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-winning, wholly unique Intergenerational summer camp experience.
• Travel Program: day trips and extended trips are offered throughout the year.
• Bridging the Digital Divide: new tablets, training, internet, and free online classes are provided to low-income, isolated seniors who do not have any technology at home (~1100 tablets as of 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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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 Seniors In Need Assisted
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 Simona@SanDiegoOasis.org to learn about the many ways you can support the mission of San Diego Oasis.

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!

To make a cash donation, simply visit san-diego.oasisnet.org/donate 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.

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.

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.
How to Reach Us

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

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

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

Staff Directory

DEVELOPMENT & OPERATIONS

President & CEO
Simona Valanciute | Simona@SanDiegoOasis.org
Chief Operating Officer
Michael Craig | Michael@SanDiegoOasis.org
Consultant
Jolyn Parker | Jolyn@SanDiegoOasis.org
Controller
Cindy 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

Art at Oasis

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!
San Diego Oasis Lifetime Membership

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

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

How does the Lifetime Membership work?
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.

**1303 | Wednesday, Jan. 10 | 10:00 AM | $15 | Votive Candle Holder**  
**1304 | Wednesday, Feb. 14 | 10:00 AM | $15 | Valentine’s Day Card**

**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.  

1305 | Wednesday, Jan. 10 | 10:00 AM | $15 | Votive Candle Holder  
1306 | 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.
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
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

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.

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.

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.

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.*

<table>
<thead>
<tr>
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<th>Time</th>
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### Bone-Building Fitness
Russell Rowe, MS, Exercise Physiology

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

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<tr>
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<tr>
<td>1023</td>
<td>Fridays, Feb. 9 - Mar. 1</td>
<td>12:00 PM</td>
<td>$40</td>
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### 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.*

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<tr>
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<tr>
<td>1039</td>
<td>Saturday, Feb. 17</td>
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</table>

### 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.*

<table>
<thead>
<tr>
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<th>Fee</th>
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<td>1051</td>
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</table>

### 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.*

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<th>Class Code</th>
<th>Date Range</th>
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<td>1055</td>
<td>Thursdays, Feb. 8 - 29</td>
<td>1:15 PM</td>
<td>$40</td>
</tr>
</tbody>
</table>

### International Folk Dancing
Martha Awdziewicz, Folk Dance Group

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

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<th>Class Code</th>
<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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</thead>
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<td>1063</td>
<td>Wednesdays, Feb. 7 - 28</td>
<td>9:30 AM</td>
<td>$24</td>
</tr>
</tbody>
</table>

### Line Dancing and Beyond
Ruth Parker, Line Dance Instructor

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

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<th>Date Range</th>
<th>Time</th>
<th>Fee</th>
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<td>$40</td>
</tr>
<tr>
<td>1070</td>
<td>Thursdays, Jan. 11 - Feb. 1</td>
<td>12:00 PM</td>
<td>$40</td>
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<tr>
<td>1071</td>
<td>Thursdays, Feb. 8 - 29</td>
<td>12:00 PM</td>
<td>$40</td>
</tr>
</tbody>
</table>

### Pilates for Everyone
Rosana Carvalho Gilmore, Certified Fitness Instructor

*A gentle, introductory approach to mat-based Pilates.*

<table>
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### 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.*

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**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 | 9:30 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.

1094 | Tuesdays, Jan. 9 - 30 | 2:30 PM | $40
1095 | Tuesdays, Feb. 6 - 27 | 2:30 PM | $40

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.

1098 | Tuesdays, Jan. 9 - 30 | 1:15 PM | $40
1099 | Tuesdays, Feb. 6 - 27 | 1:15 PM | $40

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.

1058 | Wednesdays, Jan. 10 - 31 | 9:00 AM | $32
1059 | Wednesdays, Feb. 7 - 28 | 9:00 AM | $32

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.

1102 | Tuesdays, Jan. 9 - 30 | 10:45 AM | $40
1103 | Tuesdays, Feb. 6 - 27 | 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.

