

This holiday season, invite your friends and neighbors to join you for learning and fun at San Diego Oasis!



NOV | DEC | 2023

**PRESIDENT'S
WELCOME**
P3

**LIFETIME
MEMBERSHIP**
P6

**MONTHLY
MEMBERSHIP!**
P6

**NEW! OASIS
SOCIAL CLUB**
P7

**RESOURCE
DIRECTORY**
P44

**VOLUNTEER
OPPORTUNITIES**
P5

**SPECIAL EVENTS
AT BOTH LOCATIONS**
P34

HOLIDAY GIFT IDEAS
P15 & 40



 **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 54,000. 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 9/2023).

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

INDEX

Message from the President	3
Ways to Give	4
Staff Directory	5
Lifetime Memberships	6
Monthly Memberships	6
Oasis Social Club	7
In-Person Classes	
• Grossmont Center	8 - 20
• Rancho Bernardo	21 - 34
Libraries	35 - 37
Online Classes	38 - 40
Travel	41
Resource Guide	44 - 51
Holiday Gift Ideas!	15 & 40

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,

Oasis is humming with energetic and kind people, who bring their heart and soul to our La Mesa and Rancho Bernardo locations! It is incredible to see some of our members at both sites, as they meet new friends in Rancho Bernardo and continue their friendships at Grossmont.

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.

Our newly built Rancho Bernardo location features indoor and outdoor spaces, and they bring new opportunities to our Oasis family. **Now is a perfect time to consider a naming gift** - while some of the classrooms are named, others could be a meaningful way to honor your family. Contact me for more information at Simona@SanDiegoOasis.org.

We are launching not only brand new programs, but also new ways to enjoy them. Oasis members now have a choice to register per class, enjoy a new unlimited monthly membership, or dive in with unlimited lifetime access at all current and future locations. 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 200 people gala style with round tables or 350 lecture style? **Space rentals are available for personal celebrations of any size.** Should you, your family or organization need an events space, contact Christine@SanDiegoOasis.org.

I am excited to be with you for a fulfilling holiday season, as we learn, laugh, stay healthy and give back to our community. Join us!

Gratefully,

Simona Valanciu
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

Phone: (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
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 | Christine@SanDiegoOasis.org

PROGRAM SUPPORT STAFF

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



**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.



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?

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.
- 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, and Travel.

How do I get my Lifetime Membership?

Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more about the process or visit the website at <https://san-diego.oasisnet.org/lifetime-membership/>

Oasis launches a new all-inclusive monthly membership!

New for October, November and December: for a monthly program fee of \$150, you can take unlimited classes and workshops in La Mesa, Rancho Bernardo and online via Zoom that have a start date during the month you purchased.

All for \$150.00 a month!

Purchase Class #501 for programs in November.
Purchase Class #502 for programs December.

When you register for any or all these classes, your purchase receipt will contain a promo code that you can use to eliminate your class fees for any programs that have a start date during the month you purchased.

It's that simple!

Take advantage of this fantastic value on the website (www.SanDiegoOasis.org) or by calling or emailing us and we'll take care of it for you.

Kris Anelli, Office & Volunteer Director
Kris@SanDiegoOasis.org | (619) 881-6262

Danny Beers, Office & Volunteer Manager
Danny@SanDiegoOasis.org | (858) 240-2880

What is excluded:

Oasis Everywhere classes, material fees, Travel, and Piano Let's Learn with Jeanne Neilson..



Welcome to the Oasis Social Club!

The Social Club is a series of classes and events that are primarily interactive— offering you plenty of opportunity to actively engage not only with the facilitator, but with your Oasis classmates, too! Build camaraderie and expand your mindset as you explore, discover, discuss, participate, collaborate, and learn - together.



Rancho Bernardo

- 2282 & 2283 | Let's Talk About It
- 2471 | Intermediate Poetry Workshop
- 2480 | Free Game Play!
- 2312 | Team Trivia
- 2393 | Bereavement Support Group
- 2046 | Wine Tasting
- 2301 | Diversity, Equity & Inclusion:
A Conversation
- 2381 | Successful Aging - Discussion Group
- 2558 | We Know the Problems:
Let's Discuss the Solutions!
- 2375 | A Meeting of the Minds:
Discussion Group
- 2386 | Classical Piano Concert
Featuring Bryan Verhoye
- 2318 | A Musical Tour of the World
- 2316 | Beatles Sing-Along
- 2644 | Let's Sing - Karaoke Live!
- 2281 | Rhapsody Singers Holiday Concert



Grossmont in La Mesa

- 1197 | Let's Talk About It
- 1300 & 1301 | Get Your Steps In:
San Diego Oaiss Mall Walkers
- 1203 | Intermediate Poetry Workshop
- 1470 | Mah Jongg Open Play
- 1472 | San Diego Oasis Travel Club
- 1150 | Grief Support Group
- 1152 | Men's Forum
- 1462 | Rhapsody Singers Holiday Concert
- 1190 | Acting Workshop: Showcase Performance
- 1372 | Live International Folk Music
with Aegean Echo and Tzidia



Look for the conversation bubble icon throughout the catalog that designates a class as part of the Oasis Social Club!

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.

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.

- 1003** | Monday, Oct. 30 | 10:00 AM | \$15
- 1004** | Monday, Nov. 13 | 10:00 AM | \$15
- 1005** | Monday, Nov. 27 | 10:00 AM | \$15
- 1006** | Monday, Dec. 11 | 10:00 AM | \$15

1463 | Hand Painted Kitchen Towels

Michele Little, Crafter & Instructor

Wednesday, Nov. 1 | 1:00 PM | \$25

Spend the afternoon creating a few one-of-a-kind tea towels, to match your kitchen perfectly or to give as gifts for the holidays!

1305 | Painting with Acrylics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor

Monday & Wednesday, Nov. 6 & 8 | 1:00 PM | \$30

Discover the flexibility and joy of acrylic painting. You'll learn basic techniques, the application of paint, color gradients, mixing and much more.

1343 | Latch Hook Rug Making for Beginners

Janet Stuelpner, The Left-Handed Artist and Crafter

Tuesdays, Nov. 7 - 28 | 1:00 PM | \$60

Learn to use a latch hook, yarn, and canvas to make beautiful cushions, rugs, and wall hangings.

1450 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography, Grossmont College

Tuesdays, Nov. 7 - Dec. 12 | 10:00 AM | \$90

Using digital cameras and smartphones, we'll explore exposure modes, lighting, and composition to capture meaningful images.

Paper Quilling - Let's Make a Greeting Card

Marcy Shapiro, Quilling Enthusiast

Learn to create beautiful objects by rolling thin pieces of paper; we will make a greeting card and a bookmark, or a holiday card and ornaments.

- 1440** | Wednesday, Nov. 8 | 10:00 AM | \$15
Greeting Card & Bookmark
- 1441** | Thursday, Dec. 7 | 10:00 AM | \$15
Greeting Card & Bookmark
- 1442** | Thursday, Dec. 14 | 10:00 AM | \$15
Holiday Cards & Ornaments

Coloring for Relaxation

Russ Nail, Technology Trainer

Coloring is fun, calming, relaxing, and enjoyable, but it can also have many therapeutic benefits.

- 1293** | Thursday, Nov. 9 | 10:00 AM | \$20
- 1295** | Friday, Dec. 1 | 10:00 AM | \$20

Intermediate 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.

- 1436** | Thursdays, Nov. 9 - 16 | 1:00 PM | \$50
- 1437** | Thursdays, Dec. 7 - 14 | 1:00 PM | \$50

1464 | Hand Crafted Wrapping Paper

Michele Little, Crafter & Instructor

Monday, Nov. 13 | 1:00 PM | \$25

Join us for this fun paper workshop where you will learn to make your own dyed, stamped and hand painted gift wrap.

1210 | Wave/Wall Hanger

Diana Griffin, Owner of Queenie Glass and Sass

Wednesday, Nov. 15 | 1:00 PM | \$55

From a variety of glass choices, create your own unique art piece, either free-standing or a wall hanging wave.

 **1211 | Stringer Plate**

Diana Griffin, Owner of Queenie Glass and Sass
Saturday, Nov. 18 | 10:00 AM | \$55

Choose from a variety of pre-fired glass pieces cut in triangles to design your own unique glass plate.

 **1269 | Intro To Quilling**

Cathy Yan, Quilling Enthusiast
Saturday, Nov. 18 | 10:00 AM | \$15

Learn the basics of rolling thin pieces of paper to create beautiful art. We will make a greeting card.

 **1433 | Denim Tote Bag**

Lyn Earl, Instructor
Monday, Nov. 20 | 1:00 PM | \$15

Upcycle an old pair of jeans (non-stretch) into a sturdy tote bag. This is a quick and easy sewing project.

 **1471 | Gel Printing on Gelli Plate**

Michele Little, Crafter & Instructor
Monday, Nov. 27 | 1:00 PM | \$25

From this quick and easy one-day workshop, you'll take home a stack of gorgeous, hand-printed paper, perfect for collage, journaling, scrapbooking and more!

 **1434 | Fun Holiday Table Runner**

Lyn Earl, Instructor
Monday, Dec. 4 | 1:00 PM | \$15

Sew an appliquéd, quilted, Christmas-themed table runner to spruce up your holiday dining table.

 **1212 | Holiday Decorations**

Diana Griffin, Owner of Queenie Glass and Sass
Wednesday, Dec. 6 | 1:00 PM | \$55

Use glass to create 2 holiday-themed pieces, choosing from a Christmas tree, poinsettia, star, snowman, or circle ornament.

1303 | Succulent Wreath

Muriel King, Succulent Designer and Owner of the Perfect Plant
Friday, Dec. 8 | 10:00 AM | \$75

Create your own non-seasonal or holiday wreath for a front door, gate, wall, or laid flat as a tabletop centerpiece.

1431 | Wine Cork Christmas Trees

Amy O'Connor, Instructor
Friday, Dec. 8 | 1:00 PM | \$15

Create a festive decoration using corks you've been saving, or ones provided for you, a paper mâché cone, hot glue, and decorative elements.

1306 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Monday & Wednesday, Dec. 11 & 13 | 1:00 PM | \$30

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

BUSINESS, FINANCE, LEGAL

1323 | Understanding Senior Residential Care Options

Virginia Renker MPH, CSA, 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.

1456 | Social Security

Anthony Camara, CFP®, MBA
Monday, Nov. 6 | 11:00 AM | \$5

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

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

1457 | Monday, Nov. 6 | 1:00 PM | \$5

1461 | Tuesday, Dec. 5 | 1:00 PM | \$5

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.

1458 | Thursday, Nov. 9 | 10:00 AM | Free

1459 | Friday, Dec. 8 | 10:00 AM | Free

 **1331 | How do Trust and Probate in Real Estate work in California?**

Farima Tabrizi, Senior Citizen Specialist
Real Estate Advisor
Tuesday, Nov. 14 | 10:00 AM | \$15

Establishing a trust is a major step in estate planning. Learn about Trusts, Probate, Advanced Healthcare Directives and Power of Attorney.

1261 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist
Saturday, Nov. 18 | 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.

1467 | Upgrading Your Lifestyle Without Increasing Your Property Taxes

Jordan Z. Marks, San Diego County Assessor, Recorder, County Clerk
Monday, Nov. 27 | 10:00 AM | Free

Discover tax saving tips for homeowners.

 **1468 | Economic Update**

Anthony Camara, CFP®, MBA
Monday, Nov. 27 | 1:00 PM | \$5

This class will examine recent economic changes that have occurred so that you can make informed financial decisions.

 **1197 | Let's Talk About It – Nov. Headlines**

Rick LeVine, Attorney
Wednesday, Nov. 29 | 1:00 PM | \$8

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

 **1460 | Will Your Taxes Affect Your Retirement?**

Anthony Camara, CFP®, MBA
Tuesday, Dec. 5 | 11:00 AM | \$5

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

NEED ASSISTANCE?

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

EXERCISE & DANCE

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

1009 | Fridays, Nov. 17 - Dec. 1 | 10:45 AM | \$20

1010 | Fridays, Dec. 8 - 15 | 10:45 AM | \$20

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1013 | Mondays, Nov. 6 - 20 | 12:00 PM | \$30

1014 | Mondays, Dec. 4 - 11 | 12:00 PM | \$20

1017 | Fridays, Nov. 17 - Dec. 1 | 12:00 PM | \$20

1018 | Fridays, Dec. 8 - 15 | 12:00 PM | \$20

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.

1021 | Mondays, Nov. 6 - 27 | 9:30 AM | \$40

1022 | Mondays, Dec. 4 - 11 | 9:30 AM | \$20

1025 | Tuesdays, Nov. 7 - 28 | 12:00 PM | \$40

1026 | Tuesdays, Dec. 5 - 12 | 12:00 PM | \$20

1029 | Wednesdays, Nov. 8 - 29 | 1:15 PM | \$30

1030 | Wednesdays, Dec. 6 - 13 | 1:15 PM | \$20

1033 | Fridays, Nov. 17 - Dec. 1 | 9:30 AM | \$20

1034 | Fridays, Dec. 8 - 15 | 9:30 AM | \$20

1037 | Saturday, Nov. 18 | 10:30 AM | \$10

1040 | Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor
Saturday, Nov. 18 | 9:30 AM | \$10

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

Dance, Sculpt, and Tone

Rosana Carvalho Gilmore, Certified Fitness Instructor

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

1043 | Thursdays, Nov. 9 - 30 | 1:15 PM | \$30

1044 | Thursdays, Dec. 7 - 14 | 1:15 PM | \$20

Get Your Steps In: San Diego Oasis Mall Walkers

Julia Doughty, MFA and Certified HHP

Join us for a 1hr or 2hr mall walk, with your choice of start time: 9:00 or 10:00. Everyone is welcome.

