



## **SUMMER JUL | AUG 2024**

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 **La Mesa**  
**(619) 881-6262**

**Rancho Bernardo**  
**(858) 240-2880**



**[Info@SanDiegoOasis.org](mailto:Info@SanDiegoOasis.org)**



**[SanDiegoOasis.org](http://SanDiegoOasis.org)**

# ABOUT SAN DIEGO OASIS

San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote healthy aging through a three-fold approach: lifelong learning, healthy living and 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 Oasis and 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 6/2024).
- **Tech Smart Bar:** Cox Tech Tank in La Mesa and Tim McCarthy Smart Bar in Rancho Bernardo make possible tech-related workshops.

## JOINING OASIS

- **Who Can Join:** Anyone 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](http://SanDiegoOasis.org)
- **Register online with MyOasis:** Log into your MyOasis account at [SanDiegoOasis.org](http://SanDiegoOasis.org). If you don't have an account, you can create one by visiting the website, calling us or emailing us at [Info@SanDiegoOasis.org](mailto:Info@SanDiegoOasis.org)
- **New to Oasis?** 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 experience required. For more information, see page 55 or contact [Michelle@SanDiegoOasis.org](mailto: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 Oasis community. To learn more, contact [Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org) for La Mesa and [Danny@SanDiegoOasis.org](mailto:Danny@SanDiegoOasis.org) for Rancho Bernardo.
- **Library Ambassadors:** Library Ambassadors are Oasis representatives who enrich the off-site program experience for attendees by answering general program questions, and providing instant feedback. Contact [Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org).
- **Outreach Volunteers:** Duties include attending fairs and events to spread awareness about Oasis. It's a great way to get involved in the community, meet new people, and make a positive impact. Contact [Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org).

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

**Please accept my donation, as indicated:**

- \$25     \$100     \$500  
 \$50     \$250     Other: \$ \_\_\_\_\_

*Please consider writing a check to avoid credit card processing fees.*

**Payment Type:**

- Check     VISA     MasterCard     Discover

**Name on Card:**

\_\_\_\_\_

**Credit Card #:**

\_\_\_\_\_

Expiration Date (month/year): \_\_\_\_\_ / \_\_\_\_\_

CSC/CVV #: \_\_\_\_\_ (3-digit number)

Signature \_\_\_\_\_

**Contact Information:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Estate Plan**

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

- Contact me!

**Please designate my gift for:**

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

**My gift to San Diego Oasis is in:**

- Honor of     Memory of

\_\_\_\_\_

San Diego Oasis should send an acknowledgment to:

\_\_\_\_\_

**Please send me more information on:**

- Volunteering     Tutoring     Travel     Estate Gift

Dear Oasis Family,

Let's summer! Oasis is full of your favorites and brand new offerings in July and August.

**We have added lots of social programs.** In La Mesa, don't miss "Non-Fiction Book Club" and "Let's Play Card Games;" in Rancho Bernardo, try "Guitar Pull Session - Jam with John" and "Women's Voices Discussion Group," to name a few.

**Technology learning continues to be in high demand at Oasis centers:** our new Chat GPT and AI classes sell out quickly. Also, Oasis continues bringing technology access and learning to residents in low-income housing communities. Our colleague David Beevers has personally served 1300 seniors who now have access to telehealth, social services, and family members.

**Our mission of serving older adults and children is only possible with donor support.** A few notes:

Mark your calendars: **our first fundraising event** will take place on November 2nd in Rancho Bernardo. It will be a fun evening!

With a beautiful Oasis building in Rancho Bernardo, we have plenty of **naming opportunities**. They start at just \$5,000. Who will you honor in a permanent way?

In collaboration with the David C. Copley Foundation, we have a **2:1 Matching Gift campaign**. Copley Foundation will gift San Diego Oasis \$250,000 when San Diego Oasis raises \$500,000. This is the largest matching challenge in our 36-year history. Every donation gets a 50% boost - please make your tax-deductible gift today.

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



P.S. I'm available to answer any questions you may have about the many ways to support Oasis; please contact me at [Simona@SanDiegoOasis.org](mailto:Simona@SanDiegoOasis.org) – I would love to talk with you!

**San Diego Oasis is excited to announce a very special matching gift campaign, in collaboration with the David C. Copley Foundation**

**The Copley Foundation will gift San Diego Oasis \$250,000 when San Diego Oasis raises \$500,000**

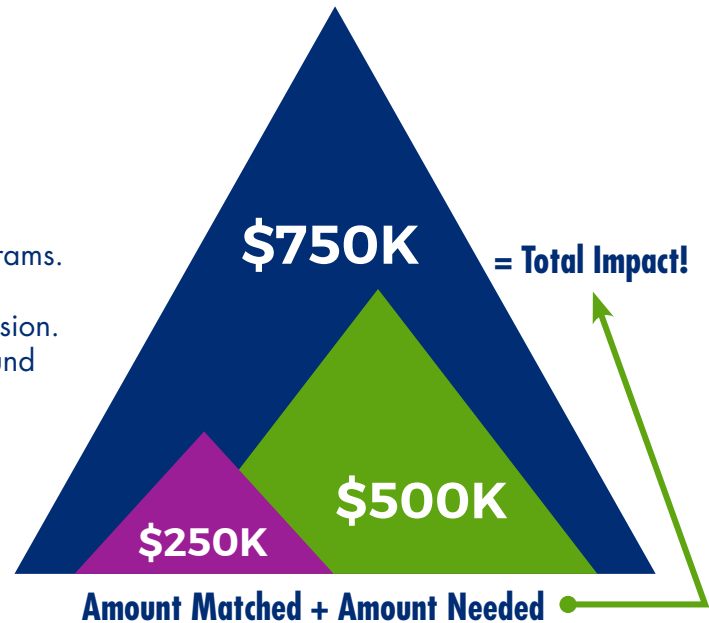
## Will you join us today?

### Which gifts count towards the match?

- Every unrestricted donation.
- Written multi-year pledges.
- Any sponsorship that funds Oasis events and/or programs.
- Any naming gift.
- Fundraising event proceeds that support the Oasis mission.
- Donations/grants that support a program that could fund Oasis' program staff and operations, such as our Tutoring and Digital Divide Programs.

### Please make your tax-deductible gift today by:

- Donating online at [SanDiegoOasis.org](http://SanDiegoOasis.org)
- Mailing your check to one of the Oasis offices
- Initiating your Required Minimum Distribution
- Making a stock transfer and avoiding capital gains tax



### Questions?

Contact Simona Valanciute at [Simona@SanDiegoOasis.org](mailto:Simona@SanDiegoOasis.org) or (619) 846-3832 with questions. Our tax ID number is #30-0403895.

### About the Foundation

The David C. Copley Foundation (formerly known as the Helen K. and James S. Copley Foundation) began in 1953 as The Copley Foundation and was initially funded by The Copley Press, Inc., owner of multiple newspapers in California, Illinois, and Ohio. David C. Copley, the son of Helen K. and James S. Copley, was a businessman and philanthropist, born and raised in San Diego. He passed away in 2012 naming the Foundation as the sole residuary beneficiary of his estate. Upon David Copley's passing, the Foundation has been governed by independent directors whose mission is to continue the Copley Family legacy.

Board and staff members at the David C. Copley Foundation are proud to be a part of a devoted community, supporting equitable and diverse nonprofit organizations as David C. Copley and his parents Helen K. and James S. Copley would have wanted.





WHEN YOU PLAN TO

*Give*  
WE CAN PLAN TO *Grow*



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

San Diego Oasis supports lifelong learning, healthy aging and community service right here in our community. While our class costs are partly supported through class fees, we rely on donations and grants to bring our health and wellness, fall prevention, seniors in need and intergenerational tutoring programs to underserved populations in the San Diego region.

Please consider supporting Oasis by making a donation today through the many options on our website.

**CURRENT GIFTS:**

Cash | Life Insurance | Stocks | Real Estate

**PLANNED GIFTS:**

Bequest & Estate Plan | Retirement Assets  
Life Estate Reserved | Charitable Gift Annuity  
Charitable Trusts (Remainder, Annuity, Lead)

Questions? Contact [Simona@SanDiegoOasis.org](mailto: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](http://SanDiegoOasis.org) or call (619) 881-6262. If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 5500 Grossmont Center Drive, Suite 269, La Mesa, CA 91942 or simply drop it off at one of our Centers.



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



Making Oasis a charitable beneficiary through 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.



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 in an upcoming 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.



Donating **Stocks** may potentially increase your gift and tax donation, allow you to take an immediate income tax deduction if you itemize, and lower or eliminate capital gains tax.



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



# IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

## ARTS & CRAFTS

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

### Beginning Bead Weaving

Diane Kramer, Bead Weaver & Instructor

*Bead weaving is the craft of using a needle, thread, and beads to create jewelry. Learn how to make earrings or a bracelet.*

**1564** | Mon., July 29 | 1:00 PM | \$40

Flat Spiral Stitch Bracelet

**1565** | Tue., Aug. 6 | 1:00 PM | \$40

Superduo Earrings

**1566** | Mon., Aug. 19 | 1:00 PM | \$40

Right Angle Weave Bracelet

### 1381 | Beginning Practical Crochet

Janet Stuelpner, The Left-Handed Artist and Crafter

Tue. & Thu., July 9 - 18 | 1:00 PM | 4 Sessions | \$60

*Learn how to crochet in rows, rounds and squares. We will stick to basic stitches and learn how to read a pattern.*

### 1429 | Calligraphy

Ann Dunham, MS, Design

Fri., July 26 | 10:00 AM | \$15

*Learn the basics of script calligraphy and create an upper-case and lower-case alphabet.*

### 1560 | Color Theory

Aniko Makranczy, MFA

Tue., July 9 - 30 | 10:00 AM | 4 Sessions | \$60

*Learn basic principles of color theory and how certain colors work together to evoke different moods.*

Our members' opinions will always be our most valuable endorsement. Post a review on Google or Yelp!

### 1430 | Combining Pen and Ink with Watercolor

Ann Dunham, MS, Design

Fri., Aug. 9 | 10:00 AM | \$15

*We'll create pen and ink drawings overlaid with watercolor, emphasizing techniques using Pigma Micron pens to depict textures found in nature.*

### Creating Textures in Watercolor

Ann Dunham, MS, Design

*We'll explore techniques in watercolor to bring objects to life through textures, covering contrast of value, color, and texture, along with brush variations and dry and wet techniques for experimental learning.*

**1428** | Fri., July 12 | 10:00 AM | \$15

**1431** | Fri., Aug. 23 | 10:00 AM | \$15

### 1129 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography, Grossmont College

Thu., July 11 - Aug. 15 | 10:00 AM | 6 Sessions | \$90

*Learn simple guidelines and basic skills for easy photographic capture using digital cameras and camera phones, exploring exposure modes, lighting scenarios, and visual compositions to capture meaningful images.*

### 1317 | Drawing Fundamentals

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

Mon., Wed. & Fri., Aug. 5 - 9 | 1:00 PM

3 Sessions | \$45

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

### Glass Art with Queenie Glass and Sass

Diana Griffin, Owner of Queenie Glass and Sass

*Using a variety of sizes and colors of glass, create your unique art pieces. Pieces will be fused offsite and available for pickup the following week.*

**1279** | Wed., July 17 | 1:00 PM | \$65

Nightlight and Paint on a Plate/Bowl

**1280** | Wed., Aug. 14 | 1:00 PM | \$65

Surfboard Plate/Spoon Rest



### 1316 | Painting with Acrylics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor  
Mon., Wed. & Fri., July 8 - 12 | 1:00 PM  
3 Sessions | \$45

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

### Paper Quilling

Marcy Shapiro, Retired Teacher, Artist

*Quilling is the art of creating beautiful objects by rolling thin pieces of paper. All materials are supplied except for a few tools you'll need to bring.*

**1335** | Wed., July 17 | 10:00 AM | \$20  
Let's Make Summer at the Beach

**1336** | Wed., Aug. 14 | 10:00 AM | \$20  
Let's Make Cactus Garden

### 1441 | Rock Painting

Marci Kleiner

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

*Let's paint on rocks! Choose to paint your own creation or follow one of the provided designs.*

### 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.*

**1124** | Mon., July 8 | 10:00 AM | \$15

**1125** | Mon., July 22 | 10:00 AM | \$15

**1126** | Mon., Aug. 5 | 10:00 AM | \$15

**1127** | Mon., Aug. 19 | 10:00 AM | \$15

## BUSINESS, FINANCE, LEGAL



**THRIVENT  
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

### 1350 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA  
Mon., July 15 | 1:00 PM | \$5

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

### 1352 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA  
Tue., Aug. 20 | 11:00 AM | \$5

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

### Social Security

Anthony Camara, CFP®, MBA

*When should I apply? What is the best way to maximize my benefits? Also learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.*

**1349** | Mon., July 15 | 11:00 AM | \$5

**1353** | Tue., Aug. 20 | 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.*

**1351** | Fri., July 19 | 10:00 AM | FREE

**1354** | Wed., Aug. 21 | 10:00 AM | FREE



**See ad on page 45 for more information on Thrivent Financial, proud sponsor of San Diego Oasis**

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

### **1415 | Difference Between Credit Unions & Banks**

Marcus Zara, Mission Federal Credit Union Business Development Officer

Tue., July 30 | 10:00 AM | FREE

*Banks are for-profit institutions owned by shareholders, while credit unions are member-owned cooperatives prioritizing community, often offering low/no fees and better interest rates. We'll discuss the differences.*

### **1422 | Home Selling Tips**

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor  
Thu., July 25 | 1:00 PM | \$8

*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.*

### **Let's Talk About It – The Headlines**

Rick LeVine, Attorney

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

**1132** | Wed., July 24 | 1:30 PM | \$10.

**1133** | Wed., Aug. 28 | 1:30 PM | \$10



### **1460 | SDGE Electric Pricing Plans, Tools, Tips and Programs**

Martha Quintero, SDGE

Thu., Aug. 15 | 1:00 PM | 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.*

### **Senior 101**

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties & Tina Buchanan, MSW, ALCM, Administrator and CEO of Visionary Care Consultants

*Senior 101 presents a variety of topics: senior living options, aging in place, financial and legal tips, downsizing, and much more to help you create your own customized aging road map.*

**1197** | Tue., July 23 | 10:00 AM | FREE

**1198** | Tue., Aug. 27 | 10:00 AM | FREE

### **1423 | What Property Improvements Have the BEST Return?**

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor  
Wed., Aug. 21 | 10:00 AM | \$8

*Learn home improvements with highest returns on investment (ROI) to ensure your renovation funds are wisely invested.*

### **1459 | Your Family Binder: A Survival Kit for Your Heirs**

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder  
Wed., July 10 | 1:00 PM | \$15

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

## EXERCISE & DANCE

### **Better Balance: Free From Falls**

Russell Rowe, MS, Exercise Physiology

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

**1004** | Fri., July 12 - Aug. 2 | 10:45 AM | 4 Sessions | \$40

**1005** | Fri., Aug. 9 - 23 | 10:45 AM | 3 Sessions | \$30

### **Bone-Building Fitness**

Russell Rowe, MS, Exercise Physiology

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

**1012** | Mon., July 1 - 29 | 12:00 PM | 5 Sessions | \$50

**1013** | Mon., Aug. 5 - 26 | 12:00 PM | 4 Sessions | \$40

**1008** | Fri., July 12 - Aug. 2 | 12:00 PM | 4 Sessions | \$40

**1009** | Fri., Aug. 9 - 23 | 12:00 PM | 3 Sessions | \$30

### **Cardio Drumming**

Andra Valencia, Fitness and Dance Instructor

*A simple movement, drumming, turned into a full-body workout that will leave your smiling and feeling great.*

**1020** | Mon., July 1 - 29 | 9:30 AM | 5 Sessions | \$50

**1021** | Mon., Aug. 5 - 26 | 9:30 AM | 4 Sessions | \$40

**1028** | Tue., July 2 - 30 | 12:00 PM | 5 Sessions | \$50

**1029** | Tue., Aug. 6 - 27 | 12:00 PM | 4 Sessions | \$40

**1032** | Wed., July 3 - 31 | 1:15 PM | 5 Sessions | \$50

**1033** | Wed., Aug. 7 - 28 | 1:15 PM | 4 Sessions | \$40

**1016** | Fri., July 12 - Aug. 2 | 9:30 AM | 4 Sessions | \$40

**1017** | Fri., Aug. 9 - 23 | 9:30 AM | 3 Sessions | \$30

**1024** | Sat., July 20 | 10:30 AM | \$10

**1025** | Sat., Aug. 17 | 10:30 AM | \$10

### Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

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

**1036** | Sat., July 20 | 9:30 AM | \$10

**1037** | Sat., Aug. 17 | 9:30 AM | \$10

### Dance Fit

Andra Valencia, Fitness and Dance Instructor

*This combination of exercises uses dance, weights, and bands to increase strength, coordination, and balance.*

**1040** | Thu., July 11-Aug. 1 | 1:15 PM | 4 Sessions | \$40

**1041** | Thu., Aug. 8 - 29 | 1:15 PM | 4 Sessions | \$40

### Hatha Yoga with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

*Hatha yoga classes require students to hold each pose for only a few breaths before slowly transitioning into the next pose.*

**1056** | Mon., July 1 - 29 | 2:15 PM | 5 Sessions | \$50

**1057** | Mon., Aug. 5 - 26 | 2:15 PM | 4 Sessions | \$40

### Hula Dance

Ida Veimau, Kumu Director of Kaliloa O Kaleoonalani, Dance Instructor & Entertainer

*You'll learn the basic steps and sensuous, undulating moves of this traditional Hawaiian dance.*

