

*Join us in changing the way
people think about aging.*



JAN | FEB 2025



INSIDE THIS ISSUE

PRESIDENT'S MESSAGE P2

ABOUT OASIS P4

LA MESA CLASSES P6

QUICK FIX SOFTWARE SERVICES P21

ONLINE CLASSES P22

RANCHO BERNARDO CLASSES P26

TRAVEL P47

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



La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880



Info@SanDiegoOasis.org



SanDiegoOasis.org

Dear Oasis Members,

Happy New Year, and welcome to our first catalog of 2025! This year, we're embarking on exciting new adventures at Oasis in La Mesa and Rancho Bernardo—creating opportunities to connect, grow, and thrive together.

Looking back at 2024, we accomplished so much with your support:

- Hosted our inaugural Gala, raising nearly \$200,000 to further our mission!
- Launched Quick Fix Technology Services to make tech services more accessible.
- Piloted Rising Currents, an intergenerational program to strengthen bonds across generations between teens and older adults.
- Welcomed top chefs and culinary influencers to Shamily's Kitchen for exclusive hands-on cooking experiences.

Rancho Bernardo celebrated its first year of operations with a small but mighty team, and this year, we're focused on expanding our staff to bring even more enriching programs to our growing community.

Thank you for being an essential part of our journey. Together, let's make 2025 a year filled with health, connection, and joy.

Warm regards,

Simona Valanciute
President & CEO | 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 <https://bit.ly/NewtoOasis> or visit our website (www.SanDiegoOasis.org) to get started on your Oasis journey!

TABLE OF CONTENTS

Message from the President	2
Volunteer Opportunities	4
Ways to Give	5
In-Person Classes: La Mesa	
• Grossmont Center	6 - 18
• Cox Tech Tank	20
• Quick Fix Software Services	21
Online Classes	22 - 24
Oasis Music Series	25
In-Person Classes: Rancho Bernardo	
• Rancho Bernardo	26 - 42
• Innovation Center	43
Library Classes	44 - 46
Travel	47 - 48
Resource Directory	50 - 57
Save the Date! Taste of Oasis	Back Cover

Proud Sponsor of San Diego Oasis

Complete, quality care in your community

We want to make sure you get the most out of your healthcare by having the right doctor and medical group to meet your needs.



One of the largest doctor-led medical groups in Southern California



Free online and in-person health education, fitness classes, preventive care and more



Network of thousands of doctors and specialists



Contracted with most major health insurance plans



Access to hundreds of local urgent care centers, labs and hospitals



Elite 5-star status in Standards of Excellence™ from America's Physician Groups

To learn more about our local doctors and services, visit us at: RegalMed.com.

Regal Medical Group, INC.



CONNECT WITH US!

24RLANMNG03EN01



Discover the world through dance at the San Diego Folk Dance Center!



Immerse yourself in the rhythms, cultures, and connections of global dance!

At the San Diego Folk Dance Center, we offer:

- Weekly Classes
- Workshops & Dances with Live Music
- Special Guest Artists
- Concerts

Visit or call for
More Information:



Class Location
San Diego Oasis - Grossmont Center



Oasis Wellness Center
+858-227-8999



Follow us on Facebook!
S.D. Folk Dance Center



Visit our website
www.folkdancecenter.org/



When you invest in Oasis, it's an investment in YOU:

lifelong learning, healthy living and community service through our Tutoring and Bridging the Digital Divide programs!

San Diego Oasis is made possible by members like you. Give your tax exempt donation today.

San Diego Oasis is a public 501(c)3 charity
EIN #30-0403895

Scan QR code or visit
SanDiegoOasis.org
then click on
red **DONATE** button.



June Goldenberg
BELOVED OASIS TEACHER



JUNE GOLDENBERG, BELOVED OASIS TEACHER,
TAUGHT WORLD MUSIC AT THE LA MESA
FACILITY FROM 2001-2013.

SHE PASSED AWAY IN NOVEMBER OF 2013 AND
WE HONOR HER MEMORY WITH THIS TRIBUTE.

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 12/2024).
- **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 SanDiegoOasis.org. If you don't have an account, you can create one by visiting the website, calling us or emailing us at Info@SanDiegoOasis.org
- **New to Oasis?** View the helpful resource on the website home page dedicated to those new to Oasis.

VOLUNTEER OPPORTUNITIES

- **Tutoring Program:** Volunteer tutors change children's lives! In just one hour a week, you can make a big difference. Training/materials provided; no experience required. For more information, contact Michelle@SanDiegoOasis.org.
- **Center Volunteers:** Volunteers are invaluable, the benefits are mutual, and they have meaningful experiences when they donate their time and talents to help the Oasis community. To learn more, contact Kris@SanDiegoOasis.org for La Mesa and Danny@SanDiegoOasis.org for Rancho Bernardo.
- **Library Ambassadors:** Library Ambassadors are Oasis representatives who enrich the off-site program experience for attendees by answering general program questions, and providing instant feedback. Contact Kris@SanDiegoOasis.org.
- **Outreach Volunteers:** Duties include attending fairs and events to spread awareness about Oasis. It's a great way to get involved in the community, meet new people, and make a positive impact. Contact Kris@SanDiegoOasis.org.





WHEN YOU PLAN TO

Give
WE CAN PLAN TO *Grow*



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

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

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

CURRENT GIFTS:

Cash | Life Insurance | Stocks | Real Estate

PLANNED GIFTS:

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

Questions? Contact Simona@SanDiegoOasis.org to learn about the many ways you can support the mission of San Diego Oasis.

To make a cash donation, simply visit SanDiegoOasis.org or call (619) 881-6262. If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 5500 Grossmont Center Drive, Suite 269, La Mesa, CA 91942 or simply drop it off at one of our Centers.



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



Making Oasis a charitable beneficiary through a **Legacy Gift** is a meaningful way to ensure your personal values continue for years to come. It could be the most important gift you ever make to the future of healthy aging.



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



Become a **Monthly Donor** and make a lasting impact at San Diego Oasis. Monthly donations add up to a major gift. Choose the "monthly donation" option on our Donate page to start your journey with Club Oasis.



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



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



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

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

Abstract Painting in Acrylic with Preet Works

Preet Works, Teaching Artist

With over two decades of experience, Preet will help you explore the creative style of abstract painting.

1109 | Tue. & Thu., Jan. 21-23 | 10:00 AM | 2 Sess. | \$40

1110 | Tue. & Thu., Feb. 25-27 | 10:00 AM | 2 Sess. | \$40

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.

1113 | Wed., Jan. 15 | 10:00 AM | \$20

1114 | Wed., Feb. 19 | 10:00 AM | \$20

Basic Zentangle®

Stacy Magic, Certified Zentangle® Teacher

The Zentangle® Method is an easy-to-learn and fun way to create beautiful images by drawing structured patterns.

1117 | Thu., Jan. 23 | 1:00 PM | \$25

1118 | Thu., Feb. 20 | 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.

1121 | Thu., Jan. 30 | 1:00 PM | \$45

Flat Spiral Stitch Bracelet

 **1122** | Thu., Feb. 27 | 1:00 PM | \$45

Peyote Stitch Tube Earrings

1532 | Color Theory Basics

Aniko Makranczy, MFA

Fri., Feb. 14 - 21 | 1:00 PM | 2 Sess. | \$40

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

1125 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Tue. & Thu., Jan. 14 - 16 | 10:00 AM | 2 Sess. | \$40

Learn to use Pigma Micron pens to create drawings overlaid with watercolor. The primary emphasis is on pen and ink.

1127 | Creating Textures in Watercolor

Ann Dunham, MS Design

Tue. & Thu., Feb. 18 - 20 | 10:00 AM | 2 Sess. | \$40

We'll explore watercolor techniques to bring objects to life through textures, along with brush variations and dry/wet techniques for experimental learning.



Art Supply Donation

Thanks to the generosity of an anonymous donor, our La Mesa and Rancho Bernardo locations will be stocked with watercolor, acrylic and paper quilling art supplies. For any class(es) that requires these materials, you're welcome to use ours at no cost.

Please check your purchase receipt for more information. We are deeply grateful for their support, which helps us inspire creativity and artistic growth across our community.

Thank you!



= NEW!



= HYBRID



= SOCIAL CLUB

 **1418 | Crochet Basics for the Beginner**

Janet Stuelpner, The Left-Handed Artist and Crafter
Wed., Jan. 22 | 10:00 AM | \$20

Learn how to crochet in one session! You will learn how to create a chain and get started on a simple project.

 **1130 | Digital Photography:**

Composition to Cropping Strategies

Suda House, Professor of Art and Photography,
Grossmont College
Tue., Feb. 18 | 1:00 PM | \$10

Improve your photographs through basic composition, cropping, straightening, and recomposing.

 **1129 | Digital Photography: Exposure to Editing Strategies**

Suda House, Professor of Art and Photography,
Grossmont College
Tue., Jan. 14 | 1:00 PM | \$10

Learn how to enhance and edit your pictures to achieve the results you desire.

 **1106 | DIY Microwavable Rice Heat Pad**

Lyn Earl, Instructor
Wed., Feb. 5 | 10:00 AM | \$20

Rice heating pads are good for nursing aches and pains or just warming up a part of the body. They are attractive and make a nice gift for friends or family.

 **1105 | Easy Zipper Pouch**


Lyn Earl, Instructor
Wed., Jan. 8 | 1:00 PM | \$20

Zipper pouches make great gifts, can be made in any size and are a good way to use fabric scraps.

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.

 **1133** | Wed., Jan. 15 | 1:00 PM | \$70 | Hearts
1134 | Wed., Feb. 19 | 1:00 PM | \$70 | Weave Plate

 **1150 | Make an "Accordion Book" with Lee Yater**

Lee Yater, MFA; Artist, Designer and College Instructor
Thu., Feb. 13 | 1:00 PM | \$20

Learn to make an accordion style book to hold photos, memorabilia, artwork and more.

 **1419 | Needlepoint Basics for the Beginner**

Janet Stuelpner, The Left-Handed Artist and Crafter
Wed., Feb. 26 | 10:00 AM | \$20

Make beautiful things in needlepoint. You will learn a few simple stitches that will open up the world of needlepoint.

 **1143 | Paint and Sip Party**


Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Fri., Feb. 7 | 1:00 PM | \$25


Follow along step by step and paint a masterpiece. All materials are provided.

Paper Quilling

Marcy Shapiro, Retired Teacher, Artist

Quilling is the art of creating beautiful objects by rolling thin pieces of paper. See registration receipt for tools needed.

 **1137** | Wed., Jan. 8 | 10:00 AM | \$20
Small Ring Boxes

 **1138** | Wed., Feb. 12 | 10:00 AM | \$20
Valentine Cards

1141 | Play Around with Acrylic Paint

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Wed. & Fri., Jan. 22 - 24 | 1:00 PM | 2 Sess. | \$40

Experiment with acrylic paints. Have fun practicing elements of paintings such as clouds, water, reflections and foliage.

1147 | Rock Painting

Marci Kleiner
Thu., Feb. 13 | 10:00 AM | \$20

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

 **1149 | Twist and Dye: Silk Scarf Dyeing**

Lee Yater, MFA; Artist, Designer and College Instructor
Thu., Jan. 16 | 1:00 PM | \$20

In this beginning class, create a one-of-a-kind silk scarf ready to wear or share. All materials will be provided.

Watercolor Hangout with Eddie Omens

Eddie Omens, Artist

Using basic watercolor and ink techniques, Eddie will show you how to create a stunning work of art.

1153 | Mon., Jan. 13 | 10:00 AM | \$20

1154 | Mon., Jan. 27 | 10:00 AM | \$20

1155 | Mon., Feb. 10 | 10:00 AM | \$20

1156 | Mon., Feb. 24 | 10:00 AM | \$20

thrivent®

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

1481 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA
Wed., Jan. 29 | 1:00 PM | \$5

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

1480 | Social Security

Anthony Camara, CFP®, MBA
Wed., Jan. 29 | 11:00 AM | \$5

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

1507 | Thrivent One-on-One

Anthony Camara, CFP®, MBA
Fri., Feb. 7 | 10:00 AM | FREE

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

See page 49 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

1341 | Bringing Spaces to Life:

The Ultimate Guide to Staging Homes

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Jan. 30 | 10:00 AM | \$10

Whether you want to sell your home, or just want a fresh look, explore home staging strategies that transform spaces with best practices and creative ideas.

1467 | How to Navigate the Probate System in 10 Easy Steps

K. Brooke Jensen, Attorney at Law
Wed., Jan. 29 | 10:00 AM | \$10

Learn the probate process and how to navigate the San Diego Court system with an experienced attorney.

1161 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate
Fri., Jan. 17 | 10:00 AM | \$10

A comprehensive workshop on understanding and utilizing your long-term care insurance policy.

1164 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor
Tue., Feb. 18 | 10:00 AM | \$10

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

1166 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist
Fri., Jan. 17 | 10:00 AM | \$15

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

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

Senior 101 presents a variety of topics to help you create your own customized aging road map.

1167 | Tue., Jan. 28 | 10:00 AM | FREE

1168 | Tue., Feb. 25 | 10:00 AM | FREE

1533 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFIA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder
Thu., Jan. 30 | 1:00 PM | \$15

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

TAKE NOTE!

GET TO KNOW OUR INSTRUCTORS
Visit the website, click on **CLASSES**
then select **INSTRUCTOR BIOS**.



EXERCISE & DANCE

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

1001 | Fri., Jan. 17 - 31 | 10:45 AM | 3 Sess. | \$30

1002 | Fri., Feb. 7 - 28 | 10:45 AM | 4 Sess. | \$40

1527 | Sat., Feb. 15 | 11:30 AM | \$10

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1009 | Mon., Jan. 6 - 27 | 12:00 PM | 3 Sess. | \$30

1010 | Mon., Feb. 3 - 24 | 12:00 PM | 3 Sess. | \$30

1005 | Fri., Jan. 17 - 31 | 12:00 PM | 3 Sess. | \$30

1006 | Fri., Feb. 7 - 28 | 12:00 PM | 4 Sess. | \$40

1520 | Building Better Balance: A Physical Therapy Approach

Nancy Jungling, Physical Therapist

Sat., Jan. 18 | 11:30 AM | \$10

This class includes functional exercises to enhance flexibility, strength, and balance, with options for all mobility levels.

Cardio Boxing with Strong Nation®

Dora Graham, Certified Fitness Instructor and Personal Trainer

This class will include a variety of punching routines, aerobic movements and core-strengthening moves.

1013 | Thu., Jan. 9 - 30 | 2:15 PM | 4 Sess. | \$40

1014 | Thu., Feb. 6 - 27 | 2:15 PM | 4 Sess. | \$40

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

1021 | Mon., Jan. 6 - 27 | 9:30 AM | 3 Sess. | \$30

1022 | Mon., Feb. 3 - 24 | 9:30 AM | 3 Sess. | \$30

1029 | Tue., Jan. 7 - 28 | 12:00 PM | 4 Sess. | \$40

1030 | Tue., Feb. 4 - 25 | 12:00 PM | 4 Sess. | \$40

1033 | Wed., Jan. 8 - 29 | 1:00 PM | 4 Sess. | \$40

1034 | Wed., Feb. 5 - 26 | 1:00 PM | 4 Sess. | \$40

1017 | Fri., Jan. 17 - 31 | 9:30 AM | 3 Sess. | \$30

1018 | Fri., Feb. 7 - 28 | 9:30 AM | 4 Sess. | \$40

1025 | Sat., Jan. 18 | 10:30 AM | \$10

1026 | Sat., Feb. 15 | 10:30 AM | \$10

Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

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

1037 | Sat., Jan. 18 | 9:30 AM | \$10

1038 | Sat., Feb. 15 | 9:30 AM | \$10

Core Training On the Ball and More

Dora Graham, Cert. Fitness Instructor & Personal Trainer

In this class, you'll strengthen your core, and improve flexibility, using an exercise ball, weights, and resistance bands, with optional chair support.