1300 | Wednesdays, Nov. 1 - 15 | 9:00 AM | \$24

1301 | Wednesdays, Nov. 29 - Dec. 13 | 9:00 AM | \$24

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

1048 | Wednesdays, Nov. 8 - 29 | 9:30 AM | \$18

1049 | Wednesdays, Dec. 6 - 13 | 9:30 AM | \$12

Latin Line Dancing – Beginner & Improver

Patricia Herrington, Dancer & Instructor

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

1052 | Fridays, Nov. 17 - Dec. 1 | 2:30 PM | \$20

1053 | Fridays, Dec. 8 - 15 | 2:30 PM | \$20

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

1056 | Wednesdays, Nov. 8 - 29 | 2:15 PM | \$30

1057 | Wednesdays, Dec. 6 - 13 | 2:15 PM | \$20

1060 | Thursdays, Nov. 9 - 30 | 12:00 PM | \$30

1061 | Thursdays, Dec. 7 - 14 | 12:00 PM | \$20

Pilates for Everyone

Rosana Carvalho Gilmore, Certified Fitness Instructor

A gentle, introductory approach to mat-based Pilates.

1415 | Mondays, Nov. 6 - 27 | 2:15 PM | \$40

1416 | Mondays, Dec. 4 - 11 | 2:15 PM | \$20

1064 | Thursdays, Nov. 9 - 30 | 2:30 PM | \$30

1065 | Thursdays, Dec. 7 - 14 | 2:30 PM | \$20

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.

1068 | Tuesdays, Nov. 7 - 28 | 9:30 AM | \$40

1069 | Tuesdays, Dec. 5 - 12 | 9:30 AM | \$20

1072 | Thursdays, Nov. 9 - 30 | 9:30 AM | \$30

1073 | Thursdays, Dec. 7 - 14 | 9:30 AM | \$20

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.

1076 | Tuesdays, Nov. 7 - 28 | 2:30 PM | \$40

1077 | Tuesdays, Dec. 5 - 12 | 2:30 PM | \$20

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.

1080 | Tuesdays, Nov. 7 - 28 | 1:15 PM | \$40

1081 | Tuesdays, Dec. 5 - 12 | 1:15 PM | \$20

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.

1084 | Tuesdays, Nov. 7 - 28 | 10:45 AM | \$40

1085 | Tuesdays, Dec. 5 - 12 | 10:45 AM | \$20

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!

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.

1088 | Thursdays, Nov. 9 - 30 | 10:45 AM | \$30

1089 | Thursdays, Dec. 7 - 14 | 10:45 AM | \$20

1251 | T'ai Chi Chih – Just the Practice

Michelle Sarubbi, Certified TCC Instructor

Fridays, Dec. 1 - 15 | 1:15 PM | \$30

Join us for the relaxation and meditative state of T'ai Chi Chih practice in preparation for the holiday season.

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor,
Personal Trainer & Nutritionist

This class will help you improve balance and promote healing.

1093 | Mondays, Nov. 6 - 27 | 1:15 PM | \$40

1094 | Mondays, Dec. 4 - 11 | 1:15 PM | \$20

Zumba Gold

Pamela Toomes & Laura Muto,
Certified Fitness Instructors

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

1097 | Mondays, Nov. 6 - 27 | 10:45 AM | \$40

1098 | Mondays, Dec. 4 - 11 | 10:45 AM | \$20

1101 | Wednesdays, Nov. 8 - 29 | 12:00 PM | \$30

1102 | Wednesdays, Dec. 6 - 13 | 12:00 PM | \$20

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1201 | Friday, Nov. 3 | 10:00 AM | Free

1202 | Saturday, Nov. 18 | 10:00 AM | Free

1325 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tuesday, Nov. 7 | 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.

1430 | The Dementia Challenge™ Experience

Mindy K. Baker, PhD

Thursday, Nov. 16 | 1:00 PM | Free

Experience a hands-on simulation of cognitive changes felt by those with dementia. Then engage in a discussion to understand and empathize with people with dementia.



1382 | Healthy Living for Your Brain and Body

Alzheimer's Association

Friday, Dec. 1 | 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.

1329 | Advance Care Planning

Colleen Linnertz, LMFT, SEP

Thursday, Dec. 7 | 10:00 AM | Free

Learn how advance care planning can help with decisions about the medical treatment you want if you are unable to speak for yourself.

1380 | Aging in Place: Home Modifications for Successful and Independent Living

Jacqueline A. Silverman, CSA®, CAPS

Wednesday, Dec. 13 | 1:00 PM | Free

Explore strategies and learn about simple fixes and remodeling projects to optimize the safety, comfort, and livability of your home.

HEALTH & WELLNESS

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 new, non-invasive treatments being used to treat Parkinson's, essential tremor and epilepsy.

HISTORY & HUMANITIES

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

We'll take a look at the territorial disputes between Russia and Ukraine. Could similar disputes arise elsewhere in the former Soviet Union?

1226 | Dismantling Racism One Insight at a Time

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College

Wednesday, November 1 | 10:00 AM | \$18

In this inquiry we will do the important work of peeling back the layers of unconscious bias and raise our eyes to the realization of the promise of America.

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 its endurance through today, while looking at art honoring the teacher.

1346 | The Wright Brothers and the Dawn of Aviation

Blaine Davies, MA, Professor of U.S. History

Monday, Nov. 6 | 10:00 AM | \$15

The age of aviation was launched in 1903 when two obscure bicycle mechanics discovered how to successfully build a staffed, powered aircraft.

1425 | From Secretary to True Crime Author

Cathy Scott, Journalist and Author

Tuesday, Nov. 7 | 10:00 AM | \$15

Join us to learn what obstacles Cathy overcame to reach her goal of becoming a daily newspaper reporter and then a bestselling crime author.

1449 | Maya and Moche Cultures: Different but Similar

OFF-SITE

Dr. David Roberts, Anthropologist, and Int'l Speaker

Wednesday, Nov. 8 | 10:00 AM | \$20

At the Heritage of the Americas museum, learn about the commonalities of Mayans in Central America and Moche in South America, their parent cultures, and how both dealt with the arrival of the Spanish. Includes a museum tour and 1-year membership.

1227 | Why It's So Hard to Talk About Racism

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College

Wednesday, Nov. 15 | 10:00 AM | \$18

Conversations about racism often end in awkward silence and avoidance. Until we understand paralyzing undercurrents, our aspirations for true democracy, justice, and dignity remain unrealized. Come find out what makes Peter's classes so popular!

1453 | From Roman Republic to American Republic

Sofia Laurein, PhD, Professor of History

Friday, Nov. 17 | 10:00 AM | \$15

Take an enlightening journey through the Roman Republic, discovering how much we have in common with the Romans of old and their enduring legacies.

1454 | Most Intriguing and Baffling Mysteries of World History

Sofia Laurein, PhD, Professor of History

Tuesday, Nov. 28 | 10:00 AM | \$15

Like plotting a detective thriller, we'll uncover clues to some of the great mysteries of world history, examining shocking twists and turns.

1228 | The Great Philosophers: Kierkegaard

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College

Wednesday, Nov. 29 | 10:00 AM | \$18

Existentialism began with Kierkegaard focusing on the subjective details of our own personal choices and actions, setting in motion an intellectual revolution. Come find out what makes Peter's classes so popular!

1365 | Animals and the Afterlife

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

Thursday, Nov. 30 | 10:00 AM | \$15

Learn why animals are highly intuitive and the ways they come to us in spirit form.

1435 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist

Friday, Dec. 1 | 10:00 AM | \$15

Union-Tribune language columnist Richard Lederer will share holiday history, lore, puns, and poems from his book.

1257 | David Hockney

Aniko Makranczy, MFA

Tuesday, Dec. 5 | 10:00 AM | \$15

One of the most influential artists of the 20th century, this artist is known for his colorful paintings, stage designs for operas, and his study of the optical devices used by the Old Masters.

1426 | Incredible True Crime Stories with Author & Journalist Cathy Scott

Cathy Scott, Journalist and Author

Friday, Dec. 8 | 10:00 AM | \$15

Cathy will share the most memorable, behind-the-scenes details from the cases which defined her career.

1328 | Florence, Rome, and Venice: Art and Architecture

Gwenyth Mapes, Professor of Humanities

Friday, Dec. 8 | 1:00 PM | \$15

Take a romp through the enduring art and architecture of Florence, Rome, and Venice.

1229 | The Myth and Magic of Christmas

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

Wednesday, Dec. 13 | 10:00 AM | \$18

Our modern American Christmas celebration is a multi-cultural blend of ancient and modern elements from all over the world. Come find out what makes Peter's classes so popular!

1357 | Where Does the Soul Live?

Matthew Wion, PhD

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

Come discuss the arguments for and against the view that we have souls.

1455 | An Entertaining History of Your Favorite Foods

Sofia Laurein, PhD, Professor of History

Friday, Dec. 15 | 10:00 AM | \$15

This tasty and appetizing presentation guarantees to tantalize your palate and leave you hungry for more.

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

LANGUAGE

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

1313 | American Sign Language Beginning II

Jennifer Carmean, MS, American Sign Language Professor, Grossmont College

Thursdays, Nov. 9 - Dec. 14 | 1:00 PM | \$75

In this continuation of Beginning Sign Language, you will expand your basic conversational skills with more vocabulary and learn key language structures.

1124 | Beginning French

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

1130 | Beginning Spanish I

Gladi Jiméneez González

Wednesdays, Nov. 1 - Dec. 13 | 10:00 AM | \$90

For students who have no background in Spanish. We will start with the basics and build from there.

1132 | Beginning Spanish II

Gladi Jiméneez González

Wednesdays, Nov. 1 - Dec. 13 | 11:30 AM | \$90

We will continue learning grammar and vocabulary and present tense using irregular verbs.



= NEW!



= HYBRID



= SOCIAL CLUB

1134 | Intermediate Spanish I

Gladis Jiménez González

Wednesdays, Nov. 1 - Dec. 13 | 1:00 PM | \$90

In this class, we will learn direct and indirect objects, pronouns, and reflexive verbs.

1136 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College

Thursdays, Nov. 2 - Dec. 14 | 10:00 AM | \$90

This conversation course focuses on developing fluency and conversational skills for beginning-level Spanish speakers.

1138 | Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College

Thursdays, Nov. 2 - Dec. 14 | 11:30 AM | \$90

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 tenses.

1140 | Advanced Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College

Thursdays, Nov. 2 - Dec. 14 | 1:00 PM | \$90

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

1142 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fridays, Nov. 3 - Dec. 15 | 11:30 AM | \$75

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

1144 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fridays, Nov. 3 - Dec. 15 | 10:00 AM | \$75

Develop oral, listening, reading, and writing skills.

1146 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fridays, Nov. 3 - Dec. 15 | 1:00 PM | \$75

Expand oral proficiency, reading, writing, and listening comprehension while further exploring the culture, history and literature of the Spanish-speaking world.

LITERATURE

Creative Writing Workshop

Irene A. Márquez, Wordsmith, Mentor, Founder, and former Executive Director of Los Bilingual Writers

This workshop is for those whose passion is writing and want to learn the craft of the universal structure of storytelling.

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

1194 | Tuesdays, Dec. 5 - 12 | 1:00 PM | \$30

1203 | Intermediate Poetry Workshop

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

Thursdays, Nov. 2 - 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.

1361 | Write On! Remedies for the Reluctant Writer

Patricia Benesh, Ed.D. and founder of AuthorAssist.com and 7memories.com

Wednesday, Nov. 8 | 1:00 PM | \$15

Do you have a story to tell, but you can't get started? This workshop will help you overcome this obstacle.

1419 | Rendezvous with Books

Jennifer Shenefield, MFA

Monday, Dec. 4 | 1:00 PM | \$15

Join us to discover new and older titles from different genres that you may have missed.

holiday

Give the gift that keeps on giving!
Available in any denomination.
Visit the reception desks in the lobbies
of both locations to purchase yours.

Oasis GIFT CERTIFICATE
Redeemable for a value of
\$50.00

Redemption Code:
Redeem on 12/15/2019 only with no-time membership.
Valid for San Diego Oasis location only.
Cannot be redeemed for Oasis Everyday purchases.
Contact (619) 961-6252 or info@oasisaging.org for assistance.

Oasis GIFT CERTIFICATE
Redeemable for a value of
\$25.00

Redemption Code:
Redeem on 12/15/2019 only with no-time membership.
Valid for San Diego Oasis location only.
Cannot be redeemed for Oasis Everyday purchases.
Contact (619) 961-6252 or info@oasisaging.org for assistance.

PERSONAL ENRICHMENT

1470 | Mah Jongg Open Play

Mah Jongg Open Play
Fridays, Nov. 3 - Dec. 15 | 1:30 PM | Free

We'll setup the room with three boards, mats, and cards. If you're interested in playing with friends, drop in and play a few rounds.

