



JAN | FEB THERE'S MORE IN STORE FOR '24:



Over 200 new classes inside!

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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 55,000. Membership is free. Class costs range from free to \$20 per class.

Program Highlights

- **Lifelong Learning**: 4,500 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-wining, 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 12/2023).

JOINING OASIS

- Who Can Join: Oasis is open to people 50+ regardless of income, gender orientation, race, religion or background
- Registration: Register in person at an Oasis office, by phone, or online at SanDiegoOasis.org
- **Register online with MyOasis:** Register by logging into your MyOasis account at **SanDiegoOasis.org**. If you don't have a MyOasis account, create one by visiting the website, calling us at (619) 881-6262 or emailing us at **Info@SanDiegoOasis.org**
- **New to Oasis?** Would you like to share with friends and family all that Oasis offers? We have a helpful resource on the home page of our website dedicated to those new to Oasis.

VOLUNTEER OPPORTUNITIES

- Tutoring Program: Volunteer tutors change children's lives!
 In just one hour a week, you can make a big difference.
 Training/materials provided; no teaching experience required.
 For info, contact Michelle Irby at Michelle@SanDiegoOasis.org
- Center Volunteers: Volunteers are invaluable, the benefits are mutual, and they have worthwhile experiences when they donate their time and talents to help the staff and faculty function as a community. We have a variety of opportunities from which to choose. To learn more, contact Kris Anelli at Kris@SanDiegoOasis.org for La Mesa and Danny Beers at Danny@SanDiegoOasis.org for Rancho Bernardo.
- **Library Ambassadors**: Library Ambassadors are Oasis representatives for library classes. They enrich the off-site program experience for attendees by providing Oasis updates, answering general program questions, and providing instant feedback. If you would like to learn more about this volunteer opportunity, please contact Kris Anelli at Kris@SanDiegoOasis.org

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DETACH AND MAIL TO SAN DIEGO OASIS 5500 Grossmont Center Drive, #269, La Mesa, CA 91942

Please accept my donation, as indicated: □ \$25 □ \$250 Please consider writing a check to avoid credit □ \$50 □ \$500 □ Other: \$_____ card processing fees. □ \$100 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 Email **Estate Plan** I am interested in learning more about an Estate Plan that includes San Diego Oasis: ☐ Contact me! Please designate my gift for: ☐ All Programming (Greatest Need) ☐ Intergenerational Tutoring Program ☐ Digital Divide Program ☐ Rancho Bernardo Capital Campaign 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,

Welcome to a new year! We look forward to 2024 with great anticipation. Our theme?

"There's more in store for '24!"

So, what does that mean and what is the checkmark all about? We want to check off all the boxes:

More Members
More Instructors
More Tutors
More Volunteers
More Classes
More Impact
More At-Risk Students Served



More Lifelong Learners More Healthy Members

More Community Service Opportunities



A record breaking 3,500 new members joined Oasis in 2023! We couldn't be more excited about the growth of the Oasis family. Let's make 2024 even more impactful, together. You will find 200 new programs in this catalog alone. Don't miss the entirely new section of Shamily's Teaching Kitchen classes in Rancho Bernardo and the newly reinstated Science class category.

Oasis continues impactful work on site and off site. Our mission includes serving not only seniors who can come to our centers of excellence, but also seniors who are frail and home-bound. Oasis' intergenerational programs start on-site with trainings, but then the impactful work blossoms inside the classroom across 8 school districts.

None of this is possible without donor support; individual donors are the largest, most important contributors to fueling Oasis' mission. Please remember to include San Diego Oasis in your estate plan, honor a friend with a special Tribute Gift, or proudly invest by purchasing a permanent named leaf on our Mission Wall in Oasis' first forever home in Rancho Bernardo. I would love to talk to you - send me a note

at Simona@SanDiegoOasis.org.

Join us this year in making 2024...MORE!

Simona Valanciute
President & CEO





San Diego Oasis supports meaningful aging and community service right here in our community. While our class costs are partly supported through 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 <u>Simona@SanDiegoOasis.org</u> to learn about the many ways you can support the mission of San Diego Oasis.

To make a cash donation, simply visit <u>san-diego.oasisnet.org/donate</u> or call (619) 881-6262. If mailing a check, make it out to San Diego Oasis and send 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. Our development staff is ready to assist you!



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.



Whether you want to honor someone special, pay tribute to a significant milestone, or simply say thanks, a **Tribute Gift** is a unique way to do so. We'll work with you to feature your tribute via email or catalog.



Donating to San Diego
Oasis through your **Required Minimum Distribution (RMD)**is a excellent way to make
a tax-deductible gift that
supports the important
mission of San Diego Oasis.



Are you racking up **Air Miles** that you know you won't use before they expire? Share them with Oasis! While we don't often have the need for travel, they are very helpful when we do.



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

San Diego San Siego

How to Reach Us

Email: Info@SanDiegoOasis.org
Website: SanDiegoOasis.org

Office Hours: 9:30 AM - 4:00 PM, Monday - Friday

La Mesa

Phone: (619) 881-6262

Address: 5500 Grossmont Center Dr., #269

La Mesa, CA 91942

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 Friedenberg | Cindy@SanDiegoOasis.org

Staff Accountant

Beatrice Ricart | Accounting@SanDiegoOasis.org

LA MESA STAFF

Office & Volunteer Director

Kris Anelli | Kris@SanDiegoOasis.org

Director of Lifelong Learning

Brandon Harding | Brandon@SanDiegoOasis.org

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

Rancho Bernardo

(858) 240-2880

17170 Bernardo Center Drive

San Diego, CA 92128



Aurelia & Jim Temenak Art Gallery San Diego Oasis at Rancho Bernardo

Art has always been an integral part of the Oasis culture, and we are pleased to continue this tradition in both of our La Mesa and Rancho Bernardo locations. Oasis is grateful for the generosity of Aurelia & Jim Temenak who share our vision and love for art and who have overseen the procurement of our permanent and rotating gallery at Rancho Bernardo. We appreciate their investment of time, resources and joy in bringing art to our beautiful new space.

Vision Statement for the Oasis Art Gallery:

To enhance the visual beauty of Oasis at Rancho Bernardo and to make the entire space cheerful and inspiring for all who visit and work at Oasis.

Come browse! We currently have several artists featured in both locations, including Lisa Elley, Mike Lafata, Ingrid Hoffmeister-Hoy, Iris Scott, Rosemary KimBal, Eddie Omens, Cynthia Haney, Leonid Afremov, and more. All artwork in our rotating exhibits are for sale, with all or a portion of proceeds going to support the mission of San Diego Oasis. We accept all forms of payment (cash, check, Visa, and Mastercard). If you are interested in making a purchase, please visit the reception desk at either location and we'll be happy to work with you!



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 2024, 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 to 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 (National Platform) classes, material fees, Travel, and Piano Let's Learn classes with Jeanne Neilson.

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 continues its all-inclusive Monthly Membership!

We are continuing our monthly membership for January and February: 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 purchase.

All for \$150.00 a month!

Purchase Class #500 for programs in January. Purchase Class #501 for programs February.

When you register for any or all of 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 (National Platform) classes, material fees, Travel, and Piano Let's Learn classes with Jeanne Neilson.

ARTS & CRAFTS

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.

1006 | Monday, Jan. 8 | 10:00 AM | \$15 1007 | Monday, Jan. 22 | 10:00 AM | \$15 1008 | Monday, Feb. 12 | 10:00 AM | \$15 1009 | Monday, Feb. 26 | 10:00 AM | \$15

Painting with Acrylics

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

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

1359 | Mon. & Wed., Jan. 8 & 10 | 1:00 PM | \$30 **1361** | Mon. & Wed., Feb. 5 & 7 | 1:00 PM | \$30

1351 | Beginning Embroidery

Janet Stuelpner, The Left-Handed Artist and Crafter Tuesdays, Jan. 9 - 30 | 10:00 AM | \$60

Embroidery is the craft of using a needle to apply thread or yarn to decorate fabric or other materials. Using embroidery kits, you'll learn simple designs.

Let's Learn Paper Quilling

Marcy Shapiro, Quilling Enthusiast

Learn to create beautiful objects by rolling thin pieces of paper; we will make a votive candle holder or a greeting card.

1303 | Wednesday, Jan. 10 | 10:00 AM | \$15 | Votive Candle Holder

1304 | Wednesday, Feb. 14 | 10:00 AM | \$15 | Valentine's Day Card

➡ Painting Flowers in Acrylic with Preet Works

Preet Srivastava, Owner of Preet Works, Teaching Artist

Discover how to paint a variety of flowers in acrylic. Your canvas style is up to what you find inspiring. All levels are welcome.

1365 | Tue. & Thu., Jan. 16 & 18 | 1:00 PM | \$35 **1366** | Tue. & Thu., Jan. 23 & 25 | 1:00 PM | \$35

1264 | Still-Life Drawing/Painting

Aniko Makranczy, MFA

Wednesdays, Jan. 17 - 24 | 10:00 AM | \$30

In this class, you'll learn how to translate a three-dimensional item(s) into a two-dimensional image to create a well composed still life painting.

1245 | Jar Topper

Diana Griffin, Owner of Queenie Glass and Sass Wednesday, Jan. 17 | 1:00 PM | \$55

In this introductory class you'll assemble glass pieces to create your own unique piece to be placed as a top on a square glass container.

1228 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography, Grossmont College

Thursdays, Jan. 18 - Feb. 22 | 10:00 AM | \$90

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

◆ 1429 | Succulents as Living Art:

Staging, Arrangements, and Bonsai

Muriel King, Succulent Designer and Owner of the Perfect Plant

Saturday, Jan. 20 | 10:00 AM | \$60

Learn how to use succulents to create living works of art. You'll see multiple demonstrations and take home a jade bonsai to groom and stage in a container.

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





■ 1005 | Introduction into Landscape Collage

Michele Little, Crafter & Instructor Monday, Jan. 22 | 1:00 PM | \$30

In this 3 hour class, you'll create your own custom paper strips and assemble them into a beautiful landscape.

1268 | Classical Feng Shui

Tamara Shoemaker, Classical Feng Shui Master & Award-Winning Interior Designer Tuesdays, Jan. 23 - Feb. 13 | 1:00 PM | \$60

Explore the fundamentals of this ancient Chinese science to enhance your personal well-being.

➡ 1354 | Begin/Refresh Sewing Machine Skills

Lyn Earl, Instructor Wednesday, Jan. 24 | 1:00 PM | \$15

Develop or refresh your basic sewing machine skills. Hem your own pants, start quilting, or just have fun making something for yourself and others.

■ 1423 | Pet Portrait Collage

Michele Little, Crafter & Instructor Monday, Jan. 29 | 1:00 PM | \$30

In this 3 hour workshop, you will transform your beloved pet photos into a colorful, whimsical piece of art.

■ 1433 | Are You a Dreamer? Vision Boarding After Retirement

Gigi Howard, Teacher with MA in Education, Law of Attraction Specialist Wednesday, Jan. 31 | 1:00 PM | \$15

Design and create a unique collage that envisions your best retirement dreams with words and pictures.

1443 | Making Kokedama (Moss Ball)

Hideko Edwards, HD Creations, Moss Based Arts and Crafts Friday, Feb. 2 | 1:00 PM | \$50

Select a plant of your choice to be molded into a beautiful Kokedama. You'll leave with a display dish and care instructions.

1246 | Wavy Strip Plate

Diana Griffin, Owner of Queenie Glass and Sass Wednesday, Feb. 14 | 1:00 PM | \$55

In this introductory class you'll assemble a variety of colored and clear glass strips to create your own unique 5-1/2" square art piece.

1430 | Succulent-Filled Wine Bottle

Muriel King, Succulent Designer and Owner of the Perfect Plant

Saturday, Feb. 17 | 10:00 AM | \$60

Using a wine bottle with a wide horizontal opening, you will create a lovely succulent arrangement to use as a table centerpiece or display outdoors.

1360 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Tuesday & Thursday, Feb. 20 & 22 | 1:00 PM | \$30

In this class you'll develop and practice basic, realistic drawing skills using pencils.

1355 | Pillowcase - Unique and Easy Sewing Project

Lyn Earl, Instructor Wednesday, Feb. 21 | 1:00 PM | \$15

Come have fun with a sewing machine. Create a one-of-a-kind holiday themed or interest specific pillowcase for yourself, family or friends.

BUSINESS, FINANCE, LEGAL

Understanding Senior Residential Care Options

Virginia Renker MPH, CSA, Certified Senior Advisor Residential Options for Seniors and the Elderly (ROSE)

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

1307 | Monday, Jan. 8 | 10:00 AM | FREE

1309 | Wednesday, Jan. 10 | 10:00 AM | FREE

1320 | 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

Wednesday, Jan. 10 | 1:00 PM | \$15

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

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







Offices of Jonathan Doering and Matthew Molstre

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

1325 | Tuesday, Jan. 16 | 1:00 PM | \$5 **1328** | Tuesday, Feb. 20 | 1:00 PM | \$5

1324 | Social Security

Anthony Camara, CFP®, MBA Tuesday, Jan. 16 | 10:00 AM | \$5

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

1327 | Will Your Taxes Affect Your Retirement?

Anthony Camara, CFP®, MBA Tuesday, Feb. 20 | 10:00 AM | \$5

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

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.

1326 | Friday, Jan. 19 | 10:00 AM | FREE **1329** | Friday, Feb. 23 | 10:00 AM | FREE

1280 | What Property Improvements Have the BEST Return?

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Thursday, Jan. 18 | 1:00 PM | \$15

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

1249 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor Tuesday, Jan. 23 | 10:00 AM | \$15

We'll look at the funeral industry so that when the time comes, you can make informed decisions.

Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist

Are you house rich but cash poor? Government insured program, tax free money, no mortgage payments. Receive money: lump sum, line of credit, monthly payments, or a combination of both.

1232 | Saturday, Jan. 20 | 10:00 AM | \$15 **1233** | Saturday, Feb. 17 | 10:00 AM | \$15

Let's Talk About It

Rick LeVine, Attorney

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

1014 | Wed., Jan. 24 | 1:30 PM | \$10 | Jan. Headlines **1015** | Wed., Feb. 28 | 1:30 PM | \$10 | Feb. Headlines

■ 1404 | Re-Commerce - How and What Can Be Sold

Jami Shapiro, CSM Founder, Silver Linings Transitions Thursday, Feb. 1 | 1:00 PM | \$15

Learn how to gift significant items in your life and options for selling and donating the rest.

1370 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE Friday, Feb. 9 | 1:00 PM | FREE

Attend this informational workshop and learn about electric pricing plan options as well as tools, tips and programs to help you manage your energy and save money.

1308 | Do You Own Your Stuff or Does Your Stuff OWN You?

Jami Shapiro, CSM Founder, Silver Linings Transitions Tuesday, Feb. 13 | 10:00 AM | \$15

Learn the impact stuff has on your life as well as the difference between de-cluttering and organizing. We'll also cover resources and changes in the resale market.

1281 | Steps & Documents to Listing/Selling Your House

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

Learn what documents you need to have when listing your home and after your closing.