1106 | Thursdays, Jan. 11 - Feb. 1 | 10:45 AM | $40
1107 | Thursdays, Feb. 8 - 29 | 10:45 AM | $40

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. 17 | 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.
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 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.

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 Herbolgy
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.
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.

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.

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 hard-pressed 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.

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.
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.

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.

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.

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.

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.

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.

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.

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.

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.

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 will discuss San Diego County’s agricultural history and the important role agriculture still plays in our lives.

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.

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?

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.
**LA MESA**

**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!

**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.

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

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<td>1171</td>
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**Aspiring and Intermediate Poetry Workshop**
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Each session will begin with 20-30 minutes of instruction followed by reading and commentary on each other’s poems.

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**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.

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**PERSONAL ENRICHMENT**

**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.

**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.

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.

1320 | 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.

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.

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.
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.

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.
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.

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**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.

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
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 favorite 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.

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 5-½” square art piece.

Painting with Acrylics
Nancy Isbell, BA, Former Owner/Creator 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.

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.

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.
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.

2193 | Pillowcase: Unique and Easy Sewing Project
Lyn Earl, Instructor
Tuesday, Feb. 20 | 1:00 PM | $15

Come have fun with a sewing machine! Create a one-of-a-kind 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.

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.

Retirement & Estate Strategies
Anthony Camara, CFP®, MBA
Learn the components of an individual retirement strategy to fully utilize your resources.

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

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

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

249 | 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.

227 | 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.

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.

= NEW!  = HYBRID
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.

2315 | PWR! Moves for Parkinson’s and Beyond
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
Tuesdays, Jan. 23 & 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
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.

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

2047 | San Diego North County - A Look Back
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.
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.

2048 | The Nation’s Library: The Library of Congress
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
**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.*

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

**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.”*

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**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.

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.

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.
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.

2173 | Chinese Cantonese Culture and Cooking
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-on-one 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: Don Giovanni
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 Beavers, 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

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 | 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

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

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

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

These free technology classes are brought to you by Arlene and Michael Bardin, the McCarthy Family, and the Rancho Bernardo Community Foundation.
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.

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.

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?
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.

**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.

**1407 | 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
   | Ogliastro 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.

**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.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Instructor Name, Title/Position</th>
<th>Date/Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1367</td>
<td>The Coming Death Shortage</td>
<td>Bruno Leone, MA</td>
<td>Wednesday, Jan. 17</td>
<td>1:30 PM</td>
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<td>This class will examine both the promises and the perils of longevity including the life-extending medical therapeutics now available.</td>
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<td>1346</td>
<td>San Diego’s Ghosts</td>
<td>Marilyn McPhie, Storytellers of San Diego; TEDx Speaker</td>
<td>Thursday, Jan. 18</td>
<td>1:30 PM</td>
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<td>Marilyn McPhie, President of the Storytellers of San Diego, will reveal some of our city's more fascinating hauntings.</td>
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<td>1344</td>
<td>The War of 1812 &amp; The Birth of America's Navy</td>
<td>Mark Carlson, Historian &amp; Author</td>
<td>Thursday, Jan. 25</td>
<td>1:30 PM</td>
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<td>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.</td>
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<td>1415</td>
<td>The Fall of Tenochtitlan: Native Resistance Against the Aztecs</td>
<td>Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College</td>
<td>Friday, Jan. 26</td>
<td>10:00 AM</td>
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<td>History credits the Spanish for the fall of the Aztec Empire.</td>
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<td>This class examines how the superior numbers of the Indigenous resistance led to its defeat.</td>
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<td>1330</td>
<td>The Entertaining History of Money</td>
<td>Sofia Laurein, Ph.D., Professor of History</td>
<td>Tuesday, Jan. 30</td>
<td>10:00 AM</td>
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<td>It has been said, “Money makes the world go round.” Learn about the fascinating fiscal history of money and banking.</td>
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<tr>
<td>1399</td>
<td>An Overview of the National Park System</td>
<td>Costa Dillon, M.P.A., Experienced National Park Ranger/Superintendent</td>
<td>Wednesday, Jan. 31</td>
<td>10:00 AM</td>
</tr>
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<td>Get the inside scoop about national parks and the national park movement from experienced, award-winning ranger/superintendent Costa Dillon.</td>
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</table>

**LOVE OASIS?**

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

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.

