

# San Diego CISIS

# NOV DEC 2024

Arts & Crafts Business, Financial & Legal **Exercise & Dance Health & Wellness History & Humanities** Language & Literature **Personal Enrichment** Science **Technology** Theatre, Film & Music Travel

Join us in changing the way people think about aging

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# Thank You to Our Sponsors

We extend our heartfelt gratitude to all the sponsors of the Forever Young Black & Gold Gala. Your generous support has made this unforgettable event possible and helps fund San Diego Oasis' mission to promote healthy aging, lifelong learning, and intergenerational connections, providing support and lifechanging impact.

Thanks to you, we can continue changing lives through programs that bridge generations, enhance digital inclusion, and foster community. Together, we are making a lasting impact on the lives of older adults and the future of our community.

With gratitude,

Simona Valanciute

Smore Valauxuse

President & CEO | San Diego Oasis



























PROUD SUPPORTER OF SAN DIEGO OASIS AND THE 2024 FOREVER YOUNG BLACK AND GOLD GALA



**VISIT SYCUAN.COM** 

MUST BE 21+ TO ENTER. PLEASE PLAY RESPONSIBLY.





Proud Supporter of San Diego Oasis

Learn about Senior 101, our FREE Oasis class, at:

www.Senior101.net

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# Quality care from a connected team.

Kaiser Permanente is a proud supporter of San Diego Oasis.

At Kaiser Permanente, doctors and our health plans are all part of one connected team. The same team as our nurses, pharmacists, and technicians. We coordinate your care, so you don't have to — allowing you to focus on the most important thing, your health. Learn more at **kp.org** 

For all that is San Diego. For all that is you.



#### **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 \$25 per class.

#### **Program Highlights**

- **Lifelong Learning**: 4,500 in-person and online classes annually at our two locations (La Mesa and Rancho Bernardo) and more than 30 off-site locations.
- **Healthy Living:** workshops in fitness, dance, nutrition, life-style, and chronic disease management.
- Intergenerational Tutoring Program: trained volunteer tutors help at-risk children in grades K-4 build reading skills, self-esteem and positive attitudes toward learning. We serve Title 1 County schools, including San Diego, Chula Vista, La Mesa/Spring Valley, Poway/Rancho Bernardo, Ramona, Escondido, Encinitas, and Cajon Valley.
- Travel Program: day trips and extended trips are offered throughout the year.
- **Bridging the Digital Divide:** new tablets, training, internet, and free online classes are provided to low-income, isolated seniors who do not have any technology at home (1250 tablets as of 9/2024).
- **Technology Learning:** group workshops, one-on-one tech consultations and device drop-off services are invaluable for our seniors.

#### 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 <u>SanDiegoOasis.org</u>. If you don't have an account, you can create one by visiting the website, calling us or emailing us at <u>Info@SanDiegoOasis.org</u>
- 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 56 or contact <a href="Michelle@SanDiegoOasis.org">Michelle@SanDiegoOasis.org</a>.
- 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 <a href="Kris@SanDiegoOasis.org">Kris@SanDiegoOasis.org</a> for La Mesa and <a href="Danny@SanDiegoOasis.org">Danny@SanDiegoOasis.org</a> 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 <u>Kris@SanDiegoOasis.org</u>.
- 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 <u>Kris@SanDiegoOasis.org</u>.

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#### 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



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

# **ARTS & CRAFTS**

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

#### **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.

1146 | Wed., Nov. 20 | 10:00 AM | \$17 1147 | Wed., Dec. 18 | 10:00 AM | \$17

# **■** Basic Zentangle®

Stacy Magic, Certified Zentangle Teacher

Learn the Zentangle Method to create beautiful images. This class is suitable for all skill levels.

**1655** | Thu., Dec. 12 | 1:00 PM | \$25 **1656** | Thu., Dec. 19 | 1:00 PM | \$25

#### **Beginning Bead Weaving**

Diane Kramer, Bead Weaver & Instructor

Bead weaving is the craft of using a needle, thread, and beads to create beautiful jewelry. No experience needed, and materials are provided.

**1629** | Thu., Nov. 21 | 1:00 PM | \$42 Peyote Stitch Tube Earrings

**1622** | Mon., Dec. 16 | 1:00 PM | \$42 Beaded Tassel Earrings

# ■ 1392 | Calligraphy and More

Ann Dunham, MS Design

Tue. & Thu., Nov. 12 & 14 | 10:00 AM | 2 Sess. | \$34

In this class, we will learn the basics of script calligraphy and create an uppercase and lowercase alphabet.

### 1390 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Tue. & Thu., Dec. 3 & 5 | 10:00 AM | 2 Sess. | \$34

We'll create pen and ink drawings overlaid with watercolor to capture natural textures like feathers, leaves, and woodgrain.

# = NEW!





# 🗬 Digital Photography: Capturing the Holidays

Suda House, Professor of Art and Photography, Grossmont College

By the end of class, you will have the tools and techniques to create and capture your best holiday memories.

**1663** | Tue, Nov. 12 | 1:00 PM | \$17 **1664** | Tue, Dec. 10 | 10:00 AM | \$17

#### Glass Art with Queenie Glass and Sass

Diana Griffin, Owner of Queenie Glass and Sass

Create your unique art pieces. Pieces will be fused off-site and available for pickup the following week.

**1275** | Wed., Nov. 20 | 1:00 PM | \$65 Glass Bead Mosaic

**1276** | Wed., Dec. 4 | 1:00 PM | \$65 Holiday Ornaments

# \star 1667 | Holiday Wreath Making

Lee Yater, M.F.A; Artist, Designer and College Instructor Mon., Dec. 9 | 1:00 PM | \$20

Create an eco-friendly wreath using leaves, pine cones, acorns, berries, and small twigs and branches.

# \star 1308 | Homemade Fabric Holiday Note Cards

Lyn Earl, Instructor

Wed., Dec. 11 | 1:00 PM | \$17

A quick and easy project using fabric scraps or strips to make unique holiday notecards.

# **1646** | Open Beading Session

Diane Kramer, Bead Weaver & Instructor Tue., Dec. 3 | 1:00 PM | \$17

Bring your unfinished beading projects to class for personal work. No specific patterns will be taught, but Diane will be available to assist you and answer questions.

# 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.

**1311** | Wed., Nov. 13 | 10:00 AM | \$22 Holiday Ornaments

**1312** | Wed., Dec. 11 | 10:00 AM | \$22 Holiday Cards

#### ■ 1348 | Play Around with Acrylic Paint

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Mon., Wed., & Fri., Nov. 4-8 | 1:00 PM | 3 Sess. | \$50

Have fun practicing different elements of paintings such as clouds, water, reflections and foliage.

# **■** 1307 | Recycled Jeans Christmas Stocking

Lyn Earl, Instructor Wed., Nov. 13 | 1:00 PM | \$17

Got some old ratty jeans hanging out in the closet? Here's an easy and fun project to make a unique Christmas stocking for family, friends, etc.

#### 1369 | Rock Painting

Marci Kleiner

Tue., Dec. 10 | 10:00 AM | \$17

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

# **1665** | Twist and Dye: Silk Scarf Dyeing

Lee Yater, M.F.A; Artist, Designer and College Instructor Mon., Nov. 18 | 1:00 PM | \$27

In this beginning silk painting class, create a one-of-akind silk scarf ready to wear or share. All materials will be provided by the instructor.

### **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.

**1134** | Mon., Nov. 4 | 10:00 AM | \$17

**1135** | Mon., Nov. 18 | 10:00 AM | \$17

**1136** | Mon., Dec. 2 | 10:00 AM | \$17

1137 | Mon., Dec. 16 | 10:00 AM | \$17



# **BUSINESS, FINANCE, LEGAL**

# thrivent<sup>®</sup>

Offices of Jonathan Doering and Matthew Molstre

#### 1001 | Economic Review and Market Outlook

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

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

#### 1378 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA Tue., Nov. 5 | 1:00 PM | \$5

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

#### 1379 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA Mon., Dec. 2 | 11:00 AM | \$5

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

#### **Social Security**

Anthony Camara, CFP®, MBA

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

**1377** | Tue., Nov. 5 | 11:00 AM | \$5 **1380** | Mon., Dec. 2 | 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.

**1383** | Wed., Nov. 6 | 10:00 AM | FREE **1384** | Wed., Dec. 4 | 10:00 AM | FREE

See page 47 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

#### 1598 | Avoid These Mistakes When Selling Your Home

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Fri., Dec. 13 | 1:00 PM | \$10

It's easy for home sellers to make mistakes. Join Farima to learn the best way to sell your home.

#### ■ 1597 | Home Staging Strategies

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Fri., Nov. 15 | 1:00 PM | \$10

Explore home staging techniques that use tailored strategies to highlight a property's charm and mitigate its drawbacks, enhancing its appeal to ensure a quicker sale at a better price.

# ■ Let's Talk About It — The Headlines

Rick LeVine, Attorney

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

1140 | Wed., Nov. 20 | 1:30 PM | \$10

**1141** | Wed., Dec. 18 | 1:30 PM | \$10

#### 1023 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate Fri., Nov. 15 | 10:00 AM | \$10

Understand and utilize your long-term care insurance policy. Detailed handouts will be provided.

#### 1421 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor Tue., Dec. 3 | 10:00 AM | \$10

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

#### 1558 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC®, CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder Tue., Dec. 3 | 1:00 PM | \$15

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

#### IT'S THE SEASON OF GIVING!

Supporting our mission is a great way to take advantage of year-end tax credit.

San Diego Oasis is a public 501(c)3 charity
EIN #30-0403895 | Visit SanDiegoOasis.org then click Donate

# = NEW!





# **EXERCISE & DANCE**

#### Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

1026 | Fri., Nov. 8 - 22 | 10:45 AM | 3 Sess. | \$30

**1027** | Fri., Dec. 6 - 20 | 10:45 AM | 3 Sess. | \$30

#### **Bone-Building Fitness**

Russell Rowe, MS, Exercise Physiology

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

**1034** | Mon., Nov. 4 - 25 | 12:00 PM | 3 Sess. | \$30

1035 | Mon., Dec. 9 - 16 | 12:00 PM | 2 Sess. | \$20

1030 | Fri., Nov. 8 - 22 | 12:00 PM | 3 Sess. | \$30

**1031** | Fri., Dec. 6 - 20 | 12:00 PM | 3 Sess. | \$30

#### 1649 | Building Better Balance: A Physical Therapy Approach

Nancy Jungling, Physical Therapist Sat., Nov. 16 | 11:30 AM | \$10

This class starts with a stretching warm-up and includes functional exercises to enhance flexibility, strength, and balance, with options for all mobility levels.

# Cardio Boxing with Strong Nation®

Dora Graham, Cert. Fitness Instructor & Personal Trainer

Learn a variety of punching routines, aerobic movements and core-strengthening moves all synced to original music.

**1659** | Thu., Nov. 7 - 21 | 2:15 PM | 3 Sess. | \$30

1660 | Thu., Dec. 5 - 19 | 2:15 PM | 3 Sess. | \$30

#### **Cardio Drumming**

Andra Valencia, Fitness and Dance Instructor

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

1042 | Mon., Nov. 4 - 25 | 9:30 AM | 3 Sess. | \$30

1043 | Mon., Dec. 2 - 16 | 9:30 AM | 3 Sess. | \$30

**1049** | Tue., Nov. 5 - 26 | 12:00 PM | 4 Sess. | \$40

**1050** | Tue., Dec. 3 - 17 | 12:00 PM | 3 Sess. | \$30 **1053** | Wed., Nov. 6 - 20 | 1:00 PM | 3 Sess. | \$30

**1054** | Wed., Dec. 4 - 18 | 1:00 PM | 3 Sess. | \$30

1034 | Ved., Dec. 4 - 16 | 1.00 PM | 3 Sess. | \$30

1038 | Fri., Nov. 8 - 22 | 9:30 AM | 3 Sess. | \$30 1039 | Fri., Dec. 6 - 20 | 9:30 AM | 3 Sess. | \$30

1046 | Sat., Nov. 16 | 10:30 AM | \$10

#### 1057 | Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor Sat., Nov. 16 | 9:30 AM | \$10

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

#### 712 | Chair Yoga

Rosana Carvalho Gilmore, Certified Fitness Instructor 1st & 3rd Fri., Nov. 1 – Dec. 20 | 10:00 AM | FREE OFF-SITE: Logan Heights Branch Library 567 S. 28th Street, San Diego, CA 92113

A gentle form of beginner's yoga for seated, standing and balance poses.

# Core Training On the Ball and More

Dora Graham, Cert. Fitness Instructor & Personal Trainer

Strengthen your core, improve your flexibility, and prevent injuries using an exercise ball, weights, and resistance bands, with optional chair support.

**1657** | Thu., Nov. 7 - 21 | 1:15 PM | 3 Sess. | \$30 **1658** | Thu., Dec. 5 - 19 | 1:15 PM | 3 Sess. | \$30

#### **Dance Fit**

Andra Valencia, Fitness and Dance Instructor

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

**1060** | Wed., Nov. 6 - 20 | 12:00 PM | 3 Sess. | \$30 **1061** | Wed., Dec. 4 - 18 | 12:00 PM | 3 Sess. | \$30

# International Folk Dancing

Martha Awdziewicz, Folk Dance Group

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

**1068** | Wed., Nov. 6 - 20 | 9:30 AM | 3 Sess. | \$18 **1069** | Wed., Dec. 4 - 18 | 9:30 AM | 3 Sess. | \$18

# Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

Fun and varied line dance experience featuring country, pop, Latin, and waltz music.

**1076** | Wed., Nov. 6 - 20 | 2:00 PM | 3 Sess. | \$30 **1077** | Wed., Dec. 4 - 18 | 2:00 PM | 3 Sess. | \$30 **1072** | Thu., Nov. 7 - 21 | 12:00 PM | 3 Sess. | \$30 **1073** | Thu., Dec. 5 - 19 | 12:00 PM | 3 Sess. | \$30

#### Progressive Strength, Balance and Flexibility Training

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

1064 | Mon., Nov. 4 - 25 | 2:15 PM | 3 Sess. | \$30 1065 | Mon., Dec. 2 - 16 | 2:15 PM | 3 Sess. | \$30 Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

1088 | Tue., Nov. 5 - 26 | 9:30 AM | 4 Sess. | \$40 1089 | Tue., Dec. 3 - 17 | 9:30 AM | 3 Sess. | \$30 Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

**1084** | Thu., Nov. 7 - 21 | 9:30 AM | 3 Sess. | \$30 **1085** | Thu., Dec. 5 - 19 | 9:30 AM | 3 Sess. | \$30 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.

**1092** | Tue., Nov. 5 - 26 | 2:30 PM | 4 Sess. | \$40 **1093** | Tue., Dec. 3 - 17 | 2:30 PM | 3 Sess. | \$30

#### **Restorative Gentle Yoga**

Julia Doughty, MFA, HHP

Learn how yoga can assist in healing, recovery, and balance while calming your mind and renewing your energy.

**1096** | Tue., Nov. 5 - 26 | 1:15 PM | 4 Sess. | \$40 **1097** | Tue., Dec. 3 - 17 | 1:15 PM | 3 Sess. | \$30

# 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.

**1100** | Wed., Nov. 6 - 20 | 9:00 AM | 3 Sess. | \$30 **1101** | Wed., Dec. 4 - 18 | 9:00 AM | 3 Sess. | \$30

#### 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.

**1104** | Tue., Nov. 5 - 26 | 10:45 AM | 4 Sess. | \$40 **1105** | Tue., Dec. 3 - 17 | 10:45 AM | 3 Sess. | \$30

# 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.

1108 | Thu., Nov. 7 - 21 | 10:45 AM | 3 Sess. | \$30 1109 | Thu., Dec. 5 - 19 | 10:45 AM | 3 Sess. | \$30

#### Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

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

1112 | Mon., Nov. 4 - 25 | 1:15 PM | 3 Sess. | \$30 1113 | Mon., Dec. 2 - 16 | 1:15 PM | 3 Sess. | \$30

# 1116 | T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor Fri., Nov. 8 - Dec. 20 | 1:15 PM | 6 Sess. | \$60

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

#### 1117 | T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor Fri., Nov. 8 - Dec. 20 | 2:30 PM | 6 Sess. | \$60

Deepen and refine the movements at an intermediate level.