1041 | Thu., Jan. 9 - 30 | 1:15 PM | 4 Sess. | \$40

1042 | Thu., Feb. 6 - 27 | 1:15 PM | 4 Sess. | \$40

Dance Fit

Andra Valencia, Fitness and Dance Instructor

A full-body aerobic class with combination of dance and fitness moves including weights, and is adaptable for any fitness level.

1045 | Wed., Jan. 8 - 29 | 12:00 PM | 4 Sess. | \$40

1046 | Wed., Feb. 5 - 26 | 12:00 PM | 4 Sess. | \$40

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

1049 | Wed., Jan. 8 - 29 | 9:30 AM | 4 Sess. | \$24

1050 | Wed., Feb. 5 - 26 | 9:30 AM | 4 Sess. | \$24

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

1057 | Wed., Jan. 8 - 29 | 2:00 PM | 4 Sess. | \$40

1058 | Wed., Feb. 5 - 26 | 2:00 PM | 4 Sess. | \$40

1053 | Thu., Jan. 9 - 30 | 12:00 PM | 4 Sess. | \$40

1054 | Thu., Feb. 6 - 27 | 12:00 PM | 4 Sess. | \$40

TAKE NOTE!

STAY UP TO DATE!

Join us on social media at
bit.ly/BeSocialOasis

Social
Media

LA
MESA

Progressive Strength, Balance and Flexibility Training

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

1065 | Tue., Jan. 7 - 28 | 9:30 AM | 4 Sess. | \$40

1066 | Tue., Feb. 4 - 25 | 9:30 AM | 4 Sess. | \$40

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1069 | Thu., Jan. 9 - 30 | 9:30 AM | 4 Sess. | \$40

1070 | Thu., Feb. 6 - 27 | 9:30 AM | 4 Sess. | \$40
Jeanna Beauchamp, Certified Fitness Instructor

Restorative Chair Yoga

Julia Doughty, MFA, HHP

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

1073 | Tue., Jan. 7 - 28 | 2:30 PM | 4 Sess. | \$40

1074 | Tue., Feb. 4 - 25 | 2:30 PM | 4 Sess. | \$40

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

1077 | Tue., Jan. 7 - 28 | 1:15 PM | 4 Sess. | \$40

1078 | Tue., Feb. 4 - 25 | 1:15 PM | 4 Sess. | \$40

San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA, HHP

Join us for a casual and conversational walk around the mall.

1081 | Wed., Jan. 8 - 29 | 9:00 AM | 4 Sess. | \$40

1082 | Wed., Feb. 5 - 26 | 9:00 AM | 4 Sess. | \$40

Sit N' Get Fit

Russell Rowe, MS, Exercise Physiology

A full-body workout with stretching, cardio, hand-eye coordination, core strengthening, weight lifting, and brain exercises to improve fitness, strength, and mental focus.

1061 | Mon., Jan. 6 - 27 | 1:15 PM | 3 Sess. | \$30

1062 | Mon., Feb. 3 - 24 | 1:15 PM | 3 Sess. | \$30

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

1085 | Tue., Jan. 7 - 28 | 10:45 AM | 4 Sess. | \$40

1086 | Tue., Feb. 4 - 25 | 10:45 AM | 4 Sess. | \$40

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.

1089 | Thu., Jan. 9 - 30 | 10:45 AM | 4 Sess. | \$40

1090 | Thu., Feb. 6 - 27 | 10:45 AM | 4 Sess. | \$40

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

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

1093 | Mon., Jan. 6 - 27 | 2:30 PM | 3 Sess. | \$30

1094 | Mon., Feb. 3 - 24 | 2:30 PM | 3 Sess. | \$30

T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor

Fri., Jan. 10 - Mar. 7 | 1:15 PM | 9 Sess. | \$90

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

T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor

Fri., Jan. 10 - Mar. 7 | 2:30 PM | 9 Sess. | \$90

In this class you'll learn to deepen and refine the movements at an intermediate level.

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

1101 | Mon., Jan. 6 - 27 | 10:45 AM | 3 Sess. | \$30

1102 | Mon., Feb. 3 - 24 | 10:45 AM | 3 Sess. | \$30

TAKE NOTE!

CURIOUS ABOUT A DANCE OR FITNESS CLASS?

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



HEALTH & WELLNESS



1330 | Alzheimer's San Diego: Maintaining Your Brain Health

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education
Tue., Jan. 14 | 1:00 PM | FREE

Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain and lower your risk for Alzheimer's, dementia, and related diseases.

1329 | Alzheimer's San Diego: Managing Resistance

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education
Tue., Feb. 11 | 1:00 PM | FREE

Join us to explore what causes resistance in people living with Alzheimer's and dementia. Learn strategies to strengthen relationships, build trust, and preserve dignity.

1463 | A Day of Plant-Based Nutrition

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Fri., Feb. 7 | 1:00 PM | \$15

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

1351 | Balance and Vestibular Testing

Dr. Sarah Hernandez, Peninsula Hearing Center
Thu., Jan. 30 | 1:00 PM | \$15

Learn how your inner ear affects balance, how audiologists test for issues, and ways to improve your hearing.

1454 | Healthy Cooking on a Budget

Montserrat Garcia, National Board Certified Health & Wellness Coach
Mon., Feb. 3 | 1:00 PM | \$15

Learn how to eat healthy on a budget with affordable, nutrient-dense ingredients, quick meals, and smart strategies for delicious, cost-effective eating.

1349 | Hearing Aids and Tinnitus

Dr. Dena Riso, Peninsula Hearing Center
Thu., Jan. 23 | 1:00 PM | \$15

Explore the impact of aging on hearing, memory, and how these affect cognitive decline, plus the latest advancements in hearing aid technology.

1456 | How Mindfulness Heals

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author
Mon., Jan. 27 | 10:00 AM | \$15

Learn about the origins of mindfulness and its neuropsychological and physiological benefits. Simple mindfulness techniques will be shared.

1457 | How Relationships Change Your Brain

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author
Mon., Feb. 24 | 10:00 AM | \$15

In this class you'll learn how social interactions shape brain development across the lifespan, influencing neurobiology in profound and lasting ways.

1462 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Fri., Jan. 31 | 1:00 PM | \$15

This presentation provides tools and strategies for maintaining a plant-based lifestyle, including meal prep, pantry stocking, traveling, shopping, and dining out.

1432 | Metabolic Reset:

Tips to Turbocharge Your Body's Engine

Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef
Tue., Jan. 21 | 1:00 PM | \$15

Supercharge your metabolism by changing your eating habits and adopting positive lifestyle changes.

1433 | Move Waste From Your Waist

Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef
Tue., Feb. 11 | 1:00 PM | \$15

Waist size is a strong indicator of our overall Health. Learn how to remove toxic waste and eliminate the health-harming chemicals belly fat produces.

TAKE NOTE!

STAY INFORMED!

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

Send us an email and we'll take care of signing you up:

Info@SanDiegoOasis.org



1343 | Preventing Falls: Understanding Risks & Taking Action
 Nina McCorkle PT, DPT at Sharp Grossmont Rehabilitation
 Thu., Feb. 27 | 10:00 AM | FREE

We'll explore what constitutes a fall, identify risk factors, and discuss practical steps you can take to reduce your risk.

1441 | The Miracle of Mindfulness
 Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh
 Wed., Jan. 29 | 1:00 PM | \$15

Discover mindfulness as a practice to fully embrace life's miracle, and learn techniques to cultivate awareness and presence every day.



United Healthcare Presents: Medicare - The Basics
 Fariba Zarieh, United Healthcare

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

1179 | Sat., Jan. 18 | 10:00 AM | FREE
1180 | Sat., Feb. 15 | 10:00 AM | FREE

1453 | Vision Board Workshop: Unlock your Potential
 Montserrat Garcia, National Board Certified Health & Wellness Coach
 Wed., Jan. 22 | 1:00 PM | \$15

Clarify your goals, set powerful intentions, and creatively map out the future you've always dreamed of achieving.

1442 | With Mindfulness We Can Fall In Love With Life
 Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh
 Wed., Feb. 5 | 1:00 PM | \$15

Mindfulness is the energy of love. Join me to practice falling in love with the magnificent gift of being alive.

1183 | Your Aging Journey is Unique to You!
 Julie Derry, MBA, Certified Senior Advisor
 Tue., Jan. 14 | 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

1429 | A Journey through Streets & Landmarks of Barcelona
 Sofia Laurein, Ph.D., Professor of History
 Tue., Feb. 11 | 10:00 AM | \$15

Explore Barcelona's unique history, art, and architecture, featuring Picasso, Gaudí, and iconic landmarks.

1435 | Archaeological Treasures of San Diego County and Northern Baja California

Richard Carrico, MA, Author and Professor of American Indian Studies
 Mon., Jan. 27 | 1:00 PM | \$15

Explore San Diego County's rich archaeological history, from ancient maritime cultures to rock art, prehistoric land management, and seasonal strategies.

1450 | Conservation Marries Capitalism: The Economy of Nature

Fred Bercovitch, Ph.D. Biological Anthropology
 Thu., Jan. 30 | 10:00 AM | \$15

Explore the five E's: evolution, extinction, ecology, economics, and education and how they can help address the accelerating loss of species due to climate change.

1355 | History and Hauntings of the RMS Queen Mary

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
 Fri., Feb. 7 | 10:00 AM | \$15

Overview of the Queen Mary's remarkable history and its resident spiritual energies and theories for its haunting.

1526 | How Water Changed San Diego

Vincent Rossi, Historian & Author, Story Seekers Co-Owner
 Mon., Feb. 10 | 1:00 PM | \$15

Vincent Rossi discusses how consistent water access shaped present-day San Diego County.

Indian Spirituality: How is it Relevant in our Life

Marie-France Latronche, Ph.D., Author & Professor of French, Indian studies

Explore Indian spiritual traditions, focusing on karma, reincarnation, mantra, and meditation, to discover deeper meaning and relevance in today's world.

1478 | Thu., Jan. 23 | 10:00 AM | \$15
1479 | Thu., Feb. 6 | 10:00 AM | \$15

1494 | Juneteenth: The Political and Military Origins of America's Newest National Holiday

Ricardo Crespo, Ph.D. Political Science, Chair,
Department of Political Economy Grossmont College
Wed., Feb. 19 | 10:00 AM | \$15

Explore Juneteenth's origins by examining the political and military events of the Civil War that led to emancipation and slavery's abolition.

1470 | Legends and Lore of Chocolate

Marilyn McPhie, President, Storytellers of San Diego;
TEDx Speaker
Thu., Feb. 20 | 1:00 PM | \$15

Discover chocolate's rich history, culture, and fascinating trivia, plus enjoy sweet samples in this interactive program.

1525 | Lost Towns of San Diego County

Vincent Rossi, Historian & Author,
Story Seekers Co-Owner
Fri., Jan. 17 | 1:00 PM | \$15

We'll explore the history of lost towns like Bernardo, Merton, Stowe, and Bostonia, sharing photos, maps, and stories of their past lives.

1451 | National Parks, Oil Tycoons, and Railroad Barons

Fred Bercovitch, Ph.D. Biological Anthropology
Thu., Feb. 20 | 10:00 AM | \$15

Explore how philanthropy and wealth shaped the preservation of National Parks, from Yellowstone to the Grand Tetons.

1344 | Postmodernism and Politics in the Modern World

Bruce McGraw, MA, Retired Professor of Philosophy at
Palomar, Cuyamaca and Southwestern Colleges
Tue., Jan. 28 | 1:00 PM | \$15

Explore postmodernism's impact on contemporary politics, and how political shifts reflect broader societal changes in today's political landscape.

TAKE NOTE!

DO YOU YOUTUBE?

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



1443 | Rembrandt - His Early Years (1606-1634)

Aniko Makranczy, MFA
Tue., Jan. 28 | 10:00 AM | \$15

Rembrandt's early life, talent, unique style, early successes, and the art trends and patrons that shaped his career.

1444 | Rembrandt - His Middle Years (1636-1656)

Aniko Makranczy, MFA
Tue., Feb. 11 | 10:00 AM | \$15

Explore Rembrandt's rise to fame, his masterpieces and his eventual decline in popularity and fortunes.

1445 | Rembrandt's Last Years and His Self Portraits

Aniko Makranczy, MFA
Tue., Feb. 25 | 10:00 AM | \$15

Explore Rembrandt's struggles, including personal losses and changing art tastes. Despite challenges, he continued to innovate, creating memorable paintings and etchings.

1448 | Renaissance & Reform in Northern Europe

Gwenyth Mapes, Professor of Humanities
Fri., Feb. 28 | 10:00 AM | \$15

Explore the Renaissance's influence on art, writing, and humanism, alongside the Protestant Reformation and thriving trade.

1447 | Siena & Florence: 14th Century Art and Architecture

Gwenyth Mapes, Professor of Humanities
Fri., Jan. 31 | 10:00 AM | \$15

Explore the rise of middle-class guilds and shifting power structures in 14th-century Siena and Florence. Learn how art, architecture, and new ideas flourished.

1345 | Socrates' View of the Good Life:

What it is and How to Attain it

Bruce McGraw, MA, Retired Professor of Philosophy at
Palomar, Cuyamaca and Southwestern Colleges
Tue., Feb. 25 | 1:00 PM | \$15

Explore Socratic concepts and their application to living the good life through discussion and examination of the validity and meaning of Socrates' vision in modern life.

 **1312 | State of the Union: Chip Franklin and Peter Bolland**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Jan. 22 | 10:00 AM | \$16

Learn about the state of American politics in a lively discussion with talk show host Chip Franklin and Peter Bolland.

 **1354 | The Afterlife Chronicles:**

The Connection between Life, Death and Beyond

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Fri., Jan. 24 | 10:00 AM | \$15

The connection between mortality and the afterlife with experiences people have had with the spirit realm.

  **1428 | The Aztec Empire:**

The Spellbinding Story of a Lost Kingdom

Sofia Laurein, Ph.D., Professor of History
Tue., Jan. 14 | 10:00 AM | \$15

Learn about the Aztecs' rise to power, their sophisticated laws, human sacrifice practices, and stunning pyramids.

1314 | The Bhagavad Gita

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Feb. 12 | 10:00 AM | \$16

Learn about the Bhagavad Gita, exploring its teachings on duty, ethics, consciousness, and the human experience.

1313 | The Great Philosophers: Epictetus

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Jan. 29 | 10:00 AM | \$16

Learn about the Roman slave Epictetus, the Stoic philosopher whose wisdom continues to inspire.

1315 | The Great Philosophers: Marcus Aurelius

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Feb. 26 | 10:00 AM | \$16

Learn about Marcus Aurelius and his Stoic philosophy, offering timeless wisdom on facing life's challenges.

1482 | The Mexican War

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

Explore the causes, battles, and aftermath of the Mexican War, including the Battle of San Pasqual.

