00 - 11:30 AM

17170 Bernardo Center Drive , San Diego, CA 92128

(858) 240-2880 | Info@SanDiegoOasis.org

**RSVP
 TODAY!**

MEMBER | <https://bit.ly/3raFOIM>

NON-MEMBER | <https://bit.ly/44PdrHl>

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