



MAR|APR 2024

THERE'S MORE IN STORE FOR '24:



**OVER 65 FREE
& LOW COST
TECH CLASSES!**

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WELCOME**

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**VOLUNTEER
OPPORTUNITIES**

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ART AT OASIS

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**SPECIAL EVENTS
AND RENTALS**

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**LET'S MAKE
TRAVEL PLANS**

P45

**RESOURCE
DIRECTORY**

P48



La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880



Info@SanDiegoOasis.org



SanDiegoOasis.org

ABOUT SAN DIEGO OASIS

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

- lifelong learning • healthy living • intergenerational community service

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

Program Highlights

- **Lifelong Learning:** 4,500 in-person, hybrid, and online classes annually at our two locations (La Mesa and Rancho Bernardo) and more than 30 off-site locations.
- **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.
- **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 access to technology at home (~1200 tablets as of 2/2024).
- **Tech Smart Bar:** Cox Tech Tank in La Mesa and Tim McCarthy Smart Bar in Rancho Bernardo provide one-on-one technology consultations.

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 meaningful experiences when they donate their time and talents to help the staff, instructors and members in the Oasis community. We have a variety of opportunities from which to choose. To learn more, contact Kris Anelli at Kris@SanDiegoOasis.org for La Mesa and Danny Beers at Danny@SanDiegoOasis.org for Rancho Bernardo.
- **Library Ambassadors:** Library Ambassadors are Oasis representatives for library classes. They enrich the off-site program experience for attendees by providing Oasis updates, answering general program questions, and providing instant feedback. If you would like to learn more about this volunteer opportunity, please contact Kris Anelli at Kris@SanDiegoOasis.org

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Please accept my donation, as indicated:

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

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

Payment Type:

- ☐ Check ☐ VISA ☐ MasterCard ☐ Discover

Name on Card:

Credit Card #:

Expiration Date (month/year): _____ / _____

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

Signature _____

Contact Information:

Name _____

Address _____

Phone _____

Email _____

Estate Plan

I am interested in learning more about an Estate Plan
that includes San Diego Oasis:

- ☐ Contact me!

Please designate my gift for:

- ☐ All Programming (Greatest Need)
☐ Intergenerational Tutoring Program
☐ Digital Divide Program
☐ Rancho Bernardo Capital Campaign

My gift to San Diego Oasis is in:

- ☐ Honor of ☐ Memory of

San Diego Oasis should send an acknowledgment to:

Please send me more information on:

- ☐ Volunteering ☐ Tutoring ☐ Travel ☐ Estate Gift

Dear Oasis Family,

2024 is off to a great start here at Oasis, and it brings us such joy to see your faces each day, as you show up to learn, stay healthy, and engage with others. We are excited about the many new offerings that are coming your way in this issue. Each time we develop new content for La Mesa, we get to do the same for Rancho Bernardo, and vice versa; we are enjoying the opportunities that come with having two full-time locations and expanding our reach throughout San Diego County. **There really is more in store for '24!**

Sharing your love of Oasis with family, friends, colleagues, and neighbors helps us grow. **Word of mouth is incredibly effective;** a personal endorsement from you about Oasis is meaningful to those in your circle, so please keep introducing new people to the amazing Oasis family, of which you are a part.



If you haven't visited our **Instructor Bios** page on the website recently, we encourage to go there to learn about many of our new instructors. We have incredible talent and knowledge represented by our instructors; get to know them and then check out their classes (you can use the **Search by Instructor** filter on the **Classes** page of the website to search on a specific instructor).

With so many opportunities to support Oasis, from registering for classes, to spreading word about our mission, to an investment in time, resources, and donations, there is a wide variety of ways to grow our collective impact. **Won't you consider becoming a monthly donor?** This is an easy, budget-friendly approach to giving that results in supporting Oasis in a sustainable way. You can quickly set it up on the **Donate** page of our website, or email/call us and we'll set it up for you: **Info@SanDiegoOasis.org | (619) 881-6262.**

Plenty of naming opportunities are available as well; contact **Simona@SanDiegoOasis.org** for details.

Thank you for being with us
on this journey of lifelong
learning and staying healthy.
We are happy you are here!

Warmly,


Simona Valanciute
President & CEO





WHEN YOU PLAN TO

Give
WE CAN PLAN TO *Grow*

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

San Diego Oasis supports lifelong learning, healthy 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.

To make a cash donation, simply visit SanDiegoOasis.org 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.



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



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



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.



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.



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

1265 | Abstract Painting and Drawing

Aniko Makranczy, MFA

Tue., Mar. 19 - Apr. 16 | 10:00 AM | 5 Sessions | \$75

Learn how to abstract a realistic image using concepts such as contrast, shape modification and geometric form, then create an abstract image from a picture you choose.

1357 | Ask the Sewing Expert

Lyn Earl, Instructor

Wed., Apr. 24 | 1:00 PM | \$15

Bring your unfinished sewing projects to this class and the sewing expert will help guide you through your challenges so you can complete your project.

Beginning Bead Weaving

Diane Kramer, Bead Weaver & Instructor

Bead weaving is the craft of using a needle, thread, and beads to create beautiful jewelry. Learn how to make a bracelet for yourself or a friend. No experience is necessary.

1536 | Mon., Mar. 18 | 1:00 PM | \$40

Twisted Herringbone Bangle

1537 | Mon., Apr. 8 | 1:00 PM | \$40

Flat Spiral Stitch Bracelet

1538 | Mon., Apr. 22 | 1:00 PM | \$40

Netting Stitch Cuff Bracelet

1352 | Beginning Practical Crochet

Janet Stuelpner, The Left-Handed Artist and Crafter

Tue., Mar. 5 - 26 | 1:00 PM | 4 Sessions | \$32

Learn to crochet in rows, rounds and squares using basic stitches and simple patterns.

1513 | Botanical Illustration

Ann Dunham, MS, Design

Fri., Mar. 1 - 8 | 1:00 PM | 2 Sessions | \$30

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

1248 | Bubble Painting Plate/Windchime

Diana Griffin, Owner of Queenie Glass and Sass

Wed., Apr. 10 | 1:00 PM | \$55

Assemble a variety of glass pieces along with colored bubble paint and 2 pieces of transparent glass to create your own unique 5-1/2 square art piece or a wind chime.

1515 | Calligraphy

Ann Dunham, MS, Design

Fri., Apr. 5 & 12 | 10:00 AM | 2 Sessions | \$30

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

1487 | Color Theory

Nancy Isbell, BA, Former Owner/Founder of Bravo

School of Art, Mural Artist & Instructor

Mon & Wed., Apr. 29 & May 1 | 1:00 PM

2 Sessions | \$30

Get hands-on experience mixing colors and creating color wheels, different color schemes, tints, and shades.

1229 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography,

Grossmont College

Thu., Mar. 7 - Apr. 11 | 10:00 AM | 6 Sessions | \$90

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

1485 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo

School of Art, Mural Artist & Instructor

Mon., Wed. & Fri., Apr. 1 - 5 | 1:00 PM

3 Sessions | \$45

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

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



= NEW!



= HYBRID



= SOCIAL CLUB



1514 | Drawing Fundamentals

Ann Dunham, MS, Design

Fri., Mar. 15 & 22 | 1:00 PM | 2 Sessions | \$30

In this beginning class, learn to draw basic shapes, add volumetric shading, and draw accurate proportions and spatial relationships.

1526 | Gelli Plate Workshop

Michele Little, Crafter & Instructor

Tue., Apr. 16 & 23 | 1:00 PM | 2 Sessions | \$60

We will be learning all about our Gelli plates...the possibilities are endless!

1269 | Interior Designs Basics

Tamara Shoemaker, Classical Feng Shui Master and Award-Winning Interior Designer

Tue., Mar. 19 - Apr. 9 | 1:00 PM | 4 Sessions | \$60

Learn the basics of interior design and approach your own home like a pro.

1516 | Introduction to Figure Drawing

Ann Dunham, MS, Design

Fri., Apr. 19 - 26 | 10:00 AM | 2 Sessions | \$30

In this course you'll learn the basic skill of drawing the human form, including proportions and anatomy.

1518 | Loosen Up! Abstract Expression

Michele Little, Crafter & Instructor

Mon., Mar. 11 | 1:00 PM | \$30

Join us for some fun art exercises to loosen up your style, create and take home an abstract masterpiece!

1443 | Making Kokedama (Moss Ball)

Hideko Edwards, HD Creations, Moss Based Arts & Crafts

Fri., Mar. 22 | 10:00 AM | \$50

Select a plant to be molded into a beautiful Bonsai style moss ball, using a special soil mixture. Materials and tools provided, and you'll leave with a display dish and care instructions.

1244 | Oriental Brush Art with Chinese Ink and Watercolor

Shinja Scheidnes, Watercolorist, Instructor (Find her work at Spanish Art Village #23, Balboa Park)

Wed., Mar. 6 - 20 | 10:00 AM | 3 Sessions | \$60

Come learn the dancing brush technique to create beautiful works of art.

Painting Flowers in Acrylic with Preet Works

Preet Works, Preet Srivastava, Teaching Artist

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

1496 | Thu., Mar. 14 | 1:00 PM | \$20

1497 | Thu., Mar. 28 | 1:00 PM | \$20

1498 | Tue. & Thu., Apr. 23 & 25 | 10:00 AM
2 Sessions | \$40

1486 | Painting with Acrylics

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

Mon., Wed. & Fri., Apr. 15, 17 & 19 | 1:00 PM
3 Sessions | \$45

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

Paper Quilling - Let's Make Something Fun!

Marcy Shapiro, Quilling Enthusiast

Learn to create beautiful objects by rolling thin pieces of paper.

 **1305** | Wed., Mar. 13 | 1:00 PM | \$15
Decorative Magnets

 **1306** | Wed., Apr. 24 | 10:00 AM | \$15
Spring Flowers

1356 | Reusable Zero Waste Sponges

Lyn Earl, Instructor

Wed., Mar. 27 | 1:00 PM | \$15

Replace the microplastics used in typical kitchen sponges by making your own no-waste kitchen sponges of cotton fabric.

1247 | Three-Sided Candle Holder

Diana Griffin, Owner of Queenie Glass and Sass

Wed., Mar. 20 | 1:00 PM | \$55

You will be provided with a variety of glass pieces, and you will assemble 3 clear pieces to create your own unique standing candle holder.

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.

1010 | Mon., Mar. 11 | 10:00 AM | \$15

1011 | Mon., Mar. 25 | 10:00 AM | \$15

1012 | Mon., Apr. 8 | 10:00 AM | \$15

1013 | Mon., Apr. 22 | 10:00 AM | \$15

BUSINESS, FINANCE, LEGAL



**THRIVENT
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

1480 | Economic Review and Market Outlook

Chuck Etzweiler, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT & Anthony Camara, CFP®, MBA
Tue., Mar. 5 | 10:00 AM | FREE

What shapes your financial strategy? See how the latest economic data can help you make informed money decisions.

1492 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Tue., Apr. 23 | 11:00 AM | \$5

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

Social Security

Anthony Camara, CFP®, MBA

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

1489 | Mon., Mar. 4 | 11:00 AM | \$5

1493 | Tue., Apr. 23 | 1:00 PM | \$5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

1491 | Fri., Mar. 8 | 10:00 AM | FREE

1494 | Fri., Apr. 26 | 10:00 AM | FREE

1490 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA
Mon., Mar. 4 | 1:00 PM | \$5

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

**See ad on page 46
for more information on
Thrivent Financial,
proud sponsor of San Diego Oasis**

1411 | 15 Steps to a Successful Remodel

Peter Klein, Author & Former Contractor
Wed., Apr. 10 | 1:00 PM | \$15

Learn the steps needed to remodel a home with a professional contractor and prepare yourself mentally and financially.

1282 | Home Selling Tips

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Mar. 14 | 1:00 PM | \$15

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

1321 | Investing 101

Barbara Norman, CFP®, ChFC®, CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Tue., Mar. 12 | 1:00 PM | \$15

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

Let's Talk About It – The Headlines

Rick LeVine, Attorney

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

1016 | Wed., Mar. 27 | 1:30 PM | \$10

1017 | Wed., Apr. 24 | 1:30 PM | \$10

1250 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor
Tue., Mar. 12 | 10:00 AM | \$15

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

Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist

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

1234 | Sat., Mar. 16 | 10:00 AM | \$15

1235 | Sat., Apr. 20 | 10:00 AM | \$15

NEED ASSISTANCE?

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

 **1283 | Steps & Documents to Listing/Selling Your House**
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Apr. 18 | 1:00 PM | \$15

Receive guidance on documents needed, and get help in understanding California's complex disclosure requirements.

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.

1505 | Mon., Apr. 1 | 10:00 AM | FREE

1506 | Fri., Apr. 5 | 10:00 AM | FREE

1527 | United States Supreme Court: Ethics Review

Glenn Smith, J.D., LL.M., Professor of Constitutional Law (ret.)
Wed., Apr. 3 & 10 | 10:00 AM | 2 Sessions | \$30

Term limits, recusals, ethics/disclosure rules and more. We'll also examine the ethics code recently adopted by the Courts.

1322 | 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
Tue., Mar. 12 | 10:30 AM | \$15

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

EXERCISE & DANCE

Please see website for course descriptions.

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

1020 | Fri., Mar. 8 - 29 | 10:45 AM | 4 Sessions | \$40

1021 | Fri., Apr. 5 - May 3 | 10:45 AM | 5 Sessions | \$50

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

1028 | Mon., Mar. 4 - 25 | 12:00 PM | 4 Sessions | \$40

1024 | Fri., Mar. 8 - 29 | 12:00 PM | 4 Sessions | \$40

1029 | Mon., Apr. 1 - 29 | 12:00 PM | 5 Sessions | \$50

1025 | Fri., Apr. 5 - May 3 | 12:00 PM | 5 Sessions | \$50

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

1036 | Mon., Mar. 4 - 25 | 9:30 AM | 4 Sessions | \$40

1044 | Tue., Mar. 5 - 26 | 12:00 PM | 4 Sessions | \$40

1048 | Wed., Mar. 6 - 27 | 1:15 PM | 4 Sessions | \$40

1032 | Fri., Mar. 8 - 29 | 9:30 AM | 4 Sessions | \$40

1052 | Sat., Mar. 16 | 9:30 AM | \$10

1037 | Mon., Apr. 1 - 29 | 9:30 AM | 5 Sessions | \$50

1045 | Tue., Apr. 2 - 30 | 12:00 PM | 5 Sessions | \$50

1049 | Wed., Apr. 3 - May 1 | 1:15 PM | 5 Sessions | \$50

1033 | Fri., Apr. 5 - May 3 | 9:30 AM | 5 Sessions | \$50

1041 | Sat., Apr. 20 | 10:30 AM | \$10

1040 | Cardio Drumming

Lele Jones, Certified Fitness Instructor

Sat., Mar. 16 | 10:30 AM | \$10

1053 | Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

Sat., Apr. 20 | 9:30 AM | \$10

Dance, Sculpt and Tone

Rosana Carvalho Gilmore, Certified Fitness Instructor

1056 | Thu., Mar. 7 - 21 | 1:15 PM | 3 Sessions | \$30

1057 | Thu., Apr. 4 - May 2 | 1:15 PM | 5 Sessions | \$50

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

1064 | Wed., Mar. 6 - 27 | 9:30 AM | 4 Sessions | \$24

1065 | Wed., Apr. 3 - May 1 | 9:30 AM | 5 Sessions | \$30

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

1076 | Wed., Mar. 6 - 27 | 2:15 PM | 4 Sessions | \$40

1072 | Thu., Mar. 7 - 28 | 12:00 PM | 4 Sessions | \$40

1077 | Wed., Apr. 3 - May 1 | 2:15 PM | 5 Sessions | \$50

1073 | Thu., Apr. 4 - May 2 | 12:00 PM | 5 Sessions | \$50

Pilates for Everyone

Rosana Carvalho Gilmore, Certified Fitness Instructor

1080 | Mon., Mar. 4 - 18 | 2:15 PM | 3 Sessions | \$30

1084 | Thu., Mar. 7 - 21 | 2:30 PM | 3 Sessions | \$30

1081 | Mon., Apr. 1 - 29 | 2:15 PM | 5 Sessions | \$50

1085 | Thu., Apr. 4 - May 2 | 2:30 PM | 5 Sessions | \$50

Progressive Strength, Balance and Flexibility Training

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1092 | Tue., Mar. 5 - 26 | 9:30 AM | 4 Sessions | \$40