1332 | Plant Propagation

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Thursday, Nov. 9 | 10:00 AM | \$15

Want more plants without store prices? Learn basic methods for propagating trees, bushes, vines and herbaceous plants.

1341 | Win Your Battles With Powerful Writing

Dave Ray, Speaking & Writing Coach, Author
Monday, Nov. 13 | 10:00 AM | \$15

Improve your writing to get what you want in any situation.

1438 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations
Monday, Nov. 13 | 1:00 PM | Free

Join Will Reece from AFC Vacations for an informative presentation. We will cover new travel trends and what locations are taking off!

1446 | Mah Jongg for Beginners

Carol Cohn, Mah Jongg Instructor
Wednesdays, Nov. 15 - Dec. 13 | 10:00 AM | \$60

Join the fun and learn to play Mah Jongg, an exciting game of strategy and luck.

1465 | Houseplant Care and Feeding 101

Abby Moldenhauer, Owner, Abby's Interior Plantscapes
Thursday, Nov. 16 | 10:00 AM | \$15

Learn the 'secrets' to raising happy, healthy house plants in your home or office.

1472 | San Diego Oasis Travel Club

Linda Hjellev and Charlie Nickerson, Facilitators,
Travel Enthusiasts
Friday, Nov. 17 | 1:00 PM | Free

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

1390 | Living More Powerfully

Laura Diaz, Board Certified Coach (BCC)
Friday, Nov. 17 | 10:00 AM | \$15

Learn ways to increase your mental fitness to promote emotional wellness and positive relationships.

1391 | Self-Sabotage No More!

Laura Diaz, Board Certified Coach (BCC)
Wednesday, Nov. 29 | 1:00 PM | \$15

We'll explore what self-sabotaging behavior is and how to overcome it.

1333 | Pruning Basics

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

Learn the basic techniques for pruning trees, shrubs, vines, flowers, and herbaceous plants for better looking plants, more fruit, or more flowers.

1473 | Create Your 2024

Judith Wolinsky, Energy Healing Practitioner,
Writer & Teacher
Monday, Dec. 4 | 10:00 AM | \$15

This hands-on art project will help you visualize your 2024 so that you can have an enjoyable and successful year regardless of unexpected stresses.

1205 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor
Tuesdays & Thursdays, Dec. 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.

1392 | Life Plan for the Best Year of Your Life

Laura Diaz, Board Certified Coach (BCC)
Friday, Dec. 8 | 10:00 AM | \$15

Create a life plan to help you prioritize your time, activities, and talents.

 **1150 | Grief Support Group**

Rolandas Kausas, Chaplain

Wednesdays, Nov. 1 - 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.

 **1152 | Men's Forum**

Walter Talley, Facilitator

Wednesdays, Nov. 8 - Dec. 13 | 10:00 AM | \$16

Join us to share, bond and develop friendships through discussions of meaningful, thought-provoking issues.

 **1443 | Palmistry – Novice Palm (Tree) Reading**

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Retired)

Monday, Nov. 6 | 1:00 PM | \$15

Learn what the wrinkles, inches and scars indicate about the palms in our area, visual health assessments and how to recognize one palm from another.

 **1220 | How Marine Life is Inspiring New Technology**

Paul Detwiler, MA, Marine Ecology, Professor and Consultant

Friday, Nov. 17 | 1:00 PM | \$15

Learn how marine organisms have inspired scientists and engineers to create innovative materials and novel technologies.

 **1452 | Climate: Mechanisms, Myths, and Manifestation**

Sasha Carter, PhD, Professor of Geology

Monday, Dec. 4 | 10:00 AM | \$15

We'll explore the basic mechanisms of the climate system to discern the role of climate change in current events.

 **1338 | Black Holes**

Jennifer Olim, PhD

Wednesday, Dec. 6 | 10:00 AM | \$15

What is this fascinating astronomical frontier? Our exploration will take us to the black hole at the center of our galaxy.

 **1444 | Browsing Around a Bountiful Garden**

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Retired)

Monday, Dec. 11 | 1:00 PM | \$15

Zoo visitors often miss the importance of the plant material provided to support wildlife. Learn from a browse expert how it all happens.

 **1448 | The Psychology of Conspiracy Theories**

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author

Monday, Dec. 11 | 10:00 AM | \$15

Explore the development and proliferation of modern conspiracy theories, their cost to individuals and society, and ways to combat conspiracy contagion.

 **1429 | Cross Species Friends of Humans Series: The Dog**

Henry George, Engineer, Archaeologist and Geologist

Tuesday, Dec. 12 | 10:00 AM | \$15

Delve into the dog as humankind's best friend, as a co-worker and later as a companion.

SCIENCE

 **1337 | Climate Change**

Jennifer Olim, PhD

Wednesday, Nov. 8 | 10:00 AM | \$15

Ever wonder how climate change works? We will look at ways to solve and adapt to climate change.

 **1451 | Ice Sheets Evolution, Value, and Risk**

Sasha Carter, PhD, Professor of Geology

Monday, Nov. 13 | 10:00 AM | \$15

We will discuss how the latest research on ice sheet change affects predictions of sea level rise on our local coastlines.

 **1339 | Cross Species Friends of Humans Series: The Horse**

Henry George, Engineer, Archaeologist and Geologist

Tuesday, Nov. 14 | 10:00 AM | \$15

This talk will review the evolution, physiology, behavior and relationship with people, and selected breeds of horses.

 **1447 | The Psychology of Racism and Hate Groups**

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author

Thursday, Nov. 16 | 10:00 AM | \$15

Learn about the evolving definitions of racism and antiracism in psychology. We will explore the social, cultural, and neuropsychological roots of racism and hate groups.

Did you know that all of our rooms are available to rent for your special event or club meetings? See page 34.

TECHNOLOGY

1432 | Home Networking 101

Chris Aaron, BSEE, Comcast Director of Systems Integration and Testing (Retired)
Thursday, Nov. 2 | 10:00 AM | \$15

Learn the basics of home networking including tools you can use to help with troubleshooting issues with in-home cable TV, WiFi, routers, Bluetooth, and phone communications.

1290 | Android: Get Started with Your Android Phone

Russ Nail, Technology Trainer
Friday, Nov. 3 | 10:00 AM | \$15

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

1292 | Android: Do More with Your Android Phone

Russ Nail, Technology Trainer
Monday, Nov. 6 | 10:00 AM | \$15

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

1294 | Gmail: The Basics

Russ Nail, Technology Trainer
Monday, Dec. 4 | 10:00 AM | \$15

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

1296 | Windows: The Basics

Russ Nail, Technology Trainer
Tuesday, Dec. 12 | 10:00 AM | \$15

We'll cover basic settings, file management tips, how to install printers, scanners, mobile phones and more.

1297 | Computer Navigation Basics

Russ Nail, Technology Trainer
Friday, Dec. 15 | 10:00 AM | \$15

Learn how to navigate the Windows computer environment as well as tips and strategies on how to search the internet.

THEATRE & MUSIC

1310 | Music of South Asia

Bernard Ellorin, PhD
Thursday, Nov. 9 | 1:00 PM | \$15

Enjoy lively improvisatory music from India and Pakistan with sounds of the sitar and tabla by cultural practitioners of religious and secular music.

1462 | Rhapsody Singers Holiday Concert

Rhapsody Singers
Thursday, Nov. 30 | 2:00 PM | \$15

A professional vocal ensemble with an outstanding blend of voices, Rhapsody Singers will take you on a musical journey that you'll love!

1311 | Music of Southeast Asia

Bernard Ellorin, PhD
Friday, Dec. 1 | 1:00 PM | \$15

From gong ensembles to improvisatory singing, we'll focus on music from diverse communities that reflects the landscape and belief systems of the people.

1190 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon, M.Ed
Monday, Dec. 4 | 1:00 PM | Free

You will be delighted by an afternoon of monologues and scenes from stage, screen and TV as we highlight the hard work and dedication of our fellow Oasis members.

1372 | Live International Folk Music with Aegean Echo and Tzidia

Aegean Echo & Tzidia
Friday, Dec. 15 | 2:00 PM | \$20

This performance will feature two San Diego area bands. Tzidia will play music from the Balkans and beyond and Aegean Echo will play music from Greece and Asia Minor.

**Subscribe to our YouTube channel for weekly
Instructor Preview videos:
youtube.com/user/SanDiegoOasis**



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.

- 1170** | Wednesdays, Nov. 1 - 29 | 12:30 PM | \$240
- 1169** | Wednesdays, Nov. 1 - 29 | 1:30 PM | \$240
- 1171** | Wednesdays, Nov. 1 - 29 | 2:30 PM | \$240
- 1172** | Wednesdays, Nov. 1 - 29 | 3:30 PM | \$240
- 1182** | Wednesdays, Dec. 6 - 13 | 12:30 PM | \$120
- 1181** | Wednesdays, Dec. 6 - 13 | 1:30 PM | \$120
- 1183** | Wednesdays, Dec. 6 - 13 | 2:30 PM | \$120
- 1184** | Wednesdays, Dec. 6 - 13 | 3:30 PM | \$120

- 1174** | Tuesdays, Nov. 7 - 28 | 12:30 PM | \$240
- 1173** | Tuesdays, Nov. 7 - 28 | 1:30 PM | \$240
- 1175** | Tuesdays, Nov. 14 - 28 | 2:30 PM | \$180
- 1176** | Tuesdays, Nov. 14 - 28 | 3:30 PM | \$180
- 1178** | Tuesdays, Dec. 5 - 12 | 12:30 PM | \$120
- 1177** | Tuesdays, Dec. 5 - 12 | 1:30 PM | \$120
- 1179** | Tuesdays, Dec. 5 - 12 | 2:30 PM | \$120
- 1180** | Tuesdays, Dec. 5 - 12 | 3:30 PM | \$120

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

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 location on the home page of the website; 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.

Apple Maps App Workshop

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

- 153** | Thursday, Nov. 9 | 10:30 AM | \$5
- 161** | Monday, Nov. 27 | 12:30 PM | \$5
- 175** | Thursday, Dec. 14 | 11:00 AM | \$5

Apple Photos Workshop

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

- 148** | Wednesday, Nov. 1 | 10:30 AM | \$5
- 160** | Wednesday, Nov. 22 | 11:00 AM | \$5
- 169** | Thursday, Dec. 7 | 10:30 AM | \$5
- 174** | Thursday, Dec. 14 | 10:30 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.

- 159 | Tuesday, Nov. 21 | 12:00 PM | \$5
- 172 | Tuesday, Dec. 12 | 11:30 AM | \$5

Cloud Services Workshop

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

- 152 | Wednesday, Nov. 8 | 10:30 AM | \$5
- 166 | Monday, Dec. 4 | 11:00 AM | \$5
- 177 | Tuesday, Dec. 19 | 11:30 AM | \$5

Digital Coupon Workshop

Learn how to get the most out of deals and offers at your local grocery stores using digital coupons.

- 154 | Tuesday, Nov. 14 | 1:00 PM | \$5
- 167 | Tuesday, Dec. 5 | 11:30 AM | \$5

Google Maps App Workshop

Friday, Nov. 3 | 11:00 AM | \$5

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

- 150 | Friday, Nov. 3 | 11:00 AM | \$5
- 170 | Friday, Dec. 8 | 11:00 AM | \$5
- 178 | Wednesday, Dec. 20 | 12:00 PM | \$5

Google Photos Workshop

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

- 155 | Wednesday, Nov. 15 | 12:00 PM | \$5
- 163 | Wednesday, Nov. 29 | 12:00 PM | \$5
- 168 | Wednesday, Dec. 6 | 12:00 PM | \$5

QR Codes Workshop

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

- 151 | Tuesday, Nov. 7 | 11:30 AM | \$5
- 176 | Monday, Dec. 18 | 12:30 PM | \$5

157 | Social Media Workshop

Friday, Nov. 17 | 11:00 AM | \$5

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

164 | Tech Scam Trivia

Thursday, Nov. 30 | 10:30 AM | \$5

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.

- 149 | Thursday, Nov. 2 | 12:30 PM | \$5
- 158 | Monday, Nov. 20 | 11:00 AM | \$5
- 171 | Monday, Dec. 11 | 11:00 AM | \$5

YouTube Workshop

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

- 143 | Tuesday, Oct. 31 | 11:00 AM | \$5
- 165 | Friday, Dec. 1 | 11:00 AM | \$5

Web Cookies Workshop

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

- 156 | Thursday, November 16 | 10:30 AM | \$5
- 162 | Tuesday, November 28 | 11:30 AM | \$5
- 173 | Wednesday, December 13 | 12:00 PM | \$5



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

ARTS & CRAFTS

Advanced Acrylic Figure Painting

Preet Srivastava, Teaching Artist

This is a figure painting class intended for intermediate and advanced students. You will paint a live model in any style you choose, be it Impressionistic, Realistic etc.

2322 | Wednesdays Nov. 1 - 8 | 10:00 AM | \$50

2361 | Wednesdays Nov. 15 - 29 | 10:00 AM | \$50

Ceramic Glazing: Basic Techniques

Carol Zaleta, Ceramic Artist

Use pottery glaze to paint a mug or bowl to create a handcrafted gift or to keep for yourself.