EXERCISE & DANCE

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

1018 | Fridays, Jan. 12 - Feb. 2 | 10:45 AM | \$40 **1019** | Fridays, Feb. 9 - Mar. 1 | 10:45 AM | \$40

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1026 | Mondays, Jan. 8 - 29 | 12:00 PM | \$30 **1027** | Mondays, Feb. 5 - 26 | 12:00 PM | \$30 **1022** | Fridays, Jan. 12 - Feb. 2 | 12:00 PM | \$40 **1023** | Fridays, Feb. 9 - Mar. 1 | 12:00 PM | \$40

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

A full body, low to high intensity workout that uses fun drumming movements to boost your strength, range of motion, stamina, and mood.

1034 | Mondays, Jan. 8 - 29 | 9:30 AM | \$30 1035 | Mondays, Feb. 5 - 26 | 9:30 AM | \$30 1042 | Tuesdays, Jan. 9 - 30 | 12:00 PM | \$40 1043 | Tuesdays, Feb. 6 - 27 | 12:00 PM | \$40 1046 | Wednesdays, Jan. 10 - 31 | 1:15 PM | \$40 1047 | Wednesdays, Feb. 7 - 28 | 1:15 PM | \$40 1030 | Fridays, Jan. 12 - Feb. 2 | 9:30 AM | \$40 1031 | Fridays, Feb. 9 - Mar. 1 | 9:30 AM | \$40

1031 | Fridays, Feb. 9 - Mar. 1 | 9:30 AM | \$40

1038 | Saturday, Jan. 20 | 10:30 AM | \$10

1039 | Saturday, Feb. 17 | 10:30 AM | \$10

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.

1050 | Saturday, Jan. 20 | 9:30 AM | \$10 **1051** | Saturday, Feb. 17 | 9:30 AM | \$10

Dance, Sculpt and Tone

Rosana Carvalho Gilmore, Certified Fitness Instructor

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

1054 | Thursdays, Jan. 11 - Feb. 1 | 1:15 PM | \$40 **1055** | Thursdays, Feb. 8 - 29 | 1:15 PM | \$40

International Folk Dancing

Martha Awdziewicz, Folk Dance Group

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

1062 | Wednesdays, Jan. 10 - 31 | 9:30 AM | \$24 **1063** | Wednesdays, Feb. 7 - 28 | 9:30 AM | \$24

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

Enjoy varied line dance experiences featuring country, pop, Latin, and waltz music.

1074 | Wednesdays, Jan. 10 - 31 | 2:15 PM | \$40 **1075** | Wednesdays, Feb. 7 - 28 | 2:15 PM | \$40 **1070** | Thursdays, Jan. 11 - Feb. 1 | 12:00 PM | \$40

1071 | Thursdays, Feb. 8 - 29 | 12:00 PM | \$40

Pilates for Everyone

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

1078 | Mondays, Jan. 8 - 29 | 2:15 PM | \$30 **1079** | Mondays, Feb. 5 - 26 | 2:15 PM | \$30 **1082** | Thursdays, Jan. 11 - Feb. 1 | 2:30 PM | \$40 **1083** | Thursdays, Feb. 8 - 29 | 2:30 PM | \$40

Progressive Strength, Balance and Flexibility Training

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

We will start with an aerobic warm-up, followed by strength training exercises, and finish with cool down stretches.

1090 | Tuesdays, Jan. 9 - 30 | 9:30 AM | \$40 **1091** | Tuesdays, Feb. 6 - 27 | 9:30 AM | \$40

GET TO KNOW OUR INSTRUCTORS!

Visit the website, click on Classes and select "Instructor Bios"





Progressive Strength, Balance and Flexibility Training

Jeanna Beauchamp, Certified Fitness Instructor

We will start with an aerobic warm-up, followed by strength training exercises, and finish with cool down stretches.

1086	Thursdays, Jan.	11 - Feb. 1	9:30 AM \$40
1087	Thursdays, Feb.	8 - 29 9:3	30 AM \$40

Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP

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

Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP

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

San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA and Certified HHP

Join us for a casual and conversational walk around the mall. Everyone is welcome.

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

Strength and Balance for Longevity: A Physical Therapy Approach

Alyssa McClintick, Doctor of Physical Therapy

In this class you will learn how we can stretch, strengthen, and balance in a more functional manner.

1334	Saturday, Jan	. 20	11:30 AM	FREE
1335	Saturday, Feb	o. 17 İ	11:30 AM	\$15

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

This class will help you find strength and healing movement while refining postural movement fundamentals.

1112	Mondays, Jan. 8 - 29	1:15 PM	\$30
1113	Mondays, Feb. 5 - 26	1:15 PM	\$30

1110 | T'ai Chi Chih – Joy through Movement for Beginners

Michelle Sarubbi, Certified TCC Instructor Fridays, Jan. 12 - Mar. 8 | 1:15 PM | \$90

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

1263 | T'ai Chi Chih:

Joy through Movement for Intermediate Students

Michelle Sarubbi, Certified TCC Instructor Fridays, Jan. 12 - Mar. 8 | 2:30 PM | \$90

Learn to deepen and refine the movements. Not recommended for beginning students.

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

1116 Mondays, Jan. 8 - 29 10:45 AM \$30		
1117	Mondays, Feb. 5 - 26 10):45 AM \$30
1120	Wednesdays, Jan. 10 - 31	12:00 PM \$40
1121	Wednesdays, Feb. 7 - 28	12:00 PM \$40

Curious about a class but uncertain about signing up for the whole series? For only \$12, you can take a single session rather than commit to a full set of sessions.

HEALTH & WELLNESS

■ 1405 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor Tuesday, Jan. 9 | 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.

1358 | How to Improve Your Metabolism

Nadin Benrey, MA, NBC-HWC Tuesday, Jan. 16 | 10:00 AM | \$15

Discover tools to improve your metabolism. We'll overview five important elements that you can implement immediately.

■ 1301 | Navigating Cannabis for Older Adults

Veronica Marie Mitchell Wednesday, Jan. 17 | 10:00 AM | \$15

Interested in the use of modern cannabis for het

Interested in the use of modern cannabis for better aging? Learn about safety, legal, and health concerns for older adults adding cannabis into their healthcare.

■ 1298 | Tips to Keep Your Brain Healthy

Caroline Atterton, LCSW, Sharp Mesa Vista Hospital Thursday, Jan. 18 | 10:00 AM | FREE

We'll discuss the normal changes as we age and learn tips and tricks you can use to keep your brain in shape.

1299 | The Power of Plant Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach Friday, Jan. 19 | 10:00 AM | \$15

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

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1132 | Saturday, Jan. 20 | 10:00 AM | FREE

1133 | Saturday, Feb. 17 | 10:00 AM | FREE

1426 | Planning for Dementia

Bill Simmons, Attorney Friday, Feb. 2 | 10:00 AM | \$15

We'll discuss dementia, what we can and can't do to plan for it, and if it can be avoided.





Blue Zone Nutrition

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

Learn about the regions and how to prepare foods from Blue Zones, where people live longer, healthier lives.

1407 | Monday, Jan. 22 | 10:00 AM | \$15 Ogliastra Region, Sardinia

1408 | Monday, Feb. 5 | 10:00 AM | \$15 Okinawa, Japan

1300 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia,

Certified Plant-Based Lifestyle Health Coach Friday, Jan. 26 | 10:00 AM | \$15

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

■ 1353 | Food, Feelings, and Form: Exploring the World of Food Beyond Calories

Karen Mann, MD, Board Certified Ob/Gyn, Obesity Medicine Specialist, Menopause Society Certified Practitioner, and Master Certified Life Coach Friday, Feb. 2 | 10:00 AM | \$15

Learn how the evolution of food has impacted our physical and mental health.

1428 | The Essentials of Chinese Herbology

Joan Luk, LAC, Board-Certified and Licensed in California & Nationally in Traditional Chinese Medicine & Acupuncture Thursday, Feb. 15 | 1:00 PM | \$15

Learn what Chinese Herbology is, how it works, and how and why certain herbs are used to help the body.

1317 | What to Eat After 50

Maria Ghaibi,

Holistic and Functional Nutrition and Fitness Coach Friday, Feb. 23 | 10:00 AM | \$15

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

1427 | California End of Life Option Act

Bill Simmons, Attorney Friday, Mar. 1 | 10:00 AM | \$15

We'll discuss end of life options in California as well as options in other states and countries.

HISTORY & HUMANITIES

■ 1291 | Buddhism and its Art

Gwenyth Mapes, Professor of Humanities Friday, Jan. 12 | 10:00 AM | \$15

In this lecture we will discuss Buddhism as a philosophy and look at some of the art that has developed from the religion.

1455 | New Threats to Democracy

League of Women Voters Friday, Jan 12 | 1:00 PM | FREE

Join us as we explore recent challenges facing voters today, from Supreme Court decisions to state legislative efforts.

■ 1278 | The Gospel of John and the Historical Jesus

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Tuesday, Jan. 16 | 1:00 PM | \$15

We'll study the Gospel of John, known as the Maverick Gospel because of its differences from the other three gospels and to the Historical Jesus.

1438 | Monsters on the Loose: True Crime in 1931 San Diego

Richard Carrico, MA, Author, and Professor of American Indian Studies Friday, Jan. 19 | 10:00 AM | \$15

Based on Richard's new book "Monsters on the Loose," we'll delve into the unsolved murders of three San Diego women.

1446 | Captain Meriwether Lewis: Mysterious Death of an American Icon

Dr. David Peck Saturday, Jan. 20 | 10:00 AM | \$15

Various medical and psychological theories have been proposed by historians to account for his mysterious death. This lecture will shed light on the mysterious fate of this American icon.

💜 1221 | The Great Philosophers: Karl Marx

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, Jan. 24 | 10:00 AM | \$16

While for some "Marxist" is a dirty word, we would be hardpressed to find a more impactful philosopher than Karl Marx. Let's explore his life and philosophical legacy.

■ 1415 | The Fall of Tenochtitlan: Native Resistance Against the Aztecs

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College

Friday, Jan. 26 | 10:00 AM | \$15

History credits the Spanish for the fall of the Aztec Empire. This class examines how the superior numbers of the Indigenous resistance led to its defeat.

1439 | The Art, Cosmos, and Sacred Animals of the Kumeyaay of East County

Richard Carrico, MA, Author, and Professor of American Indian Studies Monday, Jan. 29 | 10:00 AM | \$15

We'll journey back thousands of years to gain a better understanding of our indigenous people and their views on the cultural landscape both then and now.

杜 1279 | The Bardo of Dharmata: The After-Death State

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Tuesday, Jan. 30 | 1:00 PM | \$15

We will examine what Tibetan Buddhists and the Tibetan Book of the Dead say about what happens to us and our consciousness when we die.

1330 | The Entertaining History of Money

Sofia Laurein, Ph.D., Professor of History Tuesday, Jan. 30 | 10:00 AM | \$15

It has been said, "Money makes the world go round." Learn about the fascinating fiscal history of money and banking.

■ 1399 | An Overview of the National Park System

Costa Dillon, M.P.A., National Park Ranger/ Superintendent and Screenwriter Wednesday, Jan. 31 | 10:00 AM | \$15

Get the inside scoop on national parks and the national park movement from experienced, award-winning ranger/superintendent Costa Dillon.

1288 | Thurgood Marshall

Blaine Davies, MA, Professor of U.S. History Thursday, Feb. 1 | 10:00 AM | \$15

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

■ 1312 | Let's Go For Baroque:

The Music and the Musicians from 1600-1750

James Reid, Ph.D., President, Rancho Bernardo Rotary Club, VP of Poway Symphony Orchestra Foundation Tuesday, Feb. 6 | 10:00 AM | \$15

Learn about the 150 years in music history that gave us opera, keyboard music, and our still-current basic music vocabulary.

■ 1292 | Romantic Era Art

Gwenyth Mapes, Professor of Humanities Friday, Feb. 9 | 10:00 AM | \$15

Europe's Enlightenment is critiqued by the burgeoning art and ideas of the Romantic Era.

■ 1413 | Exploring the American Southwest: The Story of Cabeza de Vaca and Estebanico

Maria Butler, MA Lecturer Emerita SDSU Monday, Feb. 12 | 10:00 AM | \$15

This presentation is based on La Relacion, which chronicles a story of survival, by Cabeza de Vaca.

■ 1323 | The Powers, Dynamics, and Role of the U.S. Supreme Court

Glenn Smith, J.D., LL.M., Professor of Constitutional Law Thursday, Feb. 15 | 10:00 AM | \$15

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

■ 1314 | Trends in Paranormal Research

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Friday, Feb. 16 | 10:00 AM | \$15

We'll explore various trends in the field of paranormal research, such as technological & metaphysical instruments, proper investigation protocols, and television sensationalism.

■ 1266 | Brice Marden (1938-2023)

Aniko Makranczy, MFA Tuesday, Feb. 20 | 10:00 AM | \$15

Explore this American abstract painter who gained international fame for his encaustic, monochromatic paintings.

1223 | The Great Philosophers: Nietzsche

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wednesday, Feb. 21 | 10:00 AM | \$16

Learn about the man whose infamous utterance "God is dead" and his notoriously misused notion of the Ubermensch (superior human) changed philosophy forever.

➡ 1416 | Black Cowboys of the Old West

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Feb. 23 | 10:00 AM | \$15

Learn about the black cowboys who were essential to the cattle industry, working as wranglers, ropers, and trail drivers during the development of the American West.

■ 1331 | The Mysteries of Most Enchanting and Intriguing Works of Art

Sofia Laurein, Ph.D., Professor of History Tuesday, Feb. 27 | 10:00 AM | \$15

Let's put some famous paintings under a magnifying glass to reveal fascinating stories, hidden insights and secret messages.

1295 | San Diego County's Agricultural History

Vincent Rossi, Historian & Author, Co-Owner Story Seekers Tuesday, Feb. 27 | 1:00 PM | \$15

This talk and slide show with discuss San Diego County's agricultural history and the important role agriculture still plays in our lives.

1400 | Myths and Misconceptions of U.S. History

Costa Dillon, M.P.A., National Park Ranger/ Superintendent and Screenwriter Wednesday, Feb. 28 | 10:00 AM | \$15

This class will look at common myths told about our country's history, how they started, and why they continue to endure.

1421 | Russia and Ukraine: What Is Their Real History?

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

Wednesday, Feb. 28 | 1:00 PM | \$15

Territorial disputes between Russia and Ukraine; could similar disputes arise elsewhere in the former Soviet Union?

■ 1318 | The History of Women's Movements

Anne Hoiberg, Activist, Women's Hall of Fame Inductee, President of Women's Museum of California Friday, Mar. 1 | 10:00 AM | \$15

We'll cover the suffrage movement, the Equal Rights Amendment, and others, in addition to the women involved.

Did you know that all of our rooms are available to rent for your special event or club meetings? See page 44.

LANGUAGE

■ 1274 | European Portuguese for Beginners

Amanda Da Rosa, Portuguese Instructor Mondays, Jan. 22 - Mar. 4 | 1:00 PM | \$90

We'll start with European Portuguese pronunciation, then progress to basic grammar and vocabulary building.

1138 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mondays, Jan. 22 - Mar. 4 | 1:00 PM | \$90

Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal. Bring the required textbook to the first class.

1146 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mondays, Jan. 22 - Mar. 4 | 10:00 AM | \$90

Our focus will be on learning practical words and phrases. Bring the required textbook to the first class.

1158 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mondays, Jan. 22 - Mar. 4 | 11:30 AM | \$90

This class places emphasis on building vocabulary and developing conversational skills. Bring the required textbook to the first class.