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.

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.
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.

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.

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Do you know how to use filters on the Classes website page?
Visit the Classes page on the website to view a variety of filters that make finding the classes you want a little easier. You can filter by date range, class number, class type, location, instructor or price.

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

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

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43
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.

NEW! = HYBRID

Special Events

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

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.
AFC Vacations

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

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’Keeffe 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

Waterways & Northwest National Parks
July 19, 2024 | 7 Days • 9 Meals
Double $3,299 | Single $4,349 | Triple $3,269

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

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.

DETAILED INFORMATION ON EACH TRIP IS AVAILABLE ON THE OASIS WEBSITE!
Safeguarding our communities

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.
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

*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

Put my 25+ years mortgage experience to work for you, a family member or someone you care about.

Accurate Reverse Mortgage
4025 Camino Del Rio S. Suite 321
San Diego, CA 92108
AccurateReverseMortgage.com

John Correll, CRMP
Certified Reverse Mortgage Professional
619-294-9820
In-Home Appointments Available
John@AccurateReverse.com
NMLS #1004396
CA DRE Broker #01353015

5-Star Reviews

Accurate Reverse Mortgage
4025 Camino Del Rio S. Suite 321
San Diego, CA 92108
AccurateReverseMortgage.com

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

TWO LOCATIONS TO SERVE YOU!

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

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
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

Time Slots Available:
1326 Fri., Jan. 19 | 10:00 AM | FREE
1329 Fri., Feb. 23 | 10:00 AM | FREE

Join us for these upcoming Thrivent Financial classes with Anthony Camara, FIC, MBA, CFP
• Serving Oasis Members in La Mesa and Rancho Bernardo •
Welcome to the San Diego Oasis Resource Directory!

Whether you are looking for help with assisted living, in-home care, retirement planning, long-term care, Medicare, and much more, we invite you to browse this directory as your starting point in finding the right solution.

You can also visit our Resource Directory 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?

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

AGING123
Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

At Aging123, we specialize in educating, advocating and navigating the placement journey for aging adults and their loved ones. We’ve toured and inspected all Assisted Living and Memory Care homes and communities we refer our clients to. We are a FREE service as we are compensated by our provider network.

LIVING COASTAL
Jacqui Clark, CSA | (858) 761-7551
Jacqui@LivingCoastalSR.com
agingwellpartners.com/partners/living-coastal-senior-resources

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

RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY
Virginia Renker, CSA | (619) 885-0420
virginia@rosecares.com | rosecares.com

Residential Options for Seniors and the Elderly, LLC, is a free placement and referral service providing you or your loved one with personalized service in determining the best fit for your transition into the most optimal senior living environment to suit your budget, and your individual needs and desires.

ASSISTED LIVING: EAST COUNTY

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

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

SUNGARDEN TERRACE
Susan O’Shaughnessy | (619) 508-0931
susan@sungardenterrace.com | sungardenterrace.com

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

ASSISTED LIVING: NORTH COUNTY

CASA DE LAS CAMPAÑAS
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
DPidgeon@CastleMaven.com | CastleMaven.com

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

**AGING ADVISORY SERVICES**

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

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

**DEMENTIA SUPPORT**

**GLENNER CENTERS DAY PROGRAM**
Lisa Tyburski | (619) 543-4700
information@glenner.org | glenner.org

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA.

**DURABLE MEDICAL EQUIPMENT**

**HARMONY HOME MEDICAL SUPPLY**
Erica Sell, CSA | (858) 560-8177
harmonyhomemedical@gmail.com
harmonyhomemedical.com

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

**ProFiduciary**

Dan Thale | (619) 493-0019
contact@profiduciary.com | profiduciary.com

Professional Trust and Estate Management in San Diego since 2005. At ProFiduciary, we are a team of experienced fiduciaries who have spent decades building relationships with individuals and families to preserve their wealth and pass it on to loved ones and charitable institutions. Currently serving clients with assets totaling over two million.

