MAR|APR 2024

THERE’S MORE IN STORE FOR ‘24:
OVER 65 FREE & LOW COST TECH CLASSES!

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ABOUT SAN DIEGO OASIS
San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote 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).

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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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 you 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
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 a 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.
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.

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

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.

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.

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.
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.

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.

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.

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

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.

Paper Quilling - Let’s Make Something Fun!
Marcy Shapiro, Quilling Enthusiast
Learn to create beautiful objects by rolling thin pieces of paper.

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.
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 Taabrizi, 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.

1489 | Mon., Mar. 4 | 11:00 AM | $5
1493 | Tue., Apr. 23 | 1:00 PM | $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.

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
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

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.

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 Awdziewicz, 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
1409 | Mon., Mar. 4 | 10:00 AM | $15

Ikaria, Greece
Nicoya Peninsula, Costa Rica
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.

Charting Your Course: Strategies for Successful Aging in Place
Jacqueline A. Silverman, CSA®, CAPS
Essential strategies for aging well in the comfort of your home.

Hearing Loss and Solutions
Dr. Dena Riso, Peninsula Hearing Center
Learn about the anatomy of the ear, types of hearing loss, and the options available to you for dealing with hearing loss.

Navigating Cannabis for Older Adults
Veronica Marie Mitchell
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.

Your Aging Journey is Unique to You!
Julie Derry, MBA, Certified Senior Advisor
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.
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.

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.

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

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

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

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

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.

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.”

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.

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.

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

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.
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

Literature

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.

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.

Personal Enrichment

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.

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.

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!
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.

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.

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.

Houseplant Care and Feeding 101
Abby Moldenhauer, Owner, Abby’s Interior Plantscapes
Thu., Apr. 18 | 10:00 AM | $15
Learn the secrets to raising happy, healthy houseplants.

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.

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.

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.

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.

Senior 101
Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties
An introduction to the many resources available to seniors and their families.

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.

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.

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!
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.

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.

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

TECHNOLOGY

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.

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

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.

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.

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.
## Apple Photos Workshop

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

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## Google Photos Workshop

Tips for organizing photos on your smartphone.

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## Online Safety Workshop

Identify phishing scams and keep your information safe.

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## Bluetooth Basics Workshop

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

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## Cloud Services Workshop

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

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## Digital Coupon Workshop

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

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## Facebook And Instagram Workshop

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

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## 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.

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## YouTube Workshop

Basics of YouTube, the second most visited search engine.

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All classes are led by Technology Learning Specialist Monserrat Callejas.
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.

2494 | Calligraphy
Ann Dunham, MS, Design
Wed., Mar. 20 | 1:00 PM | $15
Learn the basics of script calligraphy and create an uppercase and lowercase alphabet.

2212 | Card Making
Trina Pascale, Instructor & Card Designer
Wed., Mar. 6 | 1:00 PM | $15
Card Making
Trina Pascale, Instructor & Card Designer
Wed., Apr. 3 | 1:00 PM | $15
Each workshop uses different folding methods and materials to create beautiful custom cards.

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.

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.

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.
2199 | Economic Review and Market Outlook
Chuck Etzweller, 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.

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

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.
**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.

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**EXERCISE & DANCE**

Please see website for course descriptions.

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**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**

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**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

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**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**

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**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**

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**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

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.
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.

**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.

**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.
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.

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.

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.

SHARE THE GIFT OF LEARNING
We have gift certificates available at both locations.

GET TO KNOW OUR INSTRUCTORS
Visit the website, click on Classes and select “Instructor Bios”
**2238 | 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.

**2239 | 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**
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
Thu., Mar. 28 | 10:00 AM | $15
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.

#### 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.

2374 | 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.

2574 | 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.
There are MANY ways to support the mission of San Diego Oasis!
Visit our Donate page on the website to learn more: SanDiegoOasis.org
SHAMYIL’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.

2643 | Fri., Mar. 15 | 10:00 AM | $30
Ikaria, Greece: Soufiko, Ikaria’s National 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.

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

2507 | Tue., Apr. 2 | 1:00 PM | $20
Braided Bread Demo

2509 | Tue., Apr. 9 | 1:00 PM | $20
Braided Bread - Hands-on Participation

2647 | Thu., Mar. 7-28 | 11:00 AM
4 Sessions | $80
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.