2082 | Thursday, Nov. 2 | 10:00 AM | \$20 | Mug

2083 | Thursday, Dec. 14 | 10:00 AM | \$20 | Bowl

Intermediate Acrylic Painting

Preet Srivastava, Teaching Artist

Learn how to translate still life into acrylic paint and discover the relationship between abstract and representational painting. Bring items that you find interesting.

2320 | Mondays Nov. 6 - 13 | 10:00 AM | \$50

2338 | Mondays Nov. 20 - 27 | 10:00 AM | \$50

2321 | Mondays Dec. 4 - 11 | 10:00 AM | \$50

2328 | Bedazzled Bottles: Add Sparkle to Your Wine

Jan Ash, Courageous Creative Crafter

Tuesday, Nov. 7 | 1:00 PM | \$15

Bedazzling a bottle of wine (or any beverage) is a great way to turn a plain bottle into a beautiful, glittery, sparkly gift to give or keep for yourself as a centerpiece.

2050 | Upcycling your Artworks

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

Thursday, Nov. 9 - Nov. 16 | 10:00 AM | \$30

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

2195 | Beginning Watercolor Painting

Fang Luo, Artist and Fashion Designer

Mondays & Wednesdays, Nov. 13 - 29 | 1:30 PM | \$55

For beginners or as a refresher, you'll learn basic watercolor strokes, color theory, and composition. Step-by-step demonstrations help you paint a scene or still life.

Card Making

Trina Pascale, Instructor & Card Designer

Make a fun magic card, a two-layer stamping card, a never-ending card and a card to hold a gift.

2212 | Tuesday, Nov. 14 | 10:00 AM | \$15

Magic card and two-layer stamping

2213 | Wednesday, Dec. 6 | 10:00 AM | \$15

Never-ending card and gift card holder

2023 | Stringer Plate

Diana Griffin, Owner of Queenie Glass and Sass

Tuesday, Nov. 14 | 1:00 PM | \$55

Choose from a variety of pre-fired glass pieces cut in triangles to design your own, unique glass plate.

2053 | Painting with Acrylics

Nancy Isbell, BA, Former Owner/Founder of Bravo

School of Art, Mural Artist & Instructor

Tuesday & Thursday, Nov. 28 - 30 | 1:00 PM | \$30

Discover the flexibility and joy of acrylic painting. Learn basic techniques, the application of paint, color gradients, mixing, and much more.

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

**Need Assistance?
Email Info@SanDiegoOasis.org
or call (858) 240-2880**

2024 | Holiday Decorations

Diana Griffin, Owner of Queenie Glass and Sass
Tuesday, Dec. 5 | 1:00 PM | \$55

Use glass to create two holiday themed pieces. Choose a Christmas tree, poinsettia, star, snowman, or circle ornament.

Winter Watercolor for Beginners

Fang Luo, Artist and Fashion Designer

For beginners or as a refresher, explore the world of watercolor painting! Step-by-step demonstrations and exercises allow students to develop their skills.

2193 | Wednesday, Dec. 6 | 1:30 PM | \$20
Snowy landscape

2194 | Wednesday, Dec. 13 | 1:30 PM | \$20
Winter farm

2323 | Textile Painting

Preet Srivastava, Teaching Artist

Wednesday, Dec. 13 | 10:00 AM | \$15

Learn how to turn an old shirt or dress into something special. Have fun discovering the relationship between textile and paint.

2112 | How do Trusts and Probate Work in Real Estate in California?

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Tuesday, Nov. 7 | 1:00 PM | \$15

Establishing a trust is an important step in estate planning. Learn about trusts, probate, advanced healthcare directives and power of attorney.

2552 | Upgrading Your Lifestyle Without Increasing Your Property Taxes

Jordan Z. Marks, San Diego County Assessor, Recorder, County Clerk

Wednesday, Nov. 8 | 10:00 AM | Free

Discover tax saving tips for homeowners.

2057 | Life's Sunset: Plan Before the Sun Goes Down

Bill Simmons, Attorney

Monday, Wednesday, & Friday,

Nov. 13, 15, 17 | 10:00 AM | \$15

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

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

2388 | Wednesday, Nov. 15 | 1:00 PM | \$5

2391 | Monday, Dec. 11 | 1:00 PM | \$5

2387 | Social Security

Anthony Camara, CFP®, MBA

Wednesday, Nov. 15 | 10:00 AM | \$5

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

2029 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist
Thursday, Nov. 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.

BUSINESS, FINANCE, LEGAL

2775 | Investing 101

Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Thursday, Nov. 2 | 10:30 AM | \$15

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

2274 | 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
Thursday, Nov. 2 | 1:00 PM | \$15

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



= NEW!



= HYBRID



= SOCIAL CLUB

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.

2389 | Friday, Nov. 17 | 10:00 AM | Free

2392 | Wednesday, Dec. 13 | 10:00 AM | Free

2470 | Economic Update

Anthony Camara, CFP®, MBA

Tuesday, Nov. 28 | 1:00 PM | \$5

This class will examine recent economic changes that have occurred so that you can make informed financial decisions.

Let's Talk About It – The Headlines

Rick LeVine, Attorney

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

2282 | Thursday, Nov. 30 | 10:30 AM | \$8

2283 | Thursday, Dec. 14 | 10:30 AM | \$8

2390 | Will Your Taxes Affect Your Retirement?

Anthony Camara, CFP®, MBA

Monday, Dec. 11 | 10:00 AM | \$5

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

Aerobic Intervals

Pam Chilton, Certified Personal Trainer/Fitness Instructor

A low-impact, gentle aerobic workout beginning with warm-up and movement including grapevines, knees up, squats, lunges, and upper body work with stretching.

2451 | Wednesdays, Nov. 8 - 29 | 12:00 PM | \$30

2452 | Wednesdays, Dec. 6 - 13 | 12:00 PM | \$20

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.

2417 | Fridays, Nov. 17 - Dec. 1 | 9:30 AM | \$20

2418 | Fridays, Dec. 8 - 15 | 9:30 AM | \$20

2443 | Tuesdays, Nov. 7 - 28 | 1:15 PM | \$40

2444 | Tuesdays, Dec. 5 - 12 | 1:15 PM | \$20

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.

2419 | Fridays, Nov. 17 - Dec. 1 | 12:00 PM | \$20

2420 | Fridays, Dec. 8 - 15 | 12:00 PM | \$20

2425 | Mondays, Nov. 6 - 27 | 12:00 PM | \$40

2426 | Mondays, Dec. 4 - 11 | 12:00 PM | \$20

Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

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

2461 | Tuesdays, Nov. 7 - 28 | 10:45 AM | \$40

2462 | Tuesdays, Dec. 5 - 12 | 10:45 AM | \$20

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.

2421 | Fridays, Nov. 17 - Dec. 1 | 1:00 PM | \$20

2422 | Fridays, Dec. 8 - 15 | 1:00 PM | \$20

2427 | Mondays, Nov. 6 - 27 | 1:00 PM | \$40

2428 | Mondays, Dec. 4 - 11 | 1:00 PM | \$20

EXERCISE & DANCE

Active Total Body Conditioning with TRX

Curt Gonzales, Certified Fitness Instructor

Exercise using basic aerobic movements, stretching, and the TRX Suspension Trainer for a complete body workout.

2465 | Mondays, Nov. 6 - 27 | 3:15 PM | \$40

2492 | Mondays, Dec. 4 - 11 | 3:15 PM | \$20

Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

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

2433 | Thursdays, Nov. 9 - 30 | 10:45 AM | \$30

2434 | Thursdays, Dec. 7 - 14 | 10:45 AM | \$20

Essentrics: Strengthen, Sculpt & Soothe

Jennifer Doheny, Certified Essentrics Instructor

This dynamic, easy-to-follow workout, as seen on PBS, can improve your energy, power, flexibility, posture and balance. Reduce muscle tension and joint pain while you burn calories!

2445 | Tuesdays, Nov. 7 - 28 | 9:30 AM | \$40

2446 | Tuesdays, Dec. 5 - 12 | 9:30 AM | \$20

2453 | Wednesdays, Nov. 8 - 29 | 1:15 PM | \$30

2454 | Wednesdays, Dec. 6 - 13 | 1:15 PM | \$20

Gentle Hatha Yoga and Guided Meditation

Lisa Marie Oakes, CMT, CYT

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

2435 | Thursdays, Nov. 9 - 30 | 1:15 PM | \$30

2436 | Thursdays, Dec. 7 - 14 | 1:15 PM | \$20

2493 | Relax, Release, Restore

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

Fridays, Nov. 3 - Dec. 8 | 2:00 PM | \$40

Enter an aura of peace and serenity as you rise above the chatter and static in your mind with 45 minutes of guided meditation.

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.

2455 | Wednesdays, Nov. 8 - 29 | 2:30 PM | \$30

2456 | Wednesdays, Dec. 6 - 13 | 2:30 PM | \$20

Seated Chair Yoga and Guided Meditation

Lisa Marie Oakes, CMT, CYT

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

2437 | Thursdays, Nov. 9 - 30 | 2:30 PM | \$30

2438 | Thursdays, Dec. 7 - 14 | 2:30 PM | \$20

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.

2457 | Wednesdays, Nov. 8 - 29 | 10:45 AM | \$30

2458 | Wednesdays, Dec. 6 - 13 | 10:45 AM | \$20

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.

2459 | Wednesdays, Nov. 8 - 29 | 9:30 AM | \$30

2460 | Wednesdays, Dec. 6 - 13 | 9:30 AM | \$20

2490 | Soul Line Dancing Marathon #2: Pre-Holiday Stress Buster

Ed Griffith and Lee Wells, Verlosity

Friday, Dec. 1 | 1:00 PM | \$10

We had so much fun at the first dance party, we're doing it again! We'll be in the big, spacious Torrey Pines Room. Join Ed and Lee as they break down each dance into simple steps. Arrive any time. Stay as long as you like (until 4pm).

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.

2431 | Mondays, Nov. 6 - 27 | 9:30 AM | \$40

2432 | Mondays, Dec. 4 - 11 | 9:30 AM | \$20

2439 | Thursdays, Nov. 9 - 30 | 9:30 AM | \$30

2440 | Thursdays, Dec. 7 - 14 | 9:30 AM | \$20

**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**

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.

2441 | Thursdays, Nov. 9 - 30 | 12:00 PM | \$30

2442 | Thursdays, Dec. 7 - 14 | 12:00 PM | \$20

2447 | Tuesdays, Nov. 7 - 28 | 2:30 PM | \$40

2448 | Tuesdays, Dec. 5 - 12 | 2:30 PM | \$20

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2423 | Fridays, Nov. 17 - Dec. 1 | 10:45 AM | \$20

2424 | Fridays, Dec. 8 - 15 | 10:45 AM | \$20

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

2429 | Mondays, Nov. 6 - 27 | 10:45 AM | \$40

2430 | Mondays, Dec. 4 - 11 | 10:45 AM | \$20

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

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!

2463 | Mondays, Nov. 6 - 27 | 2:00 PM | \$40

2464 | Mondays, Dec. 4 - 11 | 2:00 PM | \$20

2449 | Tuesdays, Nov. 7 - 28 | 12:00 PM | \$40

2450 | Tuesdays, Dec. 5 - 12 | 12:00 PM | \$20

HEALTH

Anxiety Management: A Journey Away From Stress & Pain

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide

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

2263 | Tuesday, Oct. 31 | 10:00 AM | \$15

2341 | Thursday, Dec. 14 | 1:30 PM | \$15

2360 | The Power of Food: Cancer Prevention and Survival

Tracy Childs- Owner of Tracy's REAL Foods, Certified in Plant-based Nutrition

Wednesday, Nov. 1 | 1:00 PM | \$25

Learn to prepare a low-fat, cancer-fighting meal loaded with antioxidants, phytochemicals, high-fiber and no dairy.

2366 | Healthy Holiday Bites

Tracy Childs- Owner of Tracy's REAL Foods, Certified in Plant-based Nutrition

Wednesday, Nov. 29 | 1:00 PM | \$25

Perfect holiday appetizers! Learn how to make Spiced Cacao Bites and Asian Lettuce Cups. Recipes will be distributed and samples will be served.

2047 | Healthy Cooking With a Twist

Dr. Sruti Lam-Fletcher, Owner/Founder Sapphire Healing Center

Friday, Nov. 3 | 10:00 AM | \$20

Learn to cook lentil crepes with cilantro-lime sauce using clean, organic, healthy ingredients.

ALZHEIMER'S ASSOCIATION

2268 | Healthy Living for Your Brain and Body

Alzheimer's Association

Monday, Nov. 6 | 1:00 PM | Free

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

Did you know that all of our rooms are available to rent for your special event or club meetings? See page 34.



Blue Zone Cooking: Eat like a Sardinian

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC:
Health and Wellness Coaching

This series will demonstrate how to prepare foods from various regions where many people live vibrantly past 100 years of age.

2342 | Tuesday, Nov. 7 | 10:00 AM | \$25

2343 | Thursday, Nov. 16 | 10:00 AM | \$25

2344 | Friday, Dec. 8 | 10:00 AM | \$25

2345 | Thursday, Dec. 14 | 10:00 AM | \$25

2383 | Dementia-Related Behaviors: Understanding the Triggers

Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
Thursday, Nov. 16 | 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.