**1576** | Thu., July 11-Aug. 1 | 2:15 PM | 4 Sessions | \$40

**1577** | Thu., Aug. 8 - 29 | 2:15 PM | 4 Sessions | \$40

### International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

**1044** | Wed., July 3 - 31 | 9:30 AM | 5 Sessions | \$30

**1045** | Wed., Aug. 7 - 28 | 9:30 AM | 4 Sessions | \$24

### Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

*This fun and varied line dance experience features country, pop, Latin, and waltz music.*

**1052** | Wed., July 3 - 31 | 2:15 PM | 5 Sessions | \$50

**1053** | Wed., Aug. 7 - 28 | 2:15 PM | 4 Sessions | \$40

**1048** | Thu., July 11-Aug. 1 | 12:00 PM | 4 Sessions | \$40

**1049** | Thu., Aug. 8 - 29 | 12:00 PM | 4 Sessions | \$40

### Pilates for Everyone

Rosana Carvalho Gilmore, Certified Fitness Instructor

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

**1108** | Wed., July 10 - 31 | 12:00 PM | 4 Sessions | \$40

**1109** | Wed., Aug. 7 - 28 | 12:00 PM | 4 Sessions | \$40

### Progressive Strength, Balance and Flexibility Training

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

**1068** | Tue., July 2 - 30 | 9:30 AM | 5 Sessions | \$50

**1069** | Tue., Aug. 6 - 27 | 9:30 AM | 4 Sessions | \$40

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

**1064** | Thu., July 11 - Aug. 1 | 9:30 AM | 4 Sessions | \$40

**1065** | Thu., Aug. 8 - 29 | 9:30 AM | 4 Sessions | \$40

Jeanna Beauchamp, Certified Fitness Instructor

### Restorative Chair Yoga

Julia Doughty, MFA, HHP

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

**1072** | Tue., July 2 - 30 | 2:30 PM | 5 Sessions | \$50

**1073** | Tue., Aug. 6 - 27 | 2:30 PM | 4 Sessions | \$40

### Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

**1076** | Tue., July 2 - July 30 | 1:15 PM | 5 Sessions | \$50

**1077** | Tue., Aug. 6 - 27 | 1:15 PM | 4 Sessions | \$40

### San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA, HHP

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

**1080** | Wed., July 3 - 31 | 9:00 AM | 5 Sessions | \$50

**1081** | Wed., Aug. 7 - 28 | 9:00 AM | 4 Sessions | \$40

**Curious about a class but want to try it out first? Register for a single "à la carte" session.**

### Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

**1084** | Tue., July 2 - 30 | 10:45 AM | 5 Sessions | \$50

**1085** | Tue., Aug. 6 - 27 | 10:45 AM | 4 Sessions | \$40

### Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

**1088** | Thu., July 18 - Aug. 1 | 10:45 AM | 3 Sessions | \$30

**1089** | Thu., Aug. 15 - 29 | 10:45 AM | 3 Sessions | \$30

### Strength and Balance for Longevity: A Physical Therapy Approach

Alyssa McClintick, Doctor of Physical Therapy

*Learn to stretch, strengthen, and balance in a functional manner.*

**1092** | Sat., July 20 | 11:30 AM | \$15

**1093** | Sat., Aug. 17 | 11:30 AM | \$15

### Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

*Gentle, continuous movements that synchronize breath and motion, enhancing strength and healing.*

**1100** | Mon., July 1 - 29 | 1:15 PM | 5 Sessions | \$50

**1101** | Mon., Aug. 5 - 26 | 1:15 PM | 4 Sessions | \$40

### 1096 | T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor

Fri., Aug. 9 - Sept. 6 | 1:15 PM | 4 Sessions | \$40

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

### 1097 | T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor

Fri., Aug. 9 - Sept. 6 | 2:30 PM | 4 Sessions | \$40

*Deepen and refine the movements at an intermediate level.*

### Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

**1104** | Mon., July 1 - 29 | 10:45 AM | 5 Sessions | \$50

**1105** | Mon., Aug. 5 - 26 | 10:45 AM | 4 Sessions | \$40

## HEALTH & WELLNESS



### 1555 | Care Options: Residential

Jean Alton, Senior Dementia Educator

Tue., Sept. 10 | 1:00 PM | FREE

*Whether you're looking at placement options now or planning ahead, learn about different types of residential settings, what they cost, and how to choose what's best for your situation.*

### 1553 | Safety at Home

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education

Tue., July 9 | 10:00 AM | FREE

*Reduce the risk of wandering, falls, household injuries, medication errors, and more by learning important safety tips to keep people living with memory loss safe and well at home.*

### 1554 | Skills Clinic: Medications

Jean Alton, Senior Dementia Educator

Tue., Aug. 13 | 1:00 PM | FREE

*Learn strategies for helping a person with dementia manage daily medications safely.*



### 1461 | Building Strong Bones:

#### Understanding and Managing Osteoporosis

Dr. Susette Var affiliated with Sharp Rees-Stealy

Fri., July 19 | 1:00 PM | FREE

*In this session, we'll explore osteoporosis basics, from risk factors to treatments, empowering participants to preserve bone health and reduce fracture risk.*

### 1470 | Essential Elements for a Balanced You

Jenny Driessen, Certified Yoga, Mat Pilates & Group Fitness Instructor

Fri., Aug. 9 | 10:00 AM | FREE

*Discover a variety of stretching, strengthening and meditation exercises along with simple lifestyle changes to alleviate stress and everyday aches and pains.*

### **Art Journaling for Mental Wellness**

Marie Capizzi, MS, APCC

*Visual journaling, a form of art therapy, incorporates diverse elements like images, text, and embellishments, allowing individuals to express thoughts and feelings visually. Accessible to all skill levels.*

**1568** | Wed., July 31 | 10:00 AM | \$25

The Different Sides of Me: A Self Portrait

**1569** | Wed., Aug. 28 | 10:00 AM | \$25

Values and Beliefs that Empower Me

### **1285 | Gut Health, The Good, The Bad, And The Ugly**

Sonia Cervantes, Certified Health Coach, Nutritionist, and Therapeutic Chef

Tue., Aug. 20 | 10:00 AM | \$15

*Promote a healthy microbiome by consuming foods that increase beneficial bacteria, eliminate harmful bacteria, and prevent digestive system diseases.*

### **1468 | Healthy Heart, Happy Life: Preventing and Managing Heart Failure**

Montserrat Garcia, National Board Certified Health & Wellness Coach

Thu., Aug. 29 | 10:00 AM | \$15

*Join our informative session on heart health to learn about prevention, management, actionable strategies, and empowering knowledge for optimal heart wellness.*

### **1366 | How to Cultivate Positive Emotions**

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author  
Mon., July 29 | 10:00 AM | \$15

*Explore positive psychology research in happiness, curiosity, creativity, joy, and flow states. Learn strategies to amplify positive emotions.*

### **1284 | Love Your Heart, Protect Your Brain!**

Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef

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

*Caring for your cardiovascular system can help reduce the risk of cognitive decline and dementia, as heart health impacts brain function.*

### **1562 | Natural Health Options Using Essentials Oils**

Jana Tzinberg, Natural Healthcare Educator

Tue., Aug. 13 | 10:00 AM | \$15

*Learn how pure essential oils can benefit you and your family's health and well-being in this informative, hands-on class.*

### **1567 | Navigating Cannabis for Older Adults**

Veronica Marie Mitchell, Writer, Public Speaker, Founder/CEO

Fri., Aug. 23 | 10:00 AM | \$15

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

### **1409 | Planning for Dementia**

Bill Simmons, Attorney

Fri., Aug. 16 | 10:00 AM | \$15

*Learn how to plan for the possibility of dementia. You'll also learn that there is a reasonable chance Alzheimer's disease can be prevented with lifestyle changes.*

### **1467 | Taking Control: Preventing and Managing Diabetes**

Montserrat Garcia, National Board Certified Health & Wellness Coach

Thu., July 18 | 10:00 AM | \$15

*Join us to explore practical strategies for diabetes prevention and management, emphasizing lifestyle changes, medication adherence, and support systems for optimal health.*

### **1367 | The Brain/Gut Connection**

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author  
Mon., Aug. 26 | 10:00 AM | \$15

*Discover how anxiety, anger, and stress can alter your brain chemistry, gut health, and mood. Learn research-based strategies for a healthier gut and happier mood.*

### **1140 | United Healthcare Presents: Medicare-The Basics**

Fariba Zariéh, United Healthcare

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

**1140** | Sat., July 20 | 10:00 AM | FREE

**1141** | Sat., Aug. 17 | 10:00 AM | FREE

### **1143 | Your Aging Journey is Unique to You!**

Julie Derry, MBA, Certified Senior Advisor  
Tue., July 9 | 3:00 PM | FREE

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

# HISTORY & HUMANITIES

## 1552 | D-Day

Blaine Davies, MA, Professor of U.S. History  
Wed., July 17 | 10:00 AM | \$15

*We'll discuss the strategic planning, deception tactics, and heroic efforts of the Allied soldiers on D-Day, during Operation Overlord's monumental seaborne invasion.*

## 1561 | Édouard Vuillard (1868-1940)

Aniko Makranczy, MFA  
Tue., Aug. 13 | 10:00 AM | \$15

*Édouard Vuillard, a French artist and founding Nabis member, is renowned for his vibrant, pattern-rich interior scenes, landscapes, theater sets, and intimate family portraits.*

## 1404 | Graffiti Art

Gwenyth Mapes, Professor of Humanities  
Fri., July 26 | 10:00 AM | \$15

*What is graffiti? Graffiti can be vandalism, but it can also be art. Graffiti can be seen just about everywhere, including places such as Berlin, Cairo, India, Quebec City, London, and more.*

## 1544 | How Water Changed San Diego

Vincent Rossi, Historian & Author, Story Seekers Co-Owner  
Fri., Aug. 23 | 1:00 PM | \$15

*Vincent Rossi will illustrate how consistent access to water was pivotal in shaping today's San Diego County.*

## 1379 | Philosophical Self-Portrait


Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges  
Tue., July 23 | 1:00 PM | \$15

*Discover your worldview by examining your stance on metaphysics, epistemology, and ethics. Explore what reality is, how knowledge is acquired, and ethical principles.*


## 1405 | Pre-Contact Americas

Gwenyth Mapes, Professor of Humanities  
Fri., Aug. 16 | 10:00 AM | \$15

*Before European arrival, the indigenous peoples of the Americas exhibited highly sophisticated cultures evident in architecture, art, power struggles, trade, and complex societal structures spanning the Americas.*

 1447 | **The Court Decides: Social Media & the Constitution**  
Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)  
Mon., July 15 | 10:00 AM | \$15

*This class delves into four recent Supreme Court cases on social media's constitutional protection and discusses the constitutional aspects of the ongoing TikTok controversy.*

 1448 | **The Court Decides: The Government Power Cases**  
Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)  
Mon., July 22 | 10:00 AM | \$15

*This class examines recent Supreme Court decisions altering government power balance, focusing on the FDA's regulation of abortion medication, presidential immunity, and state-federal election control.*

## 1403 | **The Glory of Florence, Birthplace of the Italian Renaissance**

Sofia Laurein, PhD, Professor of History  
Tue., Aug. 6 | 10:00 AM | \$15

*Embark on an enchanting journey through Florence, the Queen of Italian Renaissance Cities, traversing the paths of Da Vinci, Michelangelo, and more, to behold masterpieces like Michelangelo's David and the historic Ponte Vecchio bridge.*

## 1154 | **The Great Philosophers: Aristotle**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College  
Wed., Aug. 7 | 10:00 AM | \$16

*Let's explore how Aristotle, a prominent pupil of Plato's Academy, challenged and refined philosophical assertions and profoundly affected the shaping of the Western world view.*

## 1152 | **The Great Philosophers: Plato**

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

*Plato, a seminal figure in Western philosophy, profoundly shaped metaphysics, epistemology, and ethics, using Socrates as a central character, thus making him a must-see in our ongoing series on The Great Philosophers.*

## 1402 | **The History and Mystery of the Mayan Civilization**

Sofia Laurein, PhD, Professor of History  
Tue., July 23 | 10:00 AM | \$15

*Explore the accomplishments of the Maya, spanning mathematics, astronomy, architecture, and medicine, including the remarkable decipherment of their language during WWII.*

### 1155 | The Nature of Love

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

*Delve into the age-old inquiry of love, exploring its various forms, distinctions, and potential misconceptions through classical and contemporary lenses to unravel its complexity.*

### 1153 | The Songs of John Denver

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

*Experience the timeless legacy of John Denver through singer-songwriter Peter Bolland's performance, intertwining Denver's music with anecdotes of his life. Everyone is welcome to sing along with projected lyrics in this concert tribute.*

### 1464 | The Sugar King of California

Dr. Sandra Bonura, Author  
Mon., Aug. 26 | 11:00 AM | \$15

*Dr. Sandra E. Bonura recounts Claus Spreckels' journey from rags to riches, his influence on Hawaii's economy, and his transformative impact on California's industries.*

### 1368 | Turbulent History of US Elections

Blaine Davies, MA, Professor of U.S. History  
Fri., July 12 | 10:00 AM | \$15

*In this class, we'll explore the tumultuous history of US presidential elections, from George Washington's unanimous election to controversial races like Jefferson vs. Adams in 1800 and Gore vs. Bush in 2000.*

### 1380 | Unveiling Parmenides:

#### Challenging Modern Perspectives on Reality and Illusion

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges  
Tue., Aug. 27 | 1:00 PM | \$15

*In this class, we'll explore the philosophical inquiries of Parmenides, the pre-Socratic Greek philosopher who challenged the perception of reality.*

## LANGUAGE

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

### 1173 | American Sign Language Beginning I

Jennifer Carmean, MS, American Sign Language Professor, Grossmont College  
Thu., July 18 - Aug. 29 | 1:00 PM | 7 Sessions | \$105

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

### 1161 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Mon., July 15 - Aug. 26 | 10:00 AM | 7 Sessions | \$105

*Our focus will be on learning practical words, phrases, and general information for nearly all situations.*

### 1163 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Mon., July 15 - Aug. 26 | 11:30 AM | 7 Sessions | \$105

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

### 1159 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Mon., July 15 - Aug. 26 | 1:00 PM | 7 Sessions | \$105

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

### 1338 | Beginning French for Travelers

Martine Hillier, BA, Trilingual, French & Spanish Tutor  
Fri., July 19 - Aug. 23 | 10:00 AM | 6 Sessions | \$90

*Planning a summer vacation abroad? French, spoken in 29 counties and an official Olympic language, is invaluable for global travel. Learn with a native French speaker for an engaging classroom experience.*

### 1340 | Intermediate French for Travelers

Martine Hillier, BA, Trilingual, French & Spanish Tutor  
Fri., July 19 - Aug. 23 | 11:30 AM | 6 Sessions | \$90

*Planning a summer vacation abroad? Improve your French language skills with a native French speaker for an engaging classroom experience.*

*Social Media* **STAY IN TOUCH!**

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<https://bit.ly/BeSocialOasis>

### 1157 | Beginner European Portuguese (Continuation)

Amanda Da Rosa, Portuguese Instructor  
Mon., July 15 - Aug. 26 | 1:00 PM | 7 Sessions | \$105

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

### 1167 | Beginning Spanish I

Gladis Jiménez González  
Wed., July 17 - Aug. 28 | 10:00 AM | 7 Sessions | \$105

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

### 1169 | Beginning Spanish II

Gladis Jiménez González  
Wed., July 17 - Aug. 28 | 11:30 AM | 7 Sessions | \$105

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

### 1171 | Intermediate Spanish I

Gladis Jiménez González  
Wed., July 17 - Aug. 28 | 1:00 PM | 7 Sessions | \$105

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

### 1175 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College  
Thu., July 18 - Aug. 29 | 10:00 AM | 7 Sessions | \$105

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

### 1177 | Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College  
Thu., July 18 - Aug. 29 | 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.*

## CHANGE OF PLANS?

**If you've registered for a class you can't attend, please call us so we can make your seat available to another member.**



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## LITERATURE

### 1193 | Aspiring and Intermediate Poetry Workshop

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

Thu., June 27 - Aug. 29 | 10:00 AM | 10 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

*You have a lifetime of stories. Bring your writing to class and learn the craft of storytelling in a safe, constructive space.*

1190 | Tue., July 9 - 30 | 1:00 PM | 4 Sessions | \$60

1191 | Tue., Aug. 6 - 27 | 1:00 PM | 4 Sessions | \$60

### 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.*

1186 | Fri., July 26 | 1:00 PM | \$8 | Hotel Du Lac

1187 | Fri., Aug. 23 | 1:00 PM | \$8 | The White Tiger

### Non-Fiction Book Club

Barbara J. Salice, Ed.D

*We will preview and review a notable non-fiction book.*

1556 | Mon., July 8 | 10:00 AM | \$8

Prisoners of Geography: Ten Maps That Explain Everything About the World.