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**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.

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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.

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
**Join our Mission Wall in Rancho Bernardo**  
**Naming Opportunities start at $5,000**  
Contact Simona Valanciute at Simona@SanDiegoOasis.org to learn more.

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**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.*

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**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.*

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**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!*  

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**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.*

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**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.*

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**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!
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

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. 23 | 11:00 AM | FREE
2639 | Tue., Apr. 30 | 11:00 AM | FREE

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

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

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

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.

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.

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.

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.

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

= NEW!  = HYBRID  = SOCIAL CLUB
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
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

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 Hazariah, 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.

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.

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.

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.

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.
Consider Oasis for your Special Event or Business Meeting!

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.

Are you House Rich but Cash Poor? Then you should consider a Reverse Mortgage

A Reverse Mortgage will improve your “Quality of Life” and give you “Peace of Mind”

Home Owners 62 and older:
- Supplement your retirement income
- Never make a monthly mortgage payment (Responsible for property taxes and homeowner’s insurance)
- Tax-free money
- Lump sum, monthly payments, line of credit; or combo
- Will not affect Social Security or Medicare Benefits

I do business “The Old Fashion Way”, I will come to your home and meet with you face to face at your kitchen table.

760-484-6660
email: owen.coyle@gmail.com
web: www.reversemortgages62.com
8975-403 Lawrence Welk Dr., Escondido CA 92026

Owen Coyle
Reverse Mortgage Specialist
25 years experience
Serving San Diego County since 2003
BRE#01253295 / NMLS #279015

Owen has 15 two-minute videos on his website, www.reversemortgages62.com, that will show you how Reverse Mortgages work and will answer most of your questions.

AND... 28 Google 5-Star Client Reviews that will give you An Overview of how his clients feel about how he helped them set up their Reverse Mortgages.
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

Waterways & Northwest National Parks
July 19 – 25, 2024 | 7 Days • 9 Meals
Double $3,299 | Single $4,349 | Triple $3,269

Collette Vacations

Shades of Ireland
with optional 3-Night London Pre Tour Extension
September 25 – Oct. 4, 2024 | 10 Days • 13 Meals
Double $3,999 | Single $4,699 | Triple $3,969
Dublin, Irish Evening, Choice on Tour: Dublin City Bus or Walking Tour, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, and Castle Stay.

Discover the Colors of New England
September 26 – Oct. 3, 2024 | 8 Days • 12 Meals
Double $3,999 | Single $5,499 | Triple $3,949

DayTripper Tours

DayTripper Tours is San Diego’s premier touring company offering an array of meticulously planned one-day motor coach excursions that showcase Southern California’s diverse, 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.

DayTripper Tours

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

Detailed information on each trip is available on the Oasis website!
You’ve got goals; we’ll help keep you right on target

Make an appointment for a free, 30-minute, 1:1 confidential financial consultation, no strings attached, and get your questions answered.

Thrivent Financial
445 Marine View Ave. Suite 390
Del Mar, CA 92014 | (858) 455-5227

Join us for these upcoming Thrivent Financial classes with Chuck Etzweller, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT and Anthony Camara, CFP®, MBA

**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, visit SanDiegoOasis.org or call (619) 881-6262
Navigating your future may bring uncertainty. Aging Well Partners can help you discover your best path forward by empowering you with the vetted resources and trusted services that meet your specific needs. Your journey has a roadmap and we are here to help you find it.

Your Local Partners. Your Certified Senior Advisors™.

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www.agingwellpartners.com

**Explore Ways to Use Home Equity with a Reverse Mortgage**

**Potential Benefits Could Include:**
- Get rid of a monthly mortgage payment*
- Funds for home improvements
- Supplement retirement income
- Consolidate debts to lower monthly expenses
- Cover medical or in-home care costs

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

*Borrower will need to pay ongoing property taxes, homeowners’ insurance and home maintenance while continuing to occupy home as primary residence. These materials are not from HUD or FHA and not approved by HUD or a government agency. Company Licensed by CA Dept of Real Estate: Broker 02214678, NMLS 2484031

**Accurate Reverse Mortgage**

John Correll, CRMP
Certified Reverse Mortgage Professional

619-294-9820
In-Home Appointments Available
John@AccurateReverse.com
NMLS #1004396
CA DRE Broker #01353015

4025 Camino Del Rio S. Suite 339
San Diego, CA 92108
AccurateReverseMortgage.com
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
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.

