



San Diego **Oasis**

SEP | OCT 2024

forever**INSPIRED**

President's Welcome
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forever**SUPPORTIVE**

Ways You Can Help
P5

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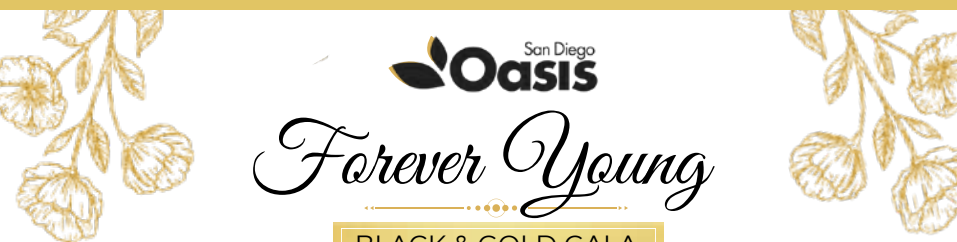
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Black & Gold Gala
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San Diego **Oasis**

Forever Young

BLACK & GOLD GALA

Live & Silent Auction

Saturday, November 2, 2024, 5:30 PM
San Diego Oasis at Rancho Bernardo

See Page 3 for Details!

La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880



Info@SanDiegoOasis.org



SanDiegoOasis.org





Dear Oasis Family,

Back-to-school vibes are all around us. Our team has been working hard over the summer to bring you the most delightful and comprehensive suite of programs in our 37-year history. We can't wait to see you in Rancho Bernardo, La Mesa, at a library or online.

Oasis Tutors + Kids = Fun and Transformation. If you have been thinking about tutoring an at-risk elementary school student for just one hour per week, now is the time to get trained. No experience is required. Send an email to Michelle@SanDiegoOasis.org.

Shamily's Teaching Kitchen. Tasty, fun, educational programs are happening in the most beautiful teaching kitchen. Come and taste the flavors of France, Italy, Korea, Argentina, Japan, China, and more!

Technology Learning. our brand new Oasis Quick Fix Software Services are here! See page 23.

Rent a Space. Do you know of a person or organization that needs events and/or meeting space? We partner with San Diego Children's Choir, Kiwanis Club, Rotary Clubs, to name a few, to provide them with the perfect venue. Help us spread the word; send an email to Jodi@SanDiegoOasis.org.

Our mission of serving older adults and children is only possible with donor support. Here are a few options:

Mark your calendars: **our first Forever Young: Black and Gold Gala** will take place on November 2 in Rancho Bernardo. It will be a fun evening! See page 3.

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 history. Every donation gets a 50% boost - there has never been a better time to make your tax-deductible gift.

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

Warmly,

Simona Valanciute
President & CEO

P.S. I'm available to answer any questions; please contact me at Simona@SanDiegoOasis.org - I would love to talk with you!



Forever Young

BLACK & GOLD GALA

This elegant fundraising event will benefit the Oasis mission of healthy longevity and intergenerational literacy programs, which serve our community's older adults and at-risk elementary school children in our neediest public schools.

Live & Silent Auction
Saturday, November 2, 2024, 5:30 PM
San Diego Oasis at Rancho Bernardo

17170 Bernardo Center Drive, San Diego 92128
Tickets: \$200 Individual | Table for 8 Guests: \$1,600

Tickets go on sale Monday, August 26, 2024

Please contact Jodi Gallen at (858) 240-2880, Ext. 104 or Jodi@SanDiegoOasis.org with any questions.

San Diego Oasis is a 501(c)3 non-profit organization.
Tax ID #30-0403895.

Learn more at www.SanDiegoOasis.org or scan QR code:



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 our tech workshops possible.

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
- **Register online with MyOasis:** Log into your MyOasis account at 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
- **New to Oasis?** View the helpful resource on the website home page 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 60 or contact 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 for La Mesa and 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.
- **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.

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WAYS TO GIVE

WHERE DOES OASIS GETS ITS FUNDING?

- 25% from program revenue
- 75% from donors, grants, sponsorships

CURRENT GIFTS:

Cash | Life Insurance | Stocks | Real Estate

PLANNED GIFTS:

Bequest & Estate Plan | Retirement Assets | Charitable Trusts
Life Estate Reserved | Charitable Gift Annuity



Required Minimum Distributions (RMDs) are easy to make. Simply direct your RMD San Diego Oasis, 501(c)3 charity, Tax ID is #30-0403895.



Donating **Stocks** benefits the donor by helping avoid capital gains tax. Stock gifts are easy to make.



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



Make Oasis a charitable beneficiary in your estate plan. Your **Legacy Gift** ensures your personal values continue to support seniors and at-risk students in our public schools.



Monthly donations are extremely important to Oasis. Choose "monthly donation" option on our website's Donate page or call the office to set up your monthly gift.



Donate a Vehicle: one easy phone call to (877) 55-OASIS will convert your car into a valuable gift to Oasis, whether it is in working or non working condition.

San Diego Oasis is excited to continue its matching gift campaign in collaboration with the David C. Copley Foundation. Will you help us reach our goal?



**PHASE TWO GOAL:
\$250,000 BY NOVEMBER 30, 2024**



Questions?

Contact Simona Valanciute at Simona@SanDiegoOasis.org or (619) 846-3832 with questions.

Our tax ID number is #30-0403895. Oasis is a 501(c)3 public charity.



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.

Abstract Painting in Acrylic with Preet Works

Preet Works, Teaching Artist

Join teaching artist Preet Works, with over two decades of experience, to explore the creative style of abstract painting.

1630 | Mon., Sep. 16 | 10:00 AM | \$17

1631 | Thu., Oct. 17 | 10:00 AM | \$17

1632 | Thu., Oct. 24 | 10:00 AM | \$17

1633 | Wed., Oct. 30 | 10:00 AM | \$17

1621 | Beginning Bead Weaving:

Brick Stitch Earrings with Loop Fringe

Diane Kramer, Bead Weaver & Instructor

Tue., Oct. 1 | 1:00 PM | \$42

Bead weaving is the craft of using a needle, thread, and beads to create beautiful jewelry. Learn how to make earrings. No experience is necessary, and materials are provided.

1322 | Color Theory

Aniko Makranczy, MFA

Fri., Sep. 27 - Oct. 25 | 10:00 AM | 5 Sess. | \$85

Learn basic principles of color theory including the color wheel, color mixing, schemes and relationships, color properties, and how certain colors work together to evoke different moods.

1389 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Tue. & Thu., Oct. 8 - 10 | 10:00 AM | 2 Sess. | \$34

Create pen and ink drawings overlaid with watercolor, with techniques using Pigma Micron pens to depict textures found in nature, including feathers, leaves, wood grain, and more.

1391 | Creating Textures in Watercolor

Ann Dunham, MS Design

Tue. & Thu., Oct. 29 - 31 | 10:00 AM | 2 Sess. | \$34

Watercolor techniques to bring objects to life through textures, covering contrast of value, along with brush variations and dry and wet techniques for experimental learning.

1347 | Drawing - Simple Perspective

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


Mon/Wed/Fri., Oct. 7 - 11 | 1:00 PM | 3 Sess. | \$50

Learn perspective for drawing landscapes. Practice techniques for creating the illusion of depth in drawings.


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.

 **1273** | Wed., Sep. 18 | 1:00 PM | \$67

Mosaic Stringer Plate

 **1274** | Wed., Oct. 16 | 1:00 PM | \$67

Halloween Ornaments

1388 | Illustration: Drawing California Native Plants

Ann Dunham, MS, Design

Tue. & Thu., Sep. 24 & 26 | 10:00 AM | 2 Sess. | \$34

Learn how to create lifelike illustrations of California native plants. Come with or without drawing experience.

1306 | Lined Tapestry Tote Bag

Lyn Earl, Instructor

Wed., Oct. 30 | 1:00 PM | \$17

In this class, you'll sew a sturdy, lined tapestry/canvas tote bag. Using Route 66 themed tapestry fabric this project is suitable for any level sewist.

TAKE NOTE!

GET TO KNOW OUR INSTRUCTORS

Visit the website, click on **CLASSES** then select **INSTRUCTOR BIOS**.




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 that you'll need to bring.

 **1309** | Wed., Sep. 11 | 10:00 AM | \$22
Greeting Cards

 **1310** | Wed., Oct. 9 | 10:00 AM | \$22
Message Board Magnets

1346 | Play Around with Acrylic Paint

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Mon/Wed/Fri., Sep. 9 - 13 | 1:00 PM | 3 Sess. | \$50

Experiment with acrylic paints. Have fun practicing different elements of paintings such as clouds, water, reflections and foliage. No experience necessary.

1368 | Rock Painting

Marci Kleiner
Tue., Oct. 22 | 10:00 AM | \$17

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

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.

1130 | Mon., Sep. 9 | 10:00 AM | \$17

1131 | Mon., Sep. 23 | 10:00 AM | \$17

1132 | Mon., Oct. 7 | 10:00 AM | \$17

1133 | Mon., Oct. 21 | 10:00 AM | \$17

TAKE NOTE!

CHANGE OF PLANS?

If you can't attend your class, please let us know so we can make your seat available to another member.



BUSINESS, FINANCE, LEGAL

thrivent[®]

Offices of Jonathan Doering and Matthew Molstre

1000 | Economic Review and Market Outlook

Chuck Eitzweller, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP[®], CIMA[®], CMT & Anthony Camara, CFP[®], MBA
Tue., Oct. 15 | 10:00 AM | FREE

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

1374 | How Taxes Affect Your Retirement

Anthony Camara, CFP[®], MBA
Tue., Sep. 3 | 1:00 PM | \$5

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

1375 | Retirement & Estate Strategies

Anthony Camara, CFP[®], MBA
Mon., Oct. 7 | 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? Learn how to manage the key risks all retirees face: outliving income, inflation, and unpredictable events.

1373 | Tue., Sep. 3 | 11:00 AM | \$5

1376 | Mon., Oct. 7 | 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.

1381 | Wed., Sep. 4 | 10:00 AM - 1:00 PM | FREE

1382 | Wed., Oct. 9 | 10:00 AM - 1:00 PM | FREE

See page 51 for more information on
Thrivent Financial,
proud sponsor of San Diego Oasis

1280 | Ballot Props and Measures: Pros and Cons

League of Women Voters
Fri., Oct. 11 | 1:00 PM | FREE

Non-partisan analysis of state and local ballot measures, including which organizations and individuals support and oppose them.

1595 | Bringing Spaces to Life: The Ultimate Guide to Staging Homes

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wed., Sep. 4 | 10:00 AM | \$10

Explore home staging as a strategic art form, with best practices to transform spaces in order to attract potential buyers.

1559 | Investing 101

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder
Tue., Oct. 22 | 1:00 PM | \$15

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

Let's Talk About It – The Headlines

Rick LeVine, Attorney

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

1138 | Wed., Sep. 25 | 1:30 PM | \$10

1139 | Wed., Oct. 23 | 1:30 PM | \$10

1022 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate
Fri., Sep. 20 | 10:00 AM | \$10

Join Linda Jahnke for a comprehensive workshop on understanding and utilizing your long-term care insurance policy. Detailed handouts will be provided.

1420 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor
Thu., Sep. 19 | 1:00 PM | \$15

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

1367 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist
Fri., Sep. 13 | 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 of both.



1385 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE
Tue., Sep. 24 | 10:00 AM | FREE

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 living options, aging in place, financial and legal tips, downsizing: create your own customized aging road map.

1142 | Tue., Sep. 24 | 10:00 AM | FREE

1143 | Tue., Oct. 22 | 10:00 AM | FREE

1560 | Taking Selling & Moving from Overwhelming to Manageable

Tracey Stotz, M.P.A, S.R.E.S, P.S.A and Probate Certified Broker

Mon., Sep. 30 | 10:00 AM | \$10

This class will provide you with the strategies, steps and support to make selling your home and moving hassle-free.

Understanding Senior Residential Care Options

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

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

1393 | Tue., Sep. 10 | 10:00 AM | FREE

1394 | Thu., Sep. 12 | 10:00 AM | FREE

1596 | What Property Improvements Have the BEST Return?

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wed., Oct. 2 | 10:00 AM | \$10

If you are thinking of selling your home, attend this seminar to learn which home renovation projects provide the best return on your investment.

1556 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder
Thu., Sep. 19 | 10:00 AM | \$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

Simple, safe exercises that require only a sturdy chair.

1024 | Fri., Sep. 6 - 27 | 10:45 AM | 4 Sess. | \$40

1025 | Fri., Oct. 4 - Nov. 1 | 10:45 AM | 5 Sess. | \$50

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1032 | Mon., Sep. 9 - 23 | 12:00 PM | 3 Sess. | \$30

1033 | Mon., Sep. 30 - Oct. 28 | 12:00 PM | 5 Sess. | \$50

1028 | Fri., Sep. 6 - 27 | 12:00 PM | 4 Sess. | \$40

1029 | Fri., Oct. 4 - Nov. 1 | 12:00 PM | 5 Sess. | \$50

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

1040 | Mon., Sep. 9 - 23 | 9:30 AM | 3 Sess. | \$30

1041 | Mon., Sep. 30 - Oct. 28 | 9:30 AM | 5 Sess. | \$50

1047 | Tue., Sep. 3 - 24 | 12:00 PM | 4 Sess. | \$40

1048 | Tue., Oct. 1 - 29 | 12:00 PM | 5 Sess. | \$50

1051 | Wed., Sep. 4 - 25 | 1:15 PM | 4 Sess. | \$40

1052 | Wed., Oct. 2 - 30 | 1:15 PM | 5 Sess. | \$50

1036 | Fri., Sep. 6 - 27 | 9:30 AM | 4 Sess. | \$40

1037 | Fri., Oct. 4 - Nov. 1 | 9:30 AM | 5 Sess. | \$50

1044 | Sat., Sep. 21 | 10:30 AM | \$10

1045 | Sat., Oct. 19 | 10:30 AM | \$10

Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

Enjoy a modified, full-body workout of easy-to-follow dance and drumming movements set to favorites from yesteryear.

1055 | Sat., Sep. 21 | 9:30 AM | \$10

1056 | Sat., Oct. 19 | 9:30 AM | \$10

Dance Fit

Andra Valencia, Fitness and Dance Instructor

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

1058 | Thu., Sep. 5 - 26 | 1:15 PM | 4 Sess. | \$40

1059 | Thu., Oct. 3 - 31 | 1:15 PM | 5 Sess. | \$50

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.

1062 | Mon., Sep. 9 - 23 | 2:15 PM | 3 Sess. | \$30

1063 | Mon., Sep. 30 - Oct. 28 | 2:15 PM | 5 Sess. | \$50

Hula Dance

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

Sitting or standing, Hula is quite a workout! You'll learn the basic steps of this traditional Hawaiian dance.

1122 | Thu., Sep. 5 - 26 | 2:15 PM | 4 Sess. | \$40

1123 | Thu., Oct. 3 - 31 | 2:15 PM | 5 Sess. | \$50

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

Traditional dances from Eastern Europe and around the world.

1066 | Wed., Sep. 4 - 25 | 9:30 AM | 4 Sess. | \$24

1067 | Wed., Oct. 2 - 30 | 9:30 AM | 5 Sess. | \$30

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

1074 | Wed., Sep. 4 - 25 | 2:15 PM | 4 Sess. | \$40

1075 | Wed., Oct. 2 - 30 | 2:15 PM | 5 Sess. | \$50

1070 | Thu., Sep. 5 - 26 | 12:00 PM | 4 Sess. | \$40

1071 | Thu., Oct. 3 - 31 | 12:00 PM | 5 Sess. | \$50

Pickleball 101 | OFFSITE Pickleball Training Centers in Poway

Sid Shapira, BA, Pickleball Gold Medalist, Author, PR & Corporate Communications Specialist

Discover the nation's fastest-growing sport in a dynamic class covering basic strokes, strategy, rules, and scoring.

2188 | Tue., Sep. 10 - Oct. 8 | 9:00 AM | 5 Sess. | \$125

2189 | Tue., Oct. 22 - Nov. 19 | 9:00 AM | 5 Sess. | \$125

Pilates for Everyone

Rosana Carvalho Gilmore, Certified Fitness Instructor

A gentle, introductory approach to mat-based Pilates.

1078 | Wed., Sep. 4 - 25 | 12:00 PM | 4 Sess. | \$40

1079 | Wed., Oct. 2 - 30 | 12:00 PM | 5 Sess. | \$50

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.

1086 | Tue., Sep. 3 - 24 | 9:30 AM | 4 Sess. | \$40

1087 | Tue., Oct. 1 - 29 | 9:30 AM | 5 Sess. | \$50

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1082 | Thu., Sep. 5 - 26 | 9:30 AM | 4 Sess. | \$40

1083 | Thu., Oct. 3 - 31 | 9:30 AM | 5 Sess. | \$50

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.

1090 | Tue., Sep. 3 - 24 | 2:30 PM | 4 Sess. | \$40

1091 | Tue., Oct. 1 - 29 | 2:30 PM | 5 Sess. | \$50

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

1094 | Tue., Sep. 3 - 24 | 1:15 PM | 4 Sess. | \$40

1095 | Tue., Oct. 1 - 29 | 1:15 PM | 5 Sess. | \$50

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.

1098 | Wed., Sep. 4 - 25 | 9:00 AM | 4 Sess. | \$40

1099 | Wed., Oct. 2 - 30 | 9:00 AM | 5 Sess. | \$50

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

1102 | Tue., Sep. 3 - 24 | 10:45 AM | 4 Sess. | \$40

1103 | Tue., Oct. 1 - 29 | 10:45 AM | 5 Sess. | \$50

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

1106 | Thu., Sep. 5 - 26 | 10:45 AM | 4 Sess. | \$40

1107 | Thu., Oct. 3 - 31 | 10:45 AM | 5 Sess. | \$50

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

This Tai Chi class offers gentle, continuous movements that synchronize breath and motion, enhancing strength and healing through refining fundamental postural movements.