1557 | Mon., Aug. 12 | 10:00 AM | \$8

Warmth of Other Suns: The Epic Story of America's Great Migration

### 1563 | Write Your Memoir, Leave a Legacy

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

Thu., Aug. 8 - 29 | 1:00 PM | 4 Sessions | \$60

*Join author Patricia Benesh for a four-week memoir-writing workshop, utilizing her workbook "7 Memories: Write Your Memoir in 28 Days," catering to all levels and time constraints to leave a lasting legacy.*

# PERSONAL ENRICHMENT

## **Bingo!**

San Diego Oasis and the San Diego Women's Club

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

**1580** | Sat., July 27 | 1:00 PM | \$25

**1581** | Sat., Aug. 24 | 1:00 PM | \$25

## **1311 | Designing Home Garden Areas**

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County  
Fri., Aug. 23 | 1:00 PM | \$15

*Learn to transform your garden, patio, or yard through planning, color, plant selection, and maintenance.*

## **1222 | Grief Support Group**

Rolandas Kausas, Chaplain  
1st & 3rd Wed., July 3 - Aug. 21 | 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.*

## **Let's Learn and Play Card Games and More**

Marci Kleiner

*Let the Games Begin! After a brief introduction and overview of general rules, we'll begin our casual, social play sessions.*

**1442** | Tue., July 16 | 10:00 AM | \$10  
Gin & Poker

**1443** | Tue., Aug. 20 | 10:00 AM | \$10  
5 Crowns & Train Dominoes

## **Let's Play Trivia! How Much Do You Know?**

Alan Zacharin, Trivia Enthusiast

*Like Jeopardy? You will be surprised at how much you know, and how much you learn while having lots of fun.*

**1220** | Thu., July 11 | 1:00 PM | \$10

**1221** | Thu., Aug. 8 | 1:00 PM | \$10

## **Mah Jongg for Beginners**

Carol Cohn

*Mah Jongg is a game of luck, skill, and strategy. Learn the basics and fundamental rules of Mah Jongg according to the National Mah Jongg League Rules & Guidelines.*

**1578** | Tue., July 9 - 30 | 10:00 AM

4 Sessions | \$60 | Level Two

**1579** | Tue., Aug 6 - Sept. 9 | 10:00 AM

6 Sessions | \$90 | Level One

## **Making Connections: Women's Discussion Group**

*Join us twice a month to be part of a women's group for caring and sharing the times of our lives.*

**1465** | 2nd & 4th Fri., July 12 - Aug. 23 | 10:00 AM

4 Sessions | \$32

Sheila Walker, Facilitator

**1469** | 2nd & 4th Mon., July 8 - Aug. 26 | 1:30 PM

4 Sessions | \$32

Mary Heineke, MS, LMFT

## **1200 | Men's Room**

Donald Bruders, Facilitator

2nd & 4th Wed., July 10 - Aug. 28 | 10:00 AM | 4 Sessions | \$32

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

## **1204 | San Diego Oasis Travel Club**

Linda Hjelle and Charlie Nickeson,  
Facilitators, Travel Enthusiasts  
Thu., Aug. 1 | 1:00 PM | FREE

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

## **1310 | Seed Starting Basics for Fall Plants**

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County  
Fri., July 26 | 1:00 PM | \$15

*This class offers a simple, step-by-step guide to saving money by successfully growing plants from seeds. We'll make the seed starting process easy and accessible, from seed selection to planting seedlings.*

## STAY INFORMED!

Our weekly email features classes, announcements, resources, and more. Send us an email and we'll sign you up:  
[Info@SanDiegoOasis.org](mailto:Info@SanDiegoOasis.org)

## **The Best Makeup Tips & Tricks for 50+ Women**

Michelle Richardson, Professional Makeup Artist,  
Makeup Instructor & Makeup Artistry School Owner

*Learn to enhance your skincare and makeup routine with tailored products, tools, and techniques, focusing on natural radiance and simplicity, suitable for ages 50 and above.*

**1471** | Wed., July 24 - 31 | 1:00 PM | 2 Sessions | \$30

**1472** | Wed., Aug. 21 - 28 | 1:00 PM | 2 Sessions | \$30

## **1387 | Travelogue:**

### **Polar Opposites? Iceland, Greenland & Antarctica**

Linda Hawley, Ed.M., Teacher & Author  
Thu., Aug. 22 | 1:00 PM | \$15

*Discover the unique features of Iceland and Greenland, and explore diverse landscapes and the inhabitants who thrive in these extreme environments.*

## **1386 | Travelogue: Tanzania & Rwanda**

Linda Hawley, Ed.M., Teacher & Author  
Thu., July 25 | 1:00 PM | \$15

*Embark on a thrilling adventure through the Serengeti, witness gorillas in Rwanda, and discover the resilience of its people on a transformative African journey.*

## **1359 | Understanding your Personality**

Barbara Gunning, MBA,  
Master Personality Type Practitioner  
Thu., Aug. 1 | 10:00 AM | \$15

*Explore the eternal debate of nature versus nurture, recognizing innate traits, and harnessing this understanding to enhance relationships and communication skills.*

## **1272 | Women's Voices Discussion Group**

Julia Doughty, MFA, HHP  
1st & 3rd Fri., July 19 - Aug. 16 | 1:00 PM  
3 Sessions | \$24

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

This icon designates a class as part of the Oasis Social Club! Build camaraderie and expand your mindset as you explore, discover, discuss, participate, collaborate, and learn – together.



# SCIENCE

## **1306 | Astrobiology: The Search for Life**

Neil Farber, NASA/JPL Solar System Ambassador  
Thu., Aug. 8 | 10:00 AM | \$15

*Explore NASA's quest for extraterrestrial life, examining efforts to detect life on other planets and moons, which could provide insights into life's origins on Earth and the fundamental question of our place in the universe.*

## **1570 | Stories in their Bones**

Tori Randall, Ph.D., Professor of Anthropology  
Thu., Aug. 1 | 10:00 AM | \$15

*The study of human bones reveals insights into human biology, nutrition, and ancient diseases, aiding our understanding of past populations' health and behavior.*

## **1571 | What Makes Us Human?**

Tori Randall, Ph.D., Professor of Anthropology  
Thu., Aug. 22 | 10:00 AM | \$15

*Hominins, including modern humans, are differentiated from non-human primates by brain size, bipedalism, and behavioral traits such as tool use.*

## You can use Filters to define your search for classes!

Visit the **Classes** page on the website to view a variety of filters that make finding the classes you want a little easier. **Filter by date range, class number, class type, location, instructor or price.**

Filter By Location	Filter By Class Type
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Grossmont Wellness Center	Business, Financial and Legal
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Mission Hills	History and Humanities
Hillcrest/Knox Library	Language
Online Only	Literature
Point Loma Branch Library	Personal Development and Enrichment
Rancho Bernardo	Technology
Innovation Center	Theatre and Music

# TECHNOLOGY



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

**1217 | Conquering the Apple iCloud and Photo Storage**  
Tue., Aug. 27 | 10:00 AM | \$16

*Learn what iCloud is and how to manage storage.*

**1213 | Conquering Your Apple Watch**  
Fri., Aug. 2 | 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.*

## **Conquering Your iPhone - Part I**

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

**1210** | Tue., July 9 | 10:00 AM | \$16  
**1214** | Mon., Aug. 5 | 10:00 AM | \$16

## **Conquering Your iPhone - Part II**

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

**1211** | Mon., July 15 | 10:00 AM | \$16  
**1215** | Tue., Aug. 13 | 10:00 AM | \$16

## **Conquering Your iPhone - Part III**

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

**1212** | Tue., July 23 | 10:00 AM | \$16  
**1216** | Mon., Aug. 19 | 10:00 AM | \$16

## **1374 | Android Smartphone 101**

Russ Nail, Technology Trainer  
Tue., July 23 | 1:00 PM | \$15

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

## **1375 | Android Smartphone 102**

Russ Nail, Technology Trainer  
Tue., July 30 | 1:00 PM | \$15

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

## **1312 | Cutting the Cord**

Mary Burns, Professor, San Diego Continuing Education  
Fri., July 19 | 10:00 AM | \$15

*Learn how to transition from costly cable TV to streaming platforms. Explore the benefits, challenges, and costs associated with on-demand, live TV streaming, and specialized content platforms.*

## **1313 | Everything Web Browsers**

Mary Burns, Professor, San Diego Continuing Education  
Fri., Aug. 2 | 10:00 AM | \$15

*This class provides an introduction to web browsers, emphasizing their importance for a safe and productive online experience, covering various features, exploring different options for both computers and mobile devices.*

## **1376 | Gmail: The Basics**

Russ Nail, Technology Trainer  
Thu., Aug. 22 | 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.*

## **1373 | Google Docs and Google Sheets**

Russ Nail, Technology Trainer  
Tue., July 16 | 10:00 AM | \$15

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

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**Share us with your friends  
and family!**

# THEATRE & MUSIC

## 1263 | Acting Workshop

Jo-Darlene Reardon, M.Ed

Mon., July 8 - Aug. 5 | 1:00 PM | 5 Sessions | \$60

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

## 1264 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon, M.Ed

Mon., Aug. 5 | 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.*

## 1559 | Love Guitar? Let's Learn

Mark Madruga, MA,

Professional Musician & Guitar Instructor

Mon., July 15 - Aug. 19 | 10:00 AM | 6 Sessions | \$90

*Mark Madruga, with a Master's and Bachelor's in Music, offers a course tailored for beginners and aspiring players, covering tuning, chords, rhythm, strum patterns, and songs.*

## 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.*

**1239** | Tue., July 9 - 30 | 12:30 PM | 4 Sessions | \$240

**1240** | Tue., July 9 - 30 | 1:30 PM | 4 Sessions | \$240

**1241** | Tue., July 16 - 30 | 2:30 PM | 3 Sessions | \$180

**1242** | Tue., July 16 - 30 | 3:30 PM | 3 Sessions | \$180

**1243** | Tue., Aug. 6 - 27 | 12:30 PM | 4 Sessions | \$240

**1244** | Tue., Aug. 6 - 27 | 1:30 PM | 4 Sessions | \$240

**1245** | Tue., Aug. 6 - 27 | 2:30 PM | 4 Sessions | \$240

**1246** | Tue., Aug. 6 - 27 | 3:30 PM | 4 Sessions | \$240

**1255** | Wed., July 10 - 31 | 12:30 PM | 4 Sessions | \$240

**1256** | Wed., July 10 - 31 | 1:30 PM | 4 Sessions | \$240

**1257** | Wed., July 10 - 31 | 2:30 PM | 4 Sessions | \$240

**1258** | Wed., July 10 - 31 | 3:30 PM | 4 Sessions | \$240

**1259** | Wed., Aug. 7 - 28 | 12:30 PM | 4 Sessions | \$240

**1260** | Wed., Aug. 7 - 28 | 1:30 PM | 4 Sessions | \$240

**1261** | Wed., Aug. 7 - 28 | 2:30 PM | 4 Sessions | \$240

**1262** | Wed., Aug. 7 - 28 | 3:30 PM | 4 Sessions | \$240

# COX TECH TANK

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

All classes are led by Technology Learning  
Specialist Monserrat Callejas

### 164 | Apple Maps App Workshop

Thu., Aug. 15 | 11:00 AM | \$8

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

### 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.*

**170** | Wed., July 10 | 11:00 AM | \$8

**142** | Wed., July 10 | 1:00 PM | \$8

**155** | Thu., Aug. 1 | 11:00 AM | \$8

### Bluetooth Basics Workshop

*We'll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more. If you have a device you'd like to connect, bring it to class.*

**152** | Mon., July 29 | 11:00 AM | \$8

**157** | Mon., Aug. 5 | 11:00 AM | \$8

### Cloud Services Workshop

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

**147** | Fri., July 19 | 11:00 AM | \$8

**166** | Mon., Aug. 19 | 11:00 AM | \$8

### Digital Coupon Workshop

*Learn how to take advantage of deals, how to clip digital coupons and how to add them at checkout.*

**143** | Thu., July 11 | 11:00 AM | \$8

**158** | Tue., Aug. 6 | 11:00 AM | \$8

**172** | Tue., Aug. 27 | 11:00 AM | \$8



= NEW!



= HYBRID



= SOCIAL CLUB

### 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.

**151** | Fri., July 26 | 11:00 AM | \$8

**156** | Fri., Aug. 2 | 11:00 AM | \$8

### Google Photos Workshop

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

**144** | Mon., July 15 | 11:00 AM | \$8

**173** | Thu., Aug. 29 | 11:00 AM | \$8

### Oasis Website Navigation

Recommended for Oasis members looking to learn how to use our website.

**148** | Mon., July 22 | 11:00 AM | FREE

**165** | Fri., Aug. 16 | 11:00 AM | FREE

### 163 | Podcast Workshop

Tue., Aug. 13 | 11:00 AM | \$8

Learn what a podcast is and a few basic functions.

### QR Codes Workshop

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

**137** | Mon., July 1 | 11:00 AM | \$8

**159** | Wed., Aug. 7 | 1:00 PM | \$8

### 149 | Technology for Travelers

Learn tips, tricks and how to use various gadgets to make traveling easier.

**149** | Tue., July 23 | 11:00 AM | \$8

**160** | Thu., Aug. 8 | 11:00 AM | \$8

**171** | Mon., Aug. 26 | 11:00 AM | \$8

### UBER/Lyft App Workshop

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

**138** | Tue., July 2 | 11:00 AM | \$8

**162** | Mon., Aug. 12 | 11:00 AM | \$8

### Web Cookies Workshop

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

**141** | Tue., July 9 | 11:00 AM | \$8

**145** | Tue., July 16 | 11:00 AM | \$8

**153** | Tue., July 30 | 11:00 AM | \$8

**169** | Thu., Aug. 22 | 11:00 AM | \$8

### Windows 101: Getting Started & Accessing Your Cloud

This workshop will teach you basics in Windows navigation and how to access your cloud.

**146** | Thu., July 18 | 11:00 AM | \$8

**168** | Wed., Aug. 21 | 1:00 PM | \$8

### YouTube Workshop

In this workshop, you'll learn the basics of YouTube, the second most visited search engine.

**150** | Thu., July 25 | 11:00 AM | \$8

**161** | Fri., Aug. 9 | 11:00 AM | \$8

## LOVE ART?

Visit our Art at Oasis page:  
[san-diego.oasisnet.org/art-at-oasis](http://san-diego.oasisnet.org/art-at-oasis)

## DO YOU YOUTUBE?

Subscribe to our YouTube channel for weekly Instructor Preview videos:  
[youtube.com/user/SanDiegoOasis](https://youtube.com/user/SanDiegoOasis)



San Diego  
**Oasis**  
JUL|AUG

**Instructor  
Previews  
Coming up  
this week**



# ON-LINE CLASSES

Zoom information will be provided at time of registration

## EXERCISE & DANCE

### Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

*Have fun dancing salsa, merengue, swing and cha-cha using Latin and International music.*

**1136** | Sat., July 13 - 27 | 9:00 AM | 3 Sessions | \$30

**1137** | Sat., Aug. 3 - 31 | 9:00 AM | 5 Sessions | \$50

## HEALTH

### **1366 | How to Cultivate Positive Emotions**

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author  
Mon., July 29 | 10:00 AM | \$15

*Explore positive psychology research in happiness, curiosity, creativity, joy, and flow states. Learn strategies to amplify positive emotions.*

### **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, through guided and relaxation meditations.*

**1146** | Thu., July 11 - Aug. 1 | 1:00 PM | 4 Sessions | \$40

**1147** | Thu., Aug. 8 - 29 | 1:00 PM | 4 Sessions | \$40

### **1567 | Navigating Cannabis for Older Adults**

Veronica Marie Mitchell

Fri., Aug. 23 | 10:00 AM | \$15

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

### **1367 | The Brain/Gut Connection**

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author  
Mon., Aug. 26 | 10:00 AM | \$15

*Discover how anxiety, anger, and stress can alter your brain chemistry, gut health, and mood. Learn research-based strategies for a healthier gut and happier mood.*

### **1143 | Your Aging Journey is Unique to You!**

Julie Derry, MBA, Certified Senior Advisor  
Tue., July 9 | 3:00 PM | FREE

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

## HISTORY & HUMANITIES

### **1363 | Aboriginal Cave Art**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian  
Tue., Aug. 20 | 1:00 PM | \$15

*Rock art, spanning 65,000 years, showcases Aboriginal culture in Australia, revealing ancient life and beliefs through paintings, engravings, and carvings found in caves and shelters.*

### **1550 | Building the Transcontinental Railroad**

Mark Carlson, Historian & Author  
Thu., Aug. 29 | 1:30 PM | \$8

*The Transcontinental Railroad, completed in 1869, revolutionized travel, settlement, and trade, shortening cross-country journeys from months to under a week, significantly reducing costs.*

### **1552 | D-Day**

Blaine Davies, MA, Professor of U.S. History  
Wed., July 17 | 10:00 AM | \$15

*We'll discuss the strategic planning, deception tactics, and heroic efforts of the Allied soldiers on D-Day, during Operation Overlord's monumental seaborne invasion.*

 **1561 | Edouard Vuillard (1868-1940)**

Aniko Makranczy, MFA

Tue., Aug. 13 | 10:00 AM | \$15

*Vuillard, a French artist and founding Nabis member, is renowned for his vibrant, pattern-rich interior scenes, landscapes, theater sets, and intimate family portraits.*

 **1404 | Graffiti Art**

Gwenyth Mapes, Professor of Humanities

Fri., July 26 | 10:00 AM | \$15

*Graffiti can be vandalism, but it can also be art. Graffiti can be seen just about everywhere, including places such as Berlin, Cairo, India, Quebec City, London, and more.*

**1548 | Impressionists Manet & Morisot**

Julia Fister, MA, Studio ACE Executive Director

Tue., July 9 | 10:00 AM | \$8

*We'll discuss how Manet and Morisot influenced Impressionism, exploring their styles and personal journeys.*

 **1362 | Inside the American Revolution**

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

Tue., July 23 | 1:00 PM | \$15

*This lecture traces the evolution from Colonists seeking equal British citizenship to their transformation into a breakaway nation, following pivotal events and political developments.*

 **1405 | Pre-Contact Americas**

Gwenyth Mapes, Professor of Humanities

Fri., Aug. 16 | 10:00 AM | \$15

*Before European arrival, the indigenous peoples of the Americas exhibited highly sophisticated cultures evident in architecture, art, power struggles, trade, and complex societal structures spanning the Americas.*

 **1545 | Railroad Ushers In Boom Years for San Diego**

Linda Canada, Historian & Author

Wed., July 17 | 1:30 PM | \$8

*The last spike driven between two great railroads connected San Diego, catalyzing its transformation into a major shipping hub and spurring population growth.*

 **1447 | The Court Decides: Social Media & the Constitution**

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)