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, 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.

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.

Casa de las Campanas is the only not-for-profit Type “A” Continuing Care Retirement Community (CCRC) in San Diego, a community that provides an engaging lifestyle and the highest level of senior care. Our 5-Star rated Health Center, numerous amenities and extensive life enrichment programming gives Residents the retirement they desire.
FELICITA VIDA, A SENIOR LIFESTYLE COMMUNITY
Patricia Gunn | (909) 485-4654
pgunn@seniorlifestyle.com
facebook.com/Felicitavidaseniorliving

At Felicita Vida, we offer vibrant assisted living and compassionate memory care in a resort-style setting. Our scenic location, close to beautiful parks and lakes, provides easy access to San Diego amenities. Call today to schedule a personal tour! Mention Oasis San Diego to receive special pricing. #374604269

THE REMINGTON CLUB
Jeanne Selis | (858) 673-6300, Ext. 6325
JSelis@5SSL.com  |  theremingtonclub.com

The Remington Club offers a unique life experience to current and future residents, allowing you to celebrate life to the fullest. We will further our community redevelopment by bringing memory care later this year! Call to schedule a tour of 43 community and learn more about our easy living environment!

CERTIFIED AGING IN PLACE SPECIALISTS

CASTLE MAVEN, INC.
Darlene Pidgeon, MBA, RN, CAPS | (858) 886-6452
DPidgeon@CastleMaven.com  |  CastleMaven.com

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

AGING ADVISORY SERVICES

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

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

DEMENTIA SUPPORT

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

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

DURABLE MEDICAL EQUIPMENT

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

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

Visit the online version: https://bit.ly/43spz1j
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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®
Offices of Jonathan Doering and Matthew Molstre

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

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

HOSPICE

Cabrillo Hospice
Created to Serve.

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

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

The Elizabeth Hospice

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

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

VITAS Healthcare

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

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

IN-HOME CARE AGENCIES

Coast Care Partners

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.

MEAL DELIVERY
MEALS ON WHEELS
Amie Brown, Chief External Affairs Officer
1 (800) 5-SENIOR / (619) 260-6110
financialsecdesigns@gmail.com  | meals-on-wheels.org

Since 1960, Meals on Wheels San Diego County has proudly served over 600,000 meals throughout the entire county each year to homebound seniors and disabled veterans. Join our family and be a part of something wonderful by signing up for meals, donating, or becoming a volunteer today!

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.

FINANCIAL SECURITY DESIGNS
Tony Bevin | (858) 673-8448
financialsecdesigns@gmail.com  |  vabenefitsonline.com

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

Hyperlinks are provided if viewing electronically.
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 Zarieh | (619) 887-6822
Fariba.Zarieh@gmail.com | myuhcagent.com/Fariba.Zarieh

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

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

PHYSICAL THERAPY

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

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

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

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

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

PROPERTY MANAGEMENT

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

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

REVERSE MORTGAGE

EquitySmart
HOMELOANS

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

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

SENIOR MOVE MANAGERS

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

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

SENOR REAL ESTATE SPECIALISTS

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

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

Patti Gerke is a seasoned professional with decades of experience specializing in working with seniors and their family members. She utilizes her compassionate perseverance to provide guidance, assistance and expertise when wanting to Age In Place with dignity & independence or selling their home.

View Resource Directory on the Oasis website: SanDiegoOasis.org

Welcome to the San Diego Oasis Resource Directory!

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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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Awards
2023:
CSO50 Award Winner for AI Edge Security and Thought Leadership
SD500: Simona Valanciute selected as one of the Most Influential People in San Diego
2022
SD500: Simona Valanciute selected as one of the Most Influential People in San Diego
2022
Generations United’s Program of Merit
2020
Public Health Champion award by the County of San Diego’s Covid19 Leadership.
2019
Two Impact Awards: •North San Diego Business Chamber •Escondido Chamber
2018
NBC Universal Project Innovation Award for Technology Efforts with Older Adults
2017
Program of Distinction Generations United
2016
Excellence Award: •KUSI •Torrey Pines Bank
2014
Charity Navigator | 4 stars out of 4 stars
2013
Gloria Cavanaugh Award for Excellence in Training and Education

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