1110 | Mon., Sep. 9 - 23 | 1:15 PM | 3 Sess. | \$30

1111 | Mon., Sep. 30 - Oct. 28 | 1:15 PM | 5 Sess. | \$50

1114 | T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor

Fri., Sep. 6 - Nov. 1 | 1:15 PM | 9 Sess. | \$90

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

1115 | T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor

Fri., Sep. 6 - Nov. 1 | 2:30 PM | 9 Sess. | \$90

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.

1118 | Mon., Sep. 9 - 23 | 10:45 AM | 3 Sess. | \$30

1119 | Mon., Sep. 30 - Oct. 28 | 10:45 AM | 5 Sess. | \$50

TAKE NOTE!

CURIOUS ABOUT A DANCE OR FITNESS CLASS?

You can try it out first by registering for a single "à la carte" session.



HEALTH & WELLNESS



1555 | Alzheimer's San Diego: Care Options: Residential

Jean Alton, Senior Dementia Educator
Tue., Sep. 10 | 1:00 PM | FREE

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

1396 | Alzheimer's San Diego: Living with Memory Loss

Joaquin Ortiz, Alzheimer's SD Director of Education
Tue., Oct. 8 | 1:00 PM | FREE

Learn strategies for adapting to daily challenges, enhancing well-being, and planning for the future, aimed at individuals with early-stage memory loss and their care partners.

1287 | A Day of Plant-Based Nutrition

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Tue., Oct. 15 | 1:00 PM | \$15

Plan nutritious meals, differentiate whole plant foods from processed, and optimize health by combining food categories.

Art Journaling for Mental Wellness

Marie Capizzi, MS, APCC

Art journaling incorporates images, text and embellishments to allow you to express thoughts and feelings visually.

1144 | Wed., Sep. 18 | 10:00 AM | \$25

1145 | Wed., Oct. 16 | 10:00 AM | \$25

1618 | Boost Your Immune System Naturally

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

Fri., Sep. 27 | 10:00 AM | \$15

Learn now to adopt simple ways to boost your immune system naturally with powerful foods and healthy habits.

TAKE NOTE! DO YOU YOUTUBE?

Subscribe to our channel for weekly Instructor Preview videos:
bit.ly/SDO-Youtube



1592 | Creating an Advanced Directive that is Personal and Impactful

Bill Simmons, Attorney

Mon., Oct. 21 | 10:00 AM | \$10

Lawyers have forms to quickly state your wishes for the end of life. Do better by giving more thought to your wishes.

1293 | Healthy by Choice: Physically, Mentally, Spiritually

Jo Eager, Former Chopper 8 News & Traffic Reporter, Journalist & Author, ACE Fitness Instructor, Journalist
Thu., Oct. 24 | 1:00 PM | \$15

Learn to shift your energy through thoughts and choices to create the health and life you want, using your power of choice for freedom and impact.

1305 | How to Be the Dolphin: A New Look at Mindfulness

Melinda Pajak, Writer, Intuitive & Happiness Explorer
Tue., Oct. 1 | 10:00 AM | \$15

Discover how your energy level affects well-being and learn about the three Energy Modes—shark, carp, and dolphin—to enhance mindful, heart-centered living.

1619 | How To Beat Your Sugar Dragon

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

Fri., Oct. 25 | 10:00 AM | \$15

Learn tips and tricks to break your sugar addiction and control your cravings.

1288 | Living Sustainably At Home

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Tue., Oct. 22 | 1:00 PM | \$15

This class guides you in making eco-friendly, health-conscious changes at home. It will offer budget-friendly tools and tips to improve your environment and well-being.

1403 | Nurturing Kidney Health

Montserrat Garcia, National Board Certified Health & Wellness Coach

Thu., Sep. 12 | 1:00 PM | \$15

Learn about the vital role of kidneys in wellness, common disorders, preventive measures, and lifestyle strategies to support kidney health for a vibrant life.

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1005 | Sat., Sep. 21 | 10:00 AM | FREE

1006 | Sat., Oct. 19 | 10:00 AM | FREE

1008 | Fri., Oct. 25 | 1:00 PM | FREE

1009 | Fri., Nov. 1 | 1:00 PM | FREE

1404 | Unlocking the Power of Sleep

Montserrat Garcia, National Board Certified Health & Wellness Coach

Thu., Oct. 3 | 1:00 PM | \$15

Discover the vital role of sleep in well-being, exploring sleep stages, quality factors, and strategies for optimizing sleep hygiene to improve habits and overall health.

1151 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Sep. 10 | 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.

SHARP

1002 | Your Health in Your Hands

Hans Crumpler, MD with Sharp HealthCare

Thu., Sep. 26 | 1:00 PM | FREE

Learn how to advocate for your health, build a better relationship with your doctor, ask essential questions, and follow new guidelines for women's health screenings.

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1400 | A Critical Look at the Anti-Modernist MAGA Philosophy

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges

Tue., Oct. 29 | 1:00 PM | \$15

Explore why MAGA rejects modernity for a pre-modern mindset and the motivations of Steve Bannon, JD Vance, and others to dismantle the modern state.

1331 | A Treasury of Halloween Humor

Richard Lederer, Union-Tribune Language Columnist

Thu., Oct. 31 | 10:00 AM | \$15

Union-Tribune language columnist and International Punster of the Year Richard Lederer offers a program of history, lore, jokes, puns, and funny verse about Halloween.

1406 | Ancient Greek Art

Gwenyth Mapes, Professor of Humanities

Fri., Sep. 27 | 1:00 PM | \$15

Explore ancient Greek art from the Bronze Age to Athens' Golden Age, revealing how art and architecture reflect culture, war, and trade.

1418 | Aztec Life: From Birth to Death

Maria Butler, MA Lecturer Emerita SDSU

Fri., Sep. 27 | 10:00 AM | \$15

We'll discuss the diverse societal function of commoners, priests, warriors and slaves as well as an overview of customary traditions from birth to death.

1578 | Baja California: 50 Years of Exploration

Gerald Green, MS, Physics, Parobotanist

Tue., Oct. 29 | 10:00 AM | \$15

Join parobotanist Gerald Green on a virtual journey through Baja California to explore unique plants, animals, and Native American artifacts.

1363 | Captain Kidd - The Pirate Scapegoat

Mark Carlson, Historian & Author

Wed., Sep. 11 | 1:00 PM | \$15

Captain William Kidd, initially an honest privateer, was arrested for plundering £20,000 in treasure. Most are still missing, fueling intrigue and treasure hunts for centuries.

 **1415 | Cheers! A Cultural History of Social Drinking**

Sofia Laurein, Ph.D., Professor of History
Tue., Oct. 1 | 10:00 AM | \$15

Through spirited stories and colorful anecdotes, explore 9,000 years of social drinking's impact on Western culture, from ancient Sumerians to today.

 **1419 | Cortes & Moctezuma II: The Meeting of Two Worlds**

Maria Butler, MA Lecturer Emerita SDSU
Fri., Oct. 4 | 10:00 AM | \$15

This lecture explores the meeting between Cortes and Moctezuma II leading to the 1521 fall of the Aztec Empire which transformed ancient Mesoamerican life forever.

 **1279 | Exploring the Yo-Yo: History, Styles and Performance**

Dick Allen, San Diego Yo-Yo Club
Wed., Sep. 25 | 10:00 AM | \$20

Explore the history and benefits of yo-yoing. See five competitive styles demonstrated and receive a yo-yo with instructions for tricks to learn.

1407 | Frida Kahlo's Art

Gwenyth Mapes, Professor of Humanities
Fri., Oct. 25 | 10:00 AM | \$15

This session explores the life and significant works of Frida Kahlo, Mexico's renowned artist known for her vibrant colors and self-portraits.

 **1364 | From Sea to Sea - Building the Panama Canal**

Mark Carlson, Historian & Author
Wed., Oct. 9 | 1:00 PM | \$15

In the 1880s, the dream of a Panama Canal faced failure. By 1902, Americans, despite immense challenges, it was built, amazing the world.

 **1617 | Grimm For Grown-ups**

Marilyn McPhie, President- Storytellers of San Diego;
TEDx Speaker
Thu., Oct. 24 | 1:00 PM | \$15

Thoughtful, scary, strange – these Grimm fairy tales are definitely for grown-ups.

 **1321 | Gustav Klimt (1862 - 1918)**

Aniko Makranczy, MFA
Tue., Oct. 29 | 10:00 AM | \$15

Gustav Klimt an Austrian symbolist and Vienna Secession founder, is renowned for gilded art nouveau portraits and influential landscapes inspired by Chinese and Byzantine art.

1573 | Haunted Places and Wandering Spirits of San Diego County

Richard Carrico, MA, Author and Professor of
American Indian Studies
Mon., Oct. 21 | 1:00 PM | \$15

Join local author Richard Carrico for a virtual tour of San Diego's haunted places, including the Whaley House, Laurel Street Bridge, and Hotel Del Coronado.

 **1580 | History of Spiritualism & Communicating with Spirits**

Nicole Strickland, Paranormal Researcher,
Author & Writer, Award-Winning Radio Host
Fri., Sep. 13 | 10:00 AM | \$15

This lecture explores the history of Spiritualism, key figures like the Fox Sisters and Houdini, and its impact on paranormal research and spirit communication methods.

 **1157 | How Propaganda Works**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., Oct. 9 | 10:00 AM | \$16

Explore how propaganda, a tactic of deceit to manipulate public opinion, has evolved from Roman times to today's media-driven world, affecting democracy and personal freedoms.

1155 | Inside the Electoral College

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., Sep. 11 | 10:00 AM | \$16

Explore the Electoral College, its function, and Peter's experience as a 2020 elector, along with his reaction to the January 6, 2021, Capitol attack.

 **1615 | My Native Land is Memory:
Stories of a Cuban Childhood**

Oliva M. Espín, Ph.D.
Fri., Oct. 11 | 10:00 AM | \$15

This memoir portrays pre-revolutionary Cuba in the 1940s and 50s, weaving personal narrative with Cuba's historical backdrop, exploring themes of identity and national struggle.

 **1581 | San Diego's Most Haunted**

Nicole Strickland, Paranormal Researcher,
Author & Writer, Award-Winning Radio Host
Fri., Oct. 4 | 1:00 PM | \$15

Explore the history and paranormal claims of San Diego landmarks, featuring insights from the San Diego Paranormal Research Society and highlights from Nicole's book, San Diego's Most Haunted.

 **1414 | The Fascinating Story of the Olympic Games**

Sofia Laurein, Ph.D., Professor of History
Tue., Sep. 17 | 10:00 AM | \$15

Discover the history of the greatest sporting spectacle from its birth in ancient Olympia to the present day.

 **1295 | The Israel-Hamas War (2023-Present)**

Ricardo Crespo, Ph.D. Political Science, Chair,
Department of Political Economy Grossmont College
Wed., Oct. 2 | 10:00 AM | \$15

This class examines the Israel-Hamas conflict, its origins, Israeli responses, and the potential broader implications for U.S. and regional security amid fears of escalation.

 **1614 | The Labyrinth of Personal and Collective Memory**

Oliva M. Espín, Ph.D.
Fri., Sep. 13 | 10:00 AM | \$15

Gain new perspectives on the accumulation of memories that are part of our lives.

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.**



 **1624 | The Rise and Fall of Rome:**

From Myth to Power

Thomas Malone, BA
Mon., Sep. 30 | 10:00 AM | \$15

This course traces Rome's legendary origins and early Etruscan and Greek influences, its rise from city-state to dominant power, including key expansions, and its transition to a republic.

 **1625 | The Rise and Fall of Rome:**

Expansion and Conquest of the Mediterranean

Thomas Malone, BA
Mon., Oct. 7 | 10:00 AM | \$15

Explore Rome's expansion across the Mediterranean, focusing on the Punic Wars, conquests of Greece and Egypt, key figures like Hannibal and Scipio Africanus, and its rise to dominance.

 **1626 | The Rise and Fall of Rome:**

Fall of the Republic

Thomas Malone, BA
Mon., Oct. 14 | 10:00 AM | \$15

Examine the wars and political turmoil that led to the fall of the Roman Republic, focusing on Julius Caesar's role, Augustus' rise, and the Claudian Dynasty's establishment.

 **1627 | The Rise and Fall of Rome:**

The Golden Age: The Pax Romana

Thomas Malone, BA
Mon., Oct. 21 | 10:00 AM | \$15

Explore the Pax Romana's first two centuries, highlighting notable emperors, cultural and technological advancements, and daily life during this era of unprecedented stability and prosperity.

 **1628 | The Rise and Fall of Rome:**

Decline and Transformation

Thomas Malone, BA
Mon., Oct 28 | 10:00 AM | \$15

Analyze the Empire's decline during the Crisis of the Third Century, focusing on invasions, civil strife, and economic disorder, leading to its fall in the West and transformation into the Byzantine Empire.

1399 | The Six Stages in the Evolution of Human Consciousness
Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Tue., Sep. 24 | 1:00 PM | \$15

This class explores the ongoing evolution of human consciousness through six stages and examines how these stages contribute to current global conflicts.

1572 | The True Story of the Battle of San Pasqual
Richard Carrico, MA, Author and Professor of American Indian Studies
Mon., Sep. 16 | 1:00 PM | \$15

In December 1846, U.S. forces led by Stephen W. Kearny and scout Kit Carson clashed with Mexican forces under Andres Pico in San Pasqual Valley. Learn the story of what really took place.

1339 | Theodore Roosevelt: A Man of Many Hats
Fred Bercovitch, BA, MS & PhD Biological Anthropology
Fri., Oct. 11 - 18 | 10:00 AM | 2 Sess. | \$30

Explore Theodore Roosevelt, the youngest US President at 42, known for varied roles pre, during, and post presidency, embodying adventure, conservation, and leadership.

1156 | Thoreau, Gandhi, and King – The Politics of Right Action
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Sep. 25 | 10:00 AM | \$16

The 20th century saw immense suffering and war but also a transformative era of non-violence led by Gandhi and King, inspired by Thoreau's "Civil Disobedience."

1294 | Ukraine-Russian War and American Foreign Policy
Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College
Wed., Sep. 18 | 10:00 AM | \$15

This class explores the Ukraine-Russian War, its origins, Russia's goals, the American response, and then analyzes the current state and prospects for the conflict.

1296 | US Election Systems: Origins and Changes to the Electoral College
Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College
Wed., Oct. 16 | 10:00 AM | \$15

This class explores the origins of the Electoral College and how presidential elections in the U.S. have evolved over time.

1323 | Weird and Wonderful San Diego History
Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter
Thu., Oct. 3 | 10:00 AM | \$15

Join award-winning author Jack Innis for amazing San Diego tales, including WWII bomber builders at the Del Mar Racetrack, legendary swordswoman Jaguarina, and the Kumeyaay story of Matiweel.

1158 | What is Christian Nationalism?
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Oct. 30 | 10:00 AM | \$16

Christian nationalism, advocating for a divinely ordained, explicitly Christian America, is gaining ground and raising critical questions about its true Christian identity.

1281 | When the Indians Met Lewis and Clark
Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)
Tue., Oct. 8 | 10:00 AM | \$15

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

Yoga Philosophy
Julia Doughty, MFA and Certified HHP
Explore yoga philosophy, using Polishing the Mirror by Ram Dass to discuss ancient practices and their applications to modern life.

1386 | Part One
Tue., Sep. 10 - Oct. 1 | 12:00 PM | 4 Sess. | \$60
1387 | Part Two
Tue., Oct. 8 - 29 | 12:00 PM | 4 Sess. | \$60

TAKE NOTE!

STAY INFORMED!

Our weekly email features classes, announcements, resources, and more.

Send us an email and we'll take care of signing you up:
Info@SanDiegoOasis.org



LANGUAGE

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

1169 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Sep. 16 - Oct. 21 | 10:00 AM | 6 Sess. | \$102

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

1183 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Sep. 16 - Oct. 21 | 11:30 AM | 6 Sess. | \$102

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

1163 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Sep. 16 - Oct. 21 | 1:00 PM | 6 Sess. | \$102

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

1171 | Beginning French for Travelers

Martine Hillier, BA, Trilingual, French & Spanish Tutor
Fri., Sep. 20 - Oct. 25 | 10:00 AM | 6 Sess. | \$102

Planning summer vacation abroad? French, spoken in 29 countries and an official Olympic language, is invaluable for global travel and is taught by a native French speaker.

1173 | Intermediate French for Travelers

Martine Hillier, BA, Trilingual, French & Spanish Tutor
Fri., Sep. 20 - Oct. 25 | 11:30 AM | 6 Sess. | \$102

Improve your French language skills with a native French speaker for an engaging experience.

1189 | Conversational Italian:

Intermediate to Advanced Level

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Sep. 17 - Oct. 22 | 10:00 AM | 6 Sess. | \$102

We will practice the beautiful Italian language through music, poetry, cultural readings, film and any topic that we might decide on in class!

1191 | Italian for Travelers: For Complete Beginners

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Sep. 17 - Oct. 22 | 12:00 PM | 6 Sess. | \$102

This class covers basic grammar, sentence structure, idioms, and vocabulary through dialogues and readings, perfect for those planning a trip to Italy.

1165 | Beginner European Portuguese

Amanda Da Rosa, Portuguese Instructor
Mon., Sep. 16 - Oct. 21 | 1:00 PM | 6 Sess. | \$102

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

1175 | Beginning Spanish I

Gladis Jiménez González
Wed., Sep. 18 - Oct. 23 | 10:00 AM | 6 Sess. | \$102

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

1177 | Beginning Spanish II

Gladis Jiménez González
Wed., Sep. 18 - Oct. 23 | 11:30 AM | 6 Sess. | \$102

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

1185 | Intermediate Spanish I

Gladis Jiménez González
Wed., Sep. 18 - Oct. 23 | 1:00 PM | 6 Sess. | \$102

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

1167 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
Thu., Sep. 19 - Oct. 24 | 10:00 AM | 6 Sess. | \$102

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

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.