**FINANCIAL PLANNERS**

**THIVENT FINANCIAL**

Offices of Jonathan Doering and Matthew Molstre

Jonathan Doering/Anthony Camara | (858) 455-5227
Jonathan.Doering@thrivent.com
connect.thrivent.com/la-jolla-gateway-team

Thrivent Financial is a Fortune 500 company represented at Oasis by Jonathan Doering, Matt Molstre and Anthony Camara. Their La Jolla Gateway team brings over 100 years experience helping individuals and families invest wisely during their lifetimes and reduce taxation along the way. There is no cost or obligation to visit with them in person or virtually.

**HOSPICE**

**CABRILLO HOSPICE**

Kate Bridgman, Vice President of Business Development
(619) 245-1872
kbridgman@cabrillogroup.com | cabrillohospice.com

Cabrillo Hospice is a special, comprehensive program designed to support you and your family during a difficult time. In addition to pain and symptom problems, there can be emotional, social and spiritual challenges. Our goals include comfort, family and friends’ support, quality of life enhancement, and ongoing support during bereavement. Veteran Owned and Operated.

**THE ELIZABETH HOSPICE**

Lisa Marcolongo | (800) 797-2050
info@ehospice.org | elizabethhospice.org

As California’s largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, life-limiting illnesses. Since 1978, we’ve touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

**VITAS Healthcare**

**VITAS**

Eric Ludwig | (858) 616-7495
eric.ludwig@vitas.com | vitas.com

VITAS provides care for patients and families dealing with a life-limiting illness by a team of professionals specially trained to control pain, reduce anxiety, and provide spiritual and emotional comfort. Our professionals are trained to understand the unique needs of veterans. Services can be provided at home, in assisted living/residential care, hospitals or nursing homes.

**IN-HOME CARE AGENCIES**

**COAST CARE PARTNERS**

David Chong | (619) 354-2544
david@coastcarepartners.com | coastcarepartners.com

We are a compassionate, non-medical home care agency servicing San Diego County. Our trained caregivers provide personalized assistance, promoting independence and enhancing quality of life empowering exceptional care and peace of mind for families.
Nona’s Home Care, 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.

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.

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.

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

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!

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

**ARIS**

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

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

**UNITED HEALTH CARE**

**Fariba Zarieh** | (619) 887-6822
Fariba.Zarieh@gmail.com | myuhcagent.com/Fariba.Zarieh

My name is Fariba Zarieh and I’ve been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it’s important to consider all of your options. I’m ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.

**JUSTUS MEDICARE SOLUTIONS**

**JUST US MEDICARE**
Amanda Shelley | (858) 302-4234
amanda@justusmedicare.com | justusmedicare.com

Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. *by appointment only.*

**PACE PROGRAMS**

**ST. PAUL’S PACE**
Mary Johson | (619) 677-3800
pacenow@stpaulspace.org | stpaulspace.org

St. Paul’s Program of All-Inclusive Care for the Elderly (PACE) is a managed health care plan exclusively for seniors. As part of St. Paul’s PACE, you receive primary medical care, medication management, physical therapy, specialty services, in-home care, social work assistance, and transportation to and from the medical center.

**PHYSICAL THERAPY**

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

Asis Physical Therapy provides advanced solutions and individualized service to clients. By combining physical therapy in San Diego with other treatments, our medical professionals help you regain your range of motion and live a fuller life. Learn more about our core services and how you can add other modalities to your PT for lasting results.