Mon., July 15 | 10:00 AM | \$15

*This class delves into four recent Supreme Court cases on social media's constitutional protection and discusses the constitutional aspects of the ongoing TikTok controversy.*

 **1448 | The Court Decides: The Government Power Cases**

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)

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

*This class examines recent Supreme Court decisions altering government power balance, focusing on the FDA's regulation of abortion medication, presidential immunity, and state-federal election control.*

 **1403 | The Glory of Florence, Birthplace of the Italian Renaissance**

Sofia Laurein, PhD, Professor of History

Tue., Aug. 6 | 10:00 AM | \$15

*Embark on an enchanting journey through Florence, the Queen of Italian Renaissance Cities, traversing the paths of Da Vinci, Michelangelo, and more, to behold masterpieces like Michelangelo's David and the Ponte Vecchio bridge.*

 **1402 | The History & Mystery of the Mayan Civilization**

Sofia Laurein, PhD, Professor of History

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

*Explore the accomplishments of the Maya, spanning mathematics, astronomy, architecture, and medicine, including the remarkable decipherment of their language during WWII.*

 **1368 | Turbulent History of US Elections**

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

Fri., July 12 | 10:00 AM | \$15

*Explore the tumultuous history of US presidential elections, from George Washington's unanimous election to controversial races like Jefferson vs. Adams in 1800 and Gore vs. Bush in 2000.*

## LANGUAGE

**1165 | Conversational Spanish**

Danisa Mardones, BA

Tue., July 16 - Aug. 27 | 1:30 PM | 7 Sessions | \$105

*For people with a very advanced level of Spanish who wish to deepen and perfect their knowledge of the language.*

**NEED ASSISTANCE?**

Email [Info@SanDiegoOasis.org](mailto:Info@SanDiegoOasis.org)

or call (619) 881-6262 or

(858) 240-2880

**ONLINE  
CLASSES**

## LITERATURE

### 1433 | **Advanced Plot Structures Are Easy and Effective**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian  
Tue., Aug. 27 | 1:00 PM | \$15

*Today's popular novels and memoirs blend character-driven narratives with advanced plot structures, employing scenes of dramatic action to create tension, conflict, and emotional development, effectively captivating readers.*

### 1194 | **Aspiring and Intermediate Poetry Workshop**

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

Fri., June 28 - Aug. 30 | 11:30 AM | 10 Sessions | FREE

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

## SCIENCE

### 1306 | **Astrobiology: The Search for Life**

Neil Farber, NASA/JPL Solar System Ambassador  
Thu., Aug. 8 | 10:00 AM | \$15

*Explore NASA's quest for extraterrestrial life, examining efforts to detect life on other planets and moons, which could provide insights into life's origins on Earth and the fundamental question of our place in the universe.*

### 1547 | **North American Archaeology**

Henry George, Engineer, Archaeologist and Geologist  
Tue., July 2 | 10:00 AM | \$8

*Henry George explores the development of Pre-Contact North American cultures, discussing why complex societies flourished in Mesoamerica and Andean South America but only chiefdoms emerged in North America.*

## PERSONAL ENRICHMENT

### 1222 | **Grief Support Group**

Rolandas Kausas, Chaplain  
1st & 3rd Wed., July 3 - Aug. 21 | 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.*

### 1387 | **Travelogue: Polar Opposites?**

**Iceland, Greenland & Antarctica**  
Linda Hawley, Ed.M., Teacher & Author  
Thu., Aug. 22 | 1:00 PM | \$15

*In this class, we'll discover the unique features of Iceland and Greenland, comparing them with Antarctica, exploring diverse landscapes and the inhabitants who thrive in these extreme environments.*

### 1386 | **Travelogue: Tanzania & Rwanda**

Linda Hawley, Ed.M., Teacher & Author  
Thu., July 25 | 1:00 PM | \$15

*Embark on a thrilling adventure through the Serengeti, witness gorillas in Rwanda, and discover the resilience of its people on a transformative African journey.*

## THEATRE & MUSIC

### 1546 | **Early Broadway**

Vincent Young, Pianist  
Wed., July 24 | 1:30 PM | \$8

*Vincent Young will perform and explore the works of influential musical theater composers from the 1920s to the 1950s, showcasing enduring jazz and pop standards.*

### 1228 | **Franz Schubert: Poetic Romantic Composer**

Chris Burns, Many-Strings  
Fri., July 26 | 3:00 PM | \$15

*Franz Schubert, born in Beethoven's era, embraced an independent artist's life, lighting up Vienna's social scenes with his Bohemian lifestyle and gifting the world melodies like Ave Maria, reflecting his passion for poetry and gorgeous melodies.*

## DO YOU ENJOY ZOOM?

If so, why not sign up to host as a Zoom volunteer?

Contact Kris Anelli at  
[Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org)  
to learn more.

### 1227 | Maurice Ravel:

#### The Expressive and Romantic French Master

Chris Burns, Many-Strings  
Fri., July 19 | 3:00 PM | \$15

*Born in a small town on the French-Spanish border to a Basque mother and Swiss father, Ravel's music, renowned for its spectacular orchestrations, uniquely embodies the fusion of his diverse cultural heritage.*

### 1551 | Sir Arthur Sullivan's Musicals

Vincent Young, Pianist  
Wed., Aug. 28 | 1:30 PM | \$8

*Vincent Young showcases Sir Arthur Sullivan's timeless comic operas, celebrated for over 150 years, alongside his revered overtures and dances, including some rare gems.*

### 1230 | The Music of Johann Sebastian Bach

Chris Burns, Many-Strings  
Fri., Aug. 30 | 3:00 PM | \$15

*Experience the captivating music of Bach, who overcame childhood loss to become a master of baroque music, with over 1,200 compositions, including inspired organ pieces, concertos, and cantatas, performed on traditional instruments, guitar, and vibraphones.*

### 1229 | The Music of Smetana, Bohemia and the Czech Culture

Chris Burns, Many-Strings  
Fri., Aug. 9 | 3:00 PM | \$15

*Experience a rich and romantic musical hour featuring The Moldau and other movements from Smetana's My Fatherland, depicting mountain streams, weddings, warriors, and castles, alongside his overtures and other exquisite pieces.*



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

# Special Events

## Consider either San Diego Oasis location for your Special Event or Business Meeting!

San Diego Oasis facilities in Rancho Bernardo and La Mesa 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 Jodi Gallen, Marketing, Outreach and Events Manager, at [Jodi@SanDiegoOasis.org](mailto:Jodi@SanDiegoOasis.org) or (858) 240-2880, Ext. 104, for more information, ideas, rates or to schedule a personal tour.



## LIVE & SILENT AUCTION

To support San Diego Oasis programs

San Diego Oasis in Rancho Bernardo  
17170 Bernardo Center Drive

**Join us at this exciting and fun event!**

Please contact Jodi Gallen at (858) 240-2880, Ext. 104 or [Jodi@SanDiegoOasis.org](mailto:Jodi@SanDiegoOasis.org) with any questions regarding sponsorship or donation of auction items.

### WE APPRECIATE YOUR SUPPORT!

San Diego Oasis is a 501(c)3 non-profit organization. Tax ID #30-0403895. Learn more at [SanDiegoOasis.org](http://SanDiegoOasis.org).

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

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

**Vision Statement for the Oasis Art Gallery:** *To enhance the visual beauty of Oasis at Rancho Bernardo and to make the entire space cheerful and inspiring for all who visit and work at Oasis.*

**Come browse!** We 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 is 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, 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!



# IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

## ARTS & CRAFTS

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

### 2281 | Art of Pastel

Christine Bowman, Award Winning Plein Air Pastel Artist  
Tue., Aug. 6 | 12:30 PM | \$30

*A step-by-step class on how to paint flowers or a simple landscape with pastels. For all levels.*

### Ask the Knitting Expert

Janet Pollack, Experienced Handcrafter, Knitting, Crochet, and Needlework Enthusiast

*Get specific and targeted help you need on any knitting project!*

**2375** | Tue., Aug. 6 | 10:00 AM | \$15

**2376** | Wed., Aug. 21 | 10:00 AM | \$15

### 2007 | Basic Scrapbooking

Becky Barber, Longtime Scrapbook Hobbyist  
Fri., Aug. 16 | 1:00 PM | \$15

*We'll select images for two scrapbook pages, focusing on content, design, and coordinating colors with cardstock.*

### Basic Zentangle

Linda Doll, Certified Zentangle Teacher

*Learn the Zentangle Method from certified teacher Linda Doll for an easy, and satisfying way to create beautiful images, suitable for all skill levels.*

**2265** | Fri., July 19 | 1:00 PM | \$15

**2266** | Fri., Aug. 9 | 1:00 PM | \$15

### Card Making

Trina Pascale, Instructor & Card Designer

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

**2039** | Wed., July 3 | 1:00 PM | \$15

**2040** | Wed., Aug. 7 | 1:00 PM | \$15

### 2017 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Mon., Aug. 5 & 12 | 1:00 PM | 2 Sessions | \$30

*We'll focus on creating pen and ink drawings overlaid with watercolor, emphasizing techniques using Pigma Micron pens to depict textures found in nature, like feathers, leaves, wood grain, and more.*

### 2203 | Continuing Adventures in Watercolor

Fang Luo, Artist and Fashion Designer

Mon. & Wed., Aug. 26 & 28 | 10:00 AM

2 Sessions | \$30

*This class will guide you through the unique technique of negative painting, where you paint around the subject to define it, rather than painting the subject itself.*

### 2018 | Continuing Calligraphy

Ann Dunham, MS Design

Tue., Aug. 20 & 27 | 10:00 AM | 2 Sessions | \$30

*Continue to learn calligraphy, creating a card or poster design. For anyone with some calligraphy experience.*

### 2371 | Creating Textures in Watercolor

Ann Dunham, MS Design

Tue., July 23 & 30 | 10:00 AM | 2 Sessions | \$30

*We'll explore techniques in watercolor to bring objects to life through textures, covering contrast of value, color, and texture, along with brush variations and dry and wet techniques for experimental learning.*

### 2206 | Drawing Fundamentals

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

Mon., Wed., & Fri., July 22, 24 & 26 | 1:00 PM

3 Sessions | \$45

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

### 2055 | Drawing Fundamentals

Fang Luo, Artist and Fashion Designer

Thu., Aug. 8 - 22 | 10:00 AM | 3 Sessions | \$45

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

### **Glass Art with Queenie Glass and Sass**

Diana Griffin, Owner of Queenie Glass, and Sass

*Using a variety of sizes and colors of glass, create your unique art pieces. Pieces will be fused offsite and available for pickup the following week.*

**2200** | Tue., July 16 | 1:00 PM | \$65

Nightlight and Paint on a Plate/Bowl

**2201** | Tue., Aug. 13 | 1:00 PM | \$65

Surfboard Plate/Spoon Rest

### **2374 | Knitting - Next Step**

Janet Pollack, Experienced Handcrafter, Knitting, Crochet, and Needlework Enthusiast

Fri., July 12 - Aug. 2 | 10:00 AM | 4 Sessions | \$60

*For students with some knitting experience, this class is built on Beginning Knitting. Learn purling and how to read a pattern as you create a knitted project.*

### **2480 | Make a Necklace**

Trina Pascale, Instructor & Card Designer/Jewelry Crafter  
Fri., Aug. 9 | 1:00 PM | \$20

*Make a necklace using Murano (glass) beads.*

### **2026 | Mini Scrapbook**

Becky Barber, Longtime Scrapbook Hobbyist  
Tue., Aug. 13 | 10:00 AM | \$15

*Learn to make a mini scrapbook for different occasions. Perfect for memories and gifts!*

### **2404 | Mithila Painting (Indian Line Art)**

Shilpi Prasad, BA, Member at Spanish Art Village Center (Gallery 18) Mithila Painting artist, Art instructor at SVAC, Graphic Designer

Wed., July 31 - Aug. 14 | 10:00 AM | 3 Sessions | \$45

*Mithila painting is characterized by intricate geometric patterns, vibrant colors, and themes. We will be painting an elephant, revered in Indian culture. It symbolizes wisdom, strength, and prosperity.*

### **2088 | Needlepoint Art for the Beginner**

Janet Stuelpner, The Left-Handed Artist and Crafter  
Mon. & Fri., Aug. 12 - 23 | 10:00 AM | 4 Sessions | \$60

*We'll explore a needlework form where yarn stitches through canvas, focusing on diagonal and straight stitches.*

### **2207 | Painting with Acrylics**

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

Mon., Wed., & Fri., Aug. 19 - 23 | 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.*

### **Paper Crafting**

Robin S. Daus, MD- Family Medicine, 20+ Year Card Making Hobbyist, 7+ Year Stampin' Up Demonstrator

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

**2486** | Thu., July 11 | 10:00 AM | \$15

**2487** | Thu., Aug. 29 | 10:00 AM | \$15

### **Rock Painting**

Kelly Creedon, BA. MS Mentor Teacher

*Let's paint on rocks! Choose to paint your own creation or follow one of the designs provided.*

**2488** | Thu., July 25 | 10:00 AM | \$15

**2489** | Tue., Aug. 20 | 1:00 PM | \$15

### **2034 | Silk Scarf Painting**

Lee Yater, MFA, Artist, Designer and College Instructor  
Wed., July 17 | 1:00 PM | \$30

*Create a one-of-a-kind silk scarf ready to wear or share in this beginning silk painting class. Fee includes materials.*

### **2036 | Slab! Pinch! Coil! Fun With Clay**

Lee Yater, MFA, Artist, Designer and College Instructor  
Wed., July 17 | 10:00 AM | \$30

*Learn simple hand building techniques while making clay flowers. All materials will be provided including clay, paint, underglaze, and tools plus the cost of firing.*

### **2282 | Travel Sketch Book**

Christine Bowman, Award Winning Plein Air Pastel Artist  
Tue., Aug. 6 | 10:00 AM | \$30

*A step-by-step class on how to create a travel sketch book. Students will learn how to simplify a complex scene using watercolors and ink. Fee includes materials.*





**THRIVENT  
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

## 2194 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA  
Mon., July 22 | 1:00 PM | \$5

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

## 2090 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA  
Mon., Aug. 26 | 11:00 AM | \$5

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

## Social Security

Anthony Camara, CFP®, MBA

*When should I apply? What is the best way to maximize my benefits? Also learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.*

2193 | Mon., July 22 | 11:00 AM | \$5

2216 | Mon., Aug. 26 | 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.*

2218 | Fri., July 26 | 10:00 AM | FREE

2089 | Wed., Aug. 28 | 10:00 AM | FREE

**See ad on page 45 for more information on Thrivent Financial, proud sponsor of San Diego Oasis**

## CHANGE OF PLANS?

**Please call us so we can make your seat available to another member on a waitlist.**

## 2630 | A Comprehensive Guide to Aging in Place

### Regardless of Income and Assets

Tony Bevin, FSD-Financial Security Designs, Medi-Cal and VA Benefits Consultant  
Wed., July 10 | 1:00 PM | FREE

*Learn how to keep your loved one or yourself out of a nursing home, provide the necessary care at home, and protect your assets for your heirs/beneficiaries.*

## 2382 | Home Selling Tips

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor  
Wed., July 17 | 10:00 AM | \$8

*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.*

## Let's Talk About It – The Headlines

Rick LeVine, Attorney

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

2493 | Fri., July 26 | 11:00 AM | \$10

2494 | Fri., Aug. 23 | 11:00 AM | \$10

## 2289 | Planning for Dementia

Bill Simmons, Attorney  
Thu., Aug. 15 | 1:00 PM | \$15

*Learn how to plan for the possibility of dementia. Also, learn that there is a reasonable chance Alzheimer's disease can be prevented with lifestyle changes.*

## 2043 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist  
Wed., July 24 | 10:00 AM | \$15

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

## Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties


*Senior 101 presents a variety of topics: senior living options, aging in place, financial and legal tips, downsizing, and much more) to help you create your own customized aging road map.*

2402 | Sat., July 27 | 10:00 AM | FREE

2403 | Sat., Aug. 24 | 10:00 AM | FREE

 **2058 | The Court Decides: Social Media and the Constitution**  
Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)  
Fri., July 12 | 1:00 PM | \$15

*This class delves into four recent Supreme Court cases on social media's constitutional protection and discusses the constitutional aspects of the ongoing TikTok controversy.*

 **2059 | The Court Decides: The Government Power Cases**  
Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)  
Fri., July 26 | 1:00 PM | \$15

*This class examines recent Supreme Court decisions altering government power balance, focusing on the FDA's regulation of abortion medication, presidential immunity, and state-federal election control.*

**2383 | What Property Improvements Have the BEST Return?**  
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor  
Wed., Aug. 14 | 10:00 AM | \$8

*Discover the home improvements with the highest return on investment (ROI) to ensure your renovation funds are wisely invested, enhancing your home's value.*

**2437 | Your Family Binder: A Survival Kit for Your Heirs**  
Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder  
Wed., July 10 | 10:00 AM | \$15

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

## EXERCISE & DANCE

**Active Total Body Conditioning**  
Curt Gonzales, Certified Fitness Instructor

*This complete body workout with a variety of exercises incorporates basic aerobic movements, stretching, and light, handheld weights to help improve muscle tone, balance, posture, and strength.*

**2167** | Tue., July 2 - 30 | 10:45 AM | 5 Sessions | \$50  
**2227** | Tue., Aug. 6 - 27 | 10:45 AM | 4 Sessions | \$40  
**2160** | Thu., July 11 - Aug. 1 | 10:45 AM | 4 Sessions | \$40  
**2220** | Thu., Aug. 8 - 29 | 10:45 AM | 4 Sessions | \$40

**Active Total Body Conditioning with TRX**  
Curt Gonzales, Certified Fitness Instructor

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

**2161** | Fri., July 12 - Aug. 2 | 2:00 PM | 4 Sessions | \$40  
**2221** | Fri., Aug. 9 - 23 | 2:00 PM | 3 Sessions | \$30