1289 | Beginning/Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
Thu., Sep. 19 - Oct. 24 | 1:00 PM | 6 Sess. | \$102

We'll bridge the gap between beginning and intermediate courses for those with some fluency but who need another step before advancing to the next level.

1181 | Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
Thu., Sep. 19 - Oct. 24 | 11:30 AM | 6 Sess. | \$102

Designed for those familiar with basic structures of Spanish. We'll focus on activities using the present and past tenses.

1609 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Sep. 20 - Oct. 25 | 2:30 PM | 6 Sess. | \$102

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

1607 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Sep. 20 - Oct. 25 | 1:00 PM | 6 Sess. | \$102

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

1304 | Bittersweet:

A Wartime Journal and Heirloom Recipes from Occupied France
Kitty Morse, Author, Teacher, Journalist, Food Tour Leader
Thu., Oct. 17 | 1:00 PM | \$15

Hear Kitty's translation of her great-grandfather's WWII journal and grandmother's recipes, published to honor and memorialize her family's legacy and hidden grief.

Creative Writing Workshop

Irene A. Márquez, Wordsmith, Mentor, Founder and former Executive Director of Los Bilingual Writers

You have a lifetime of stories. Come write them while learning the craft of storytelling in a safe, constructive space.

1195 | Tue., Sep. 10 - Oct. 1 | 1:00 PM | 4 Sess. | \$60

1196 | Tue., Oct. 8 - 29 | 1:00 PM | 4 Sess. | \$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.

1203 | Fri., Sep. 27 | 1:00 PM | \$8

"James" by Percival Everett

1204 | Fri., Oct. 25 | 1:00 PM | \$8

"If I Survive You" by Jonathan Escoffery

Non-Fiction Book Club

Barbara J. Salice, Ed.D

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

1207 | Mon., Sep. 9 | 10:00 AM | \$8

"IBM & Holocaust: The Strategic Alliance Between Nazi Germany & America's Most Powerful Corporation"

1208 | Mon., Oct. 14 | 10:00 AM | \$8

"Fever in the Heartland: The Klu Klux Klan Plot to Take Over America and the Women Who Stopped Them"

1623 | Write Your Memoir, Leave a Legacy

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

Thu., Sep. 12 - Oct. 3 | 1:00 PM | 4 Sess. | \$60

Using her workbook, 7 Memories: Write Your Memoir in 28 Days, participants will learn to craft their memoirs regardless of writing experience or time constraints.

LITERATURE

1199 | Aspiring and Intermediate Poetry Workshop

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor, San Diego Poetry Annual
Thu., Sep. 5 - Oct. 31 | 10:00 AM | 9 Sess. | FREE

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

TAKE NOTE!

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PERSONAL ENRICHMENT

1590 | Bingo!

San Diego Woman's Club Foundation
Sat., Oct. 19 | 1:00 PM | \$25

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

1301 | Building a Vision for Health, Prosperity, and Well-Being

Laura Diaz, Board Certified Coach (BCC)
Thu., Oct. 17 | 1:00 PM | \$15

Unleash the potential for a brighter, healthier future. Learn the art of crafting a visionary roadmap that not only enriches your well-being but sets the stage for lasting prosperity.

1222 | Grief Support Group

Rolandas Kausas, Chaplain
1st & 3rd Wed., Sep. 4 - Dec. 18
10:30 AM | 8 Sess. | FREE

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

1291 | Houseplant Care and Feeding 101

Abby Moldenhauer, Owner, Abby's Interior Landscapes
Fri., Sep. 20 | 10:00 AM | \$15

Learn the secrets to raising happy, healthy house plants in your home or office.

1300 | Ignite Your Confidence with a Purpose

Laura Diaz, Board Certified Coach (BCC)
Thu., Sep. 19 | 1:00 PM | \$15

In this class we will discuss ways to increase your confidence. You will learn tools and strategies that will help you gain confidence with your personal and professional goals.

1017 | Intriguing Italy, Part 2

Linda Hawley, Ed.M., Author, Teacher, World Traveler
Thu., Sep. 19 | 1:00 PM | \$15

Enjoy a two-hour adventure as we travel to various sites and cities in Italy to explore the archaeology, architecture, and art of this amazing country.

Let's Learn & Play Card Games and More

Marci Kleiner

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

1212 | Tue., Sep. 17 | 10:00 AM | \$10

Skip-Bo and Taboo

1213 | Tue., Oct. 15 | 10:00 AM | \$10

Mexican Train Dominoes and What's the Link

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.

1216 | Thu., Sep. 12 | 1:00 PM | \$10

1217 | Thu., Oct. 10 | 1:00 PM | \$10

1370 | Mah Jongg Open Play

Mah Jongg Open Play
Every 3rd Fri., Sep. 20 - Dec. 20
1:00 PM | 4 Sess. | FREE

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

Making Connections: Women's Discussion Group

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

1220 | Cheryl Davis-Plotts, Psy.D., LMFT

Wed., Sep. 4 - Dec. 18 | 1:00 PM | 7 Sess. | \$56

1221 | Mary Heineke, MS, LMFT

Mon., Sep. 9 - Oct. 28 | 1:30 PM | 4 Sess. | \$32

1329 | Meet Your Urban Forest

Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Tue., Oct. 15 | 10:00 AM | \$15

This talk will introduce the function, importance and recognition of the tree species in our urban forest.

1223 | Men's Room

Donald Bruders, Facilitator
2nd & 4th Wed., Sep. 11 - Oct. 23
10:00 AM | 4 Sess. | \$32

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

1352 | Personalities: Understanding Yourself and Others

Barbara Gunning, MBA,
Master Personality Type Practitioner
Wed., Oct. 23 | 1:00 PM | \$15

We'll examine common traits in the three major personality frameworks—Jungian (Myers-Briggs), DISC, and Big Five—and identify if you are an introvert or extrovert.

1351 | Reading People and their Communication Style

Barbara Gunning, MBA,
Master Personality Type Practitioner
Wed., Sep. 25 | 1:00 PM | \$15

This interactive workshop uses the DISC framework to teach you to read communication styles and improve your ability to influence and understand others.

1018 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations
Fri., Sep. 13 | 1:00 PM | FREE

We will cover new travel trends and what locations are taking off in this informative presentation.

San Diego Oasis Travel Club

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

1225 | Thu., Sep. 5 | 1:00 PM | FREE

1226 | Thu., Oct. 3 | 1:00 PM | FREE

1570 | Skincare Made Easy

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Thu., Oct. 3 | 10:00 AM | \$15

Learn how to select the right products while keeping your morning/evening routine simple, easy and affordable.

1328 | The Fruitful History of San Diego County

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Retired)
Tue., Sep. 10 | 10:00 AM | \$15

Learn about the historic influence of the various fruit tree crops and how they helped develop San Diego County.

1282 | Thinning and Dividing of Plants

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Fri., Sep. 27 | 1:00 PM | \$15

Learn steps to thin out and divide in-ground and potted plants successfully to keep your garden thriving.

1283 | What to Do in Your Garden Now

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Fri., Oct. 25 | 1:00 PM | \$15

We'll review tasks such as cutting back plants, refreshing potted plants, identifying plants to remove, and planting for autumn color and future seasonal blooms.

1284 | Winter Propagation

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

Discover which plants propagate better during the winter months and learn basic methods for propagating trees, bushes, vines and herbaceous plants.

SCIENCE

1315 | Astrobiology: The Search for Life

Neil Farber, NASA/JPL Solar System Ambassador
Tue., Oct. 22 | 10:00 AM | \$15

This talk explores NASA's search for life beyond Earth. By examining planets and moons in our solar system and beyond, we hope to understand life's origins.

1341 | Body Ornamentation

Tori Randall, Ph.D., Professor of Anthropology
Thu., Sep. 19 | 10:00 AM | \$15

This lecture explores global body ornamentation: painting, tattooing, scarification, and piercing, highlighting its diverse cultural, ritualistic, and personal significance.

1344 | Deep Sea Environment

Paul Detwiler, MA, Marine Ecology, Professor and Consultant
Fri., Sep. 20 | 10:00 AM | \$15

Join a virtual journey to explore deep-sea creatures, their adaptations, and recent discoveries in Earth's last scientific frontier, where sunlight fades and bioluminescence emerges.

1345 | El Niño

Paul Detwiler, MA, Marine Ecology, Professor and Consultant
Fri., Oct. 18 | 1:00 PM | \$15

Learn how El Niño impacts San Diego's weather, oceans, and daily life in an informative slideshow, including predictions of La Niña's effects this winter.

1314 | Fossils of the Solar System: Asteroids

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

NASA's asteroid missions seek fossils of the solar system's past to understand its origins and address potential collision threats with Earth.

1313 | Mars: Myth to Magic

Neil Farber, NASA/JPL Solar System Ambassador
Mon., Sep. 23 | 10:00 AM | \$15

This talk covers Mars' myths, early misunderstandings of its canals, and recent discoveries from rovers, revealing the planet's true nature.

1342 | Non-Human Primate Culture

Tori Randall, Ph.D., Professor of Anthropology
Thu., Oct. 17 | 10:00 AM | \$15

This lecture explores whether non-human primates possess culture, examining their social behaviors, learning processes, and cognitive abilities that suggest cultural traits similar to those of humans.

1349 | Photographing the Spirit of Birds

Krisztina Scheeff, KS Nature Photography
Tue., Sep. 17 | 10:00 AM | \$15

Join Krisztina Scheeff as she shares stories and photos of her favorite birds, including Atlantic Puffins, Sandhill Cranes, and colorful species from Costa Rica.

1318 | Space Telescope

Jennifer Olim, Ph.D.
Wed., Oct. 23 | 10:00 AM | \$15

From the birth of stars and galaxies to the giant storms of Jupiter, the Webb Space Telescope is expanding our understanding of the Universe.

1350 | The Birds of Lake Hodges and their Friends

Krisztina Scheeff, KS Nature Photography
Tue., Oct. 8 | 10:00 AM | \$15

A photo journey of Lake Hodges, exploring its 200+ avian species, notable residents, and the importance of bird conservation. Learn the best viewing spots.

1326 | Using Genetic Genealogy to Find Family

Kathleen Fernandes, Ph.D.
Mon., Oct. 28 | 10:00 AM | \$15

With step-by-step guidance, learn how to use your DNA testing results in your genealogical research.

TECHNOLOGY



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

Conquering Your iPhone - Part I

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

1354 | Mon., Sep. 16 | 10:00 AM | \$16

1357 | Fri., Oct. 18 | 10:00 AM | \$16

Conquering Your iPhone - Part II

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

1355 | Mon., Sep. 23 | 10:00 AM | \$16

1358 | Wed., Oct. 23 | 10:00 AM | \$16

Conquering Your iPhone - Part III

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

1356 | Fri., Oct. 4 | 10:00 AM | \$16

1359 | Wed., Oct. 30 | 10:00 AM | \$16

Android: The Basics and Beyond

Bucky Reed, IT Professional

Learn how to get more out of your Android phone. Install apps, increase the text size, browse the internet, use email, text, and much more.

1584 | Fri., Oct. 4 | 1:00 PM | \$15

Android 101

1585 | Fri., Oct. 11 | 1:00 PM | \$15

Android 102

1586 | Fri., Oct. 18 | 1:00 PM | \$15

Android 103

1601 | Computer Navigation Basics

Russ Nail, Technology Trainer

Mon., Oct. 14 | 10:00 AM | \$15

Learn to navigate Windows, customize settings, manage files, use Microsoft 365, and search the internet with tips and strategies for Windows computer users only.

1600 | Gmail: The Basics

Russ Nail, Technology Trainer

Mon., Sep. 30 | 10:00 AM | \$15

In this class learn basic email tasks and unique features of Gmail, Google's free email service, which allows sending, receiving, and managing emails effectively.

1602 | What is AI (Artificial Intelligence)?

The Good, the Bad, the Awesome and the Ugly

Russ Nail, Technology Trainer

Mon., Oct. 28 | 10:00 AM | \$15

AI is now used for many different applications, from banking to the health industry. We'll overview the fundamentals of AI and some of the advantages, pitfalls and ethical considerations of AI.

1599 | Windows: The Basics

Russ Nail, Technology Trainer

Thu., Sep. 26 | 1:00 PM | \$15

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

1229 | Acting Workshop

Jo-Darlene Reardon, M.Ed

Mon., Sep. 23 – Dec. 2 | 1:00 PM | 10 Sess. | \$120

Learn about acting in an informal class with opportunity to perform scenes, monologues, and reader's theater.

1021 | Discussion of La Boheme

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

Thu., Oct. 10 | 1:00 PM | \$5

Enhance your appreciation of the opera through its "verismo" theme, composer's, arias, English translations, and more.

1016 | Intro to Opera, Encore!

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

Thu., Sep. 26 | 1:00 PM | \$5

This fun presentation reveals how opera's timeless themes resonate today, enhancing enjoyment with background information and understanding.

1239 | Love Guitar? Let's Learn

Mark Madruga, MA, Prof. Musician & Guitar Instructor

Mon., Sep. 30 - Oct. 28 | 10:00 AM | 5 Sess. | \$75

Perfect for beginners and aspiring players, we'll cover 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.

1241 | Tue., Sep. 10 - Oct. 1 | 12:30 PM | 4 Sess. | \$240

1242 | Tue., Sep. 10 - Oct. 1 | 1:30 PM | 4 Sess. | \$240

1243 | Tue., Sep. 17 - Oct. 1 | 2:30 PM | 3 Sess. | \$180

1244 | Tue., Sep. 17 - Oct. 1 | 3:30 PM | 3 Sess. | \$180

1245 | Tue., Oct. 8 - 29 | 12:30 PM | 4 Sess. | \$240

1246 | Tue., Oct. 8 - 29 | 1:30 PM | 4 Sess. | \$240

1247 | Tue., Oct. 8 - 29 | 2:30 PM | 4 Sess. | \$240

1248 | Tue., Oct. 8 - 29 | 3:30 PM | 4 Sess. | \$240

1257 | Wed., Sep. 11 - Oct. 2 | 12:30 PM | 4 Sess. | \$240

1258 | Wed., Sep. 11 - Oct. 2 | 1:30 PM | 4 Sess. | \$240

1259 | Wed., Sep. 11 - Oct. 2 | 2:30 PM | 4 Sess. | \$240

1260 | Wed., Sep. 11 - Oct. 2 | 3:30 PM | 4 Sess. | \$240

1261 | Wed., Oct. 9 - 30 | 12:30 PM | 4 Sess. | \$240

1262 | Wed., Oct. 9 - 30 | 1:30 PM | 4 Sess. | \$240

1263 | Wed., Oct. 9 - 30 | 2:30 PM | 4 Sess. | \$240

1264 | Wed., Oct. 9 - 30 | 3:30 PM | 4 Sess. | \$240

THEATRE & MUSIC



1286 | Patsy Cline Tribute Concert

Celeste Barbier, Musician & Performer

Fri., Sep. 13 | 2:00 PM | \$20

A celebration of Patsy Cline, an iconic country and pop singer of the 1950s and '60s. Celeste Barbier performs her greatest hits and shares her story.

1:1 Sessions and Workshops at our La Mesa Location

Tech Tank classes are led by Technology Learning Specialist
Monserrat Callejas

115 | Apple Maps App Workshop

Thu., Oct. 31 | 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.

118 | Fri., Sep. 6 | 11:00 AM | \$8

100 | Tue., Oct. 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.

127 | Mon., Sep. 23 | 11:00 AM | \$8

113 | Mon., Oct. 28 | 11:00 AM | \$8

111 | Cloud Services Workshop

Thu., Oct. 24 | 11:00 AM | \$8

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

Digital Coupon Workshop

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

117 | Thu., Sep. 5 | 11:00 AM | \$8

105 | Tue., Oct. 8 | 11:00 AM | \$8

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.

119 | Mon., Sep. 9 | 11:00 AM | \$8

114 | Tue., Oct. 29 | 11:00 AM | \$8

120 | Google Photos Workshop

Tue., Sep. 10 | 11:00 AM | \$8

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

122 | Oasis Website Navigation

Fri., Sep. 13 | 11:00 AM | FREE

For Oasis members looking to learn how to use our website.

106 | Podcast Workshop

Thu., Oct. 10 | 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.

129 | Thu., Sep. 26 | 11:00 AM | \$8

110 | Tue., Oct. 22 | 11:00 AM | \$8

Technology for Travelers

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

124 | Tue., Sep. 17 | 11:00 AM | \$8

108 | Tue., Oct. 15 | 11:00 AM | \$8

The Practicality of AI

Let's learn how we can use AI to our benefit.

125 | Thu., Sep. 19 | 11:00 AM | \$8

109 | Thu., Oct. 17 | 11:00 AM | \$8

UBER/Lyft App Workshop

Learn to use rideshare apps as an alternative to driving.

116 | Tue., Sep. 3 | 11:00 AM | \$8

130 | Fri., Sep. 27 | 11:00 AM | \$8

104 | Mon., Oct. 7 | 11:00 AM | \$8

Web Cookies Workshop

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

128 | Tue., Sep. 24 | 11:00 AM | \$8

103 | Fri., Oct. 4 | 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.

123 | Mon., Sep. 16 | 11:00 AM | \$8

102 | Thu., Oct. 3 | 11:00 AM | \$8

YouTube Workshop

YouTube, the second most visited search engine.

121 | Thu., Sep. 12 | 11:00 AM | \$8

107 | Fri., Oct. 11 | 11:00 AM | \$8



Introducing **QUICK FIX** SOFTWARE SERVICES at the Cox Tech Tank Beginning October 1, 2024

Quick Fix: Data Transfer | \$75

Let us help you move your data between devices and cloud storage. We can help you move your data to a new device and even free up space in online storage accounts.