#### **Zumba Gold**

Pamela Toomes & Laura Muto, Cert. Fitness Instructors An exhilarating, effective, easy-to-follow, Latin-inspired,

calorie burning, dance fitness party. 1120 | Mon., Nov. 4 - 25 | 10:45 AM | 3 Sess. | \$30

1121 | Mon., Dec. 2 - 16 | 10:45 AM | 3 Sess. | \$30

# **CURIOUS ABOUT A DANCE OR** FITNESS CLASS?

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



# **HEALTH & WELLNESS**

# **CO** Alzheimer's

# ┪ 1398 | Alzheimer's San Diego: Dementia 101

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education Tue., Dec. 10 | 1:00 PM | FREE

Get an introduction to Alzheimer's disease and other types of dementia, including risk factors, common symptoms, and available resources.

#### ■ 1397 | Alzheimer's San Diego: Driving with Memory Loss Joaquin Ortiz, Alzheimer's San Diego Dir. of Education Tue., Nov. 12 | 1:00 PM | FREE

Learn about physical and cognitive changes as we age, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

### Balance Basics and Fall Prevention

Karen Daley, Physical Therapist Assistant, Senior Placement Specialist with LivWell Senior Placement

This class explores your body's balance systems, conditions affecting stability, and tips to reduce risk of falling at home.

**1651** | Thu., Nov. 7 | 10:00 AM | \$10 1652 | Thu., Dec. 12 | 10:00 AM | \$10

#### 1571 | Benefits of CBD

Sheila Star Coulbourn, HHP, BCPA Thu., Nov. 14 | 1:00 PM | \$15

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

#### 1593 | California End of Life Option Act and Other Choices

Bill Simmons, Attorney

Wed., Nov. 6 | 10:00 AM | \$10

California and nine other states have legalized medical assistance in dying (MAiD). Learn California's law and what it takes to qualify.

#### ■ 1620 | How To Stay Healthy During The Holidays

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

Fri., Nov. 22 | 10:00 AM | \$15

Tips and tricks for selecting healthy foods from holiday treats to maintain health and good habits during the festive season.







#### 709 | The Power of Plant Based Nutrition

Charlene Correia,

Certified Plant-Based Lifestyle Health Coach

**OFF-SITE:** San Carlos Branch Library 7265 Jackson Dr, San Diego, CA 92119

Fri., Nov. 15 | 2:00 PM | FREE

Learn how a whole food, plant-based lifestyle can be a simple and enjoyable way to attain optimal health.

### 1594 | Understanding Dementia and What You Might Do About It

Bill Simmons, Attorney

Wed., Dec. 4 | 10:00 AM | \$10

Explore lifestyle changes that help reduce the risk of Alzheimer's as well as planning for the possibility of dementia.



#### 1003 | Understanding How Medicare Works

Medicare Specialist at Sharp HealthCare Fri., Nov. 22 | 1:00 PM | FREE

We will explore Medicare, including Parts A and B, special enrollment, and plan differences, with guidance from Sharp Health Plan and United Healthcare specialists.

# UnitedHealthcare

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

Fariba Zarieh, United Healthcare

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

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

1007 | Sat., Nov. 16 | 10:00 AM | FREE

**1010** | Fri., Dec. 6 | 1:00 PM | FREE

# ■ 1405 | Unraveling Stress: A Path to Balance and Well-Being

Montserrat Garcia, National Board Certified Health & Wellness Coach

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

This class explores the effects of stress on health and offers practical management strategies, empowering participants with tools for resilience and enhanced well-being.

# 1152 | Your Aging Journey is Unique to You!

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

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

# **HISTORY & HUMANITIES**

# ■ 1402 | A Discussion of Plato's Three Models for Attaining Wisdom/Enlightenment

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Tue., Dec. 17 | 1:00 PM | \$15

Learn about Plato's models for attaining wisdom to reach diverse learners. Let's explore how his teachings can address today's personal, societal, and global challenges.

# ● 1583 | A Pilgrim Odyssey: From Holland to a New World

Rudy Shappee, U.S. Navy Veteran and Local Historian Fri., Nov. 8 | 10:00 AM | \$15

Follow the Pilgrims' journey from Leiden, Holland, to Plymouth Plantation, exploring their challenges at sea and their life in the New World.

#### 1333 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist Thu., Dec. 5 | 10:00 AM | \$15

International Punster of the Year, Richard Lederer will offer a program of history, lore, jokes, puns, and funny verses about Christmas.

# 🖈 1416 | Amazing and Amusing Historical Anecdotes

Sofia Laurein, Ph.D., Professor of History Fri., Nov. 8 | 1:00 PM | \$15

Explore the humorous and outrageous sides of history with tales that are entertaining and thought-provoking, appealing to those curious about human nature.

# ■ 1332 | American History for Everyone

Richard Lederer, Union-Tribune Language Columnist Thu., Nov. 21 | 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.

#### 1408 | Byzantine and Medieval European Art

Gwenyth Mapes, Professor of Humanities Fri., Nov. 22 | 10:00 AM | \$15

Explore the evolution of Christian art and architecture post-Constantine, examining syncretism, the impact of the second commandment, and the transformative role of the Renaissance.

# ■ 1577 | D-Day +1 to VE Day

Blaine Davies, MA, Professor of U.S. History Fri., Dec. 6 | 10:00 AM | \$15

Learn how the Allies, from D-Day +1 to Germany's surrender on May 8, 1945, squeezed the Nazis from both East and West, thus ending their tyranny.

#### 🔰 1575 | Death Was a Hitchhiker: El Cajon's Mass Murders

Richard Carrico, MA, Author, and Professor of American Indian Studies

Mon., Dec. 9 | 1:00 PM | \$15

Examine the shocking 1964 massacre by sixteen-year-old Carl Eder, including the crime scene, police investigation, and Eder's confession.

#### 711 | Drowned Eagle - The Amelia Earhart Mystery

Mark Carlson, Historian & Author

**OFF-SITE:** Santee City Hall

10601 Magnolia Ave, Santee, CA 92071

Wed., Dec. 4 | 10:00 AM | FREE

Here is the story of that last flight, the legends, the myths and possibly the answer to what happened to Amelia Earhart.

#### ■ 1637 | Faith and Fear: Comics and War in Cold War America

Gregory A. Daddis USS Midway Chair in Modern U.S. Military History San Diego State University Mon., Nov. 18 | 10:00 AM | \$15

This lecture examines how American comics from the 1950s and 1960s depicted the Cold War, shaping views on communism, atomic threats, and societal norms.

#### ● 1576 | Harry Truman: The Buck Stops Here

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

We'll examine the life and legacy of Truman who has been praised for ending WWII and other key achievements, despite some controversial decisions.



# 💜 🌓 1582 | Haunted Ships of California

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Fri., Nov. 8 | 1:00 PM | \$15

We'll explore the histories and paranormal mysteries of San Diego's Berkeley Ferryboat and Star of India, Long Beach's RMS Queen Mary, and Alameda's USS Hornet.

# ■ 1340 | How Do Animals React When Their Friends and Relatives Die?

Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology

Fri., Nov. 15 | 10:00 AM | \$15

Discover how both humans and animals react to the death of loved ones, including the ceremonies humans use and the behaviors observed in animals.

#### 1409 | Islam and its Art and Architecture

Gwenyth Mapes, Professor of Humanities Fri., Dec. 13 | 10:00 AM | \$15

Explore Muhammad's impact on religion and trade, and how changes in Islam after his death continue to influence global literature and art, including Islamic architecture.

# 1574 | Myths, Fables, and Other Untrue Stories About Historic San Diego

Richard Carrico, MA, Author, and Professor of American Indian Studies Mon., Nov. 18 | 1:00 PM | \$15

Explore intriguing San Diego stories about mythical creatures, pre-WWII Japanese spy rings, and the rumored submerged submarine.

# \star 1366 | Operation Tidal Wave: The Mission to Burn Hitler's Oil

Mark Carlson, Historian & Author Wed., Dec. 11 | 1:00 PM | \$15

On August 1, 1943, 180 B-24s flew Operation Tidal Wave to Ploesti, Romania, to destroy refineries. Despite heavy losses, they achieved partial success.

# 🛁 🗬 1161 | Songs of Bob Dylan

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wed., Dec. 4 | 10:00 AM | \$16

Join singer-songwriter Peter Bolland for a concert exploring Bob Dylan's life and impact, with lyrics projected for singalongs of his influential songs.







# ■ 1320 | Sonia Delaunay

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

This Ukrainian-born French artist was known for colorful geometric patterns, fusing Cubism and Neo-Impressionism.

#### ■ 1636 | Supreme Court Decisions You Should Know Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.) Mon., Dec. 9 | 10:00 AM | \$15

Explore the background, rulings, and ongoing significance of 13 landmark decisions rendered by the U.S. Supreme Court that every American ought to know.

#### ■ 1634 | Supreme Court Election Intervention

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

We'll analyze Supreme Court interventions in elections, starting with Bush v. Gore, and considers their implications for the future of elections in the United States.

# ■ 1635 | Supreme Court Reform: Prospects and Propriety

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.) Mon., Dec. 2 | 10:00 AM | \$15

This class explores the legal, judicial-process, and political issues raised by recent proposals to reform the Supreme Court.

#### 1401 | The Bardo of Dharmata: The After-Death State

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Tue., Nov. 19 | 1:00 PM | \$15

We will examine what Tibetan Buddhists and the Tibetan Book of the Dead say about what happens to us and our consciousness when we die.

# → 1645 | The Holocaust

Nick Warmuth, Ph.D., Historian and Researcher at University of San Diego Thu., Nov. 7 | 1:00 PM | \$15

This lecture provides an overview of the Holocaust, the Nazi regime's systematic extermination of six million Jews, its historical origins, evolution, and legacy.

#### 1162 | The Myth and Magic of Christmas

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wed., Dec. 18 | 10:00 AM | \$16

Explore the multicultural origins of modern American Christmas, tracing its evolution to uncover its universal spiritual significance.

#### 1159 | The Wisdom of Zen Buddhism

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

Learn how Zen Buddhism uniquely blends ancient wisdom with modern practicality, challenging conventional thinking and revealing our authentic nature.

#### ■ 1365 | When Yamamoto Ran Wild: The Pacific War Pearl Harbor to Midway

Mark Carlson, Historian & Author Wed., Nov. 13 | 1:00 PM | \$15

We'll examine the crucial six months between Pearl Harbor and Midway, showing how the attack was Admiral Yamamoto's biggest strategic error.

#### 1160 | Wisdom and Whimsy - The Daoism of Zhuangzi

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

We'll explore Zhuangzi's provocative and whimsical Daoist wisdom, focusing on how his insights from the Dao De Jing can be applied to everyday life.

### → 1662 | Wit, Wisdom, & Wordplay: A Fundraising Event Featuring Richard Lederer

San Diego Woman's Club Fdtn and San Diego Oasis Sat., Nov. 9 | 10:00 AM | \$25

Join us for a fundraiser to benefit San Diego Oasis and a charity supported by the San Diego Woman's Club. Best-selling author Richard Lederer will provide a fun-filled exploration of the English language, featuring its history, hilarious bloopers, and puns—prepare to laugh and learn!

Richard will also auction off two exclusive experiences:

- A personalized speaking engagement
- A one-on-one poker lesson for you and a group of friends

There will be door prizes and an opportunity to purchase Richard Lederer's books.

# AKE NOTE!

# DO YOU YOUTUBE?

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

# **LANGUAGE**

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

#### ■ 1172 | Beginning French for Travelers

Martine A. Hillier, BA, Trilingual, French & Spanish Tutor Fri., Nov. 8 - Dec. 20 | 10:00 AM | 6 Sess. | \$102

Traveling abroad? French, spoken in 29 countries, is invaluable for global travel and is taught by a native French speaker.

#### 1174 | Intermediate French for Travelers

Martine A Hillier, BA, Trilingual, French & Spanish Tutor Fri., Nov. 8 - Dec. 20 | 11:30 AM | 6 Sess. | \$102

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

#### 1170 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mon., Nov. 4 - Dec. 16 | 10:00 AM | 5 Sess. | \$85

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

# 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**.





#### 1184 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mon., Nov. 4 - Dec. 16 | 11:30 AM | 5 Sess. | \$85

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

#### 1164 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Mon., Nov. 4 - Dec. 16 | 1:00 PM | 5 Sess. | \$85

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

#### ■ 1192 | Conversational Italian, Intermediate to Advanced Level

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tue., Nov. 5 - Dec. 17 | 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.

### ■ 1194 | Italian for Travelers, A Continuation (Beginner's Level)

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor Tue., Nov. 5 - Dec. 17 | 12:00 PM | 6 Sess. | \$102

We'll continue to explore the Italian language through dialogues, readings and guided conversations, all at the beginner's level.

#### ■ 1168 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College

Thu., Nov. 7 - Dec. 19 | 10:00 AM | 6 Sess. | \$102

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

#### 1290 | Beginning/Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College

Thu., Nov. 7 - Dec. 19 | 1:00 PM | 6 Sess. | \$102

This conversation course bridges the gap for learners with some fluency, preparing them to progress from beginner to intermediate levels.

#### 🗬 1182 | Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College

Thu., Nov. 7 - Dec. 19 | 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.







#### 1610 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fri., Nov. 8 - Dec. 20 | 2:30 PM | 6 Sess. | \$102

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

#### 1608 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fri., Nov. 8 - Dec. 20 | 1:00 PM | 6 Sess. | \$102

Enhance your oral, reading, writing, and listening skills while exploring Spanish culture, history, and literature.

#### 🗬 1176 | Beginning Spanish I

Gladis Jiménez González

Wed., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | \$102

We will start with the basics and progress from there.

#### 🗬 1178 | Beginning Spanish II

Gladis Jiménez González

Wed., Nov. 6 - Dec. 18 | 11:30 AM | 6 Sess. | \$102

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

#### 🗬 1186 | Intermediate Spanish I

Gladis Jiménez González

Wed., Nov. 6 - Dec. 18 | 1:00 PM | 6 Sess. | \$102

Learn direct and indirect objects, pronouns, and reflexive verbs.

# **LITERATURE**

# 1200 | Aspiring and Intermediate Poetry Workshop

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

Thu., Nov. 7 - Dec. 19 | 10:00 AM | 6 Sess. | FREE

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

# Creative Writing Workshop

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

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

**1197** | Tue., Nov. 5 - 19 | 1:00 PM | 3 Sess. | \$45 **1198** | Tue., Dec. 3 - 17 | 1:00 PM | 3 Sess. | \$45

#### 1205 | New And Notable Book Club

Cathleen Mills, Former Literature Instructor Fri., Nov. 22 | 1:00 PM | \$8

This book club will feature authors who have won a Booker Prize. Our conversations will be rich and thought-provoking. This meeting will discuss Creation Lake by Rachel Kushner.

#### Non-Fiction Book Club

Barbara J. Salice, Ed.D.