1164 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Jan. 23 - Mar. 5 | 10:00 AM | \$105

Bentornati! In this conversation class, we will explore common Italian phrases using various songs, videos and poetry.

1166 | Italian for Travelers, Part I

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Jan. 23 - Mar. 5 | 2:00 PM | \$105

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

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

1168 | Italian for Travelers, Part II

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tuesdays, Jan. 23 - Mar. 5 | 12:00 PM | \$105

We will continue to explore the Italian language through dialogues, readings and guided conversations, all at the beginners level.

1150 | Beginning Spanish I

Gladis Jiménez González

Wednesdays, Jan. 24 - Mar. 6 | 10:00 AM | \$105

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

1152 | Beginning Spanish II

Gladis Jiménez González

Wednesdays, Jan. 24 - Mar. 6 | 11:30 AM | \$105

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

1162 | Intermediate Spanish I

Gladis Jiménez González

Wednesdays, Jan. 24 - Mar. 6 | 1:00 PM | \$105

We will learn direct and indirect objects, pronouns, and reflexive verbs.

1144 | Beginning Conversational Spanish

Constantina Cano

Thursdays, Feb. 1 - Mar. 14 | 1:00 PM | \$105

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

1156 | Intermediate Conversational Spanish

Constantina Cano

Thursdays, Feb. 1 - Mar. 14 | 11:30 AM | \$105

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.

1148 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, Jan. 26 - Mar. 8 | 11:30 AM | \$105

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



1160 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, Jan. 26 - Mar. 8 | 10:00 AM | \$105

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

1140 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fridays, Jan. 26 - Mar. 8 | 1:00 PM | \$105

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

◆ 1350 | From Secretary to True Crime Author

Cathy Scott, Journalist and Author Friday, Feb. 2 | 1:00 PM | \$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.

1441 | Literary Interpretation & Exploration: "The Pit and the Pendulum"

Jennifer Shenefield, MFA Thursday, Feb. 29 | 1:00 PM | \$15

We'll discuss master author Edgar Allan Poe's chilling and brilliant tale, "The Pit and the Pendulum." Learn, share, and discover with us

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.

1170 | Tuesdays, Jan. 9 - 30 | 1:00 PM | \$60 **1171** | Tuesdays, Feb. 6 - 27 | 1:00 PM | \$60

1174 | Aspiring and Intermediate Poetry Workshop

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

Thursdays, Jan. 11 - May 2 | 10:00 AM | FREE

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

New And Notable Book Club

Cathleen Mills, Former Literature Instructor

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

1175 | Friday, Jan. 26 | 1:00 PM | \$8 I Want That! How We All Became Shoppers

1176 | Friday, Feb. 23 | 1:00 PM | \$8 White Noise

PERSONAL ENRICHMENT

1213 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wednesdays, Jan. 3 - April 17 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.

1000 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations Tuesday, Jan. 9 | 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.

1218 | Men's Forum

Walter Talley, Facilitator 2nd & 4th Wednesdays, Jan. 10 - Apr. 24 10:00 AM | \$64

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

Stay up-to-date through our weekly email featuring upcoming classes, announcements, resources, and more. Send an email to Info@SanDiegoOasis.org and we'll sign you up!





1001 | Bare Root Plants

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County Friday, Jan. 12 | 1:00 PM | \$15

Learn about choosing, planting, and caring for bare root fruit trees, roses, and other bare root perennials.

1230 | Making Connections: Women's Discussion Group

Cheryl Davis-Plotts, Psy.D., LMFT 1st & 3rd Wednesdays, Jan. 17 - Apr. 17 1:00 PM | \$56

Twice a month be part of a women's group for caring and sharing the times of our lives.

1270 | Elevate Your Goals and Transform Your Life!

Laura Diaz, Board Certified Coach (BCC) Friday, Jan. 19 | 10:00 AM | \$15

Goals are like magnets, drawing you toward your heart's desires. We'll unlock the secrets to setting truly inspiring goals that will change your life.

■ 1434 | Wine Regions of Spain

Matilda Parente, MD, Certified Specialist of Wine Friday, Jan. 26 | 1:00 PM | \$15

This class gives you an armchair tour of Spain's worldrenowned wines with a taste for its geography, history and rich culinary traditions.

1450 | Mah Jongg Open Play

Mah Jongg Open Play Fridays, Jan. 26 & Feb 23 | 1:00 PM | FREE

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

1431 | Yes! You Can Do This! Charting Your Way to Health, Wealth, and Success

Arthur Hammons, Infotainer, Motivational Speaker, Published Author, Singer with a band Tuesday, Jan. 30 | 10:00 AM | \$15

Discover the power you have to find success and motivation as you explore the unknown. Arthur will reveal the charts you'll need to win and triumph.

Join us on Social Media: See back cover for links...and sign up!

■ 1432 | The Laws of Attraction: Pivoting into a New Story

Gigi Howard, Teacher with MA in Education, Law of Attraction Specialist Wednesday, Jan. 31 | 10:00 AM | \$15

Join an engaging group to discuss new strategies that will gently change your thoughts to affect your life positively.

1447 | Mah Jongg for Beginners

Carol Cohn, Mah Jongg Instructor Wednesdays, Jan. 31 - Feb. 28 | 10:00 AM | \$75

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

1214 | San Diego Oasis Travel Club

Linda Hjelle and Charlie Nickerson, Facilitators, Travel Enthusiasts Thursday, Feb. 1 | 1:00 PM | FREE

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

1436 | Discussion Group on Successful Aging

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club 1st & 3rd Fridays, Feb. 2 - Mar. 15 | 10:00 AM | \$48

In this small group class we'll have conversations about aging well and moving beyond life events that are causing us to feel stuck, discouraged, or uncertain about what's ahead.

1296 | Beginners American Mah Jongg

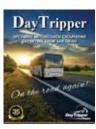
Nancy Velick Smith, Mah Jongg Instructor Tuesdays & Thursdays, Feb. 6-15 | 1:00 PM | \$60

Bam! Crack! Dot! Join the fun and learn to play American Mah Jongg, an exciting tile game of strategy and luck.

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







DayTripper Tours: Travel Show

Brought to you by DayTripper Tours, discover exciting excursions departing from San Diego to destinations and attractions throughout Southern California, the Southwest, and beyond. Group travel is a perfect way to keep active and engage in entertaining and educational experiences nearby and abroad.

1448 | Thursday, Feb. 8 | 10:00 AM | FREE 1449 | Thursday, Feb. 8 | 2:00 PM | FREE

Use code OASIS10 to save \$10 per person on any upcoming DayTripper Tours journey.

■ 1271 | Transform Your Life: Building a Vision for Health & Prosperity

Laura Diaz, Board Certified Coach (BCC) Friday, Feb. 16 | 10:00 AM | \$15

We'll explore the simple yet impactful steps to cultivate healthy habits and practices that will change your life and unleash your potential for a brighter, healthier future.

1437 | Gardening with Succulents

Sharon Reeve, MS, Landscape Designer Saturday, Feb. 17 | 10:00 AM | \$15

There are so many great succulent choices for San Diego. You'll learn garden design principles for creating a beautiful succulent garden.

■ 1435 | Wine Regions of Portugal

Matilda Parente, MD, Certified Specialist of Wine Friday, Feb. 23 | 1:00 PM | \$15

Learn about the surprising variety in Portuguese wine well beyond the country's iconic Ports and unique Madeiras.

■ 1003 | Travelogue:

Coastal Cruise of Portugal, Spain & Morocco

Linda Hawley, Ed.M., Author, Teacher & World Traveler Thursday, Feb. 29 | 10:00 AM | \$15

All aboard for an exciting visual exploration of the exotic, culturally-rich cities of Lisbon, Seville, Cadiz, Tangier, Casablanca, Marrakesh & Funchal.

SCIENCE

■ 1240 | San Diego's Ocean

lennifer Olim, Ph.D. Wednesday, Jan. 10 | 10:00 AM | \$15

Explore the underwater geology of San Diego. Travel back to volcanic islands, journey down underwater canyons, and a big wave surf spot.

■ 1310 | Cross Species Friends of Humans Series: The Cow Henry George, Engineer, Archaeologist and Geologist Tuesday, Jan. 23 | 10:00 AM | \$15

Since their domestication 10,000 years ago, learn about the important role the cow has played in the story of humanity.

🔁 🛡 1236 | Neuropsychology Advances to Reduce Anxiety and Stress

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Thursday, Jan. 25 | 10:00 AM | \$15

We will explore the relationship between gut health and mood states like anxiety and anger in order to increase well-being.

🔁 🌓 1243 | Animal Behavior & Ecology: The Social Life of Giraffes Fred Bercovitch, BA, MS, Ph.D., Biological Anthropology Wednesday, Feb. 7 | 10:00 AM | \$15

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

🔁 🌑 1237 | The Cognitive Neuroscience of Religious Belief

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Thursday, Feb. 22 | 10:00 AM | \$15

We'll explore the brain mechanisms associated with religious beliefs and experiences using research from anthropology, positive psychology, and neuropsychology.

■ 1401 | The Psychology of Racism and Hate Groups

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Monday, Feb. 26 | 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.





TECHNOLOGY



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

Conquering Your iPhone - Part I

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

1251 | Tuesday, Jan. 9 | 10:00 AM | \$16 **1252** | Monday, Feb. 5 | 10:00 AM | \$16

Conquering Your iPhone - Part II

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

1254 | Tuesday, Jan. 16 | 10:00 AM | \$16 **1255** | Monday, Feb. 12 | 10:00 AM | \$16

Conquering Your iPhone - Part III

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

1257 | Monday, Jan. 22 | 10:00 AM | \$16 **1258** | Tuesday, Feb. 20 | 10:00 AM | \$16

1260 | Conquering Your Apple Watch

Wednesday, Jan. 31 | 10:00 AM | \$16

This workshop reviews all features on all models of the Apple watch. Focus will be on the health app and EKG usage.

1262 | Conquering Your iPad

Tuesday, Feb. 27 | 10:00 AM | \$16

In this class, you will learn the purposes of all the settings, and the use of the internet including bookmarks, contacts and email.

1385 | Computer Navigation Basics

Russ Nail, Technology Trainer Thursday, Jan. 11 | 1:00 PM | \$15

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

Android Smartphone 101

Russ Nail, Technology Trainer

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

1383 | Friday, Jan. 12 | 10:00 AM | \$15 **1387** | Friday, Feb. 9 | 10:00 AM | \$15

Android Smartphone 102

Russ Nail, Technology Trainer

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

1384 | Friday, Jan. 26 | 10:00 AM | \$15 **1388** | Friday, Feb. 23 | 10:00 AM | \$15

1386 | Google Docs and Google Sheets

Russ Nail, Technology Trainer Thursday, Jan. 25 | 1:00 PM | \$15

Using Google Docs and Google Sheets, create and edit documents and spreadsheets directly in your web browser with no special software required.

1389 | Gmail: The Basics

Russ Nail, Technology Trainer Thursday, Feb. 8 | 1:00 PM | \$15

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

1390 | Windows: The Basics

Russ Nail, Technology Trainer Thursday, Feb. 22 | 1:00 PM | \$15

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

THEATRE & MUSIC

■ 1316 | Boogie Woogie to Electric Slide: Dancing in the Street in Popular Culture

Anna Brown Massey, MFA; Choreographer, Lecturer Thursday, Jan. 11 | 10:00 AM | \$15

Learn how history, identity and our perceptions of culture are inextricably tied to how people dance.

1002 | Introduction to Opera

Linda Hawley, Ed.M., Author, Teacher & World Traveler Thursday, Jan. 11 | 1:00 PM | \$5

Love! Greed! Betrayal! Violence! Like today's movies, only better! If you love classical music, some understanding and preparation will have you thrilling over opera.

■ 1371 | Music of East Asia

Bernard Ellorin, Ph.D. Friday, Jan. 19 | 1:00 PM | \$15

We'll explore ancient court music from Korea and Japan, secular music from China, Tuvan throat singing from Mongolia, and even spiritual music from Tibetan monasteries.

1179 | Acting Workshop

Jo-Darlene Reardon, M.Ed Mondays, Jan. 22 - April 1 | 1:00 PM | \$120

Learn more about acting and the theater in a relaxed, informal class. You'll have an opportunity to perform scenes, monologues, and reader's theater.

■ 1372 | Music of Middle East

Bernard Ellorin, Ph.D. Friday, Feb. 16 | 1:00 PM | \$15

Middle Eastern music is integral to spirituality. Secular entertainment highlights solo and ensemble music. Different instruments offer various sounds to enrich timbre and tone.

SHARE THE GIFT OF LEARNING

We have gift certificates available in the lobbies at both locations.

They make great gifts for all occasions.





Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

118	31 Tuesdays, Jan. 9 - 30 12:30 PM \$240
	32 Tuesdays, Jan. 9 - 30 1:30 PM \$240
	33 Tuesdays, Jan. 16 - 30 2:30 PM \$180
	34 Tuesdays, Jan. 16 - 30 3:30 PM \$180
	35 Tuesdays, Feb. 6 - 27 12:30 PM \$240
118	36 Tuesdays, Feb. 6 - 27 1:30 PM \$240
118	37 Tuesdays, Feb. 6 - 27 2:30 PM \$240
118	38 Tuesdays, Feb. 6 - 27 3:30 PM \$240
119	97 Wednesdays, Jan. 10 - 31 12:30 PM \$24
119	98 Wednesdays, Jan. 10 - 31 1:30 PM \$240
119	99 Wednesdays, Jan. 10 - 31 2:30 PM \$240
120	10 Wednesdays, Jan. 10 - 31 3:30 PM \$240

1201 | Wednesdays, Feb. 7 - 28 | 12:30 PM | \$240

1202 | Wednesdays, Feb. 7 - 28 | 1:30 PM | \$240

1203 | Wednesdays, Feb. 7 - 28 | 2:30 PM | \$240

1204 | Wednesdays, Feb. 7 - 28 | 3:30 PM | \$240

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

It includes 3 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! (619) 881-6262

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

Apple Photos Workshop

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

105 | Wednesday, Jan. 10 | 12:00 PM | \$5

112 | Thursday, Jan. 25 | 10:30 AM | \$5

121 | Thursday, Feb. 8 | 10:30 AM | \$5

126 | Wednesday, Feb. 21 | 12:00 PM | \$5

Apple Maps App Workshop

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

113 | Friday, Jan. 26 | 11:00 AM | \$5

127 | Thursday, Feb. 22 | 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.

111 | Wednesday, Jan. 24 | 12:00 PM | \$5

124 | Friday, Feb. 16 | 11:00 AM | \$5

Cloud Services Workshop

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

118 | Friday, Feb. 2 | 11:00 AM | \$5

129 | Monday, Feb. 26 | 11:00 AM | \$5

Digital Coupon Workshop

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

100 | Wednesday, Jan. 3 | 10:30 AM | \$5

116 | Wednesday, Jan. 31 | 12:00 PM | \$5

125 | Tuesday, Feb. 20 | 11:30 AM | \$5

Facebook And Instagram Workshop

Stay connected with your family, friends, and current events on social media. Overview of Facebook and Instagram

109 | Wednesday, Jan. 17 | 12:00 PM | \$5

131 | Wednesday, Feb. 28 | 12:00 PM | \$5

Google Maps App Workshop

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

108 | Tuesday, Jan. 16 | 11:30 AM | \$5

122 | Friday, Feb. 9 | 11:00 AM | \$5

130 | Tuesday, Feb. 27 | 11:30 AM | \$5

Google Photos Workshop

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

102 | Friday, Jan. 5 | 11:00 AM | \$5

115 | Tuesday, Jan. 30 | 11:30 AM | \$5

120 | Wednesday, Feb. 7 | 12:00 PM | \$5

UBER/Lyft App Workshop

Use UBER and Lyft rideshare apps as alternatives to driving.