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2474 | Friday, Nov. 17 | 12:00 PM | Free

2012 | Friday, Dec. 1 | 10:00 AM | Free

2055 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Tuesday, Dec. 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.

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

HISTORY & HUMANITIES

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.

2223 | The Census in History

Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Thursday, Nov. 2 | 10:00 AM | \$15

The U.S. Census offers historical snapshots of a given time and place. We'll discuss the census from 1790 to 1950 and the history it reveals.

2272 | A Biological & Historical Perspective on Race and Racism

Fred Bercovitch, PhD Biological Anthropology
Friday, Nov. 3 | 10:00 AM | \$15

Learn how biologists historically partitioned variations among people into discrete categories, and how these categories developed into sociopolitical issues.

2217 | Meet the Authors: The American Way:

A True Story of Nazi Escape, Superman, and Marilyn Monroe

Helene Stapinski, MFA Columbia Univ. Author, Journalist
& Bonnie Siegler, Author, Graphic Designer, Founder of
Eight and a Half Design Studio
Friday, Nov. 3 | 2:30 PM | \$10

Learn how a fictional superhero, a true American icon, and the Holocaust are interconnected.

2202 | The Great Philosophers: Thomas Aquinas

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Friday, Nov. 3 | 1:00 PM | \$18

Find out how Aquinas found a way to synthesize faith and reason, ending the ethos of the Middle Ages and ushering in the Renaissance. Come find out what makes Peter's classes so popular!

2185 | Thurgood Marshall

Blaine Davies, MA, Professor of U.S. History
Tuesday, Nov. 7 | 10:00 AM | \$15

This civil rights leader brought about the most significant, lasting change in the 20th century, winning case after case to bring justice to black Americans.

 **2182 | Taoism and Energy (Jing, Qi, Shen)**

Kathy Hassett, MS, Ordained Buddhist Priest
Wednesday, Nov. 8 | 1:00 PM | \$15

Explore Taoist concepts: Three Dan Tiens, Three Bodies as well as Taoist divinities and rituals, and an optional period of Qi Gong or meditation practice.

 **2006 | Myths and Misconceptions of U.S. History**

Costa Dillon, M.P.A., National Park Superintendent and Screenwriter (Attack of the Killer Tomatoes)
Tuesday, Nov. 14 | 10:00 AM | \$15

Did the Liberty Bell crack on July 4, 1776? This class will look at common myths told about our country's history, how they started, why they continue to be told, and why we believe them.

 **2275 | The Birth of the United States Navy and the Naval War of 1812**

Mark Carlson, Historian & Author
Wednesday, Nov. 15 | 1:00 PM | \$15

Learn the story of how the U.S. Navy came to be and how it made the rest of the world take the new nation seriously.

 **2198 | Letters from Rubbish Alley: 1619, the Year Before the Mayflower**

Marilyn McPhie, President- Storytellers of San Diego
Thursday, Nov. 16 | 1:00 PM | \$15

Join storyteller Marilyn McPhie the week before Thanksgiving to take a look at Pilgrims living in an area known as Rubbish Alley in Leiden, Holland.

 **2242 | Major Wine Regions of South America**

Matilda Parente, MD, Certified Specialist of Wine
Friday, Nov. 17 | 1:00 PM | \$15

Learn about South America's wine regions from high-altitude vineyards to deserts and the wind-whipped south, which produce a variety of wines.

 **2039 | The Powers, Dynamics, & Role of the U.S. Supreme Court**

Glenn Smith, J.D., LL.M.,
Professor of Constitutional Law (ret.)
Monday, Nov. 27 | 1:00 PM | \$15

Explore the Supreme Court as an essential part of the political and legal system with an overview of its powers and dynamics.

 **2363 | Back to the Moon - From "One Small Step" to Humanity's Next Challenge**

Philip Blanco, PhD, Physics and Astronomy Professor
Friday, Dec. 1 | 11:00 AM | \$15

Take a fascinating journey into the past and present of lunar exploration.

 **2374 | Meet the Filmmaker: The History of Birobidzhan**

Yale Strom, Ethnographer, Author, Director, Musician, Composer, and Professor at SDSU.
Friday, Dec. 1 | 1:00 PM | \$15

The class will screen the film "L'Chayim Comrade Stalin!" which presents the history of the Jewish Autonomous Region popularly known as Birobidzhan. A discussion with the director follows.

 **2280 | A Treasury of Christmas Humor**

Richard Lederer, Union-Tribune Language Columnist
Monday, Dec. 4 | 10:00 AM | \$15

Holiday history, lore, puns, and poems about Christmas. The biographies of Santa Claus and Frosty the Snowman, and the history of Christmas words.

 **2898 | Japanese Cultural History:**

1500 Years of Change, Continuity, and Renewal

James Reid, PhD, President- Rancho Bernardo Rotary Club; VP- Poway Symphony Orchestra Foundation
Monday, Dec. 4 | 1:00 PM | \$15

Step back into history with Dr. Jim Reid for an introduction to the rich and multi-faceted tapestry of Japanese culture.

 **2186 | Alexander Hamilton – The Man, Not the Musical**

Blaine Davies, MA, Professor of U.S. History
Tuesday, Dec. 5 | 10:00 AM | \$15

Explore how Alexander Hamilton became our most important Founding Father, his remarkable life and the key role he played in shaping our nation, while never serving as President.

 **2951 | Baja California: 50 Years of Exploration**

Gerald Green, MS Physics; Parobotanist
Tuesday, Dec. 5 | 1:00 PM | \$15

Take a virtual journey through Baja California where you'll encounter unique, mysterious and beautiful plants, animals and Native American artifacts from the comfort of the classroom.

 **2549 | Leonardo da Vinci**

Julia Fister, MA, Studio ACE Executive Director
Wednesday, Dec. 6 | 10:00 AM | \$15

Leonardo da Vinci is the perfect example of the 'Renaissance Man.' This lecture will explore the many facets of his life and unquenchable curiosity.

LANGUAGE

2183 | The International Impact of Taoism

Kathy Hassett, MS, Ordained Buddhist Priest
Wednesday, Dec. 6 | 1:00 PM | \$15

The impact of Taoist practices on traditional Chinese medicine, chakras, martial arts, acupuncture and acupressure, feng shui and divination.

2224 | Homefront San Diego in World War II

Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Thursday, Dec. 7 | 10:00 AM | \$15

This talk and slide show with newspaper headlines, photos and newsreel footage shows us how San Diego was profoundly changed by World War II.

2203 | The Great Philosophers: Rene Descartes

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Friday, Dec. 8 | 1:00 PM | \$18

We will follow the revolutionary insights of Descartes, known as the father of modern philosophy, who laid the foundation for current thinking. Come find out what makes Peter's classes so popular!

2007 | Myths and Misconceptions of U.S. History – The Wild West and 20th Century

Costa Dillon, M.P.A., National Park Superintendent (ret) and Screenwriter (Attack of the Killer Tomatoes)
Tuesday, Dec. 12 | 10:00 AM | \$15

Learn truth from fiction, as we explore Twentieth Century myths, including the American West and the Alamo.

2276 | Pearl Harbor: Day of Infamy, Day of Sacrifice

Mark Carlson, Historian & Author
Wednesday, Dec. 13 | 10:00 AM | \$15

The Dec. 1941 attack on Pearl Harbor is one of America's darkest defeats. We'll discuss the history, the lingering questions, and the controversy.

2199 | Kindness, Peace, Community: Goodness Around the Globe

Marilyn McPhie, President- Storytellers of San Diego, TEDx Speaker
Thursday, Dec. 14 | 1:00 PM | \$15

Join Marilyn McPhie for stories of peace, kindness, and community, from many countries and many peoples, to inspire the best in all of us.

2041 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wednesdays, Nov. 1 - Dec. 13 | 10:00 AM | \$90

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

2043 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wednesdays, Nov. 1 - Dec. 13 | 11:30 AM | \$90

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

2045 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wednesdays, Nov. 1 - Dec. 13 | 1:00 PM | \$90

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

2233 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mondays, Nov. 6 - Dec. 11 | 10:00 AM | \$90

For students who have no background in Spanish, this class will emphasize vocabulary, grammar and common phrases.

2234 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mondays, Nov. 6 - Dec. 11 | 11:30 AM | \$90

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

2235 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mondays, Nov. 6 - Dec. 11 | 1:00 PM | \$90

Advanced Spanish is designed to review, refine and expand oral proficiency, reading, writing and listening comprehension and to further explore the culture, history and literature of the Spanish-speaking world.

2151 | Beginning Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tuesdays, Nov. 7 - Dec. 12 | 12:00 PM | \$90

Learn the basics of the Italian language: vocabulary, grammar and common phrases.



2152 | Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tuesdays, Nov. 7 - Dec. 12 | 1:15 PM | \$90
Already speak Italian? Fun and interactive activities will help you refresh and improve your language skills.

LITERATURE

2471 | Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Mondays, Nov. 6 - Dec. 11 | 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

Free Game Play!

The Game Room at Rancho Bernardo is OPEN!! Bring your own games/cards and players. Or make a new friend once you're here. Truly free, but everyone MUST register.

2480 | Thursday, Nov. 2 | 10:00 AM – 3:30 PM | Free

2487 | Tuesday, Dec. 12 | 10:00 AM – 3:30 PM | Free

2488 | Thursday, Dec. 14 | 12:30 PM – 3:30 PM | Free

Team Trivia

Alan Zacharin, J.D. and Accumulator of Trivia

Come play Team Trivia. You will be surprised at how much you know and how much you learn while having lots of fun.

 **2312** | Friday, Nov. 3 | 10:00 AM | \$10

 **2325** | Friday, Dec. 1 | 10:00 AM | \$10

2104 | French Dinner at Home, Oui Please!

Beatrice Ricart, Chef and Accounting Specialist
Monday, Nov. 6 | 10:00 AM | \$20

Chef Beatrice cooks some of her favorites from Provence: gougeres (cheese puffs), chicken dijonnaise, Parisian gnocchi and seasonal fruit clafouti. Samples will be provided.

2494 | Bridge Basics 2 – Competitive Bidding

Hazel Turner, ACBL Certified Teacher; Ruby Life Master
Tuesdays, Nov. 7 - Dec. 5 | 10:00 AM | \$60

Bridge Basics 2 progresses through Preemptive Bids, Overcalls, Takeout Doubles, then Competitive Auctions.

2027 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor
Tuesdays & Thursdays, Nov. 7 - 16 | 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.

2362 | Personality Strategies

Camille Currier, MA Ed. Tech.; Former Corporate Trainer; People Skills Expert
Thursday, Nov. 16 | 10:00 AM | \$15

Learn about different personalities including your own. It can be beneficial in social settings. Teaching is based on Myers-Briggs Inventory and Carl Jung theories.

2377 | Joana's Authentic Enchiladas

Juana Acuna, Genuine Mexican Cuisine
Tuesday, Nov. 7 | 1:00 PM | \$20

The whole enchilada. The real enchilada. Joana Acuna will share her treasured secrets for making authentic Mexican food that's comforting and oh so delicioso!

2393 | Bereavement Support Group

Sharon L. Bryant, Chaplain, VITAS Healthcare
Wednesdays, Nov. 8 - Dec. 13 | 10:30 AM | Free

Join others in a safe space as we support each other in our unique experiences of grief.

2376 | Law of Attraction: You are a Magnet

Gigi Howard, MA Education, Law of Attraction Specialist
Wednesday, Nov. 8 | 10:00 AM | \$15

You attract what you think. Positive thoughts are a magnet for positive results and vice versa for negative thoughts. This class will help you fine tune your thoughts to live a happier life and experience the magnetic power of what you think.

2046 | Wine Tasting

Matilda Parente, MD, Certified Specialist of Wine
Wednesday, Nov. 8 | 1:00 PM | Free

Sip along with fellow lifelong learners at this casual, sommelier-guided tasting of delicious wines. Gather a few wine tips.

 **2014 | Bridge Basics 3**

Hazel Turner, ACBL Certified Teacher; Ruby Life Master
Thursdays, Nov. 9 - Dec. 14 | 9:00 AM | \$60

This course provides a thorough grounding in the most common conventions: Stayman, Jacoby transfer bids, strong opening bid, and Blackwood and Gerber.

Diversity, Equity & Inclusion: A Conversation

Edwina Welch, Ed.D.; (ret.) Campus Diversity Officer and Director of the UCSD Cross-Cultural Center

This is a safe space for OASIS members and community to discuss diversity, equity and inclusion topics. Bring your questions and together we'll find the answers through lively conversation.

 **2301** | Thursday, Nov. 9 | 2:00 PM | \$15

 **2302** | Thursday, Dec. 7 | 2:00 PM | \$15

 **2381 | Successful Aging - Discussion Group**

Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
Thursday, Nov. 9 | 1:00 PM | \$15

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

2475 | So You Want to Teach a Class?

Gail Hall, MS, Rehabilitation Counseling
Monday, Nov. 13 | 10:00 AM | \$15

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

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.

2379 | Tuesday, Nov. 14 | 1:30 PM | \$10

2601 | Tuesday, Dec. 5 | 1:30 PM | \$10

2102 | Gluten Free Baking: Sugar & Spice

Linda Adams, B.S. Dietetics and Food Science
Tuesday, Nov. 14 | 10:00 AM | \$25

Interested in holiday recipes? Learn how to make gluten free French breakfast muffins, almond crescents and double X ginger cookies. Samples for all!