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

1209 | Mon., Nov. 4 | 10:00 AM | \$8 American Girls: One Woman's Journey into the Islamic State & Her Sister's Fight to Bring Her Home

1210 | Mon., Dec. 9 | 10:00 AM | \$8 Nothing Like It in the World: The Men Who Built the Transcontinental Railroad

# PERSONAL ENRICHMENT

#### **1591 | Bingo!**

San Diego Oasis & San Diego Woman's Club Fdtn. Sat., Nov. 23 | 1:00 PM | \$25

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

#### ■ 1650 | Caring for Your Holiday Plants

Abby Moldenhauer, Owner, Abby's Interior Plantscapes Mon., Nov. 25 | 1:00 PM | \$15

Learn the how to's of watering, light requirements, repotting techniques and more to care for your holiday plants.

# ძ 1302 | Design and Live Your Dreams

Laura Diaz, Board Certified Coach (BCC) Thu., Nov. 21 | 1:00 PM | \$15

Learn to design your life and achieve your dreams by discussing steps to transform your current results into better outcomes through intentional design.

# 🔁 1569 | Feng Shui Makeup

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur Fri., Dec. 6 - 13 | 10:00 AM | 2 Sess. | \$30

Learn how to apply Feng Shui principles to revitalize your makeup regimen and color choices.

# 1222 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wed., Nov. 6 – Dec. 18 10:30 AM | 4 Sess. | FREE

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

# Let's Learn & Play: Card Games and More

Marci Kleiner

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

**1214** | Tue., Nov. 19 | 10:00 AM | \$10 Yahtzee and Cranium

**1215** | Tue., Dec. 17 | 10:00 AM | \$10 Ransom Notes and Five Crowns

# 1219 | Let's Play Trivia! How Much Do You Know?

Alan Zacharin, Trivia Enthusiast Thu., Nov. 14 | 1:00 PM | \$10

Come play Team Trivia. You will be surprised at how much you know, and how much you can learn while having fun.

#### 🗬 1654 | Mah Jongg for Beginners: Level One

Carol Cohn, Mah Jongg Instructor Fri., Nov. 1 - Dec. 13 | 10:00 AM | 6 Sess. | \$90

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

#### 1370 | Mah Jongg Open Play

Fri., Nov. 15 & Dec. 20 | 1:00 PM | 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.

# ■ 1285 | Mediterranean Climate Plants

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County Fri., Dec. 6 | 1:00 PM | \$15

Learn to grow unique, drought-tolerant flowers, bushes, and trees that thrive in San Diego's Mediterranean climate.

# **1224 | Men's Room**

Donald Bruders, Facilitator Wed., Nov. 13 & Dec. 11 | 10:00 AM | 2 Sess. | \$16

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

#### 1353 | Reading People and their Communication Style

Barbara Gunning, MBA, Master Personality Type Practitioner Tue., Nov. 26 | 1:00 PM | \$15

Use the DISC framework to read communication styles and improve your ability to influence and understand others.

#### 1292 | Return to Travel:

#### **Domestic and International Destinations to Visit in 2025**

Will Reece, AFC Vacations Wed., Nov. 20 | 12:00 PM | FREE

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

#### 🗬 San Diego Oasis Travel Club

Terrie Mortensen, Facilitator

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

**1227** | Thu., Nov. 7 | 1:00 PM | FREE **1228** | Thu., Dec. 5 | 1:00 PM | FREE

#### 1303 | Self-Sabotage, No More!

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

Explore and overcome self-sabotaging behaviors that may hinder your progress and desires in this insightful session.

# \star 1330 | Thanks to Trees and Their Useful Resources

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Retired) Tue., Nov. 19 | 10:00 AM | \$15

This talk will share some of the aspects of how and why we should be thankful for that bounty.

#### 1568 | The Best Makeup Tips For 50+ Women

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur Fri., Nov. 15 - 22 | 1:00 PM | 2 Sess. | \$30

Enhance your skincare and makeup routine with products, tools, and techniques, focusing on radiance and simplicity.

# ძ 1284 | Winter Propagation

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

Learn to save money by propagating plants in winter, discovering which plants thrive, and mastering basic methods for trees, bushes, vines, and herbaceous plants.







# **SCIENCE**

# ■ 1343 | Forensic Anthropology

Tori Randall, Ph.D., Professor of Anthropology Thu., Nov. 14 | 1:00 PM | \$15

Explore forensic anthropology in this class, focusing on analyzing skeletal remains to identify sex, age, ancestry, and stature from unexplained deaths.

#### ■ 1605 | My Life Studying Wild Animals on Four Continents Fred Bercovitch, Ph.D. Biological Anthropology Wed., Dec. 11 | 10:00 AM | \$15

Enjoy an exciting journey exploring wild animals in their natural habitats, sharing captivating stories from Australia to Africa and beyond. Experience nature like never before!

#### 1319 | San Diego's Ocean

Jennifer Olim, Ph.D. Wed., Nov. 13 | 10:00 AM | \$15

Discover San Diego's underwater geology by exploring volcanic islands, underwater canyons, and the Cortes Bank, a big wave surf spot off the coast.

# ■ 1324 | The Psychology of Cult Mind Control

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Thu., Nov. 7 | 10:00 AM | \$15

Participants will learn about psychological persuasion techniques, how cults control followers, and methods for protecting oneself from harmful influence.

### **1616** | Understanding Wild Animal Behavior

Mike Gibbs, Naturalist & Animal Behaviorist Thu., Dec. 5 | 1:00 PM | \$15

Learn the elements of universal wilderness language and how to interpret this language as it occurs in your backyard and in the wild.

#### 1327 | Using Genetic Genealogy to Find Family

Kathleen Fernandes, Ph.D. Tue., Nov. 19 | 10:00 AM | \$15

Learn step-by-step 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

#### A Special Thank You!

Jacki has been a favorite and highly sought after instructor with Oasis for many years, helping countless members with their technology knowledge, skill and comfort levels. While we are saddened that this is her last season with Oasis, we are thrilled for her upon her retirement and wish her well in this next chapter.

Visit Wiseboomer to stay in touch: www.Wiseboomer.com

We encourage you to sign up early for her final classes, as they always fill up quickly!

#### 1360 | Conquering Your iPhone - Part I

Jacki Montierth, Founder of Wiseboomer.com Tue., Nov. 5 | 10:00 AM | \$16

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

#### 1361 | Conquering Your iPhone - Part II

Jacki Montierth, Founder of Wiseboomer.com Tue., Nov. 12 | 10:00 AM | \$16

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

#### 1362 | Conquering Your iPhone - Part III

Jacki Montierth, Founder of Wiseboomer.com Mon., Nov. 18 | 10:00 AM | \$16

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

#### 1588 | Mac Basics

Bucky Reed, IT Professional Fri., Dec. 6 | 1:00 PM | \$15

Learn how to use your Mac, how to use finder, spotlight search, system preferences, and more.

#### 1587 | Online Safety and Security

Bucky Reed, IT Professional Fri., Nov. 8 | 10:00 AM | \$15

Learn to protect your computer and smartphone with 2-factor authentication, secure passwords, antivirus software, and steps to take if your device is compromised.

#### 1589 | Windows Basics

Bucky Reed, IT Professional Fri., Dec. 13 | 1:00 PM | \$15

Learn how to use your Windows devices: adjust text and screen size, File Explorer, settings, shortcuts and more.

# **THEATRE & MUSIC**



# → ■ 1661 | Holiday Hits with Merry Carol:

#### A Festive Musical Celebration

Celeste Barbier, Musician & Performer Thu., Dec. 5 | 2:00 PM | \$25

Join local songstress Merry Carol at Oasis for a festive afternoon of holiday music, fun attire, and the history behind your favorite Christmas classics!

# KE 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

# 🗬 1334 | Thanksgiving Notes:

#### **Colonial America and Thematic Folk Music**

Chris Burns, Many-Strings Thu., Nov. 21 | 1:00 PM | \$20

Enjoy live music featuring songs from Pilgrims, colonial neighbors, Native Americans, plantations, and French trappers, celebrating holiday values and America's early tunes.

#### 🗬 1230 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon, M.Ed

Mon., Dec. 2 | 1:00 PM | FREE

Enjoy an afternoon of monologues and scenes from stage, screen, and TV, showcasing the talent and dedication of our fellow Oasis members.

#### 1240 | Love Guitar? Let's Learn

Mark Madruga, MA, Prof. Musician & Guitar Instructor Mon., Nov. 4 - Dec. 9 | 10:00 AM | 5 Sess. | \$75

This course is tailored for beginners and aspiring players, covering tuning, chords, rhythm, strum patterns, and songs.

#### Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

Learn to play piano or improve your skills in these one-on-one sessions tailored to your level and your personal goals.

**1249** | Tue., Nov. 5 - 19 | 12:30 PM | 3 Sess. | \$180 **1250** | Tue., Nov. 5 - 19 | 1:30 PM | 3 Sess. | \$180 **1251** | Tue., Nov. 5 - 19 | 2:30 PM | 2 Sess. | \$120

**1252** | Tue., Nov. 5 - 19 | 3:30 PM | 2 Sess. | \$120

**1253** | Tue., Dec. 3 - 17 | 12:30 PM | 3 Sess. | \$180 **1254** | Tue., Dec. 3 - 17 | 1:30 PM | 3 Sess. | \$180

**1255** | Tue., Dec. 3 - 17 | 2:30 PM | 3 Sess. | \$180

**1256** | Tue., Dec. 3 - 17 | 3:30 PM | 3 Sess. | \$180 **1265** | Wed., Nov. 6 - 20 | 12:30 PM | 3 Sess. | \$180

**1266** | Wed., Nov. 6 - 20 | 1:30 PM | 3 Sess. | \$180

**1267** | Wed., Nov. 6 - 20 | 2:30 PM | 3 Sess. | \$180

**1268** | Wed., Nov. 6 - 20 | 3:30 PM | 3 Sess. | \$180

**1269** | Wed., Dec. 4 - 11 | 12:30 PM | 2 Sess. | \$120 **1270** | Wed., Dec. 4 - 11 | 1:30 PM | 2 Sess. | \$120

1270 | Wed., Dec. 4 - 11 | 1:30 PM | 2 Sess. | \$120 1271 | Wed., Dec. 4 - 11 | 2:30 PM | 2 Sess. | \$120

1272 | Wed., Dec. 4 - 11 | 3:30 PM | 2 Sess. | \$120

AKE NOTE!

# **LOVE ART?**

Visit our Art at Oasis page: <a href="https://bit.ly/ArtAtOasis">bit.ly/ArtAtOasis</a>









Care tailored to your loved ones needs:

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# AKE 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

# KE NOTE

# **SPECIAL EVENT VOLUNTEERS!**

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



# **COX**TECH TANK

#### Tech Tank classes are led by Technology Learning Specialist Monserrat Callejas at our La Mesa Location

#### **Apple Photos Workshop**

Tips for organizing photos on your phone. Learn about favorites, folders, saving photos from texts, emails, and more.

**131** | Tue., Nov. 5 | 11:00 AM | \$8 **134** | Fri., Nov. 22 | 11:00 AM | \$8 **142** | Tue., Dec. 17 | 11:00 AM | \$8

#### 141 | Cloud Services Workshop

Fri., Dec. 13 | 11:00 AM | \$8

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

#### 135 | Digital Coupon Workshop

Mon., Nov. 25 | 11:00 AM | \$8

In this workshop, you'll lLdeals, how to clip digital coupons and how to add them at checkout.

#### 132 | Google Maps App Workshop

Tue., Nov. 19 | 11:00 AM | \$8

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

#### 137 | QR Codes Workshop

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

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

# 139 | Technology for Travelers

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

Tips, tricks and how to use gadgets to make traveling easier.

# 136 | The Practicality of Al

Mon., Dec. 2 | 11:00 AM | \$8

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

# **UBER/Lyft App Workshop**

 $Use\ rides have\ apps\ as\ an\ alternative\ to\ driving.$ 

**133** | Thu., Nov. 21 | 11:00 AM | \$8 **143** | Thu., Dec. 19 | 11:00 AM | \$8

#### 140 | Web Cookies Workshop

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

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



SBHIS is a proud Bronze sponsor of San Diego Oasis' Black and White Gala!



#### Join us at our Part D Townhalls

Get in on all the latest updates on Part D and how it can affect you!

October 17<sup>th</sup>
November 14<sup>th</sup>
December 3<sup>rd</sup>
At 10 am

Your Health, Your Choice, Our Expertise.

Proud sponsor of San Diego Oasis



# **ARE YOU NEW TO OASIS?**

Welcome! We have a page on our website that will help you get to know us. From our mission to our history, to our catalog and volunteer opportunities, you'll find quick references to a wide range of topics.

Visit <a href="https://bit.ly/NewtoOasis">https://bit.ly/NewtoOasis</a> or visit our website (<a href="www.SanDiegoOasis.org">www.SanDiegoOasis.org</a>) to get started on your Oasis journey!





#### 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.

# **HEALTH**

■ 1152 | Your Aging Journey is Unique to You! Julie Derry, MBA, Certified Senior Advisor Tue., Nov. 12 | 3:00 PM | FREE

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

# **HISTORY & HUMANITIES**

1583 | A Pilgrim Odyssey: From Holland to a New World Rudy Shappee, U.S. Navy Veteran and Local Historian Fri., Nov. 8 | 10:00 AM | \$15

Follow the Pilgrims' journey from Leiden, Holland, to Plymouth Plantation, exploring their challenges at sea and their life in the New World.

# 💜 1338 | Battle for Jerusalem

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tue., Dec. 10 | 1:00 PM | \$15

Learn how Alexander the Great's capture of Assyria sparked a 26-year war with Israel, leading to the Jewish victory and the origins of Chanukah in 164 BCE.

## **1577** | D-Day +1 to VE Day

Blaine Davies, MA, Professor of U.S. History Fri., Dec. 6 | 10:00 AM | \$15

Learn how the Allies, from D-Day +1 to Germany's surrender on May 8, 1945, squeezed the Nazis from both East and West, thus ending their tyranny.

# 1576 | Harry Truman: The Buck Stops Here

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

We'll examine the life and legacy of Truman who has been praised for ending WWII and other key achievements, despite some controversial decisions.

#### 1582 | Haunted Ships of California

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Fri., Nov. 8 | 1:00 PM | \$15

Nicole Strickland will explore the histories and paranormal mysteries of San Diego's Berkeley Ferryboat and Star of India, Long Beach's RMS Queen Mary, and Alameda's USS Hornet.

#### 🗬 🗣 1340 | How Do Animals React When Their Friends and **Relatives Die?**

Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology

Fri., Nov. 15 | 10:00 AM | \$15

Discover how both humans and animals react to the death of loved ones, including the ceremonies humans use and the behaviors observed in animals.

#### 1613 | Michelangelo

Julia Fister, MA, Studio ACE Executive Director Wed., Nov. 20 | 1:00 PM | \$15

Life and work of the man considered by some scholars to be one of the greatest artists of his age and of all time.

# 💜 🌑 1320 | Sonia Delaunay

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

This Ukrainian-born French artist was known for colorful geometric patterns, fusing Cubism and Neo-Impressionism. Her work included textiles, fashion, and set design.

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#### 1636 | Supreme Court Decisions You Should Know

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.) Mon., Dec. 9 | 10:00 AM | \$15

Explore the background, rulings, and ongoing significance of 13 landmark decisions rendered by the U.S. Supreme Court that every American ought to know.

## **■** 1634 | Supreme Court Election Intervention

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

We'll analyze Supreme Court interventions in elections, starting with Bush v. Gore, and considers their implications for the future of elections in the United States.

### ■ 1635 | Supreme Court Reform: Prospects and Propriety

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.) Mon., Dec. 2 | 10:00 AM | \$15

This class explores the legal, judicial-process, and political issues raised by recent proposals to reform the Supreme Court.