1093 | Tue., Apr. 2 - 30 | 9:30 AM | 5 Sessions | \$50

Progressive Strength, Balance and Flexibility Training

Jeanna Beauchamp, Certified Fitness Instructor

1088 | Thu., Mar. 7 - 28 | 9:30 AM | 4 Sessions | \$40

1089 | Thu., Apr. 4-May 2 | 9:30 AM | 5 Sessions | \$50

Restorative Chair Yoga

Julia Doughty, MFA and Certified HHP

1096 | Tue., Mar. 5 - 26 | 2:30 PM | 4 Sessions | \$40

1097 | Tue., Apr. 2 - 23 | 2:30 PM | 4 Sessions | \$40

Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP

1100 | Tue., Mar. 5 - 26 | 1:15 PM | 4 Sessions | \$40

1101 | Tue., Apr. 2 - 23 | 1:15 PM | 4 Sessions | \$40

San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA and Certified HHP

1060 | Wed., Mar. 6 - 27 | 9:00 AM | 4 Sessions | \$32

1061 | Wed., Apr. 3 - 24 | 9:00 AM | 4 Sessions | \$32

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

1104 | Tue., Mar. 5 - 26 | 10:45 AM | 4 Sessions | \$40

1105 | Tue., Apr. 2 - 30 | 10:45 AM | 5 Sessions | \$50

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

1108 | Thu., Mar. 7 - 28 | 10:45 AM | 4 Sessions | \$40

1109 | Thu., Apr. 4-May 2 | 10:45 AM | 5 Sessions | \$50

Strength & Balance for Longevity: A Physical Therapy Approach

Alyssa McClintick, Doctor of Physical Therapy

1336 | Sat., Mar. 16 | 11:30 AM | \$15

1337 | Sat., Apr. 20 | 11:30 AM | \$15

1231 | T'ai Chi Chih:

Joy through Movement for Advanced Students

Michelle Sarubbi, Certified TCC Instructor

Fri., Mar. 15 - Apr. 26 | 2:30 PM | 7 Sessions | \$70

1111 | T'ai Chi Chih:

Joy through Movement for Intermediate Students

Michelle Sarubbi, Certified TCC Instructor

Fri., Mar. 15 - Apr. 26 | 1:15 PM | 7 Sessions | \$70

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

1114 | Mon., Mar. 4 - 25 | 1:15 PM | 4 Sessions | \$40

1115 | Mon., Apr. 1 - 29 | 1:15 PM | 5 Sessions | \$50

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

1118 | Mon., Mar. 4 - 25 | 10:45 AM | 4 Sessions | \$40

1122 | Wed., Mar. 6 - 27 | 12:00 PM | 4 Sessions | \$40

1119 | Mon., Apr. 1 - 29 | 10:45 AM | 5 Sessions | \$50

1123 | Wed., Apr. 3-May 1 | 12:00 PM | 5 Sessions | \$50

HEALTH & WELLNESS

A Comprehensive Guide to Aging in Place

Tony Bevin, FSD-Financial Security Designs, Medi-Cal, and VA Benefits Consultants

Anyone can be eligible for financial support to age in place! Take this class for guidance on your options.

1475 | Wed., Mar. 13 | 1:00 PM | FREE



1476 | Wed., Apr. 17 | 10:00 AM | FREE

Blue Zone Nutrition

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

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

  **1410** | Tue., Apr. 9 | 10:00 AM | \$15
Ikaria, Greece

  **1409** | Mon., Mar. 4 | 10:00 AM | \$15
Nicoya Peninsula, Costa Rica

 **1477 | Bring More Joy into Your Life**

Mary Heineke, LMFT at Sharp Grossmont Hospital
Behavioral Health Center
Thu., Mar. 14 | 10:00 AM | FREE

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

California End of Life Option Act

Bill Simmons, Attorney

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

1427 | Fri., Mar. 1 | 10:00 AM | \$15

1534 | Tue., Mar. 26 | 10:00 AM | \$15

1420 | Charting Your Course:

Strategies for Successful Aging in Place

Jacqueline A. Silverman, CSA®, CAPS
Thu., Mar. 21 | 1:00 PM | \$15

Essential strategies for aging well in the comfort of your home.

1454 | Hearing Loss and Solutions

Dr. Dena Riso, Peninsula Hearing Center
Mon., Mar. 25 | 10:00 AM | \$15

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

 **1302 | Navigating Cannabis for Older Adults**

Veronica Marie Mitchell
Thu., Mar. 21 | 10:00 AM | \$15

Learn about the safety, legal, and health concerns for older adults adding cannabis into their healthcare.

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1134 | Sat., Mar. 16 | 10:00 AM | FREE

1135 | Sat., Apr. 20 | 10:00 AM | FREE

 **1406 | Your Aging Journey is Unique to You!**

Julie Derry, MBA, Certified Senior Advisor
Tue., Mar. 12 | 3:00 PM | FREE

What is your plan for aging? What can you do now ahead of the need? Don't wait for a crisis, start planning YOUR aging journey today.

HISTORY & HUMANITIES

 **1332 | A Cultural History of Coffee:
How We Fell in Love with Caffeine**

Sofia Laurein, Ph.D., Professor of History
Tue., Mar. 19 | 10:00 AM | \$15

A "refreshing" journey through the history of your morning cup of coffee that guarantees to leave you thirsty for more!

 **1289 | Andrew Jackson, America's Original Populist President**

Blaine Davies, MA, Professor of U.S. History
Mon., Mar. 25 | 10:00 AM | \$15

Learn about Andrew Jackson, hero of the Battle of New Orleans and our nation's seventh president.

 **1293 | Art & Architecture of Ancient China**

Gwenyth Mapes, Professor of Humanities
Fri., Mar. 8 | 10:00 AM | \$15

China has influenced the world with stunning art and architecture, as well as technology. We'll examine Neolithic China and move through to the Yuan dynasty.

  **1315 | Children and the Paranormal**

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

Nicole will share stories and accounts of working with children during various investigations and case studies.

 **1284 | Christianity's Early Battles to Define Itself:
Orthodoxy vs. Heresy**

Frank Newton, Ph.D.
Thu., Apr. 11 | 10:00 AM | \$15

Learn about the many intriguing beliefs that proliferated throughout the early years of Christianity and the battles that defined what was "orthodox" faith and what was heresy.

 **1508 | Empedocles: Cosmologist and Magician**

Bruce McGraw, MA, Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges (ret.)
Tue., Apr. 16 | 1:00 PM | \$15

Learn about Empedocles (492-432), a pre-Socratic philosopher who was a cosmologist and a magician.

 **1294 | European Gothic Art & Architecture**

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

We will look at examples of architecture, as well as the art that moved from Byzantine imagery to increasing naturalism.

 **1504 | Explore Your Nearby National Parks**

Costa Dillon, M.P.A., National Park Ranger/Supt. and Screenwriter (Attack of the Killer Tomatoes)
Tue., Apr. 16 | 10:00 AM | \$15

This class will help you get familiar with the 39 units of the National Park System that are within a day's drive.

 **1267 | Georgia O'Keeffe in New Mexico 1949-1986**

Aniko Makranczy, MFA
Tue., Mar. 12 | 10:00 AM | \$15

In the mid-1930s, O'Keeffe was determined to build a life in New Mexico. We'll explore her paintings in this isolated area.

 **1531 | Historic Early San Diego as Seen at Four Cultural Sites**

Richard Carrico, MA, Author and Professor of American Indian Studies
Wed., Apr. 24 | 10:00 AM | \$15

We'll focus on four places reflecting the region's history: Old Town, Bancroft Ranch, Warner Springs, and Presidio Hill.

1507 | Myth of Materialism

Bruce McGraw, MA, Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges (ret.)
Tue., Mar. 5 | 1:00 PM | \$15

We will discuss the belief in materialism showing that it is a myth and a major cause of many of our problems today.

 **1417 | Royal Women:**

Eleanor of Aquitaine and Razia Sultana

Javier Gonzalez-Meeks, Associate Professor of History, San Diego Miramar College
Fri., Mar. 29 | 10:00 AM | \$15

Learn more about these strong and intelligent women who defied expectations and played important roles in shaping the political landscape of their countries.

MONTHLY MEMBERSHIP

Monthly Membership allows you to take unlimited classes each month for a low cost of \$150. Visit the website and search on Classes #502 and #503 to learn more.

 **1529 | San Diego as a Movie Set: Lights, Camera, Action**

Richard Carrico, MA, Author and Professor of American Indian Studies
Fri., Mar. 29 | 1:00 PM | \$15

We'll discuss a variety of famous and infamous films with scenes shot in San Diego.

 **1530 | San Diego in 1768**

Richard Carrico, MA, Author and Professor of American Indian Studies
Mon., Apr. 22 | 10:00 AM | \$15

Archaeologist Richard Carrico will take us back to what is called the Precontact period to experience San Diego before the mission, before cattle, and well-before Indian reservations.

1286 | San Diego Women and their Role in World War II

Linda Canada, Historian & Author
Mon., Mar. 18 | 10:00 AM | \$15

Actual stories and real experiences of San Diego women as they lived through this tumultuous period of history.

 **1333 | The "Golden Age" of Piracy**

Sofia Laurein, Ph.D., Professor of History
Tue., Apr. 23 | 10:00 AM | \$15

History unfolds with Blackbeard, Mary Read, Black Bart and even Jewish pirates. Let's explore the real pirates!

 **1285 | The Early Christians vs. the Pagan Mystery Cults**

Frank Newton, Ph.D.
Thu., Mar. 28 | 1:00 PM | \$15

Join Dr. Frank Newton as he describes the many Roman "Mystery Cults" and explains how Christianity became the dominant religion of the empire.

 **1290 | The Enigmatic Thomas Jefferson**

Blaine Davies, MA, Professor of U.S. History
Fri., Apr. 19 | 10:00 AM | \$15

Let's explore the life and contradictions of the scientist, architect, farmer, astronomer, scholar and statesperson, and author of the Declaration of Independence.

 **1226 | The Great Philosophers: Jean-Paul Sartre**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Apr. 3 | 10:00 AM | \$16

Join us for a look at the life and work of Jean-Paul Sartre, one of existentialism's most prominent and provocative voices.

 **1418 | The History and Legacy of the “Fall of Rome”**

Javier Gonzalez-Meeks, Associate Professor of History,
San Diego Miramar College
Fri., Apr. 26 | 10:00 AM | \$15

The fall of the Roman Empire ushered in momentous change. Its legacy continues to shape the modern world.

 **1318 | The History of Women’s Movements**

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

We’ll cover important milestones such as the suffrage movement, the Equal Rights Amendment, and discuss the women involved.

 **1503 | The History of Yellowstone National Park**

Costa Dillon, M.P.A., National Park Ranger/Supt. and
Screenwriter (Attack of the Killer Tomatoes)
Mon., Mar. 11 | 10:00 AM | \$15

Explore the human history that shaped Yellowstone National Park, its establishment, and early protection challenges.

1225 | The Philosophy of Abortion

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., Mar. 20 | 10:00 AM | \$16

Join us for this philosophical inquiry into the big questions the abortion debate draws to the surface.

1422 | The Search for the True Mary Magdalene

Philip R. Pryde, Ph.D, Professor Emeritus SDSU,
Author, Lecturer
Mon., Mar. 25 | 1:00 PM | \$15

Mary Magdalene is among the most famous of women, yet little is known about her. Explore an objective overview based on analyses by biblical historians.

 **1227 | The Wisdom of Resilience**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., Apr. 17 | 10:00 AM | \$16

Join us as we comb through wisdom traditions for tools, we can use to cultivate the resilience needed to saying hello to new experiences and insights.

 **1224 | Walking the Seven Stone Path**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., Mar. 6 | 10:00 AM | \$16

Join author Peter Bolland for a 90-minute guided discussion of the core ideas in his book “The Seven Stone Path: An Everyday Journey to Wisdom.”

 **1287 | Women I Wish I’d Known**

Linda Canada, Historian & Author
Wed., Mar. 27 | 10:00 AM | \$15

The common thread among the six San Diego women covered in this lecture is that they each impacted the development and success of Balboa Park and the institutions within it.

**1319 | Women Leaders and Lawmakers:
An Answer to Preventing War**

Anne Hoiberg, Activist, Women’s Hall of Fame
Inductee, President of Women’s Museum of California
Fri., Mar. 22 | 10:00 AM | \$15

Are women leaders/lawmakers more responsive in addressing corruption and such crises as the pandemic and forms of violence? We’ll analyze and discuss female-led countries.

 **1528 | Wyatt Earp and the Victorian Wild West in San Diego**

Richard Carrico, MA, Author and Professor of
American Indian Studies
Fri., Mar. 22 | 1:00 PM | \$15

Join local historian Richard Carrico (and Wyatt Earp) as we travel back to San Diego in the 1880-1895 period of history.

LANGUAGE

 **1453 | American Sign Language Beginning IV**

Jennifer Carmean, MS, American Sign Language
Professor, Grossmont College
Thu., Mar. 7 - Apr. 11 | 10:00 AM | 6 Sessions | \$90

Learn basic ASL (American Sign Language) signs to meet and greet people, talk to family, ask questions and more.

DID YOU KNOW?

Our facilities are available to rent for your special event or club meetings: see page 44.

1147 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Mar. 11 - Apr. 22 | 10:00 AM | 7 Sessions | \$105

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

1159 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Mar. 11 - Apr. 22 | 11:30 AM | 7 Sessions | \$105

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

1139 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Mar. 11 - Apr. 22 | 1:00 PM | 7 Sessions | \$105

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

🗨️ 1165 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Mar. 12 - Apr. 16 | 10:00 AM | 6 Sessions | \$90

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

1167 | Italian for Travelers, Part I

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Mar. 12 - Apr. 16 | 2:00 PM | 6 Sessions | \$90

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

1169 | Italian for Travelers, Part II

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Mar. 12 - Apr. 16 | 12:00 PM | 6 Sessions | \$90

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

🌿 1275 | Beginner European Portuguese (Cont.)

Amanda Da Rosa, Portuguese Instructor
Mon., Mar. 25 - May 6 | 1:00 PM | 7 Sessions | \$105

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

1151 | Beginning Spanish I

Gladis Jiménez González
Wed., Mar. 13 - Apr. 24 | 10:00 AM | 7 Sessions | \$105

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

1153 | Beginning Spanish II

Gladis Jiménez González
Wed., Mar. 13 - Apr. 24 | 11:30 AM | 7 Sessions | \$105

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

1163 | Intermediate Spanish I

Gladis Jiménez González
Wed., Mar. 13 - Apr. 24 | 1:00 PM | 7 Sessions | \$105

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

🗨️ 1145 | Beginning Conversational Spanish

N. Constantina Cano, MA, Professor of Spanish,
ESL and Reading
Thu., Mar. 21 - May 2 | 1:00 PM | 7 Sessions | \$105

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

🗨️ 1157 | Intermediate Conversational Spanish

N. Constantina Cano, MA, Professor of Spanish,
ESL and Reading
Thu., Mar. 21 - May 2 | 11:30 AM | 7 Sessions | \$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.