**Aerobic Intervals**  
Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

**2162** | Wed., July 3 - 31 | 12:00 PM | 5 Sessions | \$50  
**2222** | Wed., Aug. 7 - 28 | 12:00 PM | 4 Sessions | \$40  
**2163** | Fri., July 12 - Aug. 2 | 9:30 AM | 4 Sessions | \$40  
**2223** | Fri., Aug. 9 - 23 | 9:30 AM | 3 Sessions | \$30

**Better Balance**  
Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

**2164** | Tue., July 2 - 30 | 1:15 PM | 5 Sessions | \$50  
**2224** | Tue., Aug. 6 - 27 | 1:15 PM | 4 Sessions | \$40

 **2245 | Bourbon and Backswing:  
Strategies for Improving Your Golf-Induced Back Pain**  
Sam Wagg, DC, ART, TPI, V.P. of Fix Medical Group  
Thu., July 11 | 2:30 PM | \$10

*Sample some great bourbon while Dr. Sam Wagg teaches you the keys to avoiding back pain when playing golf.*

**Cardio Drumming**  
Andra Valencia, Fitness and Dance Instructor

*Cardio drumming takes a simple movement, drumming, and turns it into a full-body workout that will leave you smiling and feeling great.*

**2166** | Mon., July 1 - 29 | 12:00 PM | 5 Sessions | \$50  
**2169** | Mon., July 1 - 29 | 1:00 PM | 5 Sessions | \$50  
**2226** | Mon., Aug. 5 - 26 | 12:00 PM | 4 Sessions | \$40  
**2229** | Mon., Aug. 5 - 26 | 1:00 PM | 4 Sessions | \$40  
**2165** | Fri., July 12 - Aug. 2 | 12:00 PM | 4 Sessions | \$40  
**2168** | Fri., July 12 - Aug. 2 | 1:00 PM | 4 Sessions | \$40  
**2225** | Fri., Aug. 9 - 23 | 12:00 PM | 3 Sessions | \$30  
**2228** | Fri., Aug. 9 - 16 | 1:00 PM | 2 Sessions | \$20  
**2631** | Fri, Aug. 23 | 1:00 PM | FREE

### Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

*Improve your energy, power, flexibility, posture, and balance while burning calories, reducing muscle tension and joint pain.*

- 2170** | Tue., July 2 - 30 | 9:30 AM | 5 Sessions | \$50
- 2230** | Tue., Aug. 6 - 27 | 9:30 AM | 4 Sessions | \$40
- 2171** | Wed., July 3 - 31 | 1:15 PM | 5 Sessions | \$50
- 2231** | Wed., Aug. 7 - 28 | 1:15 PM | 4 Sessions | \$40

### Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

*Experience the holistic benefits of yoga, from building strength and flexibility to promoting stress relief, better sleep, brain health, and mental focus.*

- 2172** | Thu., July 11 - Aug. 1 | 1:15 PM | 4 Sessions | \$40
- 2232** | Thu., Aug. 8 - 29 | 1:15 PM | 4 Sessions | \$40

### Israeli Folk Dance Fun

Barbara Birenbaum, Dance Instructor

*Barbara will provide instruction, modeling and calling steps, with wonderful Israeli folk classics and fun modern melodies.*

- 2471** | Thu., Aug. 1 & 8 | 2:30 PM | 2 Sessions | \$20
- 2472** | Thu., Aug. 15 & 22 | 2:30 PM | 2 Sessions | \$20

### Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

- 2173** | Wed., July 3 - 31 | 2:30 PM | 5 Sessions | \$50
- 2233** | Wed., Aug. 7 - 28 | 2:30 PM | 4 Sessions | \$40

### Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

- 2174** | Wed., July 3 - 31 | 10:45 AM | 5 Sessions | \$50
- 2234** | Wed., Aug. 7 - 28 | 10:45 AM | 4 Sessions | \$40

### Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

- 2175** | Wed., July 3 - 31 | 9:30 AM | 5 Sessions | \$50
- 2235** | Wed., Aug. 7 - 28 | 9:30 AM | 4 Sessions | \$40

### Strength, Balance & Stretch

Kathy Jorgensen, Certified Fitness & Yoga Instructor

*Get stronger using dumbbells, bands, and body weight exercises to improve balance and increase range of motion.*

- 2176** | Mon., July 1 - 29 | 9:30 AM | 5 Sessions | \$50
- 2236** | Mon., Aug. 5 - 26 | 9:30 AM | 4 Sessions | \$40
- 2177** | Thu., July 11 - Aug. 1 | 9:30 AM | 4 Sessions | \$40
- 2237** | Thu., Aug. 8 - 29 | 9:30 AM | 4 Sessions | \$40

### Tai Chi and Qigong - The Fundamentals

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

*Learn Tai Chi to build strength and improve balance. The class will help you to find your inner peace and self-confidence.*

- 2179** | Tue., July 2 - 30 | 2:30 PM | 5 Sessions | \$50
- 2239** | Tue., Aug. 6 - 27 | 2:30 PM | 4 Sessions | \$40
- 2178** | Thu., July 11 - Aug. 1 | 12:00 PM | 4 Sessions | \$40
- 2238** | Thu., Aug. 8 - 29 | 12:00 PM | 4 Sessions | \$40

### Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

- 2071** | Mon., July 1 - 29 | 3:15 PM | 4 Sessions | \$40
- 2072** | Mon., Aug. 5 - 26 | 3:15 PM | 4 Sessions | \$40

**Curious about an exercise or dance class but uncertain about signing up for the whole series?**

**Look for à la carte options where you can register for a single session. It's a great way to try something new!**

### Tai Chi Chuan: Beginning II

Pat Griffith, Sifu

*For students with some experience in Tai Chi Chuan who want to take their practice and movements to the next level.*

**2180** | Fri., July 12 - Aug. 2 | 10:45 AM | 4 Sessions | \$40

**2240** | Fri., Aug. 9 - 23 | 10:45 AM | 3 Sessions | \$30

### Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

*We'll link breath and movement, doing standing and balancing poses plus work on the mat, with a final relaxation to release stress and quiet our minds.*

**2181** | Mon., July 1 - 29 | 10:45 AM | 5 Sessions | \$50

**2241** | Mon., Aug. 5 - 26 | 10:45 AM | 4 Sessions | \$40

### Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor

*Cha cha, merengue, salsa, and swing, easy-to-follow dance steps make this class suitable for beginners and experienced alike!*

**2182** | Mon., July 1 - 29 | 2:00 PM | 5 Sessions | \$50

**2242** | Mon., Aug. 5 - 26 | 2:00 PM | 4 Sessions | \$40

**2183** | Tue., July 2 - 30 | 12:00 PM | 5 Sessions | \$50

**2243** | Tue., Aug. 6 - 27 | 12:00 PM | 4 Sessions | \$40

## HEALTH



### **2641 | Maintaining Your Brain Health**

Jean Alton, Senior Dementia Educator

Wed., July 31 | 10:00 AM | FREE

*Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain.*

### **2389 | Benefits of CBD**

Sheila Star Coulbourn, HHP, BCPA

Fri., Aug. 23 | 10:00 AM | \$15

*This class will present the benefits of CBD for many different conditions, including research by Salk Institute showing that cannabinoids could help reduce dementia symptoms.*



### **2443 | Blue Zone Life Hacks:**

#### **Implementing the Science of Longevity**

Teresa Hardisty, MD,

Affiliated with Sharp Rees-Stealy La Mesa

Fri., Aug. 16 | 1:00 PM | FREE

*Learn about nine principles and lifestyle habits the populations of the Blue Zones have and how to bring these principles into your home for a longer, happier, and healthier life.*

### **2269 | Caregiving from Afar**

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

Thu., July 18 | 1:00 PM | \$15

*Do your aging parents live miles or states away? Join us for tools and strategies to support you and your loved ones on their aging journey from a distance.*

### **2490 | Frisky After Sixty:**

#### **Fitness and Fun for the Young at Heart**

Tina Bernard, Your Medicare Matchmaker at SBHIS Insurance Services

Thu., Aug. 15 | 1:00 PM | FREE

*Make the most of your Medicare Insurance Plan, including maximizing fitness benefits and enhancing holistic wellness.*

### **2450 | Frisky After Sixty:**

#### **Navigating Medicare and Medi-Cal for Financial Freedom**

Tina Bernard, Your Medicare Matchmaker at SBHIS Insurance Services

Thu., July 25 | 1:00 PM | FREE

*Learn practical strategies from a seasoned pro to manage your healthcare costs and apply for additional help as needed!*

### **2498 | Grounding Techniques for Improved Health and Positive Energy**

Sheri Lynn, Reiki Practitioner, Instructor of Intuitive Insights, Interpreter for the Deaf, Sign Language Instructor

Wed., Aug. 7 | 1:00 PM | \$15

*This class will explore grounding, covering its definition, benefits, and accessible methods to tap into this healing energy.*

**2551 | Introduction to Aromatherapy**

Melynnique Seabrook, MA  
Tue., July 16 | 11:00 AM | \$15

*Learn how to use essential oils for physical and emotional benefits. Samples of basic oils will be brought to the class.*

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

Nisha Manek, MD, Rheumatologist, Author, Bridging  
Science and Spirituality  
Mon., July 29 | 1:00 PM | \$8

*This engaging class covers three key aspects: essential nutrients for health, activating the body's innate healing abilities, and accessing spiritual power for energy and vitality, offering actionable advice.*

**Meditation: Renew Your Life and Jumpstart Your Energy**

Melynnique Seabrook, MA

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

**2478** | Tue., July 9 & 23 | 11:00 AM | 2 Sessions | \$24

**2479** | Tue., Aug. 6 & 20 | 11:00 AM | 2 Sessions | \$24

**2647 | Navigating Cannabis for Older Adults**

Veronica Marie Mitchell, Writer, Public Speaker,  
Founder/CEO

Wed., Aug. 7 | 10:00 AM | \$15

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

**2270 | Navigating the Healthcare System:  
From Hospital to Home**

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

Tue., Aug. 20 | 10:00 AM | \$15

*Topics include what to expect during a hospitalization, how to advocate for yourself or a loved one, navigating rehab and therapy options, and the transition home.*

**2553 | Pharmacogenomic Genomic Testing**

Dr. James Padilla, Chiropractor, Co-founder and  
President of Cygenex

Thu., Aug. 22 | 1:00 PM | \$15

*In this class, you'll learn how your genes determine how you respond to medications.*

**2255 | Serendipities That Affect Your Life and Body**

Philip J. Goscienski, M.D.  
Mon., Aug. 12 | 1:00 PM | \$15

*Accidents happen, but the outcome is not always bad. Simple mistakes have led to miraculous discoveries, several of which affect us every day.*

**Sound Healing**

TopKare Hospice, Inc.

*Experience the soothing vibrations of diverse instruments like chimes, harmonium, crystal bowls, ukulele, and guitar, plus vocals, to help you unwind and restore mind, body, and spirit.*

**2127** | Thu., July 25 | 2:30 PM | \$12

**2128** | Thu., Aug. 29 | 2:30 PM | \$12

**United Healthcare Presents: Medicare - The Basics**

Fariba Zarieh, United Healthcare

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

**2060** | Fri., July 12 | 10:00 AM | FREE

**2061** | Fri., Aug. 16 | 10:00 AM | FREE

**2254 | Unlocking Your Genetic Blueprint for Increased Wellbeing**

Dr. James Padilla, Chiropractor, Co-founder and  
President of Cygenex

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

*Learn how our unique genetics influence various aspects of our overall well-being including nutrition, exercise, medication usage, and more.*

**2002 | Your Aging Journey is Unique to You!**

Julie Derry, MBA, Certified Senior Advisor

Tue., Aug. 13 | 3:00 PM | FREE

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

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YouTube channel for weekly  
Instructor Preview videos:  
[youtube.com/user/SanDiegoOasis](https://youtube.com/user/SanDiegoOasis)

# HISTORY & HUMANITIES

## 2377 | Art and Architecture of Florence, Italy

Julia Fister, MA, Studio ACE Executive Director  
Mon., Aug. 19 | 11:30 AM | \$15

*From the iconic dome of Brunelleschi's Duomo to the masterpieces of Renaissance giants like Michelangelo and Leonardo da Vinci, uncover the cultural treasures that define Florence.*

## 2364 | Cartoon Characters, Their Creators, and Controversial Animated Films

Fred Bercovitch, Ph.D. Biological Anthropology  
Thu., Aug. 22 | 10:00 AM | \$15

*Explore the "Golden Age of Cartoons" including how animated films are produced, who were the people behind the characters, and how many animated features are peppered with sex, alcohol, drugs, and politics.*

## 2500 | Confessions of a Guide Dog

Mark Carlson, Historian & Author  
Wed., Aug. 21 | 1:00 PM | \$15

*In "Confessions of a Guide Dog - The Blonde Leading the Blind," Mark tells the remarkable story of how he and his guide dog met, and their subsequent travels and adventures together.*

## 2099 | Diseases of the Bible

Philip J. Goscienski, M.D.  
Mon., July 22 | 1:00 PM | \$15

*Exploring diseases mentioned in the Bible, this presentation contextualizes them in modern perspectives, enriching our understanding of life during biblical times amidst the absence of medical science's advancements.*

## 2451 | Eating Local in the Roaring Twenties

Vincent Rossi, Historian & Author,  
Story Seekers Co-Owner  
Tue., July 23 | 1:00 PM | \$15

*Take a lighthearted journey into what San Diego's premier restaurants featured on their menus in the 1920s.*

## 2475 | Here's to Your Health

Vincent Rossi, Historian & Author,  
Story Seekers Co-Owner  
Tue., Aug. 13 | 10:00 AM | \$15

*Learn how San Diego first became known for health tourism.*

## 2476 | How Water Changed San Diego

Vincent Rossi, Historian & Author,  
Story Seekers Co-Owner  
Tue., Aug. 27 | 10:00 AM | \$15

*Vincent Rossi will demonstrate how consistent water access shaped present-day San Diego County.*

## 2093 | Making Love in English: Life in Different Languages

Oliva M. Espín, PhD  
Fri., July 26 | 10:00 AM | \$15

*Explore the intricate connections between language, culture, memory, identity, emotions, and multilingualism relevant to speakers of any language and offering insights into personal experiences for multilingual individuals.*

## 2392 | Manet & Morisot

Julia Fister, MA, Studio ACE Executive Director  
Mon., July 15 | 11:30 AM | \$15

*We'll discuss how Manet and Morisot influenced Impressionism, exploring their styles and personal journeys.*

## 2094 | My Native Land is Memory: Stories of a Cuban Childhood

Oliva M. Espín, PhD  
Fri., Aug. 9 | 10:00 AM | \$15

*This memoir vividly portrays pre-revolutionary Cuba in the 1940s and 50s, weaving personal narrative with Cuba's historical backdrop, exploring themes of identity, independence, and national struggle.*

## 2052 | Racelessness: The Concept of a Single Race Society

Joe Nalven, PhD, Cultural Anthropology, JD, Digital Artist, Former President of the San Diego Art Institute  
Mon., July 8 | 10:00 AM | \$15

*Would America be a better place if we had a raceless society? Would we know it if we lived it?*

## 2477 | Rancho Bernardo: A History

Vincent Rossi, Historian & Author,  
Story Seekers Co-Owner  
Wed., July 17 | 1:00 PM | \$15

*Learn about the history of one San Diego neighborhood, from seasonal indigenous villages to ranchland and to the planned community of today.*

**2496 | The Enigmatic Thomas Jefferson**

Blaine Davies, MA, Professor of U.S. History  
Mon., Aug. 5 | 1:00 PM | \$15

*Thomas Jefferson remains the greatest enigma of all U.S. Presidents. We'll explore Jefferson's life and contradictions.*

**2212 | The Great Philosophers: Jean-Paul Sartre**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College  
Fri., July 19 | 1:00 PM | \$16

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

**2184 | The Great Philosophers: Albert Camus**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College  
Wed., July 31 | 1:00 PM | \$16

*Delve into the profound and inspiring work of Albert Camus, who, despite rejecting the label of existentialist, offers a poignant exploration of finding meaning and value in a fundamentally absurd world.*

**2387 | The Legends and Lore of Color**

Marilyn McPhie, President of the Storytellers of San Diego, TEDx Speaker  
Wed., Aug. 14 | 1:00 PM | \$15

*Hear strange and fascinating stories about colors. The beautiful, the deadly, and the copyrighted.*

**2198 | The Photography of Roman Vishniac**

Yale Strom, Ethnographer, Author & Professor, Documentarian  
Wed., Aug. 7 | 1:00 PM | \$15

*Roman Vishniac (1897-1990) was a Russian American photographer, best known for capturing on film the culture of Jews in Central and Eastern Europe before the Holocaust.*

**2197 | The Photography of S. Anski**

Yale Strom, Ethnographer, Author & Professor, Documentarian, & Klezmer Musician (Hot Pstromi)  
Wed., July 10 | 1:00 PM | \$15

*Students will view and learn about the photos taken by Shloyme Zanvl Rappoport, known by his pseudonym S. Ansky.*

**2213 | The Wisdom of Empathy**

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

*Explore the distinctions between empathy and sympathy, their origin, their evolutionary or divine underpinnings, variations among individuals, and their influence on moral norms and political beliefs.*

**2029 | Theodore Roosevelt: A Man of Many Hats**

Fred Bercovitch, Ph.D. Biological Anthropology  
Fri., July 12 & 19 | 10:00 AM | 2 Sessions | \$30

*In this class, we'll take a look at Theodore Roosevelt, the youngest US President at 42, known for varied roles pre-presidency, during, and post-presidency, embodying adventure, conservation, and leadership.*

**2495 | Travel Back in Time:**

**Four Historic San Diego County Sites and Their People**

Richard Carrico, MA, Author and Professor of American Indian Studies  
Thu., July 11 | 1:00 PM | \$15