#### 1412 | The American Veteran: Duty, Honor, Country

Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command Wed., Nov. 13 | 1:00 PM | \$15

Discover the history and significance of Veterans Day, eligibility for benefits, and notable veteran celebrities. Celebrate our heroes with us.

#### 1413 | The Legend of Santa Claus-Loved by All

Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command Wed., Dec. 18 | 1:00 PM | \$15

Explore the origins of Santa Claus, from the 4th century to his modern image, the influence of pagan traditions, and his global appeal as Saint Nicholas, Sinterklaas, or Kris Kringle.

# **LANGUAGE**

#### 🗬 1180 | Conversational Spanish

Danisa Mardones, BA

Tue., Nov. 5 - Dec. 17 | 1:30 PM | 6 Sess. | \$102

This course is for people with a very advanced level of Spanish who wish to deepen and perfect their knowledge of the language.

# **LITERATURE**

#### 🗬 1202 | Aspiring and Intermediate Poetry Workshop

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

Fri., Nov. 8 - Dec. 20 | 10:30 AM | 6 Sess. | FREE

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

# 1336 | How to Write Unique Subplots and Twists for Your Novel or Memoir

Lola Sparrowhawk, Int'l Award-Winning Author/Historian Tue., Nov. 19 | 1:00 PM | \$15

Learn to craft captivating characters and settings to enrich your story, understanding that each word choice shapes the narrative's potential success, regardless of genre.

# 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**

# ● 1605 | My Life Studying Wild Animals on Four Continents

Fred Bercovitch, Ph.D. Biological Anthropology Wed., Dec. 11 | 10:00 AM | \$15

Enjoy an exciting journey exploring wild animals in their natural habitats, sharing captivating stories from Australia to Africa and beyond. Experience nature like never before!

#### 1643 | The Chicken: High-Quality Protein

Henry George, Engineer, Archaeologist and Geologist Tue., Nov. 5 | 10:00 AM | \$8

Explore the fascinating history of chickens, from their domestication in Southeast Asia to their role in agriculture and culture, and the rise of industrial farming.

# ■ 11324 | The Psychology of Cult Mind Control

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author Thu., Nov. 7 | 10:00 AM | \$15

Participants will learn about psychological persuasion techniques, how cults control followers, and methods for protecting oneself from harmful influence.

#### 1640 | The Versatile Pig

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

Discover the role of pigs in food production and the transplant industry, exploring their intelligence, adaptability, and potential as pets.

# **THEATRE & MUSIC**

# ■ 1237 | American Drama: Westside Story and Porgy and Bess

Chris Burns, Many-Strings

Fri., Dec. 6 | 3:00 PM | \$15

Enjoy an hour of Bernstein, Sondheim, and Gershwin's finest, featuring songs like "I Feel Pretty" and "Summertime," blending jazz, soul, and theatrical brilliance.

# \star 1235 | Antonín Dvořák: Bohemian Romantic Era Composer

Chris Burns, Many-Strings Fri., Nov. 8 | 3:00 PM | \$15

Discover Antonín Dvořák's melodic genius in an hour with highlights like "The New World Symphony" and "Carnival Overture," tracing his rise from Prague to wide acclaim.

### 1238 | Expressions of Christmas: 2000+ Years

Chris Burns, Many-Strings Fri., Dec. 20 | 3:00 PM | \$15

Explore 2,000 years of Christmas music, from Jesus' era to Bach, Handel, and modern melodies, with historical context, and themes of hope and peace.

#### 1236 | Music Inspired by Fairy Tales and Folk Legends

Chris Burns, Many-Strings Fri., Nov. 22 | 3:00 PM | \$15

This hour features imaginative music from The Snow Maiden, Scheherazade, Swan Lake, and Peter Pan, inspired by magical tales from Russia, Persia, and England.

# ■ 1644 | Music of the 70's to the 90's, Part I

Lisa Campbell, Musician Tue., Nov. 19 | 10:00 AM | \$8

Lisa Campbell performs songs by iconic artists like Bob Dylan, renowned for 1960s anthems, and Judy Collins, Grammy winner for "Send in the Clowns."

# ■ 1641 | Music of the 70's to the 90's, Part II

Lisa Campbell, Musician

Tue., Dec. 17 | 10:00 AM | \$8

Lisa Campbell goes back in time to the 1970s to play some of the iconic folk-pop songs of The Kingston Trio, The Eagles, and James Taylor.

#### ■ 1642 | The Great American Songbook

Vincent Young, Musician Wed., Nov. 6 | 1:30 PM | \$8

Vincent performs and discusses timeless music from The Great American Songbook, featuring Broadway and film classics popularized by artists like Michael Feinstein and Tony Bennett.

#### 💜 1639 | The Life and Music of Beethoven

Prof. Mehdi Sarram

Wed., Dec. 4 | 1:30 PM | \$8

Ludwig van Beethoven (1770–1827) was a renowned German composer and pianist whose influential works span the Classical to Romantic periods, continuing despite his deafness.

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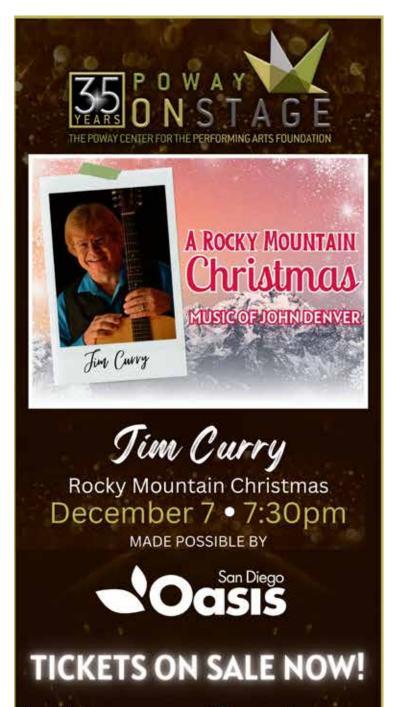
Sign up to host as a Zoom volunteer! Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more.











# San Diego MUS C San Diego Oasis is excited to SER ES its captivating Music Series San Diego Oasis is excited to continue



# **Holiday Hits with Merry Carol:** A Festive Musical Celebration

Celeste Barbier, Musician & Performer

2625 | Wednesday, Dec. 4 | 2 PM | \$25 | Rancho Bernardo 1661 | Thursday, Dec. 5 | 2 PM | \$25 | La Mesa

Join local songstress Merry Carol at Oasis for a festive afternoon of holiday music, fun attire, and the history behind your favorite Christmas classics!



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Eternamente Dia de los Muertos

October 6 2:00pm

Kristin Chenoweth October 12 7:30pm

PowayOnStage.org

November 2 7:30pm

Frankie Avalon

Wild West

September 14 7:30pm

Maturally 7 at The Movies September 21 7:30pm

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

# **ARTS & CRAFTS**

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

# 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.

**2561** | Fri., Nov. 15 | 1:30 PM | \$17 **2562** | Wed., Dec. 11 | 1:30 PM | \$17

## 2555 | Art of Pastel

Christine Bowman, Award Winning Plein Air Pastel Artist Tue., Nov. 26 | 12:30 PM | \$27

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

# **Ask the Knitting Expert**

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

Get the help you need on a project!

**2290** | Fri., Nov. 1 | 10:00 AM | \$17 **2612** | Fri., Dec. 13 | 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. Class is suitable for all skill levels.

**2531** | Fri., Nov. 22 | 1:30 PM | \$17 **2532** | Fri., Dec. 13 | 1:30 PM | \$17

# ■ 2566 | Beeswax Candle Making

Tina Beth McIntire, MA Thu., Nov. 7 | 1:00 PM | \$27

Make a honeycomb beeswax sheet candle and a candle holder with decorations from nature.

# 🔁 2305 | Calligraphy and More: Design a Card or Poster

Ann Dunham, MS Design Fri., Nov. 1 - 8 | 1:30 PM | 2 Sess. | \$34

Learn Script Calligraphy basics, create upper and lowercase alphabets, and combine them with card making in this class.

#### 2523 | Christmas Tree Decorating Demonstration

Cindy Valdez, Decorator and Floral Designer Mon., Dec. 2 | 1:00 PM | \$17

Learn how to put ribbon in a tree, how to shape your tree using silk, florals, and berries, and how to make easy tree toppers.

#### 2205 | Continuing Adventures in Watercolor II

Fang Luo, Artist and Fashion Designer Thu., Nov. 7 - 21 | 10:00 AM | 3 Sess. | \$50

Capture the delicate beauty and rich colors of flowers as you immerse yourself in watercolor painting. Perfect for beginners as well as accomplished artists.

#### 

Fang Luo, Artist and Fashion Designer Thu., Dec. 12 - 19 | 1:00 PM | 2 Sess. | \$34

This class is for beginners and artists with some experience who want to enhance skills while capturing the texture, colors, and compositions of fruits, fish, other aquatic elements.

# 

Tina Beth McIntire, MA Mon., Dec. 16 | 10:00 AM | \$27

Create a three-dimensional felt coin purse and embellish it with beads, stitchery, etc.

#### 2035 | Create Greeting Cards!

Trina Pascale, Instructor & Card Designer Wed., Dec. 4 | 1:00 PM | \$17

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







# 2559 | Creating Art with Al

Joe Nalven, Ph.D. Cultural Anthropology, J.D., and Digital Artist
Thu., Nov. 21 | 1:00 PM | \$17

Using Google's Lab (requires a Google account), make AI art. Please bring your fully charged laptop computer to this class.

# ◆ 2610 | Digital Photography: Capturing the Holidays

Suda House, Professor of Art and Photography, Grossmont College

Thu., Nov. 21 | 12:00 PM | \$17

By the end of class, you will have the tools and techniques to create and capture your best holiday memories.

#### 2556 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Mon., Wed., Fri., Dec. 16-20 | 1:00 PM | 3 Sess. | \$50

Learn and practice basic, realistic drawing skills using pencils. For absolute beginners and those with some experience.

#### 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 off-site and available for pickup the following week.

**2208** | Mon., Nov. 18 | 1:00 PM | \$65 Glass Bead Mosaic

**2209** | Tue., Dec. 3 | 1:00 PM | \$65 Holiday Ornaments

# Handcraft Circle: Knitting, Crochet and Sewing

Eileen Maas, Knitting, Quilting, Crocheting Enthusiast/ Hobbyist

Do you have any knitting, crochet or sewing experience? Join our fabulous handcraft circle where you can meet and socialize with fellow crafters.

**2234** | Thu., Nov. 7 - 21 | 10:00 AM | 2 Sess. | \$10 **2235** | Thu., Dec. 5 - 19 | 10:00 AM | 2 Sess. | \$10

# 

Lee Yater, M.F.A; Artist, Designer and College Instructor Mon., Nov. 25 | 10:00 AM | \$20

Create an eco-friendly wreath using leaves, pine cones, acorns, berries, and small twigs and branches. All supplies/materials will be provided.

#### **2251 | Knitting 1**

Janet Pollack, Experienced Handcrafter; Knitting, Crochet, and Needlework Enthusiast Fri., Nov. 8 - Dec. 6 | 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.

#### **2611 | Knitting 2**

Janet Pollack, Experienced Handcrafter; Knitting, Crochet, and Needlework Enthusiast Fri., Nov. 8 - Dec. 6 | 11:00 AM | 4 Sess. | \$68

This class builds on Knitting 1. Learn purling and how to read a pattern as you create a knitted project.

# 2564 | Lined Tapestry Tote Bag

Lyn Earl, Instructor

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

Sew a sturdy, lined tapestry/canvas tote bag. Using Route 66 themed fabric, this project is suitable for any level sewist.

# \star 2306 | Make a Fidget Quilt to Show You Care

Lyn Earl, Instructor

Tue., Nov. 5 - 12 | 10:00 AM | 2 Sess. | \$34

In this class, you will make a fidget quilt for a friend, a member of your family, or to donate to Alzheimer's San Diego.

# d 2411 | Miniature Birdhouse Painting

Kelly Creeden, BA, MS Mentor Teacher Tue., Nov. 12 | 10:00 AM | \$25

Paint a mini birdhouse to be hung for decoration, indoors or out. All supplies are included in the cost of the class.

# ◆ 2544 | Mithila Painting (Indian Line Art): Fish

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

Thu., Nov. 14 - 21 | 1:00 PM | 2 Sess. | \$34

In this class, you'll create colorful fish-themed paintings using Mithila Painting, an intricate Indian art form known for its geometric patterns and vibrant colors.

#### **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. All art materials provided.

**2183** | Wed., Nov. 13 | 12:00 PM | \$30 **2196** | Thu., Dec. 5 | 12:00 PM | \$30

#### 2182 | Painting with Acrylic Paint for Beginners

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Mon., Wed., Fri., Dec. 2 - 6 | 10:00 AM | 3 Sess. | \$50

Experiment with acrylic paints. We'll practice different elements such as clouds, water, reflections and foliage.

#### 2631 | Paper Crafting - Holiday Gift Tags

Robin S. Daus, MD, Paper Crafter for 20+ years, 8-year Stampin' Up Demonstrator Thu., Dec. 12 | 10:00 AM | \$18

Create beautiful and original tags for your holiday gifts. Beginners through experts are welcome.

#### 🛁 2563 | Recycled Jeans Christmas Stocking

Lyn Earl, Instructor

Mon., Nov. 18 | 10:00 AM | \$17

Here's an easy and fun project to make a unique Christmas stocking for family, friends, etc.

#### 2607 | Shibori: Japanese Tie-Dyeing

Lee Yater, M.F.A; Artist, Designer and College Instructor Mon., Nov. 25 | 1:00 PM | \$27

Shibori tie-dyeing: dip then clamp, bind, fold, or wrap fabric to achieve endless pattern variations.

#### 2608 | The Healing Benefits of Color

Lee Yater, M.F.A; Artist, Designer and College Instructor Tue., Dec. 10 | 10:00 AM | \$22

Discover healing and joy through color integration in daily life. We'll create vibrant chakra mandalas using diverse coloring tools.

#### The Drawing Space

Ann Dunham, MS Design

This studio still life drawing class will help you to build your skills in an ongoing artistic, environment.

2472 | Wed., Nov. 6 | 10:00 AM | \$17

2473 | Wed., Nov. 20 | 10:00 AM | \$17

2474 | Wed., Dec. 11 | 10:00 AM | \$17

# ≥ 2558 | The Many Ways to Use AI in Your Art

Joe Nalven, Ph.D. Cultural Anthropology, J.D., and Digital Artist

Thu., Nov. 14 | 1:00 PM | \$17

Discover how artists use AI in image creation. Explore its limitations and opportunities, and develop your preferences from simple to complex approaches.





= SOCIAL CLUB

#### 2554 | Travel Sketch Book

Christine Bowman, Award Winning Plein Air Pastel Artist Tue., Nov. 26 | 10:00 AM | \$30

Create a travel sketch book. Students will learn how to simplify a complex scene using watercolors and ink.

#### d 2522 | Twiggy Fall Table Swag

Cindy Valdez, Decorator and Floral Designer Tue., Nov. 5 | 10:00 AM | \$27

Learn how to create a fun and flexible holiday table swag. We will be using twigs as the base and adding fall ribbon and berries. Twigs will be provided.

#### 2609 | Twist and Dye: Silk Scarf Dyeing

Lee Yater, M.F.A; Artist, Designer and College Instructor Tue., Dec. 10 | 1:00 PM | \$27

Create a one-of-a-kind silk scarf ready to wear or share. All materials will be provided by the instructor.