- Smartphone to smartphone
- Smartphone to computer
- Smartphone to external device (you provide USB and/or external hard drive)

Quick Fix: Antivirus | \$115

Is your smartphone or tablet experiencing pop-up ads, battery drain, unauthorized changes, and poor performance. Do you have similar issues with your laptop? We offer scanning and repair solutions for these issues and more.

Quick Fix: Software and Operating System Repair | \$115

Is your smartphone or computer not booting up? Do you have a bluescreen? Is your cellphone in recovery mode? We'll tailor repairs to your specific issue, ensuring an efficient and lasting solution.

- Software repair
- Operating system updates
- Driver troubleshooting

Quick Fix: New Tablet, Laptop, & Smartphone Set Up | \$30

Did you just get a new tablet, laptop or phone? Need assistance getting it set up? We can help you with everything you need to get going! Service includes:

- Confirm setups and making sure all components are working properly
- Download and set up your preferred email apps and web browsers
- Set up cloud storage
- Set up shortcuts for quick access to your favorite programs

Questions? Call (619) 881-6262 or email Tech@SanDiegoOasis.org.
Learn more at www.SanDiegoOasis.org.



ON-LINE CLASSES

Zoom information will be provided at time of registration

EXERCISE & DANCE

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1126 | Sat., Sep. 7 - 28 | 9:00 AM | 4 Sess. | \$40

1127 | Sat., Oct. 5 - 26 | 9:00 AM | 4 Sess. | \$40

HEALTH

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.

1148 | Thu., Sep. 5 - 26 | 1:00 PM | 4 Sess. | \$40

1149 | Thu., Oct. 3 - 24 | 1:00 PM | 4 Sess. | \$40

1150 | Thu., Oct. 31 - Nov. 21 | 1:00 PM | 4 Sess. | \$40

1151 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Sep. 10 | 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.

TAKE NOTE!

NEED ASSISTANCE?

Email Info@SanDiegoOasis.org

or call (619) 881-6262 or

(858) 240-2880



HISTORY & HUMANITIES

1335 | America's Amazing Ancient Archaeological Sites

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., Sep. 17 | 1:00 PM | \$15

Recent East Coast archaeological discoveries are revealing how the First Peoples arrived, their identities, and their unique cultures.

1418 | Aztec Life: From Birth to Death

Maria Butler, MA Lecturer Emerita SDSU

Fri., Sep. 27 | 10:00 AM | \$15

We'll discuss the diverse societal function of commoners, priests, warriors and slaves as well as an overview of customary traditions from birth to death.

1415 | Cheers! A Cultural History of Social Drinking

Sofia Laurein, Ph.D., Professor of History

Tue., Oct. 1 | 10:00 AM | \$15

Through spirited stories and colorful anecdotes, explore 9,000 years of social drinking's impact on Western culture, from ancient Sumerians to today.

1297 | Cinco de Mayo: A Historical Understanding

Alex Castaneda, Ph.D.

Tue., Sep. 24 | 1:00 PM | \$15

Cinco de Mayo commemorates the 1862 Battle of Puebla, where Mexico's outnumbered forces defeated the French, symbolizing resistance, while true Independence Day is September 16.

1419 | Cortes & Moctezuma II: The Meeting of Two Worlds

Maria Butler, MA Lecturer Emerita SDSU

Fri., Oct. 4 | 10:00 AM | \$15

This lecture explores the meeting between Cortes and Moctezuma II leading to the 1521 fall of the Aztec Empire which transformed ancient Mesoamerican life forever.



1612 | Día de Los Muertos

Julia Fister, MA, Studio ACE Executive Director
Wed., Oct. 30 | 1:00 PM | \$15

We'll explore Dia de Los Muertos, a traditional Mexican holiday celebrating friends and family who have passed away.

1299 | Día de los Muertos & La Catrina:

From Political Statement to Cultural Icon

Alex Castaneda, Ph.D.
Tue., Oct. 29 | 1:00 PM | \$15

From intimate family traditions to national parades, La Catrina symbolizes this festive and cultural transformation.

1371 | Film History: Silent Era

Elizabeth Youle, Academy of Motion Picture Arts & Sciences Associate Director, Reference & Public Services
Thu., Oct. 10 | 1:00 PM | \$15

History, cultural impact, and technological evolution of silent films, highlighting pioneering artists.

1372 | Film History: Women in Film

Elizabeth Youle, Academy of Motion Picture Arts & Sciences Associate Director, Reference & Public Services
Thu., Oct. 17 | 1:00 PM | \$15

The crucial roles of Alice Guy-Blaché, Lois Weber, Frances Marion, and Mary Pickford in early cinema as pioneers.

1298 | Frida Kahlo: Art, Activism and Passion

Alex Castaneda, Ph.D.
Tue., Oct. 15 | 1:00 PM | \$15

Frida Kahlo, a legendary Mexican artist and activist, remains globally influential. Her iconic works, life, love for Diego Rivera, and activism captivate and inspire.

1321 | Gustav Klimt (1862-1918)

Aniko Makranczy, MFA
Tue., Oct. 29 | 10:00 AM | \$15

Gustav Klimt, Austrian symbolist and Vienna Secession founder, is renowned for gilded art nouveau portraits and influential landscapes inspired by Chinese and Byzantine art.

1580 | History of Spiritualism & Communicating with Spirits

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Fri., Sep. 13 | 10:00 AM | \$15

This lecture explores the history of Spiritualism, key figures like the Fox Sisters and Houdini, and its impact on paranormal research and spirit communication methods.

1564 | Innovation & the Digital Revolution

Henry George, Engineer, Archaeologist and Geologist
Tue., Sep. 3 | 10:00 AM | \$8

Henry George's lecture covers the Digital Revolution's origins from 1940s computers and 1970s microchips to its transformative impact on productivity and society today.

1337 | Last Indigenous European Culture

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., Oct. 8 | 1:00 PM | \$15

The Sámi, Europe's oldest recognized indigenous tribe, offer a glimpse into pre-modern European life, reviving traditional practices with reindeer herding across Scandinavia and Russia.

1611 | Leonardo da Vinci

Julia Fister, MA, Studio ACE Executive Director
Wed., Sep. 18 | 1:00 PM | \$15

Leonardo da Vinci is the perfect example of the "Renaissance Man." This lecture will explore the many facets of his life and unquenchable curiosity.

1581 | San Diego's Most Haunted

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Fri., Oct. 4 | 1:00 PM | \$15

Explore the paranormal claims of local landmarks, featuring insights from San Diego Paranormal Research Society and highlights from Nicole's book, San Diego's Most Haunted.

1414 | The Fascinating Story of the Olympic Games

Sofia Laurein, Ph.D., Professor of History
Tue., Sep. 17 | 10:00 AM | \$15

Discover the history of the greatest sporting spectacle from its birth in ancient Olympia to the present day.

1411 | The Gold Rush-The Transformative Event of California

Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command
Wed., Oct. 23 | 1:00 PM | \$15

In 1848, gold discovered near Sacramento led to a rush, California's statehood in 1850, and a San Francisco population boom with enduring free-spiritedness.

TAKE NOTE!

DO YOU YOUTUBE?

Subscribe to our channel for weekly
Instructor Preview videos:
bit.ly/SDO-Youtube



 **1410 | The Great Wall of China:
An Engineering & Social Marvel**

Ricky Deutsch, BS Aerospace Engineering, MS, MBA,
Former Captain US Air Force, Space Command
Wed., Sep. 25 | 1:00 PM | \$15

The monumental engineering of the Great Wall of China, built over 2,000 years by Qin Shihuang and the Ming Dynasty, symbolizes China's history and perseverance.

 **1566 | The National Archives**

Vincent Rossi, Historian & Author,
Story Seekers Co-Owner
Wed., Oct. 2 | 1:30 PM | \$8

We'll explore the National Archives, home to essential federal records, including the Declaration of Independence, Constitution, and accessible immigration and military documents.

 **1562 | The Things Biblical Writers Borrowed**

John Spencer, Ph.D.
Thu., Sep. 12 | 1:30 PM | \$8

Prof. John Spencer explores how biblical writers used older cultural materials, like the Hittite Treaties and the Gilgamesh Epic, to shape their own compositions.

  **1339 | Theodore Roosevelt: A Man of Many Hats**

Fred Bercovitch, BA, MS & PhD Biological Anthropology
Fri., Oct. 11 - 18 | 10:00 AM | 2 Sess. | \$30

Explore Theodore Roosevelt, the youngest US President at 42, known for varied roles pre, during, and post presidency, embodying adventure, conservation, and leadership.

 **1281 | When the Indians Met Lewis and Clark**

Dr. David Peck, Physician, Author,
NEA Sponsored Speaker (2003-06)
Tue., Oct. 8 | 10:00 AM | \$15

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

TAKE NOTE!

DO YOU ENJOY ZOOM?

Sign up to host as a Zoom volunteer! Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more.



LANGUAGE

 **1179 | Conversational Spanish**

Danisa Mardones, BA
Tue., Sep. 17 - Oct. 22 | 1:30 PM | 6 Sess. | \$102

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

LITERATURE

 **1201 | Aspiring and Intermediate Poetry Workshop**

Seretta Martin, MFA, Poet, Founding Editor, Blue Vortex Publishers, Managing Editor, San Diego Poetry Annual
Fri., Sep. 6 - Nov. 1 | 10:30 AM | 9 Sess. | FREE

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

1565 | In Defense of the Book

Mark Carlson, Historian & Author
Thu., Oct. 24 | 1:30 PM | \$8

We'll explore humanity's need to communicate and preserve knowledge, highlighting how technology shortens information's lifespan and risks losing valuable cultural heritage.

 **1606 | Sisters in Crime:
Movers & Shakers of the Mystery Genre**

Emily Nye, Ph.D.
Thu., Oct. 24 | 10:00 AM | \$15

We'll explore the impact of women writers and detective characters in mystery literature from the 1800s to modern times, highlighting their unique voices and challenges.

 **1211 | The Oasis "Whodunit" Book Club**

Lisa Benton, Facilitator
1st & 3rd Fri., Sep. 6 - Dec. 20
1:00 PM | 8 Sess. | \$64

In this book club we'll discuss several types of mystery books. We'll choose a different author to read and evaluate at each meeting.

PERSONAL ENRICHMENT

1222 | Grief Support Group

Rolandas Kausas, Chaplain
1st & 3rd Wed., Sep. 4 - Dec. 18
10:30 AM | 8 Sess. | FREE

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

SCIENCE

1395 | Scripps Institution of Oceanography: Research Update

Scripps Institution of Oceanography
Tue., Sep. 10 | 1:00 PM | FREE

A Scripps Institution of Oceanography researcher will discuss advances in research and SIO's outreach efforts, covering physical, chemical, and biological ocean processes.

THEATRE & MUSIC

1232 | Baroque Era Masters

Chris Burns, Many-Strings
Fri., Sep. 27 | 3:00 PM | \$15

This hour celebrates the Baroque Era, featuring composers like Vivaldi, Bach, and Handel, enriching your day with their exceptional creativity and refined beauty.

1233 | Beethoven's Concertos

Chris Burns, Many-Strings
Fri., Oct. 11 | 3:00 PM | \$15

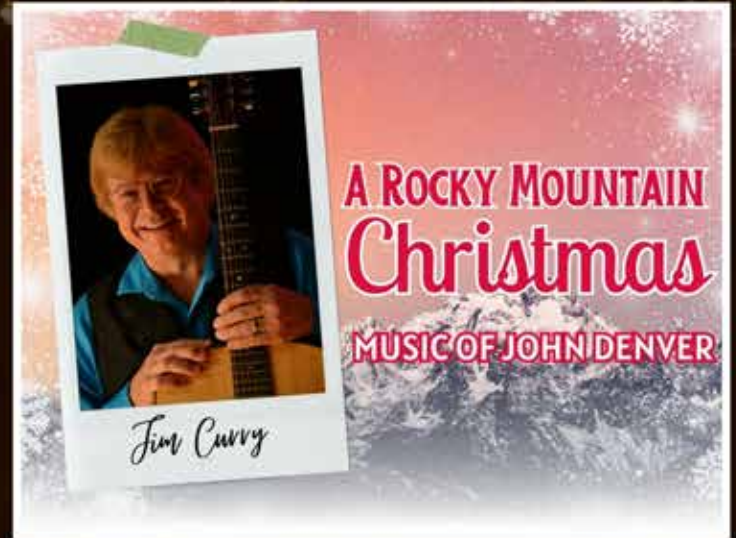
Beethoven's concertos shine as bold statements that he would not be harnessed by tradition, bringing to the musical world new and novel, sensitive and profound, music.

1234 | Maestro Hisaishi's Music

Will Magically Spirit You Away
Chris Burns, Many-Strings
Fri., Oct. 25 | 3:00 PM | \$15

Joe Hisaishi, Japan's John Williams, is celebrated for his evocative scores in over 100 films, blending diverse genres into sweeping, memorable melodies.

35 YEARS POWAY ON STAGE
THE POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION



Jim Curry

Rocky Mountain Christmas
December 7 • 7:30pm

MADE POSSIBLE BY

San Diego
Oasis

TICKETS ON SALE NOW!

Wild West
September 14 • 7:30pm

Eternamente Día de los Muertos
October 6 • 2:00pm

Naturally 7 at The Movies
September 21 • 7:30pm

Kristin Chenoweth
October 12 • 7:30pm

Frankie Avalon
November 2 • 7:30pm

PowayOnStage.org

15498 Espola Rd, Poway, CA 858-748-0505

1563 | Stephen Sondheim's Broadway

Vincent Young, Musician

Wed., Sep. 25 | 1:30 PM | \$8

Stephen Sondheim, a key figure in 20th-century musical theater, reinvented the genre with mature themes; Vincent Young will perform a variety of selections from his works.

1231 | The Cello:

A Historical Celebration of a Lovely Warm Superstar

Chris Burns, Many-Strings

Fri., Sep. 20 | 3:00 PM | \$15

In an hour focusing on its unique musical character and history, explore the cello's rich, warm tones and versatility, which captivated composers like Bach and Brahms.

1567 | The Magic of Mozart (1756–1791)

Mehdi Sarram, Ph.D.

Tue., Sep. 24 | 10:00 AM | \$8

Mozart, a prolific musician, composed over 800 works, including more than a dozen piano concertos and four operas, such as Don Giovanni and The Magic Flute.

1561 | Vincent Plays the Pops

Vincent Young, Musician

Wed., Oct. 23 | 1:30 PM | \$8

Celebrate the 130th anniversary of the Boston Pops conductor's birth with Vincent Young as he plays and sings selections made famous by Arthur Fiedler.

TAKE NOTE!

SHARE THE GIFT OF LEARNING!

We have gift certificates at both locations. Just ask at the front desk and we'll take care of it for you.

TAKE NOTE!

SPECIAL EVENT VOLUNTEERS!

Interested in helping at special events? Contact Kris Anelli at Kris@SanDiegoOasis.org



San Diego Oasis is excited to present its captivating Music Series, featuring two outstanding tribute shows.



Class 1286 | Patsy Cline Tribute Show | La Mesa

Friday, September 13 | 2:00 PM

Class 2210 | Patsy Cline Tribute Show | Rancho Bernardo

Saturday, September 14 | 2:00 PM

A heartfelt tribute to the legendary Patsy Cline, celebrating her timeless hits and profound influence on country music.

Class 2494 | Ratpack Reborn | Rancho Bernardo

Friday, October 11 | 2:00 PM

Be transported back to the glamorous era of the Rat Pack with the Ratpack Reborn show, bringing to life the charisma, charm, and classic tunes of Frank Sinatra, Dean Martin, and Sammy Davis Jr. Join us for an unforgettable musical journey that honors these iconic artists and their enduring legacies.





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.

Ask the Knitting Expert

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

Come get the help you need on a project!

2283 | Fri., Oct. 18 | 10:00 AM | \$17

2290 | Fri., Nov. 1 | 10:00 AM | \$17

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.

2240 | Fri., Sep. 13 | 1:00 PM | \$17

2241 | Fri., Oct. 11 | 1:00 PM | \$17

2202 | Beginning Adventures in Watercolor

Fang Luo, Artist and Fashion Designer

Fri., Sep. 6 - 20 | 10:00 AM | 3 Sess. | \$50

Explore the fundamental techniques of watercolor including color mixing, brushwork, and layering in this introductory class designed for beginners.

2250 | Beginning Knitting

Janet Pollack, Experienced Handcrafter;

Knitting, Crochet, and Needlework Enthusiast

Fri., Sep. 13 - Oct. 4 | 10:00 AM | 4 Sess. | \$68

Learn basic knit stitches as you create a scarf you can keep or give as a gift. No knitting experience is required.

2305 | Calligraphy and More: Design a Card or Poster

Ann Dunham, MS Design

Fri., Nov. 1 & 8 | 1:00 PM | 2 Sess. | \$34

Learn script calligraphy basics, create upper and lower-case alphabets, and combine them with card making in this class.

2230 | Calligraphy II: Upper Case Letters

Ann Dunham, MS Design

Thu., Sep. 12 & 19 | 10:00 AM | 2 Sess. | \$34

Continue to learn calligraphy, focusing on upper case letters. For anyone with some calligraphy experience.

Card Making

Trina Pascale, Instructor & Card Designer

Each workshop uses different folding methods and materials to create beautiful, custom cards. No experience needed.

2032 | Wed., Sep. 4 | 1:00 PM | \$17

2033 | Wed., Oct. 2 | 1:00 PM | \$17

2397 | Classical Feng Shui 101

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

Wed., Oct. 9 - 30 | 1:00 PM | 4 Sess. | \$68

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

2487 | Continuing Adventures in Watercolor: Landscapes

Fang Luo, Artist and Fashion Designer

Thu., Oct. 17 - 31 | 1:00 PM | 3 Sess. | \$50

Through guided exercises, you'll paint natural scenes from mountains to water using watercolor techniques such as wet-on-wet, wet-on-dry, and color blending.