 **2643 | Yes! You Can Do This!**

Charting Your Way to Health, Wealth, and Success

Arthur Hammons, Infotainer, Motivational Speaker,
Published Author, Musician
Friday, Nov. 17 | 10:00 AM | \$15

Discover the power you have to find success and motivation as you explore the unknown.

  **2558 | We Know the Problems: Let's Discuss the Solutions!**

Brian Kratz, MS, Ed.

Monday, Nov. 20 | 10:00 AM | \$10

Share your thoughts on current local, state, country, world issues. Choose the issues and work collaboratively with facilitator guidance to determine solutions.

 **2060 | Beginning Chess**

Kev Hirst, (ret.) High School Chess Coach
Wednesdays & Fridays, Nov. 29 - Dec. 15
1:00 PM | \$90

A brief history of chess, how pieces move, how pieces are valued, the priority of the center squares and how to move pieces as a unit.

 **2056 | Browsing Around A Bountiful Garden**

Dan Simpson, Certified Arborist, Professor Emeritus,
(ret.) San Diego Zoo Horticulture Manager
Thursday, Nov. 30 | 10:00 AM | \$15

Zoo visitors often miss the importance of the plant material provided to support wildlife. Learn from a browse expert how it all happens.

 **2313 | Dealing With Difficult People**

Camille Currier, M. Ed.; (ret.) Corporate Trainer;
People Skills Expert
Monday, Dec. 4 | 10:00 AM | \$15

How to develop and utilize effective communication styles when interacting with difficult people.

 **2241 | Other Major Wine Regions of Italy, Part 2**

Matilda Parente, MD; Pathologist,
Certified Specialist of Wine
Thursday, Dec. 7 | 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 knowledge is needed.

 **Sweet! Let's Make Chocolate**

Stephen Tako, Chocolatier;
Co-founder and CEO of Motivated to Act

2307 | Monday, Nov. 13 | 1:00 PM | \$20

2327 | Monday, Dec. 11 | 1:00 PM | \$20

Learn how to make deliciously delectable chocolate confections with Chocolatiers Steve and Marzena Tako.

 **2103 | Gluten Free Baking: Delicious Decadence**

Linda Adams, B.S. Dietetics and Food Science
Tuesday, Dec. 12 | 10:00 AM | \$25

Learn how to make peppermint bark, peanut butter cups, cashew bacon brittle for the holidays. Samples for all!

2326 | 9 Must Have Strategies for Living Well While Living Longer

Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
Wednesday, Dec. 13 | 1:00 PM | \$15

Dr. Casciani discusses strategies for living longer. Leave with a fresh and positive mindset about the future, with solutions that help lift depression, and more.

 **2375 | A Meeting of the Minds: Discussion Group**

Eva Beim, MA, Broadcast Journalism; Recording Artist;
Certified Yoga Instructor
Thursday, Dec. 14 | 1:00 PM | \$15

Join us for a highly interactive and participatory conversation on current events and meaningful topics in a friendly and safe, instructor-moderated environment.

 **2273 | The Biology of Sexual Development and Sex Differences**

Fred Bercovitch, PhD Biological Anthropology
Friday, Dec. 8 | 10:00 AM | \$15

Learn about the biological roadmap that guides sex differences, and biological pathways from womb to tomb that influence our brains, our bodies, and our behavior.

 **2048 | Palmistry – Novice Palm (Tree) Reading**

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Manager (Ret.)
Friday, Dec. 15 | 10:00 AM | \$15

Learn what the wrinkles, inches and scars indicate about the palms in our area, visual health assessments and how to recognize one palm from another.

Cribbage with Carter

Brett Carter, Cribbage Afficionado

Brett Carter will facilitate cribbage play for those with experience and teach the new players so by the end of the class, everyone will likely be playing and clamoring for more cribbage!

2324 | Thursday, November 9 | 1:00 PM | \$8

2586 | Thursday, November 16 | 1:00 PM | \$8

2587 | Thursday, November 30 | 1:00 PM | \$8

TECHNOLOGY

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.

Android 101

Eamen Hameed, MS, 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.

2394 | Wednesday, Nov. 1 | 10:00 AM | \$15

2333 | Wednesday, Nov. 29 | 11:30 AM | \$15

iPhone 101

Eamen Hameed, MS, 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.

2395 | Wednesday, Nov. 1 | 11:30 AM | \$15

2332 | Wednesday, Nov. 29 | 10:00 AM | \$15

Mastering Passwords: Best Security Practices for Seniors

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide

This vital training session teaches how to master passwords including the benefits of a password manager and how to establish your password manager.

2397 | Thursday, Nov. 2 | 2:00 PM | \$15

2335 | Wednesday, Dec. 6 | 11:30 AM | \$15

Streaming Anytime: Intro to Streaming Services

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide

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.

2396 | Thursday, Nov. 2 | 12:30 PM | \$15

2334 | Wednesday, Dec. 6 | 10:00 AM | \$15

Android 102

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide

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

2398 | Wednesday, Nov. 8 | 12:00 PM | \$15

2337 | Thursday, Dec. 7 | 11:30 AM | \$15

iPhone 102

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide

Practice customizing iPhone settings, using GPS, photos, camera, and voice activation, browsing the internet, and reaching out to troubleshoot & get support.

2399 | Wednesday, Nov. 8 | 1:30 PM | \$15

2336 | Thursday, Dec. 7 | 10:00 AM | \$15

2331 | Fitness Trackers 101

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide
Thursday, Nov. 16 | 2:00 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.

Scam Recognition and Prevention

Eamen Hameed, MS, Information Technology & Engineering Consultant; Transformational Energy Guide

Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated scams and stay safe in the digital age.

2330 | Thursday, Nov. 16 | 12:30 PM | \$15

2340 | Thursday, Dec. 14 | 12:00 PM | \$15

THEATRE & MUSIC

2901 | Poway Symphony Orchestra:

20th Anniversary Season Opener Preview

James Reid, PhD, President- Rancho Bernardo Rotary Club; VP- Poway Symphony Orchestra Foundation
Wednesday, Nov. 15 | 1:00 PM | \$15

Jim Reid, Vice-President of the Poway Symphony Orchestra Foundation, will share his behind-the-curtain perspective and insight, and present the evolution of the PSO, a local cultural gem, which turns 20 years old this year.

2318 | A Musical Tour of the World (Accordionally!)

Steve Halpern, MS Biological Sciences; Entrepreneur & Award-winning educator; Docent at NAMM
Monday, Nov. 13 | 1:00 PM | \$15

Local musician Steve Halpern will play music from cultures around the world on both an acoustic as well as an electric accordion. Learn intriguing musical facts about these remarkable instruments!

2386 | Classical Piano Concert Featuring Bryan Verhoye

Bryan Verhoye, Concert Pianist
Friday, Nov. 17 | 2:00 PM | \$15

This program will feature classical piano compositions by Scarlatti, Beethoven, Mendelssohn and Debussy.

2365 | Let's Go For Baroque:

The Music and the Musicians from 1600-1750

James Reid, PhD, President- Rancho Bernardo Rotary Club; VP- Poway Symphony Orchestra Foundation
Wednesday, Nov. 29 | 1:00 PM | \$15

Learn about the 150-years in music history that gave us opera, keyboard music, and our still-current basic music vocabulary, then culminating in the genius of Vivaldi, Handel, and Bach.



 **2900 | Christmas Music in the Middle Ages and Renaissance**
James Reid, PhD, President- Rancho Bernardo Rotary Club; VP- Poway Symphony Orchestra Foundation
Tuesday, Dec. 12 | 1:00 PM | \$15

How did people celebrate Christmas with music during the Middle Ages and Renaissance? Dr. Jim Reid will be your guide for a special look at holiday music from bygone eras.

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.

2467 | Mondays, Nov. 6 - Dec. 11 | 12:00 PM | \$240

2468 | Mondays, Nov. 6- Dec. 11 | 1:00 PM | \$240

2469 | Mondays, Nov. 6 - Dec. 11 | 2:00 PM | \$240

  **2316 | Beatles Sing-Along**

Chuck Gunderson, Owner of Gunderson Media, LLC, Author of Some Fun Tonight! The Backstage Story of How the Beatles Rocked America
Tuesday, Dec. 5 | 1:00 PM | \$15

Sing, dance and play along to the familiar and uplifting music of the Fab Four. No previous musical experience or knowledge is required. Feel free to bring any instrument that makes a sound, or simply clap your hands!

  **2644 | Let's Sing - Karaoke Live!**

Russell Allen, Karaoke host

Monday, Dec. 11 | 2:00 PM | \$15

Join us for a joyful afternoon of singing, laughing, dancing, and fun. There will be a wide range of music and even a few holiday favorites.

  **2281 | Rhapsody Singers Holiday Concert**

Rhapsody Singers

Monday, Dec. 18 | 2:00 PM | \$15

A professional vocal ensemble with an outstanding blend of voices, Rhapsody Singers will take you on a musical journey that you'll love!

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

San Diego
OASIS
MUSIC SERIES

2385 | In aChord Men's Ensemble

Sunday, October 29 | 4:00 PM → 5:00 PM

Rancho Bernardo Lifelong Learning Center

1445 | Classical Piano Concert

Featuring Bryan Verhoye

Friday, October 27 | 2:00 PM → 3:00 PM

Grossmont Lifelong Learning Center

2386 | Classical Piano Concert

Featuring Bryan Verhoye

Friday, November 17 | 2:00 PM → 3:00 PM

Rancho Bernardo Lifelong Learning Center

1462 | Rhapsody Singers Holiday

Thursday, November 30 | 2:00 PM → 3:00 PM

Grossmont Lifelong Learning Center

2281 | Rhapsody Singers Holiday

Monday, December 18 | 2:00 PM → 3:00 PM

Rancho Bernardo Lifelong Learning Center

All Music Series events are \$15.00 per person.

Stay up to date by visiting our Music Series webpage:

san-diego.oasisnet.org/oasis-music-series



INNOVATION CENTER

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

All 1:1 appointments, workshops and demonstrations are led by Briding the Digital Divide Program Manager at the Oasis Innovation Center in Rancho Bernardo.

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

Apple Photos Workshop

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

- 2561 | Tuesday, Nov. 7 | 2:00 PM | Free
- 2570 | Thursday, Nov. 16 | 2:00 PM | Free
- 2573 | Tuesday, Nov. 28 | 2:00 PM | Free
- 2582 | Monday, Dec. 11 | 2:00 PM | Free

Bluetooth Basics Workshop

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

- 2560 | Tuesday, Nov. 7 | 12:00 PM | Free
- 2567 | Tuesday, Nov. 14 | 2:00 PM | Free
- 2569 | Thursday, Nov. 16 | 12:00 PM | Free
- 2572 | Tuesday, Nov. 28 | 12:00 PM | Free
- 2576 | Thursday, Nov. 30 | 2:00 PM | Free
- 2579 | Tuesday, Dec. 5 | 2:00 PM | Free
- 2581 | Monday, Dec. 11 | 12:00 PM | Free
- 2585 | Thursday, Dec. 14 | 2:00 PM | Free

Google Photos App Workshop

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

- 2562 | Thursday, Nov. 9 | 11:00 AM | Free
- 2565 | Tuesday, Nov. 14 | 11:00 AM | Free
- 2574 | Thursday, Nov. 30 | 11:00 AM | Free
- 2577 | Tuesday, Dec. 5 | 11:00 AM | Free
- 2583 | Thursday, Dec. 14 | 11:00 AM | Free

UBER/Lyft App Workshop

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

- 2559 | Tuesday, Nov. 7 | 11:00 AM | Free
- 2563 | Thursday, Nov. 9 | 12:00 PM | Free
- 2566 | Tuesday, Nov. 14 | 12:00 PM | Free
- 2568 | Thursday, Nov. 16 | 11:00 AM | Free
- 2571 | Tuesday, Nov. 28 | 11:00 AM | Free
- 2575 | Thursday, Nov. 30 | 12:00 PM | Free
- 2578 | Tuesday, Dec. 5 | 12:00 PM | Free
- 2580 | Monday, Dec. 11 | 11:00 AM | Free
- 2584 | Thursday, Dec. 14 | 12:00 PM | Free

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 BRANCH LIBRARY

1752 Alpine Blvd, Alpine, CA 91901

104 | Amazing Stories from San Diego's Past

Jack Innis, BA, Author & Lecturer,

San Diego's Legend Hunter

Saturday, Nov. 18 | 10:30 AM | Free

Join award-winning author and storyteller Jack Innis as he recounts amazing stories of San Diego's past.

COLLEGE-ROLANDO BRANCH LIBRARY

6600 Montezuma Road, San Diego, CA 92115

717 | Music of Oceania

Bernard Ellorin, PhD

Monday, Nov. 6 | 6:00 PM | Free

Learn about the music from Oceania, their musical instruments made from natural materials, and more.

722 | Safety for Seniors at Home

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor

Tuesday, Nov. 14 | 6:00 PM | Free

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

721 | History of Spiritualism & Communicating with Spirits

Nicole Strickland, Paranormal Researcher,

Author & Writer, Award-Winning Radio Host

Tuesday, Nov. 21 | 6:00 PM | Free

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

718 | Write On! Remedies for the Reluctant Writer

Patricia Benesh, Ed.D. and founder of AuthorAssist.com and 7memories.com

Friday, Dec. 1 | 4:00 PM | Free

Do you have a story to tell, but you can't get started? This workshop will help you overcome this obstacle.