101 | Thursday, Jan. 4 | 10:30 AM | \$5

110 | Tuesday, Jan. 23 | 11:30 AM | \$5

123 | Monday, Feb. 12 | 11:00 AM | \$5

Web Cookies Workshop

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

107 | Friday, Jan. 12 | 11:00 AM | \$5

114 | Monday, Jan. 29 | 11:00 AM | \$5

119 | Tuesday, Feb. 6 | 11:30 AM | \$5

YouTube Workshop

Basics of YouTube, the second most visited search engine.

106 | Thursday, Jan. 11 | 12:30 PM | \$5

117 | Thursday, Feb. 1 | 10:30 AM | \$5

ARTS & CRAFTS

2153 | Wood Carving: Comfort Bird

Richard Henry

OFF-SITE Redwood Terrace

Saturdays, Jan. 6 - Feb. 3 | 8:30 AM | \$20

You will be supplied with a comfort bird carving blank for your carving, and a whittling stick to practice making safe carving cuts. Bring a carving knife, if you have one, or there will be knives to borrow at the class. \$4 cash needed at first class.

Card Making

Trina Pascale, Instructor & Card Designer

Learn a variety of folding methods and use assorted materials to create beautiful custom cards.

2210 | Wednesday, Jan. 10 | 10:00 AM | \$15 Valentine's Card & Desk Calendar

2211 | Wednesday, Feb. 7 | 10:00 AM | \$15 Sympathy Card & Watercolor Birthday Card

2082 | Botanical Illustration

Ann Dunham, MA, Product, Environmental, & Digital Design, Artist and Illustrator Thursday, Jan. 11 | 10:00 AM | \$15

Research, design and create your own illustration of a California favorites the Meyer lemon plant. Bring a lemon and leaves from your own plant or draw from the instructor's.

2215 | Stringer Bubble Plate

Diana Griffin, Owner of Queenie Glass and Sass Monday, Jan. 15 | 1:00 PM | \$60

This class is an introduction to glass fusing. Use a variety of glass particles to assemble your unique artwork which will be fired and available for pick up the following week.

Drawing Basics

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

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

2146 | Tuesday & Thursday, Jan. 16 & 18 | 1:00 PM | \$30 **2148** | Tuesday & Thursday, Feb. 13 & 15 | 1:00 PM | \$30

ძ 2297 | Jewelry Making: Crystal Stretch Bracelet

Allison Weisman, Owner of Allison's Custom Confections Wednesday, Jan. 17 | 1:00 PM | \$25

Create a beautiful, sparkly stretch bracelet in two-tone color glass beads in this beginning/intermediate jewelry-making class.

2192 | Begin/Refresh Sewing Machine Skills

Lyn Earl, Instructor Tuesday, Jan. 23 | 1:00 PM | \$15

Learn or refresh your sewing machine skills. We'll go over threading the machine, winding the bobbin, seam allowances, types of stitches, and more.

2189 | Wreath for All Seasons

Roberta Minshew Tuesday, Jan. 23 | 10:00 AM | \$15

Create your own all-seasons wreath out of pods, cones, and nuts.

ძ 2181 | Hanging Beaded Photo Holder

Lynn Morgan, Licensed Instructor Thursday, Jan. 25 | 12:00 PM | \$25

Personalize and create your own beaded photo holder. Please bring two 3X5 photographs, we'll provide the rest.

Painting with Acrylics

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

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

2147 | Tue. & Thu., Jan. 30 & Feb. 1 | 1:00 PM | \$30 **2149** | Mon. & Wed., Feb. 26 & 28 | 1:00 PM | \$30

2216 | Wavy Strip Plate

Diana Griffin, Owner of Queenie Glass and Sass Tuesday, Feb. 6 | 1:00 PM | \$60

This class is an introduction to glass fusing. You will be provided with a variety of colored glass squares and strips to create your own unique $5-\frac{1}{2}$ " square art piece.





2352 | Landscape Adventures in Watercolor

Fang Luo, Artist, and Fashion Designer Wednesdays, Feb. 7 - Feb. 21 | 1:00 PM | \$45

Learn techniques for capturing nature's beauty on paper as you immerse yourself in the art of landscape watercolor painting. Perfect for beginners and accomplished artists.

2600 | Calligraphy

Ann Dunham, MA, Product, Environmental, & Digital Design, Artist and Illustrator Thursday, Feb. 8 | 10:00 AM | \$15

In this class we will learn the basics of Script Calligraphy and create an upper-case and lower-case alphabet.

2298 | Jewelry Making: Memory-Wire Crystal Bracelet

Allison Weisman, Owner of Allison's Custom Confections Friday, Feb. 9 | 1:00 PM | \$25

We'll work with memory wire and 8/0 glass seed beads. There will be two color options or bring your own 8/0 seed beads.

2188 | Nature's Heart

Roberta Minshew Monday, Feb. 12 | 10:00 AM | \$15

Create your own heart shaped piece of art from natural pods, cones, and nuts.

2351 | Drawing Fundamentals

Fang Luo, Artist, and Fashion Designer Wednesdays, Feb. 14 - 28 | 10:00 AM | \$45

Learn the core principles of drawing which will help you draw and paint more realistically.

Lyn Earl, Instructor Tuesday, Feb. 20 | 1:00 PM | \$15

Come have fun with a sewing machine! Create a one-of-akind holiday-themed or special-interest pillowcase as a gift for family or friends or keep for yourself.

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

BUSINESS, FINANCE, LEGAL

Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist

Are you house rich but cash poor? Government insured program, tax free money, no mortgage payments. Receive money: lump sum, line of credit, monthly payments, or a combination of both.

2251 | Thursday, Jan. 18 | 10:00 AM | \$15 **2252** | Thursday, Feb. 15 | 10:00 AM | \$15

2248 | Steps & Documents to Listing/Selling Your House

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Friday, Jan. 19 | 10:00 AM | \$15

Learn what documents you need to have when listing your home and after your closing.

Let's Talk About It

Rick LeVine, Attorney

Join us once a month for an objective, unbiased analysis, and discussion of today's hot topics.

2102 | Friday, Jan. 19 | 11:00 AM | \$10 A New Year of News
2103 | Friday, Feb. 9 | 11:00 AM | \$10 Upcoming March Ballot Propositions

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

2225 | Tuesday, Jan. 23 | 1:00 PM | \$5 **2228** | Tuesday, Feb. 13 | 1:00 PM | \$5

2224 | Social Security

Anthony Camara, CFP®, MBA Tuesday, Jan. 23 | 10:00 AM | \$5

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

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

2150 | 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

Wednesday, Jan. 24 | 10:00 AM | \$15

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

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.

2226 | Friday, Jan. 26 | 10:00 AM | FREE **2229** | Friday, Feb. 16 | 10:00 AM | FREE

Tax Forum with Bob: Q&A

Bob Basinger- MBA, Accounting; Tax Research Specialist; MSEE

Do you do your own income taxes but have questions about filing status, RMDs, QCDs, or other issues particular to seniors? This open-forum Q&A session can help answer your questions.

2280 | Monday, Jan. 29 | 1:00 PM | \$10 **2281** | Monday, Feb. 26 | 1:00 PM | \$10

2249 | Mistakes to Avoid when Selling your Home

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Wednesday, Feb. 7 | 10:00 AM | \$15

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

2227 | Will Your Taxes Affect Your Retirement?

Anthony Camara, CFP®, MBA Tuesday, Feb. 13 | 10:00 AM | \$5

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

2172 | United States Supreme Court: Ethics Review

Glenn Smith, J.D., LL.M., Professor of Constitutional Law Thursday, Feb. 22 - Feb. 29 | 1:00 PM | \$30

Based on the issues and recommendation of the Bipartisan Biden Commission report on Supreme Court reform, we'll cover key issues such as term limits, recusals, ethics/disclosure rules, the "shadow" docket, and reforming the nomination process.

EXERCISE & DANCE

Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

Utilizes basic aerobic movements, stretching and light handheld weights for a complete body workout to improve muscle tone, balance, posture, and strength.

2013 | Tuesdays, Jan. 9 - 30 | 10:45 AM | \$40 **2057** | Tuesdays, Feb. 6 - 27 | 10:45 AM | \$40 **2006** | Thursdays, Jan. 11 - Feb. 1 | 10:45 AM | \$40 **2050** | Thursdays, Feb. 8 - 29 | 10:45 AM | \$40

Active Total Body Conditioning with TRX

Curt Gonzales, Certified Fitness Instructor

Active Total Body Conditioning with TRX utilizes basic aerobic movements, stretching, light handheld weights, and TRX suspension equipment for a complete body workout.

2007 | Mondays, Jan. 8 - 29 | 3:00 PM | \$30 **2051** | Mondays, Feb. 5 - 26 | 3:00 PM | \$30

Aerobic Intervals

Pam Chilton, Certified Personal Trainer/Fitness Instructor

A low-impact aerobic workout including cardio, weights, bands, balance, abs, and glutes set to catchy and popular tunes.

2008 | Wednesdays, Jan. 10 - 31 | 12:00 PM | \$40 **2052** | Wednesdays, Feb. 7 - 28 | 12:00 PM | \$40 **2009** | Fridays, Jan. 12 - Feb. 2 | 9:30 AM | \$40 **2053** | Fridays, Feb. 9 - Mar. 1 | 9:30 AM | \$40

Better Balance

Pam Chilton,

Certified Personal Trainer & Fitness Instructor

With the use of a chair, we will do standing activities and movements to improve your balance.

2010 | Tuesdays, Jan. 9 - 30 | 1:15 PM | \$40 **2054** | Tuesdays, Feb. 6 - 27 | 1:15 PM | \$40

Curious about a class but uncertain about signing up for the whole series? For only \$12, you can take a single session rather than commit to a full set of sessions.





Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

A full body, low to high intensity workout that uses fun drumming movements to boost your strength, range of motion, stamina, and mood.

2012 | Mondays, Jan. 8 - 29 | 12:00 PM | \$30 **2056** | Mondays, Feb. 5 - 26 | 12:00 PM | \$30 **2015** | Mondays, Jan. 8 - 29 | 1:00 PM | \$30 **2059** | Mondays, Feb. 5 - 26 | 1:00 PM | \$30 **2011** | Fridays, Jan. 12 - Feb. 2 | 12:00 PM | \$40 **2055** | Fridays, Feb. 9 - Mar. 1 | 12:00 PM | \$40 **2014** | Fridays, Jan. 12 - Feb. 2 | 1:00 PM | \$40 **2058** | Fridays, Feb. 9 - Mar. 1 | 1:00 PM | \$40

Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

This dynamic, easy to follow workout can improve your energy, power, flexibility, posture, and balance, burn calories, and reduce muscle tension & joint pain.

2016 | Tuesdays, Jan. 9 - 30 | 9:30 AM | \$40 **2060** | Tuesdays, Feb. 6 - 27 | 9:30 AM | \$40 **2017** | Wednesdays, Jan. 10 - 31 | 1:15 PM | \$40 **2061** | Wednesdays, Feb. 7 - 28 | 1:15 PM | \$40

Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Yoga Therapy, C-IAYT Ayurvedic Marma Therapy, Direct Divine Light Healing

This gentle class offers breath work, movement on the mat, and ends with guided Yoga Nidra meditation. You'll build strength and flexibility while also calming the nervous system.

2018 | Thursdays, Jan. 11 - Feb. 1 | 1:15 PM | \$40 **2062** | Thursdays, Feb. 8 - 29 | 1:15 PM | \$40

San Diego Oasis Mall Walkers (North County Mall) Julia Doughty, MFA and Certified HHP

Join us for a casual and conversational 1-hour mall walk. Everyone is welcome. Meet at the North County Mall entrance near the Cheesecake Factory.

2284 | Wednesdays, Jan. 10 - 31 | 1:00 PM | \$32 **2285** | Wednesdays, Feb. 7 - 28 | 1:00 PM | \$32

2154 | Israeli Dancing for Fun and Fitness

Eva Beim, M.A., Broadcast Journalist (ret); Recording Artist; Yoga, Meditation, Israeli Dance Thursdays, Jan. 11 & 18 | 2:30 PM | \$20

Join in the fun of Israeli dancing! We'll cover the basics and move onto some of the beloved line and circle dances that people have enjoyed for many years.

Melissa (Mia) Routh, MS, Occupational Therapist and PWR! Moves Certified Therapist Monday, Feb. 12 | 2:00 PM | \$12

Revitalize your physical health with dynamic, customizable, and adaptable "PWR Moves," a program designed to target mobility and function in those with Parkinson's Disease.

2273 | Bollywood Dancing

Riya Pandit, BS, Experienced Bollywood Dance Instructor

Thursdays, Jan. 25 & Feb. 1 | 2:30 PM | \$20

Be a part of this popular trend! Learn fundamental, low/medium aerobic-level Bollywood Dance movements to the sound of pop-Indian music.

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.

2019 | Wednesdays, Jan. 10 - 31 | 2:30 PM | \$40 **2063** | Wednesdays, Feb. 7 - 28 | 2:30 PM | \$40

2275 | Salsa Fitness

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach; Salsa Specialist Tuesday & Thursday, Feb. 20 & 22 | 2:30 PM | \$24

A fun-filled Salsa-style dance class using catchy and simple rhythms. You can use the steps to dance in a group setting, with a partner, or enjoy dancing alone alongside friends.

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.

2021 | Wednesdays, Jan. 10 - 31 | 10:45 AM | \$40 **2065** | Wednesdays, Feb. 7 - 28 | 10:45 AM | \$40

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

2022 | Wednesdays, Jan. 10 - 31 | 9:30 AM | \$40 **2066** | Wednesdays, Feb. 7 - 28 | 9:30 AM | \$40

Strength, Balance & Stretch

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

 | Mondays, Jan. 8 - 29 | 9:30 AM | \$30 | Mondays, Feb. 5 - 26 | 9:30 AM | \$30 | Thursdays, Jan. 11 - Feb. 1 | 9:30 AM | \$40 | Thursdays, Feb. 8 - 29 | 9:30 AM | \$40

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.

 | Tuesdays, Jan. 9 - 30 | 2:30 PM | \$40 | Tuesdays, Feb. 6, 13, & 27 | 2:30 PM | \$30 | Thursdays, Jan. 11 - Feb. 1 | 12:00 PM | \$40 | Thursdays, Feb. 8 - Feb. 29 | 12:00 PM | \$40

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2027 | Fridays, Jan. 12 - Feb. 2 | 10:45 AM | \$40 **2071** | Fridays, Feb. 9 - Mar. 1 | 10:45 AM | \$40

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor *Increase flexibility and mobility, improve posture, and reduce*

stress. This class includes chair and standing poses. Please bring a yoga mat.