 **1436 | The True Story of Mission San Diego de Alcalá**

Richard Carrico, MA, Author and Professor of American Indian Studies
Mon., Feb. 24 | 1:00 PM | \$15

History of Mission San Diego, from its 1769 founding on Presidio Hill to its relocation, destruction, and reconstruction.

 **1474 | Trephination and the Ancient Art of Surgery**

Tori Randall, Ph.D., Professor of Anthropology
Thu., Feb. 13 | 10:00 AM | \$15

Discover ancient healing practices like trephination, an early skull surgery used to treat injuries, illnesses, and drive away evil spirits.

 **1460 | Why the United States Lost the Vietnam War**

Pierre Asselin, Professor of History & Dwight E. Stanford Chair in US Foreign Relations at San Diego State University
Mon., Feb. 3 | 10:00 AM | \$15

Explore why the U.S. failed to meet objectives in Vietnam and Indochina during the Cold War, using documentary evidence and insights from Vietnam.

 **1461 | Yoga Philosophy**

Julia Doughty, MFA and Certified HHP
Tue., Jan. 21 - Feb. 11 | 11:30 AM | 4 Sess. | \$40

Explore yoga philosophy, using Polishing the Mirror by Ram Dass to discuss ancient practices and their applications to modern life.

You can use Filters to define your search for classes!

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

Filter By Location
Grossmont Lifelong Learning Center
Grossmont Wellness Center
In-Person or Online Lifelong Learning Center
Mission Hills
Hillcrest/Knox Library

Filter By Class Type
Arts
Business, Financial and Legal
Exercise and Dance
Health
History and Humanities
Language
Literature

LANGUAGE

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

1195 | Beginning French for Travelers

Martine A. Hillier, BA, Trilingual,
French & Spanish Instructor
Fri., Jan. 24 - Feb. 28 | 10:00 AM | 6 Sess. | \$102

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

1213 | Intermediate French for Travelers

Martine A. Hillier, BA, Trilingual,
French & Spanish Instructor
Fri., Jan. 24 - Feb. 28 | 11:30 AM | 6 Sess. | \$102

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

1193 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Jan. 27 - Mar. 3 | 10:00 AM | 5 Sess. | \$85

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

1211 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Jan. 27 - Mar. 3 | 11:30 AM | 5 Sess. | \$85

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

1187 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., Jan. 27 - Mar. 3 | 1:00 PM | 5 Sess. | \$85

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

1501 | Italian for Conversation

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Feb. 4 - Mar. 11 | 10:00 AM | 6 Sess. | \$102

Bentornati! Learn and practice Italian through conversation, music, poetry, and culture, focusing on enhancing your skills at the intermediate level.

1505 | Italian for Travelers, For Complete Beginners

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Feb. 4 - Mar. 11 | 2:00 PM | 6 Sess. | \$102

Perfect for beginners, this class introduces Italian through basic grammar, vocabulary, and conversation, preparing you for your Italian adventure.

1503 | Italian for Travelers, Beginners Plus

Paula Matthews, MA, Italian Language and Literature;
Mesa College and USD Italian Language Professor
Tue., Feb. 4 - Mar. 11 | 12:00 PM | 6 Sess. | \$102

Continue your Italian journey with dialogues, readings, and guided conversations at the novice level, perfect for beginners or those with basic familiarity.

1199 | Beginning Spanish I

Gladis Jiménez González
Wed., Jan. 22 - Feb. 26 | 10:00 AM | 6 Sess. | \$102

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

1201 | Beginning Spanish II

Gladis Jiménez González
Wed., Jan. 22 - Feb. 26 | 11:30 AM | 6 Sess. | \$102

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

1215 | Intermediate Spanish I

Gladis Jiménez González
Wed., Jan. 22 - Feb. 26 | 1:00 PM | 6 Sess. | \$102

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

1191 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish
Coordinator, San Diego City College
Thu., Feb. 6 - Mar. 13 | 10:00 AM | 6 Sess. | \$102

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

1203 | Beginning/Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish
Coordinator, San Diego City College
Thu., Feb. 6 - Mar. 13 | 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.

 **1209 | Intermediate Conversational Spanish**

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
Thu., Feb. 6 - Mar. 13 | 11:30 AM | 6 Sess. | \$102

This intermediate conversation course is designed for those familiar with the basic structures of Spanish. We'll focus on activities using the present and past tenses.

 **1197 | Beginning Spanish**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Jan. 24 - Feb. 28 | 2:30 PM | 6 Sess. | \$102

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

 **1189 | Advanced Spanish**

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College
Fri., Jan. 24 - Feb. 28 | 1:00 PM | 6 Sess. | \$102

Advanced Spanish aims to enhance oral, reading, writing, and listening skills while exploring the culture, history, and literature of the Spanish-speaking world.

 **New And Notable Book Club**

Cathleen Mills, Former Literature Instructor

This book club will feature authors who have won a Booker Prize. Our conversations will be rich and thought-provoking.

1227 | Fri., Jan. 24 | 1:00 PM | \$8

An Artist of the Floating World by Kazuo Ishiguro

1228 | Fri., Feb. 28 | 1:00 PM | \$8

Foster by Claire Keegan

 **Non-Fiction Book Club**

Barbara J. Salice, Ed.D

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

1231 | Mon., Jan. 13 | 10:00 AM | \$8

Educated: A Memoir by Tara Westover

1232 | Mon., Feb. 10 | 10:00 AM | \$8

The Sisterhood: Secret History of the Women in the CIA by Liza Munday

 **1466 | Publishing Workshop**

Cathy Scott, Journalist and Author

Fri., Jan. 24 | 10:00 AM | \$15

Turn ideas into books, structure a manuscript, and weigh the decision between self-publishing and traditional publishing.

LITERATURE

 **1221 | Aspiring and Intermediate Poetry Workshop**

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

Thu., Jan. 9 - Feb. 27 | 10:00 AM | 8 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.

1223 | Tue., Jan. 7 - 28 | 1:00 PM | 4 Sess. | \$68

1224 | Tue., Feb. 4 - 25 | 1:00 PM | 4 Sess. | \$68

PERSONAL ENRICHMENT

 **Bingo!**

San Diego Woman's Club Fdtn. and San Diego Oasis

A thrilling afternoon, win prizes, socialize and have fun.

1530 | Sat., Jan. 18 | 1:00 PM | \$25

1531 | Sat., Feb. 15 | 1:00 PM | \$25

1523 | Collette - Travel Destinations in 2025 and Beyond

Ghythe Haddad, Collette Business Development Manager
Wed., Feb. 5 | 10:00 AM | FREE

Join us for an informative travel presentation discussing Collette's upcoming travel offerings and destination trends.

1262 | Gardening with Betty: Pruning Basics

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Fri., Jan. 24 | 1:00 PM | \$15

Learn basic pruning techniques for healthier plants, improved appearance, and increased fruit/flower production in trees, shrubs, and vines.

 **1263 | Gardening with Betty: Roses**

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Fri., Feb. 28 | 1:00 PM | \$15

Rose care essentials: types, watering, fertilizing, pest control, and planting tips for healthy plants and stunning flowers.

 **1335 | Goal-Setting: Creating a Roadmap Success**

Laura Diaz, Board Certified Coach (BCC)
Tue., Jan. 21 | 10:00 AM | \$15

Discover the power of written goals as your roadmap to success, guiding you toward your dreams with daily, meaningful steps for a brighter future.

 **1242 | Grief Support Group**

Rolandas Kausas, Chaplain
1st & 3rd Wed., Jan. 15 - Feb. 19 | 10:30 AM
3 Sess. | FREE

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

1336 | How Do I Create Positive Results?

Laura Diaz, Board Certified Coach (BCC)
Tue., Feb. 4 | 10:00 AM | \$15

Explore your mindset and break old patterns to create positive results, personal growth and transformation.

 **1321 | Improv Games**

Tonya Lehman, Teacher, Speaker and Storyteller
Tue., Jan. 28 - Feb. 18 | 10:00 AM | 4 Sess. | \$60

Join our Improv Games class for fun, clean comedy! Learn skills to perform funny scenes with no experience needed—just a willingness to laugh and try!

1477 | Learning to Read People

Barbara Gunning, MBA,
Master Personality Type Practitioner
Tue., Jan. 14 | 10:00 AM | \$15

Unlock the power of reading people through the DISC framework, discerning communication styles effectively, enhancing communication skills and influencing abilities.


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

Alan Zacharin, Trivia Enthusiast

You will be surprised at how much you know, and how much you can learn while having lots of fun.

1244 | Thu., Jan. 16 | 1:00 PM | \$10

1245 | Thu., Feb. 13 | 1:00 PM | \$10

 **1334 | Life Plan for the Best Year of Your Life: Identifying Your Purpose and Vision**

Laura Diaz, Board Certified Coach (BCC)
Tue., Jan. 7 | 10:00 AM | \$15

Explore your life's direction and gain confidence, clarity, and communication skills to improve opportunities, health, and personal growth in this transformative class.

 **1248 | Mah Jongg for Beginners: Level One**

Carol Cohn, Mah Jongg Instructor
Fri., Feb. 7 - Mar. 14 | 10:00 AM | 6 Sess. | \$90

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

 **1252 | Mah Jongg Open Play**

No Facilitator, Open Play
Fri., Jan. 17 & Feb. 21 | 1:00 PM | 2 Sess. | FREE

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

 **1421 | Makeup Tips For 50+ Women: Level One**

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Fri., Jan. 24 - 31 | 10:00 AM | 2 Sess. | \$30

Learn to enhance your makeup routine with products and tools that are just right for you as you practice techniques that focus on natural radiance and simplicity.

 **1422 | Makeup Tips For 50+ Women: Level Two**

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Fri., Feb. 7 - 14 | 10:00 AM | 2 Sess. | \$30

Advance your makeup application skills with hands-on practice in contouring, highlighting, and false eyelash application, building on Level One concepts.

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

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

1254 | 2nd & 4th Mon., Jan. 13 - Feb. 24
1:30 PM | 4 Sess. | \$32

Mary Heineke, MS, LMFT

1256 | 1st & 3rd Wed., Jan. 15 - Apr. 16
1:00 PM | 7 Sess. | \$56

Cheryl Davis-Plotts, Psy.D., LMFT

 **1257 | Men's Room**

Donald Bruders, Facilitator
2nd & 4th Wed., Jan. 8 - Feb. 26 | 10:00 AM
4 Sess. | \$32

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

**1348 | Return to Travel:
Domestic and International Destinations to Visit in 2025**

Will Reece, AFC Vacations
Fri., Jan. 17 | 1:00 PM | FREE

New travel trends and what locations are taking off.

 **1259 | San Diego Oasis Travel Club**

Terrie Mortensen, Facilitator
Thu., Feb. 6 | 1:00 PM | FREE

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

1423 | Skincare Made Easy

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Fri., Feb. 21 | 10:00 AM | \$15

Select the right products to use while keeping your morning/evening routine simple, easy and affordable.

 **1337 | Train Your Mind to Welcome Abundance**

Laura Diaz, Board Certified Coach (BCC)
Tue., Feb. 18 | 1:00 PM | \$15

Learn to harness the Law of Attraction, using positive thoughts and actions to manifest your desires and create powerful, transformative vibrations in your life.

TAKE NOTE!

LOVE ART?

Visit our Art at Oasis page:
bit.ly/ArtAtOasis

See information about our upcoming
Art Gallery Exhibit & Reception
in our beautiful Rancho Bernardo
Temenak Art Gallery on Page 26

TECHNOLOGY

1512 | Android Smartphone 101

Russ Nail, Technology Trainer
Tue., Jan. 21 | 1:00 PM | \$15

Navigate your phone's essential functions, such as customizing your background, downloading and removing apps, and more.

1513 | Android Smartphone 102

Russ Nail, Technology Trainer
Tue., Jan. 28 | 1:00 PM | \$15

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

1515 | Computer Navigation Basics

Russ Nail, Technology Trainer
Tue., Feb. 25 | 1:00 PM | \$15

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

 **1510 | Ditch the Cable (and the Fees): Using Internet Streaming**

Eamen Hameed, M.S., IT & Engineering Consultant;
Founder, EHTechBits
Fri., Jan. 31 | 11:30 AM | \$15

Learn how to access popular streaming platforms, like Apple TV, Netflix, HBO Max, and more, to make the most of various online entertainment options.

 **1508 | iPhone 101**

Eamen Hameed, M.S., IT & Engineering Consultant;
Founder, EHTechBits
Fri., Jan. 31 | 10:00 AM | \$15

Learn to charge, power on/off, lock/unlock the phone, find and go to the home screen, set the text size, make calls, send messages, and more.

 **1509 | iPhone 102**

Eamen Hameed, M.S., IT & Engineering Consultant;
Founder, EHTechBits
Thu., Feb. 6 | 10:00 AM | \$15

Learn how to customize the phone settings, use GPS, photos, camera, voice activation, browse the Internet, and who to contact for troubleshooting.

1524 | iPhone Essentials

Cole Samaroo, Co-founder & CEO Senior Tech Connect
Tue., Feb. 4 | 1:00 PM | \$15

Learn how to navigate the Control Center, customize Settings, create personalized voicemail greetings, and connect to WiFi.

1516 | iPhone Hardware Basics 1

Cole Samaroo, Co-founder & CEO Senior Tech Connect
Wed., Feb. 12 | 1:00 PM | \$15

Familiarize yourself with your iPhone's hardware features, including how to use Siri, turn on Airplane mode, check your phone model and more.

1517 | iPhone Hardware Basics 2

Cole Samaroo, Co-founder & CEO Senior Tech Connect
Wed., Feb. 26 | 1:00 PM | \$15

Learn to use the "Find My" feature, manage software updates, maximize battery life, protect your phone from damage and optimize its performance.

1511 | Mastering Passwords: Best Security Practices

Eamen Hameed, M.S., IT & Engineering Consultant;
Founder, EHTechBits
Thu., Feb. 6 | 11:30 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.

1353 | Navigating Sources of Information Online

Harvey Zeytuntsyan, J.D.,
Public Policy and Law Topics Educator
Tue., Feb. 4 | 10:00 AM | \$15

The Internet, social media, and advanced technologies have information at our fingertips. We will survey policy research and evaluate sources of news and information.

1514 | What is AI?

The Good, the Bad, the Awesome and the Ugly

Russ Nail, Technology Trainer
Tue., Feb. 4 | 1:00 PM | \$15

AI is now used for many different applications. We'll overview the fundamentals of AI and some of its advantages, pitfalls and ethical considerations.

THEATRE & MUSIC

1266 | Acting Workshop

Jo-Darlene Reardon, M.Ed
Mon., Jan. 27 - Apr. 7 | 1:00 PM | 10 Sess. | \$120

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

1278 | Love Guitar? Let's Jam

Mark Madruga, MA,
Professional Musician & Guitar Instructor
Mon., Jan. 13 - Mar. 3 | 11:15 AM | 6 Sess. | \$102

Practice your guitar skills in this performance-based class. We'll play classic folk/rock/country songs from the 50's-80's.

1276 | Love Guitar? Let's Learn

Mark Madruga, MA,
Professional Musician & Guitar Instructor
Mon., Jan. 13 - Mar. 3 | 10:00 AM | 6 Sess. | \$102

Perfect for beginners and aspiring players. We'll cover tuning, chords, rhythm, strum patterns, and songs.