719 | Comparing and Contrasting the New Testament Gospels

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges

Saturday, Dec. 9 | 10:00 AM | Free

Differences and similarities of the four New Testament Gospels; learn about each of their unique messages about Jesus.

720 | Taoism and Its Art

Gwenyth Mapes, Professor of Humanities

Saturday, Dec. 16 | 10:00 AM | Free

In this lecture we will discuss Taoism's enduring principles and look at some Taoist religious art.

GROSSMONT HEALTHCARE DISTRICT'S HEALTH & WELLNESS LIBRARY

9001 Wakarusa St, La Mesa, CA 91942

723 | The Truth About Sugar

Nadin Benrey, MA, NBC-HWC

Wednesday, Nov. 29 | 10:00 AM | Free

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

LA MESA BRANCH LIBRARY

8074 Allison Ave, La Mesa, CA 91942

716 | Fascinating Facts About Our Presidents

Richard Lederer, Union-Tribune Language Columnist

Saturday, Nov. 4 | 2:00 PM | Free

Who were our youngest and oldest presidents? Who was tallest, shortest, and fattest? Learn about the feats, fates, families, foibles, and firsts of American presidents.

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

730 | Bird Migration: Marvels, Myths, and Mysteries

Philip R. Pryde, Ph.D, Professor Emeritus SDSU,

Author, Lecturer

Saturday, Oct. 28 | 2:30 PM | Free

Join us for this fascinating exploration into bird behavior, especially the marvels of bird migration.

729 | A Pilgrim Odyssey: From Holland to a New World

Rudy Shappee, U.S. Navy Veteran and Local Historian
Saturday, Nov. 18 | 2:30 PM | Free

Follow the Pilgrims to their final settling of Plymouth Plantation, what life was like at sea and the challenges they endured.

728 | From Olmecs to Aztecs: 1800 BCE -1325 CE

Maria Butler, MA Lecturer Emerita San Diego State University
Saturday, Nov. 25 | 2:30 PM | Free

Join us for a brief overview of the peopling of ancient civilizations that inhabited Mesoamerica and their contributions to the development of their respective cultures.

727 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist
Saturday, Dec. 16 | 2:30 PM | Free

Holiday history, lore, puns, and poems about Christmas. The biographies of Santa Claus and Frosty the Snowman, and the history of Christmas words.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

706 | A Pilgrim Odyssey: From Holland to a New World

Rudy Shappee, U.S. Navy Veteran and Local Historian
Tuesday, Nov. 14 | 1:00 PM | Free

Follow the Pilgrims to their final settling of Plymouth Plantation, what life was like at sea and the challenges they endured.

705 | Polar Opposites? Iceland, Greenland & Antarctica

Linda Hawley, Ed.M., Teacher & Author
Tuesday, Dec. 12 | 1:00 PM | Free

Compare and contrast these incredible landscapes and the people and wildlife who call them home.

POINT LOMA BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

711 | Wonderful Women Classical Composers

Chris Burns, Many-Strings
Wednesday, Nov. 1 | 1:00 PM | Free

Sacred, profound, melodic, pianistic, symphonic, romantic, and modern, this hour is dedicated to women's contributions to "classical" music.

712 | Karl Marx's 5 Stages of History

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Wednesday, Nov. 15 | 1:00 PM | Free

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

708 | The Creation of the Panama Canal

Blaine Davies, MA, Professor of U.S. History
Wednesday, Dec. 6 | 1:00 PM | Free

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

707 | Lost Towns of San Diego County

Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Wednesday, Dec. 13 | 1:00 PM | Free

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

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

726 | What to Eat After 50

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach
Wednesday, Nov. 8 | 11:00 AM | Free

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

724 | Self-Sabotage No More!

Laura Diaz, Board Certified Coach (BCC)
Wednesday, Dec. 13 | 11:00 AM | Free

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

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

732 | Avoid These Mistakes When Selling Your Home

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor
Thursday, Oct. 26 | 2:00 PM | Free

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

734 | Critical Documents: Your Signature Here

Julie Derry, MBA, Certified Senior Advisor
Monday, Nov. 6 | 4:00 PM | Free

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

731 | Major Wine Regions of the Pacific Northwest

Matilda Parente, MD, Certified Specialist of Wine
Tuesday, Nov. 14 | 4:00 PM | Free

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

736 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist
Thursday, Dec. 14 | 2:00 PM | Free

Holiday history, lore, puns, and poems about Christmas. The biographies of Santa Claus and Frosty the Snowman, and the history of Christmas words.

TIERRASANTA BRANCH LIBRARY

4985 La Cuenta Dr, San Diego, CA 92124

731 | San Diego History Through Music: Live Concert

Chris Burns, Many-Strings
Wednesday, Dec. 6 | 4:30 PM | Free

Experience the musical heritage of our area with melodies from Native Americans, the explorers, the missions, the Mexican ranchos, and the American gold rush.

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

735 | Myth to Reality II – Sir Arthur Evans at Knossos

Henry George, Engineer, Archaeologist and Geologist
Tuesday, Nov. 21 | 12:30 PM | Free

Learn how Arthur Evans located, excavated and reconstructed the Palace of Knossos in Crete.

733 | Romantic Blue Danube from Budapest to Prague to Germany

Linda Hawley, Ed.M., Teacher & Author
Tuesday, Dec. 19 | 12:30 PM | Free

Enjoy the sights and sounds of pastoral places and amazing architecture. This travel slide show is set to the music of Mozart, J. Brahms, Beethoven and others.

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.



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.**



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.



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.

1105 | Saturdays, Nov. 4 - 25 | 9:00 AM | \$40

1106 | Saturdays, Dec. 2 - 16 | 9:00 AM | \$30

Get Fit & Have Fun

Traci Thys, Fitness Trainer

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

1474 | Tuesdays & Thursdays, Nov. 2 – 30
9:00 AM | \$64

1475 | Tuesdays & Thursdays, Dec. 5 – 21
9:00 AM | \$48

HEALTH

1109 | Meditation: Renew Your Life and Jumpstart Your Energy

Melynnique Seabrook, MA

Thursdays, Nov. 2 - 30 | 1:00 PM | \$40

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

1325 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tuesday, Nov. 7 | 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

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 its endurance through today, while looking at art honoring the teacher.

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.

1118 | Friday, Nov. 3 | 10:00 AM | \$6

1119 | Friday, Nov. 17 | 10:00 AM | \$6

1120 | Friday, Dec. 1 | 10:00 AM | \$6

1121 | Friday, Dec. 8 | 10:00 AM | \$6

1122 | Friday, Dec. 15 | 10:00 AM | \$6

1346 | The Wright Brothers and the Dawn of Aviation

Blaine Davies, MA, Professor of U.S. History

Monday, Nov. 6 | 10:00 AM | \$15

The age of aviation was launched in 1903 when two obscure bicycle mechanics discovered how to successfully build a staffed, powered aircraft.

1272 | Cuba-So Near Yet Decades Away

Ricky Deutsch, BS Aerospace Engineering, MS, MBA,
Former Captain US Air Force, Space Command

Tuesday, Nov. 7 | 1:00 PM | \$15

Cuba, under US embargo for over 50 years, is no longer off-limits and thousands of Americans are discovering its heritage of cigars, classic cars, and Hemingway.

1397 | **The Birth of the United States Navy & the Naval War of 1812**

Mark Carlson, Historian & Author

Wednesday, Nov. 8 | 1:00 PM | \$15

Learn the story of how the U.S. Navy came to be and how it made the rest of the world take the new nation seriously.

1369 | **Monet and Mitchell**

Julia Fister, MA, Studio ACE Executive Director

Tuesday, Nov. 14 | 1:00 PM | \$15

Explore the intersection of French Impressionist Claude Monet and American Abstract Expressionist Joan Mitchell.

1403 | **Sitting Bull Crystal Cavern Dance Pavilion**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian

Tuesday, Nov. 28 | 1:00 PM | \$15

American Indian leader Black Elk, of the Nation of the Oglala Lakota, established the first dance pageant honoring Sitting Bull to preserve Lakota culture.

1365 | **Animals and the Afterlife**

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

Thursday, Nov. 30 | 10:00 AM | \$15

Learn why animals are highly intuitive and the ways they come to us in spirit form.

1257 | **David Hockney**

Aniko Makranczy, MFA

Tuesday, Dec. 5 | 10:00 AM | \$15

One of the most influential artists of the 20th century, this artist is known for his colorful paintings, stage designs for operas, and study of the optical devices used by the Old Masters.

1273 | **Galapagos: Garden of Eden?**

Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command

Tuesday, Dec. 5 | 1:00 PM | \$15

Enjoy an exciting time viewing the wonders of the Galapagos Islands. Go soon because we're loving it to death.

1398 | **Pearl Harbor: Day of Infamy, Day of Sacrifice**

Mark Carlson, Historian & Author

Wednesday, Dec. 6 | 1:00 PM | \$15

The Dec. 1941 attack on Pearl Harbor is one of America's darkest defeats. We'll discuss the history, the lingering questions, and the controversy.

1328 | **Florence, Rome, and Venice: Art and Architecture**

Gwenyth Mapes, Professor of Humanities

Friday, Dec. 8 | 1:00 PM | \$15

Take a romp through the enduring art and architecture of Florence, Rome, and Venice.

1404 | **The Story of Chanukah**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian

Tuesday, Dec. 12 | 1:00 PM | \$15

A special holiday presentation of the First Chanukah, still celebrated today, a historical festival of liberation still celebrated today!

1357 | **Where Does the Soul Live?**

Matthew Wion, PhD

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

Come discuss the arguments for and against the view that we have souls.

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

1466 | **How to Choose the Best Books for Everyone on Your Holiday Shopping List**

Emily Nye, PhD

Monday, Nov. 6 | 1:00 PM | \$15

With the holiday season around the corner, those old-fashioned objects called books (or their digital counterparts) are still the gift that keeps on giving.

1407 | **Creative Writing Techniques**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian

Thursdays, Nov. 9 - Dec. 14 | 10:00 AM | \$75

This class is for all writing levels. Come to advance or start your project or come for fun.

PERSONAL ENRICHMENT

THEATRE & MUSIC

1150 | Grief Support Group
 Rolandas Kausas, Chaplain
 Wednesdays, Nov. 1 - 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

1337 | Climate Change
 Jennifer Olim, PhD
 Wednesday, Nov. 8 | 10:00 AM | \$15

Ever wonder how climate change works? We will look at ways to solve and adapt to climate change.

1339 | Cross Species Friends of Humans Series: The Horse
 Henry George, Engineer, Archaeologist and Geologist
 Tuesday, Nov. 14 | 10:00 AM | \$15

This talk will review the evolution, physiology, behavior and relationship with people, and selected breeds of horses.

1338 | Black Holes
 Jennifer Olim, PhD
 Wednesday, Dec. 6 | 10:00 AM | \$15

What is this fascinating astronomical frontier? Our exploration will take us to the black hole at the center of our galaxy.

1429 | Cross Species Friends of Humans Series: The Dog
 Henry George, Engineer, Archaeologist and Geologist
 Tuesday, Dec. 12 | 10:00 AM | \$15

Delve into the dog as humankind's best friend, as a co-worker and later as a companion.

1351 | Fabulous Orchestral Music from Animated Films
 Chris Burns, Many-Strings
 Friday, Nov. 3 | 3:00 PM | \$15

Enjoy orchestral music composed for the animated film Fantasia, as well as remarkable tracts from John Williams, Hans Zimmer, and others.

1352 | Mozart: The Boy Wonder, His Music and Constance
 Chris Burns, Many-Strings
 Friday, Nov. 17 | 3:00 PM | \$15

Mozart's compositions are graceful and elegant, playful, and profound musical miracles. Relax and enjoy this hour with a treat of your choice!

1353 | The Five Main Classical Music Periods
 Chris Burns, Many-Strings
 Friday, Dec. 1 | 3:00 PM | \$15

Bring clarity to the diversity of terms that describe classical music and celebrate the wonderful creativity that is Western orchestral music.

1354 | Vivaldi's Four Seasons
 Chris Burns, Many-Strings
 Friday, Dec. 15 | 3:00 PM | \$15

Enjoy beautiful musical paintings of birds singing, picnics with dancing storms, and even a hunting expedition, and the sonnets that guided his musical creativity with this charming baroque classic.

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

 = NEW!  = HYBRID  = SOCIAL CLUB **40**



Kick Start
COFFEE
 Medium Roast Ethiopian
 REGULAR & DECAF

Looking for a great hostess gift this holiday season? Look no further!

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).



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

Best of Australia & New Zealand

February 19, 2024 | 17 Days • 24 Meals
March 11, 2024 | 17 Days • 24 Meals
Double \$8,999 | Single \$10,799 | Triple \$8,949

New Zealand's North & South Islands + Australia's East Coast, City Tours of Sydney, Melbourne, & Auckland, Great Barrier Reef Island Day Trip, Milford Sound Fjords & Wildlife Cruise, National Kiwi Hatchery, Thermal Reserve & Maori Hangi Feast, Visit Hobbiton™ Movie Set, Free Time to Explore the Cities and Professional Tour Manager.