1149 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Mar. 15 - Apr. 26 | 11:30 AM | 7 Sessions | \$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.**



1161 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Mar. 15 - Apr. 26 | 10:00 AM | 7 Sessions | \$105

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

1141 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Mar. 15 - Apr. 26 | 1:00 PM | 7 Sessions | \$105

Designed to review, refine, and expand oral proficiency, reading, writing, and listening comprehension and to further explore the Spanish culture, history and literature.

LITERATURE

1174 | Aspiring and Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Thu., Mar. 7 - May 2 | 10:00 AM | 9 Sessions | FREE

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

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.

1172 | Tue., Mar. 5 - 26 | 1:00 PM | 4 Sessions | \$60

1173 | Tue., Apr. 2 - 23 | 1:00 PM | 4 Sessions | \$60

1442 | Literary Interpretation & Exploration:

Three Treasured Classic Poems V

Jennifer Shenefield, MFA
Thu., Mar. 28 | 1:00 PM | \$15

Fifth in this series, we'll take a deep dive into themes, imagery, technique and more when we discuss three famous, classic poems from some of the best-loved poets in literature.

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.

1177 | Fri., Mar. 22 | 1:00 PM | \$8 | Prophet Song

1178 | Fri., Apr. 26 | 1:00 PM | \$8 | The Trees

Word Play: Inspire Your Creative Process

Julia Doughty, MFA and Certified HHP

The goal of this workshop is to inspire and kickstart your creative process through activities, word play, short readings, and engaging discussion.

1510 | Fri., Mar. 8 | 1:00 PM | \$15

1511 | Fri., Apr. 12 | 1:00 PM | \$15

PERSONAL ENRICHMENT

1297 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor
Tue. & Thu., Apr. 2 - 11 | 1:00 PM | 4 Sessions | \$60

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

1471 | Bingo!

San Diego Oasis and the San Diego Women's Club
Sat., Mar. 23 | 1:00 PM | \$25

Join us for a thrilling afternoon of bingo, win prizes, socialize, and have fun.

1273 | Choose Confidence

Laura Diaz, Board Certified Coach (BCC)
Fri., Apr. 26 | 10:00 AM | \$15

Practical techniques and insights that enable you to make choices leading to increased confidence, passion, and freedom.

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!

 **1272 | Creating New Friendships**

Laura Diaz, Board Certified Coach (BCC)
Fri., Mar. 15 - 29 | 10:00 AM | 3 Sessions | \$45

Discover the art of cultivating new, deep-rooted friendships and unveil the secrets to expanding your network and creating lasting bonds.

 **1213 | Grief Support Group**

Rolandas Kausas, Chaplain
1st & 3rd Wed., Mar. 6 - Apr. 17 | 10:30 AM
4 Sessions | FREE

Join our drop-in group to understand the symptoms of grief, what you might experience, and how to respond to it.

 **1467 | Hot Pots: Container Gardens that Sizzle**

Gail Hall, M.S., Rehabilitative Counseling
Wed., Mar. 27 | 10:00 AM | \$15

Learn to pick the right pot and soil, choose your plants, plant them, and maintain them throughout the season.

1444 | Houseplant Care and Feeding 101

Abby Moldenhauer, Owner, Abby's Interior Landscapes
Thu., Apr. 18 | 10:00 AM | \$15

Learn the secrets to raising happy, healthy houseplants.

 **1540 | Mah Jongg for Beginners: Level One**

Carol Cohn, Mah Jongg Instructor
Wed., Apr. 10 - May 8 | 10:00 AM | 5 Sessions | \$75

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

 **1539 | Mah Jongg for Beginners: Level Two**

Carol Cohn, Mah Jongg Instructor
Wed., Mar. 6 - 27 | 10:00 AM | 4 Sessions | \$60

Practice the game of Mah Jongg and strengthen your skills.

 **1218 | Men's Room**

Donald Bruders, Facilitator
2nd & 4th Wed., Mar. 13 - Apr. 24 | 10:00 AM
4 Sessions | \$32

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

1445 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations
Fri., Mar. 8 | 1:00 PM | FREE

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

 **San Diego Oasis Travel Club**

Linda Hjelle and Charlie Nickeson, Facilitators, Travel Enthusiasts

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

1215 | Thu., Mar. 7 | 1:00 PM | FREE

1216 | Thu., Apr. 4 | 1:00 PM | FREE

 **Senior 101**

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

An introduction to the many resources available to seniors and their families.

1532 | Tue., Mar. 26 | 10:00 AM | FREE

1533 | Tue., Apr. 30 | 10:00 AM | FREE

 **1468 | So You Want to Teach a Class?**

Gail Hall, M.S., Rehabilitative Counseling
Mon., Mar. 18 | 10:00 AM | \$8

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

1501 | The Basics of DNA Testing and Analysis

Kathleen Fernandes, Ph.D.
Sat., Mar. 16 | 10:00 AM | \$15

We'll look at the basics of autosomal DNA testing, discuss the major testing companies and the information they provide.


1502 | Using Genetic Genealogy to Find Family

Kathleen Fernandes, Ph.D.
Sat., Apr. 20 | 10:00 AM | \$15



Learn step-by-step guidance on how to use your DNA testing results in your genealogical research.

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



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

 **1004 | Walk on the WILD Side! Flora & Fauna of San Diego**
Linda Hawley, Ed.M., Author, Teacher & World Traveler
Fri., Mar. 8 | 10:00 AM | \$15



Learn about diverse and fascinating wildlife of San Diego, then discover what's out there on a guided walk.

  **1512 | Women's Voices Discussion Group**
Julia Doughty, MFA and Certified HHP
1st & 3rd Fri., Mar. 1 - Apr. 19 | 1:00 PM
4 Sessions | \$32

We'll read excerpts from The Oxford Book of Women's Writing in the United States as well discuss how the passages relate to our lives and individual experiences.



  **1242 | San Diego Geology**
Jennifer Olim, Ph.D.
Wed., Apr. 10 | 10:00 AM | \$15

Explore the fascinating geology of San Diego and how volcanoes, faults, and floods have shaped the landscape.



  **1238 | The Psychopathology of Hate Groups**
Gina Simmons Schneider, Ph.D., Licensed
Psychotherapist, Executive Coach & Author
Thu., Mar. 28 | 10:00 AM | \$15

Learn how hate develops, what feeds it and how to combat it.



SCIENCE

  **1509 | Animal Behavior and Ecology:
Koala Conservation and Climate Change**
Fred Bercovitch, BA, MS, and Ph.D. Biological
Anthropology
Mon., Apr. 15 | 10:00 AM | \$15

Koalas are not bears and are an endangered species. Find out how climate change is impacting their behavior and ecology.

  **1311 | Cross Species Friends of Humans Series: The Goat**
Henry George, Engineer, Archaeologist and Geologist
Tue., Mar. 26 | 10:00 AM | \$15

Learn about the long history humans have had with goats, one of the first livestock species to be domesticated.

  **1241 | Hurricanes**
Jennifer Olim, Ph.D.
Wed., Mar. 13 | 10:00 AM | \$15

Learn about hurricanes, what fuels them, why they have an eye, and how climate change is supercharging them.

  **1239 | Liberalism Vs. Conservatism:
Historical Roots and Contemporary Issues**
Gina Simmons Schneider, Ph.D., Licensed
Psychotherapist, Executive Coach & Author
Thu., Apr. 18 | 10:00 AM | \$15

A look at the differences between liberals and conservatives and their relationship to authority, emotional responses, and more.

TECHNOLOGY



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

1261 | Conquering Your Apple Watch
Jacki Montierth, Founder of Wiseboomer.com
Mon., Apr. 29 | 10:00 AM | \$16

This workshop reviews all features on all models of the Apple watch. Focus will be on the health app and, for those who have versions 4 or 5, EKG usage.

1253 | Conquering Your iPhone - Part I
Jacki Montierth, Founder of Wiseboomer.com
Fri., Apr. 12 | 10:00 AM | \$16

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

1256 | Conquering Your iPhone - Part II
Jacki Montierth, Founder of Wiseboomer.com
Fri., Apr. 19 | 10:00 AM | \$16

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

1259 | Conquering Your iPhone - Part III

Jacki Montierth, Founder of Wiseboomer.com

Tue., Apr. 23 | 10:00 AM | \$16

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

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.

1391 | Tue., Mar. 5 | 10:00 AM | \$15

1395 | Tue., Apr. 2 | 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.

1392 | Tue., Mar. 19 | 10:00 AM | \$15

1396 | Tue., Apr. 16 | 10:00 AM | \$15

1393 | Computer Navigation Basics

Russ Nail, Technology Trainer

Thu., Mar. 7 | 1:00 PM | \$15

Learn how to navigate the Windows computer environment and tips and strategies on searching the internet.

1397 | Gmail: The Basics

Russ Nail, Technology Trainer

Thu., Apr. 11 | 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.

1394 | Google Docs and Google Sheets

Russ Nail, Technology Trainer

Thu., Mar. 21 | 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.

1398 | Windows: The Basics

Russ Nail, Technology Trainer

Thu., Apr. 25 | 1:00 PM | \$15

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

THEATRE & MUSIC

1180 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon, M.Ed

Mon., Apr. 1 | 1:00 PM | FREE

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

1481 | Celtic Songs and Ballads from Molly's Tavern

Chris Burns, Many-Strings

Fri., Mar. 15 | 1:00 PM | \$15

Enjoy the creativity and musical poetry of Irish and Scottish songs and ballads.

1495 | Intro to Opera Encore!

Linda Hawley, Ed.M., Author, Teacher World Traveler

Thu., Apr. 25 | 1:00 PM | \$5

A fun introduction to opera with focus on Puccini's passionate, poignant MADAMA BUTTERFLY.

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.

1189 | Tue., Mar. 5-26 | 12:30 PM | 4 Sessions | \$240

1190 | Tue., Mar. 5-26 | 1:30 PM | 4 Sessions | \$240

1191 | Tue., Mar. 5-26 | 2:30 PM | 3 Sessions | \$180

1192 | Tue., Mar. 5-26 | 3:30 PM | 3 Sessions | \$180

1193 | Tue., Apr. 2-23 | 12:30 PM | 4 Sessions | \$240

1194 | Tue., Apr. 2-23 | 1:30 PM | 4 Sessions | \$240

1195 | Tue., Apr. 2-23 | 2:30 PM | 4 Sessions | \$240

1196 | Tue., Apr. 2-23 | 3:30 PM | 4 Sessions | \$240

1205 | Wed., Mar. 6-27 | 12:30 PM | 4 Sessions | \$240

1206 | Wed., Mar. 6-27 | 1:30 PM | 4 Sessions | \$240

1207 | Wed., Mar. 6-27 | 2:30 PM | 4 Sessions | \$240

1208 | Wed., Mar. 6-27 | 3:30 PM | 4 Sessions | \$240

1209 | Wed., Apr. 3-24 | 12:30 PM | 4 Sessions | \$240

1210 | Wed., Apr. 3-24 | 1:30 PM | 4 Sessions | \$240

1211 | Wed., Apr. 3-24 | 2:30 PM | 4 Sessions | \$240

1212 | Wed., Apr. 3-24 | 3:30 PM | 4 Sessions | \$240

1373 | Music of Europe

Bernard Ellorin, Ph.D.

Fri., Mar. 1 | 1:00 PM | \$15

Expand your European and Mediterranean musical knowledge, from Greek Orthodox music and Bulgarian choirs to Scottish and Irish bagpipes, and Hungarian and Spanish flamenco.

1374 | Music of Sub-Saharan Africa

Bernard Ellorin, Ph.D.

Fri., Apr. 12 | 1:00 PM | \$15

Listen to the polyrhythms of percussion ensembles that send messages and entertain important dignitaries, and experience Nigerian Juju music and South African Mbube vocals.

1313 | Renaissance Music

James Reid, Ph.D., President, Rancho Bernardo Rotary Club and VP, Poway Symphony Orchestra Foundation
Tue., Mar. 5 | 10:00 AM | \$15

Is Renaissance music analogous to Renaissance art and thought? Join us to answer this question as we explore this brilliant music.

1517 | Rhapsody Singer's Spring Concert

Rhapsody Singers

Thu., Apr. 4 | 3:00 PM | \$20

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

Look for the conversation bubble icon throughout the catalog that designates a class

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



= NEW!



= HYBRID



= SOCIAL CLUB

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

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 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

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



COX TECH TANK

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

All classes are led by Technology Learning Specialist Monserrat Callejas.

Apple Photos Workshop

Organize photos on your smartphone. Learn about favorites, creating folders, saving photos from texts, emails, and more.

147 | Tue., Mar. 19 | 11:00 AM | \$5

157 | Wed., Apr. 3 | 1:00 PM | \$5

163 | Mon., Apr. 22 | 11:00 AM | \$5

140 | Bluetooth Basics Workshop

Tue., Mar. 12 | 12:00 PM | \$5

We'll review how Bluetooth technology works, including how to pair your various devices.

Cloud Services Workshop

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

138 | Fri., Mar. 8 | 11:00 AM | \$5

154 | Thu., Mar. 28 | 1:00 PM | \$5

166 | Mon., Apr. 29 | 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.

143 | Thu., Mar. 14 | 11:00 AM | \$5

152 | Mon., Mar. 25 | 11:00 AM | \$5

Facebook And Instagram Workshop

Learn to stay connected with your family, friends, and current events on social media.

136 | Thu., Mar. 7 | 11:00 AM | \$5

164 | Wed., Apr. 24 | 11:00 AM | \$5

Google Maps App Workshop

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

139 | Mon., Mar. 11 | 11:00 AM | \$5

146 | Mon., Mar. 18 | 11:00 AM | \$5

158 | Fri., Apr. 5 | 11:00 AM | \$5

Google Photos Workshop

Tips for organizing photos on your smart phone.

135 | Wed., Mar. 6 | 1:00 PM | \$5

150 | Thu., Mar. 21 | 1:00 PM | \$5

156 | Mon., Apr. 1 | 11:00 AM | \$5

Online Safety Workshop

Identify phishing scams and keep your information safe.

148 | Wed., Mar. 20 | 1:00 PM | \$5

160 | Mon., Apr. 15 | 11:00 AM | \$5

Podcast Workshop

Learn what a podcast is and a few basic functions.

144 | Thu., Mar. 14 | 1:00 PM | \$5

159 | Wed., Apr. 10 | 1:00 PM | \$5

QR Codes Workshop

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

134 | Tue., Mar. 5 | 1:00 PM | \$5

162 | Wed., Apr. 17 | 11:00 AM | \$5

UBER/Lyft App Workshop

Learn to use rideshare apps as an alternative to driving.

133 | Tue., Mar. 5 | 11:00 AM | \$5

151 | Fri., Mar. 22 | 11:00 AM | \$5

Web Cookies Workshop

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

132 | Mon., Mar. 4 | 11:00 AM | \$5

142 | Wed., Mar. 13 | 1:00 PM | \$5

149 | Thu., Mar. 21 | 11:00 AM | \$5

155 | Fri., Mar. 29 | 11:00 AM | \$5

165 | Fri., Apr. 26 | 11:00 AM | \$5

YouTube Workshop

Basics of YouTube, the second most visited search engine.

141 | Tue., Mar. 12 | 1:00 PM | \$5

153 | Tue., Mar. 26 | 11:00 AM | \$5



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

ARTS & CRAFTS

2370 | Acrylic Figure Painting

Preet Works, Preet Srivastava, Artist/Instructor
Mon., Mar. 18 & 25 | 9:30 AM | 2 Sessions | \$40

This is a figure painting class for all students. You will paint in any style you choose, be it Impressionistic, Realistic, etc.

2371 | Acrylic Figure Painting II

Preet Works, Preet Srivastava, Artist/Instructor
Mon., Apr. 8 & 15 | 9:30 AM | 2 Sessions | \$40

First time and returning students will enjoy this continuation of Acrylic Figure Painting. You will paint in any style you choose, be it Impressionistic, Realistic, etc.