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# **BUSINESS, FINANCE, LEGAL**

# thrivent

Offices of Jonathan Doering and Matthew Molstre

#### 2001 | Economic Review and Market Outlook

Chuck Etzweller, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT & Anthony Camara, CFP®, MBA Tue., Dec. 10 | 1:00 PM | FREE

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

#### 2262 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA Mon., Nov. 18 | 1:00 PM | \$5

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

#### 2263 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA Mon., Dec. 16 | 11:00 AM | \$5

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

#### **Social Security**

Anthony Camara, CFP®, MBA

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

2258 | Mon., Nov. 18 | 11:00 AM | \$5 2259 | Mon., Dec. 16 | 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.

**2266** | Wed., Nov. 20 | 10:00 AM | FREE 2267 | Wed., Dec. 18 | 10:00 AM | FREE

See page 47 for more information on **Thrivent Financial.** proud sponsor of San Diego Oasis

#### 2421 | Avoid These Mistakes When Selling Your Home

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor Thu., Dec. 12 | 1:00 PM | \$10

It's easy for home sellers to make mistakes. Join Farima to learn the best way to sell your home.

Thu., Nov. 14 | 1:00 PM | \$10

Explore home staging techniques that use tailored strategies to highlight a property's charm and mitigate drawbacks, enhancing its appeal to ensure a quicker sale at a better price.

#### 2052 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate Thu., Dec. 12 | 10:00 AM | \$10

Comprehensive workshop on understanding and utilizing your long-term care insurance policy; detailed handouts provided.

#### 2239 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist Fri., Nov. 15 | 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.

#### 2367 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder Tue., Dec. 3 | 10:00 AM | \$15

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

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# **EXERCISE & DANCE**

#### **Active Total Body Conditioning**

Curt Gonzales, Certified Fitness Instructor

Active Total Body Conditioning offers a complete workout using basic aerobic movements, stretching, and light weights to improve muscle tone, balance, posture, and strength.

**2098** | Tue., Nov. 5 - 26 | 10:45 AM | 4 Sess. | \$40 **2145** | Tue., Dec. 3 - 17 | 10:45 AM | 3 Sess. | \$30 **2099** | Thu., Nov. 7 - 21 | 10:45 AM | 3 Sess. | \$30 **2146** | Thu., Dec. 5 - 19 | 10:45 AM | 3 Sess. | \$30

# Active Total Body Conditioning Including Step

Curt Gonzales, Certified Fitness Instructor

This full body workout includes the addition of a step platform for a low-imapct, easy-to-follow choreographed cardio routine set to update music.

**2591** | Mon., Nov. 4 - 25 | 8:30 AM | 3 Sess. | \$30 **2592** | Mon., Dec. 2 - 16 | 8:30 AM | 3 Sess. | \$30

#### **Active Total Body Conditioning: Circuit Including TRX**

Curt Gonzales, Certified Fitness Instructor

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

**2588** | Thu., Nov. 7 - 21 | 8:30 AM | 3 Sess. | \$30 **2589** | Thu., Dec. 5 - 19 | 8:30 AM | 3 Sess. | \$30 **2086** | Fri., Nov. 8 - 22 | 2:00 PM | 3 Sess. | \$30 **2123** | Fri., Dec. 6 - 20 | 2:00 PM | 3 Sess. | \$30

#### **Better Balance**

Pam Chilton, Certified Personal Trainer & Fitness Instructor Using a chair, we will do standing activities and movements to

develop better balance.

**2127** | Tue., Nov. 5 - 26 | 1:15 PM | 4 Sess. | \$40 **2147** | Tue., Dec. 3 - 17 | 1:15 PM | 3 Sess. | \$30 **2598** | Wed., Nov. 6 - 20 | 8:30 AM | 3 Sess. | \$30 **2599** | Wed., Dec. 4 - 18 | 8:30 AM | 3 Sess. | \$30

# **→** ■ Bollywood Dance

Aarti Narang, Ph.D. Immunology, Licensed Yoga/Pilates Instructor

Aerobic exercise, Bollywood movements with pop-Indian music.

**2596** | Tue., Nov. 5 - 26 | 3:15 PM | 3 Sess. | \$30 **2597** | Tue., Dec. 3 - 17 | 3:15 PM | 3 Sess. | \$30

#### **Cardio Drumming**

Andra Valencia, Fitness and Dance Instructor

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

**2090** | Mon., Nov. 4 - 25 | 12:00 PM | 3 Sess. | \$30 **2091** | Mon., Nov. 4 - 25 | 1:00 PM | 3 Sess. | \$30 **2092** | Fri., Nov. 8 - 22 | 12:00 PM | 3 Sess. | \$30 **2137** | Mon., Dec. 2 - 16 | 12:00 PM | 3 Sess. | \$30 **2138** | Mon., Dec. 2 - 16 | 1:00 PM | 3 Sess. | \$30 **2139** | Fri., Dec. 6 - 20 | 12:00 PM | 3 Sess. | \$30

# Dance Fit

Andra Valencia, Fitness and Dance Instructor

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

**2093** | Fri., Nov. 8 - 22 | 1:00 PM | 3 Sess. | \$30 **2140** | Fri., Dec. 6 - 20 | 1:00 PM | 3 Sess. | \$30

#### Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

This dynamic, easy to follow workout can improve your energy, power, flexibility, posture, and balance while burning calories and reducing muscle tension and joint pain.

**2097** | Tue., Nov. 12 - 26 | 9:30 AM | 3 Sess. | \$30 **2144** | Tue., Dec. 3 - 17 | 9:30 AM | 3 Sess. | \$30 **2132** | Wed., Nov. 6 - 20 | 1:15 PM | 3 Sess. | \$30 **2152** | Wed., Dec. 4 - 18 | 1:15 PM | 3 Sess. | \$30

# 

Pam Chilton, Certified Personal Trainer & Fitness Instructor Wed., Nov. 6 - 20 | 12:00 PM | 3 Sess. | \$30

A gentle low-impact cardio workout utilizing upper and lower body movements and optional use of a step platform, set to catchy and popular tunes condensed into a 30 minute class.

# AKE NOTE

# **CURIOUS ABOUT A DANCE OR FITNESS CLASS?**

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







#### Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

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

**2084** | Thu., Nov. 7 - 21 | 1:15 PM | 3 Sess. | \$30 2155 | Thu., Dec. 5 - 19 | 1:15 PM | 3 Sess. | \$30

#### **Gentle Total Body Conditioning**

Curt Gonzales, Certified Fitness Instructor

Participants of all abilities will use a chair for a slow-paced workout, combining aerobic movements, stretching, and light weights to enhance muscle tone, balance, and strength.

**2593** | Tue., Nov. 5 - 26 | 8:30 AM | 4 Sess. | \$40 **2594** | Tue., Dec. 3 - 17 | 8:30 AM | 3 Sess. | \$30



#### Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

Beginning line dancing boosts memory, balance, and stress relief with no experience or partner needed; it's an easy, fun class with enjoyable music. For all levels.

**2548** | Thu., Nov. 7 - 21 | 2:30 PM | 3 Sess. | \$30 **2549** | Thu., Dec. 5 - 19 | 2:30 PM | 3 Sess. | \$30

#### **Low Impact Gentle Cardio**

Pam Chilton, Certified Personal Trainer & Fitness Instructor

This low-impact aerobic workout includes cardio, weights, and bands to work on your balance, abs, and glutes.

**2133** | Fri., Nov. 8 - 22 | 9:30 AM | 3 Sess. | \$30 **2153** | Fri., Dec. 6 - 20 | 9:30 AM | 3 Sess. | \$30

#### **Restorative Gentle Yoga**

Julia Doughty, MFA, HHP

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

**2083** | Wed., Nov. 6 - 20 | 2:30 PM | 3 Sess. | \$30 2154 | Wed., Dec. 4 - 18 | 2:30 PM | 3 Sess. | \$30



#### 2595 | Sculpt & Tone - 30 Minute Express

Pam Chilton, Certified Personal Trainer & Fitness Instructor Wed., Dec. 4 - 18 | 12:35 PM | 3 Sess. | \$30

We will use weights, bands, and TRX for an upper and lower body workout, incorporating some ab work, squats, and leg lifts.

#### Senior Fitness

Donna Bird, ACE Cert. Instructor, Silver Sneakers Certified

Low-impact aerobic warm-up, core strength and balance training with bands and weights, and a full-body stretch.

**2094** | Mon., Nov. 4 - 25 | 2:00 PM | 3 Sess. | \$30 **2141** | Mon., Dec. 2 - 16 | 2:00 PM | 3 Sess. | \$30

#### Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

Learn new and traditional steps set to Soul and R&B favorites.

**2130** | Wed., Nov. 6 - 20 | 10:45 AM | 3 Sess. | \$30 **2150** | Wed., Dec. 4 - 18 | 10:45 AM | 3 Sess. | \$30



#### 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.

**2129** | Wed., Nov. 6 - 20 | 9:30 AM | 3 Sess. | \$30 **2149** | Wed., Dec. 4 - 18 | 9:30 AM | 3 Sess. | \$30



#### 🗬 2580 | Soul Line Dancing Marathon: Pre-Holiday Stress Buster

Ed Griffith, Verlosity

Fri., Dec. 13 | 1:00 PM | \$12

Join us for a 3-hour dance party in the spacious Torrey Pines Room. Instructors Ed and Lee break down steps so everyone can participate. Arrive and leave at your leisure.

#### 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.

 | Mon., Nov. 4 - 25 | 9:30 AM | 3 Sess. | \$30 | Mon., Dec. 2 - 16 | 9:30 AM | 3 Sess. | \$30 | Thu., Nov. 7 - 21 | 9:30 AM | 3 Sess. | \$30 | Thu., Dec. 5 - 19 | 9:30 AM | 3 Sess. | \$30

X

# **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



#### Tai Chi Chuan: Beginning

Pat Griffith, Sifu

Improve balance, strength, flexibility, and peace of mind.

**2096** | Mon., Nov. 4 - 25 | 3:15 PM | 3 Sess. | \$30 **2143** | Mon., Dec. 2 - 16 | 3:15 PM | 3 Sess. | \$30

#### Tai Chi Chuan: Beginning II

Pat Griffith, Sifu

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

**2085** | Fri., Nov. 8 - 22 | 10:45 AM | 3 Sess. | \$30 **2156** | Fri., Dec. 6 - 20 | 10:45 AM | 3 Sess. | \$30

#### Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

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

**2089** | Mon., Nov. 4 - 25 | 10:45 AM | 3 Sess. | \$30 **2136** | Mon., Dec. 2 - 16 | 10:45 AM | 3 Sess. | \$30

#### **Zumba Gold**

Saleemah Muhammad, Licensed Zumba Gold Instructor

Using Cha cha, merengue, salsa, and swing, easy dance steps make this class suitable for beginners and experienced alike!

**2095** | Tue., Nov. 5 - 26 | 12:00 PM | 4 Sess. | \$40 **2142** | Tue., Dec. 3 - 17 | 12:00 PM | 3 Sess. | \$30

# **HEALTH**

#### 🗬 Ageless Allure: Medical Aesthetics

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

Navigate the world of medical aesthetics from Dr. Kirsta Brummel, a Board-Certified Physician and Surgeon. Learn to make informed decisions about types of treatments.

**2429** | Tue., Nov. 5 | 10:00 AM | \$15 Understanding the Aging Process

**2430** | Wed., Dec. 4 | 10:00 AM | \$15 Safety and Considerations



#### 2303 | Alzheimer's San Diego:

#### **Coping with Personality and Behavior Changes**

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education Mon., Nov. 25 | 1:00 PM | FREE

In this class, you'll learn about behavior and personality changes in people with Alzheimer's and dementia, and discover effective ways to respond.

# 🗬 Bioidentical Balance: Hormones in Aging Series

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

We'll talk about hormones, how they function, their role and complexities as we age, and bioidentical hormone therapy.

**2447** | Fri., Dec. 6 | 1:00 PM | \$15 Hormonal Imbalances and Health

2448 | Fri., Dec. 20 | 10:00 AM | \$15 Bioidentical Hormone Replacement Therapy

#### 2416 | California End of Life Option Act and Other Choices

Bill Simmons, Attorney

Thu., Nov. 7 | 10:00 AM | \$10

California and nine other states have legalized medical assistance in dying (MAiD). Learn California's law and what it takes to qualify.

# 2468 | The Healing Power Within:

## Your Body's Subtle Energies for Drug-Free Wellness

Nisha Manek, MD; Rheumatologist, Author, Bridging Science and Spirit

Thu., Dec. 5 | 1:00 PM | \$15

Learn the science behind the paradigm of Energy Medicine in this evidence-based lecture with Nisha Manek, MD.

# 2378 | Genes and Fitness:

# How Your DNA Shapes Exercise Performance

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

Fri., Nov. 8 | 10:00 AM | \$15

Explore how DNA impacts exercise performance, including strength and recovery. Learn to optimize fitness plans based on genetic markers.







# 2577 | Grounding Techniques for Improved Health and Positive Energy

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

Wed., Nov. 13 | 1:30 PM | \$15

Learn what grounding is and the various ways to access this healing energy within us. Then participate in a grounding meditation to promote calmness and well-being.

#### ■ 2215 | Hormone Help from the Inside Out

April Day, ND: Natropathic Rx & Ginger Sweetan, ND: Natropathic Rx

Fri., Nov. 15 | 10:00 AM | \$15

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

#### **2242** | Managing Your Stress

Sheila Star Coulbourn, HHP, BCPA Thu., Nov. 7 | 10:00 AM | \$15

Interactive process that will provide important information and strategies to help reduce your stress.

# 

Philip J. Goscienski, M.D.

Mon., Dec. 2 | 1:00 PM | \$15

Invisible viruses have dramatically shaped empires' fates, influenced the size of the U.S., and aided the rise of Islam, Nazism, and Communism.

## 2557 | Meditation: Renew Your Life and Jumpstart Your Energy

Melynnique Seabrook, MA

Tue., Nov. 5 - 12 | 11:00 AM | 2 Sess. | \$20

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

# Morning Meditation and a Little Bit of Yoga

Eva Beim, MA, Broadcast Journalism; Recording Artist; Certified Yoga Instructor

Enjoy morning meditation with some gentle yogic stretches to relax the mind and body. This is a wonderful way to end your week feeling refreshed and renewed.

**2603** | Fri., Nov. 8 - 22 | 8:30 AM | 3 Sess. | \$30 **2604** | Fri., Dec. 6 - 20 | 8:30 AM | 3 Sess. | \$30

#### 2458 | Parkinson's Education and Support

Melissa Routh, MS (Cellular & Molecular Biology), Registered/Licensed Occupational Therapist, PWR! Moves Cert. Therapist, Cert. Dementia Care Practitioner Tue., Nov. 19 | 9:30 AM | \$15

Join us for an educational session all about Parkinson's disease, focusing on common symptoms, options for treatments and therapies, and navigating the healthcare system.

#### 2288 | The Blue Zones, Live Healthier and Longer

Nadin Benrey, MA, NBC-HWC Wed., Nov. 13 | 11:00 AM | \$15

Students will become familiar with the nine blue zone commonalities that lead to longer, healthier, happier lives.

# 2289 | The Importance of Water and Fiber to Prevent Chronic Disease

Nadin Benrey, MA, NBC-HWC Wed., Dec. 11 | 11:30 AM | \$15

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

# 2417 | Understanding Dementia and What You Might Do About It

Bill Simmons, Attorney

Thu., Dec. 5 | 10:00 AM | \$10

Lawyer Bill Simmons discusses lifestyle changes that can help reduce the risk of Alzheimer's as well as planning for the possibility of dementia.