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

1280 | Tue., Jan. 14 - 28 | 12:30 PM | 3 Sess. | \$180

1281 | Tue., Jan. 14 - 28 | 1:30 PM | 3 Sess. | \$180

1282 | Tue., Jan. 21 - 28 | 2:30 PM | 2 Sess. | \$120

1283 | Tue., Jan. 21 - 28 | 3:30 PM | 2 Sess. | \$120

1284 | Tue., Feb. 4 - 25 | 12:30 PM | 4 Sess. | \$240

1285 | Tue., Feb. 4 - 25 | 1:30 PM | 4 Sess. | \$240

1286 | Tue., Feb. 4 - 25 | 2:30 PM | 4 Sess. | \$240

1287 | Tue., Feb. 4 - 25 | 3:30 PM | 4 Sess. | \$240

1296 | Wed., Jan. 15 - 29 | 12:30 PM | 3 Sess. | \$180

1297 | Wed., Jan. 15 - 29 | 1:30 PM | 3 Sess. | \$180

1298 | Wed., Jan. 15 - 29 | 2:30 PM | 3 Sess. | \$180

1299 | Wed., Jan. 15 - 29 | 3:30 PM | 3 Sess. | \$180

1300 | Wed., Feb. 5 - 26 | 12:30 PM | 4 Sess. | \$240

1301 | Wed., Feb. 5 - 26 | 1:30 PM | 4 Sess. | \$240

1302 | Wed., Feb. 5 - 26 | 2:30 PM | 4 Sess. | \$240

COX TECH TANK

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

Technology 1:1 consultations available by appointment. To reserve your spot, call us at (619) 881-6262 or send an email to Tech@SanDiegoOasis.org.

1:1 sessions are available in Spanish.

Apple Maps App Workshop

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

100 | Mon., Jan. 6 | 11:00 AM | \$8
119 | Thu., Feb. 13 | 11:00 AM | \$8

Apple Photos Workshop (IOS 18)

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

104 | Tue., Jan. 14 | 11:00 AM | \$8
120 | Tue., Feb. 18 | 11:00 AM | \$8

103 | Cloud Services Workshop

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

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

Digital Coupon Workshop

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

112 | Thu., Jan. 30 | 11:00 AM | \$8
122 | Fri., Feb. 21 | 11:00 AM | \$8

125 | Emojis, Memes and Gifs Galore

Thu., Feb. 27 | 11:00 AM | \$8

We will create avatars to add flair to messaging, discuss what memes are, and how to use them.

123 | Google Photos App Workshop

Mon., Feb. 24 | 11:00 AM | \$8

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

113 | QR Codes Workshop

Fri., Jan. 31 | 11:00 AM | \$8

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



Technology class led by Technology Learning Specialist Monserrat Callejas

Tech Talk: iPhone Fundamentals I

This workshop will help you learn the basics of your iPhone.

107 | Tue., Jan. 21 | 11:00 AM | \$8
114 | Tue., Feb. 4 | 11:00 AM | \$8

Tech Talk: iPhone Fundamentals II

This workshop will help you learn beyond basics of your iPhone.

108 | Thu., Jan. 23 | 11:00 AM | \$8
115 | Thu., Feb. 6 | 11:00 AM | \$8

111 | Technology for Travelers

Tue., Jan. 28 | 11:00 AM | \$8

Learn how to use various gadgets to make traveling easier.

The Practicality of AI

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

102 | Thu., Jan. 9 | 11:00 AM | \$8
118 | Tue., Feb. 11 | 11:00 AM | \$8

105 | UBER/Lyft App Workshop

Thu., Jan. 16 | 11:00 AM | \$8

Use UBER and Lyft rideshare apps as an alternative to driving.

Web Cookies Workshop

What they are, how they are used, and how to delete them.

109 | Fri., Jan. 24 | 11:00 AM | \$8
117 | Mon., Feb. 10 | 11:00 AM | \$8

YouTube Workshop

Basics of YouTube, the second most visited search engine.

110 | Mon., Jan. 27 | 11:00 AM | \$8
121 | Thu., Feb. 20 | 11:00 AM | \$8

Zoom: Keeping Connection Through Distance

Connect with loved ones, attend virtual events, and more.

101 | Tue., Jan. 7 | 11:00 AM | \$8
124 | Tue., Feb. 25 | 11:00 AM | \$8



QUICK FIX SOFTWARE SERVICES

at the Cox Tech Tank

Drop-Off Service Only

Quick Fix: Data Transfer | \$75

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

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



Quick Fix: Antivirus | \$115

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

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

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

- Software repair
- Operating system updates
- Driver troubleshooting

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

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

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

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



ON-LINE CLASSES

Zoom information will be provided at time of registration

EXERCISE & DANCE

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1171 | Sat., Jan. 11 - 25 | 9:00 AM | 3 Sess. | \$30

1172 | Sat., Feb. 1 - 22 | 9:00 AM | 4 Sess. | \$40

1173 | Sat., Mar. 1 - 29 | 9:00 AM | 5 Sess. | \$50

HEALTH

Meditation for Stress-Relief, Relaxation & Peace

Melynnique Seabrook, MA

In this class you'll learn how to focus within, release emotions, and renew vitality through mindfulness, meditation, and alternative healing techniques.

1175 | Thu., Jan. 9 - 30 | 1:00 PM | 4 Sess. | \$40

1176 | Thu., Feb. 6 - 27 | 1:00 PM | 4 Sess. | \$40

1183 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Jan. 14 | 3:00 PM | FREE

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

TAKE NOTE!

NEED ASSISTANCE?

Email Info@SanDiegoOasis.org
or call (619) 881-6262 or
(858) 240-2880



HISTORY & HUMANITIES

1491 | African American Artists

Julia Fister, MA, Studio ACE Executive Director

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

Learn about African American artists who shaped U.S. visual culture, including Henry Ossawa Tanner, Edmonia Lewis, Jean-Michel Basquiat and Faith Ringgold.

1497 | Alaska – The Last Frontier

Ricky Deutsch, BS Aerospace Engineering, MS, MBA,

Former Captain US Air Force, Space Command

Wed., Jan. 22 | 1:00 PM | \$15

Learn about Alaska's unique history, from its ancient migration across the Bering land bridge, Seward's Folly and its place in the "Ring of Fire."

1498 | Barcelona – Art Deco Center of Europe

Ricky Deutsch, BS Aerospace Engineering, MS, MBA,

Former Captain US Air Force, Space Command

Wed., Feb. 26 | 1:00 PM | \$15

Learn about Barcelona's rich history, from Roman origins to Gaudi's Neo-Gothic masterpieces.

1450 | Conservation Marries Capitalism:

The Economy of Nature

Fred Bercovitch, Ph.D. Biological Anthropology

Thu., Jan. 30 | 10:00 AM | \$15

Explore the five E's: evolution, extinction, ecology, economics, and education and how they can help address the accelerating loss of species due to climate change.

1425 | Days That Shook the World: The Russian Revolutions

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

Tue., Feb. 25 | 1:00 PM | \$15

Review the Decembrists' 1825 revolt against Tsar Nicholas I, their failed attempt to establish a constitutional monarchy, and its impact on Russia's revolutionary future.

 **1355 | History and Hauntings of the RMS Queen Mary**

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Fri., Feb. 7 | 10:00 AM | \$15

This presentation gives an overview of the Queen Mary's remarkable history and discusses its resident spiritual energies and theories for its haunting.

 **1489 | How Cultural Transformations Affect Us**

Henry George, Engineer, Archaeologist and Geologist
Tue., Feb. 4 | 10:00 AM | \$8

Learn about how social, cultural, and biological changes affect our brains and bodies and shape the human condition.

 **1451 | National Parks, Oil Tycoons, and Railroad Barons**

Fred Bercovitch, Ph.D. Biological Anthropology
Thu., Feb. 20 | 10:00 AM | \$15

Explore how philanthropy and wealth shaped the preservation of National Parks, from Yellowstone to the Grand Tetons.

 **1448 | Renaissance & Reform in Northern Europe**

Gwenyth Mapes, Professor of Humanities
Fri., Feb. 28 | 10:00 AM | \$15

Explore the Renaissance's influence on art, writing, and Humanism, alongside the Protestant Reformation and thriving trade.

 **1447 | Siena & Florence: 14th Century Art & Architecture**

Gwenyth Mapes, Professor of Humanities
Fri., Jan. 31 | 10:00 AM | \$15

Explore the rise of middle-class guilds and shifting power structures in 14th-century Siena and Florence. Learn how art, architecture, and new ideas flourished.

 **1354 | The Afterlife Chronicles:**

The Connection between Life, Death and Beyond

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host
Fri., Jan. 24 | 10:00 AM | \$15

Learn about the connection between mortality and the afterlife with experiences people have had with the spirit realm.

 **1428 | The Aztec Empire:**

The Spellbinding Story of a Lost Kingdom

Sofia Laurein, Ph.D., Professor of History
Tue., Jan. 14 | 10:00 AM | \$15

Learn about the Aztecs' rise to power, their sophisticated laws, human sacrifice practices, and stunning pyramids.

 **1485 | The New York to Paris Race of 1927**

Mark Carlson, Historian & Author
Thu., Jan. 23 | 1:30 PM | \$8

Learn about the first non-stop New York to Paris race won by Charles Lindbergh in his aircraft the Spirit of St. Louis.

 **1424 | True Identity of Christopher Columbus Revealed**

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., Jan. 28 | 1:00 PM | \$15

Explore the mystery of Christopher Columbus' true identity, uncovering new DNA evidence that challenges long-held beliefs about his origins and legendary voyages.

 **1488 | When California Wines Hit the Big Time**

Matilda Parente, MD, Certified Specialist of Wine
Wed., Feb. 5 | 1:30 PM | \$8

Learn about the 1976 'Judgement in Paris' wine tasting event that shifted global wine prestige, highlighting Napa Valley's rise in the world.

LANGUAGE

 **1207 | Conversational Spanish**

Danisa Mardones, BA
Tue., Jan. 21 - Feb. 25 | 1:30 PM | 6 Sess. | \$102

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

TAKE NOTE!

SPECIAL EVENT VOLUNTEERS!


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


TAKE NOTE!


DO YOU ENJOY ZOOM?

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



LITERATURE

 **1219 | Aspiring and Intermediate Poetry Workshop**
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Fri., Jan. 17 - Feb. 28 | 10:30 AM | 7 Sess. | FREE
Each session will begin with 20-30 minutes of instruction followed by reading and commentary on each other's poems.


 **1534 | Farewell Moby Dick: Why We Need NEW Classics**
Emily Nye, Ph.D.
Wed., Feb. 12 | 1:00 PM | \$15
Explore the future of classic literature and discover new voices that resonate with today's diverse world.


 **1235 | The Oasis "Whodunit" Book Club**
Lisa Benton, Facilitator
1st & 3rd Fri., Jan. 17 - Apr. 18 | 1:00 PM
7 Sess. | \$64
We'll discuss several types of mystery books. We'll choose a different author to read and evaluate at each meeting.

PERSONAL ENRICHMENT


  **1242 | Grief Support Group**
Rolandas Kausas, Chaplain
1st & 3rd Wed., Jan. 15 - Feb. 19 | 10:30 AM
3 Sess. | FREE
Join our drop-in group to understand the symptoms of grief, what you might experience, and how to respond to it.

THEATRE & MUSIC


 **1486 | Broadway Music & Richard Rodgers**
Vincent Young
Wed., Jan. 22 | 1:30 PM | \$8
Learn about Richard Rodgers' rise to fame and his enduring Broadway collaborations with Oscar Hammerstein, Jerome Kern and Sigmund Romberg.


 **1487 | Easy Listening with Lisa**
Lisa Campbell
Tue., Jan. 21 | 10:00 AM | \$8
Enjoy Lisa's performance of songs by John Denver and Dan Fogelberg, showcasing their iconic 1970s and '80s hits.


1271 | Felix Mendelssohn: Classical and Romantic
Chris Burns, Many-Strings
Fri., Feb. 28 | 3:00 PM | \$15
Enrich your day listening to the music of Felix Mendelssohn, another "boy wonder" like Mozart who shared his talent creating musical jewels and gifts.

 **1492 | Lisa Plays Her Favorites**
Lisa Campbell
Tue., Feb. 18 | 10:00 AM | \$8
Enjoy Lisa's performance of songs by Grammy Award winner Tracy Chapman and Rock and Roll Hall of Famer Neil Young.

1269 | Mozart: The Boy Wonder, His Music and Constance
Chris Burns, Many-Strings
Fri., Jan. 31 | 3:00 PM | \$15
Mozart's compositions are musical masterpiece miracles. Enjoy this hour with the graceful and elegant masterpieces of Mozart.

 **1268 | Music Inspired by Outer Space**
Chris Burns, Many-Strings
Fri., Jan. 17 | 3:00 PM | \$15
A musical journey through space, featuring sounds from NASA and compositions inspired by galaxies, stars, and cosmic wonders. A truly out-of-this-world experience.

 **1490 | The Rat Pack & All that Jazz**
Vincent Young
Wed., Feb. 26 | 1:30 PM | \$8
Enjoy the Rat Pack's music, movies, and legacy with Vincent Young playing music by Count Basie, Lionel Hampton and Duke Ellington.

 **1270 | The Waltz: from Austria to Folk to John Williams**
Chris Burns, Many-Strings
Fri., Feb. 14 | 3:00 PM | \$15
The Waltz has caught the attention of classical, romantics, folk musicians, jazz heroes and more. Enjoy this hour listening to the magic of the 3/4 time Waltz.



TICKETS ON SALE NOW!



The Peking Acrobats
January 17 • 7:30pm



Blind Boys of Alabama
featuring Shemekia Copeland
February 23 • 4pm

PowayOnStage.org

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



San Diego Oasis is excited to continue its captivating Music Series

Back by Popular Demand!

Ratpack Reborn Concert

Rancho Bernardo
Class 2461 | February 7 | 2:00 PM

La Mesa
Class 1536 | March 21 | 2:00 PM

Experience the timeless charm of the Rat-Pack era with a concert featuring classic hits from the 1950s and 60s, including songs by legends like Frank Sinatra and Dean Martin.





IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

ARTS & CRAFTS

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

Art Gallery Exhibit & Reception

Meet the Artists!

Class #2455

Thursday, January 23rd | 3 PM

Free to register

Enjoy light refreshments, sip on a glass of wine and enjoy browsing the newest exhibit in our beautiful Rancho Bernardo location.

2455 | Art Gallery Exhibit & Reception

Thu, Jan. 23 | 3:00 PM | FREE

Enjoy light refreshments, sip on a glass of wine and enjoy browsing the newest exhibit in our beautiful Rancho Bernardo Temenak Art Gallery.

2257 | Adventures in Watercolor:

Snowy Scenes for the New Year

Fang Luo, Artist, and Fashion Designer

Thu., Jan. 16 - 30 | 10:00 AM | 3 Sess. | \$60

This class is for those with previous experience; you'll apply new techniques for using color, brushstrokes, and composition.

2328 | Art Journaling for Mental Wellness

Marie Capizzi, MS, APCC

Fri., Feb. 21 | 10:00 AM | \$20

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

2312 | Art of Pastel

Christine Bowman, Award Winning Plein Air Pastel Artist

Fri., Jan. 17 | 12:30 PM | \$20

A step-by-step class on how to paint flowers or a simple landscape with pastels, for beginning and returning students.