2376 | Adventures in Watercolor Part II

Fang Luo, Artist and Fashion Designer
Fri., Mar. 15 - 29 | 1:00 PM | 3 Sessions | \$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.

2399 | Ask the Sewing Expert

Lyn Earl, Instructor
Wed., Apr. 17 | 1:00 PM | \$15

Bring your unfinished sewing projects to this class and the sewing expert will help guide you through your challenges so you can complete your project.

2083 | Botanical Illustration:

Learn to Create Scientifically Accurate Art

Ann Dunham - MS, Design
Mon., Mar. 4 | 10:00 AM | \$15

Learn how to create a lifelike illustration of a Meyer lemon using watercolor and mixed media.

2218 | Bubble Painting Plate/Windchime

Diana Griffin, Owner of Queenie Glass and Sass
Tue., Apr. 9 | 1:00 PM | \$60

Using colored glass and bubble paint, create your own unique plate or windchime.

Calligraphy

Ann Dunham, MS, Design

2494 | Wed., Mar. 20 | 1:00 PM | \$15

2601 | Thu., Apr. 11 | 10:00 AM | \$15

Learn the basics of script calligraphy and create an uppercase and lowercase alphabet.

Card Making

Trina Pascale, Instructor & Card Designer

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

2212 | Wed., Mar. 6 | 1:00 PM | \$15

2213 | Wed., Apr. 3 | 1:00 PM | \$15

2493 | Color Theory

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Tue., Mar. 19 & Thu., Mar. 21 | 10:00 AM
2 Sessions | \$30

You'll get hands-on experience mixing colors and creating color wheels, color schemes, tints, and shades.

2379 | Continuing Drawing Fundamentals

Fang Luo, Artist and Fashion Designer
Fri., Apr. 5 - 19 | 10:00 AM | 3 Sessions | \$45

Continue to learn and apply core principles of drawing which will help you draw and paint more realistically.

2573 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography, Grossmont College
Wed., Mar. 6 - Apr. 10 | 10:00 AM | 6 Sessions | \$90

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

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

2357 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Mon., Mar. 4 - 18 | 1:00 PM | 3 Sessions | \$45

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

2367 | Drawing Basics II

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Mon., Wed. & Fri., Apr. 22, 24 & 26 | 10:00 AM
3 Sessions | \$45

In this three-session workshop, you'll practice and hone basic, realistic drawing skills using an assortment of pencils.

2377 | Drawing Fundamentals Part II

Fang Luo, Artist and Fashion Designer
Fri., Mar. 15 - 29 | 10:00 AM | 3 Sessions | \$45

Come learn more core principles of drawing that will help you draw and paint more realistically.

Jewelry-Making: Crystal Tennis Style Bracelet

Allison Weisman, Owner, Allison's Custom Confections
Create a multi-color bracelet using SuperDuo and seed beads.

2300 | Wed., Apr. 10 | 1:00 PM | \$25

2299 | Wed., Mar. 13 | 1:00 PM | \$25

2378 | More Adventures in Watercolor

Fang Luo, Artist and Fashion Designer
Fri., Apr. 5 - 19 | 1:00 PM | 3 Sessions | \$45

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

2358 | Painting with Acrylics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Thu., Mar. 7 - 21 | 1:00 PM | 3 Sessions | \$45

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

2368 | Painting with Acrylics II

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Mon., Wed. & Fri., Apr. 22, 24, & 26 | 1:00 PM
3 Sessions | \$45

Enhance and expand your technique in the art of acrylic painting on canvas during this 3-day course.

Paper Crafting

Robin S. Daus, MD, Family Medicine; 20+-year cardmaking hobbyist; Stampin' Up demonstrator

Learn a variety of techniques, from precision folding and intricate cutting to the art of layering and embellishing.

2308 | Mon., Mar. 11 | 10:00 AM | \$15

2310 | Mon., Apr. 1 | 10:00 AM | \$15

2299 | Jewelry-Making: Pearl Stretch Bracelet

Allison Weisman, Owner, Allison's Custom Confections
Wed., Mar. 13 | 1:00 PM | \$25

Come create a bracelet using stretch cord, glass pearls and crystal rondelles.

2582 | Procreate: Digital Painting on an iPad

Eamen Hameed, M.S., Information Technology & Engineering Consultant; Transformational Energy Guide
Thu., Mar. 14 - Apr. 18 | 11:30 AM
6 Sessions | \$90

In this hands-on class, learn the value and capabilities of Procreate, a powerful digital painting app for the iPad.

2398 | Sewing: Reusable Zero Waste Sponges

Lyn Earl, Instructor
Tue., Mar. 12 | 1:00 PM | \$15

Replace the microplastics used in typical kitchen sponges by making your own no-waste kitchen sponges of cotton fabric. An easy sewing project!

2217 | Three-Sided Candle Holder

Diana Griffin, Owner of Queenie Glass and Sass
Tue., Mar. 19 | 1:00 PM | \$60

You will be provided with a variety of glass pieces, and you will assemble 3 clear pieces to create your own unique standing candle holder.

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

BUSINESS, FINANCE, LEGAL



**THRIVENT
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

2199 | Economic Review and Market Outlook

Chuck Etzweiler, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT & Anthony Camara, CFP®, MBA
Tue., Mar. 5 | 1:00 PM | FREE

What shapes your financial strategy? See how the latest economic data can help you make informed money decisions.

2503 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Mon., Apr. 15 | 11:00 AM | \$5

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

Social Security

Anthony Camara, CFP®, MBA

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

2500 | Mon., Mar. 25 | 11:00 AM | \$5

2504 | Mon., Apr. 15 | 1:00 PM | \$5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

2502 | Fri., Mar. 29 | 10:00 AM | FREE

2505 | Fri., Apr. 19 | 10:00 AM | FREE

2501 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA

Mon., Mar. 25 | 1:00 PM | \$5

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

2512 | Behind the Law in the News

Glenn Smith, J.D., LL.M., Professor of Constitutional Law (ret.)
Thu., Mar. 28 | 10:00 AM | \$15

We'll focus on a selection of the prominent constitutional and other public-law controversies in the news and on the minds of the public.

2152 | Investing 101

Barbara Norman, CFP®, ChFC®, CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Tue., Mar. 26 | 1:00 PM | \$15

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

Let's Talk About It: April Headlines

Rick LeVine, Attorney

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

2108 | Fri., Mar. 8 | 11:00 AM | \$10

Election and Ballot Results and More

2187 | Fri., Apr. 12 | 11:00 AM | \$10

April Headlines

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 as lump sum, credit line, monthly payments, or a combination.

2253 | Thu., Mar. 14 | 10:00 AM | \$15

2254 | Thu., Apr. 25 | 10:00 AM | \$15

2159 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE

Tue., Apr. 16 | 10:00 AM | FREE

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

2250 | Steps & Documents to Listing/Selling Your House

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wed., Mar. 6 | 10:00 AM | \$15

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

 **2513 | Supreme Court Decision-Making:
Just Politics, or is More Involved?**

Glenn Smith, J.D., LL.M., Professor of Constitutional Law (ret.)
Thu., Apr. 4 | 1:00 PM | \$15

Professor Smith examines the widespread perception that Supreme Court justices are just politicians who wear black robes.

Tax Forum with Bob: Q & A

Bob Basinger, MBA, Accounting, Tax Research
Specialist, MS, Electrical Engineering

Q & A session for seniors filing their own income tax returns.

2282 | Mon., Mar. 25 | 1:00 PM | \$10

2283 | Mon., Apr. 8 | 1:00 PM | \$10

2151 | 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
Tue., Mar. 26 | 10:30 AM | \$15

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

EXERCISE & DANCE

Please see website for course descriptions.

Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

2400 | Tue., Mar. 5 - 26 | 10:45 AM | 4 Sessions | \$40

2401 | Thu., Mar. 7 - 28 | 10:45 AM | 4 Sessions | \$40

2457 | Tue., Apr. 2 - 30 | 10:45 AM | 5 Sessions | \$50

2450 | Thu., Apr. 4 - May 2 | 10:45 AM | 5 Sessions | \$50

Active Total Body Conditioning with TRX

Curt Gonzales, Certified Fitness Instructor

2402 | Fri., Mar. 1 - 29 | 2:00 PM | 5 Sessions | \$50

2451 | Fri., Apr. 5 - 26 | 2:00 PM | 4 Sessions | \$40

Aerobic Intervals

Pam Chilton, Certified Personal Trainer/Fitness Instructor

2403 | Wed., Mar. 6 - 27 | 12:00 PM | 4 Sessions | \$40

2404 | Fri., Mar. 8 - 29 | 9:30 AM | 4 Sessions | \$40

2452 | Wed., Apr. 3 - May 1 | 12:00 PM | 5 Sessions | \$50

2453 | Fri., Apr. 5 - May 3 | 9:30 AM | 5 Sessions | \$50

Better Balance

Pam Chilton, Certified Personal Trainer/Fitness Instructor

2405 | Tue., Mar. 5 - 26 | 1:15 PM | 4 Sessions | \$40

2454 | Tue., Apr. 2 - 30 | 1:15 PM | 5 Sessions | \$50

 **2274 | Bollywood Dance**

Riya Pandit, MBA Candidate, Johns Hopkins University,
Experienced Bollywood Dancer

Thu., Mar. 21 - 28 | 2:30 PM | 2 Sessions | \$20

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

2406 | Mon., Mar. 4-25 | 12:00 PM | 4 Sessions | \$40

2407 | Mon., Mar. 4-25 | 1:00 PM | 4 Sessions | \$40

2408 | Fri., Mar. 8-29 | 12:00 PM | 4 Sessions | \$40

2409 | Fri., Mar. 8-29 | 1:00 PM | 4 Sessions | \$40

2456 | Mon., Apr. 1-29 | 12:00 PM | 5 Sessions | \$50

2459 | Mon., Apr. 1-29 | 1:00 PM | 5 Sessions | \$50

2455 | Fri., Apr. 5 - May 3 | 12:00 PM | 5 Sessions | \$50

2458 | Fri., Apr. 5 - May 3 | 1:00 PM | 5 Sessions | \$50

 **2440 | Chair Dancing**

Barbara Birenbaum, Dance Instructor

Thu., Apr. 18 - 25 | 2:30 PM | 2 Sessions | \$20

Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

2410 | Tue., Mar. 5-26 | 9:30 AM | 4 Sessions | \$40

2411 | Wed., Mar. 6-27 | 1:15 PM | 4 Sessions | \$40

2460 | Tue., Apr 2-30 | 9:30 AM | 5 Sessions | \$50

2461 | Wed., Apr 3 - May 1 | 1:15 PM | 5 Sessions | \$50

 **Foam Rolling for Muscle Release**

Kathy Jorgensen, Certified Fitness & Yoga Instructor

2476 | Mon., Mar. 11 | 3:15 PM | \$10

2477 | Mon., Apr. 1 | 3:15 PM | \$10

Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

2412 | Thu., Mar. 7 - 28 | 1:15 PM | 4 Sessions | \$40

2462 | Thu., Apr. 4 - May 2 | 1:15 PM | 5 Sessions | \$50

2499 | Hula Dance

Ida Veimau, Professional Polynesian Dancer
Mon. & Fri., Mar. 18 & 29 | 3:15 PM | 2 Sessions | \$20

2155 | Israeli Dancing for Fun and Fitness

Eva Beim, MA, Broadcast Journalism; Recording Artist;
Certified Yoga Instructor
Thu., Mar. 7 - 14 | 2:30 PM | 2 Sessions | \$20

Restorative Gentle Yoga

Julia Doughty, MFA and Certified HHP

2414 | Wed., Mar. 6 - 27 | 2:30 PM | 4 Sessions | \$40

2463 | Wed., Apr. 3 - May 1 | 2:30 PM | 5 Sessions | \$50

Salsa Fitness

Maria Ghaibi, Holistic and Functional Nutrition and
Fitness Coach

2276 | Mon. & Wed., Mar. 4 & 6 | 2:30 PM
2 Sessions | \$20

2277 | Tue. & Thu., Apr. 9 & 11 | 2:30 PM
2 Sessions | \$20

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

2415 | Wed., Mar. 6 - 27 | 10:45 AM | 4 Sessions | \$40

2464 | Wed., Apr. 3 - May 1 | 10:45 AM | 5 Sessions | \$50

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

2416 | Wed., Mar. 6 - 27 | 9:30 AM | 4 Sessions | \$40

2465 | Wed., Apr. 3 - May 1 | 9:30 AM | 5 Sessions | \$50

2490 | Soul Line Dancing Marathon #3

Ed Griffith, Verlosity
Fri., Apr. 5 | 1:00 PM | \$10

Strength, Balance & Stretch

Kathy Jorgensen, Certified Fitness & Yoga Instructor

2417 | Mon., Mar. 4 - 25 | 9:30 AM | 4 Sessions | \$40

2418 | Thu., Mar. 7 - 28 | 9:30 AM | 4 Sessions | \$40

2466 | Mon., Apr. 1 - 29 | 9:30 AM | 5 Sessions | \$50

2467 | Thu., Apr. 4 - May 2 | 9:30 AM | 5 Sessions | \$50

Tai Chi and Qigong - The Fundamentals

Master Peter Wu, Certified International Tai Chi Quan
Coach and Referee

2420 | Tue., Mar. 5 - 26 | 2:30 PM | 4 Sessions | \$40

2419 | Thu., Mar. 7 - 28 | 12:00 PM | 4 Sessions | \$40

2469 | Tue., Apr. 2 - 30 | 2:30 PM | 5 Sessions | \$50

2468 | Thu., Apr. 4 - May 2 | 12:00 PM | 5 Sessions | \$50

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

2421 | Fri., Mar. 8 - 29 | 10:45 AM | 4 Sessions | \$40

2470 | Fri., Apr. 5 - May 3 | 10:45 AM | 5 Sessions | \$50

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

2422 | Mon., Mar. 4 - 25 | 10:45 AM | 4 Sessions | \$40

2471 | Mon., Apr. 1 - 29 | 10:45 AM | 5 Sessions | \$50

Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor

2423 | Mon., Mar. 4 - 25 | 2:00 PM | 4 Sessions | \$40

2424 | Tue., Mar. 5 - 26 | 12:00 PM | 4 Sessions | \$40

2472 | Mon., Apr. 1 - 29 | 2:00 PM | 5 Sessions | \$50

2473 | Tue., Apr. 2 - 30 | 12:00 PM | 5 Sessions | \$50

HEALTH

2306 | A Day in the Life of a California Gold Rush Physician

Philip J. Goscienski, M.D.
Mon., Apr. 8 | 1:00 PM | \$15

Physicians were tested as medical discoveries emerged during this unique period.

2304 | A Day in the Life of a Physician in Ancient Egypt

Philip J. Goscienski, M.D.
Mon., Mar. 11 | 1:00 PM | \$15

Respected for their knowledge in the ancient world, some ancient Egyptian physician methods are still used today.

 **2305 | A Day in the Life of a Renaissance Physician**

Philip J. Goscienski, M.D.

Mon., Mar. 25 | 1:00 PM | \$15

We'll look at the practices of a renaissance physician and their influence on today's physicians.

 **Benefits of CBD**

Sheila Star Coulbourn, HHP, BCPA

This class will present the benefits of CBD for many different conditions.

2157 | Mon., Mar. 4 | 10:00 AM | \$15

2198 | Tue., Apr. 30 | 10:00 AM | \$15

 **2311 | California End of Life Option Act**

Bill Simmons, Attorney

Wed., Mar. 27 | 10:00 AM | \$15

Learn what it takes to qualify for legal medical assistance in dying.

 **2142 | Fats - Healthy or Unhealthy**

Nadin Benrey, MA, NBC-HWC

Tue., Mar. 12 | 10:00 AM | \$15

During this class, students will learn about healthy and unhealthy fats.