*Travel back in time and space to "visit" the San Diego Presidio, Pueblo de San Diego (Old Town), Warner's Ranch, and the Bancroft Ranch House in Spring Valley.*

**2508 | Wine Regions of France**

Matilda Parente, MD, Certified Specialist of Wine  
Thu., Aug. 29 | 11:00 AM | \$15

*Learn why the wines of Burgundy are so expensive, why Champagne doesn't make much red wine and much more!*

**2506 | Wine Regions of Pacific Northwest**

Matilda Parente, MD, Certified Specialist of Wine  
Mon., July 29 | 11:00 AM | \$15

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

**2386 | Yes to the Dress**

Marilyn McPhie, President of the Storytellers of San Diego, TEDx Speaker  
Tue., July 23 | 1:00 PM | \$15

*Discover the tale of a pioneering woman who trades her silk dress for a milk cow, alongside the legend of a vain young woman's New Year's Eve misfortune and a poison dress mystery.*



# LANGUAGE

## **2257 | Beginning American Sign Language**

Sue Taetzsch, B.A. in Therapeutic Recreation and MA in Rehab Counseling for the Deaf  
Mon., July 15 - Aug. 26 | 10:00 AM | 7 Sessions | \$105

*Learn basic signs including fingerspelling alphabets, reading fingerspelling, learning signs for different categories (food, sports etc.) and much more.*

## **2020 | Beginning French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Wed., July 17 - Aug. 28 | 10:00 AM | 7 Sessions | \$105

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

## **2021 | Intermediate French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Wed., July 17 - Aug. 28 | 11:30 AM | 7 Sessions | \$105

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

## **2022 | Advanced French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor  
Wed., July 17 - Aug. 28 | 1:00 PM | 7 Sessions | \$105

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

## **2648 | Beginning Italian 2**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.  
Tue., July 23 - Aug. 27 | 12:00 PM | 6 Sessions | \$90

*Learn Italian language basics through fun, interactive activities.*

## **2649 | Low-Intermediate Italian**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.  
Tue., July 23 - Aug. 27 | 1:15 PM | 6 Sessions | \$90

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

## **2023 | Beginning Spanish**

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College  
Thu., July 18 - Aug. 29 | 10:00 AM | 6 Sessions | \$90

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

## **2024 | Intermediate Spanish**

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College  
Thu., July 18 - Aug. 29 | 11:30 AM | 6 Sessions | \$90

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

## **2025 | Advanced Spanish**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College  
Thu., July 18 - Aug. 29 | 1:00 PM | 6 Sessions | \$90

*Enhance Spanish language skills: speaking, reading, writing, listening. Deepen understanding of culture, history, literature. Review, refine, expand proficiency comprehensively.*

# LITERATURE

## **2065 | A Feast of Words**

Richard Lederer, Union-Tribune Language Columnist  
Thu., July 11 | 10:00 AM | \$15

*You'll be served up a banquet of language goodies: from a brief history of the English language to bloopers and puns.*

## **2157 | Nonfiction Book Club: What Are We Reading?**

Barbara J Salice, Ed.D  
Thu., July 25 | 10:00 AM | \$10

*Come share with your Oasis peers whatever nonfiction book you happen to be reading. Barbara will kick things off with her review of Prisoners of Geography.*

## **Word Play: Inspire Your Creative Process**

Julia Doughty, MFA, HHP

*This class will utilize freewriting, word play, short readings, and engaging discussions to explore, motivate and inspire creative writing. Experienced and new writers are welcome.*

**2482** | Wed., July 24 | 12:30 PM | \$15

**2483** | Wed., Aug. 21 | 12:30 PM | \$15

## **2066 | Words on the Job**

Richard Lederer, Union-Tribune Language Columnist  
Thu., Aug. 8 | 10:00 AM | \$15

*Richard Lederer will show how jobs get their names and why there are occupational surnames. He'll also share word play about people on the job.*

# PERSONAL ENRICHMENT



## 2660 | Morning Mingle

Jodi Gallen, San Diego Oasis Marketing, Outreach and Events Manager  
Thu., July 11 - Aug. 29 | 9:00 AM | FREE

*Join us for our Morning Mingle! A casual meet-up where San Diego Oasis members can connect, chat, and enjoy some light refreshments together. Come and build new friendships in the relaxed setting of Shamily's Kitchen and Library.*

## 2439 | 3 Keys to Get Started in Creating a Life You Want

Laura Diaz, Board Certified Coach (BCC)  
Mon., Aug. 5 | 1:00 PM | \$15

*In this class, you'll discover a new approach to life design, empowering you with the tools to take control of your direction and creativity.*

## 2393 | Bereavement Support Group

Sharon L. Bryant, Chaplain, VITAS Healthcare  
2nd & 4th Wed., May 8 - Aug. 28 | 10:30 AM | 8 Sessions | FREE

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

## 2507 | Birthstones and an August Trio

Matilda Parente, MD, Certified Specialist of Wine  
Mon., Aug. 12 | 11:00 AM | \$15

*August is celebrated by three birthstones: peridot, sardonyx, and spinel. These stones are rich in history and color palette. Learn how to spot quality and value and care tips.*

## 2442 | Bridge Basics 2 – Competitive Bidding

Hazel Turner, ACBL Certified Teacher, Ruby Life Master  
Thu., July 11 - Aug. 8 | 9:00 AM | 5 Sessions | \$60

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

## 2027 | Exploring the Camino de Santiago: A 500 Mile Trek Across Spain

Melissa (Mia) Routh, MS (Cellular and Molecular Biology), Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner  
Tue., Aug. 27 | 2:00 PM | \$15

*Join Mia for travel inspiration and to learn more about the iconic 500-mile Camino de Santiago pilgrimage across Spain.*

## 2219 | Classical Feng Shui

Tamara Shoemaker, Classical Feng Shui Master & Award-Winning Interior Designer  
Tue., Aug. 6 - 27 | 1:00 PM | 4 Sessions | \$60

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

## 2552 | Hot Pots: Container Gardens that Sizzle

Gail Hall, M.S., Rehabilitative Counseling  
Wed., July 24 | 10:00 AM | \$15

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

## 2271 | Humane Society of San Diego: Fostering Pets

Amelia Curtis, Education and Training Manager at San Diego Humane Society  
Fri., July 12 | 10:00 AM | FREE

*Learn about the San Diego Humane Society's history, current programs to support the community, and ways community members can give back.*

## 2365 | Introduction to American Mah Jongg

Sheryl Chesivoir, B.A.,  
19 years of playing/teaching Mah Jongg  
Tue. & Thu., July 9 - 18 | 1:00 PM | 4 Sessions | \$60

*We will help you learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play.*



 **2396 | Japanese Food: An Eaters Guide**

James Reid, PhD,  
President of the Rancho Bernardo Rotary Club  
Mon., July 29 | 1:00 PM | \$15

*A guide to the many kinds of cuisine that make Japanese food so remarkable and enjoyable. This is not a cooking class.*

 **2505 | July Birthstones - Ruby**

Matilda Parente, MD, Certified Specialist of Wine  
Mon., July 22 | 11:00 AM | \$15

*Rubies take center stage at this new monthly series on birthstones. This class focuses on the beauty, history and diverse splendor of rubies from around the world.*

 **Kitchen Organization Tips to Cookfully Age in Place**

Ruben Galvan, Owner, ShelfGenie

*Learn tips and tricks to improve your experience in the kitchen through better organization. Learn how to declutter and enhance kitchen safety & accessibility.*

**2510** | Fri., July 26 | 11:00 AM | \$15

**2511** | Wed., Aug. 28 | 10:00 AM | \$15

 **Let's Play Trivia! How Much Do You Know?**

Alan Zacharin, Trivia Enthusiast

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

**2082** | Mon., July 8 | 1:00 PM | \$10

**2083** | Mon., Aug. 5 | 1:00 PM | \$10

 **2286 | Mah Jongg Strategies, Beyond the Basics**

Sheryl Chesivoir, B.A.,  
19 years of playing/teaching Mah Jongg  
Tue. & Thu., Aug. 6 - 15 | 1:00 PM | 4 Sessions | \$60

*Go beyond the basics and continue to improve your Mah Jongg skills by joining our experienced instructor.*

 **2087 | Navigating Retirement:**

**Working after Retirement-The New Normal**

Virginia B. Berger, MA, Certified Professional Coach  
Tue., July 9 | 10:00 AM | \$15

*We'll look at some of the myths about work after retirement and the advantages of the older worker.*

 **2438 | Optimism and Living the Life you Love**

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

*We will discuss learned optimism or positive psychology and how you can cultivate more happiness.*

 **2435 | Permission to Choose:**

**Creating an Empowered End of Life Experience**

Dr. Bob Uslander, MD, Co-Founder of Empowered Endings, Palliative and End of Life Care  
Thu., July 18 | 10:00 AM | \$10

*Come learn about Voluntary Stopping Eating and Drinking (VSED), a legal, peaceful, and dignified path for a person's life to come to an end.*

 **Permission to Whine (with Wine)**

Judy Applebaum, Lifelong Learning Program Manager,  
San Diego Oasis at Rancho Bernardo

*Let your misery, fears, and frustrations just flow unabashedly in this get-it-off-your-chest forum. You talk. We'll listen. Wine included.*

**2279** | Mon., July 15 | 1:00 PM | \$12

**2280** | Mon., Aug. 12 | 1:00 PM | \$12

 **The Best Makeup Tips & Tricks for 50 plus Women**

Michelle Richardson, Professional Makeup Artist,  
Makeup Instructor & Makeup Artistry School Owner

*Learn to enhance your skincare and makeup routine with tailored products, tools, and techniques, focusing on natural radiance and simplicity, suitable for ages 50 and above.*

**2473** | Thu., July 11 & 18 | 1:00 PM | 2 Sessions | \$30

**2474** | Thu., Aug. 15 & 22 | 1:00 PM | 2 Sessions | \$30

  **2491 | The Paranormal Experience: Discussion Group**

Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center Las Vegas NV

*Have you had a spiritual, psychic, or paranormal experience? Come share your personal stories with others in this confidential discussion group.*

**2491** | Fri., July 19 | 11:00 AM | \$10

**2492** | Fri., Aug. 16 | 11:00 AM | \$10

## 2367 | Women's Voices Discussion Group

Julia Doughy, MFA, HHP

Every Other Wed., July 17 - Aug. 28 | 12:30 PM

4 Sessions | \$40

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

## SCIENCE

### 2513 | AI for All: Ethical Considerations & Legal Implications

Joe Nalven, PhD Cultural Anthropology, J.D., Digital Artist  
Wed., July 31 | 10:00 AM | \$15

*What are the ethical considerations & legal implications of Artificial Intelligence? Join Dr. Joe Nalven to explore this rapidly evolving topic.*

### 2076 | Astrobiology: The Search for Life

Neil Farber, NASA/JPL Solar System Ambassador  
Mon., Aug. 5 | 10:00 AM | \$15

*Explore NASA's efforts to detect life on other planets and moons, which could provide insights into life's origins on Earth and the fundamental question of our place in the universe.*

### 2185 | The Cognitive Revolution

Henry George, Engineer, Archaeologist & Geologist  
Thu., July 18 | 10:00 AM | \$15

*About 30,000 years ago, there was an explosion in the archaeological record of mobile and parietal art, figurines and cave painting.*

### **2452 | The Effect of Climate Change on Our Nation's Food Production**

Gopal Alagarswamy, PhD Agriculture, Climate Change Researcher at Michigan State U (ret)  
Wed., Aug. 7 & 14 | 10:00 AM | 2 Sessions | \$25

*Come learn about climate change and food security.*

### 2186 | The Neolithic Revolution

Henry George, Engineer, Archaeologist & Geologist  
Thu., Aug. 15 | 10:00 AM | \$15

*The rise of civilization began 10,000 years ago with the Neolithic Revolution when humans embarked on the transformation from mobile-dispersed hunter-gatherers to settled village farmers.*

## SHAMILY'S KITCHEN

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



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

### 2484 | Authentic Persian Cooking

Fay Gharaee, Persian Cuisine  
Mon., July 15 | 11:00 AM | \$25

*Learn to prepare Shirin Polo, also known as Persian Sweet Rice, a delicious and aromatic Iranian dish that combines Basmati rice with different ingredients to create a sweet and flavorful dish.*

### Blue Zone Cooking

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

*Explore the phenomenon of Blue Zone regions where people live longer, healthier lives. Learn to eat like an Okinawan with demonstrations showcasing popular foods from the Blue Zone: Okinawa, Japan.*

**2248** | Fri., Aug. 2 | 10:00 AM | \$25

7-Ingredient Vegetable Champuru

**2249** | Fri., Aug. 16 | 10:00 AM | \$25

Kokuto (Okinawa Black Sugar) Steamed Bread

### Chinese Cooking

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training

*Intertwining cooking hints and personal cultural stories, join us for a Cantonese cooking demonstration with Rose To. Samples to taste in class and recipes to practice at home.*

**2502** | Wed., July 24 | 11:00 AM | \$25

Asian Vegetables

**2501** | Thu., Aug. 15 | 11:00 AM | \$25

Summer Tofu

 **Cooking with Herbs: Fresh & Dried, Sweet & Savory**

Karen England, Herbologist, Edgehill Herb Farm

*Discover the culinary magic of fresh and dried herbs, enhancing both sweet and savory dishes. We'll utilize herbs thriving in San Diego County.*

**2555** | Wed., July 10 | 11:00 AM | \$25

Rosemary, Bay, Lavender & Thyme

**2556** | Wed., Aug. 7 | 11:00 AM | \$25

Geranium, Sage, Oregano, Marjoram & Basil

**2557** | Wed., Aug. 21 | 11:00 AM | \$25

Cilantro/Coriander, Dill, Fennel & Parsley

 **2558 | Easy Artisan Italian Bread Making: Focaccia**

Olivia Hill, Culinary Specialist U.S. Armed Forces

Mon., July 8 | 12:00 PM | \$25

*Learn how to work with the dough and create a garlic-infused herbal olive oil. Taste delicious samples and take the bread you created home with you!*

 **2503 | Fish Tacos**

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Mon., July 29 | 11:00 AM | \$25

*A fish taco is a delicious, vibrant dish, originally from Ensenada Mexico, typically consisting of grilled or fried fish served in a soft corn or flour tortilla.*

 **French Cuisine**

Dominique Santoni, Chef, La Flamme Francaise

*Discover French cooking by learning how to make classic dishes along with cooking techniques and presentation ideas for a memorable result. Leave with a recipe and a sample!*

**2560** | Tue., July 9 | 11:00 AM | \$25

Ratatouille Niçoise

**2561** | Tue., July 23 | 11:00 AM | \$25

Pissaladière (Onion Tarte Appetizer)

**2562** | Tue., Aug. 6 | 11:00 AM | \$25

Salade Niçoise

**2563** | Tue., Aug. 20 | 11:00 AM | \$25

Macarons

 **2485 | How to Make Falafel**

Fay Gharaee, Persian Cuisine

Mon., Aug. 12 | 11:00 AM | \$25

*Learn how to make homemade falafel, crispy on the outside, soft on the inside.*

 **Indian Cuisine**

Preet Works, Artist/Instructor/Chef

*Join Preet to learn how to prepare delicious Indian dishes for a scrumptious culinary experience.*

**2594** | Wed., Aug. 5 | 1:00 PM | \$25

Indian Cashew Fudge (Kaju Katli)

**2596** | Wed., Aug. 14 | 1:00 PM | \$25

Eggplant Masala

**2597** | Wed., Aug. 28 | 1:00 PM | \$25

Indian Rice Pudding

 **2559 | Louisiana Red Beans and Rice with Cornbread**

Olivia Hill, Culinary Specialist U.S. Armed Forces

Fri., Aug. 23 | 12:00 PM | \$25

*Savor a refreshing glass of Southern Sweet Tea while delving into Cajun cuisine's history, learning about the Cajun Trinity, spices, bean preparation, vegetable sautéing, and homemade cornbread.*

 **Plant Based Cooking**

Bill Prather, Macrobiotic Chef

*Explore a plant-based diet along with its benefits by learning how to prepare three delicious plant-based meals. We will also discuss setup, where to shop, and basic nutrition.*

**2564** | Mon., July 22 | 10:00 AM | \$25

Grains & Beans (Quinoa with Adzuki Beans)

**2565** | Thu., Aug. 8 | 10:00 AM | \$25

Vegetables and Soups

(Steamed Root Vegetables & Miso Soup)

**2566** | Mon., Aug. 19 | 10:00 AM | \$25

Three Layered Dish

(Millet, Vegetables & Sunflower Seeds)

 **2598 | San Diego Style Grilled Cheese**

DJ Hasinsky, Baker

Tue., July 16 | 11:00 AM | \$25

*Everyone loves classic grilled cheese. Let's take this American classic and give it our own San Diego twist using a variety of local ingredients.*

## LOVE OASIS?

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

 **Sweet Treats – Traditional Cakes & Cookies from NYC**  
Allison Weisman, Owner, Allison's Custom Confections

*Learn how to make iconic New York style cakes and cookies.*

- 2294** | Thu., July 11 | 1:00 PM | \$25  
Chocolate Dipped Butter Cookies
- 2295** | Thu., July 25 | 1:00 PM | \$25  
Marble Pound Cake
- 2298** | Thu., Aug. 22 | 1:00 PM | \$25  
Black and White Cookies
- 2297** | Thu., Aug. 29 | 1:00 PM | \$25  
Chocolate Chip Mandelbrot

 **2554 | Summer Provence Cooking**

Beatrice Ricart, Chef and Oasis Accounting Specialist  
Mon., Aug. 26 | 10:30 AM | \$25

*Join our Chef Beatrice from Provence as she shares some of her favorite summer dishes. Beatrice will use some of our great farmers' market ingredients and pantry staples to make an easy tomato tart, a savory cake, and strawberry soup.*