# UnitedHealthcare\*

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

Fariba Zarieh, United Healthcare

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

2021 | Fri., Nov. 8 | 10:00 AM | FREE

**2024** | Fri., Nov. 15 | 1:00 PM | FREE

**2022** | Sat., Nov. 23 | 10:00 AM | FREE

**2025** | Thu., Dec. 5 | 1:00 PM | FREE

# 2380 | What Have We Done to Food?

Philip J. Goscienski, M.D. Thu., Nov. 7 | 1:00 PM | \$15

A Stone Age visitor would scarcely recognize modern supermarket food, with GMOs, irradiated items, organic produce, and high-fructose corn syrup vastly differing from ancient diets.

#### 2176 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor Tue., Dec. 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.

#### 2546 | Your Healthcare Portal Made Easy

Eamen Hameed, M.S., IT & Engineering Consultant; Founder, EHTechBits

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

Learn to navigate your electronic health record (EHR) for seamless communication with healthcare providers, tracking prescriptions, managing appointments, and staying informed.

# **HISTORY & HUMANITIES**

# ■ 2225 | A Crowded Manger: The Birth Stories of Jesus

John R Spencer, Ph.D. - Emeritus Professor of Biblical Studies in the Department of Theology and Religious Studies at John Carroll University Tue., Dec. 10 | 10:00 AM | \$15

This class will examine the two birth stories of Jesus in Luke and Matthew, looking at their similarities and, more importantly, their differences.

# 

Richard Lederer, Union-Tribune Language Columnist Thu., Dec. 12 | 10:00 AM | \$15

International Punster of the Year, Richard Lederer will offer a program of history, lore, jokes, puns, and funny verses about Christmas.

#### **Buddhism**

Kathy Hassett MS, Ordained Buddhist Priest

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.

**2246** | Tue., Nov. 12 | 1:00 PM | \$15 Reincarnation and Buddhist Realms

2247 | Mon., Dec. 9 | 10:00 AM | \$15 A Stool with Three Legs: Morality, Meditation, Wisdom

# 2005 | Celebrating Thanksgiving

Richard Lederer, Union-Tribune Language Columnist Fri., Nov. 22 | 10:00 AM | \$15

Union Tribune columnist Richard Lederer will discuss Thanksgiving roots, share what we should be thankful for, and answer questions about the English language.

#### 2254 | Cuban Women's Feminist Movements in Early 20th Century

Oliva M. Espín, Ph.D.

Fri., Dec. 6 | 10:00 AM | \$15

Learn about the vibrant Cuban women's movement of the early 20th century, when racially diverse groups of women successfully fought against discriminatory laws.

# 

Blaine Davies, MA, Professor of U.S. History Wed., Dec. 18 | 10:00 AM | \$15

Learn how the Allies, from D-Day +1 to Germany's surrender on May 8, 1945, squeezed the Nazis from both East and West, thus ending their tyranny.

#### 2391 | Depression Era Photographers and the Farm Security Administration

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Tue., Nov. 26 | 1:00 PM | \$15

Join us as we explore the great photographers of the Depression era from 1935 to 1942 who captured the lives of ordinary Americans dealing with tough times.

#### **2583** | Historical Analogies:

# Tips for Using Them and for Spotting the Bad Ones

David Genser, Masters of Public Policy, Harvard Kennedy School of Gov.

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

Learn to distinguish useful historical analogies in foreign policy from misleading comparisons with a former congressional aide and your Oasis peers.









## 

David Genser, Masters of Public Policy, Harvard Kennedy School of Gov.

Wed., Dec. 4-11 | 2:30 PM | 2 Sess. | \$30

Examine Congress' shortcomings in this class. We'll explore its structure and dysfunction, then discuss potential reforms in our second session.

# 

Linda Canada, Historian & Author Mon., Nov. 25 | 12:00 PM | \$15

Explore the Japanese American experience in San Diego County during and after World War II through photographs from the Japanese American Historical Society of San Diego.

#### **2540** | Jews and Classical Music

Yale Strom, Ethnographer, Author & Professor, Documentarian, & Klezmer Musician Thu., Nov. 21 | 12:00 PM | \$15

This class untangles the reasons for the absence of Western classical compositions in the synagogue despite there being a number of notable Jewish composers.

#### 2402 | Latin America Series

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Mon., Nov. 4 - Dec. 16 | 2:30 PM | 5 Sess. | \$85

Conducted in Spanish, we'll explore Latin American History, literature, current events, customs, and culture.

# 2282 | Operation Tidal Wave: The Mission to Burn Hitler's Oil

Mark Carlson, Historian & Author Wed., Dec. 18 | 1:00 PM | \$15

On August 1, 1943, 180 B-24s flew Operation Tidal Wave to Ploesti, Romania, to destroy refineries. Despite heavy losses, they achieved partial success.

#### 2579 | Pablo Picasso

Julia Fister, MA, Studio ACE Executive Director Fri., Dec. 13 | 11:30 AM | \$15

We will explore the life and revolutionary works of Pablo Picasso, highlighting his role in the development of Cubism, and his impact on modern art.

#### 2578 | Painters of Skagen

Julia Fister, MA, Studio ACE Executive Director Fri., Nov. 22 | 11:30 AM | \$15

We will explore the lives and works of this group of artists from the fishing village of Skagen, Denmark, known for their plein air painting style and vibrant depictions of coastal life.

### 2576 | Project Enduring Peace

Judith Hand, Ph.D., Author, "A Future Without War" Wed., Nov. 20 | 11:30 AM | \$15

Can humans end war? We'll explore cultures that found a way off the war treadmill by creating a peace system.

#### 2424 | San Diego Ghosts

Marilyn McPhie, President- Storytellers of San Diego; TEDx Speaker

Fri., Nov. 1 | 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!

#### Supreme Court and The Constitution - Let's Discuss

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

Do you have unresolved questions or concerns about the Court and the Constitution? Drop in to explore issues prompted by current headlines and controversies.

**2489** | Mon., Nov. 4 | 1:00 PM | \$15 **2490** | Mon., Dec. 2 | 1:00 PM | \$15

# 2493 | Supreme Court Decisions You Should Know

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.) Fri., Dec. 6 | 1:00 PM | \$15

Explore the background, rulings, and ongoing significance of 13 landmark decisions rendered by the U.S. Supreme Court that every American ought to know.

#### 2492 | Supreme Court Reform: Prospects and Propriety

Glenn Smith, J.D., LL.M., Prof. of Constitutional Law (ret.) Fri., Nov. 15 | 1:00 PM | \$15

This class explores the legal, judicial-process, and political issues raised by recent proposals to reform the Supreme Court.

# 2045 | Thanksgiving and the Consciousness of Gratitude

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Fri., Nov. 22 | 1:00 PM | \$16

Join us this Thanksgiving to explore how gratitude, the root of all virtues, shifts our focus from scarcity to abundance, and its transformative power in our lives.

## ■ 2044 | The Lost Gospel of Thomas

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

This talk explores the Gospel of Thomas, discovered in 1945, comparing it with the Bible's gospels to reveal insights into early Christianity and Jesus.

# 

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Fri., Dec. 20 | 1:00 PM | \$16

Explore the multicultural origins of modern American Christmas, tracing its evolution to uncover its universal spiritual significance.

# **≥** 2377 | The Origins of the Internet

Jack Wolf, MS, Systems Engineering Wed., Nov. 6 | 10:00 AM | \$15

Learn about the evolution of the internet which began as a closed, government information-sharing network and grew to be the global phenomenon it is today.

# 2396 | The Real Story of the Battle of San Pasqual and the Mexican War

Richard Carrico, MA, Author, and Professor of American Indian Studies Tue., Dec. 3 | 10:00 AM | \$15

We will take a close look at the battle of San Pasqual, a military engagement between Mexican and American forces.

#### 2281 | When Yamamoto Ran Wild: The Pacific War Pearl Harbor to Midway

Mark Carlson, Historian & Author Wed., Nov. 20 | 1:00 PM | \$15

We'll examine the crucial six months between Pearl Harbor and Midway, showing how the attack was Admiral Yamamoto's biggest strategic error.

#### 2535 | Who Were Those People?

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Wed., Dec. 11 | 1:00 PM | \$15

Discover the stories behind local names like Felicita Park and Warner Springs as historian Vincent Rossi connects the places with their historical figures.

#### 2223 | Wine Regions of Italy - Part 1

Matilda Parente, MD, Certified Specialist of Wine Thu., Nov. 14 | 1:00 PM | \$15

Famous and lesser-known Italian wine regions, their unique qualities, food pairings, and value hunting tips.

# **LANGUAGE**

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

#### 2073 | Beginning American Sign Language

Sue Taetzsch, BA in Therapeutic Recreation and MA in Rehab Counseling for the Deaf

Thu., Nov. 7 - Dec. 19 | 10:00 AM | 6 Sess. | \$102

Learn basic signs including fingerspelling alphabets, reading fingerspelling, learning signs for different categories and more.

### 2404 | Beginning American Sign Language 2

Sue Taetzsch, BA in Therapeutic Recreation and MA in Rehab Counseling for the Deaf

Thu., Nov. 7 - Dec. 19 | 11:30 AM | 6 Sess. | \$102

Enhance your ASL skills by practing basic questions, manual alphabets, sentence structure, and facial grammar.

# 2074 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Wed., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | \$102

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

# 🗬 2075 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Wed., Nov. 6 - Dec. 18 | 11:30 AM | 6 Sess. | \$102 Build vocabulary and develop conversational skills.

AKE NOTE!

GET TO KNOW OUR INSTRUCTORS
Visit the website, click on CLASSES
then select INSTRUCTOR BIOS







### 2076 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor Wed., Nov. 6 - Dec. 18 | 1:00 PM | 6 Sess. | \$102

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

### 2082 | Beginning German I

Christine Nievergelt, M. Ed.

Fri., Nov. 8 - Dec. 20 | 10:00 AM | 6 Sess. | \$102

Starting with the basics of vocabulary and grammar, this class will focus on practical phrases that can be used to meet and greet people.

### 2079 | Beginning Italian 2

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Tue., Nov. 5 - Dec. 17 | 12:00 PM | 6 Sess. | \$102

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

### 2080 | Low-Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Tue., Nov. 5 - Dec. 17 | 1:15 PM | 6 Sess. | \$102

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

### 2398 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Mon., Nov. 4 - Dec. 16 | 10:00 AM | 5 Sess. | \$85

This class is for students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

### 2400 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Mon., Nov. 4 - Dec. 16 | 11:30 AM | 5 Sess. | \$85

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

### 2401 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Mon., Nov. 4 - Dec. 16 | 1:00 PM | 5 Sess. | \$85

Enhance your Spanish language skills: speaking, reading, writing, listening. Deepen your understanding of Spanish-speaking culture, history, literature.

### **LITERATURE**

### 2426 | Fun with Words

Marilyn McPhie, President- Storytellers of San Diego; TEDx Speaker

Fri., Dec. 6 | 1:00 PM | \$15

Join Marilyn McPhie for a delightful hour of stories with something extra.

### 2425 | Grimm For Grown-ups

Marilyn McPhie, President- Storytellers of San Diego; TEDx Speaker

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

Thoughtful, scary, strange – these Grimm fairy tales are definitely for grownups.

### Oasis Fiction Book Club

Gail Hall, M.S., Leadership Development Consultant, Facilitator, Avid Reader

We'll share and discuss great fiction reads, past and present.

2384 | Wed., Nov. 6 | 10:00 AM | \$10 When The World Goes Quiet by Gian Sardar

2385 | Wed., Dec. 11 | 10:00 AM | \$10 The Heaven and Earth Grocery Store by James McBride.

### **2553** | The Librarian Explains: Mysteries

Marcie Yellin, M.L.S.,

Ret. Librarian, San Diego Public Library Thu., Dec. 12 | 12:30 PM | \$8

This class will focus on the evolution of mystery books, discussing both the classics and new titles, and the many varieties of both standalone and series mysteries.

## 2552 | The Librarian Explains: Science Fiction and Fantasy

Marcie Yellin, M.L.S.,

Ret. Librarian - San Diego Public Library Wed., Nov. 13 | 12:30 PM | \$8

Marcie Yellin will trace the history of science fiction and fantasy. How do you define these genres, how they are alike and different, and what titles are a good starting point?



### PERSONAL ENRICHMENT

### 2581 | American Mah Jongg: Let's Get Started

Sheryl Chesivoir, BA, 19 years of playing & teaching Mah Jongg and Canasta

Tue. & Thu., Nov. 5 - 14 | 9:30 AM | 4 Sess. | \$60

We will teach you the rules and nuances of American Mah Jongg and give you plenty of time for real game play.

### 2582 | American Mah Jongg Strategies: Beyond the Basics

Sheryl Chesivoir, BA, 19 years of playing & teaching Mah Jongg and Canasta

Mon. & Fri., Dec. 9 - 20 | 1:00 PM | 4 Sess. | \$60

Play real Mah Jongg games with your classmates as your seasoned instructor provides relevant, personalized coaching and strategies to help take your game to a new level.

### 

Gigi Howard, MA Ed,. Law of Attraction Specialist Tue., Dec. 3 | 10:00 AM | \$15

In this interactive class, we'll identify ways to attract more positive vibes.

### 2211 | Attitude is Everything

Gigi Howard, MA Ed,. Law of Attraction Specialist Tue., Nov. 12 | 10:00 AM | \$15

In this class, we'll explore strategies to gently change how you observe the world.

### **2394** | Bingo!

San Diego Oasis & Kiwanis Club of Los Rancheros Sat., Nov. 16 | 1:00 PM | \$25

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

### 2068 | Bereavement Support Group

Sharon L Bryant, Chaplain, VITAS Healthcare 2nd & 4th Wed., Nov. 13 & Dec. 11 10:30 AM | FREE

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

### 🗬 2301 | Canasta: Beginning Modern Canasta

Sheryl Chesivoir, BA, 19 years of playing & teaching Mah Jongg and Canasta

Tue. & Thu., Dec. 3 - 12 | 1:00 PM | 4 Sess. | \$60

Learn basics of the game, scoring and strategy of modern Canasta following the Canasta League of America rules.

### 🚤 🗬 2431 | Canasta: Beyond the Basics

Sheryl Chesivoir, BA, 19 years of playing & teaching Mah Jongg and Canasta

Tue. & Thu., Nov. 5 - 14 | 1:00 PM | 4 Sess. | \$60

Learn strategies that take you beyond the basics in this fun class for players with some Canasta experience.

### 2243 | Consciously Creating Your New Year

Sheila Star Coulbourn, HHP, BCPA Wed., Dec. 4 | 10:00 AM | \$15

Begin the New Year with a peaceful, centered consciousness by embracing the present moment and releasing energies tied to past circumstances and conditions.

### 

Caryn Leventhal, Cert. Aging in Place Specialist & Brittany Hancock, Interior Designer: Be Inspired Interiors Mon., Nov. 18 | 11:30 AM | \$15

Discover strategies for modifying your home to accommodate aging individuals and guests with mobility issues. Ensure safety and comfort for all this holiday season.

### 2271 | Design and Live Your Dreams

Laura Diaz, Board Certified Coach (BCC) Tue., Dec. 3 | 1:00 PM | \$15

Learn to design your life and achieve your dreams by discussing steps to transform your current results into better outcomes through intentional design.

### 2297 | Five Crowns, a Rummy-Style Card Game

Joan H. Cook, Experienced Card Player Tue., Nov. 19 | 1:00 PM | \$10

Learn to play this fun, social card game with twists and rotating wild cards. It's a quick favorite for all. No experience is necessary.

# **TAKE NOTE!**

### **LOVE OASIS?**

Share us with your friends and family. Word of mouth is our best marketing tool!