 **2268 | Healthy Living for Your Brain and Body**

Alzheimer's Association

Wed., Mar. 13 | 11:30 AM | FREE

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

2197 | Hearing Loss and Solutions

Dr. Dena Riso, Peninsula Hearing Center

Tue., Mar. 19 | 10:00 AM | \$15

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

Lean deep into your curiosity with multi-session courses! Sign up for a full series at a deep discounted rate, or register for one or more sessions of a class series at the regular price.

 **2497 | Live Your Best Life with Informative Medicine: You Have What It Takes**

Melissa (Mia) Routh, MS (Cellular and Molecular Biology), Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner

Tue., Apr. 23 | 10:00 AM | \$15

Covering three areas: physical, the parasympathetic nervous system, and spiritual power, you'll discover tools that can impact your life immediately.

2481 | Living Well with Parkinson's: For People with Parkinson's and Their Loved Ones

Melissa (Mia) Routh, MS (Cellular and Molecular Biology), Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner

Tue., Apr. 23 | 10:00 AM | \$15

This informative session will cover practical strategies to manage Parkinson's symptoms and enhance well-being.

 **2156 | Managing Your Stress**

Sheila Star Coulbourn, HHP, BCPA

Tue., Apr. 2 | 10:00 AM | \$15

This interactive stress-reducing class will help you build a healthy, happy, productive life.

 **2307 | Medical Miracles Since You Were a Kid**

Philip J. Goscienski, M.D.

Mon., Apr. 22 | 1:00 PM | \$15

We'll address the astounding medical advances made from 1940 to today.

 **2581 | Nutrition and Fatigue: What We Eat Affects How We Feel**

Dr. Darius Schneider, Endocrinologist Affiliated with Sharp Community Medical Group

Wed., Apr. 17 | 1:00 PM | FREE

Learn about the causes and symptoms of fatigue and how to feed your body and brain for optimal energy.

 **2143 | The Importance of Water and Fiber to Prevent Chronic Disease**

Nadin Benrey, MA, NBC-HWC

Tue., Apr. 9 | 10:00 AM | \$15

Learn about hydrating our bodies to keep our metabolism balanced and the benefits of eating fiber to lower cholesterol and maintain a healthy blood glucose level.

United Healthcare Presents: Medicare - The Basics

Fariba Zarieh, United Healthcare

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

2221 | Fri., Mar. 8 | 10:00 AM | FREE

2223 | Wed., Apr. 17 | 10:00 AM | FREE

2168 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Apr. 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.

HISTORY & HUMANITIES

2514 | An Interview with Jack Kabuta

Linda Canada, Historian & Author

Fri., Apr. 19 | 10:00 AM | \$15

You won't want to miss this opportunity to meet Jack Kabuta, one of just a small number of living witnesses to the Japanese American incarceration camps.

2360 | Antisemitism: How Did We Get Here?

Rabbi Sammy Seid

Mon., Mar. 4 | 1:00 PM | \$15

This session will explore the history and development of antisemitism to give perspective on our current reality.

2575 | Are There 1 or 2 Creation Stories in the Bible?

John R. Spencer

Thu., Apr. 4 | 10:00 AM | \$15

Dr. John R. Spencer will guide the class to find an answer to the question of two creation stories in Genesis 1-3.

2333 | Cross Species Friends of Humans Series: The Cow

Henry George, Engineer, Archaeologist and Geologist

Thu., Apr. 25 | 10:00 AM | \$15

From their domestication 10,000 years ago, learn about the significant role the cow has played in the history of humanity.

2580 | D-Day

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

Mon., Apr. 1 | 1:00 PM | \$15

Explore the heroism of the soldiers, especially those landing on D-Day, that made Operation Overlord a success.

2288 | From Measures to Missiles:

Naval Ordnance Laboratory Corona

Vincent Rossi, Historian & Author, Co-Owner Story Seekers

Mon., Mar. 4 | 10:00 AM | \$15

We'll reveal the fascinating history of a government laboratory in Corona that gathered some of the most brilliant scientists in service to national defense.

2361 | Indigenous Religions

Joe Nalven, PhD. Cultural Anthropology

Fri., Apr. 5 - 19 | 10:00 AM | 3 Sessions | \$45

Explore religious foundations (mindsets) with focus on tribal & pre-tribal society.

2287 | Korea Then and Now

James Reid, Ph.D., President, Rancho Bernardo Rotary Club, and VP, Poway Symphony Orchestra Foundation

Wed., Mar. 6 | 1:00 PM | \$15

We'll look at the transformation of South Korea from the Third World to the First World.

2289 | San Diego County's Agricultural History

Vincent Rossi, Historian & Author, Co-Owner Story Seekers

Mon., Apr. 1 | 10:00 AM | \$15

Enjoy stories and slides about San Diego County's agricultural history and the role agriculture still plays in our lives.

2566 | San Diego During WWII

Linda Canada, Historian & Author

Fri., 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.

2292 | Science and Medicine and the Lewis & Clark Expedition

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)

Tue., Mar. 12 | 10:00 AM | \$15

What did the world know about science and medicine in 1804 when Lewis & Clark began their epic exploration?

 **2208 | Tales from the Emerald Isle**

Marilyn McPhie, President, Storytellers of San Diego;
TEDx Speaker
Mon., Mar. 4 | 1:00 PM | \$15

Surely nothing could be more Irish than their stories. Join storyteller Marilyn McPhie for a wee bit of Irish magic.

 **2045 | The Great Philosophers: David Hume**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Fri., Mar. 8 | 1:00 PM | \$16

Join us for an inquiry into the brilliant, beloved, and unorthodox mind of David Hume.

 **2046 | The Great Philosophers: Immanuel Kant**

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

Join us to learn just how much of our modern worldview is rooted in the philosophy of Kant.

 **The History and Culture of the Roma**

Yale Strom, Ethnographer, author, director of 10 doc. films, musician, composer, and professor at SDSU.

Sign up for the series for a discounted rate or register for any week(s) à la carte at the regular price.

2366 | Wed., Apr. 3 - 24 | 1:00 PM | 4 Sessions | \$50

2366-1 | Wed., Apr. 3 | 1:00 PM | \$15

History and Culture of the Roma (1000-1700)

2366-2 | Wed., Apr. 10 | 1:00 PM | \$15

The Roma and the Holocaust

2366-3 | Wed., Apr. 17 | 1:00 PM | \$15

Romani Life in the East Bloc (1945-89)

2366-4 | Wed., Apr. 24 | 1:00 PM | \$15

The Roma and Music

 **2257 | The Russian Invasion of Ukraine, Year One**

Bill Thayer, BS in Math (Stanford), MS in Aerospace (USC), MBA (USC), World traveler (7 continents, 80 countries), Viking Cruise Line lecturer
Mon., Apr. 22 | 10:00 AM | \$15

In this class, we'll take a dive into Putin's invasion of Ukraine, his expectations, and defeats.

 **2209 | Tulip Mania:**

The Flurry and Fallout of 17th Century Flora Financials

Marilyn McPhie, President, Storytellers of San Diego;
TEDx Speaker
Mon., Apr. 15 | 1:00 PM | \$15

Learn what Tulip Mania, a period during the Dutch Golden Age, had to do with art, a botanical virus, and the rules of international finance.

 **2515 | USS Midway: Operation Frequent Wind**

John Landry, Docent, USS Midway Museum
Tue., Apr. 9 | 1:00 PM | \$15

The USS Midway's final deployment to Vietnam was not to wage war. Come learn about the largest rescue mission in U.S. Navy history.

 **2356 | USS Midway: The Floating City at Sea**

Rob Sudman, Docent, USS Midway Museum
Thu., Mar. 7 | 10:00 AM | \$15

Pilots accounted for 5% of a crew of 4500. Learn the roles of the other 95%.

 **2092 | When the Indians Met Lewis and Clark**

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)
Tue., Apr. 23 | 10:00 AM | \$15

Join us as we explore clashes between vastly distinct cultures when the Lewis and Clark Expedition encountered Native American tribes.

 **2091 | Will China Invade Taiwan?**

Bill Thayer, BS in Math (Stanford), MS in Aerospace (USC), MBA (USC), World traveler (7 continents, 80 countries), Viking Cruise Line Lecturer
Fri., Mar. 22 | 10:00 AM | \$15

Will Xi Jinping try an invasion to divert attention from China's economic issues?

 **2183 | Women Artists: 1960's and Beyond**

Julia Fister, MA, Studio ACE Executive Director
Wed., Mar. 20 | 10:00 AM | \$15

In this lecture, we will explore women artists from 1960s through 2000.


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at both locations.

GET TO KNOW OUR INSTRUCTORS
Visit the website, click on Classes
and select "Instructor Bios"

**RANCHO
BERNARDO**

 **2338 | Women Philosophers of the 20th Century: Edith Stein**
Oliva M. Espín, Ph.D.
Thu., Mar. 14 | 10:00 AM | \$15

Learn about this influential political philosopher who generated debates on totalitarianism.

 **2339 | Women Philosophers of the 20th Century: Simone Weil**
Oliva M. Espín, Ph.D.
Thu., Apr. 18 | 10:00 AM | \$15

In this class, we will discuss her life, personal contradictions, and various positions.

LANGUAGE

2239 | Beginning French
Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Mar. 13-Apr. 24 | 10:00 AM | 7 Sessions | \$105

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

2240 | Intermediate French
Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Mar. 13-Apr. 24 | 11:30 AM | 7 Sessions | \$105

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

2241 | Advanced French
Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Mar. 13-Apr. 24 | 1:00 PM | 7 Sessions | \$105

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

2244 | Beginning Italian
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Mar. 12-Apr. 23 | 12:00 PM | 7 Sessions | \$105

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

2245 | Low-Intermediate Italian
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Mar. 12-Apr. 23 | 1:15 PM | 7 Sessions | \$105

Already speak Italian? Fun and interactive activities will help you refresh and improve your language skills.

2233 | Beginning Spanish
Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Mar. 21-Apr. 25 | 10:00 AM | 6 Sessions | \$90
For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.



2234 | Intermediate Spanish
Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Mar. 21-Apr. 25 | 11:30 AM | 6 Sessions | \$90
Develop oral, listening, reading, and writing skills.


2235 | Advanced Spanish
Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Mar. 21-Apr. 25 | 1:00 PM | 6 Sessions | \$90
Review, refine and expand oral proficiency, reading, writing, and listening comprehension, and further explore the culture, history, and literature of the Spanish-speaking world.

LITERATURE

 **Introduction to Writing Your Memoir, Part Two**
Sid Shapira, Author, Public Relations, and Corporate Communications Specialist
Unlock your memories and share experiences through exercises.

2259 | Tue., Mar. 5 | 1:30 PM | \$15
2260 | Tue., Apr. 2 | 1:30 PM | \$15

  **2296 | Non-Fiction Book Discussion: IBM and the Holocaust**
Barbara J Salice, Ed.D
Wed., Apr. 3 | 10:00 AM | \$8
In this class, we will discuss the strategic alliance between Nazi Germany and IBM.

 **Word Play: Inspire Your Creative Process**
Julia Doughty, MFA and Certified HHP
This class will utilize free-writing, word play, short readings, and engaging discussions to explore, motivate and inspire creative writing. Experienced and new writers welcome.

2485 | Mon., Mar. 4 & 11 | 11:30 AM | 2 Sessions | \$30
2523 | Mon., Apr. 1 & 8 | 11:30 AM | 2 Sessions | \$30

2510 | Writing Your Legacy

Dr. Eric Shapira, Geriatric Dentistry, Geriatric Medicine, Nursing and Hospital Administration, Recipient of China Humanitarian Award

Thu., Mar. 28 | 10:00 AM | \$15

Creating a legacy is a broad concept that goes beyond writing. Join us to learn more and begin your journey.

PERSONAL ENRICHMENT

2380 | 3 Keys to Get Started in Creating the Life You Want

Laura Diaz, Board Certified Coach (BCC)

Wed., Mar. 6 | 10:00 AM | \$15

Learn how to create the life you want by implementing a simple structure to control your direction and creativity.

2576 | A Creative Workshop

Gigi Howard, MA Ed. Law of Attraction Specialist

Tue., Mar. 19 | 10:00 AM | \$15

Learn the Creative Workshop Process to increase your personal understanding and control critical areas of your life.

2094 | American Mah Jongg for Beginners: Level Two

Chris Eshelman, Mah Jongg Instructor

Thu., Apr. 4 - 25 | 1:00 PM | 4 Sessions | \$60

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

2516 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor

Thu., Mar. 7 - 28 | 1:00 PM | 3 Sessions | \$45

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

2393 | Bereavement Support Group

Sharon L. Bryant, Chaplain, VITAS Healthcare

2nd & 4th Wed., Mar. 13 - Apr. 24 | 10:30 AM
4 Sessions | FREE

Join our drop-in group to understand the symptoms of grief, what you might experience, and how to respond to it.

2309 | Bridge Basics 3

Hazel Turner, ACBL Certified Teacher; Ruby Life Master

Thu., Apr. 4 - May 2 | 9:00 AM | 5 Sessions | \$60

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

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 items and get support to tackle your clutter and tick off your to do's.

2559 | Tue., Mar. 26 | 2:00 PM | \$15

2348 | Tue., Apr. 23 | 2:00 PM | \$15

2496 | Corvettes after 50: Is There Space for Our Walkers?

Ken Carson, VP: Corvette Owners Club of San Diego

Fri., Mar. 29 | 1:00 PM | \$15

Ken Carson, Vice President of the San Diego Corvette Owners Club will be discussing the unique aspects of owning a Corvette after the age of 50.

2329 | Discussion Group on Successful Aging

Dr. Joe Casciani, Geropsychologist,

Host of the Living to 100 Club

Tue., Mar. 5 & 19 | 10:00 AM | 2 Sessions | \$30

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.

2166 | Tips and Techniques for Successful Dementia Care

Sydney Kennedy, Adv. Certified Dementia Trainer;

Owner/Founder of A Time to Move Care Placement

Wed., Mar. 6 - Apr. 3 | 1:00 PM | 5 Sessions | \$50

Caring for a loved one who has dementia? This engaging class with practical tips and role playing can help you cope.

2116 | Explore Your Nearby National Parks

Costa Dillon, M.P.A., National Park Ranger/Supt. and

Screenwriter (Attack of the Killer Tomatoes)

Tue., Mar. 26 | 10:00 AM | \$15

This class will help you get familiar with the 39 units of the National Park System which are within a day's drive.

Let's Play Trivia: How Much Do You Know?

Alan Zacharin, Attorney and Trivia Enthusiast

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

2097 | Mon., Mar. 11 | 10:00 AM | \$10

2098 | Mon., Apr. 8 | 10:00 AM | \$10

 **2482 | How to Be Happy**

Anna Brown Massey, MFA, Choreographer, Lecturer
Mon., Mar. 11 | 11:00 AM | \$15

In this class, we will learn strategies for happiness while building social communities.

 **2480 | Is It Time to Stop Driving?**

Melissa (Mia) Routh, MS (Cellular and Molecular Biology), Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner
Thu., Apr. 11 | 1:00 PM | \$15

Learn the major red flags and ways to address the topic with loved ones.

2258 | Lose the Stuff and the Stress

Jami Shapiro, CSM Founder, Silver Linings Transitions
Thu., Apr. 25 | 1:00 PM | \$15

Too much stuff takes a toll on your physical and mental stress; learn coping strategies and practical tips to tackle to do's and minimize stress.

Mah Jongg Strategies, Beyond the Basics

Sheryl Chesivoir, BA, 19 years of playing/teaching Mah Jongg

In this class, you'll continue to improve your Mah Jongg skills, going beyond basics.