2381 | Ask the Knitting Expert

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

Fri., Feb. 21 | 11:30 AM | \$20

Knitting project got you stumped? Get the help you need from knitting expert, Janet Pollack.

Art Supply Donation

Thanks to the generosity of an anonymous donor, our La Mesa and Rancho Bernardo locations will be stocked with watercolor, acrylic and paper quilling art supplies. For any class(es) that requires these materials, you're welcome to use ours at no cost.

Please check your purchase receipt for more information. We are deeply grateful for their support, which helps us inspire creativity and artistic growth across our community.

Thank you!



= NEW!



= HYBRID



= SOCIAL CLUB

Basic Zentangle®

Linda Doll, Certified Zentangle® Teacher

Learn the Zentangle® Method, an easy and satisfying way to create beautiful images. Suitable for all skill levels.

2198 | Fri., Jan. 24 | 1:00 PM | \$20

2199 | Fri., Feb. 14 | 1:00 PM | \$20

2243 | Beginning Watercolor

Fang Luo, Artist, and Fashion Designer

Thu., Feb. 13 - 27 | 10:00 AM | 3 Sess. | \$60

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

2325 | Beginning Crochet

Ruth Anne Mack, Experienced Instructor,
Crochet Enthusiast

Wed., Jan. 15 - Feb. 5 | 10:00 AM | 4 Sess. | \$80

Getting started including basic stitches and how different yarns and hooks impact your work. We'll make a mug mat.

2320 | Mithila Style Painting for All Levels: Colorful Mother Fish

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

Tue. & Thu., Feb. 11 & 13 | 1:00 PM | 2 Sess. | \$40

Create a colorful Mother fish-themed painting using Mithila Painting, an intricate Indian art form known for its geometric patterns and vibrant colors.

2132 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Mon. & Wed., Jan. 13 & 15 | 10:00 AM | 2 Sess. | \$40

Learn to use Pigma Micron pens to create drawings overlaid with watercolor. The primary emphasis is on pen and ink.

2210 | Create Greeting Cards

Trina Pascale, Instructor & Card Designer

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

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

2133 | Creating Textures in Watercolor

Ann Dunham, MS Design

Mon., Feb. 24 & Mar. 3 | 10:00 AM | 2 Sess. | \$40

Bring objects to life through textures, along with brush variations and dry/wet techniques for experimental learning.

2146 | Digital Photography:

Composition to Cropping Strategies

Suda House, Professor of Art and Photography,
Grossmont College

Wed., Feb. 19 | 1:00 PM | \$10

Improve your photographs through basic composition, cropping, straightening, and recomposing.

2145 | Digital Photography: Exposure to Editing Strategies

Suda House, Professor of Art and Photography,
Grossmont College

Wed., Jan. 15 | 1:00 PM | \$10

Photographic exposure has been simplified by our digital cameras. Learn how to enhance and edit your pictures to achieve the results you desire.

2251 | Drawing Basics

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

Tue. & Thu., Jan. 21 & 23 | 1:00 PM | 2 Sess. | \$40

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

2262 | Drawing Basics II

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

Tue. & Thu., Feb. 4 & 6 | 1:00 PM | 2 Sess. | \$40

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

Glass Art with Queenie Glass and Sass

Diana Griffin, Owner of Queenie Glass and Sass

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

2202 | Tue., Jan. 14 | 1:00 PM | \$70 | Hearts

2203 | Tue., Feb. 18 | 1:00 PM | \$70 | Weave Plate

Handcraft Circle: Knitting, Crochet and Sewing

Eileen Maas, Knitting Hobbyist

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

2270 | Thu., Jan. 16 - 30 | 10:00 AM | 2 Sess. | \$10

2271 | Thu., Feb. 13 - 27 | 10:00 AM | 2 Sess. | \$10

2134 | Illustration: Drawing California Native Plants

Ann Dunham, MS Design

Mon., Jan. 27 - Feb. 3 | 10:00 AM | 2 Sess. | \$40

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

2384 | Knitting 1 & 2

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

Fri., Jan. 17 - 31 | 10:00 AM | 3 Sess. | \$60

A mixed level class for both beginners and knitters. The first half of each session will focus on beginners, the second half on experienced knitters.

2294 | Mini Scrapbook

Becky Barber, Longtime Scrapbook Hobbyist


Mon., Feb. 10 | 10:00 AM | \$25


In this class, we will cut and fold 12x12 paper stock to create a mini scrapbook celebrating a favorite occasion, family member or friends.

Paper Crafting with Dr. Robin

Robin S. Daus, MD- Family Medicine, 20+-year cardmaking hobbyist, 7+-year Stampin' Up Demonstrator

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

 **2326** | Fri., Jan. 31 | 10:00 AM | \$20
Desktop Calendar

 **2327** | Thu., Feb. 6 | 10:00 AM | \$20
Valentine's Day Cards

Paper Quilling

Trina Pascale, Instructor & Card Designer

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

Beginners are welcome.

2197 | Wed., Jan. 15 | 1:00 PM | \$20

2206 | Wed., Feb. 12 | 1:00 PM | \$20

2289 | Pencil and Colored Pencil Drawing

Fang Luo, Artist, and Fashion Designer

Thu., Jan. 16 - 30 | 1:00 PM | 2 Sess. | \$40

Bring your drawings to life with vibrant colors! Learn basic drawing techniques, color theory, and effective blending. All skill levels welcome.

2250 | Play Around with Acrylic Paint

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

Mon., Wed., Fri., Jan. 27 - 31 | 1:00 PM | 3 Sess. | \$60

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

2317 | Rock Painting: Heart Designs

Kelly Creeden, BA, MS Mentor Teacher

Wed., Feb. 12 | 10:00 AM | \$20

Design and paint a beautiful heart stone for a friend or garden. Learn dot design and freestyle techniques.

2316 | Rock Painting: Mandala Dot Design

Kelly Creeden, BA, MS Mentor Teacher

Fri., Jan. 24 | 10:00 AM | \$20

Paint a beautiful mandala rock design fit for your garden or tabletop. All levels are welcome.

2277 | Shibori: Japanese Tie-Dyeing

Lee Yater, MFA, Artist, Designer and College Instructor

Tue., Feb. 25 | 1:00 PM | \$30

Explore Shibori tie-dyeing by dipping then clamping, binding, folding, or wrapping fabric to achieve endless pattern variations. All materials will be provided.

2274 | Slab! Pinch! Coil! Fun With Clay

Lee Yater, MFA, Artist, Designer and College Instructor

Tue., Jan. 28 | 10:00 AM | \$30

Learn simple hand building techniques while making clay flowers. All materials will be provided.

2276 | The Healing Benefits of Color

Lee Yater, MFA, Artist, Designer and College Instructor

Tue., Jan. 28 | 1:00 PM | \$20

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

2490 | The Art of Folding Clothes

Janet Stuelpner, The Left-Handed Artist, & Crafter

Wed., Feb. 19 | 10:00 AM | \$10

Discover calming techniques for folding clothes and organizing your wardrobe. Learn to fold garments for easy access and minimal wrinkling in drawers and closets.

The Drawing Space

Ann Dunham, MS Design

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

2137 | Wed., Jan. 22 | 10:00 AM | \$20

2138 | Wed., Feb. 26 | 10:00 AM | \$20

2311 | Travel Sketch Book

Christine Bowman,
Award Winning Plein Air Pastel Artist
Fri., Jan. 17 | 10:00 AM | \$20

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

2275 | Twist and Dye: Silk Scarf Dyeing

Lee Yater, MFA, Artist, Designer and College Instructor
Tue., Feb. 25 | 10:00 AM | \$25

In this beginning class, create a one-of-a-kind silk scarf ready to wear or share. All materials will be provided.

2293 | Valentine Scrapbook

Becky Barber, Longtime Scrapbook Hobbyist
Wed., Feb. 5 | 10:00 AM | \$20

Make a Valentine's Day scrapbook page to commemorate a special person or loved one. For all experience levels including those with no scrapbooking experience at all.

2292 | Valentine Wreath

Becky Barber, Longtime Scrapbook Hobbyist
Mon., Jan. 13 | 1:00 PM | \$20

Using scrapbook paper and an embroidery hoop, we will create a keepsake Valentine's Day wreath to celebrate the holiday. All levels of experience welcome.

2291 | Watercolor Painting on Paper Fan

Fang Luo, Artist, and Fashion Designer
Thu., Feb. 20 & 27 | 1:00 PM | 2 Sess. | \$40

Learn how to create elegant, delicate designs on traditional paper fans to give as a gift or keep for yourself.

TAKE NOTE!

DO YOU YOUTUBE?

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



BUSINESS, FINANCE, LEGAL

thrivent®

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

2405 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA
Mon., Jan. 27 | 1:00 PM | \$5

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

2407 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Tue., Feb. 18 | 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.

2404 | Mon., Jan. 27 | 11:00 AM | \$5

2408 | Tue., Feb. 18 | 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.

2406 | Thu., Jan. 30 | 10:00 AM | FREE

2409 | Fri., Feb. 21 | 10:00 AM | FREE

**See page 49 for more information on
Thrivent Financial,
proud sponsor of San Diego Oasis**

**2304 | Bringing Spaces to Life:
The Ultimate Guide to Staging Homes**

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Fri., Feb. 21 | 10:00 AM | \$10

Whether you want to sell your home, or just want a fresh look, explore home staging strategies that transform spaces with best practices and creative ideas.

2359 | How to Navigate the Probate System in 10 Easy Steps

K. Brooke Jensen, Attorney at Law
Thu., Jan. 23 | 10:00 AM | \$10

Learn the probate process and how to navigate the San Diego Court system with an experienced attorney.

2260 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate
Thu., Feb. 6 | 10:00 AM | \$10

A comprehensive workshop on understanding and utilizing your long-term care insurance policy.

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

Senior 101 presents a variety of topics to help you create your own customized aging road map.

2307 | Sat., Jan. 25 | 10:00 AM | FREE

2308 | Sat., Feb. 22 | 10:00 AM | FREE

2446 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDFIA®, CEO, Sage Path Solutions, The Women's Financial Academy Founder
Thu., Jan 30 | 10:00 AM | \$15

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

TAKE NOTE!

CURIOUS ABOUT A DANCE OR FITNESS CLASS?

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



EXERCISE & DANCE

Abs and Glutes and Thighs, Oh My!

Saleemah Muhammad, Licensed Zumba Gold Instructor

An hour of dynamic moves designed to tone and tighten your tummy, your tush, and your thighs from every angle

2331 | Tue., Jan. 7 - 28 | 2:30 PM | 4 Sess. | \$40

2332 | Tue., Feb. 4 - 25 | 2:30 PM | 4 Sess. | \$40

Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

Basic aerobic movements, stretching, and light weights that will improve muscle tone, balance, posture, and strength.

2005 | Tue., Jan. 7 - 28 | 10:45 AM | 4 Sess. | \$40

2007 | Tue., Feb. 4 - 25 | 10:45 AM | 4 Sess. | \$40

2006 | Thu., Jan. 9 - 30 | 10:45 AM | 4 Sess. | \$40

2008 | Thu., Feb. 6 - 27 | 10:45 AM | 4 Sess. | \$40

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-impact, easy-to-follow choreographed cardio routine set to upbeat music.

2013 | Mon., Jan. 6 - 27 | 8:30 AM | 3 Sess. | \$30

2014 | Mon., Feb. 3 - 24 | 8:30 AM | 3 Sess. | \$30

Active Total Body Conditioning: Circuit

Curt Gonzales, Certified Fitness Instructor

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

2017 | Thu., Jan. 9 - 30 | 8:30 AM | 4 Sess. | \$40

2018 | Thu., Feb. 6 - 27 | 8:30 AM | 4 Sess. | \$40

2021 | Fri., Jan. 17 - 31 | 2:00 PM | 3 Sess. | \$30

2022 | Fri., Feb. 7 - 28 | 2:00 PM | 4 Sess. | \$40

Aerobic Intervals

Pam Chilton, Cert. Personal Trainer & Fitness Instructor

This low-impact aerobic workout includes cardio, weights, and bands to burn calories, build stamina, and tone your physique.

2367 | Wed., Jan. 8 - 29 | 8:30 AM | 4 Sess. | \$40

2368 | Wed., Feb. 5 - 26 | 8:30 AM | 4 Sess. | \$40

2076 | Fri., Jan. 17 - 31 | 9:30 AM | 3 Sess. | \$30

2078 | Fri., Feb. 7 - 28 | 9:30 AM | 4 Sess. | \$40

Better Balance

Pam Chilton, Cert. Personal Trainer & Fitness Instructor

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

- 2025** | Tue., Jan. 7 - 28 | 1:15 PM | 4 Sess. | \$40
2026 | Tue., Feb. 4 - 25 | 1:15 PM | 4 Sess. | \$40
2029 | Wed., Jan. 8 - 29 | 12:00 PM | 4 Sess. | \$40
2030 | Wed., Feb. 5 - 26 | 12:00 PM | 4 Sess. | \$40

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

- 2035** | Mon., Jan. 6 - 27 | 12:00 PM | 3 Sess. | \$30
2036 | Mon., Jan. 6 - 27 | 1:00 PM | 3 Sess. | \$30
2038 | Mon., Feb. 3 - 24 | 12:00 PM | 3 Sess. | \$30
2039 | Mon., Feb. 3 - 24 | 1:00 PM | 3 Sess. | \$30
2037 | Fri., Jan. 17 - 31 | 12:00 PM | 3 Sess. | \$30
2040 | Fri., Feb. 7 - 28 | 12:00 PM | 4 Sess. | \$40

Dance Fit

Andra Valencia, Fitness and Dance Instructor

Exercise by dancing and using weights to increase strength, coordination, and balance.

- 2047** | Fri., Jan. 17 - 31 | 1:00 PM | 3 Sess. | \$30
2048 | Fri., Feb. 7 - 28 | 1:00 PM | 4 Sess. | \$40

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.

- 2051** | Tue., Jan. 7 - 28 | 9:30 AM | 4 Sess. | \$40
2053 | Tue., Feb. 4 - 25 | 9:30 AM | 4 Sess. | \$40
2052 | Wed., Jan. 8 - 29 | 1:15 PM | 3 Sess. | \$30
2054 | Wed., Feb. 5 - 26 | 1:15 PM | 4 Sess. | \$40

Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

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

- 2063** | Thu., Jan. 9 - 30 | 1:15 PM | 4 Sess. | \$40
2064 | Thu., Feb. 6 - 27 | 1:15 PM | 4 Sess. | \$40

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.

- 2067** | Tue., Jan. 7 - 28 | 8:30 AM | 4 Sess. | \$40
2068 | Tue., Feb. 4 - 25 | 8:30 AM | 4 Sess. | \$40

Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

Line dancing boosts memory, balance, and relieves stress. Join us for this easy, fun class.

- 2071** | Thu., Jan. 9 - 23 | 2:30 PM | 3 Sess. | \$30
2072 | Thu., Feb. 6 - 13 | 2:30 PM | 2 Sess. | \$20

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

- 2087** | Wed., Jan. 8 - 29 | 2:30 PM | 4 Sess. | \$40
2088 | Wed., Feb. 5 - 26 | 2:30 PM | 4 Sess. | \$40

Senior Fitness

Donna Bird, ACE Certified Instructor, Silver Sneakers Certified

This class features a low-impact aerobics warm-up, core strength and balance training with bands and weights, and concludes with a full-body stretch.