### **2601** | Home Sweet Home Options

Caryn Leventhal, Certified Aging in Place Specialist & Brittany Hancock, Interior Designer: Be Inspired Interiors

Tue., Dec. 17 | 10:00 AM | \$15

This class offers expert guidance on home modifications and interior design, focusing on creating a safer and more accessible living environment tailored for aging in place.

### 2062 | Let's Play Trivia! How Much Do You Know?

Alan Zacharin, Trivia Enthusiast Mon., Nov. 18 | 1:00 PM | \$10

Come play Team Trivia. You'll be surprised at how much you know, and how much you can learn while having lots of fun.



### 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.

### Paws on the Patio

Barbara J. Salice, Ed.D.; Dog Mom to Gina, the Gentle German Shepherd

Bring your well-behaved canine companion to San Diego Oasis Rancho Bernardo for an informal meet-up with your dog loving Oasis peers.

**2049** | Thu., Nov. 21 | 10:00 AM | \$5 **2050** | Thu., Dec. 19 | 10:00 AM | \$5

### 2217 | Return to Travel:

### Domestic and International Destinations to Visit in 2025

Will Reece, AFC Vacations Fri., Nov. 22 | 11:30 AM | FREE

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

### 🗬 San Diego Oasis Film Club at RB

Barbara J. Salice, Ed.D.

Come share your recommendations and critiques of movies you're streaming, renting or watching in the theaters.

**2186** | Mon., Nov. 25 | 10:00 AM | \$8 **2187** | Mon., Dec. 16 | 10:00 AM | \$8

### 2270 | Simple Practices for Setting Goals for 2025

Laura Diaz, Board Certified Coach (BCC) Wed., Nov. 13 | 12:00 PM | \$15

Come join us and start setting your goals for 2025.



Do you like keeping your mind active?

The game of bridge and Oasis are a match made in heaven!

The Bridge Club of North County, located at the Rancho Bernardo campus of Oasis, is a fun and welcoming place to learn, play and compete at the game of bridge.

Visit our website at <a href="https://www.bcncsandiego.org">www.bcncsandiego.org</a> to find out what we have to offer.



### Stressed about the Holidays? Come Talk

Michelle Shelton, MA, Experienced Marriage and Family Therapist

Let's exchange ideas and strategies to mitigate stress and eanxiety during the holidays.

2482 | Mon., Nov. 4 | 10:00 AM | \$10

2484 | Mon., Dec. 2 | 10:00 AM | \$10

2483 | Wed., Nov. 20 | 10:00 AM | \$10

**2485** | Wed., Dec. 11 | 1:00 PM | \$10

### 2434 | The Best Makeup Tips For 50+ Women

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur Tue., Nov. 5 & 12 | 1:00 PM | 2 Sess. | \$30

Learn to enhance your skincare and makeup routine with tailored products, tools, and techniques, focusing on natural radiance and simplicity.

### 

Jami Shapiro, CSM Founder, Silver Linings Transitions Mon., Nov. 4 | 11:30 AM | \$15

Learn creative ideas for those important items too meaningful to sell or donate.

### 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.

**2453** | Fri., Nov. 22 | 11:00 AM | \$10 **2454** | Fri., Dec. 13 | 11:00 AM | \$10

### 2249 | The Secret

Gigi Howard, MA Ed,. Law of Attraction Specialist Thu., Dec. 5 | 10:00 AM | \$15

The Secret is about how to harness our conscious and unconscious thoughts.

### 🗪 2626 | What is a Death Doula?

Melissa McClave, Death Doula-LastActsOfLove.com Wed., Dec. 11 | 2:30 PM | \$8

Explore the role of a death doula, and how they fit in the current end-of-life systems to help support the dying and their loved ones.

### Women's Voices

Julia Doughty, MFA, HHP

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

2572 | Wed., Nov. 20 | 12:00 PM | \$15

**2573** | Wed., Dec. 11 | 12:00 PM | \$15

### **SCIENCE**

### 2284 | My Life Studying Wild Animals on Four Continents

Fred Bercovitch, Ph.D. Biological Anthropology Fri., Dec. 13 | 10:00 AM | \$15

Join Fred on an exciting journey exploring wild animals in their natural habitats, sharing captivating stories from Australia to Africa and beyond. Experience nature like never before!

### 2229 | Thanks to Trees and Their Useful Resources

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Ret.) Thu., Nov. 14 | 10:00 AM | \$15

Humans have utilized trees throughout our history. This talk will share some of the aspects of how and why we should be thankful for that bounty.

### 🗪 2293 | The Digital Revolution

Henry George, Engineer, Archaeologist & Geologist Thu., Nov. 21 | 10:00 AM | \$15

In this class, you will learn how the Digital Revolution transformed society through computers and innovation and reshaped how we live and work.

### 🗬 2294 | The Sixth Transformation

Henry George, Engineer, Archaeologist & Geologist Thu., Dec. 19 | 10:00 AM | \$15

This lecture explores the Transcendent Revolution, forecasting how biotechnology and information technology will reshape our lives, relationships, and ethical challenges in the 21st century.







### **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

### 

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Thu., Nov. 7 | 11:00 AM | \$25

Learn how to prepare a family-style tender beef with daikon surrounded with aromatic Chinese spices served on a bed of jasmine rice. This recipe is sure to be a winner during Thanksgiving season!

### 

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

Fri., Dec. 6 | 10:00 AM | \$25

Seadas is a crisp, deep-fried pastry filled with lemony, oozing cheese and soaked in warm honey. It's both sweet and savory. It's a favorite dessert among the Sardinians.

### 

DJ Hasinsky, Baker

Mon., Dec. 2 | 12:00 PM | \$25

Learn how to put a twist on this classic favorite. These brown butter cookies are sure to be a hit at your next holiday party.

### 2629 | Charcuterie and Cheer

DJ Hasinsky, Baker

Mon., Dec. 16 | 12:00 PM | \$25

Classic favorites and some surprises to add to your yearend gatherings. Snacks, cheeses, meats, dips, and beverage selections for the holidays or any time you host guests.

### 🚅 🗬 2586 | Chocolate Ganache Cake

Allison Weisman, Owner, Allison's Custom Confections Thu., Dec. 5 | 1:00 PM | \$25

Learn how to make this decadent moist chocolate cake with a chocolate ganache filling and frosting. It will elevate your holiday dessert table.

### d 🗬 2585 | Chocolate Raspberry Truffles

Allison Weisman, Owner, Allison's Custom Confections Thu., Nov. 21 | 1:00 PM | \$25

Learn how to make and decorate truffles so that they will look beautiful on any holiday dessert table.

### 🗬 🗬 2616 | Comfort Food: Mac and Cheese Trio

Olivia Hill, Culinary Specialist U.S. Armed Forces Thu., Dec. 12 | 12:00 PM | \$25

Learn to make and sample three delicious varieties of Mac and Cheese, our favorite comfort food.

### → 2615 | Cooking with Herbs: A More Flavorful Thanksgiving

Karen England, Herbologist, Edgehill Herb Farm Thu., Nov. 14 | 11:00 AM | \$25

From the main event to sides and dessert, come and experience how herbs make the difference.



### 

Beatrice Ricart, Chef and Accounting Specialist Mon., Dec. 9 | 10:30 AM | \$25

Join French Chef Beatrice as she guides you through easy recipes for your soirée. Menu includes brûléed brie crostini, crab cake bites and more.

### 🛁 🗬 2624 | Hawaiian Classic: Spam Musubi

Andy Mangiduyos, Kalei's Kitchenette Owner & Chef, Former Executive Chef at Hyatt Regency Santa Clara Fri., Nov. 15 | 1:00 PM | \$25

Join this hands-on class where you will learn how to make Spam Musubi, a beloved snack from Hawaii. A Spam Musubi consists of a slice of grilled Spam placed on top of rice and wrapped with nori (seaweed).

### ■ 2587 | Holiday Cupcake Making

Allison Weisman, Owner, Allison's Custom Confections Thu., Dec. 19 | 1:00 PM | \$25

Learn to decorate cupcakes like a pro! Try out easy cupcake decorating ideas for a picture-perfect holiday dessert. Bring 6 plain cupcakes to decorate and take home to enjoy.

### 🛁 🗬 2503 | Korean-Inspired Chicken Lentil Soup

Cathlyn Choi, Korean Celebrity Master Chef & Author, Producer & Host of the First PBS Korean TV Cooking Show Cathlyn's Korean Kitchen Tue., Dec. 10 | 11:00 AM | \$25

Join PBS show host Cathlyn Choi in this interactive cooking class. This easy recipe combines the rich flavors of tender chicken with the wholesome goodness of lentils.

### 🚤 🗬 2602 | Leavened Bread Making

Mark Pelliccia, Classically Trained Chef Specializing in Italian Cuisine and Baked Goods Wed., Nov. 13 | 11:00 AM | \$25

We'll teach you the baking skills needed to make fresh leavened bread.

### 

Olivia Hill, Culinary Specialist U.S. Armed Forces Fri., Nov. 8 | 12:00 PM | \$25

Learn how to make and taste Cajun cornbread stuffing as well as the traditional white bread stuffing from scratch.

### ■ 2618 | Make and Take Gifts from The Herbal Kitchen

Karen England, Herbologist, Edgehill Herb Farm Fri., Dec. 13 | 11:00 AM | \$25

A make and take class using herbs to make a beautiful herbal vinegar and a delicious herbal cookie mix that make perfect gifts for the holidays.

### 🛁 🗬 2507 | My Favorite Salad, A Complete Meal

Bill Prather, Macrobiotic Chef Mon., Nov. 4 | 10:30 AM | \$25

Explore the health benefits of a plant-based diet. We will discuss setup, where to shop, and basic nutrition.

### 🚅 🗬 2622 | Palak Paneer

Preet Works, Artist and Experienced Chefess at formerly family-owned Cafe India Wed., Dec. 18 | 1:00 PM | \$25

Palak Paneer is a spinach puree with homemade Indian Cheese. The puree is then mixed with sautéed tomatoes and onions and flavorful Indian spices.

### 

Dominique Santoni, Chef, La Flamme Française Tue., Nov. 12 | 11:00 AM | \$25

Learn to make a Provençal chickpea fritters appetizer served with aioli from the South of France. This delicious dish is easy to make and will impress your friends!

### 🛁 🗬 2628 | Pizza Making: Fall Edition

DJ Hasinsky, Baker Fri., Nov. 22 | 12:00 PM | \$25

Learn how to apply all of the wonderful ingredients that pop up around the holidays to your favorite pizza dough. We will be making and tasting personalized pizzas.

### 2623 | Tandoori Chicken

Preet Works, Artist and Experienced Chefess at formerly family-owned Cafe India Wed., Nov. 20 | 1:00 PM | \$25

Make tandoori chicken, a vibrant red chicken dish. Learn to use Indian spices like cumin, coriander, garam masala, and turmeric to prepare this spicy and aromatic dish.



### **TECHNOLOGY**

### Technology classes are taught by Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits

### 2545 | AI for All: Interacting with ChatGPT

Wed., Nov. 6 | 11:30 AM | \$15

Discover the fundamentals, capabilities, usage, and practical applications of ChatGPT, a state-of-the-art AI chatbot.

### 2465 | Android 102

Thu., Dec. 19 | 12:30 PM | \$15

We will practice customizing the phone settings, use GPS, photos, camera, voice activation, browse the internet, and reach out to troubleshoot and get support.

# **2441** | Ditch the Cable (and the Fees): Using Internet Streaming Tue., Nov. $5 \mid 1:30 \text{ PM} \mid \$15$

Join us in this practical hands-on training to learn about access to popular streaming platforms like AppleTV, Netflix and HBO Max.

### iPhone 101

Learn to charge, power on/off, lock/unlock the phone, find/go to the home screen, set the text size, make calls, send messages, and more.

**2438** | Tue., Nov. 5 | 12:00 PM | \$15 **2550** | Wed., Dec. 4 | 1:00 PM | \$15

### 2439 | iPhone 102

Wed., Dec. 4 | 11:30 AM | \$15

We will practice customizing the phone settings, use GPS, photos, camera, voice activation, browse the internet, and who to contact for troubleshooting.

### 2515 | Mastering Passwords: Best Security Practices

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

This session will evaluate your security practices, suggest necessary improvements, and explain the benefits of a password manager, including how to set one up.

### 2516 | Scam Recognition and Prevention

Tue., Nov. 19 | 11:30 AM | \$15

Stay safe in the digital age. Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated scams.

### 2547 | Tech Anxiety? Deprogram Your Stress

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

Discover techniques to manage anxiety and stress from technology and health challenges for improved well-being.

### 2466 | Voice Assistants: The Next Best Thing to a Human Helper

Thu., Dec. 19 | 2:00 PM | \$15

In this class, we will explore the wonders, convenience, functionalities and features of popular voice-activated home assistants like Amazon Echo and Google Nest Audio.

### **THEATRE, FILM & MUSIC**



## 2625 | Holiday Hits with Merry Carol:

A Festive Musical Celebration

Celeste Barbier, Musician & Performer Wed., Dec. 4 | 2:00 PM | \$25

Join local songstress Merry Carol at Oasis for a festive afternoon of holiday music, fun attire, and the history behind your favorite Christmas classics!

### \prec 🗬 Community Drumming

Lesley Kornochan, Music Therapist

Join us for a community drumming class that encourages creativity, teamwork, and stress relief.

**2568** | Thu., Nov. 7 | 1:00 PM | \$20 **2569** | Fri., Dec. 20 | 1:00 PM | \$20

### 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.

**2012** | Mon., Nov. 4 - 25 | 12:00 PM | 3 Sess. | \$180 **2013** | Mon., Nov. 4 - 25 | 1:00 PM | 3 Sess. | \$180 **2014** | Mon., Nov. 4 - 25 | 2:00 PM | 3 Sess. | \$180 **2015** | Mon., Dec. 2 - 9 | 12:00 PM | 2 Sess. | \$120 **2016** | Mon., Dec. 2 - 9 | 1:00 PM | 2 Sess. | \$120 **2017** | Mon., Dec. 2 - 9 | 2:00 PM | 2 Sess. | \$120



# **INNOVATION CENTER**

# Oasis Innovation Center Workshops at our Rancho Bernardo Location are led by David Beevers, 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

Learn about our new Quick Fix Software Services on Page 21!

### **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.

**2353** | Thu., Nov. 7 | 2:00 PM | \$8 **2354** | Tue., Nov. 12 | 11:00 AM | \$8 **2360** | Thu., Nov. 21 | 11:00 AM | \$8 **2372** | Thu., Dec. 5 | 2:00 PM | \$8 **2374** | Tue., Dec. 10 | 2:00 PM | \$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.

**2357** | Thu., Nov. 14 | 2:00 PM | \$8 **2363** | Tue., Dec. 3 | 2:00 PM | \$8 **2370** | Thu., Dec. 19 | 11:00 AM | \$8

### **Cloud Services Workshop**

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

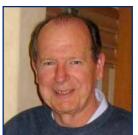
**2350** | Tue., Nov. 5 | 11:00 AM | \$8 **2356** | Thu., Nov. 14 | 11:00 AM | \$8

### **Google Photos App Workshop**

This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching pictures, and more.

**2362** | Tue., Dec. 3 | 11:00 AM | \$8 **2373** | Tue., Dec. 10 | 11:00 AM | \$8 **2369** | Thu., Dec. 12 | 2:00 PM | \$8





**Arlene & Michael Bardin** 

Tim McCarthy









### **QR Codes Workshop**

This workshop will provide a brief overview of QR Codes and how to use them.