2374 | Tue., Mar. 5 - 26 | 1:00 PM | 4 Sessions | \$60

2375 | Tue., Apr. 2 - 23 | 1:00 PM | 4 Sessions | \$60

2647 | On the Spectrum: Engaging with Your Autistic Grandchild

Sam Odom, Ph.D.; Research Scientist and former Director of the Frank Porter Graham Child Development Institute at UNC Chapel Hill
Thu., Mar. 21 | 2:00 PM | \$15

This workshop will help you understand child and adolescent autism. Concepts will be presented in a non-technical way, with resources for participants who want to learn more.

2557 | Organizational Tips and Trends

Jami Shapiro, CSM Founder, Silver Linings Transitions
Thu., Mar. 28 | 1:00 PM | \$15

Learn the difference between de-cluttering and organizing, and which organizing approach is best for you.

2572 | Permission to Whine (with Wine): A Discussion Group

Judy Applebaum, San Diego Oasis Lifelong Learning Program Manager
Mon., Mar. 18 | 1:00 PM | \$12

Let your misery, fears, and frustrations just flow unabashedly in this "get it off your chest" forum. No advice or solutions given. Wine included.

2194 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations
Fri., Mar. 15 | 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!

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

An introduction to the many resources available to seniors and their families.

2004 | Sat., Mar. 23 | 10:00 AM | FREE

2005 | Sat., Apr. 20 | 10:00 AM | FREE

  **Simple and Social**

Christine Marie Yoakley,
San Diego Oasis Events Manager

Simple and Social is a monthly meet and greet for new and returning Oasis members.

2524 | Wed., Mar. 20 | 2:00 PM | FREE

2525 | Thu., Apr. 18 | 2:00 PM | FREE

Stand Out: Strategies and Tactics for Oasis Instructors

Gigi Howard, MA Ed. Law of Attraction Specialist

We'll overview strategies to help build interest and attract people to your class, lecture, or workshop.

2574 | Thu., Mar. 7 | 1:00 PM | \$8

2578 | Tue., Apr. 30 | 1:00 PM | \$8

 **2577 | Things Are Always Working Out for Me!**

Gigi Howard, MA Ed. Law of Attraction Specialist
Wed., Apr. 10 | 10:00 AM | \$15

Attend this class to meet other like-minded people and discuss strategies for maintaining positive momentum.

 **2381 | Transform Your Life: Building a Vision for Health, Prosperity, and Well-Being**

Laura Diaz, Board Certified Coach (BCC)
Mon., Apr. 1 | 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.

 **2325 | Wine Regions of Australia**

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

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

 **2326 | Wine Regions of New Zealand**

Matilda Parente, MD, Certified Specialist of Wine
Wed., Mar. 13 | 1:00 PM | \$15

Appreciate the many gorgeous and unique New Zealand wine regions and the young nation's growing menu of world-class wines from dedicated producers.

 **2511 | Wine Regions of South Africa**

Matilda Parente, MD, Certified Specialist of Wine
Wed., Apr. 24 | 1:00 PM | \$15

Learn about the country's turbocharged yet under the radar wine industry that now produces some of the best, and best-priced white, red, sparkling, and sweet wines.

Women's Discussion Group

Gwen Evans, MS, Clinical & Mental Health Counseling

This highly interactive discussion group focuses on women's issues and is a forum for supporting each other.

2099-5 | Thu., Mar. 7 | 1:00 PM | \$15
Identifying Unhealthy Boundaries

2099-6 | Thu., Mar. 21 | 1:00 PM | \$15
Creating Healthy Boundaries

2099-7 | Thu., Apr. 4 | 1:00 PM | \$15
Building a Supportive Community

2099-8 | Thu., Apr. 11 | 1:00 PM | \$15
Where Do We Go from Here?

**There are MANY ways to support
the mission of San Diego Oasis!
Visit our Donate page on the website
to learn more: SanDiegoOasis.org**

SCIENCE

 **2119 | Elon Musk and Space X**

Bill Thayer, BS in Math (Stanford), MS in Aerospace (USC), MBA (USC), World Traveler (7 Continents, 80 Countries), Viking Cruise Line lecturer
Thu., Apr. 11 | 10:00 AM | \$15

Come hear a comprehensive explanation of Space X revolutionary industry.

 **2488 | Going Digital: Who is the Artist in an AI World?**

Joe Nalven, PhD. Cultural Anthropology
Wed., Mar. 20 | 10:00 AM | \$15

We will explore how our words can be made into images with AI programs, from editorial to fine art.

 **2519 | How Do Animals React When Their Friends and Relatives Die?**

Fred Bercovitch, Ph.D. Biological Anthropology
Fri., Apr. 5 | 1:00 PM | \$15

Do animals react to the death of friends and family? Learn what animals do when a friend or relative dies.

 **2362 | Our Bodies Our Brains: How Did We Become Humans?**

Fred Bercovitch, Ph.D. Biological Anthropology
Fri., Mar. 15 | 10:00 AM | \$15

Learn how we morphed over millions of years to become homo sapiens.

 **2200 | The Effect of Climate Change on Our Nation's Food Production**

Gopal Alagarswamy, Ph.D. Agriculture, Climate Change Researcher at Michigan State University (ret.)
Wed., Mar. 20 & 27 | 1:00 PM | 2 Sessions | \$25

Learn about climate change and food security with Dr Alagarswamy.

 **2332 | The Evolutionary Quad**

Henry George, Engineer, Archaeologist and Geologist
Thu., Mar. 21 | 10:00 AM | \$15

We'll look at how social and cultural changes affect our genetics and biology as a species.

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

2642 | Authentic Persian Cooking

Fay Gharaee

Wed., Mar. 27 | 11:30 AM | \$25

Learn to prepare Shirin Polo, also known as Persian Sweet Rice, an aromatic Iranian dish that combines basmati rice with different ingredients to create a sweet and flavorful dish.

Blue Zone Cooking

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

Learn to prepare foods from various Blue Zones, regions of the world where a high proportion of people live vibrantly past 100 years of age. Recipes and samples are included.

2643 | Fri., Mar. 15 | 10:00 AM | \$30

Ikaria, Greece: Soufiko, Ikaria's National Dish

2644 | Tue., Mar. 26 | 10:00 AM | \$30

Ikaria, Greece: Tabouli Salad

2645 | Fri., Apr. 19 | 10:00 AM | \$30

Loma Linda, USA Adventist Brown Rice Salad

2646 | Tue., Apr. 23 | 10:00 AM | \$30

Loma Linda, USA Avocado Chickpea Salad
Collard Wraps

Challah: Make and Take-Home

Allison Weisman, Owner, Allison's Custom Confections

Discover the process of creating this traditional Jewish braided bread known for its soft texture and rich flavor.

2507 | Tue., Apr. 2 | 1:00 PM | \$20

Braided Bread Demo

2509 | Tue., Apr. 9 | 1:00 PM | \$20

Braided Bread - Hands-on Participation

Chinese Cantonese Cooking & Culture

Rose To, M.R. Ed. M.S. Ed (TESOL) with Intercultural Communication Training

The series of sessions consists of Cantonese cooking demonstrations intertwined with cooking hints and personal cultural stories. Samples to taste in class and recipes to practice at home. Sign up for the series for discounted rate or register for any week(s) a la carte at the regular price."

2372 | Thu., Mar. 7 - Mar. 28 | 11:00 AM

4 Sessions | \$80

2372-1 | Mar. 7 | 11:00 AM | \$30

Soy Sauce Chicken Wings

2372-2 | Mar. 14 | 11:00 AM | \$30

Stir Fried Beef & Broccoli

2372-3 | Mar. 21 | 11:00 AM | \$15

Treasure Hunt: Field Trip to a Chinese Store

2372-4 | Mar. 28 | 11:00 AM | \$30

Eggs or Tofu Served with Oyster Sauce

2373 | Thu., Apr. 4 - Apr. 25 | 11:00 AM

4 Sessions | \$80

2373-1 | Apr. 4 | 11:00 AM | \$30

Crispy Roast Pork

2373-2 | Apr. 11 | 11:00 AM | \$30

Fish with Ginger

2373-3 | Apr. 18 | 11:00 AM | \$30

Tender Duck

2373-4 | Apr. 24 | 11:00 AM | \$30


Anise Stewed Beef

2517 | Dr. Shapira's Pasta Romana (Gluten Free!)

Dr. Eric Shapira, Teacher of Geriatric and Special Needs Dentistry, Geriatric Medicine, Nursing and Hospital Administration

Wed., Mar. 13 | 11:00 AM | \$15

Join Eric Shapira as he cooks up a comforting, creamy, indulgent Italian meal.

 **2569 | Hamantashen: A Jewish Pastry**
Allison Weisman, Owner, Allison's Custom Confections
Fri., Mar. 22 | 1:00 PM | \$25


Learn about the history and tradition of this delicious pastry while learning how to make them and sampling the final product!

 **2492 | Homemade Fresh Pasta**
Beatrice Ricart, Chef and San Diego Oasis
Accounting Specialist
Fri., Apr. 5 | 10:30 AM | \$20

Learn to make pasta from scratch in this hands-on class.

 **2474 | Italian Dessert: Tiramisu**
Fay Gharaee
Mon., Apr. 22 | 11:00 AM | \$20


Learn to prepare Tiramisu, a layered classic Italian dessert.

 **2641 | Living and Eating Well with Bite-Sized Lifestyle Medicine Tips**
Angie Neison, MD, Medical Director of Culinary Medicine, Co-Chair Climate and Planetary Health Committee Board-certified Family, Lifestyle & Culinary Medicine, Mira Mesa
Tue., Apr. 16 | 10:30 AM | \$15

Learn graceful aging with your next meal-no-cook healthy breakfast.

 **2479 | Local Sustainable Seafood**
Christina Ng, Chef & Foundation Cultivator Berry Good Food
Tue., Apr. 16 | 1:00 PM | \$25

We'll discuss how to shop for the best seafood and how to prepare and serve dishes that are sustainable, while also tasting a variety of seafood delicacies.

 **2570 | Salud! Drink Like a Peruvian**
Claudia Newkirk, President-House of Peru; Realtor
Fri., Mar. 1 | 1:00 PM | \$10

Learn how to make delicious alcoholic and non-alcoholic Peruvian drinks.

 **2395 | Traditional Mushroom/Barley Soup**
Allison Weisman, Owner, Allison's Custom Confections
Fri., Apr. 19 | 1:00 PM | \$20

Cooking demonstration for delicious, traditional mushroom/barley soup.

 **2341 | Vegetarian Indian Cooking Series**
Asha Agrawal
Tue., Mar. 5 - 19 | 11:00 AM | 3 Sessions | \$45

Join Asha for a flavorful cooking demonstration highlighting the culture and vegetarian cuisine of India.

 **2478 | Vietnamese Spring Rolls**
Christina Ng, Chef & Foundation Cultivator Berry Good Food
Tue., Mar. 12 | 1:30 PM | \$25

Learn about the signature ingredients and techniques used to create your very own Vietnamese-inspired spring rolls with a duo of made-from-scratch dipping sauces.

TECHNOLOGY

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

Android 101

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

2587 | Wed., Mar. 6 | 11:30 AM | \$15

2158 | Thu., Mar. 14 | 10:00 AM | \$15

Android 102

Do more with your Smartphone! We will practice customizing the phone settings, using GPS, photos, camera, and more.

2588 | Thu., Mar. 21 | 10:00 AM | \$15

2269 | Thu., Apr. 11 | 10:00 AM | \$15

 **2584 | Excel: The Basics for Budgeting**
Wed., Apr. 10 & 17 | 11:30 AM | 2 Sessions | \$30

Learn the basics of an Excel spreadsheet and how you can create and track your budget. No prior experience is needed. Bring your laptop.

2586 | Fundamentals of Streaming

Wed., Mar. 6 | 10:00 AM | \$15

A hands-on training all about streaming: what it means, how to do it, and how to make the most of the various entertainment options.

iPhone 101

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

2264 | Wed., Mar. 13 | 10:00 AM | \$15

2589 | Thu., Apr. 4 | 10:00 AM | \$15

iPhone 102

Do more with your Smartphone! We will practice customizing the phone settings, using GPS, photos, camera, and more.

2590 | Thu., Mar. 28 | 10:00 AM | \$15

2265 | Wed., Apr. 10 | 10:00 AM | \$15

2585 | Mastering Passwords: Best Security Practices

Wed., Mar. 13 | 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.

2583 | Microsoft Word: An Introduction to the Basics

Tue., Mar. 12 & 19 | 1:00 PM | 2 Sessions | \$30

Start a document and open, save, read, and print one.

Are you new to Oasis or haven't visited us for awhile? Join us at our Simple and Social Meet & Greet! See website for Classes 2524 & 2525



 = NEW!  = HYBRID  = SOCIAL CLUB

THEATRE & MUSIC

2518 | Astrology Through Music: Love Songs of the Zodiac

Melynnique Seabrook, MA

Fri., Mar. 29 | 11:00 AM | \$15

Understand what your personal chemistry is and the gifts you have been given through your astrological birth sign.

2483 | From Fred & Ginger to Gene & Cyd: Iconic Dance Duos

Anna Brown Massey, MFA; Choreographer, Lecturer

Mon., Mar. 18 | 11:00 AM | \$15

Explore the choreographic brilliance that made our favorite Hollywood duos shine on the silver screen.

2364 | Jews and American Folk Music

Yale Strom, Ethnographer, Author & Professor, Documentarian

Wed., May 8 | 1:00 PM | \$15

Explore how this folk music galvanized the youth of America, making a better society.

2365 | Jews and Latin Music in the Catskills

Yale Strom, Ethnographer, Author & Professor, Documentarian

Wed., May 22 | 1:00 PM | \$15

From Miriam to Mendelsohn to Gershwin and Dylan, Jews have expressed themselves, their history, their faith, their culture, and their place in society through instrumental music and song.

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.

2037 | Mon., Mar. 4-25 | 12:00 PM | 4 Sessions | \$240

2038 | Mon., Mar. 4-25 | 1:00 PM | 4 Sessions | \$240

2039 | Mon., Mar. 4-25 | 2:00 PM | 4 Sessions | \$240

2294 | Mon., Apr. 1-22 | 12:00 PM | 4 Sessions | \$240

2040 | Mon., Apr. 1-22 | 1:00 PM | 4 Sessions | \$240

2042 | Mon., Apr. 1-22 | 2:00 PM | 4 Sessions | \$240

 **2086 | Poway Symphony Orchestra:
Sneak Peek and Pre-Performance Conversation**

James Reid, Ph.D., President of the Rancho Bernardo Rotary Club
Mon., Mar. 18 | 1:00 PM | \$15

Learn about the Poway Symphony's 2024 season, their 20th anniversary.

 **2286 | Renaissance Music**

James Reid, Ph.D., President, Rancho Bernardo Rotary Club, and VP, Poway Symphony Orchestra Foundation
Mon., Mar. 25 | 11:00 AM | \$15

Is there a Michelangelo of music? Is Renaissance music analogous to Renaissance art and thought? Explore both sacred and secular music of this era.

  **2506 | Rhapsody Singer's Spring Concert**

Rhapsody Singers
Thu., Mar. 21 | 3:00 PM | \$20

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

 **2085 | San Diego Opera Pre-Performance Conversation:
Madame Butterfly**

James Reid, PhD, President of the Rancho Bernardo Rotary Club
Fri., Apr. 26 | 1:00 PM | \$15

A synopsis and discussion of the upcoming San Diego Opera performance of Madame Butterfly.

2484 | The Golden Age of Cinema: Tap Dancing Virtuosos

Anna Brown Massey, MFA; Choreographer, Lecturer
Wed., Apr. 17 | 11:00 AM | \$15

Explore how choreographers brought music to life through tap dance.

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!