**LONGEVITY PHYSICAL THERAPY**
Casey Waller, San Diego Clinic Director | (619) 501-9037
Casey@longevityphysicaltherapy.com
longevityphysicaltherapy.com

Longevity Physical Therapy is the premier physical therapy clinic in San Diego. We offer one-on-one treatments with a doctor of physical therapy the entire treatment time. We strive to restore function, enhance mobility, and amplify performance. Anyone of every age can benefit from our services. With four locations throughout San Diego County, physical therapy is close by!
PHYSIO ON THE GO:
MOBILE PHYSICAL THERAPY & WELLNESS SERVICES
Sean Kuhn | (619) 391-8688
sean@kuhnphysicaltherapy.com | physio-on-the-go.com

We bring expert physical therapy and wellness services directly to your doorstep. Our team of physical therapists assess/address mobility issues, chronic pain, balance, and neuromuscular deficits to help you regain and maintain your independence in the comfort of your home. PT and wellness care plans are tailored to meet your specific needs and goals.

PROPERTY MANAGEMENT

HALCYON REAL ESTATE SERVICES AND SENIOR@HOME
Ginger Couvrette | (858) 243-5304
Ginger@HalcyonCA.com | HalcyonCA.com

Halcyon is your full-service real estate company focusing on understanding your needs and providing options. House maintenance and remodel coordination for seniors aging in place, property management for on-going revenue, and selling the property at its highest value, Halcyon works with families to be your trusted real estate resource.

REVERSE MORTGAGE

EQUITYSMART HOME LOANS
Laura Strickler | (760) 518-9839
lauras@equitysmartloans.com | laurastrickler.com

A reverse mortgage can turn the value of your home into cash with no monthly mortgage payments required and help you manage your financial future. It can supplement your monthly income, pay off existing mortgages, make home improvements, or purchase your dream home! Work with a longtime local professional-since 2003!

SENIOR MOVE MANAGERS

CARING TRANSITIONS OF SAN DIEGO EAST
Wade Pantel | (619) 289-8964
CTSDEastinfo@caringtransitions.com
caringtransitionsandiegoeast.com

Caring Transitions makes it easy. We are a total solutions provider for senior move management, downsizing/rightsizing, and full or partial liquidations and estate sales. We help families avoid the stress that accompany these transitions by managing the process from start to finish. CRTS certified and screened, bonded, and insured.

SILVER LINING TRANSITIONS
Jami Shapiro | (760) 522-1624
info@silverliningstransitions.com | silverliningstransitions.com

We are professional move managers handling ALL the logistics of a move. We provide home organization, storage clear outs, downsizing, de-cluttering and photo organization/digitization. Our move services are free when we refer you to one of our Realtor partners. We are licensed, bonded and insured, and members of NASMM and NAPO.

SENIOR REAL ESTATE SPECIALISTS

BERKSHIRE HATHAWAY
HOMESERVICES CALIFORNIA PROPERTIES
Bryan Devore | (760) 908-3838 | DRE 01397835
Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

Bryan, a real estate agent since 2003, excels in assisting clients with home buying/selling. He specializes in guiding seniors through transitioning to smaller homes or senior communities. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process. Bryan is involved in two local non-profits benefiting seniors.
As an SRES Associated Real Estate Broker with Coldwell Banker West, Melina Rissone’s mission is to support active adults and seniors with their real estate planning and home sales. She understands the emotional demands and can help minimize them. She takes the no-pressure approach to the transaction and is 100% service-oriented.

Patti Gerke 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.

Navigating your future may bring uncertainty. Aging Well Partners can help you discover your best path forward by empowering you with the vetted resources and trusted services that meet your specific needs. Your journey has a roadmap and we are here to help you find it.

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Awards

2023:
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
Generations United’s Program of Merit

2020
Public Health Champion award by the
County of San Diego’s Covid19 Leadership.

2019
Two Impact Awards: •North San Diego
Business Chamber •Escondido Chamber

2018
NBC Universal Project Innovation Award for
Technology Efforts with Older Adults

2017
Program of Distinction Generations United

2016
Excellence Award: •KUSI •Torrey Pines Bank

2014
Charity Navigator | 4 stars out of 4 stars

2013
Gloria Cavanaugh Award for Excellence in
Training and Education

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