**2355** | Tue., Nov. 12 | 2:00 PM | \$8 **2361** | Thu., Nov. 21 | 2:00 PM | \$8 **2368** | Thu., Dec. 12 | 11:00 AM | \$8

### **UBER/Lyft App Workshop**

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

**2352** | Thu., Nov. 7 | 11:00 AM | \$8 **2371** | Thu., Dec. 19 | 2:00 PM | \$8

### **Web Cookies Workshop**

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

**2351** | Tue., Nov. 5 | 2:00 PM | \$8 **2364** | Thu., Dec. 5 | 11:00 AM | \$8





TRAVEL All fees shown are per person. Visit the Travel page on the website for full brochures: Click "Classes" and then select "Travel & Tips"

### **AFC Vacations**

### **Arizona Spring Training Explorer**

March 9 or March 16, 2025 | 6 Days • 7 Meals Double \$2,899 | Single \$4,099

This trip includes Phoenix City Tour, Two Spring Training Baseball Games, Old Town Scottsdale, Heard Museum of Native American Culture, Tucson Area Visit, Mission San Xavier del Bac, Arizona-Sonora Desert Museum, Saguaro National Park, Old West Farewell Dinner, 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.





## **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 OASIS1124to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

### Festival of Carols: The Los Angeles Master Chorale

Sat., Dec. 7 | Price: \$189

Join us at the Walt Disney Concert Hall in L.A. and herald the arrival of the holiday season with a concert of favorite carols performed by the world-famous L.A. Master Chorale.

### **Christmas Lights Dinner Tour**

Tue., Dec. 10 | Wed., Dec. 11 | Thu., Dec. 12 Price: \$159

Come along on this unforgettable holiday tour as we seek out some of the most dazzling neighborhoods and public places around San Diego County.

### Pasadena's Rose Parade

Wed., Jan. 1 | Price: \$265

Celebrate the start of the New Year at the world-famous Tournament of Roses Parade in Pasadena.

### Wicked, the Musical at Hollywood Pantages Theatre

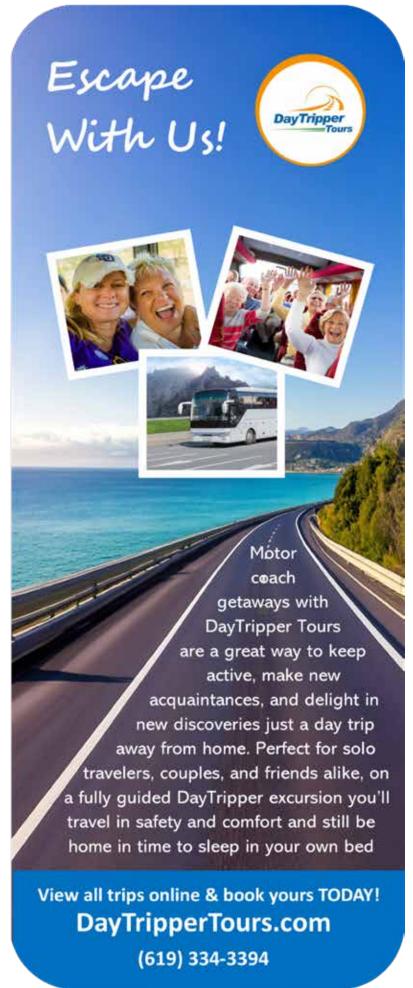
Sat., Jan. 11 | Price: \$215

Join us for a trip to the beautiful Pantages Theatre in Hollywood for this iconic musical celebrating the untold story of the witches of Oz

### Rat Pack Birthday Bash Celebrating Frank Sinatra

Sun., Jan. 12 | Price: \$159

Let us transport you back to the glamorous days of the Rat Pack on this easy day trip to Old Town Temecula.





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.

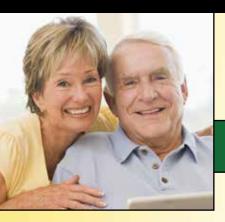
But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?

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.



See pages 7 and 29 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 Mortage will improve your 
"Quality of Life" and give you "Peace of Mind" SM

### **Home Owners 62 & Older:**

- Supplement your retirement income
- Never make a monthly mortgage payment
- 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: 2239 | Reverse Mortgages Explained

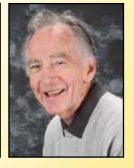
Fri., Nov. 15 | 10:00 AM | \$15 | Rancho Bernardo Location Register at www.SanDiegoOasis.org

Let's meet via Zoom or the old-fashioned way at your Kitchen Table!

**760-484-6660** 

owen.coyle@gmail.com

ReverseMortgages62.com
8975-403 Lawrence Welk Drive | Escondido, CA





# **OWEN COYLE**Reverse Mortgage Specialist with 25 Years Experience Serving San Diego County since 2003 BRE #1253295 | NMLS #279015

# Senior Resource Odsis 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.

# THE REMINGTON CLUB

### THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201

<u>AHandley@5SSL.com</u>
<u>fivestarseniorliving.com/communities/ca/san-diego/the-remington-club</u>

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: 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

### **ASSISTED LIVING PLACEMENT SPECIALISTS**



### AGING123

Julie Derry, MBA, CSA | (619) 378-6895 <u>julie@aging123.com</u> | <u>aging123.com</u>

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.ThislsLivingWell.com

Jacqui Clark, Certified Senior Advisor<sup>TM</sup>, 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 <u>jacqueline@agingadvisoryservices.com</u> <u>agingadvisoryservices.com</u>

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 <u>DPidgeon@CastleMaven.com</u> | <u>CastleMaven.com</u>

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 brainstimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA

### **FINANCIAL PLANNERS**



### THRIVENT FINANCIAL

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

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:

<u>https://bit.ly/</u> 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

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**



### FINANCIAL SECURITY DESIGNS

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**



### AMANDA SHELLEY - LICENSED INSURANCE BROKER

Amanda Shelley | (858) 431-6152 <u>amanda@justusmedicare.com</u> | <u>justusmedicare.com</u>

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

My name is Fariba Zarieh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your 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.

Would you like to see your business represented here? CONTACT US! We add new categories with each issue.

### **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.

### **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 | <u>lauras@equitysmartloans.com</u> | <u>laurastrickler.com</u>

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@silverliningstransitions.com | silverliningstransitions.com

We "make moves MAGICAL" and handle all the emotional and logistical aspects of relocation. We also provide decluttering, home organization and photo organizing services. When we refer to a Realtor partner, move services are FREE or heavily discounted.

View Resource
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

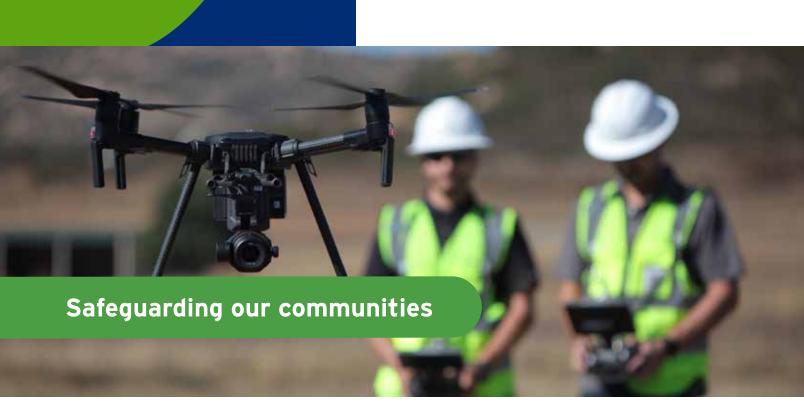
### **Questions?**

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.



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.







# When you invest in Oasis, it's an investment in YOU:

lifelong learning, healthy living and community service through tutoring and bridging the digital divide programs!

San Diego Oasis is made possible by members like you. Give your tax exempt donation today.

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Scan QR code or visit SanDiegoOasis.org then click on red DONATE button.



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Canyon Villas Retirement 4282 Balboa Ave., San Diego, CA 92117 cyrelirement.org

For more information call us at (858) 490-3516

Canyon Villas Retirement is a non-profit organization that serves the elderly residing in the San Diego community. Ask about our specials.

Rates are based from 1 bedroom or studio accomodations.

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## Thinking of Selling your Home? Or Ready to Buy?

### LET'S WORK TOGETHER!

### Experience

Over <u>2 Decades</u> of experience in Real Estate with a track record of successfully facilitating the sale and purchase of homes, and condos alone in real estate investment in the finest city of San Diego.

### **Expertise in Senior Needs**

Specialized Knowledge: Extensive understanding of the unique housing needs and preferences of seniors.

Market Insight: In-depth knowledge of local real estate markets, including properties suitable for aging adults.

### Compassionate Approach

Empathetic Listener: Takes time to understand the personal circumstances and preferences of senior clients. Patient Guidance: Provides clear, thoughtful explanations throughout the buying or selling process, ensuring clients feel comfortable.

### Strong Negotiation Skills

Advocacy: Actively represents seniors' interest in negotiations, ensuring they receive fair market value. Experience in Transactions: Skilled in navigating the complexities of real estate transactions, minimizing client stress.

### Professionalism and Integrity

Ethical Standards: Adheres to high ethical standards, prioritizing the well-being of clients above all. Reputable Credentials: Holds relevant licenses and certifications, enhancing credibility and trustworthiness. Dedication to Service: Committed to making the real estate experience positive and empowering for seniors.

### **Supportive Network**

Resourceful Connections: Maintains a network of trusted professionals, including contractors, inspectors, and financial advisors, specifically catering to seniors.

Referral Services: Provides referrals to senior living communities, financial planners, and legal experts when needed.

### **Communication and Transparency**

Open Dialogue: It ensures ongoing communication throughout the process, promptly addressing any concerns or questions.

Clear Documentation: Simplifies legal and financial documents, making them accessible & understandable fo senior clients.

### **Educational Focus**

Informative Workshops: Hosts seminars and workshops on topics relevant to seniors, such as Safety for Seniors at Home, How to Liquidate your Stuff, Tips Home

Continuous Learning: Stays updated on industry trends and changes in regulations affecting senior housing. Community Engagement.

Building Trust: Establishes a reputation as a trusted resource within the senior community.

### **Accessibility Awareness**

Identifies properties: with features suited for aging residents, including:

Single-level homes, Wheelchair-accessible options, Proximity to healthcare facilities and services.

### Farima Tabrizi

Broker Associate, GRI

### Seniors Home Specialist® Certified (SRES®)

Certified Probate & Trust Specialist

Certified® Military Relocation Professional (MRP)

DRE Broker # 01341835

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### Contact

- 858-382-8698
- fgtabrizi@yahoo.com
- www.farimarealty.com







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# GRIZZLY MOVING

Mike Cady Group PREFERRED MOVER is right here in Del Mar! Whether you are moving across the county or from Del Mar to anywhere in the lower 48 states, you can take advantage of the excellent local & interstate service provided by the absolute best! Grizzly Moving offers full-service local moving for both small and large loads. Our reliable moving service is suitable for any person, family, or company that needs to transport their furniture and belongings to a new home or place of business. With all the professional attention Grizzly gives to every client, you can rest assured that your belongings will be taken care of to a high degree no matter how little or much you have to move. Our family-owned, licensed and over insured small business services include: local moving, long distance moving, packing & unpacking, storage in transit, office moving and supplies.





# THE OVER 50 PHOTOGRAPHER

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Simona Valanciute President & CEO San Diego Oasis (one of our incredible "not yet 50" clients!)

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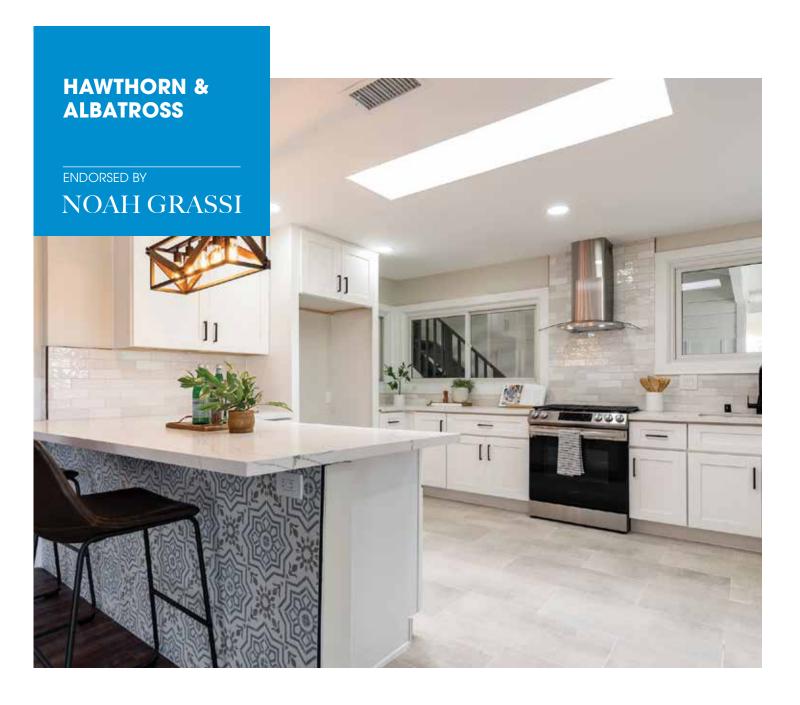
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# TAKING PRIDE IN THE REVITALIZATION OF SAN DIEGO HOMES



ALBATROSS

The team at Hawthorn & Albatross is nothing short of exceptional. They consistently deliver a top-notch renovation experience, earning them an A+ rating and a well-deserved 5-star reputation. Whether you're working with them as a buyer, seller or real estate agent, they have mastered the art of creating a seamless and efficient renovation process that fosters a sense of unity among all involved. Their responsiveness and commitment to excellence to deliver quality work is truly commendable. I take great pride in partnering with them to contribute to the revitalization of San Diego homes.



9815 Caroll Canyon Rd Suite 206, San Diego (619) 961-3070 hawthornandalbatross.com

### PREFERRED PARTNER | LOCKOUT GARAGE DOORS

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## LOCKOUT GARAGE DOORS

At Lockout Garage Doors, we are your go-to experts for all your garage door repair needs in San Diego, CA. With our team of skilled technicians and years of experience, we are committed to providing top-notch service and ensuring the safety and functionality of your garage door. Whether you need garage door repair, installation, opener repair, cable or roller installation, safety sensors installation, remote repair, spring installation or repair, custom design, cable or roller repair, opener installation, or remote replacement, we've got you covered. Trust us to deliver exceptional results and get your garage door working smoothly again. Contact us now, and let us take care of your garage door needs.

\*Please see our Maintenance Program on our website





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# San Diego Oasis Board of Directors

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### **Awards**

### 2023:

CSO50 Award Winner for AI Edge Security and Thought Leadership

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

### 2022

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

### 2022

Generations United's Program of Merit

#### 2020

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

#### 2019

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

#### 2018

NBC Universal Project Innovation Award for Technology Efforts with Older Adults

#### 2017

Program of Distinction Generations United

#### 2016

Excellence Award: •KUSI •Torrey Pines Bank

#### <u>2014</u>

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

### San Diego Oasis at Rancho Bernardo

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

### Oasis Impact at a Glance



San Diego Oasis has enriched the lives of over **135,000 individuals** by promoting lifelong learning, active lifestyles, and community engagement, empowering older adults to lead healthier, more connected lives.



### 1280 Children's Lives Changed

Over **1,280 students** have gained confidence, improved performance, and strengthened social skills through the San Diego Oasis Intergenerational Tutoring program that provides over **300 tutors annually** to Title 1 Schools.



Oasis

### 1215 Low-Income Seniors Served

1,215 low-income seniors across 30 senior housing communities, received tablets, training & connection bridging the technology gap, connecting them with loved ones, and reducing isolation.

### **Thank You to our Sponsors**





Carol & Henry Hunter Fund at the San Diego Foundation

Charles & Ruth Billingsley Foundation C.J. & Dot Stafford Memorial Fund











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