2410 | Garden Rock Painting

Kelly Creeden, BA. MS Mentor Teacher

Wed., Oct. 2 | 11:00 AM | \$17

Using acrylic paints, decorate rocks for your garden, memorials, path markers, or the holidays.

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.

2206 | Mon., Sep. 16 | 1:00 PM | \$67

Mosaic Stringer Plate

2207 | Tue., Oct. 15 | 1:00 PM | \$67

Halloween Ornaments

Handcraft Circle: Knitting, Crochet and Sewing

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

Do you have any knitting, crochet or sewing experience? Join our circle to meet, socialize and craft together!

2232 | Thu., Sep. 12 & 26 | 10:00 AM | 2 Sess. | \$10

2233 | Thu., Oct. 10 & 24 | 10:00 AM | 2 Sess. | \$10

2231 | Illustration: Drawing California Native Plants

Ann Dunham, MS, Design

Mon., Oct. 14 & 21 | 10:00 AM | 2 Sess. | \$34

Learn how to create lifelike illustrations of California native plants. Come with or without drawing experience.

2521 | Paint a Jack-O-Lantern Gourd

Cindy Valdez, Decorator and Floral Designer

Fri., Oct. 11 | 10:00 AM | \$17

Paint a dried gourd to create a Jack-O-Lantern. No artistic talent is needed to make this fun folk art decoration!

Paint and Sip Party

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

Follow along step-by-step and paint a masterpiece. All materials are provided. Bring your own wine or other beverage. All levels are welcome. All materials are provided.

2194 | Thu., Sep. 26 | 12:00 PM | \$27

2195 | Thu., Oct. 10 | 12:00 PM | \$27

2479 | Paper Crafting - Fall Frame

Robin S. Daus, MD, Paper Crafter for 20+ years,
8-year Stampin' Up Demonstrator

Mon., Sep. 16 | 10:00 AM | \$22

We will use gorgeous papers and die cuts to decorate a 5"x7" frame that will become a fall favorite. All levels invited.

Paper Quilling

Trina Pascale, Instructor & Card Designer

Quilling is the art of gluing strips of rolled and shaped paper to create decorative designs. We will make two projects. Beginners are welcome.

2412 | Wed., Sep. 11 | 1:00 PM | \$22

2386 | Wed., Oct. 9 | 1:00 PM | \$22

Pencil and Colored Pencil Drawing

Fang Luo, Artist and Fashion Designer

Bring your drawings to life with rich, vibrant colors! We'll be learning basic drawing techniques, color theory and how to blend and layer colors effectively. All skill levels are invited.

2486 | Thu., Sep. 5 - 19 | 1:00 PM | 3 Sess. | \$50

2203 | Thu., Oct. 17 - 31 | 10:30 AM | 3 Sess. | \$50

2039 | Play Around With Acrylic Paint

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

Mon/Wed/Fri., Sep. 23 - 27 | 1:00 PM | 3 Sess. | \$50

Experiment with acrylic paints. Have fun practicing different elements of painting such as clouds, water, reflections and foliage. No experience necessary.

2366 | Seasonal Floral Plant Arrangement

Cindy Valdez, Decorator and Floral Designer

Mon., Sep. 9 | 1:00 PM | \$17

We will be mixing fresh florals with potted plants such as ivies and succulents to create a colorful and long-lasting tablescape.

2537 | Shibori: Japanese Tie-Dying

Lee Yater, M.F.A.; Artist, Designer and College Instructor

Tue., Oct. 29 | 1:00 PM | \$34

Explore Shibori tie-dying by dipping then clamping, binding, folding, or wrapping fabric to achieve endless pattern variations. Supplies/materials provided by the instructor.

2539 | Silk Scarf Painting

Lee Yater, M.F.A.; Artist, Designer and College Instructor

Tue., Sep. 24 | 1:00 PM | \$27

In this beginning silk painting class, create a one-of-a-kind silk scarf ready to wear or share.

2181 | Simple Perspective in Drawing

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

Mon/Wed/Fri., Oct. 21 - 25

1:00 PM | 3 Sess. | \$50

We'll learn perspective for drawing landscapes and practice techniques for creating the illusion of depth in drawings.

2538 | Slab! Pinch! Coil! Fun With Clay

Lee Yater, M.F.A.; Artist, Designer and College Instructor

Tue., Sep. 24 | 10:00 AM | \$32

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

2536 | The Healing Benefits of Color

Lee Yater, M.F.A.; Artist, Designer and College Instructor
Tue., Oct. 29 | 10:00 AM | \$27

Discover healing and joy through color integration in daily life. Create vibrant chakra mandalas using coloring tools.

The Drawing Space

Ann Dunham, MS Design

A studio still life drawing class to help you build your skills in an ongoing artistic and social environment.

2467 | Wed., Sep. 11 | 10:00 AM | \$17

2469 | Wed., Sep. 25 | 10:00 AM | \$17

2470 | Wed., Oct. 16 | 10:00 AM | \$17

2471 | Wed., Oct. 30 | 10:00 AM | \$17

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.

2256 | Mon., Sep. 30 | 11:00 AM | \$5

2257 | Mon., Oct. 21 | 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.

2264 | Wed., Oct. 2 | 10:00 AM | FREE

2265 | Wed., Oct. 23 | 10:00 AM | FREE

BUSINESS, FINANCE, LEGAL

thrivent®

Offices of Jonathan Doering and Matthew Molstre

2000 | Economic Review and Market Outlook

Chuck Etweller, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT & Anthony Camara, CFP®, MBA
Tue., Oct. 15 | 1:00 PM | FREE

How might latest economic data shape your financial strategy?

2260 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA
Mon., Sep. 30 | 1:00 PM | \$5

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

2261 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Mon., Oct. 21 | 11:00 AM | \$5

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

See page 51 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

2304 | Ballot Prop and Measures: Pros and Cons

Jeanne Weidner, Chair, League of Women Voters
Chair, Voter Empowerment
Fri., Oct. 18 | 1:00 PM | FREE

A non-partisan analysis of the state and local ballot measures, including which organizations and individuals support and oppose them.

2418 | Bringing Spaces to Life:

The Ultimate Guide to Staging Homes

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Sep. 5 | 10:00 AM | \$10

Join Farima Tabrizi in this seminar to explore home staging strategies that transform spaces, making them appealing to potential buyers with best practices and creative ideas.

2495 | Investing 101

Barbara Norman, CFP®, ChFC® CDFI®, CEO, Sage Path Solutions, Women's Financial Academy Founder
Tue., Oct. 22 | 10:00 AM | \$15

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

2051 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate
Thu., Oct. 10 | 10:00 AM | \$10

Join Linda Jahnke for a comprehensive workshop on understanding and utilizing your long-term care insurance policy. Detailed handouts will be provided.



2255 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE

Tue., Oct. 15 | 10:00 AM | FREE

Informational workshop about pricing plan options, tools, tips and programs to help manage your energy and save money.

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

Senior living options, aging in place, financial and legal tips, downsizing: create your own customized aging road map.

2036 | Sat., Sep. 28 | 10:00 AM | FREE

2037 | Sat., Oct. 26 | 10:00 AM | FREE

2491 | Supreme Court Election Intervention: Meddling or Protecting?

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)
Fri., Oct. 4 | 10:00 AM | \$15

Analyze the big questions about judicial legitimacy when the Supreme Court is called to intervene in partisan election disputes like the Colorado ballot exclusion case.

2419 | What Property Improvements Have the BEST Return?

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Oct. 3 | 10:00 AM | \$10

If you are thinking of selling your home, attend this seminar to learn which home renovation projects provide the best return on your investment.

2365 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, Women's Financial Academy Founder
Thu., Sep. 19 | 1:00 PM | \$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, Cert. Fitness Instructor

Active Total Body Conditioning utilizes basic aerobic movements, stretching and light, handheld weights for a complete body workout. A variety of exercises will provide improvements to muscle tone, balance, posture, and strength.

2111 | Tue., Sep. 3 - 24 | 10:45 AM | 4 Sess. | \$40

2161 | Tue., Oct. 1 - 29 | 10:45 AM | 5 Sess. | \$50

2112 | Thu., Sep. 5 - 26 | 10:45 AM | 4 Sess. | \$40

2162 | Thu., Oct. 3 - 31 | 10:45 AM | 5 Sessi. | \$50

Active Total Body Conditioning: Circuit Including TRX

Curt Gonzales, Cert. Fitness Instructor

Basic aerobic movements, stretching, handheld weights, balls and TRX suspension equipment for a complete body workout.

2106 | Fri., Sep. 6 - 27 | 2:00 PM | 4 Sess. | \$40

2173 | Fri., Oct. 4 - Nov. 1 | 2:00 PM | 5 Sess. | \$50

Belly Dancing

Aarti Narang, PhD Immunology, Lic. Yoga/Pilates Instructor

Join our all-levels class to combine movement, rhythm, and expression. Perfect for beginners or those seeking a challenge. Get your hips swinging!

2190 | Thu., Sep. 12 | 3:15 PM | \$12

2191 | Fri., Sep. 20 | 3:15 PM | \$12

Better Balance

Pam Chilton, Cert. Personal Trainer & Fitness Instructor

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

2113 | Tue., Sep. 3 - 24 | 1:15 PM | 4 Sess. | \$40

2163 | Tue., Oct. 1 - 29 | 1:15 PM | 5 Sess. | \$50

TAKE NOTE!

DO YOU YOUTUBE?

Subscribe to our channel for weekly Instructor Preview videos:
bit.ly/SDO-Youtube



TAKE NOTE!

CURIOUS ABOUT A DANCE OR FITNESS CLASS?

You can try it out first by registering for a single "à la carte" session.



Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

- 2056** | Mon., Sep. 9 - 23 | 12:00 PM | 3 Sess. | \$30
- 2104** | Mon., Sep. 9 - 23 | 1:00 PM | 3 Sess. | \$30
- 2103** | Mon., Sep. 30 - Oct. 28 | 12:00 PM | 5 Sess. | \$50
- 2057** | Mon., Sep. 30 - Oct. 28 | 1:00 PM | 5 Sess. | \$50
- 2105** | Fri., Sep. 6 - 27 | 12:00 PM | 4 Sess. | \$40
- 2055** | Fri., Sep. 6 - 27 | 1:00 PM | 4 Sess. | \$40
- 2058** | Fri., Oct. 4 - Nov. 1 | 12:00 PM | 5 Sess. | \$50
- 2059** | Fri., Oct. 4 - Nov. 1 | 1:00 PM | 5 Sess. | \$50

Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

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

- 2110** | Tue., Sep. 3 - 24 | 9:30 AM | 4 Sess. | \$40
- 2160** | Tue., Oct. 1 - 29 | 9:30 AM | 5 Sess. | \$50
- 2118** | Wed., Sep. 4 - 25 | 1:15 PM | 4 Sess. | \$40
- 2168** | Wed., Oct. 2 - 30 | 1:15 PM | 5 Sess. | \$50

Exercising with Essential Oils

Missie Heisz, BFA, Music & Dance, Cert. Wellness Advocate

This class combines stretching, movement, and dancing with the soothing effects of essential oils.

- 2177** | Tue., Sep. 3 - 24 | 2:30 PM | 3 Sess. | \$30
- 2178** | Tue., Oct. 1 - 29 | 2:30 PM | 5 Sess. | \$50

Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

Focused on breathwork and movement on the mat, guided deep relaxation and meditation. Build strength and flexibility while also calming mental and emotional stress.

- 2121** | Thu., Sep. 5 - 26 | 1:15 PM | 4 Sess. | \$40
- 2171** | Thu., Oct. 3 - 31 | 1:15 PM | 5 Sess. | \$50

Low Impact Gentle Cardio

Pam Chilton, Cert. Personal Trainer & Fitness Instructor

This low-impact aerobic workout includes cardio, weights, bands, and balance set to catchy and popular tunes.

- 2117** | Wed., Sep. 4 - 25 | 12:00 PM | 4 Sess. | \$40
- 2167** | Wed., Oct. 2 - 30 | 12:00 PM | 5 Sess. | \$50
- 2119** | Fri., Sep. 6 - 27 | 9:30 AM | 4 Sess. | \$40
- 2169** | Fri., Oct. 4 - Nov. 1 | 9:30 AM | 5 Sess. | \$50

Pickleball 101 OFFSITE Pickleball Training Centers in Poway

Sid Shapira, BA, Pickleball Gold Medalist, Author, PR & Corporate Communications Specialist

Discover the nation's fastest-growing sport in a dynamic class covering basic strokes, strategy, rules, and scoring.

- 2188** | Tue., Sep. 10 - Oct. 8 | 9:00 AM | 5 Sess. | \$125
- 2189** | Tue., Oct. 22 - Nov. 19 | 9:00 AM | 5 Sess. | \$125

2120 | Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

- 2120** | Wed., Sep. 4 - 25 | 2:30 PM | 4 Sess. | \$40
- 2170** | Wed., Oct. 2 - 30 | 2:30 PM | 5 Sess. | \$50

Senior Fitness

Donna Bird, ACE Cert. Instructor, Silver Sneakers Certified

A dynamic low-impact aerobic warm up with a challenging core strength/balance segment using bands and weights.

- 2107** | Mon., Sep. 9 - 23 | 2:00 PM | 3 Sess. | \$30
- 2157** | Mon., Sep. 30 - Oct. 28 | 2:00 PM | 5 Sess. | \$50

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

- 2116** | Wed., Sep. 4 - 25 | 10:45 AM | 4 Sess. | \$40
- 2166** | Wed., Oct. 2 - 30 | 10:45 AM | 5 Sess. | \$50

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

- 2115** | Wed., Sep. 4 - 25 | 9:30 AM | 4 Sess. | \$40
- 2165** | Wed., Oct. 2 - 30 | 9:30 AM | 5 Sess. | \$50

TAKE NOTE!

CHANGE OF PLANS?

If you can't attend your class, please let us know so we can make your seat available to another member.



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.

- 2100** | Mon., Sep. 9 - 23 | 9:30 AM | 3 Sess. | \$30
2124 | Mon., Sep. 30 - Oct. 28 | 10:45 AM | 5 Sess. | \$50
2101 | Thu., Sep. 5 - 26 | 9:30 AM | 4 Sess. | \$40
2125 | Thu., Oct. 3 - 31 | 9:30 AM | 5 Sess. | \$50

Tai Chi and Qigong - The Fundamentals

Master Peter Wu, Cert. Int'l Tai Chi Quan Coach & Referee

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

- 2114** | Thu., Sep. 5 - 26 | 12:00 PM | 4 Sess. | \$40
2164 | Thu., Oct. 3 - 31 | 12:00 PM | 5 Sess. | \$50

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

For beginners, this class will help you improve balance, strength, flexibility, and peace of mind.

- 2109** | Mon., Sep. 9 - 23 | 3:15 PM | 3 Sess. | \$30
2159 | Mon., Sep. 30 - Oct. 28 | 3:15 PM | 5 Sess. | \$50

Tai Chi Chuan: Beginning II

Pat Griffith, Sifu

For students with some experience in Tai Chi Chuan, this class will cover next level postures and movements to help improve balance, strength, flexibility, and peace of mind.

- 2122** | Fri., Sep. 6 - 27 | 10:45 AM | 4 Sess. | \$40
2172 | Fri., Oct. 4 - Nov. 1 | 10:45 AM | 5 Sess. | \$50

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

Breath and movement, standing and balancing poses, and work on the mat, with a final relaxation to quiet our minds.

- 2102** | Mon., Sep. 9 - 23 | 10:45 AM | 3 Sess. | \$30
2126 | Mon., Sep. 30 - Oct. 28 | 10:45 AM | 5 Sess. | \$50

Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor

Cha cha, merengue, salsa, and swing, easy-to-follow dance steps make this class suitable for all levels!

- 2108** | Tue., Sep. 3 - 24 | 12:00 PM | 4 Sess. | \$40
2158 | Tue., Oct. 1 - 29 | 12:00 PM | 5 Sess. | \$50

HEALTH

2218 | A Day of Plant-Based Nutrition

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Tue., Oct. 8 | 10:00 AM | \$15

Learn to plan nutritious plant-based meals, differentiate whole plant foods from processed ones, add fruits and vegetables to recipes, and optimize health by combining food categories.

Ageless Allure: Medical Aesthetics

Dr. Kirsta Brummel, Board-Certified Physician, Surgeon and Fellow, Owner/Medical Dir. of Soloma Medical Center

Navigate the world of medical aesthetics. Learn to make informed decisions about types of treatments.

- 2427** | Wed., Sep. 4 | 10:00 AM | \$15
Introduction of Medical Aesthetics
2428 | Fri., Oct. 11 | 10:00 AM | \$15
Popular Aesthetic Treatments

2403 | Aging in the Right Place: Empower Your Future Today

Jacqueline A. Silverman, CSA®, CAPS
Thu., Sep. 19 | 10:00 AM | \$15

Join our interactive forum to explore aging in place. Discuss home and lifestyle modifications, care costs, and make informed decisions for longevity at home.

2463 | Alzheimer's Caregiver Support

Melissa (Mia) Routh, MS - Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner
Tue., Oct. 1 | 11:30 AM | \$15

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



2302 | Alzheimer's San Diego: Living with Memory Loss

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education
Mon., Oct. 28 | 1:00 PM | FREE

Learn strategies for adapting to daily challenges, enhancing well-being, and planning for the future, aimed at individuals with early-stage memory loss and their care partners.

2236 | Benefits of CBD

Sheila Star Coulbourn, HHP, BCPA
Thu., Sep. 12 | 10:00 AM | \$15

Learn about potential benefits of CBD for various conditions, including its potential in alleviating dementia symptoms.