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

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



**RANCHO
BERNARDO**



INNOVATION CENTER

Workshops at our Rancho Bernardo Location

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

Apple Photos Workshop

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

2605 | Tue., Mar. 5 | 11:00 AM | FREE
2606 | Thu., Mar. 7 | 2:00 PM | FREE
2607 | Thu., Mar. 14 | 11:00 AM | FREE
2608 | Thu., Mar. 21 | 2:00 PM | FREE
2609 | Tue., Mar. 26 | 11:00 AM | FREE
2610 | Tue., Apr. 2 | 2:00 PM | FREE
2611 | Thu., Apr. 11 | 2:00 PM | FREE
2612 | Thu., Apr. 18 | 11:00 AM | FREE
2613 | Tue., Apr. 23 | 2:00 PM | FREE
2614 | Thu., May 2 | 2:00 PM | FREE

Bluetooth Basics Workshop

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

2615 | Tue., Mar. 12 | 11:00 AM | FREE
2616 | Tue., Mar. 19 | 2:00 PM | FREE
2617 | Thu., Mar. 28 | 2:00 PM | FREE
2618 | Tue., Apr. 9 | 2:00 PM | FREE
2619 | Tue., Apr. 16 | 2:00 PM | FREE
2620 | Thu., Apr. 25 | 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.

2621 | Tue., Mar. 5 | 2:00 PM | FREE
2622 | Thu., Mar. 14 | 2:00 PM | FREE
2623 | Thu., Mar. 21 | 11:00 AM | FREE
2624 | Tue., Apr. 2 | 11:00 AM | FREE
2625 | Thu., Apr. 4 | 11:00 AM | FREE
2626 | Thu., Apr. 11 | 11:00 AM | FREE
2627 | Thu., Apr. 18 | 2:00 PM | FREE
2628 | Thu., May 2 | 11:00 AM | 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.

2629 | Tue., Mar. 12 | 2:00 PM | FREE
2630 | Tue., Mar. 19 | 11:00 AM | FREE
2631 | Thu., Mar. 28 | 11:00 AM | FREE
2632 | Tue., Apr. 9 | 11:00 AM | FREE
2633 | Thu., Apr. 25 | 2:00 PM | FREE
2634 | Tue., Apr. 30 | 2:00 PM | FREE

UBER/Lyft App Workshop

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

2635 | Thu., Mar. 7 | 11:00 AM | FREE
2636 | Tue., Mar. 26 | 2:00 PM | FREE
2637 | Thu., Apr. 4 | 2:00 PM | FREE
2638 | Tue., Apr. 16 | 11:00 AM | FREE
2639 | Tue., Apr. 23 | 11:00 AM | FREE
2640 | Tue., Apr. 30 | 11:00 AM | FREE

These FREE technology workshops are brought to you by Arlene and Michael Bardin, the McCarthy Family, and the Rancho Bernardo Community Foundation



Arlene and Michael Bardin



Tim McCarthy



A proud affiliate of San Diego Foundation



OASIS AT THE LIBRARY

CLAIREMONT BRANCH LIBRARY

2920 Burgener Blvd, San Diego, CA 92110

749 | Strategies for Successful Aging in Place

Jacqueline A. Silverman, CSA®, CAPS
Tue., Mar. 5 | 6:00 PM | FREE

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

753 | The Power of Plant Based Nutrition

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Tue., Apr. 2 | 6:00 PM | FREE

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

COLLEGE-ROLANDO BRANCH LIBRARY

6600 Montezuma Road, San Diego, CA 92115

762 | The Power of Plant Based Nutrition

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Sat., Mar. 16 | 10:00 AM | FREE

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

GROSSMONT HEALTHCARE DISTRICT'S HEALTH & WELLNESS LIBRARY

9001 Wakarusa St, La Mesa, CA 91942

717 | The Truth About Sugar

Nadin Benrey, MA, NBC-HWC
Wed., Mar. 27 | 10:00 AM | FREE

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

LOGAN HEIGHTS LIBRARY

567 S 28th St, San Diego, CA 92113

754 | Chair Yoga

Rosana Carvalho Gilmore, Certified Fitness Instructor
Fri., Mar. 15 - May 17 | 10:00 AM | 5 Sessions | FREE

A gentle form of beginners' yoga for seated, standing and balance poses.

MISSION HILLS

HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

728 | Animal Behavior and Ecology: The Social Life of Giraffes

Fred Bercovitch, Ph.D. Biological Anthropology
Sat., Mar. 30 | 2:30 PM | FREE

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

727 | Living Will: The Legacy of William Shakespeare

Richard Lederer, Union-Tribune Language Columnist
Sat., Apr. 20 | 2:30 PM | FREE

William Shakespeare exited the earthly stage on April 23, 1616, but Union-Tribune language columnist Richard Lederer will demonstrate that the Bard is alive and well and living in our English language.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

738 | Mindful Eating

Nadin Benrey, MA, NBC-HWC
Tue., Apr. 2 | 1:00 PM | FREE

Learn the benefits of eating slower and being present while eating. Learn how to recognize hunger signals.

751 | The Power of Plant Based Nutrition

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Tue., Mar. 26 | 1:00 PM | FREE

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

MOUNTAIN VIEW PUBLIC LIBRARY

585 Franklin St, Mountain View, CA 94041

726 | The Power of Plant Based Nutrition

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Thur., Apr. 18 | 4:30 PM | FREE

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

NORTH PARK BRANCH LIBRARY

3795 31st St, San Diego, CA 92104

741 | Aging in Place:

Home Modifications for Successful and Independent Living

Jacqueline A. Silverman, CSA®, CAPS

Wed., Apr. 3 | 3:00 PM | FREE

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

746 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

Wed., Mar. 6 | 2:00 PM | FREE

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

OAK PARK LIBRARY

2802 54th St, San Diego, CA 92105

757 | The Importance of Movement

Nadin Benrey, MA, NBC-HWC

Wed., Apr. 24 | 10:30 AM | FREE

Learn how movement and exercise are essential to preventing chronic disease.

PACIFIC BEACH TAYLOR BRANCH LIBRARY

4275 Cass St, San Diego, CA 92109

750 | The Power of Plant Based Nutrition

Charlene Correia,

Certified Plant-Based Lifestyle Health Coach

Mon., Mar. 11 | 2:00 PM | FREE

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

POINT LOMA BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

744 | Romantic Blue Danube Cruise from Budapest to Prague

Linda Hawley, Ed.M., Author, Teacher & World Traveler

Wed., Apr. 10 | 1:00 PM | FREE

Enjoy smooth sailing, lush landscapes, charming cities, and music as Linda shares her travel stories with you.

742 | The New Testament Gospels & a Look at the Gospel of Mark

Bruce McGraw, MA, Retired Professor of Philosophy

at Palomar, Cuyamaca and Southwestern Colleges

Wed., Mar. 27 | 1:00 PM | FREE

Christianity has enormously impacted the world, but we know little about it. We'll examine the historical perspective of the New Testament gospels.

756 | The Power of Plant Based Nutrition

Charlene Correia,

Certified Plant-Based Lifestyle Health Coach

Wed., Apr. 24 | 1:00 PM | FREE

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

743 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Wed., Mar. 20 | 1:00 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.

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

737 | Life Plan for the Best Year of Your Life

Laura Diaz, Board Certified Coach (BCC)

Wed., Mar. 20 | 10:30 AM | FREE

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

739 | Palmistry – Novice Palm (Tree) Reading

Dan Simpson, Certified Arborist, Professor Emeritus,

San Diego Zoo Horticulture Department (Retired)

Wed., Apr. 24 | 10:30 AM | FREE

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

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RANCHO SANTA FE LIBRARY

17040 Avenida de Acacias, RSF, CA 92067

760 | Polar Opposites? Iceland, Greenland & Antarctica

Linda Hawley, Ed.M., Author, Teacher & World Traveler
Thur., Apr. 18 | 11:00 AM | FREE

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

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

761 | Presidential Trivia

Richard Lederer, Union-Tribune Language Columnist
Thur., Mar. 21 | 2:00 PM | FREE

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

SKYLINE HILLS BRANCH LIBRARY

7900 Paradise Valley Rd, San Diego, CA 92139

755 | How to Improve Your Metabolism

Nadin Benrey, MA, NBC-HWC
Wed., Mar. 20 | 10:45 AM | FREE

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

752 | The Power of Plant Based Nutrition

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Wed., Apr. 17 | 10:45 AM | FREE

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

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

763 | Aging in Place:

Home Modifications for Successful and Independent Living

Jacqueline A. Silverman, CSA®, CAPS
Tues., Mar. 26 | 12:30 PM | FREE

The focus will be on how to improve the safety, comfort, and livability of your home for continued independence.

720 | Eleanor Roosevelt – “First Lady of the World”

Blaine Davies, MA, Professor of U.S. History
Tue., Mar. 12 | 12:30 PM | FREE

An activist and humanitarian, Eleanor Roosevelt was known as the “First Lady of the World.” In this class, we’ll explore her life and legacy.

721 | Space Telescope

Jennifer Olim, Ph.D.
Tue., Apr. 9 | 12:30 PM | FREE

In this class we’ll learn how the Webb Space Telescope works and discuss some of the incredible images from it.

VALENCIA PARK/MALCOLM X BRANCH LIBRARY

5148 Market St, San Diego, CA 92114

759 | Critical Documents: Your Signature Here

Julie Derry, MBA, Certified Senior Advisor
Wed., Mar. 20 | 11:00 AM | FREE

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

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.

Contact Kris Anelli, Office & Volunteer Director, to learn more about this fun volunteer opportunity:
Kris@SanDiegoOasis.org | (619) 881-6262





ON-LINE CLASSES

Zoom information will be provided at time of registration

EXERCISE & DANCE

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1126 | Sat., Mar. 2 - 30 | 9:00 AM | 5 Sessions | \$50

1127 | Sat., Apr. 6 - 27 | 9:00 AM | 4 Sessions | \$40

HEALTH

Blue Zone Nutrition

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

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

1409 | Mon., Mar. 4 | 10:00 AM | \$15

Nicoya Peninsula, Costa Rica

1410 | Tue., Apr. 9 | 10:00 AM | \$15

Ikaria, Greece

Meditation: Renew Your Life with Health, Vitality and Peace

Melynnique Seabrook, MA

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

1130 | Thu., Mar. 7 - 28 | 1:00 PM | 4 Sessions | \$40

1131 | Thu., Apr. 4 - 25 | 1:00 PM | 4 Sessions | \$40

1406 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Mar. 12 | 3:00 PM | FREE

What's your plan for aging? What can you do now ahead of the need? Don't wait for a crisis, start planning YOUR aging journey today.

HISTORY & HUMANITIES

1363 | A History of Women's Occupations in Medieval and Renaissance England

Kim Keeline, Ph.D., Freelance Consultant and Writer
Thu., Mar. 21 | 1:00 PM | \$15

We'll look at what women's work was like from the Middle Ages through the early 17th century and how it changed as women left the home.

1289 | Andrew Jackson, America's Original Populist President

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

Mon., Mar. 25 | 10:00 AM | \$15

Learn about Andrew Jackson, hero of the Battle of New Orleans and our nation's seventh president.

1293 | Art & Architecture of Ancient China

Gwenyth Mapes, Professor of Humanities

Fri., Mar. 8 | 10:00 AM | \$15

China has influenced the world with stunning art and architecture, as well as technology. We'll examine Neolithic China and move through to the Yuan dynasty.

1523 | Beliefs that Create Madness

Prof. Mario Garrett

Tue., Apr. 16 | 10:00 AM | \$8

Let's explore how beliefs create madness, the treatment of psychiatric patients, look at psychiatric definitions and discuss ways to treat diseases that existed before drugs and profit.

1473 | Canary Islands - They're Not Named for the Bird!

Ricky Deutsch, BS Aerospace Engineering, MS, MBA,

Former Captain US Air Force, Space Command

Tue., Apr. 23 | 1:00 PM | \$15

Learn about this Spanish volcano archipelago, how it was formed, its tropical climate and history.

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.

 **1315 | Children and the Paranormal**

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

Nicole will share stories and accounts of working with children during various investigations and case studies.

 **1479 | Cuban Women's Movements in Early 20th Century**

Oliva M. Espín, Ph.D.
Wed., Mar. 6 | 1:00 PM | \$15

Learn about the vibrant Cuban women's movement of the early 20th century, when racially diverse groups of women successfully fought against discriminatory laws.

 **294 | European Gothic Art & Architecture**

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

We will look at examples of architecture as it increased in height and detail, as well as the art that moved from Byzantine imagery to increasing naturalism.

 **1267 | Georgia O'Keeffe in New Mexico 1949-1986**

Aniko Makranczy, MFA
Tue., Mar. 12 | 10:00 AM | \$15

O'Keeffe was determined to build a life in New Mexico. We'll explore her paintings in this isolated area.

1414 | Grandma Moses

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

Learn about Grandma Moses, the artist known for her pastoral landscape paintings. Did you know that she was 77 years old when she started painting?

 **1472 | Howard Hughes & His Spruce Goose:
The World's Largest Plane**

Ricky Deutsch, BS Aerospace Engineering, MS, MBA,
Former Captain US Air Force, Space Command
Tue., Mar. 26 | 1:00 PM | \$15

Learn about Hughes' notorious story and passion for aviation.

 **1341 | Israel's Stonehenge: The Wheel of Giants**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., Apr. 16 | 1:00 PM | \$15

Learn about The Wheel of Giants, an ancient megalithic monument of concentric circles of stone located in the Israeli portion of the Golan Heights.

 **1417 | Royal Women:**

Eleanor of Aquitaine and Razia Sultana

Javier Gonzalez-Meeks, Associate Professor of
History, San Diego Miramar College
Fri., Mar. 29 | 10:00 AM | \$15

Learn about these strong and intelligent women who defied expectations and played important roles in shaping the political landscape of their countries.

 **1290 | The Enigmatic Thomas Jefferson**

Blaine Davies, MA, Professor of U.S. History
Fri., Apr. 19 | 10:00 AM | \$15

Let's explore the life and contradictions of the scientist, architect, farmer, astronomer, scholar and statesperson, and author of the Declaration of Independence.

 **1418 | The History and Legacy of the "Fall of Rome"**

Javier Gonzalez-Meeks, Associate Professor of
History, San Diego Miramar College
Fri., Apr. 26 | 10:00 AM | \$15

The fall of the Roman Empire ushered in momentous change in European history. Its legacy continues to shape the modern world.

 **1340 | The Mysterious Byzantine Queen Theodora**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., Mar. 19 | 1:00 PM | \$15

Learn about Theodora of Hazzariah, wife of Justinian II, a courageous woman and one of his chief advisers.

 **1500 | The San Diego-Tijuana Region as World Design
Capital 2024**

Alex Castaneda, Ph.D.
Tue., Apr. 30 | 1:00 PM | \$15

Every two years, the World Design Organization reviews proposals from cities worldwide to become the next World Design Capital. We'll review what criteria WDO uses.

 **1522 | The Search for Intelligent Life**

Mark Carlson, Historian & Author
Thu., Apr. 25 | 1:30 PM | \$8

This presentation will overview some of the most advanced theories and conjectures about life in space and how we might find it.

 **1499 | Tijuana and San Diego: Understanding our Neighbors**

Alex Castaneda, Ph.D.

Tue., Apr. 9 | 1:00 PM | \$15

A bit of history and name semantics. Who arrived first? What is the history of both cities and their influences on each other?

 **1521 | Women Artists: From the Middle Ages to 1950**

Julia Fister, MA, Studio ACE Executive Director

Tue., Mar. 12 | 10:00 AM | \$8

We'll look at Lavinia Fontana, Mary Cassatt and other female artists who broke through barriers, leaving an indelible mark on art history with their talent, resilience, and determination.

1362 | Women's Suffrage: A Look Back on the 19th Amendment

Kim Keeline, Ph.D., Freelance Consultant and Writer

Tue., Mar. 5 | 1:00 PM | \$15

In August 1920, the U.S. passed the 19th amendment to the Constitution. In this class, we'll explore the past and the continued efforts forward.