## TECHNOLOGY

**All Technology classes will be taught by Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits, unless otherwise noted.**

**2592 | AI for All: Interacting with ChatGPT – The Fundamentals**  
Thu., Aug. 22 | 1:00 PM | \$15

*Discover the fundamentals, capabilities, usage, and practical applications of ChatGPT, a state-of-the-art AI chatbot.*

**2512 | AI for All: Interacting with Google Gemini - The Fundamentals**  
Mon., July 29 | 11:00 AM | \$15

*We'll practice engaging with Google Gemini by creating effective prompts as we explore the practical applications of this artistic AI chatbot.*

**2581 | Android 101**  
Tue., July 16 | 10:00 AM | \$15

*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 | Android 102**  
Thu., Aug. 8 | 11:30 AM | \$15

*Do more with your smartphone! We will practice customizing the phone settings, use GPS, photos, camera, and voice activation, browse the Internet, and reach out to troubleshoot.*

**2586 | Cut the Cable Cost: Fundamentals of Streaming**  
Tue., July 30 | 11:30 AM | \$15

*This dynamic class offers a comprehensive understanding of the various streaming platforms, services, and devices available so you can make informed decisions about your entertainment options.*

**2588 | Facebook Marketplace: Find Treasures, Declutter, and Monetize!**  
Thu., Aug. 8 | 1:00 PM | \$15

*This class will introduce you to Facebook Marketplace, a user-friendly platform where you can find amazing deals, declutter your home, and even make some money!*

**2582 | Fundamentals of Streaming**  
Tue., July 16 | 11:30 AM | \$15

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

**2585 | iPhone 101**  
Tue., July 30 | 10:00 AM | \$15

*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.*

**2590 | iPhone 102**  
Mon., Aug. 12 | 10:00 AM | \$15

*Do more with your smartphone! We'll practice customizing settings, use GPS, camera, voice activation, access photos, browse the Internet, and troubleshoot/reach out to support.*

**Mastering Passwords: Best Security Practices**

*This vital training session will help you determine if your security practices need some tweaking or a complete overhaul. We'll also discuss the benefits of a password manager and show you how to establish yours.*

- 2584** | Fri., July 19 | 11:30 AM | \$15  
**2593** | Thu., Aug. 22 | 2:00 PM | \$15

## Scam Recognition and Prevention

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

**2583** | Fri., July 19 | 10:00 AM | \$15

**2591** | Mon., Aug. 12 | 11:30 AM | \$15

## THEATRE & MUSIC

### **2504 | Dancing Through Adversity: Depression-Era Films and Social Resilience**

Anna Brown Massey, MFA, Choreographer, Lecturer  
Wed., July 17 | 10:00 AM | \$15

Examine the role of dance in classic Hollywood films during the Great Depression. Discover how choreography and movement conveyed messages of hope, resilience, and unity.

### **2509 | Global K-POP Sensation - BTS**

Rose To., M.S. Ed, Chinese Cantonese Culture Specialist  
Thu., Aug. 8 | 1:00 PM | \$15

BTS, a globally renowned K-pop band with 40 million fans of all ages, not only excels in music, winning numerous awards, but also engages in social issues. Discover more about this group. Be aware you may be singing and/or learning a dance move or two!

### **2405 | Guitar Pull Session - Jam with John!**

Jack Wolf, Songwriter/Musician, MS,  
Systems Engineering  
Fri., Aug. 9 | 1:00 PM | \$12

Join John and his guitar for a bona fide jam session and Name That Tune. The winner receives a ukulele! Bring your guitar or other acoustic instrument of your choice.

### **2272 | Introduction to Songwriting**

Jack Wolf, Songwriter/Musician, MS,  
Systems Engineering  
Fri., July 12 | 1:00 PM | \$15

Learn tips for writing lyrics and techniques for creating song formats using famous songs to demonstrate the power of lyrics.

## 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.

**2444** | Mon, July 8-29 | 12:00 PM | 4 Sessions | \$240

**2445** | Mon, July 8-29 | 1:00 PM | 4 Sessions | \$240

**2446** | Mon, July 8-29 | 2:00 PM | 4 Sessions | \$240

**2447** | Mon, Aug. 5-26 | 12:00 PM | 4 Sessions | \$240

**2448** | Mon, Aug. 5-26 | 1:00 PM | 4 Sessions | \$240

**2449** | Mon, Aug. 5-26 | 2:00 PM | 4 Sessions | \$240

### **2397 | Mozart: Music's Immortal Genius**

James Reid, PhD,  
President of the Rancho Bernardo Rotary Club  
Mon., Aug. 19 | 1:00 PM | \$15

A brief look (and listen) at the all-too-short life and immortal music of one of the greatest geniuses the world has ever known.

### **2098 | The Long and Winding Road: The Incomplete Story of the Beatles**

Chuck Gunderson, Owner of Gunderson Media, LLC,  
Author of Some Fun Tonight!: The Backstage Story of How the Beatles Rocked America  
Mon., July 8 | 1:00 PM | \$15

Learn the story of the Beatles in two hours. We'll follow the pre-fame period, the rise to prominence and world conquerors, the studio years, and the breakup.

### **2499 | The Reel Story Behind the Classic Movies**

Mark Carlson, Historian & Author  
Wed., July 24 | 1:00 PM | \$15

Some of the most popular film classics from Hollywood are based on history or biographies. Film historian Mark Carlson shows you the real story behind the movie - the history on the silver screen.

## DID YOU KNOW?

Our facilities are available to rent for your special event or meeting: see page 23.



# INNOVATION CENTER

Oasis Innovation Center Workshops at our Rancho Bernardo Location are led by David Beevers, Digital Divide Program Manager

## Apple Photos Workshop

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

- 2308** | Tue., July 9 | 11:00 AM | \$8
- 2309** | Thu., July 11 | 2:00 PM | \$8
- 2310** | Tue., July 23 | 2:00 PM | \$8
- 2311** | Thu., July 25 | 11:00 AM | \$8
- 2312** | Tue., Aug. 6 | 11:00 AM | \$8
- 2313** | Thu., Aug. 8 | 2:00 PM | \$8
- 2314** | Tue., Aug. 20 | 2:00 PM | \$8
- 2315** | Thu., Aug. 22 | 11:00 AM | \$8

## Bluetooth Basics Workshop

*Learn how Bluetooth technology works, pair your device to wireless speakers, headsets, computers, cars, and more.*

- 2340** | Thu., July 11 | 11:00 AM | \$8
- 2341** | Tue., July 16 | 11:00 AM | \$8
- 2342** | Thu., July 25 | 2:00 PM | \$8
- 2343** | Tue., July 30 | 11:00 AM | \$8
- 2344** | Thu., Aug. 8 | 11:00 AM | \$8
- 2345** | Tue., Aug. 13 | 11:00 AM | \$8
- 2346** | Thu., Aug. 22 | 2:00 PM | \$8
- 2347** | Tue., Aug. 27 | 11:00 AM | \$8

## Cloud Services Workshop

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

- 2324** | Tue., July 9 | 2:00 PM | \$8
- 2326** | Tue., July 23 | 11:00 AM | \$8
- 2328** | Tue., Aug. 6 | 2:00 PM | \$8
- 2330** | Tue., Aug. 20 | 11:00 AM | \$8

## 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.*

- 2352** | Tue., July 16 | 2:00 PM | \$8
- 2353** | Thu., Aug. 1 | 2:00 PM | \$8
- 2354** | Tue., Aug. 13 | 2:00 PM | \$8
- 2355** | Thu., Aug. 29 | 2:00 PM | \$8

## QR Codes Workshop

*This workshop will provide a brief overview of QR Codes and how to use them.*

- 2325** | Thu., July 18 | 11:00 AM | \$8
- 2327** | Thu., Aug. 1 | 11:00 AM | \$8
- 2329** | Thu., Aug. 15 | 11:00 AM | \$8
- 2331** | Thu., Aug. 29 | 11:00 AM | \$8

## UBER/Lyft App Workshop

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

- 2358** | Thu., July 18 | 2:00 PM | \$8
- 2359** | Thu., Aug. 15 | 2:00 PM | \$8

## Web Cookies Workshop

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

- 2362** | Tue., July 30 | 2:00 PM | \$8
- 2363** | Tue., Aug. 27 | 2:00 PM | \$8

**Technology workshops would not be possible without the support of Arlene & Michael Bardin, the McCarthy Family, Rancho Bernardo Community Foundation, Rancho Bernardo Sunrise Rotary, and Rotary Club of Rancho Bernardo**



Arlene and Michael Bardin



Tim McCarthy





# OASIS AT THE LIBRARY

## **ALLIED GARDENS/BENJAMIN BRANCH LIBRARY** 5188 Zion Ave, San Diego, CA 92120

### **723 | Do You Own Your Stuff or Does Your Stuff OWN You?**

Jami Shapiro, CSM Founder, Silver Linings Transitions  
Sat., Aug. 24 | 1:00 PM | | FREE

*Learn insights into the impact of clutter on daily life, providing practical takeaways and humor-infused knowledge to help audiences improve organization and downsizing processes.*

### **731 | Reminiscence, Recollections and the Pen**

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers  
Thu., Aug. 15 - Sept. 19 | 12:00 PM | 6 Sessions | FREE

*This is an introduction to the elements of good storytelling that will inspire you to begin to write your own story.*

## **CLAIREMONT BRANCH LIBRARY** 2920 Burgener Blvd, San Diego, CA 92110

### **758 | Pen! Paper! Prompts.**

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers  
Tue., July 9 | 6:00 PM | | FREE

*Your story is waiting, in English, Spanish, or both. You'll be given prompts to get your imagination going and get you started writing. Will you write a memoir, novel?*

## **COLLEGE-ROLANDO BRANCH LIBRARY** 6600 Montezuma Rd, San Diego, CA 92115

### **766 | Greatest Hits of Singer-Songwriters**

Doug Beaupré, Singer songwriter  
Sat., Aug. 24 | 1:00 PM | | FREE

*Enjoy well-known songs written by singer-songwriters such as James Taylor, John Denver, Loggins and Messina, Cat Stevens, Neil Young, Billy Joel, Elton John, and many more.*

### **764 | Love and Life on the Tracks: Train Songs**

Chris Burns, Many-Strings  
Sat., July 20 | 1:00 PM | | FREE

*Experience live music celebrating railroad culture, showcasing songs from various perspectives including workers, passengers, and hobos, with historical introductions for each iconic tune.*

## **MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY**

215 W Washington St, San Diego, CA 92103

### **767 | A Feast of Words**

Richard Lederer, Union-Tribune Language Columnist  
Sat., Aug. 3 | 2:30 PM | | FREE

*You'll be served up a banquet of language goodies: from a brief history of the English language to bloopers and puns.*

## **MISSION VALLEY BRANCH LIBRARY** 2123 Fenton Pkwy, San Diego, CA 92108

### **740 | Animal Behavior and Ecology: The Social Life of Giraffes**

Fred Bercovitch, BA, MS, PhD Biological Anthropology  
Tue., July 2 | 1:00 PM | | FREE

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

## **PARADISE HILLS BRANCH LIBRARY** 5922 Rancho Hills Dr, San Diego, CA 92139

### **761 | Navigating Retirement: How and Where Do I Want to Live?**

Virginia B. Berger, MA, Certified Professional Coach  
Mon., July 15 | 5:00 PM | | FREE

*Explore options such as the best cities for successful aging, international destinations, and nomadic retiring. Participants will leave with a better idea of what is home.*

## **POINT LOMA BRANCH LIBRARY** 3701 Voltaire St, San Diego, CA 92107

### **732 | Choose Confidence**

Laura Diaz, Board Certified Coach (BCC)  
Wed., Aug. 28 | 1:00 PM | | FREE

*We'll explore practical techniques and insights that will enable you to make choices leading to increased confidence, passion, and freedom.*



### **736 | Do You Own Your Stuff or Does Your Stuff OWN You?**

Jami Shapiro, CSM Founder, Silver Linings Transitions  
Wed., July 10 | 1:00 PM | | FREE

*Jami Shapiro, founder of Silver Linings Transitions, offers insights into the impact of clutter on daily life, providing practical takeaways and humor-infused knowledge to help audiences improve organization and downsizing processes.*

### **733 | How to Prep Your House For Sale and Attract Buyers**

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor  
Wed., Aug. 14 | 1:00 PM | | FREE

*Join Farima, a Certified Senior Home Specialist, to discover the essential steps to prepare your home for sale, ensuring it makes an impression, attracts buyers, and garners great offers.*

### **737 | Open Your Internal Pharmacy**

Sonia Cervantes, Certified Health Coach, Nutritionist, and Therapeutic Chef  
Wed., July 24 | 1:00 PM | | FREE

*Learn about the keys and the science behind the body's internal pharmacy to take charge of your health.*

## **RANCHO PEÑASQUITOS BRANCH LIBRARY**

**13330 Salmon River Rd, San Diego, CA 92129**

### **728 | Move Waste From Your Waist**

Sonia Cervantes, Certified Health Coach, Nutritionist, and Therapeutic Chef  
Wed., July 10 | 11:00 AM | | FREE

*Learn how to remove toxic waste and eliminate the health-harming chemicals that belly fat produces.*

### **730 | The Power of Plant Based Nutrition**

Charlene Correia, Certified Plant-Based Lifestyle Health Coach  
Wed., Aug. 7 | 11:00 AM | | FREE

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

## **SAN CARLOS BRANCH LIBRARY**

**7265 Jackson Dr, San Diego, CA 92119**

### **750 | Metabolic Reset: Tips to Turbocharge Your Body's Engine**

Sonia Cervantes, Certified Health Coach, Nutritionist, and Therapeutic Chef  
Fri., July 26 | 2:00 PM | FREE

*In this class, we'll learn that supercharging your metabolism with SMART eating and adopting positive lifestyle changes can improve your metabolic health.*

### **751 | San Diego Women and their Role in World War II**

Linda Canada, Historian & Author  
Fri., Aug. 16 | 2:00 PM | | FREE

*Come hear actual stories and the real experiences of San Diego women as they lived through this tumultuous period of history.*

## **SCRIPPS MIRAMAR RANCH LIBRARY**

**10301 Scripps Lake Dr, San Diego, CA 92131**

### **760 | The Power of Plant Based Nutrition**

Charlene Correia, Certified Plant-Based Lifestyle Health Coach  
Wed., July 10 | 2:00 PM | | FREE

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

### **762 | Turbulent History of US Elections**

Blaine Davies, MA, Professor of U.S. History  
Thu., Aug. 8 | 1:00 PM | | FREE

*We'll explore the tumultuous history of US presidential elections, from George Washington's unanimous election to controversial races like Jefferson vs. Adams in 1800 and Gore vs. Bush in 2000.*

## **UNIVERSITY COMMUNITY BRANCH LIBRARY**

**4155 Governor Dr, San Diego, CA 92122**

### **702 | Animal Behavior and Ecology**

**Koala Conservation and Climate Change**  
Fred Bercovitch, BA, MS, PhD Biological Anthropology  
Tue., July 9 | 12:30 PM | | FREE

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



**Library Ambassadors host Oasis library classes throughout San Diego County. Contact Kris Anelli to learn more about this fun volunteer opportunity: [Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org) or (619) 881-6262**



# TRAVEL

Contact Brandon Harding at (619) 881-6262 to book your vacations.

All fees shown are per person. Visit the Travel page on the website for full brochures: Click "Classes" and then select "Travel & Tips"

## AFC Vacations

### Cape Cod & the Islands

October 5 - 11, 2024 | 7 Days • 9 Meals  
Double \$3149 | Triple \$3119 | Single \$3999

*This trip includes Boston City Tour & Faneuil Hall, Plymouth Rock, Plimoth Patuxet Museums, & recreated ship Mayflower II, Martha's Vineyard Tour, Provincetown & Cape Cod National Seashore, Cranberry Bog Tour, Newport Tour & The Breakers Mansion, Nantucket Island & Whaling Museum, a Lobster Farewell Dinner, and more.*

### Great Trains & Grand Canyons

November 10, 2024 | 6 Days • 8 Meals  
Double \$2875 | Triple \$2845 | Single \$3725

*This trip includes two Awesome Rail Trips (the Grand Canyon Railway & the Verde Canyon Rail), Grand Canyon National Park, Sedona City Trolley Tour & Lesiure Time, Jerome, an old West mining town, Montezuma Castle National Monument, Chuckwagon Supper & Western Show, and more.*

### Highlights Of The Douro With Spain

October 28, 2024 GD  
November 4, 2024 GD (\$100 pp dbl)  
9 Days • 20 Meals | See brochure for pricing

*This trip includes 6 Included Tours/Excursions (Porto by Night, Porto City Tour & Port Wine Tasting, Vila Réal & Mateus Palace, Salamanca (Spain), Lamego Tour, & Guimarães Tour), Flamenco, Fado, & Folklore Shows, Open Bar Onboard (Wine, Beer, Spirits, Soft Drinks, Mineral Water, Coffee & Tea (premium drinks excluded)), Included WiFi onboard, English Speaking Ship Staff, and more.*

### Smoky Mountains & Pigeon Forge Holiday

December 8, 2024 | 5 Days • 7 Meals  
Double \$2599 | Triple \$2569 | Single \$3279

*This trip includes Live Shows (Country Tonite Christmas Show & Dollywood Holiday Shows), Biltmore Estate with Lunch, Great Smoky Mountains National Park, Gatlinburg & Moonshine Tasting, Dollywood Smoky Mountain Christmas, Titanic Museum, Free Time in Pigeon Forge, and more.*

## Collette Vacations

### America's Cowboy Country

September 23 - 30, 2025 | 8 Days • 10 Meals  
Double \$4299 | Triple \$4249 | Single \$5599

*This trip includes Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Deadwood, Buffalo Bill Center of the West, Yellowstone National Park, Jackson Hole, Grand Teton National Park, and more.*

### Explore Northern Italy

April 24 - May 2, 2025 | 9 Days • 14 Meals  
Double \$3799 | Triple \$3769 | Single \$4199

*This trip includes Treviso, Tiramisu Cooking Class, Verona, Choice on Tour: Verona Painted City or Verona and its Waters Walking Tours, Murano Glass Blowing Demonstration, Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit, and more.*

### Spotlight on South Dakota

May 16 - 22, 2025 | 7 Days • 9 Meals  
Double \$2999 | Triple \$2969 | Single \$3799

*This trip includes Mount Rushmore, Oglala Lakota Living History Village, Badlands National Park, Wall Drug, Deadwood, Choice on Tour: Adams Museum or Story of the Bison Interpretive Center, High Plains Heritage Center, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, Devils Tower National Monument, and more.*

**DETAILED INFORMATION  
ON EACH TRIP  
IS AVAILABLE ON  
THE OASIS WEBSITE!**

## 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.  
[www.daytrippertours.com](http://www.daytrippertours.com)

Use code **OASIS724** to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.