2028 | Mondays, Jan. 8 - 29 | 10:45 AM | \$30 **2072** | Mondays, Feb. 5 - 26 | 10:45 AM | \$30

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.

 | Mondays, Jan. 8 - 29 | 2:00 PM | \$30 | Mondays, Feb. 5 - 26 | 2:00 PM | \$30 2030 | Tuesdays, Jan. 9 - 30 | 12:00 PM | \$40 | Tuesdays, Feb. 6 - 27 | 12:00 PM | \$40

HEALTH

Empowering Dementia Care:

Practical Strategies to Make Life Easier

Melissa (Mia) Routh, MS, Occupational Therapist, Certified Dementia Care Practitioner

Ideal for caregivers, this session provides insight into common challenges while providing tangible solutions to simplify tasks and foster well-being.

2319 | Monday, Jan. 8 | 10:00 AM | \$15 **2320** | Monday, Feb. 5 | 10:00 AM | \$15

2313 | Charting Your Course:

Strategies for Successful Aging in Place

Jacqueline A. Silverman, CSA®, CAPS Thursday, Jan. 11 | 10:00 AM | \$15

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

United Healthcare Presents: Medicare - The Basics

Fariba Zarieh, United Healthcare

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

2219 | Friday, Jan. 12 | 10:00 AM | FREE **2220** | Friday, Feb. 9 | 10:00 AM | FREE



Did you know that all of our rooms are available to rent for your special event or club meetings? See page 44.





Living Well with Parkinson's:

Education for People with Parkinson's and Their Loved Ones

Melissa (Mia) Routh, MS, Occupational Therapist, PWR! Moves Certified Therapist

Informative session covering practical strategies to manage Parkinson's symptoms and enhance well-being.

2317 | Friday, Jan. 19 | 1:00 PM | \$15 **2318** | Friday, Feb. 16 | 1:00 PM | \$15

2162 | Planning for Dementia

Bill Simmons, Attorney Thursday, Jan. 25 | 10:00 AM | \$15

We'll discuss dementia: what we can and can't do to plan for it, and whether it can be avoided.

2302 | Health Benefits of Wine and Chocolate

Philip J. Goscienski, M.D.

Monday, Feb. 5 | 1:00 PM | \$15

Is there a scientific reason these foods are so appealing? We'll talk about the French Paradox, the Italian Connection, and a little of the science behind the benefits of wine and chocolate.

2312 | Aging in Place:

Home Modifications for Successful and Independent Living

Jacqueline A. Silverman, CSA®, CAPS Wednesday, Feb. 7 | 1:00 PM | \$15

In this class, we'll explore strategies and learn about simple fixes and remodeling projects to optimize the safety, comfort, and livability of your home.

2144 | The Blue Zones, Live Healthier and Longer

Nadin Benrey, MA, NBC-HWC Wednesday, Feb. 7 | 10:00 AM | \$15

Students will become familiar with the nine Blue Zone commonalities that lead to longer, healthier, happier lives.

■ 2184 | Keeping Your Heart Healthy

Dr. Corinne Yarbrough, Internal Medicine Physician with the Sharp Rees-Stealy Medical Group Tuesday, Feb. 13 | 10:00 AM | FREE

Learn about the importance of a heart-healthy diet and lifestyle. Acquire tips to add to your everyday routine to help reduce the risk of cardiovascular issues.

2167 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor Tuesday, Feb. 13 | 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.

2343 | The Essentials of Chinese Herbology

Joan Luk, LAC, Board-Certified and Licensed in California and Nationally in Traditional Chinese Medicine & Acupuncture Tuesday, Feb. 20 | 1:00 PM | \$15

Learn what Chinese Herbology is, how it works, and how and why certain herbs are used to help the body.

2303 | Ten Ways to Prevent Dementia and Alzheimer's Disease

Philip J. Goscienski, M.D.

Monday, Feb. 26 | 1:00 PM | \$15

Most forms of age-related dementia, including Alzheimer's, can be avoided, or delayed by following a prudent lifestyle. Learn ten measures to preserve and improve brain function.

HISTORY & HUMANITIES

2321 | Exploring the I Ching

Kathy Hassett, MS, Ordained Buddhist Priest Wednesday, Jan. 31 | 1:00 PM | \$15

The 64 readings in the I Ching may help clarify situations and options that we encounter in life. Learn to leverage this ancient Chinese text's power. If you own a copy, please bring it to class.

2206 | Mouth-Watering Tales (Sweet Treats to Eat-for Real!)

Marilyn McPhie, Master Storyteller Monday, Jan. 8 | 1:00 PM | \$15

Join storyteller Marilyn McPhie for delicious stories and edible delectables. Tales from Scotland, Armenia, and the county fair. Bring your appetite for tasty goodies.

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Monday, Jan. 8 | 10:00 AM | \$15

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



2290 | Captain Meriwether Lewis: Mysterious Death of an American Icon

Dr. David Peck

Tuesday, Jan. 9 | 10:00 AM | \$15

Various medical and psychological theories have been proposed by historians to account for his mysterious death. This lecture will shed light on the mysterious fate of this American icon.

2171 | Why it's the FIRST Amendment

Glenn Smith, J.D., LL.M., Professor of Constitutional Law Tuesdays, Jan. 9 - 30 | 1:00 PM | \$48

Does the First Amendment grant too much freedom, not enough, or just the right amount? Discuss First Amendment landmark cases & controversies on the Supreme Court case docket.

2327 | Dance and the Silver Screen:

Anna Brown Massey, MFA; Choreographer, Lecturer Wednesdays, Jan. 10 - 31 | 11:00 AM | \$48

Immerse yourself in the realm of Hollywood cinema where dance takes center stage in storytelling.

Meeting Topics:

Jan. 10 | From Fred and Ginger to Gene and Cyd: Iconic Dance Duos

Jan. 17 | Tap into the Rhythm: A Journey through Hollywood's Tap Dance Virtuosos

Jan. 24 | Dancing Through Adversity: Depression-Era Films and Social Resilience

Jan. 31 | Rhythms of Revolution: Postwar Dance Narratives in a Changing America

■ 2160 | Peter Bolland: The Seven Stone Path Book Signing Event

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Friday, Jan. 12 | 10:00 AM | FREE

Peter will present his new book, "The Seven Stone Path: An Everyday Journey to Wisdom." Bring your copy or buy it at the event for Peter to personally sign. Registration required.

ძ 2043 | The Great Philosophers: Spinoza

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Friday, Jan. 12 | 1:00 PM | \$16

Spinoza, born in Amsterdam in 1632, wrestled with ideas of God and the universe and changed the course of Western religion and philosophy.

2182 | Monet in Giverny

Julia Fister, MA, Studio ACE Executive Director Wednesday, Jan. 17 | 1:00 PM | \$15

We'll time-travel back to Claude Monet, founder of French Impressionism, and visit his home and property in Giverny where he created some of his best-known works.

≥ 2354 | The USS Midway: The USS Midway Story

Rob Sudman, USS Midway Docent Monday, Jan. 22 | 10:00 AM | \$15

How did the USS Midway Museum become the 5th most popular museum of any type in the United States (35,000 museums)? Join us and discover its fascinating history.

2169 | Harry Truman: The Buck Stops Here

Blaine Davies, MA, Professor of U.S. History Tuesday, Jan. 23 | 10:00 AM | \$15

How could a president with the lowest approval rating at the time he left office be regarded by historians as one of our best presidents? Learn more about our "accidental" president.

2164 | San Diego During World War I

Linda Canada, Historian & Author Wednesday, Jan. 24 | 1:00 PM | \$15

We will talk about the impact of having a new training base on the outskirts of the city, the rise of the Navy, and how the community reacted.

🔁 2602 | Monsters on the Loose: True Crime in 1931 San Diego

Richard Carrico, MA, Author, and Professor of American Indian Studies

Thursday, Jan. 25 | 10:00 AM | \$15

Based on Richard's new book, "Monsters on the Loose," we'll delve into the unsolved murders of three San Diego women in 1931 San Diego.

🔁 2355 | The USS Midway: Surprises, Milestones & Disasters

Rob Sudman, USS Midway Docent Thursday, Feb. 1 | 10:00 AM | \$15

The USS Midway is America's longest serving aircraft carrier of the 20th century. Find out why "Midway Magic" became universally known throughout the Navy.

GET TO KNOW OUR INSTRUCTORS!

Visit the website, click on Classes and select "Instructor Bios"





2336 | Women Philosophers of the 20th Century:

Simone de Beauvoir

Oliva M. Espín, Ph.D. Friday, Feb. 2 | 10:00 AM | \$15

This presentation will acquaint you with Simone de Beauvoir, credited with originating the concept of "the other." She is best known for "The Second Sex."

2163 | San Diego Between the Wars

Linda Canada, Historian & Author Friday, Feb. 2 | 10:00 AM | \$15

Prior to WW I San Diego was known as a "sleepy little town". How did our city become a military metropolis? Find out in this lecture from local historian Linda Canada.

Vincent Rossi, Historian & Author, Co-Owner Story Seekers Monday, Feb. 5 | 10:00 AM | \$15

Historian and researcher Vincent Rossi will share slides showing what the library has preserved and offers to the public, from early maps and oral histories to a pre-World War I Crazy Cat cartoon.

2291 | The Lewis and Clark Expedition: Wilderness Medicine in Early America

Dr. David Peck Tuesday, Feb. 6 | 10:00 AM | \$15

Join physician and author Dr. David Peck on the famed Lewis and Clark Expedition of 1803-1806. The captains, with the inadequate medical knowledge of that era, faced numerous medical challenges and lost only one man.

2603 | Judy Van Der Veer: San Diego's Forgotten Writer/Naturalist

Richard Carrico, MA, Author, and Professor of American Indian Studies Tuesday, Feb. 6 | 10:00 AM | \$15

Discover Van Der Veer's life and story and hear a few passages from her award-winning books written about the backcountry of San Diego County from 1930's to the 1960's.

2604 | The Art, Cosmos, and Sacred Animals of the Kumeyaay of Rancho Bernardo and San Pasqual Valley

Richard Carrico, MA, Author, and Professor of American Indian Studies Thursday, Feb. 8 | 10:00 AM | \$15

We'll journey back thousands of years to gain a better understanding of our indigenous people and their views on the cultural landscape both then and now.

2044 | The Great Philosophers: John Locke

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Friday, Feb. 9 | 1:00 PM | \$16

Learn about John Locke, who famously championed the idea of natural rights, including the right to private property—a notion that would transform the world.

2207 | In the Mood? Love Stories for Wednesday

Marilyn McPhie, Storyteller Monday, Feb. 12 | 1:00 PM | \$15

We're always in the mood for a good love story, especially so close to Valentine's Day!

2001 | Fascinating Facts About Our Presidents

Richard Lederer, Union-Tribune Language Columnist Wednesday, Feb. 14 | 10:00 AM | \$15

Union-Tribune language columnist & American history quiz-master Richard Lederer will illuminate the feats, fates, families, foibles, and firsts of our American presidents.

2170 | Turbulent History of US Elections

Blaine Davies, MA, Professor of U.S. History Friday, Feb. 23 | 10:00 AM | \$15

Explore the turbulent history of our presidential elections dating back to the days when only white men with property were allowed to vote.

2337 | Women Philosophers of the 20th Century: Hannah Arendt

Oliva M. Espín, Ph.D. Friday, Feb. 23 | 1:00 PM | \$15

Hannah Arendt was one of the most influential political philosophers of the twentieth century, her works had a major impact both within and outside the academic community.

2566 | San Diego During WWII

Linda Canada, Historian & Author Friday, Mar. 1 | 10:00 AM | \$15

Join us for a poignant tale of the blackouts, rationing, and war bond drives as military and manufacturing took over our sleepy city by the sea.

Hear directly from our Instructors!

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

RANCHO BERNARDO

LANGUAGE

2242 | Beginning Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Tuesdays, Jan. 23 - Mar. 5 | 12:00 PM | \$105

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

2243 | Beginning/Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Tuesdays, Jan. 23 - Mar. 5 | 1:15 PM | \$140

Fun and interactive activities will help you refresh and improve your language skills.

2236 Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Wednesdays, Jan. 24 - Mar. 6 | 10:00 AM | \$105

Our focus will be on learning practical words and phrases. Bring the required textbook to the first class.

2237 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Wednesdays, Jan. 24 - Mar. 6 | 11:30 AM | \$105

This class places emphasis on building vocabulary and developing conversational skills. Bring the required textbook to the first class.

2238 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Wednesdays, Jan. 24 - Mar. 6 | 1:00 PM | \$105

Advanced French requires a good command of the language. Correct pronunciation and grammar will be the goal. Bring the required textbook to the first class.

2230 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Thursdays, Jan. 25 - Mar. 7 | 10:00 AM | \$105

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

2231 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Thursdays, Jan. 25 - Mar. 7 | 11:30 AM | \$105

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

2232 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Thursdays, Jan. 25 - Mar. 7 | 1:00 PM | \$105

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

LITERATURE

2186 | Focus on Black History Month: One Book One San Diego Edwina Welch, Ed.D; UCSD Diversity Officer & Director of the UCSD Cross-Cultural Center (ret.)
Thursdays, Feb. 8 & Feb. 22 | 1:00 PM | \$24

We will read and discuss the One Book, One San Diego literary program winner, The Sum of Us: What Racism Costs Everyone and How We can Prosper Together, by Heather McGhee.

■ Introduction to Writing Your Memoir: Part 1

Sid Shapira, Author, Public Relations, and Corporate Communications Specialist

Ever thought about writing your memoir and sharing it among your family, friends, and future generations? This workshop will show you how to start and what to include.

2075 | Tuesday, Jan. 9 | 1:30 PM | \$15 **2078** | Tuesday, Feb. 6 | 1:30 PM | \$15

2295 | Non-Fiction Book Group: "American Prometheus"

Barbara J Salice, Ed.D

Wednesday, Feb. 21 | 10:00 AM | \$10

Have you read the book or seen the movie? Join me for a lively discussion of Kai Bird's, "American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer."

Are you new to Oasis?

We have a page on our website just for you!

Learn about our mission, how to
volunteer, sign up for our newsletter,
quick references, and much more!
Visit www.SanDiegoOasis.org





PERSONAL ENRICHMENT

2201 | Bridge Basics 3 — Popular Conventions

Hazel Turner, ACBL Certified Teacher; Ruby Life Master Tuesdays, Jan. 9 - Feb. 6 | 10:00 AM | \$60

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

2203 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor Tuesdays & Thursdays, Jan. 9 - Jan. 18 | 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.

2202 | Mah Jongg Strategies, Beyond the Basics Sheryl Chesivoir, B. A., Mah Jongg Instructor Tuesdays, Jan. 9 - Jan. 30 | 1:00 PM | \$60

Continue to improve your Mah Jongg skills by playing the game with other students with personal coaching.

2141 | For Oasis Instructors:

Increase Your Class(es)' Enrollments

Gigi Howard, MA, Ed.; Law of Attraction Specialist Wednesday, Jan. 10 | 1:00 PM | \$5

How did I get so many people to attend my first class? I'll share strategies to attract lots of interested people to your class.

2323 | Wine Regions of Spain

Matilda Parente, MD, Certified Specialist of Wine Wednesday, Jan. 10 | 1:00 PM | \$15

Armchair tour of Spain's world-renown wines with a taste for its geography, history, and rich culinary traditions.

Join our Mission Wall in Rancho Bernardo Naming Opportunities start at \$5,000

Contact Simona Valanciute at Simona@SanDiegoOasis.org to learn more.