- 2095** | Mon., Jan. 6 - 27 | 2:00 PM | 3 Sess. | \$30
2096 | Mon., Feb. 3 - 24 | 2:00 PM | 3 Sess. | \$30
2430 | Thu., Jan. 9 - 30 | 12:00 PM | 4 Sess. | \$40
2433 | Thu., Feb. 6 - 27 | 12:00 PM | 4 Sess. | \$40

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.

- 2099** | Wed., Jan. 8 - 29 | 10:45 AM | 4 Sess. | \$40
2100 | Wed., Feb. 5 - 26 | 10:45 AM | 4 Sess. | \$40

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.

2103 | Wed., Jan. 8 - 29 | 9:30 AM | 4 Sess. | \$40

2104 | Wed., Feb. 5 - 26 | 9:30 AM | 4 Sess. | \$40

Strength, Balance & Stretch

Kathy Jorgensen, Certified Fitness & Yoga Instructor

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

2107 | Mon., Jan. 6 - 27 | 9:30 AM | 3 Sess. | \$30

2109 | Mon., Feb. 3 - 24 | 9:30 AM | 3 Sess. | \$30

2108 | Thu., Jan. 9 - 30 | 9:30 AM | 4 Sess. | \$40

2110 | Thu., Feb. 6 - 27 | 9:30 AM | 4 Sess. | \$40

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2115 | Mon., Jan. 6 - 27 | 3:15 PM | 3 Sess. | \$30

2116 | Mon., Feb. 3 - 24 | 3:15 PM | 3 Sess. | \$30

Tai Chi Chuan: Beginning II

Pat Griffith, Sifu

This class covers next level postures and movements to help improve balance, strength, flexibility, and mental peace.

2119 | Fri., Jan. 17 - 31 | 10:45 AM | 3 Sess. | \$30

2120 | Fri., Feb. 7 - 28 | 10:45 AM | 4 Sess. | \$40

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.

2123 | Mon., Jan. 6 - 27 | 10:45 AM | 3 Sess. | \$30

2124 | Mon., Feb. 3 - 24 | 10:45 AM | 3 Sess. | \$30

Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor

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

2127 | Tue., Jan. 7 - 28 | 12:00 PM | 4 Sess. | \$40

2128 | Tue., Feb. 4 - 25 | 12:00 PM | 4 Sess. | \$40

HEALTH



2302 | Alzheimer's San Diego: Care Options - Living at Home

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education
Mon., Feb. 24 | 1:00 PM | FREE

Learn about options and community-based resources such as adult day care, care management, and more to support someone living with Alzheimer's or dementia in your home.

2301 | Alzheimer's San Diego: How to Talk About Memory Loss

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education
Mon., Jan. 27 | 1:00 PM | FREE

Learn how to plan for successful, lower-stress family discussions about difficult topics relating to Alzheimer's and dementia like changes in memory, driving, and living alone.

2342 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Wed., Feb. 26 | 1:00 PM | \$15

This presentation provides tools and strategies for maintaining a plant-based lifestyle, including meal prep, pantry stocking, traveling, shopping, and dining out.

2453 | Meditation: Renew Your Life and Jumpstart Your Energy

Melynnique Seabrook, MA
Fri., Feb. 21 & 28 | 11:30 AM | \$20 | 2 Sess.

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, Certified Yoga Instructor

Start your morning with meditation and gentle yoga stretches to relax the mind and body. A wonderful way to end your week feeling refreshed and renewed.

2083 | Fri., Jan. 17 - 31 | 8:30 AM | 3 Sess. | \$30

2084 | Fri., Feb. 7 - 28 | 8:30 AM | 4 Sess. | \$40

**2338 | Probiotics and Prebiotics:
The Care and Feeding of Germs That Keep Us Healthy**

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

Learn how beneficial bacteria boost immunity, lower cholesterol, and enhance energy. Discover practical ways to support these vital microorganisms for better health and well-being.

2337 | The Myth of Longevity and The Blue Zones

Philip J. Goscienski, M.D.
Wed., Jan. 22 | 1:00 PM | \$15

This class explains why the major causes of death have nothing to do with growing older. The Blue Zones may hold the answer.



**2377 | Understanding Joint Pain:
Causes, Diagnosis, and Treatment Options**

Melissa Yager, Director of Orthopedic Services
Thu., Jan. 30 | 1:00 PM | FREE

Explore the causes of joint pain, treatment options, and when surgery is necessary, with insights on both surgical and non-surgical solutions in this informative session.



United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2456 | Sat., Jan. 25 | 10:00 AM | FREE

2457 | Sat., Feb. 22 | 10:00 AM | FREE

2391 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Tue., Feb. 11 | 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

2296 | Conservation Marries Capitalism:

The Economy of Nature

Fred Bercovitch, Ph.D. Biological Anthropology
Fri., Jan. 24 | 10:00 AM | \$15

Explore the five E's: evolution, extinction, ecology, economics, and education and how they can help address the accelerating loss of species due to climate change.

2353 | Digging Through the Past at the San Diego Presidio

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

Tue., Feb. 25 | 10:00 AM | \$15

Discover Presidio Park's rich history from 1769 to 1835, exploring the lives of its residents, including a Kumeyaay woman, and the impact of colonialism.

2371 | Dutch Still Lives and Landscapes

Julia Fister, MA, Studio ACE Executive Director
Wed., Feb. 5 | 11:30 AM | \$15

Discover the deception and hidden messages in the not-so-real realism of Dutch art.

Edgar Cayce: An American Clairvoyant

Linda Kurtz, Edgar Cayce Expert

The class highlights Edgar Cayce's pioneering influence on holistic medicine, connecting soul, mind, body, psychotherapy, the afterlife, nutrition, and dream symbolism.

2382 | Thu., Jan. 16 | 10:00 AM | \$15

2383 | Wed., Feb. 26 | 10:00 AM | \$15

2285 | It's a Punderful Life

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

Sharpen your pun cells! Richard Lederer will share a few of the best plays on words ever created and will show you how to make puns.

2451 | Joan of Arc:

Contradictions of Women's Heroism and Leadership

Oliva M. Espín, Ph.D.

Mon., Jan. 13 | 10:00 AM | \$15

Come learn about Joan of Arc, her life and deeds, her significance as a symbol of female heroism, and reactions to her through the centuries.

 **2352 | Myths, Lies and Fables in San Diego History**

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

Tue., Jan. 28 | 10:00 AM | \$15

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

 **2297 | National Parks, Oil Tycoons, and Railroad Barons**

Fred Bercovitch, Ph.D. Biological Anthropology

Fri., Feb. 14 | 10:00 AM | \$15

Explore how philanthropy and wealth shaped the preservation of National Parks, from Yellowstone to the Grand Tetons.

 **2224 | Nature as Neighbor:**

Expanding our Sense of Sacred Community

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

Fri., Feb. 28 | 1:00 PM | \$16

Explore how expanding the concept of "neighbor" to include all creation challenges religious ethics, urging care for both humanity and the environment in the climate crisis.

 **2252 | Standing the Test of Time:**

Building the Great Monuments

Mark Carlson, Historian & Author

Wed., Jan. 15 | 1:00 PM | \$15

How were the greatest and most enduring monuments including Stonehenge and The Pyramids built? Learn the answer and plumb the mind of our inventive and amazing ancestors.

 **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 Supreme Court and the Constitution? We'll explore the issues prompted by current headlines and controversies.

2229 | Mon., Jan. 13 | 1:00 PM | \$15

2230 | Mon., Feb. 3 | 1:00 PM | \$15

2233 | Supreme Court Reform: Prospects and Propriety

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

Mon., Feb. 24 | 1:00 PM | \$15

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

Taoism

Kathy Hassett, MS, Ordained Buddhist Priest

Explore the origin, history, and fundamental tenets of Taoism. Each class includes a Q&A session followed by a short break and optional guided meditation.

2235 | Fri., Jan. 17 | 11:00 AM | \$15

Origins, History, and Basic Concepts of Taoism

2236 | Fri., Feb. 21 | 11:00 AM | \$15

Taoist Wu Hsing (5 Element Theory of Taoism)

 **2372 | The Art of Edward Hopper**

Julia Fister, MA, Studio ACE Executive Director

Wed., Jan. 29 | 11:30 AM | \$15

Explore Edward Hopper's significant works and his unique approach to realism in cityscapes and landscapes, highlighting how art interprets rather than copies reality.

2348 | The Census in History/The Census as History

Vincent Rossi, Historian & Author,

Story Seekers Co-Owner

Fri., Jan. 31 | 10:00 AM | \$15

Looking at U.S. Census records from 1790 to 1950, we will see a historical snapshot of any given time and place.

 **2253 | The Hindenburg and the Age of the Giant Airship**

Mark Carlson, Historian & Author

Wed., Feb. 19 | 1:00 PM | \$15

Learn the story of the huge behemoths that once dominated the skies. From "Crazy old Count" Zeppelin to Adolf Hitler, from the flawed R101 to the Shenandoah.

 **2284 | The Joy of Names**

Richard Lederer, Union-Tribune Language Columnist

Wed., Jan. 15 | 10:00 AM | \$15

Richard Lederer reveals all you need to know about first names, baby names, last names, nicknames, cruel and unusual names, and other fascinating facts about names.

TAKE NOTE!

**STAY UP TO DATE!
JOIN US ON SOCIAL MEDIA
bit.ly/BeSocialOasis**

Social Media



2278 | The Life and Art of Marc Chagall

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso, and Musician
Wed., Feb. 19 | 12:00 PM | \$15

Join historian/ethnographer Yale Strom for a close look at the iconic artwork of Marc Chagall, whose paintings anticipated the dream-like imagery of Surrealism.

2419 | The Mexican War

Blaine Davies, MA, Professor of U.S. History
Mon., Jan. 27 | 10:00 AM | \$15

Explore the causes, battles, and aftermath of the Mexican War, including the Battle of San Pasqual.

2349 | The Nation's Record Keeper

Vincent Rossi, Historian & Author, Story Seekers Co-Owner
Fri., Feb. 28 | 10:00 AM | \$15

Ever wonder what's inside the vault? Join Vince Rossi to explore The National Archives and Records Administration and the documents contained therein.

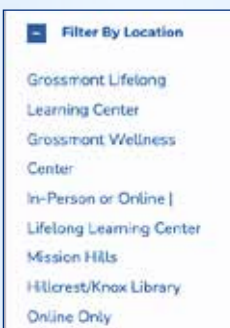
2223 | The Nature of Love

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Fri., Feb. 14 | 1:00 PM | \$16

We will examine the experience of love from several classical and contemporary perspectives and bring clarity to this complex and multi-faceted phenomenon.

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.**



2000 | The Rise and Fall of Rome: From Myth to Power

Thomas Malone, BA
Thu., Feb. 6 | 1:00 PM | \$15

Starting with Rome's legendary origins and early Etruscan and Greek influences, this class traces its rise from city-state to dominant power, including key expansions and its transition to a Republic.

2001 | The Rise and Fall of Rome: Expansion and Conquest of the Mediterranean

Thomas Malone, BA
Thu., Feb. 13 | 1:00 PM | \$15

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

2002 | The Rise and Fall of Rome: Fall of the Republic

Thomas Malone, BA
Thu., Feb. 20 | 1:00 PM | \$15

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

2003 | The Rise and Fall of Rome: The Golden Age: The Pax Romana

Thomas Malone, BA
Thu., Feb. 27 | 1:00 PM | \$15

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

2004 | The Rise and Fall of Rome: Decline and Transformation

Thomas Malone, BA
Thu., Mar. 6 | 1:00 PM | \$15

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

 **2222 | The Songs of John Denver**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Fri., Jan. 24 | 1:00 PM | \$16

Join singer-songwriter Peter Bolland as he weaves the songs of John Denver with tales of his life and impact. And you're all invited to sing along.

2299 | When the Indians Discovered Lewis and Clark

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)
Tue., Jan. 14 | 10:00 AM | \$15

Learn about Jefferson's directive to Lewis and Clark to integrate tribes into American trade, and how despite connecting with fifty tribes, the mission failed.

LANGUAGE

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

 **2177 | Beginning American Sign Language, Continued**

Sue Taetzsch, BA in Therapeutic Recreation and MA in Rehab Counseling for the Deaf
Mon., Jan. 27 - Mar. 3 | 10:00 AM | 5 Sess. | \$85

Students will continue to enhance their ASL skills by practicing basic questions, manual alphabets, sentence structure, and facial grammar with peers.

 **2179 | Beginning French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Jan. 22 - Feb. 26 | 10:00 AM | 6 Sess. | \$102
Our focus will be on learning practical words, phrases, and general information.

  **2195 | Beginning French 2**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Jan. 22 - Feb. 26 | 11:30 AM | 6 Sess. | \$102
This class is a continuation of Beginning French. We will continue to develop speaking skills with an emphasis on correct pronunciation.

 **2181 | Intermediate French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Jan. 22 - Feb. 26 | 1:00 PM | 6 Sess. | \$102
This class places emphasis on building vocabulary and developing conversational skills.

 **2193 | Beginning German I**

Christine Nievergelt, M. Ed.
Fri., Jan. 17- Feb. 21 | 10:00 AM | 6 Sess. | \$102
Starting with the very basics of learning vocabulary and grammar, the emphasis will be on practical phrases that can be used to meet and greet people.

 **2185 | Beginning Italian 2**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Jan. 21 - Feb. 25 | 12:00 PM | 6 Sess. | \$102
Learn the basics of the Italian language through fun, interactive activities.

 **2187 | Intermediate Italian**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Jan. 21 - Feb. 25 | 1:15 PM | 6 Sess. | \$102
Already speak Italian? Fun and interactive activities will help you refresh and improve your language skills.

 **2189 | Beginning Spanish**

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Jan. 23 - Feb. 27 | 10:00 AM | 6 Sess. | \$102
For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

 **2191 | Beginning Spanish 2**

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Jan. 23 - Feb. 27 | 11:30 AM | 6 Sess. | \$102
This class will help continuing beginners expand vocabulary, learn grammar, and build confidence in everyday conversations using Spanish.

 **2183 | Intermediate Spanish**

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Jan. 23 - Feb. 27 | 1:00 PM | 6 Sess. | \$102
This course will help you develop oral, listening, reading, and writing skills.

LITERATURE

Oasis Fiction Book Club

Gail Hall, M.S., Rehabilitation Counseling, Avid Reader

We'll share and discuss great fiction reads, past and present.

2141 | Wed., Jan. 29 | 10:00 AM | \$10

2142 | Wed., Feb. 19 | 10:00 AM | \$10

2366 | Poetry Workshop

Larry Gach, Award-Winning Local Poet,
Published Author

Tue., Feb. 4 - 25 | 10:00 AM | 4 Sess. | \$60

Want to learn the craft of poetry? Larry Gach leads a hands-on workshop focusing on understanding poetry, using writing tools, and engaging writing exercises.

PERSONAL ENRICHMENT

2388 | American Mah Jongg for Beginners: Let's Get Started!

Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg

Tue. & Thu., Feb. 4 - 13 | 1:00 PM | 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 with your Oasis classmates.

2345 | American Wine Country: New York, Texas, and New Mexico

Matilda Parente, MD, CSW

Tue., Feb. 25 | 1:00 PM | \$15

In this class we'll explore unique wine regions in New York, Texas, and New Mexico, discovering local wines, vineyards, and wine tourism.