### Catalina Island Daycation Getaway

Saturday, July 20; Saturday, August 17;  
& Saturday, September 14 | Price: \$198

### Daytrip to Lake Arrowhead with Narrated Cruise

Thursday, August 8 | Price: \$159

### Glory Days Tour Aboard the Queen Mary

Saturday, August 24 | Price: \$149

### Pageant of the Masters & Laguna Festival of Arts

Tuesday, August 6; Saturday, August 17;  
Monday, August 19; Wednesday, August 21  
Price \$198 - \$225

### Sherman Library & Gardens w/Newport Harbor Cruise

Wednesday, August 28 | Price: \$149

## You've got goals; we'll help keep you on target.

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



Offices of Jonathan Doering  
and Matthew Molstre

### Join us for these upcoming Thrivent Financial classes with Anthony Camara, CFP®, MBA

#### RANCHO BERNARDO

2194 | How Taxes Affect Your Retirement  
Mon., July 22 | 1:00 PM | \$5

2090 | Retirement & Estate Strategies  
Mon., Aug. 26 | 11:00 AM | \$5

#### Social Security

2193 | Mon., July 22 | 11:00 AM | \$5  
2216 | Mon., Aug. 26 | 1:00 PM | \$5

#### Thrivent One-on-One

2218 | Fri., July 26 | 10:00 AM | FREE  
2089 | Wed., Aug. 28 | 10:00 AM | FREE

#### LA MESA

1350 | How Taxes Affect Your Retirement  
Mon., July 15 | 1:00 PM | \$5

1352 | Retirement & Estate Strategies  
Tue., Aug. 20 | 11:00 AM | \$5

#### Social Security

1349 | Mon., July 15 | 11:00 AM | \$5  
1353 | Tue., Aug. 20 | 1:00 PM | \$5

#### Thrivent One-on-One

1351 | Fri., July 19 | 10:00 AM | FREE  
1354 | Wed., Aug. 21 | 10:00 AM | FREE

For complete class descriptions and to register,  
visit [SanDiegoOasis.org](http://SanDiegoOasis.org) or call (619) 881-6262 or (858) 240-2880



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

**A Reverse Mortgage will improve your  
"Quality of Life" and give you "Peace of Mind" SM**

## Home Owners 62 and older:

- Supplement your retirement income
- Never make a monthly mortgage payment  
(Responsible for property taxes and homeowner's insurance)
- Tax-free money
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*I do business "The Old Fashion Way",  
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and meet with you face to face at your kitchen table.*

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web: [www.reversemortgages62.com](http://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

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**Owen has 15 two-minute videos on his website, [www.reversemortgages62.com](http://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.**

Loans made or arranged pursuant to Real Estate Corporation License Endorsement, California Bureau of Real Estate Broker #01837820. NMLS #274336 These materials are not from HUD or FHA and were not approved by HUD or a government agency.



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

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# Senior Resource DIRECTORY



## Welcome to the San Diego Oasis Resource Directory!

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



You can also visit our Resource Directory online at [www.SanDiegoOasis.org/Resources](http://www.SanDiegoOasis.org/Resources).

Our Resource Directory participants are known partners and are fully vetted. **You can be assured of great service when you reach out to our Resource Directory service providers!**

**Interested in a  
Resource Directory  
listing?**

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

## ASSISTED LIVING: EAST COUNTY



### SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 508-0931  
[susan@sungardenterrace.com](mailto:susan@sungardenterrace.com) | [sungardenterrace.com](http://sungardenterrace.com)

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

## ASSISTED LIVING: NORTH COUNTY



### CASA DE LAS CAMPANAS, A CONTINUING CARE RETIREMENT COMMUNITY

Brooke Patterson | (858) 592-1811  
[BPatterson@casadlc.com](mailto:BPatterson@casadlc.com) | [casadelascampanas.com](http://casadelascampanas.com)

Casa de las Campanas is the only not-for-profit Type "A" Continuing Care Retirement Community (CCRC) in San Diego, a community that provides an engaging lifestyle and the highest level of senior care. Our 5-Star rated Health Center, numerous amenities and extensive life enrichment programming gives Residents the retirement they desire.



### FELICITA VIDA, A SENIOR LIFESTYLE COMMUNITY

Patricia Gunn | (909) 485-4654  
[pgunn@seniorlifestyle.com](mailto:pgunn@seniorlifestyle.com) |  
[www.facebook.com/Felicitavidaseniorliving](https://www.facebook.com/Felicitavidaseniorliving)

At Felicitá 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

A FIVE STAR SENIOR LIVING COMMUNITY

### THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201  
[AHandley@5SSL.com](mailto:AHandley@5SSL.com)  
[fivestarseniorliving.com/communities/ca/san-diego/the-remington-club](http://fivestarseniorliving.com/communities/ca/san-diego/the-remington-club)

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

## ASSISTED LIVING PLACEMENT SPECIALISTS



Your Assisted Living & Memory Care Experts

### AGING123

Julie Derry, MBA, CSA | (619) 378-6895  
[julie@aging123.com](mailto:julie@aging123.com) | [aging123.com](http://aging123.com)

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options.



### LIVING COASTAL SENIOR RESOURCES

Jacqui Clark, CSA, CPRS | (858) 761-7551  
[Jacqui@LivingCoastalSeniorResources.com](mailto:Jacqui@LivingCoastalSeniorResources.com)  
[agingwellpartners.com/partners/living-coastal-senior-resources](http://agingwellpartners.com/partners/living-coastal-senior-resources)

Jacqui Clark, Certified Senior Advisor™, offers NO COST highly personalized assistance when looking for assisted living, memory care, or residential care homes. With a decade of expertise in the senior industry and a wellness specialist, Jacqui is a leader in educating aging adults on how to live and age well.



### RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY

Virginia Renker, CSA | (619) 885-0420  
[virginia@rosecares.com](mailto:virginia@rosecares.com) | [rosecares.com](http://rosecares.com)

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

## CERTIFIED AGING IN PLACE SPECIALISTS



### AGING ADVISORY SERVICES

Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733  
[jacqueline@agingadvisoryservices.com](mailto:jacqueline@agingadvisoryservices.com)  
[agingadvisoryservices.com](http://agingadvisoryservices.com)

Jacqueline Silverman, Certified Senior Advisor™ and Aging in Place Specialist helps you thrive at home as you age. With comprehensive home safety assessments, project management, and concierge services, Jacqueline delivers optimal care and resources, empowering people to better understand, plan for, and manage changes and unexpected events associated with aging.



### CASTLE MAVEN

Darlene Pidgeon, MBA, RN, CAPS | (858) 886-6452  
[DPidgeon@CastleMaven.com](mailto:DPidgeon@CastleMaven.com) | [CastleMaven.com](http://CastleMaven.com)

Darlene Pidgeon, founder of the award-winning Castle Maven, is a Registered Nurse, and Certified Aging in Place Specialist. Darlene and her team solve safety issues while supporting the specific needs of aging clients, their homes, and their family caregivers. Complimentary consultation. **Your home is your Castle. Live There. Age There.**

## DEMENTIA SUPPORT



### GLENNER CENTERS DAY PROGRAM

Lisa Tyburski | (619) 543-4700  
[information@glenner.org](mailto:information@glenner.org) | [glenner.org](http://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

## FINANCIAL PLANNERS



Offices of Jonathan Doering  
and Matthew Molstre

### THRIVENT FINANCIAL

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

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.



Visit the  
online  
version:

[https://bit.ly/  
OasisResourceDirectory](https://bit.ly/OasisResourceDirectory)

## HOSPICE



### CABRILLO HOSPICE

Kate Bridgman, Vice President of Business Development  
(619) 245-1872  
[kbridgman@cabrillogroup.com](mailto:kbridgman@cabrillogroup.com) | [cabrillohospice.com](http://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.



### The Elizabeth Hospice

### THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050  
[info@ehospice.org](mailto:info@ehospice.org) | [elizabethhospice.org](http://elizabethhospice.org)

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



### GLORY HOSPICE

Lori Yas | (760) 545-2025  
[info@gloryhospice.com](mailto:info@gloryhospice.com) | [GloryHospice.com](http://GloryHospice.com)

At Glory Hospice, we understand that receiving a terminal diagnosis can be frightening and overwhelming. You are not alone. The Glory Team was created to help you through this difficult time. Let God's peace replace fear and worry. Our goal is to honor your wishes and to individualize your care.

## IN-HOME CARE AGENCIES



### COAST CARE PARTNERS

David Chong | (619) 354-2544  
[david@coastcarepartners.com](mailto:david@coastcarepartners.com) | [coastcarepartners.com](http://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](mailto:ben@nonashomecare.com) | [nonashomecare.com](http://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](mailto:mdelgado@homecare-sd.com) | [rightathome.net/el-cajon](http://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

John Boodhansingh, Owner | (858) 866-9005  
[john.b@amadaseniorcare.com](mailto:john.b@amadaseniorcare.com) | [AmadaSanDiegoCentral.com](http://AmadaSanDiegoCentral.com)

Amada Senior Care provides advocacy for long term care insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide complete claims service for our home care clients affording them piece of mind when they need it most.



### JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351 | Fax (858) 618-1410  
[linda.jahnke@jcltca.com](mailto:linda.jahnke@jcltca.com) | [jcltca.com](http://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.

## MEAL DELIVERY



**MEALS on WHEELS**  
SAN DIEGO COUNTY

### MEALS ON WHEELS

1 (800) 5-SENIOR / (619) 260-6110  
[info@meals-on-wheels.org](mailto:info@meals-on-wheels.org) | [meals-on-wheels.org](http://meals-on-wheels.org)

Meals on Wheels San Diego County has proudly delivered meals to seniors and disabled veterans for over 60 years. Our dedicated volunteers deliver more than just a meal though, daily check-ins provide peace of mind and personal connection. Join our family by signing up for meals, donating, or volunteering today!

## MEDI-CAL/VA BENEFIT CONSULTANTS



### FINANCIAL SECURITY DESIGNS

Tony Bevin | (858) 673-8448  
[financialsecdesigns@gmail.com](mailto:financialsecdesigns@gmail.com) | [vabenefitsonline.com](http://vabenefitsonline.com)

Helping Seniors with aging in place:

1. How to keep you out of a nursing home
2. Provide the necessary care at home

Get eligible for financial assistance to help pay for those in a nursing home and free assistance (in certain zip code areas) for those in the home.

## MEDICARE EXPERTS



### AMANDA SHELLEY - LICENSED INSURANCE BROKER

Amanda Shelley | (858) 431-6152  
[amanda@justusmedicare.com](mailto:amanda@justusmedicare.com) | [justusmedicare.com](http://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\*

**Hyperlinks for emails and websites are provided if viewing electronically.**



### UNITED HEALTH CARE

Fariba Zariéh | (619) 887-6822

[Fariba.Zariéh@gmail.com](mailto:Fariba.Zariéh@gmail.com) | [myuhcagent.com/Fariba.Zariéh](http://myuhcagent.com/Fariba.Zariéh)

My name is Fariba Zariéh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your option. 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.

### PHYSICAL THERAPY



### PHYSIO ON THE GO: MOBILE PHYSICAL THERAPY & WELLNESS SERVICES

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Our experienced team focuses on guiding people to move and feel better by focusing on personalized care. We ensure patients achieve their health goals from the comfort of their homes. Unlimited Potential specializes in orthopedics, neurological rehab, personal training and health coaching from physical, occupational and speech therapy services.

### PROPERTY MANAGEMENT



### HALCYON REAL ESTATE SERVICES AND SENIOR@HOME

Ginger Couvrette | (858) 243-5304

[gingercouvrette@yahoo.com](mailto:gingercouvrette@yahoo.com) | [HalcyonCA.com](http://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



### ACCURATE REVERSE MORTGAGE CORP.

John Correll, CRMP | (619) 294-9820

[John@AccurateReverse.com](mailto:John@AccurateReverse.com) | [accuratereversemortgage.com](http://accuratereversemortgage.com)

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.



**EQUITYSMART HOME LOANS**

Laura Strickler | (760) 518-9839  
[lauras@equitysmartloans.com](mailto:lauras@equitysmartloans.com) | [laurastrickler.com](http://laurastrickler.com)

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

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[shelfgenie.com/locations/sanmarcos](http://shelfgenie.com/locations/sanmarcos)

ShelfGenie is a premier full-service designer of custom pull-out shelving solutions. Our expert designers transform cluttered, hard-to-access cabinets and pantries into organized, highly functional, and easily accessible spaces. Our exceptional cabinet and pantry storage designs are marked by a commitment to understanding our clients' lifestyles, unique needs, and wellness goals.

**SENIOR MOVE MANAGERS**



**SILVER LINING TRANSITIONS**

Jami Shapiro | (760) 522-1624  
[info@silverliningtransitions.com](mailto:info@silverliningtransitions.com) | [silverliningtransitions.com](http://silverliningtransitions.com)

We "make moves MAGICAL" and handle all the emotional and logistical aspects of relocation. We also provide de-cluttering, home organization and photo organizing services. When we refer to a Realtor partner, move services are FREE or heavily discounted.

**SENIOR REAL ESTATE SPECIALISTS**



**BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES**

Bryan Devore | (760) 908-3838 | DRE #01397835  
[Bryan@DevoreRealtyGroup.com](mailto:Bryan@DevoreRealtyGroup.com) | [DevoreRealtyGroup.com](http://DevoreRealtyGroup.com)

Bryan Devore is a Seniors Real Estate Specialist who has been assisting clients throughout San Diego since 2003. His team of highly trained agents specializes in guiding seniors through the home selling process. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process.

**View Resource Directory on the Oasis website: SanDiegoOasis.org**





**PATTI GERKE, REALTOR, DRE# 01386269**

Patti Gerke, MBA, SRES, CSA, CAPS, CRS | (760) 525-7269  
[patti@pattigerke.com](mailto:patti@pattigerke.com)  
[agingwellpartners.com/partners/patti-gerke-realtor](http://agingwellpartners.com/partners/patti-gerke-realtor)

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



**TRACEY STOTZ | DRE# 01976976**

Tracey Stotz, Broker | (619) 200-0918  
[tracey@traceystotz.com](mailto:tracey@traceystotz.com) | [traceystotz.com](http://traceystotz.com)

Tracey Stotz, an independent brokerage owner, excels at assisting those over 50 with empathy and expertise. Certified in Probate Sales, Accredited Buyer's Representation and Seniors Real Estate, she was a winner of Broker of the Year in 2022. Her Oasis Board role reflects her dedication to clients and the community.

**VITAL INFORMATION TOOLS**



**THE RECORD**

Ann Maas & Brenda Kraft  
[info@therecorderbinder.com](mailto:info@therecorderbinder.com) | [therecorderbinder.com](http://therecorderbinder.com)

The Record is a workbook with pages of questions about your personal, financial, property, and medical information. It covers all issues in a user-friendly format. Once you fill out The Record, you and your care team will have everything needed to handle any situation. Please see our website for additional information.

**Find the Resource Guide under the RESOURCES tab on the blue navigation bar.**



## Help a Child Today *for a brighter tomorrow*

### Questions?

Contact Michelle Irby, Intergenerational  
Tutor Program Manager:

Phone | (619) 881-6262

Email | [Michelle@SanDiegoOasis.org](mailto:Michelle@SanDiegoOasis.org)



## You can help a child learn to love reading and learning

By spending an hour each week during the school year with a young child who struggles with reading, you can make a profound impact on that child's future. Through the Oasis Intergenerational Tutoring program, volunteer tutors, school district personnel and Oasis staff work together to help children build reading skills, self-esteem and a positive attitude toward learning. It's a win-win for both the adults who have a passion for helping kids and the children who benefit from a caring, supportive relationship.

To get started, simply sign up online or reach out to Michelle Irby and complete tutoring training. No teaching or tutoring experience is needed; all you need to succeed is provided by Oasis. Every effort is made to pair you with a child at a Title 1 school. The school liaison and teacher will work with you to find a time during the school day for your weekly tutoring sessions.



## Safeguarding our communities

SDG&E's pioneering wildfire safety program has become an industry leader, setting standards for other power companies to follow. Every day, advance prevention and mitigation activities are at work keeping our communities safe from wildfires. As we continue to push the boundaries of innovation and develop new ways to prevent wildfires, our commitment to safety remains at the forefront of everything we do.



## San Diego Oasis Board of Directors

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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



## San Diego Oasis at La Mesa

5500 Grossmont Center Drive, Suite 269  
 La Mesa, CA 91942 | (619) 881-6262



## LIVE & SILENT AUCTION To support San Diego Oasis programs

Plan now to join this exciting and fun event! See page 24 and look for email updates and news on social media.

## Thank You to our Sponsors