2099 | Shared Wisdom: Women's Discussion Group

Gwen Evans, MS in Clinical & Mental Health Counseling Thursdays, Jan. 11 - April 18 | 1:00 PM | \$80

This highly interactive discussion group aims to help attendees rediscover their inner resilience, enhance self-care practices, create healthy boundaries, and foster supportive relationships.

Meeting Topics:

Jan. 11 | Embracing Life's Challenges and Unleashing Our Inner Strengths

Jan. 25 | What's Love Got to Do with It?

Feb. 8 | We Are Enough

Feb. 22 | Enhancing Self-Care Practices

2562 | Bridge Basics 1

Hazel Turner, ACBL Certified Teacher; Ruby Life Master Thursdays, Jan. 11 - Feb. 8 | 9:00 AM | \$60

A perfect introduction! Starting with the basics, the course progresses through modern bidding, opening bids and responses.

2393 | Bereavement Support Group

Sharon L Bryant, Chaplain, VITAS Healthcare 2nd & 4th Thu., Jan. 11 - April 25 | 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.

2335 | San Diego Humane Society: Fostering Pets

Amelia Curtis, Education and Training Manager, San Diego Humane Society Tuesday, Jan. 16 | 10:00 AM | FREE

We'll cover San Diego Humane Society's history, current programs, and ways community members can give back.

2000 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations Tuesday, Jan. 16 | 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.

2077 | On the Spectrum: Engaging with your Autistic Grandchild

Sam Odom, PhD- Ed. and Dev. Psychology Thursday, Jan. 18 | 1:00 PM | \$15

This workshop will help you understand autism as it occurs during childhood and adolescence. Concepts will be presented in a non-technical way, with resources for participants who want to learn more.

Fun with Trivia: How Much Do You Know?

Alan Zacharin, Attorney

Come play Trivia! You'll be surprised at how much you know and how much you learn while having lots of fun.

2095 | Monday, Jan. 22 | 10:00 AM | \$10 **2096** | Monday, Feb. 12 | 10:00 AM | \$10

Calming the Clutter: Discussion and Solutions Group

Jami Shapiro, CSM Founder, Silver Linings Transitions

In this monthly group take the first steps to learn accountability and get support to tackle your clutter and tick off your to-do list.

2345 | Monday, Jan. 22 | 2:00 PM | \$15 **2346** | Tuesday, Feb. 27 | 2:00 PM | \$15

2271 | Are You a Dreamer? Vision Boarding After Retirement

Gigi Howard, Teacher with MA in Education, Law of Attraction Specialist Wednesday, Jan. 24 | 10:00 AM | \$15

Have fun with others while designing a unique collage called a Dream/Vision board. Bring magazines and inspirational quotes to help personalize your future dreams for 2024 and beyond.

2255 | Re-Commerce - How and What Can Be Sold

Jami Shapiro, CSM Founder, Silver Linings Transitions Thursday, Jan. 25 | 10:00 AM | \$15

Learn how to gift significant items in your life and options for selling and donating the rest.

2301 | Five Crowns, a Rummy-Style Card Game

Joan H. Cook, Experienced Card Player Thursday, Jan. 25 | 1:00 PM | \$10

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.

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

An introduction to the myriad of resources available to seniors and their families.

2002 | Saturday, Jan. 27 | 10:00 AM | FREE **2003** | Saturday, Feb. 24 | 10:00 AM | FREE

2110 | An Overview of the National Park System

Costa Dillon, M.P.A., National Park Ranger/ Superintendent and Screenwriter Tuesday, Jan. 30 | 10:00 AM | \$15

Get the inside scoop on national parks and the national park movement from experienced, award-winning ranger/superintendent Costa Dillon.

2314 | How to Make This Chapter of Your Life Better Than All the Rest

Arthur Hammons, Infotainer & Motivational Speaker Wednesday, Jan. 31 | 10:00 AM | \$15

You are the author of your life story. Let's create THIS chapter and those that follow-- starring the best you yet!.

2165 | The Love Prescription:

7 Days to More Intimacy, Connection, and Joy

Gwen Evans, MS in Clinical & Mental Health Counseling Wednesdays, Jan. 31 & Feb. 7 | 1:00 PM | \$30

Learn a 7-day tried-and-true plan with bite-sized, actionable steps ("building blocks of love") to enhance your relationship. Everyone can benefit from the formula.

Diversity, Equity & Inclusion: A Conversation

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

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

2349 | Monday, Feb. 5 | 1:00 PM | \$15 **2350** | Wednesday, Feb. 21 | 1:00 PM | \$15

2329 | Discussion Group on Successful Aging

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Tuesdays, Feb. 6 - Mar. 19 | 10:00 AM | \$48

In this compassionate, solutions-oriented group, we'll have conversations about aging well to move beyond life events that are causing us to feel stuck, discouraged, or uncertain about what's ahead.

2093 | American Mah Jongg for Beginners: Level One

Chris Eshelman, Mah Jongg Instructor Thursdays, Feb. 8 - 29 | 1:00 PM | \$60

This beginner's class for the American version of Mah Jongg. Players will refer to a card that shows the sequences needed to complete a Mah Jongg hand.





2272 | The Laws of Attraction: Pivoting into a New Story Gigi Howard, MA Ed., Law of Attraction Specialist Monday, Feb. 12 | 10:00 AM | \$15

When we change how we look at things, the things we look at change. This workshop will help you learn to focus on what you want by pivoting from thoughts that no longer serve you.

2161 | Free Game Play!

Free Game Play
Tuesdays, Feb. 13 - 27 | 1:00 PM | FREE

The Game Room at Rancho Bernardo is OPEN!! Bring your own games/cards and players, or make new friends once you're here.

2324 | Wine Regions of Portugal

Matilda Parente, MD, Certified Specialist of Wine Wednesday, Feb. 14 | 1:00 PM | \$15

In this class you'll learn about the surprising variety in Portuguese wine well beyond the country's iconic Ports and unique Madeiras, making Portugal's 21st century wine scene among the world's most exciting.

2565 | Bridge Basics 2 - Competitive Bidding

Hazel Turner, ACBL Certified Teacher; Ruby Life Master Thursday, Feb. 22 - Mar. 21 | 9:00 AM | \$60

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

2256 | Preserving Family Memories

Jami Shapiro, CSM Founder, Silver Linings Transitions Thursday, Feb. 22 | 1:00 PM | \$15

Learn tips and techniques and find the best solutions in getting younger family members to take on the role of family historian.

■ 2270 | The Art of Allowing

Gigi Howard, ED., Law of Attraction Specialist Wednesday, Feb. 28 | 10:00 AM | \$15

Do you dwell on things that you don't want to happen? Are you sabotaging what you really want? This class will help you learn to find ways to resist your negative thoughts and feelings.

2325 | Wine Regions of Australia

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

Take a journey in this class to the amazingly diverse and delicious world of Australian wine.

SCIENCE

2279 | The Sex Life of Animals: Do Lions Have Libido? Fred Bercovitch, Ph.D. Biological Anthropology Wednesday, Jan. 17 | 10:00 AM | \$15

Do orangutans have orgasms? How often do monkeys mate? Fred will help us explore diversity and variation in both the sexual practices of animals and their unusual reproductive organs.

2330 | Cross Species Friends of Humans Series: The Dog Henry George, Engineer, Archaeologist and Geologist Thursday, Jan. 18 | 10:00 AM | \$15

How and when did dogs become domesticated? How did breeds emerge? What life stages do they experience? Get multifaceted perspectives of the evolution of our best animal friend.

2278 | The Biology of Sexual Development and Sex Differences Fred Bercovitch, Ph.D. Biological Anthropology Friday, Feb. 16 | 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.

2331 | Cross Species Friends of Humans Series: The Horse Henry George, Engineer, Archaeologist and Geologist Thursday, Feb. 22 | 10:00 AM | \$15

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

There are MANY ways to support the mission of San Diego Oasis!

Visit our Donate page on the website to learn more: SanDiegoOasis.org



SHAMILY'S KITCHEN

The beautiful teaching kitchen in Rancho Bernardo, named after Bonnie and Krishna Arora's daughter Shamily, is a tribute gift to honor the spirit of Shamily and her love of cooking as a lifelong chef. Cooking classes will include samples for everyone to enjoy!

"This is how they know I love them: by adding garlic." - Shamily

2316 | Quench Your Thirst - Peruvian Style!

Claudia Newkirk, President-House of Peru; Realtor & Valerie Bubnash, Realtor Thursday, Jan. 11 | 1:00 PM | \$25

Salud! Learn how to make delicious drinks, both alcoholic and non-alcoholic, originating from Peru.

2196 | How to Make Potato Knishes

Allison Weisman, Owner, Allison's Custom Confections Friday, Jan. 12 | 1:00 PM | \$25

Learn how to make delicious knishes, an eastern European pastry filled with a mashed potato/onion mixture.

■ 2174 | Make Ricotta and Tasting Cheese Workshop

Rob Graff, Academy of Cheese Wednesday, Feb. 28 | 1:30 PM | \$120

Fundamentals of cheese from The Venissimo Cheesemonger who will demonstrate how to make fresh ricotta.

Blue Zone Cooking

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

This series will demonstrate how to prepare foods from various Blue Zones, regions of the world where a high proportion of people live vibrantly past 100 years of age.

- **2563** | Thursday, Jan. 18 | 10:00 AM | \$30 Okinawa Inspired Miso-Glazed Tofu
- 2347 | Tuesday, Jan. 30 | 10:00 AM | \$30 Japanese Sweet Potato Rice
- **2564** | Thursday, Feb. 8 | 10:00 AM | \$30 Costa Rican Gallo Pinto
- **2561** | Tuesday, Feb. 27 | 10:00 AM | \$30 Costa Rican Picadillo de Chayot

2145 | Joana's Carne Asada

Joana Acuna, Genuine Mexican Cuisine Monday, Jan. 22 | 1:00 PM | \$25

Joana Acuna will share her treasured secrets for making authentic, savory, oh so delicious Carne Asada.

2191 | Make Your Own Pickles

Christina Ng, Chef & Foundation Cultivator Berry Good Food

Tuesday, Jan. 23 | 10:30 AM | \$30

This hands-on class will show you how to make the best pickles from locally grown produce and fresh herbs and spices, as well as introduce you to various flavor profiles of pickles.

2342 | Bubbe's Yummy Chicken Soup with Matzo Balls

Eva Beim, MA, Broadcast Journalism; Recording Artist; Certified Yoga Instructor Thursday, Jan. 25 | 1:00 PM | \$25

In Yiddish, "Bubbe" means Grandmother. Grab a spoon as you learn to prepare a delicious pot of Grandma's "Jewish penicillin" and the science-backed reason it's called that.

2353 | Eat the Rainbow: Cooking with a Twist

Dr. Sruti Lam-Fletcher; Naturopathic Doctor, Functional Medical Practitioner Friday, Jan. 26 | 10:30 AM | \$30

Learn the secret ingredients in all these following recipes: Bright Pink Pasta, Sicilian Sardines, and Dark Chocolate Mousse.

2179 | Artistic Napkin Folding

Laura Lynn, Professional Chef Garde Manger, Three-Time American Culinary Federation Gold Medalist and Presidential Award Winner, San Diego Fruit Carving Founder Friday, Jan. 26 | 2:00 PM | \$15

Learn a variety of artistic napkin folds to elevate your table settings for dinner parties, holidays, and special events.

2180 | Sweet Valentine: Let's Make Chocolate

Stephen Tako, Chocolatier; Co-founder & CEO of Motivated to Act, an anti-bullying 501(c)3, and Marzena Tako, Chocolatier, Co-founder of Motivated to Act

Monday, Jan. 29 | 1:00 PM | \$25

Chocolatiers Stephen and Marzena Tako will share their expertise as they demonstrate making delectable chocolate confections just in time for Valentine's Day!





2175 | Cheesy Appetizers

Rob Graff, Academy of Cheese Wednesday, Jan. 31 | 1:30 PM | \$120

Join a Venissimo cheesemonger and create two creative appetizers. You will receive an entire kit that feeds two people including cheese, charcuterie, and other accoutrements as you design your cheesy appetizers.

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication training Thursdays, Feb. 1 & 8 | 1:00 PM | \$50

This 2-part course presents the cultural basics of the Chinese New Year celebration including snacks—leading to a simple demonstration of Chinese Cantonese cooking.

2190 | Flavors of India

Christina Ng, Chef & Foundation Cultivator Berry Good Food

Friday, Feb. 2 | 10:30 AM | \$30

Alongside expert spice purveyor, Dharti Jadav of Koshna Spices, we will cook a wonderful Butter Chicken recipe with roasted cauliflower, and perfect basmati rice.

2344 | Artistic Towel Folding

Laura Lynn, Professional Chef Garde Manger, Three-Time American Culinary Federation Gold Medalist and Presidential Award Winner, San Diego Fruit Carving Founder Friday, Feb. 2 | 2:00 PM | \$15

Learn to recreate the adorable towel animals seen on cruise ships with creative and playful towel folding techniques.

2176 | Cookie Decorating: Valentine Edition

Catherine Rigby, Certified Baker, RN (ret.) Wednesday, Feb. 7 | 10:00 AM | \$30

Enjoy this fun, creative, hands-on class. Bring an apron to wear and a box to take home all your tasty treats.

2178 | Artistic Chocolate Covered Strawberries

Laura Lynn, Professional Chef Garde Manger, Three-Time American Culinary Federation Gold Medalist and Presidential Award Winner, San Diego Fruit Carving Founder Friday, Feb. 9 | 2:00 PM | \$30

Learn how to dip and decorate strawberries to transform them into festive treats for a variety of special occasions.

2558 | Sweet and Savory French Crepes

Beatrice Ricart, Chef and Oasis Accounting Specialist Monday, Feb. 12 | 10:30 AM | \$25

Our French chef will demonstrate how to make a buckwheat crepe with ham, cheese, and a decadent mushroom sauce, as well a sweet crepe cake.

2567 | Persian Cooking Made Easy
Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Tuesday, Feb. 13 | 11:00 AM | \$30

Learn to prepare yellow split pea with eggplant tomato sauce served on a bed of basmati rice.

■ 2195 | How to Make Cake Pops

Allison Weisman, Owner, Allison's Custom Confections Thursday, Feb. 15 | 1:00 PM | \$25

In this class you will learn tips and tricks to make delicious cake pops in a variety of flavors.

2185 | Artistic Garnishing for Cocktails and Platters

Laura Lynn, Professional Chef Garde Manger, Three-Time American Culinary Federation Gold Medalist and Presidential Award Winner, San Diego Fruit Carving Founder Friday, Feb. 16 | 2:00 PM | \$30

Elevate your plating presentation and cocktails with fun and unique fruit & vegetables garnishes.

2177 | Fancy Fruit Platter

Laura Lynn, Professional Chef Garde Manger, Three-Time American Culinary Federation Gold Medalist and Presidential Award Winner, San Diego Fruit Carving Founder Friday, Feb. 23 | 2:00 PM | \$30

A beautiful fruit platter with carved melon, grapes, oranges, and kiwi will impress your friends and family.

2214 | Joana's Chile Rellenos

Joana Acuna, Genuine Mexican Cuisine Monday, Feb. 26 | 1:00 PM | \$25

Joana Acuna will share her treasured secrets for making authentic, delicious chile rellenos.