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 – Oct. 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 – Oct. 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.

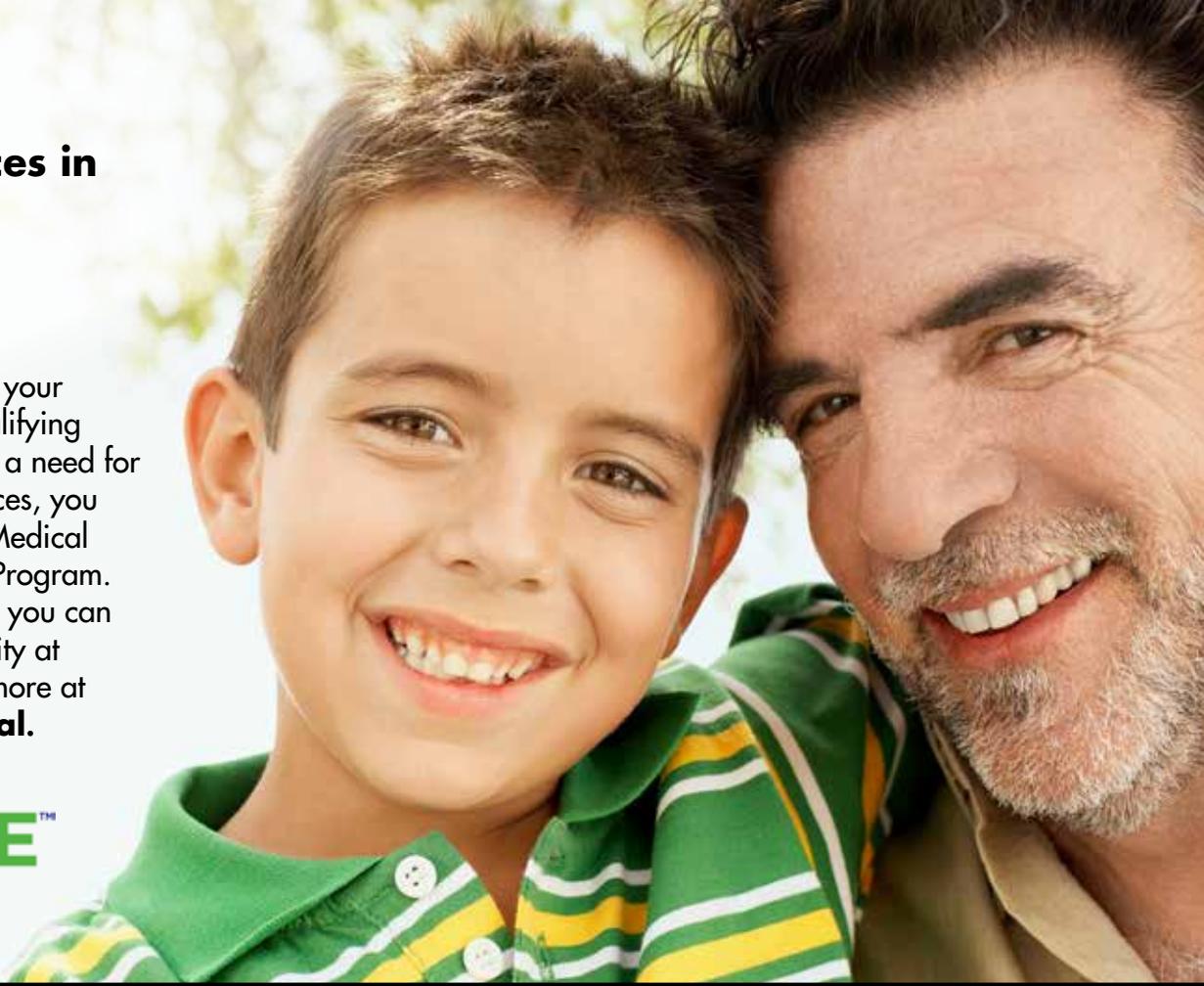
DETAILED INFORMATION ON EACH TRIP IS AVAILABLE ON THE OASIS WEBSITE!



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 will improve your "Quality of Life" and give you "Peace of Mind"™



Home Owners 62 and older:

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

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

Most Reverse Mortgage companies want to do business over the phone and use the US Postal Service. I do business "The Old Fashion Way"; I will come to your home and meet with you face to face at your kitchen table.

760-484-6660

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

8975-403 Lawrence Welk Dr., Escondido CA 92026



Owen Coyle

*Your Reverse Mortgage Specialist
24 years experience*

Serving San Diego County since 2003

BRE#01253295 / NMLS#279015

Owen has 15 two-minute videos on his website, www.reversemortgages62.com, that will show you how Reverse Mortgages work and will answer most of your questions.

AND... 22 Google 5-Star Client Reviews that will give you An Overview of how his clients feel about how he helped them set up their Reverse Mortgages.





Navigating your future may bring uncertainty. Aging Well Partners can help you discover your best path forward by empowering you with the vetted resources and trusted services that meet your specific needs. Your journey has a roadmap and we are here to help you find it.

Your Local Partners. Your Certified Senior Advisors™.

Free Consultation: 619.789.1839

www.agingwellpartners.com

Housekeeping · Transportation · Meal Prep · Physical Therapy · Aging in Place · Assisted Living · Memory Care

Proudly featuring our Certified Business Partners



Join us for these upcoming Thrivent Financial classes with Anthony Camara, FIC, MBA
• Now in both La Mesa and Rancho Bernardo •



THRIVENT FINANCIAL®
 Offices of Jonathan Doering and Matthew Molstre

RANCHO BERNARDO

2387 | Social Security
 Wed., Nov. 15 | 10:00 AM | \$5

2388 | Retirement & Estate Strategies
 Wed., Nov. 15 | 1:00 PM | \$5

2389 | Thrivent One-on-One
 Fri., Nov. 17 | 10:00 AM | Free

2470 | Economic Update
 Tues., Nov. 28 | 1:00 PM | \$5

2391 | Retirement & Estate Strategies
 Mon., Dec. 11 | 1:00 PM | \$5

2392 | Thrivent One-on-One
 Wed., Dec. 13 | 10:00 AM | Free

2390 | Will Your Taxes Affect Your Retirement?
 Monday, Dec. 11 | 10:00 AM | \$5

LA MESA

1456 | Social Security
 Mon., Nov. 6 | 11:00 AM | \$5

1457 | Retirement & Estate Strategies
 Mon., Nov. 6 | 1:00 PM \$5

1458 | Thrivent One-on-One
 Thu., Nov. 9 | 10:00 AM | Free

1468 | Economic Update
 Mon., Nov 27 | 1:00 PM | \$5

1460 | Will Your Taxes Affect Your Retirement?
 Tue., Dec. 5 | 11:00 AM | \$5

1461 | Retirement & Estate Strategies
 Tue., Dec. 5 | 1:00 PM \$5

1459 | Thrivent One-on-One
 Fri., Dec. 8 | 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

ASSISTED LIVING PLACEMENT SPECIALISTS



AGING123

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

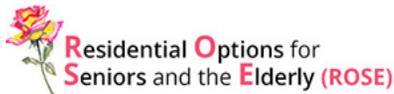
At Aging123, we specialize in educating, advocating and navigating the placement journey for aging adults and their loved ones. We've toured and inspected all Assisted Living and Memory Care homes and communities we refer our clients to. We are a FREE service as we are compensated by our provider network.



LIVING COASTAL

Jacqui Clark, CSA | (858) 761-7551
Jacqui@LivingCoastalSR.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

Virginia Renker, CSA | (619) 885-0420
virginia@rosecares.com | rosecares.com

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

ASSISTED LIVING: EAST COUNTY



THE MONTERA

Connie Delost | (619) 495-0100
ConnieDeLost@mbk.com | www.TheMontera.com

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



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

Jeanne Selis | (858) 673-6300, Ext. 6325
JSelis@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

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.

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.

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

FINANCIAL PLANNERS



Offices of Jonathan Doering
and Matthew Molstre

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



CABRILLO HOSPICE

Kate Bridgman, Vice President of Business Development
(619) 245-1872
kbridgman@cabrillogroup.com | cabrillohospice.com

Cabrillo Hospice is a special, comprehensive program designed to support you and your family during a difficult time. In addition to pain and symptom problems, there can be emotional, social and spiritual challenges. Our goals include comfort, family and friends' support, quality of life enhancement, and ongoing support during bereavement. Veteran Owned and Operated.



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

Contact: Eric Ludwig | (858) 616-7495
eric.ludwig@vitas.com | vitas.com

VITAS provides care for patients and families dealing with a life-limiting illness by a team of professionals specially trained to control pain, reduce anxiety, and provide spiritual and emotional comfort. Our professionals are trained to understand the unique needs of veterans. Services can be provided at home, in assisted living/residential care, hospitals or nursing homes.

IN-HOME CARE AGENCIES



COAST CARE PARTNERS

David Chong | (619) 354-2544
david@coastcarepartners.com | coastcarepartners.com

We are a compassionate, non-medical home care agency servicing San Diego County. Our trained caregivers provide personalized assistance, promoting independence and enhancing quality of life empowering exceptional care and peace of mind for families.



NONA'S HOME CARE

Benjamin Barth, Owner | (619) 788-4459
ben@nonashomecare.com | nonashomecare.com

Nona's Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.



RIGHT AT HOME

Melanie Delgado | (619) 937-2330
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.

Hyperlinks are provided if viewing electronically.

MEAL DELIVERY



MEALS on WHEELS SAN DIEGO COUNTY

MEALS ON WHEELS

Amie Brown, Chief External Affairs Officer
1 (800) 5-SENIOR / (619) 260-6110
financialsecdesigns@gmail.com | meals-on-wheels.org

Since 1960, Meals on Wheels San Diego County has proudly served over 600,000 meals throughout the entire county each year to homebound seniors and disabled veterans. Join our family and be a part of something wonderful by signing up for meals, donating, or becoming a volunteer today!

MEDI-CAL/VA BENEFIT CONSULTANTS



FINANCIAL SECURITY DESIGNS

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

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

MEDICARE EXPERTS



American Retirement Insurance Services

AMERICAN RETIREMENT INSURANCE SERVICES, INC.

Catrina Morgan | (858) 449-2209 | (800) 233-2747
catrina@americanretirementca.com
americanretirementca.com

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



UNITED HEALTH CARE

Fariba Zariéh | (619) 887-6822

Fariba.Zariéh@gmail.com | myuhcagent.com/Fariba.Zariéh

My name is Fariba Zariéh 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



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.



LONGEVITY PHYSICAL THERAPY

Casey Waller, San Diego Clinic Director | (619) 501-9037

Casey@longevityphysicaltherapy.com

longevityphysicaltherapy.com

Longevity Physical Therapy is the premier physical therapy clinic in San Diego. We offer one-on-one treatments with a doctor of physical therapy the entire treatment time. We strive to restore function, enhance mobility, and amplify performance. Anyone of every age can benefit from our services. With four locations throughout San Diego County, physical therapy is close by!



PHYSIO ON THE GO: MOBILE PHYSICAL THERAPY & WELLNESS SERVICES

Sean Kuhn | (619) 391-8688

sean@kuhnphysicaltherapy.com | physio-on-the-go.com

We bring expert physical therapy and wellness services directly to your doorstep. Our team of physical therapists assess/address mobility issues, chronic pain, balance, and neuromuscular deficits to help you regain and maintain your independence in the comfort of your home. PT and wellness care plans are tailored to meet your specific needs and goals.

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!

SENIOR MOVE MANAGERS



CARING TRANSITIONS OF SAN DIEGO EAST

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@silverliningtransitions.com | silverliningtransitions.com

We are professional move managers handling ALL the logistics of a move. We provide home organization, storage clear outs, downsizing, de-cluttering and photo organization/digitization. Our move services are free when we refer you to one of our Realtor partners. We are licensed, bonded and insured, and members of NASMM and NAPO.

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.

Our Resource Directory participants are known partners and are fully vetted. You can be assured of great service when you reach out to our Resource Directory service providers!



COLDWELL BANKER WEST

Melina Rissone | (619) 865-6015

melina@melinarissone.com | melinarissone.com

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.

Visit the Resource Directory online by clicking on the Resources tab on the San Diego Oasis home page: SanDiegoOasis.org



San Diego Oasis Board of Directors

Julie Derry, *Board Chair*
 Mark Allan, *Vice Board Chair*
 Krishna Arora, *Board Chair Emeritus*
 Simona Valanciute, *President & CEO*
 Paul Weiss, PhD, *President, Oasis Institute*
 Michael Bardin
 Sue Bradham
 David Chong
 Jonathan Doering
 Frank Hoffstadt
 Danielle Kyd
 Judy Lewis, PhD
 Tracey Stotz
 Hon. William H. Wise

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

NON-PROFIT ORG
 US POSTAGE
 PAID
 PERMIT #3175
 SAN DIEGO, CA

SAVE THE DATE! Palooza at both La Mesa and Rancho Bernardo!



San Diego
Oasis

PALOOZA
SNEAK PEEKS

FRIDAY, JANUARY 5 | 10:00 AM - 12:30 PM

Thank You to our Sponsors