2244 | Bioidentical Balance: Hormones in Aging Series

Dr. Kirsta Brummel, Board-Certified Physician, Surgeon and Fellow, Owner/Medical Dir. of Soloma Medical Center

Learn about hormones—how they function, their role and complexities as we age and bioidentical hormone therapy.

2444 | Fri., Oct. 4 | 10:00 AM | \$15

Introduction to Hormones

2445 | Fri., Oct. 18 | 1:00 PM | \$15

Understanding Bioidentical Hormones

2446 | Thu., Oct. 31 | 10:00 AM | \$15

Key Hormones and Their Functions

2415 | Creating an Advance Directive that is Personal & Impactful

Bill Simmons, Attorney

Wed., Oct. 23 | 10:00 AM | \$10

Lawyers, etc. have forms to quickly state your wishes for the end of life. Do better by giving more thought to your wishes.

2272 | Essential Oils 101

Missie Heisz, BFA, Music & Dance, Cert. Wellness Advocate
Mon., Sep. 9 | 1:00 PM | \$15

Learn the basics of essential oils, including how to use them and how to make natural changes in your environment.

2214 | Hormone Help from the Inside Out

April Day, ND, Naturopathic Rx and Ginger Sweetan, ND, Naturopathic Rx

Fri., Sep. 13 | 10:00 AM | \$15

This class covers hormonal changes during menopause, their impact on health, and strategies to overcome age-related weight loss challenges in order to maintain a healthy weight.

2455 | Is It Time to Stop Driving?

Melissa (Mia) Routh, MS, Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner
Tue., Oct. 29 | 9:30 AM | \$15

Worried about an aging family member behind the wheel and unsure of how to broach the conversation? This class covers red flags, driver testing/rehab/retirement and how to navigate this touchy subject with loved ones.

2213 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Tue., Oct. 1 | 10:00 AM | \$15

Tools and strategies for a plant-based lifestyle, including meal prep, pantry stocking, traveling, shopping, and dining out.

2219 | Living Sustainably At Home

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Tue., Sep. 10 | 10:00 AM | \$15

Make eco-friendly, health-conscious changes at home. Learn budget-friendly tools and tips to improve your environment and well-being.

2456 | Navigating the Healthcare System: From Hospital to Home

Melissa (Mia) Routh, MS - Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner
Thu., Sep. 5 | 10:00 AM | \$15

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

2457 | Parkinson's Education and Support

Melissa (Mia) Routh, MS - Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner
Tue., Sep. 24 | 9:30 AM | \$15

Join us for a supportive educational session about Parkinson's Disease, focusing on common symptoms, options for treatments and therapies, and navigating the healthcare system.

2224 | The Genetics of Aging: Pathways to Prolonged Health and Longevity

Dr. James Padilla, Chiropractor, Co-founder and President of Cygenex
Fri., Sep. 20 | 10:00 AM | \$15

Advances in genetic research are revolutionizing our understanding of aging and longevity and how personalized medicine can pave the way for a longer, healthier life.

2287 | The Truth About Sugar

Nadin Benrey, MA, NBC-HWC
Wed., Oct. 9 | 11:00 AM | \$15

What is the difference between added sugars and naturally occurring sugars? Learn about the side effects of being on a high sugar diet.



2002 | Understanding How Medicare Works

Medicare Specialist, Sharp HealthCare
Fri., Oct. 11 | 1:00 PM | FREE

Join our free class to learn about Medicare, including Parts A and B, special enrollment, and plan differences, with guidance from specialists and agents from Sharp Health Plan and United Healthcare.



United Healthcare Presents: Medicare - The Basics

Fariba Zarieh, United Healthcare

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

2020 | Sat., Sep. 28 | 10:00 AM | FREE

2023 | Fri., Oct. 18 | 1:00 PM | FREE

2273 | What Can I Do With My Essential Oils?

Missie Heisz, BFA in Music & Dance,
Certified Wellness Advocate
Mon., Oct. 7 | 1:00 PM | \$15

In this class you will learn all the different things you can do with essential oils, from daily routines, cleaning essentials, and your basic everyday needs.

2175 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Tue., Oct. 8 | 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

2253 | A History of Cuban Music

Oliva M. Espín, Ph.D.
Fri., Oct. 18 | 10:00 AM | \$15

From Afro-Cuban music and Spanish fusion, Cuban music has woven itself into the fabric of Cuban culture and world music. Enjoy listening to Cuban music while learning about composers and specific compositions both familiar and unknown.

2004 | A Treasury of Halloween Humor

Richard Lederer, Union-Tribune Language Columnist
Thu., Oct. 24 | 10:00 AM | \$15

Union-Tribune language columnist and International Punster of the Year Richard Lederer offers a program of history, lore, jokes, puns, and funny verse about Halloween.

2003 | American History for Everyone

Richard Lederer, Union-Tribune Language Columnist
Thu., Sep. 12 | 10:00 AM | \$15

Richard Lederer will illuminate the diverse history of our great nation, including the contributions of women, African Americans, and indigenous people.

2399 | Ancient Native American Rock Art of San Diego and Baja California

Richard Carrico, MA, Author and Professor of American Indian Studies
Wed., Sep. 18 | 10:00 AM | \$15

Learn about the Kumeyaay people who lived in our region thousands of years ago in the context of their artistic expression and cosmological beliefs.

2041 | Atheism, Agnosticism, and the Idea of God

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Fri., Sep. 27 | 1:00 PM | \$16

This discussion will clarify the similarities and differences between atheism and agnosticism, define what is meant by God, and explore key voices and concepts in the debate.

Buddhism

Kathy Hassett, MS, Ordained Buddhist Priest & 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

Explore the origin, history and fundamental tenets of Buddhism. Each class includes a Q & A session followed by a short break and optional guided meditation.

2244 | Tue., Sep. 10 | 1:00 PM | \$15

Buddhism: Origin of Its Schools and Beliefs

2245 | Wed., Oct. 9 | 1:00 PM | \$15

Buddhism: Basic Beliefs and Philosophies

2279 | Captain Kidd – The Pirate Scapegoat

Mark Carlson, Historian & Author
Wed., Sep. 25 | 1:00 PM | \$15

Captain William Kidd, initially an honest privateer, was arrested for plundering £20,000 in treasure. Most are still missing, fueling intrigue and treasure hunts for centuries.

2280 | From Sea to Sea – Building the Panama Canal

Mark Carlson, Historian & Author
Wed., Oct. 23 | 1:00 PM | \$15

In the 1880s, the dream of a Panama Canal faced failure. By 1902, Americans, despite immense challenges, it was built, amazing the world.

**2390 | From the “Other Side” to Here:
A History of Immigration**

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

An overview of the history of immigration, illustrated with photos and documents from the instructor’s research in American History and his own Italian-immigrant roots.

2395 | Haunted Places of San Diego County:

You Can Check Out But You Can Never Leave

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

Join true crime writer Richard Carrico as we delve into those places in San Diego county that may have meandering spirits from the past.

2423 | Heritage Travel: Journey to the Home of Your Ancestors

Marilyn McPhie, President- Storytellers of San Diego;
TEDx Speaker
Fri., Sep. 20 | 1:00 PM | \$15

Marilyn McPhie has been to some of the lands of her ancestors. She’ll share resources and tips for a successful trip.

History of Pickleball

Sid Shapira, BA, Author, PR & Corporate
Communications Specialist; Pickleball Gold Medalist

Learn about the history of Pickleball, its growth, and how it’s now sweeping the nation.

2192 | Thu., Sep. 5 | 2:00 PM | \$15

2193 | Thu., Oct. 10 | 1:00 PM | \$15

2379 | How Animals Changed Humanity:

The Roles of Dogs and Cats

Philip J. Goscienski, M.D.
Fri., Sep. 20 | 1:00 PM | \$15

This presentation explores the origins of the relationship between humans and animals, and the new roles that have emerged in only the past half-century.

2541 | Indian Art: History of Mithila Painting

Shilpi Prasad, BA, Member at Spanish Art Village
Center (Gallery 18) Mithila Painting artist,
Art Instructor at SVAC, Graphic Designer
Wed., Sep. 25 | 10:00 AM | \$15

A comprehensive exploration of the history, techniques, cultural significance, and evolution of Mithila painting.

2533 | Jews in Sports in Eastern Europe, 1919 - 1938

Yale Strom, Ethnographer, Author, Filmmaker,
Klezmer Violin Virtuoso and Musician
Thu., Oct. 24 | 12:00 PM | \$15

Learn how sports, namely the World Maccabi Union, helped to establish Israel and grow Zionism across the globe between the World Wars.

2461 | Legacies of the Past: San Diego’s History

Linda Canada, Historian & Author
Fri., Sep. 27 | 12:00 PM | \$15

We’ll explore and highlight San Diego’s history, using local archives and a private collection of photographs.

2488 | Let’s Discuss:

The Supreme Court and The Constitution!

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.)
Mon., Oct. 7 | 1:00 PM | \$15

Do you have unresolved questions or concerns about the Supreme Court and the Constitution? We’ll explore issues prompted by current headlines and controversies.

2221 | Napa and Sonoma Wine Country

Matilda Parente, MD, Certified Specialist of Wine
Thu., Sep. 26 | 11:00 AM | \$15

Learn about the bountiful wine regions of Napa and Sonoma, known for their famed Cabernet Sauvignon. See what makes these regions distinct and learn about other wines made here.

2389 | Political Parties in the United States

Vincent Rossi, Historian & Author,
Story Seekers Co-Owner
Tue., Sep. 17 | 10:00 AM | \$15

Historian Vincent Rossi presents a brief history of the evolution of political parties in our country’s history.



 **2424 | San Diego Ghosts**

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

They're everywhere. Listen to a few of our area's best ghost stories, and even get a chance to share one of your own. Boo!

 **2519 | San Diego Women and their Role in World War II**

Linda Canada, Historian & Author
Tue., Oct. 22 | 12:00 PM | \$15

Come hear actual stories and the real experiences of San Diego women as they lived through this tumultuous period of history.

 **2040 | The Four Agreements**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Fri., Sep. 13 | 1:00 PM | \$16

This talk examines Don Miguel Ruiz's The Four Agreements, exploring how changing our assumptions can enhance our freedom and power, and its links to philosophy and spirituality.

 **2042 | The Goddess Within**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Fri., Oct. 11 | 1:00 PM | \$16

Join us to explore how various cultures personified the sacred source as feminine, focusing on Hindu, Greek, and Roman mythologies to uncover deeper self-knowledge.

 **2292 | The Industrial Revolution**

Henry George, Engineer, Archaeologist and Geologist
Thu., Oct. 17 | 10:00 AM | \$15

In this class, you will learn how the Industrial Revolution transformed processes and production techniques across the globe from the 1800's to the 20th century.

 **2499 | The Lewis and Clark Expedition:
A Medical Miracle and Lewis's Mysterious Death**

Dr. David Peck, Physician, Author,
NEA Sponsored Speaker (2003-06)
Mon., Oct. 14 | 10:00 AM | \$15

Explore the role that early 19th century medical thinking played in the speculations around Meriwether Lewis's death.

 **2299 | The Painted Caves - World Heritage Site**

Gerald Green, M.S. Physics, Parabotanist
Thu., Oct. 10 | 10:00 AM | \$15

A virtual tour of the Rock Paintings of the Sierra de San Francisco, a UNESCO World Heritage Site located in the rugged canyons of the Sierra de San Francisco mountain range.

 **2043 | The Philosophy of Abortion**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Fri., Oct. 25 | 1:00 PM | \$16

A philosophical inquiry into the abortion debate, exploring questions about the beginning of life, religious perspectives, liberty, body ownership, and constitutional intersections.

 **2291 | The Urban Revolution**

Henry George, Engineer, Archaeologist and Geologist
Thu., Sep. 19 | 10:00 AM | \$15

The Urban Revolution describes the transformation from a village-farming society to an urban, state-level society.

 **2278 | Theodore Roosevelt: A Man of Many Hats**

Fred Bercovitch, BA, MS & PhD Biological Anthropology
Fri., Oct. 25 - Nov. 1 | 10:00 AM | 2 Sess. | \$30

Explore Theodore Roosevelt, the youngest US President at 42, known for varied roles pre, during, and post presidency, embodying adventure, conservation, and leadership.

2252 | Women's Experience of Migration

Oliva M. Espín, Ph.D.
Fri., Sep. 20 | 1:00 PM | \$15

Explore the impact of migration on women's lives, addressing questions on gender differences in migration experiences and reviewing United Nations perspectives, especially pertinent amidst current discussions on immigration policies globally.

LANGUAGE

  **2072 | Beginning American Sign Language, Continued**

Sue Taetzsch, BA in Therapeutic Recreation and
MA in Rehab Counseling for the Deaf
Thu., Sep. 19 - Oct. 24 | 10:00 AM | 6 Sess. | \$102

Learn fingerspelling alphabets, how to read fingerspelling, signs for different categories (food, sports, etc.) and more.

 **2069 | Beginning French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Sep. 18 - Oct. 23 | 10:00 AM | 6 Sess. | \$102

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

 **2070 | Intermediate French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Sep. 18 - Oct. 23 | 11:30 AM | 6 Sess. | \$102

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

 **2071 | Advanced French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Sep. 18 - Oct. 23 | 1:00 PM | 6 Sess. | \$102

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

  **2081 | Beginning German**

Christine Nievergelt, M. Ed.

Fri., Sep. 20 - Oct. 25 | 10:00 AM | 6 Sess. | \$102

Starting with the very basics of learning vocabulary and grammar, with an emphasis on practical phrases that can be used to meet and greet people.

 **2077 | Beginning Italian 2**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Sep. 17 - Oct. 22 | 12:00 PM | 6 Sess. | \$102

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

 **2078 | Low-Intermediate Italian**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Sep. 17 - Oct. 22 | 1:15 PM | 6 Sess. | \$102

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

 **2026 | Beginning Spanish**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mon., Sep. 16 - Oct. 21 | 10:00 AM | 6 Sess. | \$102

This class is for students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

 **2027 | Intermediate Spanish**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mon., Sep. 16 - Oct. 21 | 11:30 AM | 6 Sess. | \$102

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

 **2028 | Advanced Spanish**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mon., Sep. 16 - Oct. 21 | 1:00 PM | 6 Sess. | \$102

Enhance your Spanish language skills: speaking, reading, writing, listening. Deepen your understanding of Spanish-speaking culture, history, literature.

  **2029 | Latin American Humanities (in Spanish)**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Mon., Sep. 16 - Oct. 21 | 2:30 PM | 6 Sess. | \$102

Sharpen your advanced Spanish language skills as you explore Latin American history, literature, current events, customs, and culture.

LITERATURE

 **2442 | Creative Writing I**

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Mon., Oct. 21 | 1:30 PM | \$15

The purpose of this class is to provide interesting content so you have an opportunity to formulate a writing topic, an outline of ideas, and begin short writing.

 **2450 | Creative Writing II**

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Thu., Oct. 24 | 1:30 PM | \$15

This class will provide discussion topics to stimulate writing ideas and you will be writing a draft for a short, how-to article or an opinion editorial.

Full descriptions of Language classes including supplies and requirements are listed on our website and your registration receipt.

 **Oasis Fiction Book Club**

Gail Hall, M.S., Leadership Development Consultant, Facilitator, Avid Reader

Come share your favorite fiction reads, past and present.

2382 | Wed., Sep. 11 | 10:00 AM | \$10

2383 | Wed., Oct. 16 | 10:00 AM | \$10

 **San Diego Oasis Non-Fiction Book Club at RB**

Barbara J Salice, Ed.D

Come share and discuss the nonfiction books you love with your Oasis peers.

2047 | Thu., Sep. 26 | 10:00 AM | \$8

“Warmth of Other Suns” by Isabel Wilkerson

2048 | Thu., Oct. 24 | 10:00 AM | \$8

“Fever in the Heartland” by Timothy Egan

 **2300 | Beginning Modern Canasta**

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

Tue. & Thu., Oct. 1 - 10 | 1:00 PM | 4 Sess. | \$60

Learn to play Modern Canasta following the Canasta League of America rules. Include game basics, scoring and strategy.

 **2068 | Bereavement Support Group**

Sharon L Bryant, Chaplain, VITAS Healthcare

2nd & 4th Wed., Sep. 11 - Dec. 11

10:30 AM | 6 Sess. | FREE

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

 **Bingo!**

Kiwanis Club of Los Rancheros

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

2392 | Sat., Sep. 21 | 1:00 PM | \$25

2393 | Sat., Oct. 19 | 1:00 PM | \$25

PERSONAL ENRICHMENT



 **2900 | Morning Mingle**

Jodi Gallen,

San Diego Oasis Director of Growth and Development
Thu., Sep. 5 - Dec. 19 | 9:00 AM | 15 Sess. | FREE

Join our Morning Mingle at Shamily's Kitchen and Library to connect, chat, and enjoy light refreshments while building new friendships in a relaxed setting.

2268 | Building a Vision for Health, Prosperity, and Well-Being

Laura Diaz, Board Certified Coach (BCC)

Wed., Sep. 11 | 1:00 PM | \$15

You will learn the art of crafting a visionary roadmap that not only enriches your well-being but sets the stage for lasting prosperity.

 **2222 | Fall Birthstones: October and November**

Matilda Parente, MD, Certified Specialist of Wine

Tue., Oct. 29 | 11:00 AM | \$15

Take a colorful tour of fall birthstones, opal and tourmaline for October and topaz and citrine for November. Learn about the gemstones' lore and distinctive features.

 **2433 | Feng Shui Makeup**

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Tue., Oct. 1 & 8 | 1:00 PM | 2 Sess. | \$30

Feng Shui is the art of creating balance and harmony in your environment. Learn a makeup regimen with a fresh look and the right colors to use that will create harmony.