TECHNOLOGY

All Technology classes will be taught by Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits

2087 | Fitness Trackers:

The Power and Potential of Your Health Wearable Wednesday, Jan. 10 | 11:30 AM | \$15

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

2262 | iPhone 101

Wednesday, Jan. 10 | 10:00 AM | \$15

Learn to charge, power on/off, lock/unlock the phone, return to the home screen, set the text size, make calls, send messages, and more.

2266 | Android 101

Thursday, Jan. 11 | 10:00 AM | \$15

Learn to charge, power on/off, lock/unlock the phone, return to the home screen, set the text size, make calls, send messages, and more.

2088 | Fundamentals of Streaming

Thursday, Jan. 11 | 11:30 AM | \$15

Practical hands-on training to learn about streaming: what it means, how to access popular platforms, and how to make the most of the various entertainment options.

2263 | iPhone 102

Wednesday, Feb. 14 | 10:00 AM | \$15

We will practice customizing the phone settings, use GPS, photos, camera, and voice activation, browse the internet, and reach out to support for troubleshooting.

2089 | Mastering Passwords: Best Security Practices

Wednesday, Feb. 14 | 11:30 AM | \$15

Learn about systems you can use to create and store passwords, the benefits of a password manager and how to establish yours.

2267 | Android 102

Thursday, Feb. 15 | 10:00 AM | \$15

We will practice customizing the phone settings, use GPS, photos, camera, and voice activation, browse the internet, and reach out to support for troubleshooting.

2090 | At Your Fingertips: Accessing and Protecting Your E-Health Record

Thursday, Feb. 15 | 11:30 AM | \$15

Learn efficient ways to navigate your EHR for seamless communication with healthcare providers, tracking prescriptions, managing appointments, and staying informed.

THEATRE & MUSIC

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

2079 | Mondays, Jan. 8 - Feb. 5 | 12:00 PM | \$240 **2080** | Mondays, Jan. 8 - Feb. 5 | 1:00 PM | \$240 **2081** | Mondays, Jan. 8 - Feb. 5 | 2:00 PM | \$240 **2031** | Fridays, Jan. 12 - Feb. 2 | 12:00 PM | \$240 **2032** | Fridays, Jan. 12 - Feb. 2 | 1:00 PM | \$240 **2033** | Fridays, Jan. 12 - Feb. 2 | 2:00 PM | \$240 **2034** | Fridays, Feb. 9 - Mar. 1 | 12:00 PM | \$240 **2035** | Fridays, Feb. 9 - Mar. 1 | 1:00 PM | \$240 **2036** | Fridays, Feb. 9 - Mar. 1 | 2:00 PM | \$240

2322 | Introduction to Songwriting: Pop & Standards

Jack Wolf, Songwriter/Musician, BSEE, MS Systems Engineering Friday, Jan. 19 | 1:00 PM | \$15

Learn the details of formulaic songwriting and discover what makes a tune "catchy." We'll also explore what it takes to promote and sell a song.

2084 | San Diego Opera Pre-Performance Conversation:

James Reid, Ph.D., Vice President of the Rancho Bernardo Rotary Club & PSO Board VP Thursday, Jan. 25 | 1:00 PM | \$15

Join classical music expert/Poway Symphony Orchestra board vice president, Dr. Jim Reid, for a synopsis and discussion of the upcoming San Diego Opera performance of Don Giovanni.







INNOVATION CENTER

Workshops at our Rancho Bernardo Location

Workshops are led by David Beevers, Digital Divide Program Manager, at the Oasis Innovation Center in Rancho Bernardo.

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.

2100	Tuesday, Jan. 16 11:00 AM FREE
2101	Thursday, Jan. 18 2:00 PM FREE
2104	Tuesday, Jan. 30 11:00 AM FREE
2105	Thursday, Feb. 1 2:00 PM FREE
2106	Tuesday, Feb. 6 11:00 AM FREE
2107	Thursday, Feb. 8 11:00 AM FREE
2109	Thursday, Feb. 15 2:00 PM FREE
2111	Thursday, Feb. 22 11:00 AM FREE
2112	Tuesday, Feb. 27 11:00 AM FREE
2113	Thursday, Feb. 29 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.

2128	Thursday, Jan. 18 12:00 PM FREE
2129	Tuesday, Jan. 23 11:00 AM FREE
2131	Tuesday, Feb. 6 2:00 PM FREE
2132	Thursday, Feb. 15 11:00 AM FREE
2133	Tuesday, Feb. 20 11:00 AM FREE

Cloud Services Workshop

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

2136	Thursday, Jan. 25	11:00 AM	FREE
2137	Tuesday, Jan. 30	2:00 PM	FREE
2138	Thursday, Feb. 8	12:00 PM	FREE
2139	Tuesday, Feb. 13	11:00 AM	FREE
2140	Thursday, Feb. 22	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.

2121	Thursday, Jan. 18	11:00 AM	FREE
2122	Tuesday, Jan. 23	2:00 PM I	FREE
2123	Thursday, Feb. 1	11:00 AM	FREE
2124	Tuesday, Feb. 6	12:00 PM	FREE
2126	Tuesday, Feb. 20	2:00 PM	FREE
2127	Thursday, Feb. 29	11:00 AM	FREE

UBER/Lyft App Workshop

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

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2114 | Tuesday, Jan. 16 | 2:00 PM | FREE 2115 | Thursday, Jan. 25 | 2:00 PM | FREE 2117 | Thursday, Feb. 8 | 2:00 PM | FREE 2118 | Tuesday, Feb. 13 | 2:00 PM | FREE 2120 | Tuesday, Feb. 27 | 2:00 PM | FREE
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These free technology classes are brought to you by Arlene and Michael Bardin, the McCarthy Family, and the Rancho Bernardo Community Foundation.







Tim McCarthy



ALLIED GARDENS/BENJAMIN BRANCH LIBRARY 5188 ZION AVE, SAN DIEGO, CA 92120

708 | Aging in Place:

Home Modifications for Successful and Independent Living

Jacqueline A. Silverman, CSA®, CAPS Friday, Jan. 19 | 11:00 AM | FREE

Explore essential strategies to optimize the safety, comfort, and livability of your home.

709 | Amazing Stories From San Diego's Past

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter Saturday, Feb. 3 | 11:00 AM | FREE

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

ALPINE BRANCH LIBRARY

1752 Alpine Blvd, Alpine, CA 91901

716 | Mindfulness Awareness

Sofia Puerta Webber, BA Communication Science and Journalism, Certified Yoga Therapist and mindfulness teacher from UCSD Center for Mindfulness Saturday, Jan. 20 | 10:30 AM | FREE

Learn how mindfulness can reduce stress, anxiety, and suffering.

COLLEGE-ROLANDO BRANCH LIBRARY

6600 Montezuma Road, San Diego, CA 92115

706 | Self-Sabotage No More!

Laura Diaz, Board Certified Coach (BCC) Saturday, Jan. 6 | 10:00 AM | FREE

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

704 | Russia and Ukraine: What Is Their Real History?

Philip R. Pryde, Ph.D, Professor Emeritus SDSU, Author, Lecturer Saturday, Jan. 13 | 10:00 AM | FREE

A look at the territorial disputes between Russia and Ukraine. Could similar disputes arise elsewhere in the former Soviet Union?

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

711 | How To Decrease Your Risk Of Stroke And Live A Healthier Life

Lucas Ramirez, M.D.

Saturday, Jan. 20 | 2:30 PM | FREE

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

710 | Greatest Hits of Singer-Songwriters

Doug Beaupré, Singer songwriter Saturday, Jan. 27 | 2:30 PM | FREE

Enjoy well-known songs written by singer-songwriters such as James Taylor, John Denver, Loggins and Messina, Cat Stevens, Neil Young, Billy Joel, Elton John, and many more.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

700 | What Do the Wizard of Oz, Sunny Jim, and the Last Cave Artist Have in Common?

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter Tuesday, Jan. 9 | 1:00 PM | FREE

Join San Diego Legends author Jack Innis to explore and answer this burning question.

701 | Current Events

Rick LeVine, Attorney Tuesday, Feb. 6 | 1:00 PM | FREE

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

OCEAN BEACH BRANCH LIBRARY

4801 Santa Monica Ave, San Diego, CA 92107

715 | Do You Own Your Stuff or Does Your Stuff OWN You? Jami Shapiro, CSM Founder, Silver Linings Transitions Monday, Jan. 22 | 6:00 PM | FREE

Learn the impact stuff has on your life as well as the difference between de-cluttering and organizing. We'll also cover resources and changes in the resale market.

POINT LOMA BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

703 | Intriguing Italy

Linda Hawley, Ed.M., Author, Teacher & World Traveler Wednesday, Jan. 17 | 1:00 PM | FREE

Enjoy a two-hour adventure as we travel to various sites and cities in Italy to explore the archaeology, architecture, and art of this amazing country.

705 | Write On! Remedies for the Reluctant Writer

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

Wednesday, Jan. 24 | 1:00 PM | FREE

You have a story to tell, but you can't get started. This workshop will help you overcome behaviors and beliefs that impede your writing.

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

707 | 9 Must Have Strategies for Living Well While Living Longer

Dr. Joe Casciani, Geropsychologist, Host of the Living to 100 Club Wednesday, Jan. 24 | 11:00 AM | FREE

Dr. Casciani discusses strategies for living longer. You'll leave with a fresh and positive mindset about the future, with solutions for how to start new chapters and age successfully.

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

714 | Assisted Living Communities and Residential Care Homes: It's Not What You Think

Julie Derry, MBA, Certified Senior Advisor Thursday, Jan. 4 | 2:00 PM | FREE

Assisted or supported living can look like a residential home environment or a "cruise ship on land" depending on your financial considerations and preferences. Attend this talk and get the facts on assisted living.

713 | Legacies of the Past: San Diego's History

Linda Canada, Historian & Author Thursday, Jan. 25 | 1:00 PM | FREE

From local archives and private photograph collections, explore and highlight San Diego's history.

719 | Strategies for Successful Aging in Place

Jacqueline A. Silverman, CSA®, CAPS Thursday, Feb. 8 | 1:00 PM | FREE

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

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

712 | Michelangelo

Julia Fister, MA, Studio ACE Executive Director Tuesday, Jan. 16 | 12:30 PM | FREE

We'll examine the life and work of the man considered by some scholars to be one of the greatest artists of his age and of all time.

718 | Presidential Trivia

Richard Lederer, Union-Tribune Language Columnist Tuesday, Feb. 6 | 12:30 PM | FREE

Union-Tribune language columnist and American history quizmaster Richard Lederer will illuminate the feats, fates, families, foibles, and firsts of our American presidents.

LIBRARY AMBASSADORS VOLUNTEER OPPORTUNITY

Library Ambassadors are meaningful Oasis volunteer representatives for library classes 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.

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.

1124 | Saturdays, Jan. 13 -27 | 9:00 AM | \$30 1125 | Saturdays, Feb. 3 - 24 | 9:00 AM | \$40

■ 1403 | Balance, Strength & Movement to Reduce Falling

Sofia Puerta Webber, BA Communication Science and Journalism, Certified Yoga Therapist and mindfulness teacher from UCSD Center for Mindfulness Mondays, Jan. 29 - Feb. 26 | 9:30 AM | \$40

Learn & practice easy movements to improve balance and reduce the risk of falling.

Blue Zone Nutrition

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

Learn about the regions and how to prepare foods from Blue Zones, where people live longer, healthier lives.

1407 | Monday, Jan. 22 | 10:00 AM | \$15 Ogliastra Region, Sardinia 1408 | Monday, Feb. 5 | 10:00 AM | \$15 Okinawa, Japan

1419 | Social Isolation Among Older Adults: The Silent Destroyer

Jayne Reinhardt, Retired, County of San Diego Community Health Promotion Specialist Monday, Jan. 29 | 1:00 PM | \$15

We'll explore social isolation, how to identify signs for yourself and others, and the behaviors that can lead to mental decline.

HEALTH

■ 1405 | Your Aging Journey is Unique to You! Julie Derry, MBA, Certified Senior Advisor

Tuesday, Jan. 9 | 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.

Meditation: Renew Your Life with Health, Vitality and Peace Melynnique Seabrook, MA

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

1128 | Thursdays, Jan. 11 - Feb. 1 | 1:00 PM | \$40 1129 | Thursdays, Feb. 8 -29 | 1:00 PM | \$40

HISTORY & HUMANITIES

■ 1291 | Buddhism and its Art

Gwenyth Mapes, Professor of Humanities Friday, Jan. 12 | 10:00 AM | \$15

In this lecture we will discuss Buddhism as a philosophy and look at some of the art that has developed from the religion.

■ 1338 | First Dynasty Egypt's First Woman King

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, Jan. 16 | 1:00 PM | \$15

Recent archaeological digging sheds new light on a woman, merNeith, who ruled Upper Egypt as a First Dynasty king 5,000 years ago.

DO YOU ENJOY ZOOM?

If so, why not sign up to host as a Zoom volunteer? Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more.





1367 | The Coming Death Shortage

Bruno Leone, MA Wednesday, Jan. 17 | 1:30 PM | \$8

This class will examine both the promises and the perils of longevity including the life-extending medical therapeutics now available.

1346 | San Diego's Ghosts

Marilyn McPhie, Storytellers of San Diego; TEDx Speaker

Thursday, Jan. 18 | 1:30 PM | \$8

Marilyn McPhie, President of the Storytellers of San Diego, will reveal some of our city's more fascinating hauntings.

1344 | The War of 1812 & The Birth of America's Navy

Mark Carlson, Historian & Author Thursday, Jan. 25 | 1:30 PM | \$8

Historian Mark Carlson traces the battles of the war in the Atlantic and on the Great Lakes between the newly formed US Navy and the experienced British Royal Navy.

■ 1415 | The Fall of Tenochtitlan: Native Resistance Against the Aztecs

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Jan. 26 | 10:00 AM | \$15

History credits the Spanish for the fall of the Aztec Empire. This class examines how the superior numbers of the Indigenous resistance led to its defeat.

■ 1330 | The Entertaining History of Money

Sofia Laurein, Ph.D., Professor of History Tuesday, Jan. 30 | 10:00 AM | \$15

It has been said, "Money makes the world go round." Learn about the fascinating fiscal history of money and banking.

■ 1399 | An Overview of the National Park System

Costa Dillon, M.P.A., Experienced National Park Ranger/Superintendent

Wednesday, Jan. 31 | 10:00 AM | \$15

Get the inside scoop about national parks and the national park movement from experienced, award-winning ranger/superintendent Costa Dillon.

LOVE OASIS?

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

1288 | Thurgood Marshall

Blaine Davies, MA, Professor of U.S. History Thursday, Feb. 1 | 10:00 AM | \$15

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

1440 | Black American Women and Sainthood

Oliva M. Espín, Ph.D.

Tuesday, Feb. 6 | 1:00 PM | \$15

Learn about Black Catholics in the U.S. in different historical periods through the lives and work of Black Americans who are about to be declared saints by the Church.

1412 | African American Artists

Julia Fister, MA, Studio ACE Executive Director Wednesday, Feb. 7 | 1:00 PM | \$15

Explore artists such as Robert Duncanson, Edmonia Lewis, Horace Pippin, Jacob Lawrence, Faith Ringgold, and more.

➡ 1292 | Romantic Era Art

Gwenyth Mapes, Professor of Humanities Friday, Feb. 9 | 10:00 AM | \$15

Europe's Enlightenment is critiqued by the burgeoning art and ideas of the Romantic Era.