LANGUAGE

1155 | Conversational Spanish

Danisa Mardones, BA

Tue., Mar. 12 - Apr. 23 | 1:30 PM | 7 Sessions | \$105

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

LITERATURE

 **1451 | Aspiring and Intermediate Poetry Workshop**

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

Fri., Mar. 1 - May 3 | 10:00 AM | Sessions 10 | FREE

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

 **1425 | Banned Books: What's the Big Deal?**

Emily Nye, Ph.D.

Wed., Apr. 24 | 1:00 PM | \$15

In this class we'll learn about some of the books being pulled from school and library bookshelves, why, and what this could mean for future generations.

1343 | Creative Writing:

Techniques to Enhance Your Writing Projects

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

Thu., Mar. 14 - Apr. 18 | 10:00 AM | 6 Sessions | \$90

Explore your potential while you learn how to begin your project or to take your work-in-progress to the next level.

PERSONAL ENRICHMENT

 **1213 | Grief Support Group**

Rolandas Kausas, Chaplain

1st & 3rd Wed., Mar. 6 - Apr. 17 | 10:30 AM

4 Sessions | FREE

Join our drop-in group to understand the symptoms of grief, what you might experience, and how to respond to it.

SCIENCE

 **1509 | Animal Behavior and Ecology:**

Koala Conservation and Climate Change

Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology

Mon., Apr. 15 | 10:00 AM | \$15

Koalas are not bears, but marsupials, and are an endangered species. Find out how climate change is impacting their behavior and ecology.

 **1311 | Cross Species Friends of Humans Series: The Goat**

Henry George, Engineer, Archaeologist and Geologist

Tue., Mar. 26 | 10:00 AM | \$15

Learn about the long history humans have had with goats, one of the first livestock species to be domesticated.

 **1241 | Hurricanes**

Jennifer Olim, Ph.D.

Wed., Mar. 13 | 10:00 AM | \$15

Learn about hurricanes, what fuels them, why they have an eye, and how climate change is supercharging them.

 **1239 | Liberalism Vs. Conservatism:**

Historical Roots and Contemporary Issues

Gina Simmons Schneider, Ph.D., Licensed
Psychotherapist, Executive Coach & Author
Thu., Apr. 18 | 10:00 AM | \$15

A look at the differences between liberals and conservatives and their relationship to authority, emotional responses, and more.

 **1242 | San Diego Geology**

Jennifer Olim, Ph.D.

Wed., Apr. 10 | 10:00 AM | \$15

Explore the fascinating geology of San Diego and how volcanoes, faults, and floods have shaped the landscape.

 **1238 | The Psychopathology of Hate Groups**

Gina Simmons Schneider, Ph.D., Licensed
Psychotherapist, Executive Coach & Author
Thu., Mar. 28 | 10:00 AM | \$15

In this class, we'll learn how hate develops, what feeds it and how to combat it.

 **1524 | From Strauss to Symphonic Jazz**

Vincent Young, Musician

Wed., Apr. 24 | 1:30 PM | \$8

An afternoon of music from Johann Strauss II, George Gershwin, Duke Ellington, and Justin Hurwitz.

 **1525 | The Eagles & Hotel California**

Lisa Campbell, Musician

Tue., Apr. 9 | 10:00 AM | \$8

Enjoy an hour of music from The Eagles played and sung by local musician Lisa Campbell.

1382 | The Harp: Ancient and Modern Beauty

Chris Burns, Many-Strings

Fri., Apr. 26 | 3:00 PM | \$15

Enjoy the sounds of the harp from around the world; its diversity and creative expressions will amaze you!

 **1381 | The Music of Aaron Copland:**

The Dean of American Classical Music

Chris Burns, Many-Strings

Fri., Apr. 12 | 3:00 PM | \$15

Often referred to as the Dean of American Composers, we'll celebrate Aaron Copland with an hour of his brilliant music.

 **1519 | The Music of James Taylor**

Lisa Campbell, Musician

Tue., Mar. 26 | 10:00 AM | \$8

Lisa Campbell plays and sings favorites from James Taylor, the six-time Grammy Award winner and one of the best-selling musicians of all time.

 **1520 | The Music of Marching Bands**

Vincent Young, Musician

Wed., Mar. 27 | 1:30 PM | \$8

Military music has been used on the battlefield to both summon troops and to inspire them on to battle. Vincent Young will play and discuss the various moods of the musical March.

THEATRE & MUSIC

 **1379 | Exceptional Women in Music:**

Classical, Folk, Jazz, and More

Chris Burns, Many-Strings

Fri., Mar. 22 | 3:00 PM | \$15

Celebrate the diversity and creativity that women have contributed to the musical world in composition, performance, and interpretation, from medieval times to the present.

 **1380 | Ferde Grofe: A Very Special American Composer**

Chris Burns, Many-Strings

Fri., Mar. 29 | 3:00 PM | \$15

Learn about the diversity of this iconic genius who was an independent spirit from the beginning; his creativity is front and center in his evocative orchestral suites.

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Special Events

San Diego Oasis facilities 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.



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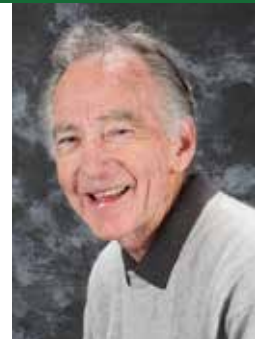
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TRAVEL

Contact Brandon Harding at (619) 881-6262 to book your vacations.

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Click "Classes" and then select "Travel & Tips"

AFC Vacations

Santa Fe & The Land of Enchantment

May 5 – 10, 2024 | 6 Days • 8 Meals
Double \$2,575 | Single \$3,425 | Triple \$2,545

Santa Fe City Tour, Georgia O'Keefe Museum, "High Road to Taos" Drive, Chimayo's El Santuario, Taos Pueblo & Taos Tour, Turquoise Trail 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 – 26, 2024 | 7 Days • 10 Meals
Double \$5,199 | Single \$6,549 | Triple \$5,149

Anchorage, 2 Nights Denali, 3 Nights Seward, Domed Rail Journey, Denali National Park & Tundra Excursion, Kenai Fjords National Park, Glacier & Wildlife Cruise and Seward.

Waterways & Northwest National Parks

July 19 – 25, 2024 | 7 Days • 9 Meals
Double \$3,299 | Single \$4,349 | Triple \$3,269

Mt. Rainier National Park, Olympic National Park, Whale Watching Cruise, Northwest Trek Wildlife Park, Hurricane Ridge, Seattle City Tour: Space Needle, Chihuly Gardens & Glass, & Pike Place Market, Puget Sound Ferry Crossing, and Port Angeles & Port Townsend.

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, scenic landscapes, cultural highlights, and hidden gems.



Use code **OASIS10** to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Collette Vacations

Shades of Ireland

with optional 3-Night London Pre Tour Extension

September 25 – Oct. 4, 2024 | 10 Days • 13 Meals
Double \$3,999 | Single \$4,699 | Triple \$3,969

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

Discover the Colors of New England

September 26 – Oct. 3, 2024 | 8 Days • 12 Meals
Double \$3,999 | Single \$5,499 | Triple \$3,949

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

DETAILED INFORMATION ON EACH TRIP IS AVAILABLE ON THE OASIS WEBSITE!

• Desert Wildflower Tours

Borrego Springs Wildflowers & Julian

Wednesday, March 6 & 21 | \$139.00 PP

Joshua Tree National Park & Picnic

Wednesday, April 3 | \$159.00 PP

Ramona Pageant

Saturday, April 20 | \$165.00 PP

• Puerto Nuevo Mexico Lobster

Saturday, April 27 | \$185.00 PP

• Laguna Beach Pageant of the Masters

August 6, 17, 19 & 21 | \$225 - \$249 PP



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Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT
and Anthony Camara, CFP®, MBA**



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RANCHO BERNARDO

Economic Review and Market Outlook
2199 | Tue., Mar. 5 | 1:00 PM | FREE

Retirement & Estate Strategies
2503 | Mon., Apr. 15 | 11:00 AM | \$5

Social Security
2500 | Mon., Mar. 25 | 11:00 AM | \$5
2504 | Mon., Apr. 15 | 1:00 PM | \$5

Thrivent One-on-One
2502 | Fri., Mar. 29 | 10:00 AM | FREE
2505 | Fri., Apr. 19 | 10:00 AM | FREE

How Taxes Affect Your Retirement
2501 | Mon., Mar. 25 | 1:00 PM | \$5

LA MESA

Economic Review and Market Outlook
1480 | Tue., Mar. 5 | 10:00 AM | FREE

Retirement & Estate Strategies
1492 | Tue., Apr. 23 | 11:00 AM | \$5

Social Security
1489 | Mon., Mar. 4 | 11:00 AM | \$5
1493 | Tue., Apr. 23 | 1:00 PM | \$5

Thrivent One-on-One
1491 | Fri., Mar. 8 | 10:00 AM | FREE
1494 | Fri., Apr. 26 | 10:00 AM | FREE

How Taxes Affect Your Retirement
1490 | Mon., Mar. 4 | 1:00 PM | \$5

For complete class descriptions and to register,
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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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AccurateReverseMortgage.com



*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



Senior Resource DIRECTORY



Welcome to the San Diego Oasis Resource Directory!

Whether you are looking for help with assisted living, in-home care, retirement planning, 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 Senior Resource Directory:
Kelly@SanDiegoOasis.org or (619) 881-6262

ASSISTED LIVING PLACEMENT SPECIALISTS



AGING123

Julie Derry, MBA, CSA | (619) 378-6895

julie@aging123.com | aging123.com

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



LIVING COASTAL

Jacqui Clark, CSA | (858) 761-7551

Jacqui@LivingCoastalSR.com

agingwellpartners.com/partners/living-coastal-senior-resources

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



RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY

Virginia Renker, CSA | (619) 885-0420

virginia@rosecares.com | rosecares.com

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

ASSISTED LIVING: EAST COUNTY



THE MONTERA

Connie Delost | (619) 495-0100

ConnieDelost@mbk.com | www.TheMontera.com

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



SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 508-0931

susan@sungardenterrace.com | sungardenterrace.com

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

ASSISTED LIVING: NORTH COUNTY



CASA DE LAS CAMPANAS

Van Cupples | (858) 592-1811

vcupples@casadlc.com | casadelascampanas.com

Casa de las Campanas is the only not-for-profit Type "A" Continuing Care Retirement Community (CCRC) in San Diego, a community that provides an engaging lifestyle and the highest level of senior care. Our 5-Star rated Health Center, numerous amenities and extensive life enrichment programming gives Residents the retirement they desire.



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

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

DURABLE MEDICAL EQUIPMENT



HARMONY HOME MEDICAL SUPPLY

Erica Sell, CSA | (858) 560-8177

harmonyhomemedical@gmail.com

harmonyhomemedical.com

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

Visit the online
version:
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FIDUCIARY



PROFIDUCIARY

Dan Thale | (619) 493-0019

contact@profiduciary.com | profiduciary.com

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

FINANCIAL PLANNERS



THRIVENT FINANCIAL

Jonathan Doering/Anthony Camara | (858) 455-5227

Jonathan.Doering@thrivent.com

connect.thrivent.com/la-jolla-gateway-team

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

HOSPICE



CABRILLO HOSPICE

Kate Bridgman, Vice President of Business Development
(619) 245-1872

kbridgman@cabrillohospice.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

THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050

info@ehospice.org | elizabethhospice.org

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



VITAS

Eric Ludwig | (858) 616-7495

eric.ludwig@vitas.com | vitas.com

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

IN-HOME CARE AGENCIES



COAST CARE PARTNERS

David Chong | (619) 354-2544

david@coastcarepartners.com | coastcarepartners.com

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



NONA'S HOME CARE

Benjamin Barth, Owner | (619) 788-4459

ben@nonashomecare.com | nonashomecare.com

Nona's Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.



RIGHT AT HOME

Melanie Delgado | (619) 937-2330

mdelgado@homecare-sd.com | rightathome.net/el-cajon

Whether you seek independent living support or care for a loved one, we go beyond in-home assistance. As your care partner, we understand your journey and provide guidance. From meals to 24-hour care, our dedicated team prioritizes your safety and well-being, delivering exceptional service honed through years of experience.

LONG TERM CARE ADVOCACY



AMADA SENIOR CARE SAN DIEGO CENTRAL

John Boodhansingh, Owner | (858) 866-9005

john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

Amada Senior Care provides advocacy for long term care insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide complete claims service for our home care clients affording them piece of mind when they need it most.

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JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351

linda.jahnke@jcltca.com | jcltca.com

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

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SAN DIEGO COUNTY

MEALS ON WHEELS

Amie Brown, Chief External Affairs Officer

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financialsecdesigns@gmail.com | meals-on-wheels.org

Since 1960, Meals on Wheels San Diego County has proudly served over 600,000 meals throughout the entire county each year to homebound seniors and disabled veterans. Join our family and be a part of something wonderful by signing up for meals, donating, or becoming a volunteer today!

MEDI-CAL/VA BENEFIT CONSULTANTS



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

MEDICARE EXPERTS



AMERICAN RETIREMENT INSURANCE SERVICES, INC.

Catrina Morgan | (858) 449-2209 | (800) 233-2747

catrina@americanretirementca.com

americanretirementca.com

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



UNITED HEALTH CARE

Fariba Zariah | (619) 887-6822

Fariba.Zariah@gmail.com | myuhcagent.com/Fariba.Zariah

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



JUST US MEDICARE

Amanda Shelley | (858) 302-4234

amanda@justusmedicare.com | justusmedicare.com

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

PACE PROGRAMS



ST. PAUL'S PACE

Mary Johson | (619) 677-3800

pacenow@stpaulspace.org | stpaulspace.org

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

PHYSICAL THERAPY



ASIS PHYSICAL THERAPY

Kevin Pansky | (858) 217-2496

info@asispt.com | www.AsisPT.com

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



LONGEVITY PHYSICAL THERAPY

Casey Waller, San Diego Clinic Director | (619) 501-9037

Casey@longevityphysicaltherapy.com

longevityphysicaltherapy.com

Longevity Physical Therapy is the premier physical therapy clinic in San Diego. We offer one-on-one treatments with a doctor of physical therapy the entire treatment time. We strive to restore function, enhance mobility, and amplify performance. Anyone of every age can benefit from our services. With four locations throughout San Diego County, physical therapy is close by!



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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.

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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

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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.



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Jami Shapiro | (760) 522-1624

info@silverliningtransitions.com | silverliningtransitions.com

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

SENIOR REAL ESTATE SPECIALISTS



BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES

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

Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

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



COLDWELL BANKER
WEST

COLDWELL BANKER WEST

Melina Rissone | (619) 865-6015

melina@melinarissone.com | melinarissone.com

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



PATTI GERKE, REALTOR, DRE# 01386269

Patti Gerke, MBA, CRS, SRES, CAPS | (760) 525-7269

patti@pattigerke.com

agingwellpartners.com/partners/patti-gerke-realtor

Patti Gerke is a seasoned professional with decades of experience specializing in working with seniors and their family members. She utilizes her compassionate perseverance to provide guidance, assistance and expertise when wanting to Age In Place with dignity & independence or selling their home.

**View Resource
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the Oasis website:
SanDiegoOasis.org**

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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.

Assisted Living Placement	Financial Planners	PACE Programs
Assisted Living-East County	Hospice	Physical Therapy
Assisted Living-North County	In-Home Care Agencies	Property Management
Certified Aging in Place Specialists	Long-Term Care Advocacy	Reverse Mortgage
Dementia Support	Meal Delivery	Senior Move Managers
Durable Medical Equipment	Medi-Cal/VA Benefit Consultants	Senior Real Estate Specialists
Fiduciary	Medicare	

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.

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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



San Diego Oasis at La Mesa

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

San Diego Oasis at Rancho Bernardo

17170 Bernardo Center Drive
San Diego, CA 92128

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