 **Five Crowns, a Rummy-Style Card Game**

Joan H. Cook, Experienced Card Player

Learn this fun, social card game with interesting twists and rotating wild cards. It's a quick favorite for avid and casual players. No experience is necessary.

2295 | Tue., Sep. 17 | 1:00 PM | \$10

2296 | Tue., Oct. 29 | 1:00 PM | \$10

 **2269 | Ignite Your Confidence with a Purpose**

Laura Diaz, Board Certified Coach (BCC)

Tue., Oct. 8 | 1:00 PM | \$15

We will discuss ways to increase your confidence. You will learn tools and strategies that will help you gain confidence with your personal and professional goals.

 **2476 | Introduction to American Mah Jongg**

Sheryl Chesivoir, BA,

19 years of playing/teaching Mah Jongg

Tue. & Thu., Sep. 3 - 12 | 1:00 PM | 4 Sess. | \$60

We will help you learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play.

2405 | Kitchen Organization Tips to “Cookfully” Age in Place

Ruben Galvan, Owner, ShelfGenie

Wed., Oct. 16 | 10:00 AM | \$15

Learn tips and tricks to improve your experience in the kitchen through better organization. Learn how to declutter and enhance kitchen safety & accessibility.

 **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.

2060 | Mon., Sep. 9 | 1:00 PM | \$10

2061 | Mon., Oct. 14 | 1:00 PM | \$10

Navigating Retirement

Virginia B. Berger, MA, Certified Professional Coach

Look at where your time is spent now and what the distractions are, then learn how cultivating creativity improves health and well-being.

2408 | Mon., Sep. 30 | 10:00 AM | \$15

Creating a New Relationship with Time

2409 | Thu., Oct. 24 | 12:00 PM | \$15

Reigniting Your Creativity!

2534 | Not the Brightest Bulb:

How I Learned to Improve My Memory

Judy Applebaum, Lifelong Learning Program

Manager San Diego Oasis

Wed., Sep. 10 | 1:00 PM | \$8

Learn how to create a Memory Palace and PAO system to recall the sequence of cards in a randomly shuffled deck.

 **2065 | Permission to Whine (with Wine!)**

Judy Applebaum, Lifelong Learning Program

Manager San Diego Oasis

Fri., Oct. 4 | 1:00 PM | \$10

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

2406 | Personalities: Understanding Yourself and Others

Barbara Gunning, MBA,

Master Personality Type Practitioner

Mon., Sep. 23 | 1:00 PM | \$15

Explore the commonalities among the three popular personality frameworks—Jungian theory (Myers-Briggs), DISC, and the Big Five Traits—and discover your introvert or extrovert traits.

2407 | Reading People and their Communication Style

Barbara Gunning, MBA,

Master Personality Type Practitioner

Thu., Oct. 3 | 1:00 PM | \$15

This interactive workshop uses the DISC framework to teach you to read communication styles and improve your ability to influence and understand others.

2031 | Return to Travel:

Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations

Fri., Sep. 13 | 10:00 AM | FREE

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

 **2220 | September's Spectacular Sapphires!**

Matilda Parente, MD, Certified Specialist of Wine

Tue., Sep. 24 | 11:00 AM | \$15

Learn about sapphires, this month's birthstone. Although known for its classic blue color, the stone sports an amazing array of less familiar but no less dazzling colors.

2432 | Skincare Made Easy

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Fri., Sep. 20 | 1:00 PM | \$15

Skin care is the art of building a skin care routine. This class will help you select the right products to use while keeping your morning/evening routine simple, easy and affordable.

Stressed about the Holidays? Come Talk!

Michelle Shelton, MA,
Experienced Marriage and Family Therapist

This supportive class provides a confidential forum for participants to recognize and discuss their holiday anxieties and share ideas and strategies to mitigate stress.

2480 | Thu., Oct. 3 | 10:00 AM | \$10

2481 | Fri., Oct. 18 | 10:00 AM | \$10

2212 | The Art of Allowing

Gigi Howard, MA Ed., Law of Attraction Specialist
Tue., Oct. 8 | 10:00 AM | \$15

Explore strategies to gently change how you observe the world.

The Paranormal Experience: Discussion Group

Kathy Hassett, MS, Ordained Buddhist Priest & 2nd Vice Abbott, Lohan Spiritual and Cultural Center

Have you had a spiritual, psychic, or paranormal experience? Come share your personal stories with others in this confidential discussion group.

2451 | Fri., Sep. 27 | 11:00 AM | \$10

2452 | Fri., Oct. 25 | 11:00 AM | \$10

SCIENCE

2198 | Fossils of the Solar System: Asteroids

Neil Farber, NASA/JPL Solar System Ambassador
Wed., Oct. 16 | 1:00 PM | \$15

NASA's asteroid missions seek fossils of the solar system's past to understand its origins and address potential threats.

2197 | Mars: Myth to Magic

Neil Farber, NASA/JPL Solar System Ambassador
Wed., Oct. 2 | 1:00 PM | \$15

Mars' myths, early misunderstandings of its canals, and recent discoveries from rovers, revealing the planet's true nature.

2228 | Meet Your Urban Forest

Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Wed., Oct. 16 | 10:00 AM | \$15

We live in and depend on an urban forest. This talk will introduce the function, importance and recognition of the tree species in our urban forest.

2237 | Photographing the Spirit of Birds

Krisztina Scheeff, KS Nature Photography
Tue., Sep. 24 | 10:00 AM | \$15

Join Krisztina Scheeff as she shares stories and photos of her favorite birds, including Atlantic Puffins, Sandhill Cranes, and colorful species from Costa Rica.

2238 | The Birds of Lake Hodges and their Friends

Krisztina Scheeff, KS Nature Photography
Tue., Oct. 1 | 10:00 AM | \$15

Join Krisztina Scheeff for a photo journey of Lake Hodges, exploring its 200+ avian species, notable residents, and the importance of bird conservation. Learn the best viewing spots.

2227 | The Fruitful History of San Diego County

Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Wed., Sep. 11 | 10:00 AM | \$15

This talk will share some of the historic influence of the various fruit tree crops and how they helped develop San Diego County.

2226 | Using Genetic Genealogy to Find Family

Kathleen Fernandes, Ph.D.
Tue., Oct. 22 | 10:00 AM | \$15

With step-by-step guidance, learn how to use your DNA testing results in your genealogical research.



TAKE NOTE!

LOVE OASIS?

Share us with your friends and family. Word of Mouth is our best marketing tool!



SHAMILY'S KITCHEN



Oasis' first teaching kitchen and social lounge is named after Bonnie and Krishna Arora's daughter Shamily, to honor her love of cooking as a lifelong chef. All classes include samples!





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

  **2506 | Argentinian Empanadas, Chimichurri & Criolla Sauce**
Matias Caceres, Chef, Rancho Bernardo Inn
Thu., Sep. 5 | 12:00 PM | \$25


Empanadas are one of the most popular Argentinian dishes. Learn how to make them as well as some tasty sauces.

  **2529 | Building an Amazing Sandwich**
DJ Hasinsky, Baker
Mon., Sep. 16 | 11:00 AM | \$25

Learn what it takes to make an amazing sandwich, from the right combinations of bread and toppings, to a few simple techniques.

  **2511 | Chinese Cantonese Cooking and Culture: Asian Vegetables II**
Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Thu., Oct. 31 | 11:00 AM | \$25

We will showcase vegetables of varying colors to meet a healthy diet: snow peas, eggplant, and a mystery vegetable of orange color! Come to hear a cultural story, along with a cooking demonstration culminating in a tasty dish to sample.



 **2541 | Cooking with Herbs: A More Flavorful Thanksgiving**
Karen England, Herbologist, Edgehill Herb Farm
Fri., Sep. 13 | 11:00 AM | \$25



From the main event to sides and dessert, come and experience how herbs make the difference.

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.

  **2054 | Tue., Oct. 1 | 11:00 AM | \$25**
Blanquette de Veau

  **2053 | Tue., Sep. 17 | 11:00 AM | \$25**
Socca

  **2528 | How to Build a Perfect Pizza**

DJ Hasinsky, Baker
Mon., Sep. 9 | 11:00 AM | \$25

Learn how to make pizzas at home that taste better than what you get from your local slice shop.

  **2530 | Intro to Sourdough Bread: Part One**

DJ Hasinsky, Baker
Mon., Sep. 30 | 11:00 AM | \$25

Sourdough is a unique, tangy bread that takes time to make. Let's explore its secrets and try baking different homemade versions together.

  **2542 | Intro to Sourdough Bread: Part Two**

DJ Hasinsky, Baker
Tue., Oct. 8 | 11:00 AM | \$25

Continue your sourdough learning experience with this course which will further reveal the secrets of how to make naturally leavened breads at home.

  **2503 | Korean-Inspired Seaweed Chicken Lentil Soup**

Cathlyn Choi, Korean Celebrity Master Chef & Author, Producer & Host of the First PBS Korean TV Cooking Show Cathlyn's Korean Kitchen
Thu., Oct. 10 | 11:00 AM | \$25

Join PBS show host Cathlyn Choi in this interactive cooking class. This easy-to-follow recipe combines the rich flavors of seaweed and tender chicken with the wholesome goodness of lentils.

  **2527 | Louisiana Red Beans and Rice with Cornbread**

Olivia Hill, Culinary Specialist U.S. Armed Forces
Fri., Sep. 6 | 12:00 PM | \$25

Learn about the Cajun Trinity and the history of the cuisine. Experience the various spices, how to properly prepare the beans, the sautéing of the vegetables and more.

 **2500 | Nourish and Thrive: Culinary Wellness for Seniors**

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Tue., Oct. 22 | 11:30 AM | \$25

Learn to prepare delicious, nutrient-packed meals on a budget. You will be guided through three easy-to-follow meal recipe ideas designed to boost your health, vitality, and well-being.

 **2504 | Pasta and Sauces from Scratch**

Mark Pelliccia, Classically Trained Chef Specializing in Italian Cuisine and Baked Goods

Thu., Sep. 19 | 11:00 AM | \$25

Discover the world of fresh pastas made from scratch and a variety of sauces that accompany them.

 **2505 | Piped Butter Cookies**

Mark Pelliccia, Classically Trained Chef Specializing in Italian Cuisine and Baked Goods


Thu., Oct. 3 | 11:00 AM | \$25

Learn the cookie making skills needed to make flaky, delicious butter cookies.


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 a Sardinian with demonstrations showcasing popular food from the Blue Zone: Sardinia, Italy.

 **2512** | Fri., Sep. 20 | 10:00 AM | \$25

Sardinian Minestrone of Longevity

 **2513** | Fri., Oct. 4 | 10:00 AM | \$25

Culurgiones: Traditional Sardinian Ravioli

 **2514** | Fri., Oct. 18 | 10:00 AM | \$25

Zuppa Gallurese: Traditional Au Gratin Dish with Multiple Layers

 **2502 | Seafood Bouillabaisse**

Gabriel Rodriguez, Chef

Wed., Oct. 23 | 12:00 PM | \$25

Come and enjoy the making and tasting of this classic French Seafood Soup with its enchantingly delightful broth.

 **2501 | Sushi**

Gabriel Rodriguez, Chef

Tue., Sep. 24 | 12:00 PM | \$25

Come and learn the techniques of making sushi while enjoying the various types.

 **2525 | The Holidays Are Coming!**

Carol Zaleta, Chef


Wed., Oct. 30 | 11:00 AM | \$25

Join Chef Carol as we explore several bang-for-your-buck recipes for the holiday season, including spinach squares, cranberry coffee cake, and other easy and delicious treats!


Plant Based Cooking

Bill Prather, Macrobiotic Chef


Explore a plant-based diet along with its health benefits. We will discuss setup, where to shop, and basic nutrition.

 **2507** | Mon., Sep. 23 | 10:30 AM | \$25


My Favorite Salad, A Complete Meal

 **2508** | Mon., Oct. 7 | 10:30 AM | \$25

Tofu, Golden Beet, and Radish Salad

 **2509** | Mon., Oct. 14 | 10:30 AM | \$25

Sweet Yam and Cilantro Salad

 **2510** | Mon., Oct. 28 | 10:30 AM | \$25

Vegetarian Sushi

 **2526 | Your Turn to Host Brunch!**

Carol Zaleta, Chef

Fri., Sep. 27 | 11:00 AM | \$25

Join Chef Carol as we explore ideas for a simple, elegant brunch. We'll make a frittata, roasted pesto potatoes, and a raspberry buttermilk cake.

TAKE NOTE!

NEED MEETING SPACE?
Our facilities are available
for your special event or
meeting. Email Jodi at
Jodi@SanDiegoOasis.org



Including Shamily's Kitchen!

TECHNOLOGY

Technology classes are taught by Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHtechBits

2518 | AI for All: Interacting with ChatGPT

Thu., Oct. 10 | 11:30 AM | \$15

Discover the fundamentals, capabilities, usage, and practical applications of ChatGPT, a state-of-the-art AI chatbot.

2440 | Android 101

Thu., Oct. 3 | 11:30 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.

2460 | Android 102

Wed., Sep. 18 | 2:00 PM | \$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.

2443 | Ditch the Cable (and the Fees): Using Internet Streaming

Wed., Sep. 4 | 1:00 PM | \$15

Learn about access to popular streaming platforms like AppleTV, Netflix, HBO Max, and more to make the most of various online entertainment options.

2435 | iPhone 101

Wed., Sep. 4 | 11:30 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.

iPhone 102

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.

2436 | Thu., Sep. 5 | 11:30 AM | \$15

2437 | Wed., Oct. 2 | 11:30 AM | \$15

2534 | Scam Recognition and Prevention

Thu., Sep. 5 | 1:00 PM | \$15

Stay safe in the digital age. Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated scams.

2517 | Tech Anxiety? Let's Deprogram

Wed., Oct. 2 | 10:00 AM | \$15

Does technology stress you out? Embark on a transformative journey toward releasing digital anxiety and gaining inner calmness.

2449 | Voice Assistants

Thu., Oct. 10 | 1:00 PM | \$15

Join us for an engaging training session as we explore the wonders and convenience of popular voice-activated home assistants like Amazon Echo and Google Nest Audio.

2459 | Your Healthcare Portal Made Easy

Wed., Sep. 18 | 12:30 PM | \$15

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

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.**

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

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Exercise and Dance
Health
History and Humanities
Language
Literature
Personal Development and Enrichment
Technology
Theatre and Music

THEATRE, FILM & MUSIC



2210 | Patsy Cline Tribute Concert

Celeste Barbier, Musician & Performer
Sat., Sep. 14 | 2:00 PM | \$20

A celebration of Patsy Cline, an iconic country and pop singer of the 1950s and '60s. Celeste Barbier performs her greatest hits and shares her story.

2494 | Rat Pack Reborn Concert

Jefferson Schildgen,
Jazz Singer and Leader of Rat Pack Reborn
Fri., Oct. 11 | 2:00 PM | \$20

Experience the timeless charm of the Rat Pack era with a concert featuring classic hits from the 1950s and 60s.

2387 | Astrology Through Music: Love Songs of the Zodiac

Melynnique Seabrook, MA
Tue., Oct. 22 | 10:00 AM | \$15

Understand what your own personal chemistry is and the gifts you have been given through your astrological birth sign.

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.

2006 | Mon., Sep. 9 - 30 | 12:00 PM | 4 Sess. | \$240

2007 | Mon., Sep. 9 - 30 | 1:00 PM | 4 Sess. | \$240

2008 | Mon., Sep. 9 - 30 | 2:00 PM | 4 Sess. | \$240

2009 | Mon., Oct. 7 - 28 | 12:00 PM | 4 Sess. | \$240

2010 | Mon., Oct. 7 - 28 | 1:00 PM | 4 Sess. | \$240

2011 | Mon., Oct. 7 - 28 | 2:00 PM | 4 Sess. | \$240

San Diego Oasis Film Club at RB

Barbara J. Salice, Ed.D

Free popcorn! Come share your recommendations and critiques of whatever movies you're streaming, renting, or watching in the theaters.

2184 | Mon., Sep. 16 | 10:00 AM | \$8

2185 | Mon., Oct. 21 | 10:00 AM | \$8

2298 | The Accordion with a Jewish Twist

Steve Halpern, M.S. Biological Sciences, Entrepreneur & Award-winning Educator, Docent at NAMM
Thu., Oct. 17 | 1:00 PM | \$15

The accordion remains vibrant globally, explored in this session that covers its cultural ties, innovations like digital versions, and musical diversity, featuring Klezmer music.

2376 | The Basics of Songwriting

Jack Wolf, Songwriter/Musician,
MS - Systems Engineering
Fri., Oct. 4 | 1:00 PM | \$15

Come learn tips for writing lyrics and techniques for creating song formats. Famous songs will be used to demonstrate the power of lyrics.

2422 | The Joys and Depth of Yiddish Music

Eva Beim, MA, Broadcast Journalism; Recording Artist;
Certified Yoga Instructor
Thu., Sep. 12 & 19 | 1:00 PM | 2 Sess. | \$30

We will learn some of the heartfelt songs that are filled with the beauty and expression in this language.

2064 | Voice Lessons: Show-Tune Favorites

Missie Heisz, BFA in Music & Dance,
Certified Wellness Advocate
Tue., Sep. 24 - Oct. 29 | 1:00 PM | 6 Sess. | \$90

Learn vocal breathing, vocal exercises, tone, pitch, and diction as we sing some of Broadway's best songs.

TAKE NOTE!

GET TO KNOW OUR INSTRUCTORS
Visit the website, click on **CLASSES**
then select **INSTRUCTOR BIOS**



TAKE NOTE!

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Social Media





INNOVATION CENTER

Learn about our new **Quick Fix Software Services** on Page 23!