1413 | Exploring the American Southwest: The Story of Cabeza de Vaca and Estebanico

Maria Butler, MA Lecturer Emerita SDSU Monday, Feb. 12 | 10:00 AM | \$15

This presentation is based on La Relacion, which chronicles a story of survival, by Cabeza de Vaca.

■ 1323 | The Powers, Dynamics, and Role of the U.S. Supreme Court

Glenn Smith, J.D., LL.M., Professor of Constitutional Law (ret.) Thursday, Feb. 15 | 10:00 AM | \$15

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

■ 1314 | Trends in Paranormal Research

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Friday, Feb. 16 | 10:00 AM | \$15

This presentation explores various trends in the field of paranormal research, such as technological & metaphysical instruments, proper investigation protocols, and television sensationalism.

■ 1266 | Brice Marden (1938-2023)

Aniko Makranczy, MFA Tuesday, Feb. 20 | 10:00 AM | \$15

Explore this American abstract painter who gained international fame for his encaustic monochromatic paintings.

1349 | Early Japanese Immigration to WWII Internment

Linda Canada, Historian & Author Tuesdays, Feb. 20 -27 | 10:00 AM | \$16

Learn about Japanese immigration to the US, their success in farming, and their forced internment in camps during WWII.

■ 1339 | The Day the Dinosaurs Died

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tuesday, Feb. 20 | 1:00 PM | \$15

Learn about the fossils recently discovered in North Dakota, showing the death and destruction on the day of the impact event 67,000 years ago.

■ 1416 | Black Cowboys of the Old West

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College Friday, Feb. 23 | 10:00 AM | \$15

Learn about the black cowboys who were essential to the cattle industry, working as wranglers, ropers, and trail drivers during the development of the American West.

1331 | The Mysteries of Most Enchanting and Intriguing Works of Art

Sofia Laurein, Ph.D., Professor of History Tuesday, Feb. 27 | 10:00 AM | \$15

Let's put some famous paintings under a magnifying glass to reveal fascinating stories, hidden insights and secret messages.

■ 1400 | Myths and Misconceptions of U.S. History

Costa Dillon, M.P.A., National Park Ranger/ Superintendent and Screenwriter Wednesday, Feb. 28 | 10:00 AM | \$15

This class will look at common myths told about our country's history, how they started, and why they continue to endure.

1347 | Building the Brooklyn Bridge in 1883

Mark Carlson, Historian & Author Thursday, Feb. 29 | 1:30 PM | \$8

One of the greatest engineering feats of the century was the Brooklyn Bridge, the longest suspension bridge in the world, built in 1883.

= NEW!



LANGUAGE

1154 | Conversational Spanish

Danisa Mardones, BA Tuesdays, Jan. 23 - Mar. 5 | 1:30 PM | \$105

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

LITERATURE

1219 | The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator 1st & 3rd Fridays, Jan. 5 - April 19 | 1:00 PM | \$64

In this book club, we'll discuss several types of mystery books, and we'll choose a different author to read and evaluate at each meeting.

1451 | Aspiring and Intermediate Poetry Workshop

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

Fridays, Jan. 12 - May 3 | 10:00 AM | FREE

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

1342 | Creative Writing: Techniques to Enhance Your Writing Projects Lola Sparrowhawk, Int'l Award-Winning Author/Historian Thursdays, Jan. 25 - Feb. 29 | 10:00 AM | \$90

Explore your potential while you learn how begin your project or to take your work-in-progress to the next level.

ძ 1424 | Eaten Any Good Books Recently?

Emily Nye, Ph.D.
Thursday, Feb. 8 | 1:00 PM | \$15

We'll combine two favorite pastimes, dining and reading, by exploring the most delicious novels about food.

SHARE THE GIFT OF LEARNING

We have gift certificates available in lobbies of both locations. They make great gifts for all occasions.

PERSONAL ENRICHMENT

1213 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wednesdays, Jan. 3 - April 17 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.

■ 1003 | Travelogue:

Coastal Cruise of Portugal, Spain & Morocco

Linda Hawley, Ed.M., Author, Teacher & World Traveler Thursday, Feb. 29 | 10:00 AM | \$15

All aboard for an exciting visual exploration of exotic, culture-rich cities: Lisbon, Seville, Cadiz, Tangier, Casablanca, Marrakesh & Funchal.

SCIENCE

■ 1240 | San Diego's Ocean

Jennifer Olim, Ph.D. Wednesday, Jan. 10 | 10:00 AM | \$15

Explore the underwater geology of San Diego, travel back to volcanic islands, journey down underwater canyons, and a big wave surf spot.

■ 1310 | Cross Species Friends of Humans Series: The Cow Henry George, Engineer, Archaeologist and Geologist Tuesday, Jan. 23 | 10:00 AM | \$15

Since their domestication about 10,000 years ago, learn about the important role the cow has played in the story of humanity.

■ 1236 | Neuropsychology Advances to Reduce Anxiety and Stress

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Thursday, Jan. 25 | 10:00 AM | \$15

We will explore the relationship between gut health and mood states like anxiety and anger in order to increase well-being.

■ 1401 | The Psychology of Racism and Hate Groups

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Monday, Feb. 5 | 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.

■ 1243 | Animal Behavior and Ecology: The Social Life of Giraffes

Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology Wednesday, Feb. 7 | 10:00 AM | \$15

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

■ 1237 | The Cognitive Neuroscience of Religious Belief

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Thursday, Feb. 22 | 10:00 AM | \$15

We'll explore the brain mechanisms associated with religious beliefs and experiences using research from anthropology, positive psychology, and neuropsychology.

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.





THEATRE & MUSIC

1375 | Animals in Orchestral Music: Beautiful, Charming and Dramatic

Chris Burns, Many-Strings Friday, Jan. 19 | 3:00 PM | \$15

Animals have been playful, loyal, enchanting, and inspiring to composers. Join us for an entertaining hour of musical paintings of swans, wolves, cats, dragons, dinosaurs and more.

■ 1345 | Hello Dolly! & Other Hit Tunes

Vincent Young, Pianist Wednesday, Jan. 24 | 1:30 PM | \$8

Vincent Young plays, sings, and discusses the Broadway music of Jerry Herman who composed the music for Mame, La Cage Aux Follies, and Hello Dolly! among others.

1376 | Woodwinds and Flutes: Notes From Within

Chris Burns, Many-Strings Friday, Jan. 26 | 3:00 PM | \$15

From mammoth tusks to carbon fiber, woodwinds have been with us for over 60,000 years. Enjoy majestic and charming notes made by our breath from within.

1377 | The Blues: 100 Years of American Creativity

Chris Burns, Many-Strings Friday, Feb. 9 | 3:00 PM | \$15

This music has stayed true to its mission and changing times; it smooths out the wrinkles of life and makes you feel better even when things are bad.

■ 1348 | The Unforgettable Music of Cole Porter

Vincent Young, Pianist Thursday, Feb. 22 | 1:30 PM | \$8

From Hollywood films to Broadway show tunes, Cole Porter's music and lyrics retain their appeal no matter how they are performed.

1378 | Celtic Folk Traditions: Scotland, Brittany and More!

Chris Burns, Many-Strings Friday, Feb. 23 | 3:00 PM | \$15

Delight your ears and warm your heart when harps, fiddles, hammered dulcimers, flutes and beautiful Gaelic voices add Celtic charm to your day.



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.

NEW!

Team-Building Events

Are you or someone you know looking to plan a corporate team building event?

San Diego Oasis has many incredible options for team building events. Leadership development is extremely important, and we want to help you plan an engaging and fun team building event. Oasis provides event space that can fit 10-350 people in a beautiful indoor and outdoor setting.

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.







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

₩ 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.

Santa Fe & The Land of Enchantment

May 5, 2024 | 6 Days • 8 Meals Double \$2,575 | Single \$3,425 | Triple \$2,545

Santa Fe City Tour, Georgia O'Keefe Museum, "High Road to Taos" Scenic Drive, Chimayo's El Santuario, Taos Pueblo & Taos City Tour, Turquoise Trail Scenic Drive, Madrid, NM, Albuquerque City Tour, Indian Pueblo Cultural Center, Los Alamos Bradbury Science Museum, and Santa Fe School of Cooking Dinner.

➡ Alaska Call of the Wild

June 20, 2024 | 7 Days • 10 Meals Double \$5,199 | Single \$6,549 | Triple \$5,149

Anchorage, 2 Nights Denali, 3 Nights Seward, Domed Rail Journey, Denali National Park & Tundra Excursion, Kenai Fjords National Park, Glacier & Wildlife Cruise and Seward.

■ Waterways & Northwest National Parks

July 19, 2024 | 7 Days • 9 Meals Double \$3,299 | Single \$4,349 | Triple \$3,269

Mt. Rainier National Park, Olympic National Park, Whale Watching Cruise, Northwest Trek Wildlife Park, Hurricane Ridge, Seattle City Tour: Space Needle, Chihuly Gardens & Glass, & Pike Place Market, Puget Sound Ferry Crossing, and Port Angeles & Port Townsend.

DETAILED INFORMATION ON EACH TRIP IS AVAILABLE ON THE OASIS WEBSITE!

Collette Vacations

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.

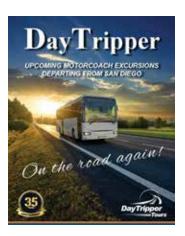
Discover the Colors of New England

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 Winnipesaukee Cruise, Ogunquit, Portland, Kennebunkport, and Lobster Dinner.

DayTripper Tours

DayTripper Tours is San Diego's premier touring company offering an array of meticulously planned one-day motor coach excursions that showcase Southern California's diverse destinations, scenic landscapes, cultural highlights, and hidden gems. Use code OASIS10 to save \$10 per person on any upcoming journey.



See Page 18 for information regarding DayTripper Tours' upcoming travel presentations. Classes #1448 & #1449.

45 TRAVEL

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" SM

Home Owners 62 and older:

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

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

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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.

Loans made or arranged pursuant to Real Estate Corporation License Endorsement, California Bureau of Real Estate Broker #01837820. NMLS #274336 These materials are not from HUD or FHA and were not approved by HUD or a government agency.



SDG&E's pioneering wildfire safety program has become an industry leader, setting standards for other power companies to follow. Every day, advance prevention and mitigation activities are at work keeping our communities safe from wildfires. As we continue to push the boundaries of innovation and develop new ways to prevent wildfires, our commitment to safety remains at the forefront of everything we do.



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

• Serving Oasis Members in La Mesa and Rancho Bernardo •



Offices of Jonathan Doering and Matthew Molstre

RANCHO BERNARDO

Retirement & Estate Strategies

2225 | Tue., Jan. 23 | 1:00 PM | \$5 **2228** | Tue., Feb. 13 | 1:00 PM | \$5

2224 | Social Security

Tue., Jan. 23 | 10:00 AM | \$5

Thrivent One-on-One

2226 | Fri., Jan. 26 | 10:00 AM | FREE **2229** | Fri., Feb. 16 | 10:00 AM | FREE

2227 | Will Your Taxes Affect Your Retirement? Tue., Feb. 13 | 10:00 AM | \$5

LA MESA

Retirement & Estate Strategies

1325 | Tue., Jan. 16 | 1:00 PM | \$5 **1328** | Tue.y, Feb. 20 | 1:00 PM | \$5

1324 | Social Security

Tue., Jan. 16 | 10:00 AM | \$5

1327 | Will Your Taxes Affect Your Retirement? Tue., Feb. 20 | 10:00 AM | \$5

Thrivent One-on-One

1326 | Fri., Jan. 19 | 10:00 AM | FREE **1329** | Fri., Feb. 23 | 10:00 AM | FREE

TWO LOCATIONS TO SERVE YOU!

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

Explore Ways to Use Home Equity with a Reverse Mortgage

Potential Benefits Could Include:

- √ Get rid of a monthly mortgage payment*
- √ Funds for home improvements
- √ Supplement retirement income
- √ Consolidate debts to lower monthly expenses
- √ Cover medical or in-home care costs.

Put my 25+ years mortgage experience to work for you, a family member or someone you care about.

*Borrower will need to pay ongoing property taxes, homeowners' insurance and home maintenance while continuing to occupy home as primary residence. These materials are not from HUD or FHA and not approved by HUD or a government agency. Company Licensed by CA Dept of Real Estate: Broker 02214678, NMLS 2484031



John Correll, CRMP Certified Reverse Mortgage Professional

619-294-9820

In-Home Appointments Available John@AccurateReverse.com

NMLS #1004396 CA DRE Broker #01353015





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AccurateReverseMortgage.com



Senior Resource DIRECTORY









Welcome to the San Diego Oasis **Resource Directory!**

Whether you are looking for help with assisted living, in-home care, retirement planning, longterm 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 online at www.SanDiegoOasis.org/ Resources.

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!

Interested in a **Resource Directory** listing?

ASSISTED LIVING PLACEMENT SPECIALISTS



AGING123

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

At Aging 123, 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 <u>ConnieDelost@mbk.com</u> | <u>www.TheMontera.com</u>

The Montera Senior Living is dedicated to providing personcentered 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.



FELICITA VIDA, A SENIOR LIFESTYLE COMMUNITY

Patricia Gunn | (909) 485-4654 pgunn@seniorlifestyle.com facebook.com/Felicitavidaseniorliving

At Felicita Vida, we offer vibrant assisted living and compassionate memory care in a resort-style setting. Our scenic location, close to beautiful parks and lakes, provides easy access to San Diego amenities. Call today to schedule a personal tour! Mention Oasis San Diego to receive special pricing. #374604269



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 <u>DPidgeon@CastleMaven.com</u> | <u>CastleMaven.com</u>

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.

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



AGING ADVISORY SERVICES

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

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 brainstimulating 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



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THRIVENT FINANCIAL

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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

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As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, life-limiting illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.



VITAS

Eric Ludwig | (858) 616-7495 eric.ludwig@vitas.com | vitas.com

VITAS provides care for patients and families dealing with a life-limiting illness by a team of professionals specially trained to control pain, reduce anxiety, and provide spiritual and emotional comfort. Our professionals are trained to understand the unique needs of veterans. Services can be provided at home, in assisted living/residential care, hospitals or nursing homes.

IN-HOME CARE AGENCIES



COAST CARE PARTNERS

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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.

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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!

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My name is Fariba Zarieh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your options. I'm ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.



JUST US MEDICARE

Amanda Shelley | (858) 302-4234 amanda@justusmedicare.com | justusmedicare.com

Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. *by appointment only. *

PACE PROGRAMS



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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

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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 <u>Casey@longevityphysicaltherapy.com</u> <u>longevityphysicaltherapy.com</u>

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!



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BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES

Bryan Devore | (760) 908-3838 | DRE 01397835 Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

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





COLDWELL BANKER WEST

Melina Rissone | (619) 865-6015 melina@melinarissone.com | melinarissone.com

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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.



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CSO50 Award Winner for AI Edge Security and Thought Leadership

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

2022

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

2022

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

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

NBC Universal Project Innovation Award for Technology Efforts with Older Adults

Program of Distinction Generations United

2016

Excellence Award: •KUSI •Torrey Pines Bank

2014

Charity Navigator | 4 stars out of 4 stars

Gloria Cavanaugh Award for Excellence in Training and Education



San Diego Oasis at La Mesa

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