2386 | Beginning Bridge Course

Hazel Turner, ACBL Certified Teacher, Ruby Life Master
Leslie Beaver ACBL Certified Teacher, Ruby Life Master
Thu., Jan. 9 - Mar. 13 | 9:00 AM | 10 Sess. | \$120

This introductory bridge class covers the basics, including playing strategies, opening bids, responding, and overcalling.

2256 | Bereavement Support Group

Sharon L. Bryant, Chaplain, VITAS Healthcare
Wed., Jan. 22 - April 23 | 10:30 AM | 7 Sess. | FREE

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

Bingo!

Kiwanis Club of Los Rancheros & San Diego Oasis

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

2447 | Sat., Jan. 11 | 1:00 PM | \$25

2448 | Sat., Feb. 1 | 1:00 PM | \$25

2393 | Collette - Travel Destinations in 2025 and Beyond

Ghythe Haddad, Business Development Manager
Wed., Feb. 5 | 1:00 PM | FREE

Join us for an informative travel presentation discussing Collette's upcoming trips and current travel trends and tips.

2356 | Consciously Creating Your New Year

Sheila Star Coulbourn, HHP, BCPA

Thu., Jan. 23 | 1:00 PM | \$15

Start the New Year with a peaceful, centered mindset. Release the past, clear your heart, and set powerful intentions for your highest expression in 2025.

2380 | Feel Good Now

Gigi Howard, MA Ed., Law of Attraction Specialist

Wed., Feb. 26 | 1:00 PM | \$15

Discover the power of deliberately giving your attention to good feeling thoughts.

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

Alan Zacharin, Trivia Enthusiast

You will be surprised at how much you know, and how much you can learn while having lots of fun.

2217 | Mon., Jan. 13 | 1:00 PM | \$10


2218 | Mon., Feb. 10 | 1:00 PM | \$10

2280 | Makeup Tips For 50+ Women: Level One



Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Tue., Jan. 14 & 21 | 10:00 AM | 2 Sess. | \$30

Learn to enhance your makeup routine with products and tools that are just right for you as you practice techniques that focus on natural radiance and simplicity.

 **2281 | Makeup Tips For 50+ Women: Level Two**
Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Tue., Feb. 11 & Feb. 18 | 10:00 AM | 2 Sess. | \$30


Advance your makeup application skills with hands-on practice in contouring, highlighting, and false eyelash application, building on Level One concepts.

  **May I? (Continental Rummy)**
Judy Applebaum, Lifelong Learning Program Manager, San Diego Oasis at Rancho Bernardo

Come learn to play May I (Continental Rummy)! A fun, social card game with unique twists. Easy to learn, perfect for both casual and avid card players. No previous experience is necessary.

2415 | Tue., Jan. 21 | 1:00 PM | \$15

2416 | Tue., Feb. 18 | 1:00 PM | \$15

 **2387 | Modern Canasta Strategies: Beyond the Basics**
Sheryl Chesivoir, BA, 19 years of playing/teaching Mah Jongg and Canasta
Tue. & Thu., Jan. 7 - 16 | 1:00 PM | 4 Sess. | \$60



Learn strategies that take you beyond the basics in this fun class for players with some Canasta experience.

  **Paws on the Patio**
Barbara J. Salice, Ed.D


Bring your well-behaved canine companion to San Diego Oasis - Rancho Bernardo for an informal meet-up with your dog loving Oasis peers.

2265 | Thu., Jan. 16 | 10:00 AM | \$5


2266 | Thu., Feb. 20 | 10:00 AM | \$5

  **2378 | Pivoting into a New Story**
Gigi Howard, MA Ed., Law of Attraction Specialist
Wed., Jan. 29 | 1:00 PM | \$15

Learn to focus on what you want by pivoting from thoughts that no longer serve you. Join an engaging class to discuss new strategies.

 **2357 | Reduce Your Stress!**
Sheila Star Coulbourn, HHP, BCPA
Tue., Feb. 18 | 10:00 AM | \$15



Learn effective strategies to reduce stress, improve productivity, and build a healthier, happier life through interactive exercises and insights.

 **2392 | Return to Travel: Domestic and International Destinations to Visit in 2025**
Will Reece, AFC Vacations
Mon., Jan. 13 | 10:00 AM | FREE

New travel trends and what locations are taking off.

2279 | Skincare Made Easy
Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Tue., Feb. 4 | 10:00 AM | \$15



Select the right products to use while keeping your morning/evening routine simple, easy and affordable.

  **2322 | Speed Dating Extravaganza!**
San Diego Oasis
Fri., Jan. 17 | 2:00 PM | \$25

Whether you're seeking companionship, friendship, or something more, enjoy the thrill of meeting new people as you engage in a series of short, meaningful conversations.


2379 | The Creative Workshop
Gigi Howard, MA Ed., Law of Attraction Specialist
Mon., Feb. 10 | 10:00 AM | \$15

This class focuses on time, health, body, and relationships, using a creative workshop to envision your desired outcomes for the new year.

  **The Downsizers Club**
Jami Shapiro, Certified Senior Move Manager and Founder of Silver Linings Transitions
Practical guidance, support, and proven strategies to create a more organized space. Jami blends storytelling, education, and humor to make decluttering fun and easy to tackle.

2240 | Thu., Jan. 16 | 2:30 PM | \$10

2241 | Thu., Feb. 20 | 2:30 PM | \$10

 **The Paranormal Experience: Discussion Group**
Kathy Hassett, MS, Ordained Buddhist Priest and 2nd Vice Abbott of the 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.

2213 | Fri., Jan. 17 | 1:00 PM | \$10

2214 | Fri., Feb. 21 | 1:00 PM | \$10

2344 | Wines of Greece and Mediterranean Islands

Matilda Parente, MD, CSW
Tue., Jan. 21 | 1:00 PM | \$15

We'll explore Greek wines including Santorini whites, plus Mediterranean wines from Corsica, Sardinia, and Sicily. Learn about regions, pairings, and tips for wine lovers of all levels.

SCIENCE

(Almost) Everything You Need to Know About Hummingbirds

Christine Lo, Hummingbird Rehabilitationist

Join Christine Lo, a hummingbird rescuer and rehabilitationist, for a fun and fact-filled presentation about these beautiful birds and her unique role in their care and preservation.

2390 | Tue., Jan. 28 | 1:00 PM | \$15

2454 | Tue., Feb. 11 | 10:00 AM | \$15

2365 | Arbor Day Origin and Impact

Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Fri., Feb. 7 | 1:00 PM | \$15

Arbor Day celebrates trees, but it is not unique to the United States, it's actually a global celebration. Join us to learn more.

2364 | Recognize Our Champion Trees

Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Tue., Jan. 14 | 1:00 PM | \$15

Join arborist Dan Simpson to explore Champion Trees in California. Learn how they're measured and discover stunning examples, including a national champion in San Diego County.

2282 | The Origins of the Jewish People

Henry George, Engineer, Archaeologist and Geologist
Thu., Feb. 20 | 10:00 AM | \$15

A unique perspective on the origins of the Jewish people as seen through the lens of archaeology, anthropology, history, and scripture.

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

2401 | A Romantic Chinese New Year

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Thu., Jan. 23 | 11:00 AM | \$25

A fusion of two food dishes that represent Chinese New Year and Valentine's Day. Red is the color to wear. Food samples to whet your appetite for two exciting occasions.

2400 | Amazing Sandwiches: Late Winter Edition

DJ Hasinsky, Baker
Tue., Feb. 18 | 11:00 AM | \$25

Learn to make delicious new and traditional style sandwiches with seasonal vegetables.

2323 | Beef Bourguignon

Beatrice Ricart, Chef and Oasis Accounting Specialist
Mon., Jan. 27 | 11:00 AM | \$25

Learn how to create the classic Beef Bourguignon with perfect Duchesse Potatoes. Enjoy a rich and creamy Chocolate Mousse for dessert.

2376 | Cajun Basics

Olivia Hill, Culinary Specialist U.S. Armed Forces
Fri., Jan. 17 | 12:00 PM | \$25

Learn to create a flavorful Cajun chicken and gravy using the trinity vegetable blend, a rich roux, homemade Cajun seasoning, and perfect rice cooking techniques.

  **2397 | Chocolate Chip Rugelach**

Allison Weisman, Owner of Allison's Custom Confections
Thu., Feb. 6 | 1:00 PM | \$25

Eastern European pastries that originated in Poland and are made with a cream cheese dough and tasty fillings.

  **2420 | Cooking with Herbs: Everyone has a Meatball**

Karen England, Herbiologist, Edgehill Herb Farm
Thu., Feb. 20 | 11:00 AM | \$25

Learn to make Swedish Meatballs, Mexican Albondigas Soup, and other herbal meatballs from around the world.

  **2363 | Hawaiian Classic: Huli Huli Chicken**

Andy Mangiduyos, Kalei's Kitchenette Owner & Chef,
Former Executive Chef at Hyatt Regency Santa Clara
Fri., Jan. 31 | 1:00 PM | \$25

Learn to make Huli Huli Chicken with Chef Andy, paired with Island-style macaroni salad and rice.

  **2362 | Hawaiian Comfort Food: Loco Moco**

Andy Mangiduyos, Kalei's Kitchenette Owner & Chef,
Former Executive Chef at Hyatt Regency Santa Clara
Fri., Feb. 21 | 1:00 PM | \$25

You'll learn to make iconic Hawaiian Loco Moco with beef patty, rice, gravy, and Island-style macaroni salad in this delicious class.

  **2403 | Korean BBQ**

Cathlyn Choi, Korean Celebrity Master Chef & Author,
Producer & Host of the First PBS Korean TV Cooking
Show Cathlyn's Korean Kitchen
Fri., Jan. 24 | 11:00 AM | \$25

Master LA galbi, bulgogi, chicken BBQ, and authentic Korean banchan with Chef Cathlyn, learning the secrets to a perfect Korean BBQ experience.

  **2335 | La Galette des Rois**

Dominique Santoni, Chef, La Flamme Francaise
Tue., Jan. 21 | 11:00 AM | \$25

The Cake of the Three Wise Men. Learn all about this flaky-crust almond-filled traditional French dessert, served only during the month of January.

  **2414 | Leavened Bread Making**

Mark Pelliccia, Classically Trained Chef specializing in
Italian Cuisine and Baked Goods
Wed., Feb. 26 | 11:00 AM | \$25

We'll teach you the baking skills needed to make fresh leavened bread.

  **2396 | Marble Pound Cake**

Allison Weisman, Owner of Allison's Custom Confections
Thu., Jan. 30 | 1:00 PM | \$25

Learn to make Marble Pound Cake, a delicious loaf cake made with a pound cake batter. A secret ingredient gives the cake an amazing flavor.

  **2412 | Mastering Brioche**

Mark Pelliccia, Classically Trained Chef Specializing in
Italian Cuisine and Baked Goods
Wed., Feb. 5 | 11:00 AM | \$25

Learn to make soft, buttery brioche with a golden crust, mastering dough techniques and adapting the recipe for challah, cinnamon rolls, and other enriched breads.

  **2395 | Palmier Cookies**

Allison Weisman, Owner of Allison's Custom Confections
Thu., Feb. 27 | 1:00 PM | \$25

These cookies are beautiful and tasty. Learn how to make these light, cinnamon cookies made with a puff pastry base.

  **2413 | Pasta and Sauces from Scratch**


Mark Pelliccia, Classically Trained Chef Specializing in
Italian Cuisine and Baked Goods
Wed., Jan. 29 | 11:00 AM | \$25

Discover the world of fresh pastas made from scratch and the variety of sauces that accompany them.

  **2411 | Perfecting the Classic Apple Pie**

Mark Pelliccia, Classically Trained Chef Specializing in
Italian Cuisine and Baked Goods
Wed., Feb. 19 | 11:00 AM | \$25

Master the art of apple pie with a hands-on class covering flaky crust, spiced filling, and customization tips to create a perfect, impressive dessert.

 **2375 | Pierogi**

Olivia Hill, Culinary Specialist U.S. Armed Forces
Fri., Feb. 7 | 12:00 PM | \$25

Explore Eastern European cuisine by learning to make delicious cheese and potato, and beef and onion pierogis. The flavor combinations are delightful.

 **2394 | Potato Knishes**

Allison Weisman, Owner of Allison's Custom Confections
Thu., Feb. 13 | 1:00 PM | \$25

Learn to make a knish, a savory pastry from Eastern Europe, often filled with a mashed potato mixture.

 **2402 | Seafood Noodle Specialty**

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Thu., Jan. 16 | 11:00 AM | \$25

Rose will prepare a well-rounded variety of seafood: shrimp, fish cake, and small scallops along with seasonal veggies.

 **2324 | Shrimp Etouffee**

Beatrice Ricart, Chef and Oasis Accounting Specialist
Mon., Feb. 24 | 11:00 AM | \$25

A New Orleans classic! Learn how to make Shrimp Etouffee and a delectable Bread Pudding topped with irresistible Bourbon Sauce.

 **2445 | Sourdough Bagel Bites**

DJ Hasinsky, Baker
Tue., Feb. 25 | 11:00 AM | \$25

Learn a twist on a breakfast favorite and learn how to make ultra-easy sourdough bagel bites.

 **2398 | Sourdough Country Loaf**

DJ Hasinsky, Baker
Mon., Jan. 13 | 11:00 AM | \$25

Learn to scale, mix, and shape a classic sourdough loaf using everyday kitchen items to bake delicious bread.

 **2399 | Sourdough Pizza Dough**

DJ Hasinsky, Baker
Tue., Jan. 28 | 11:00 AM | \$25

Learn all you need to know about creating your own sourdough pizza dough at home.

TECHNOLOGY

Technology classes are taught by Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTECHBITS

 **2429 | AI for All: Get Stuff Done with ChatGPT**

Tue., Feb. 4 | 10:00 AM | \$15

Want to harness the power of AI to make your tasks easier and more enjoyable? Learn how to ask ChatGPT questions to get useful, clear answers.

Android 101

Learn to charge, power on/off, lock/unlock the phone, find, and go to the home screen, set the text size, make calls, send messages, and more.

2421 | Wed., Jan. 15 | 10:00 AM | \$15

2441 | Wed., Feb. 19 | 10:00 AM | \$15

Android 102

Learn how to customize settings, use GPS, camera, voice activation, access photos, browse the Internet, and troubleshoot/reach out to support.

2426 | Fri., Jan. 24 | 2:30 PM | \$15

2444 | Fri., Feb. 28 | 2:30 PM | \$15

 **2424 | Apps for Weight Management**

Fri., Jan. 17 | 2:30 PM | \$15

This class will explore the innovative ways various apps can support and enhance weight management efforts.

 **2440 | Computer Housekeeping**

Fri., Feb. 7 | 2:30 PM | \$15

This hands-on class teaches basic computer maintenance and troubleshooting for PC users, requiring familiarity with Windows, keyboard, and mouse.

2442 | Cut the Cable: Stream for Savings

Wed., Feb. 19 | 11:30 AM | \$15

Learn to maximize your digital entertainment options cost-effectively as we explore popular streaming platforms like Apple TV, Netflix, and HBO Max.

 **2443 | Fun Websites and Apps to Fine-Tune Your Memory**
Fri., Feb. 28 | 1:00 PM | \$15

A fun, hands-on class introducing apps to boost memory, improve focus, and enhance retention skills through engaging activities and games.