Oasis Innovation Center Workshops at our Rancho Bernardo Location are led by David Beever, Digital Divide Program Manager

Technology workshops would not be possible without the generous support of Arlene & Michael Bardin, the McCarthy Family, Rancho Bernardo Community Foundation, Rancho Bernardo Sunrise Rotary, and Rotary Club of Rancho Bernardo

Apple Photos Workshop

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

- 2320** | Tue., Sep. 10 | 11:00 AM | \$8
- 2326** | Thu., Sep. 19 | 11:00 AM | \$8
- 2329** | Tue., Sep. 24 | 2:00 PM | \$8
- 2335** | Thu., Oct. 3 | 2:00 PM | \$8
- 2336** | Tue., Oct. 8 | 11:00 AM | \$8
- 2342** | Thu., Oct. 17 | 11:00 AM | \$8
- 2345** | Tue., Oct. 22 | 2:00 PM | \$8

Bluetooth Basics Workshop

A review of Bluetooth technology, including pairing your device to wireless speakers, headsets, computers, cars, etc.

- 2327** | Thu., Sep. 19 | 2:00 PM | \$8
- 2330** | Thu., Sep. 26 | 11:00 AM | \$8
- 2340** | Tue., Oct. 15 | 11:00 AM | \$8
- 2349** | Tue., Oct. 29 | 2:00 PM | \$8

Cloud Services Workshop

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

- 2321** | Tue., Sep. 10 | 2:00 PM | \$8
- 2328** | Tue., Sep. 24 | 11:00 AM | \$8
- 2331** | Thu., Sep. 26 | 2:00 PM | \$8
- 2338** | Thu., Oct. 10 | 11:00 AM | \$8
- 2347** | Thu., Oct. 24 | 2:00 PM | \$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.

- 2323** | Thu., Sep. 12 | 2:00 PM | \$8
- 2333** | Tue., Oct. 1 | 2:00 PM | \$8
- 2337** | Tue., Oct. 8 | 2:00 PM | \$8
- 2346** | Thu., Oct. 24 | 11:00 AM | \$8



QR Codes Workshop

This workshop will provide a brief overview of QR Codes and how to use them.

- 2324** | Tue., Sep. 17 | 11:00 AM | \$8
- 2334** | Thu., Oct. 3 | 11:00 AM | \$8
- 2343** | Thu., Oct. 17 | 2:00 PM | \$8

UBER/Lyft App Workshop

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

- 2325** | Tue., Sep. 17 | 2:00 PM | \$8
- 2339** | Thu., Oct. 10 | 2:00 PM | \$8
- 2344** | Tue., Oct. 22 | 11:00 AM | \$8

Web Cookies Workshop

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

- 2322** | Thu., Sep. 12 | 11:00 AM | \$8
- 2332** | Tue., Oct. 1 | 11:00 AM | \$8
- 2341** | Tue., Oct. 15 | 2:00 PM | \$8
- 2348** | Tue., Oct. 29 | 11:00 AM | \$8



OASIS AT THE LIBRARY

ALPINE BRANCH LIBRARY

1752 Alpine Blvd, Alpine, CA 91901

708 | Critical Documents: Your Signature Here

Julie Derry, MBA, Certified Senior Advisor
Sat., Oct. 5 | 10:30 AM | FREE

Five essential documents for aging, ensuring smoother handling of emergencies and unexpected events. Start organizing today!

707 | Geology of San Diego

Jennifer Olim, Ph.D.
Sat., Sep. 14 | 1:00 PM | FREE

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

COLLEGE-ROLANDO BRANCH LIBRARY

6600 Montezuma Rd, San Diego, CA 92115

704 | How to Start Your Garden

Betty Corvey, Master Gardener,
University of California Cooperative Extension
Sat., Sep. 21 | 1:00 PM | FREE

Step-by-step plan for creating your ideal garden, covering garden types, plant research, buying, and planting strategies.

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W. Washington St, San Diego, CA 92103

703 | Animal Behavior and Ecology:

Koala Conservation and Climate Change

Fred Bercovitch, BA, MS & PhD Biological Anthropology
Sat., Sep. 7 | 2:30 PM | FREE

Koalas are an endangered species. Find out how climate change is affecting their behavior and ecology.

POINT LOMA BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

705 | Brice Marden (1938-2023)

Aniko Makranczy, MFA
Wed., Sep. 11 | 1:00 PM | FREE

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

706 | Weird and Wonderful San Diego History

Jack Innis, BA, Author, Lecturer, San Diego's Legend Hunter
Wed., Sep. 25 | 1:00 PM | FREE

San Diego's weird history from Jack Innis, who will also lead a virtual tour of a Prohibition Era smugglers' cave.

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

701 | Understanding and Managing Dementia-Related Behaviors

Dr. Joe Casciani, Geropsychologist,
Host of the Living to 100 Club
Wed., Sep. 25 | 11:00 AM | FREE

Explore the complex cognitive decline of an individual with dementia to understand why difficult behaviors occur, what the triggers are, and how to manage these behaviors.

SCRIPPS MIRAMAR RANCH BRANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

702 | Weird and Wonderful San Diego History

Jack Innis, BA, Author, Lecturer, San Diego's Legend Hunter
Wed., Sep. 4 | 2:00 PM | FREE

San Diego's weird history from Jack Innis, who will also lead a virtual tour of a Prohibition Era smugglers' cave.

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

700 | Biomimicry: How Marine Life is Inspiring New Technology

Paul Detwiler, MA, Marine Ecology,
Professor and Consultant
Tue., Sep. 10 | 12:30 PM | FREE

Learn how marine organisms have inspired scientists and engineers to create innovative materials and novel technologies.

TAKE NOTE!

Library Ambassadors host Oasis library classes throughout San Diego County. Contact Kris Anelli to learn about this fun volunteer opportunity:
Kris@SanDiegoOasis.org or (619) 881-6262



AFC Vacations

Great Trains & Grand Canyons

November 10 - 15, 2024 | 6 Days • 8 Meals
 Double \$2,875 | Triple \$2,845 | Single \$3,725

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 Mounment, Chuckwagon Supper & Western Show, and more.

Smoky Mountains & Pigeon Forge Holiday

December 8 - 12, 2024 | 5 Days • 7 Meals
 Double \$2,599 | Triple \$2,569 | Single \$3,279

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.

Normandy, Paris & The Seine River Cruise

April 1-8, 2025 | 9 Days • 20 Meals
 See brochure for pricing

This trip includes 7 nights onboard the Amadeus Diamond, and 5 Tours/Excursions (Paris City Tour, Full Day Historic Normandy Tour with Omaha Beach, Auvers-sur-Oise Tour with Van Gogh home, Rouen Walking Tour, and Étretat - Normandy Coast & Village), and WWII Museum, Stops in Conflans, LeHavre, & Les Andelys, Wine/Beer with Dinners Onboard, and more.

Best of Romania

May 14-23, 2025 | 10 Days • 21 Meals
 Double \$5,299 | Single \$5,899

This trip includes Bucharest City Tour with Parliament Palace & Old Town, Bucharest's Village Museum, Romanian Folklore Show, Peles Castle, Sinaia Monastery, Dracula's Castle in Bran, Brasov Guided Walking Tour, Viscri's White Church, UNESCO Site, Sighisoara, UNESCO Site, Corvin Castle, Alba lulia Walking Tour, Sibiu Guided Tour, Oltului Gorge Scenic Drive, and more.

Collette Vacations

Explore Northern Italy

April 24 - May 2, 2025 | 9 Days • 14 Meals
 Double \$3,799 | Triple \$3,769 | Single \$4,199

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 \$2,999 | Triple \$2,969 | Single \$3,799

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.

America's Cowboy Country

September 23 - 30, 2025 | 8 Days • 10 Meals
 Double \$4,299 | Triple \$4,249 | Single \$5,599

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.

TAKE NOTE!

READY TO BOOK YOUR TRIP?

**Contact Brandon Harding:
 Brandon@SanDiegoOasis.org
 (619) 881-6262**



DayTripper Tours

DayTripper Tours is San Diego's premier touring company offering an array of meticulously planned one-day motor coach excursions that showcase Southern California's diverse, scenic landscapes, cultural highlights, and hidden gems.



Use code OASIS924 to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Behind the Scenes at Sofi Stadium

Tue., Sep. 24 | Price: \$179

Prepare to be awed when you join us for a behind-the-scenes exploration of the impressive SoFi Stadium in Inglewood, CA.

Academy Of Motion Pictures Museum

Thu., Sep. 26 | Price: \$155

Journey with us to the largest institution in the U.S. devoted to exploring the art and science of movies and moviemaking.

Golden State Train Ride & Railroad Museum

Sat., Oct. 5 | Price: \$155

All aboard as we journey to Campo to visit the Pacific Southwest Railway Museum and take a ride on the historic Golden State train!

Oktoberfest at Big Bear Lake

Sun., Oct. 20 | Price: \$178

Join us for a fun day of fall festivities as we travel to beautiful Big Bear Lake in the San Bernardino Mountains to celebrate Oktoberfest.

Dia de los Muertos at Hollywood Forever Cemetery

Sat., Oct. 26 | Price: \$175

We'll travel to the Hollywood Forever Cemetery to attend the annual Día de los Muertos (Day of the Dead) festival.

TAKE NOTE!

**DETAILED INFORMATION
ON EVERY TRIP
IS AVAILABLE ON
THE OASIS WEBSITE!**



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Motor coach getaways with DayTripper Tours are a great way to keep active, make new acquaintances, and delight in new discoveries just a day trip away from home. Perfect for solo travelers, couples, and friends alike, on a fully guided DayTripper excursion you'll travel in safety and comfort and still be home in time to sleep in your own bed

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Are you making financial decisions that reflect your values?

When it comes to money matters, you may think it's all about using your head. Crunching numbers, analyzing spreadsheets to figure out how much you have, and calculating what you need to reach your financial goals.

But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?

We offer a no-obligation "heart check-up" to see if your retirement strategies are in alignment with your values.

Call us at (858) 218-4867 make an appointment for a free, 30-minute, one-on-one, confidential financial consultation with no strings attached.

thrivent[®]

Offices of Jonathan Doering and Matthew Molstre

See pages 7 and 31 for upcoming Thrivent Financial classes at San Diego Oasis on Economic Review and Market Outlook, How Taxes Affect Your Retirement, Social Security, and more.



Are you House Rich but Cash Poor? Now is the time to consider a Reverse Mortgage!

A Reverse Mortgage will improve your "Quality of Life" and give you "Peace of Mind" SM

Home Owners 62 & Older:

- Supplement your retirement income
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- Tax-free money
- Lump sum, month payments, line of credit, or combo
- Will not affect Social Security or Medicare Benefits

Not familiar with Reverse Mortgages?

Check out the two minute videos on my website, read my 5-Star Client Reviews, then call me to find out how a Reverse Mortgage can help you.

Join me for my upcoming class at San Diego Oasis:

1367 | Reverse Mortgages Explained
Fri., Sep. 13 | 10:00 AM | \$15 | La Mesa Location
Register at www.SanDiegoOasis.org

Let's meet via Zoom or the old-fashioned way at your Kitchen Table!



760-484-6660

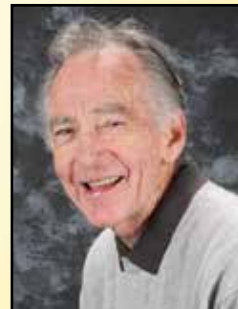


owen.coyle@gmail.com



ReverseMortgages62.com

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since 2003

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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.

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 | 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 | 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 4-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 |
www.facebook.com/Felicitavidaseniorliving

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



THE REMINGTON CLUB

A FIVE STAR SENIOR LIVING COMMUNITY

THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201
AHandley@5SSL.com
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



AGING123

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

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 | 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
agingadvisoryservices.com

Aging Advisory Services provides the guidance, resources, and support needed to navigate the complexities of aging. Founded and led by Jacqueline Silverman, Certified Senior Advisor® and Certified Aging in Place Specialist, Aging Advisory Services offers comprehensive support to older adults and their families through highly personalized assessments, home safety evaluations, and ongoing advocacy.



CASTLE MAVEN

Darlene Pidgeon, MBA, RN, CAPS | (858) 886-6452
DPidgeon@CastleMaven.com | 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 ADULT DAY PROGRAM

Lisa Tyburski | (619) 543-4700
information@glenner.org | glenner.org

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

FINANCIAL PLANNERS



Offices of Jonathan Doering and Matthew Molstre

THRIVENT FINANCIAL

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

Thrivent 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 | 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 | 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 | 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

David Chong, President & CEO | (619) 354-2544
Info@CoastCare.org | CoastCare.org

Having served over 4,000 San Diego families with a staff of over 400, we broadly serve our community. We offer money-back guarantees related to our attendance, expertise, and continuity of care. We're just the right size to have the resources to support you, as well as to customize and meet you where you are.



NONA'S HOME CARE

Benjamin Barth, Owner | (619) 788-4459
ben@nonashomecare.com | nonashomecare.com

Nona's Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.



RIGHT AT HOME

Melanie Delgado | (619) 937-2330
mdelgado@homecare-sd.com | rightathome.net/el-cajon

Whether you seek independent living support or care for a loved one, we go beyond in-home assistance. As your care partner, we understand your journey and provide guidance. From meals to 24-hour care, our dedicated team prioritizes your safety and well-being, delivering exceptional service honed through years of experience.

LONG TERM CARE ADVOCACY



AMADA SENIOR CARE

John Boodhansingh, Owner | (858) 866-9005
john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

We provide advocacy for LTC insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide comprehensive in-home caregiving and care management services, including complete LTC claims service for our 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 | 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

1 (800) 5-SENIOR / (619) 260-6110
info@meals-on-wheels.org | 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



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Tony Bevin | (858) 673-8448
financialsecdesigns@gmail.com | 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



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Amanda Shelley | (858) 431-6152
amanda@justusmedicare.com | justusmedicare.com

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

Hyperlinks for emails and websites are provided if viewing electronically.



UNITEDHEALTHCARE

Fariba Zariéh | (619) 887-6822
Fariba.Zariéh@gmail.com | 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.



WHITLEY INSURANCE SOLUTIONS

Lisa Whitley | (760) 525-1150 | License # 0L00140
lisa@whitleyinsurancesolutions.com
whitleyinsurancesolutions.com

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

PHYSICAL THERAPY



PHYSIO ON THE GO: MOBILE PHYSICAL THERAPY & WELLNESS SERVICES

Sean Kuhn | (619) 391-8688
info@kuhnphysicaltherapy.com | physio-on-the-go.com

Your one-stop shop for everything health. Whether you're at home or on the move, Physio on the GO provides a unique remote self care, wellness, and physical therapy experience through complimentary, subscription, and private or semi-private opportunities in order to custom tailor a program designed for you to achieve your goals.



UNLIMITED POTENTIAL REHAB AND WELLNESS

Kory Langwell | (858) 264-6985
korylangwell@gmail.com | UnlimitedPotential.biz

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 | 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.

Would you like to see your business represented here? CONTACT US! We add new categories with each issue.

REVERSE MORTGAGE



ACCURATE REVERSE MORTGAGE CORP.

John Correll, CRMP | (619) 294-9820

John@AccurateReverse.com | 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 | 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!

SAFETY & CONVENIENCE



SHELFGENIE OF SAN MARCOS

Ruben Galvan | (760) 560-7258 or (760) 814-9936

rgalvan@shelfgenie.com

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 | 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.

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Directory on the
Oasis website:
SanDiegoOasis.org**



SENIOR REAL ESTATE SPECIALISTS



BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES

Bryan Devore | (760) 908-3838 | DRE #01397835
Bryan@DevoreRealtyGroup.com | 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.



PATTI GERKE, REALTOR, DRE# 01386269

Patti Gerke, MBA, SRES, CSA, CAPS, CRS | (760) 525-7269
patti@pattigerke.com
agingwellpartners.com/partners/patti-gerke-realtor

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

Find the Resource Guide under the RESOURCES tab on the blue navigation bar.



TRACEY STOTZ | DRE# 01976976

Tracey Stotz, Broker | (619) 200-0918
tracey@traceystotz.com | 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@therecordbinder.com | therecordbinder.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.





Help a Child Today *for a brighter tomorrow*

Questions?

Contact Michelle Irby,
Intergenerational Tutor Program Manager:
Phone | (619) 881-6262
Email | 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 Faces & Places™



MEET FARIMA TABRIZI



REAL ESTATE / SENIOR & MILITARY SPECIALIST

With over 22 years in the real estate industry and a rich background of 32 years in various corporate environments, Farima is the Broker and Founder of FT Realty (DRE# 01341835). Her deep expertise, commitment to excellence, and dedication to integrity have repeatedly earned her clients' trust.

Farima holds a bachelor's degree in English Translation, alongside impressive credentials as a licensed Real Estate Broker. Her qualifications span various areas, including being Seniors Home Specialist Certified (SRES®), Certified Probate & Trust Specialist®, Certified Military Relocation Professional, Accredited Buyer's Representative / ABR® Designation, and the prestigious GRI Designation.

Farima's specialty lies in guiding her clients through the complexities of purchasing & selling single-family homes, condos, townhouses, and income properties. Her journey in San Diego began over 30 years ago, and a pivotal 15-year experience as her mother's caregiver inspired her passionate focus on enhancing the quality of life for aging adults. Today, she works closely with seniors and their families, offering compassionate and expert guidance in real estate transactions.

As one of the instructors at Oasis, Farima enjoys sharing her experiences and knowledge at her seminars. She invites you to attend her monthly Seminars at Oasis at Rancho Bernardo and Grossmont (Find her classes under Business). Also, don't forget to ask her about her new listings @ Oaks North in Rancho Bernardo!

To read the full interview of Farima head to: <https://thefacesofsandiego.com/farima-tabrizi/> or scan the QR code above.

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Simona Valanciute
President & CEO
San Diego Oasis
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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

Join me...



BRYAN DEVORE
 DRE 01397835

Tuesday, September 10 | 9:30 AM - 12:00 PM
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 17170 Bernardo Center Drive | San Diego

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