2423 | iPhone 101
Fri., Jan. 17 | 1:00 PM | \$15

Learn to charge, power on/off, lock/unlock the phone, find and go to the home screen, set the text size, make calls, send messages, and more.

2428 | iPhone 102
Tue., Jan. 21 | 11:30 AM | \$15

Learn how to customize the phone settings, use GPS, photos, camera, voice activation, browse the Internet, and who to contact for troubleshooting.

2425 | Mastering Passwords: Best Security Practices
Fri., Jan. 24 | 1:00 PM | \$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.

2427 | Scam Recognition and Prevention
Tue., Jan. 21 | 10:00 AM | \$15

Stay safe in the digital age. Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated frauds.

 **2422 | Tech Wearables for Weight Management**
Wed., Jan. 15 | 11:30 AM | \$15

This class will explore the innovative ways various wearables can support and enhance weight management efforts.

2439 | Voice Technology
Fri., Feb. 7 | 1:00 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

 **2131 | Fiddler on the Hoof:**
The History and Beauty of Klezmer Music

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso, and Musician
Wed., Jan. 22 | 12:00 PM | \$15

Join violin virtuoso Yale Strom on a journey through the history and culture of Klezmer music as it relates to the Jewish diaspora.

2385 | BTS: The Global K-POP Sensation

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training
Thu., Jan. 16 | 1:00 PM | \$15

Discover the seven influential handsome men called BTS who defined K-Pop by selling over twenty million albums. Join us for music, dance moves, and fun!

TAKE NOTE!

GET TO KNOW OUR INSTRUCTORS
Visit the website, click on **CLASSES**
then select **INSTRUCTOR BIOS**



TAKE NOTE!

NEED MEETING SPACE?
Our facilities are available
for your special event or
meeting. Email Jodi at
Jodi@SanDiegoOasis.org



TAKE NOTE!

LOVE OASIS?
Share us with your friends and
family. Word of mouth is our
best marketing tool!





INNOVATION CENTER

Learn about our new **Quick Fix Software Services** on Page 21!

Oasis Innovation Center Workshops at our Rancho Bernardo Location are led by David Beevers, Manager of Technology Training and Program Operations

Technology workshops would not be possible without the generous support of Arlene & Michael Bardin, the McCarthy Family, Rancho Bernardo Community Foundation, Rancho Bernardo Sunrise Rotary, and Rotary Club of Rancho Bernardo

Apple Photos Workshop

Organize photos on your smartphone, learn about favorites, create folders, save photos from texts, emails, and more.

- 200** | Tue., Jan. 14 | 11:00 AM | \$8
- 206** | Thu., Jan. 23 | 11:00 AM | \$8
- 209** | Tue., Jan. 28 | 2:00 PM | \$8
- 216** | Tue., Feb. 11 | 11:00 AM | \$8
- 224** | Tue., Feb. 25 | 11:00 AM | \$8

Bluetooth Basics Workshop

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

- 201** | Tue., Jan. 14 | 2:00 PM | \$8
- 217** | Tue., Feb. 11 | 2:00 PM | \$8

218 | Cloud Storage & Web Cookies Workshop

Thu., Feb. 13 | 11:00 AM | \$8

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

Digital Coupon Workshop

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

- 203** | Thu., Jan. 16 | 2:00 PM | \$8
- 213** | Tue., Feb. 4 | 2:00 PM | \$8
- 223** | Thu., Feb. 20 | 2:00 PM | \$8
- 225** | Tue., Feb. 25 | 2:00 PM | \$8

Google Photos App Workshop

Organize photos on your smartphone, learn about favorites, create folders, save photos from texts, emails, and more.

- 204** | Tue., Jan. 21 | 11:00 AM | \$8
- 208** | Tue., Jan. 28 | 11:00 AM | \$8
- 214** | Thu., Feb. 6 | 11:00 AM | \$8
- 220** | Tue., Feb. 18 | 12:00 PM | \$8
- 226** | Thu., Feb. 27 | 11:00 AM | \$8



QR Codes Workshop

This workshop will provide a brief overview of QR Codes and how to use them.

- 205** | Tue., Jan. 21 | 2:00 PM | \$8
- 215** | Thu., Feb. 6 | 2:00 PM | \$8
- 221** | Tue., Feb. 18 | 2:00 PM | \$8

Technology for Travelers

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

- 202** | Thu., Jan. 16 | 11:00 AM | \$8
- 207** | Thu., Jan. 23 | 2:00 PM | \$8
- 210** | Thu., Jan. 30 | 11:00 AM | \$8
- 212** | Tue., Feb. 4 | 11:00 AM | \$8
- 219** | Thu., Feb. 13 | 2:00 PM | \$8
- 227** | Thu., Feb. 27 | 2:00 PM | \$8

UBER/Lyft App Workshop

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

- 211** | Thu., Jan. 30 | 2:00 PM | \$8
- 222** | Thu., Feb. 20 | 11:00 AM | \$8



OASIS AT THE LIBRARY

ALLIED GARDENS/BENJAMIN BRANCH LIBRARY 5188 Zion Ave, San Diego, CA 92120

746 | How To Beat Your Sugar Dragon

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

Sat., Jan. 18 | 2:00 PM | FREE

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

LOGAN HEIGHTS LIBRARY 567 S 28th St, San Diego, CA 92113

739 | Be Happy – Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)

Sat., Feb. 8 | 10:00 AM | FREE

In this class, you'll discover and cultivate happiness habits, exploring methods to expand joy, appreciate blessings, and nurture fulfilling relationships.

720 | Chair Yoga

Rosana Carvalho Gilmore, Certified Fitness Instructor
Fri., Jan. 3 - Feb. 21 | 10:00 AM | 4 Sess. | FREE

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

738 | Elevate Your Goals and Transform Your Life!

Laura Diaz, Board Certified Coach (BCC)

Sat., Jan. 25 | 10:00 AM | FREE

Goals are like magnets, drawing you toward your heart's desires. We'll unlock the secrets to setting truly inspiring goals that will change your life.

740 | Unraveling Stress: A Path to Balance and Well-being

Montserrat Garcia, National Board Certified Health and Wellness Coach

Sat., Feb. 22 | 10:00 AM | FREE

Explore stress's impact on health and learn practical management strategies, gaining valuable tools through discussions and exercises to navigate the challenges of stress.

MIRA MESA LIBRARY

8405 New Salem St, San Diego, CA 92126

732 | Be Happy – Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)

Sat., Feb. 1 | 11:00 AM | FREE

Come join us in learning ways to create happiness habits. Explore new ways to expand your happiness and learn to appreciate what you have.

733 | Do You Own Your Stuff or Does Your Stuff OWN You?

Jami Shapiro, CSM Founder, Silver Linings Transitions

Sat., Jan. 18 | 11:00 AM | FREE

Get insights into the impact of clutter on daily life, learn practical takeaways and humor-infused knowledge to help improve organization and downsizing processes.

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

705 | Ancient Greek Art

Gwenyth Mapes, Professor of Humanities

Sat., Jan. 25 | 2:30 PM | FREE

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

724 | Benjamin Franklin – America's Original Renaissance Man

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

Sat., Feb. 1 | 2:30 PM | FREE

Explore the remarkable life of Benjamin Franklin, from his contributions to the Declaration of Independence to his pivotal role in shaping the U.S. Constitution.

TAKE NOTE!

STAY INFORMED!

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

Send us an email and we'll take care of signing you up:

Info@SanDiegoOasis.org



PARADISE HILLS BRANCH LIBRARY

5922 Rancho Hills Dr, San Diego, CA 92139

726 | Boost Your Immune System Naturally

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

Mon., Feb. 10 | 5:00 PM | FREE

In this class, you'll learn to protect yourself by adopting simple ways to boost your immune system naturally with powerful foods and healthy habits.

711 | Elevate Your Goals and Transform Your Life!

Laura Diaz, Board Certified Coach (BCC)

Mon., Jan. 13 | 5:00 PM | FREE

Goals are like magnets, drawing you toward your heart's desires. We'll unlock the secrets to setting truly inspiring goals that will change your life.

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

716 | Major Wine Regions of South America

Matilda Parente, MD, Certified Specialist of Wine

Wed., Feb. 26 | 1:00 PM | FREE

Learn about South America's wine regions, from high-altitude vineyards to deserts and the wind-whipped south, which produce a variety of wines.

715 | Music of Southeast Asia

Bernard Ellorin, Ph.D.

Wed., Feb. 12 | 1:00 PM | FREE

From gong ensembles to improvisatory singing, we'll focus on music from diverse communities that reflects the landscape and belief systems of the people.

RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

735 | Critical Documents: Your Signature Here

Julie Derry, MBA, Certified Senior Advisor

Wed., Jan. 15 | 11:00 AM | FREE

Learn about five essential documents to have on file for aging, ensuring smoother handling of emergencies and unexpected events. Start organizing today!

743 | Gut Health, The Good, The Bad, And The Ugly

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

Wed., Feb. 26 | 11:00 AM | FREE

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

736 | Long-Term Care

Anthony Camara, CFP®, MBA

Wed., Feb. 12 | 11:00 AM | FREE

Learn what long term care is and isn't, why an extended care strategy should be a part of your financial conversation, and how to start the process.

RANCHO SANTA FE LIBRARY

17040 Avenida de Acacias
Rancho Santa Fe, CA 92067

700 | Travelogue: Coastal Cruise of Portugal, Spain & Morocco

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

Thu., Jan. 16 | 11:00 AM | FREE

All aboard for an exciting visual exploration of the exotic, culturally-rich cities of Lisbon, Seville, Cadiz, Tangier, Casablanca, Marrakesh and Funchal.

SAN CARLOS BRANCH LIBRARY

7265 Jackson Dr, San Diego, CA 92119

722 | Unlocking the Power of Sleep

Montserrat Garcia, National Board Certified Health & Wellness Coach

Fri., Feb. 21 | 2:00 PM | FREE

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

TAKE NOTE!

Library Ambassadors host Oasis library classes throughout San Diego County.

Contact Kris Anelli to learn about

this fun volunteer opportunity:

Kris@SanDiegoOasis.org or

(619) 881-6262



SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

704 | Benjamin Franklin – America’s Original Renaissance Man

Blaine Davies, MA, Professor of U.S. History
Thu., Jan. 23 | 3:00 PM | FREE

Explore the remarkable life of Benjamin Franklin, from his contributions to the Declaration of Independence to his pivotal role in shaping the U.S. Constitution.

703 | Make Health Your Hobby

Sonia Cervantes, Certified Health Coach, Nutritionist,
& Therapeutic Chef
Thu., Feb. 13 | 3:00 PM | FREE

Understand how the body works and focus on making healthy everyday lifestyle choices.

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

719 | America of Color

Henry George, Engineer, Archaeologist and Geologist
Tue., Feb. 11 | 12:30 PM | FREE

American History from the viewpoint of Indigenous People, African Americans, Mexican Americans, and Asian Americans.

708 | Do You Own Your Stuff or Does Your Stuff OWN You?

Jami Shapiro, CSM Founder, Silver Linings Transitions
Thu., Jan. 23 | 1:00 PM | FREE

Learn practical takeaways and humor-infused knowledge to help improve organization and downsizing processes.

709 | Got Stuff? How to Assess and Liquidate as you Rightsize!

Farima Tabrizi, Sr .Citizen Specialist Real Estate Advisor
Tue., Jan. 14 | 12:30 PM | FREE

Learn valuable tips and how-to’s to help you figure out what you have and what it’s worth.

717 | Introduction to American Mah Jongg

Sheryl Chesivoir, BA, 19 years of playing/teaching
Mah Jongg
Sat., Mar. 1 - 22 | 9:30 AM | 4 Sess. | FREE

We will help you learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play.

TAKE NOTE!

DO YOU YOUTUBE?

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



Safeguarding our communities

SDG&E’s pioneering wildfire safety program has become an industry leader, setting standards for other power companies to follow. Every day, advance prevention and mitigation activities are at work keeping our communities safe from wildfires. As we continue to push the boundaries of innovation and develop new ways to prevent wildfires, our commitment to safety remains at the forefront of everything we do.



AFC Vacations

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, Viscari's White Church, UNESCO Site, Sighisoara, UNESCO Site, Corvin Castle, Alba Iulia Walking Tour, Sibiu Guided Tour, Oltului Gorge Scenic Drive, and more.

TAKE NOTE!

**DETAILED INFORMATION
ON EVERY TRIP
IS AVAILABLE ON
THE OASIS WEBSITE!**



TAKE NOTE!

READY TO BOOK YOUR TRIP?

Contact Brandon Harding:
Brandon@SanDiegoOasis.org
(619) 881-6262



Collette Vacations

Islands of New England

July 4 – 11, 2025 | 8 Days • 10 Meals

Double \$4,299 | Single \$5,599

Discover the natural beauty that lies along the shores of New England. Come to know its coastal charm, friendly people and fresh-from-the-sea cuisine. Your tour opens in Providence, the capital of Rhode Island.

Sunny Portugal

Oct. 30 – Nov. 8, 2025 | 10 Days • 13 Meals

Double \$3,699 | Single \$4,199

Ancient castles and Roman ruins, groves of orange and almond trees, quiet whitewashed villages, and welcoming locals – Portugal is waiting for you.

Christmas Markets of Montreal and Quebec City

December 3 – 9, 2025 | 7 Days • 9 Meals

Double \$3,499 | Single \$4,199

Inviting winter cityscapes await on a sojourn through the dazzling French-Canadian cities of Montreal and Quebec City. Arriving in Montreal, discover a blend of all things old and new. Spend the evening as you wish, exploring the city independently. Throughout this festive adventure, you'll get to experience the wonderful Christmas markets in Montreal and Quebec City, which run Thursday to Sunday throughout the holiday season.

Cultural Treasures of Japan

March 8 – 21, 2026 | 14 Days • 18 Meals

Double \$7,999 | Single \$9,099

Explore ancient and modern Japanese culture firsthand. Discover peaceful temples and technological marvels set against unimaginable natural beauty.

Shades of Ireland

May 2 – 11, 2026 | 10 Days • 13 Meals

Double \$4,399 | Single \$5,099

Anticipation mounts as you make your way toward the Emerald Isle and its many wonders. Rich history, rolling hills and warm smiles lie ahead in Dublin, Waterford, Killarney and Limerick. With tomorrow comes quintessential Ireland

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 OASIS125 to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Best of Los Angeles City Tour

Sat., Jan. 18 | Price \$139

Join us for an unforgettable adventure exploring the iconic sights and captivating stories of the City of Angels.

Wheel of Fortune Live TV Game Show Taping

Wed., Jan. 29 | Wed., Feb 19

Price \$139

Be a part of the studio audience during a live taping of Wheel of Fortune TV game show, starring celebrity host Ryan Seacrest.

True North: Tribute Show to Celine Dion, Michael Bublé, & Shania Twain

Wed., Feb. 5 | Price \$165

Experience the legendary music of Celine Dion, Michael Bublé, and Shania Twain when you travel with us to the Camelot Theatre in Palm Springs for a matinee tribute to Canada's musical icons.

Behind-the-Scenes Tour at Sofi Stadium

Sat., Feb. 6 | Price \$179

Prepare to be awed when you join us for a behind-the-scenes exploration of the state-of-the-art SoFi Stadium in Inglewood.

Lions, Tigers, & Bears, Oh My!

Sat., Feb. 15 | Price \$165

Join us for an exhilarating journey to Alpine and discover Lions, Tigers & Bears, a heartening rescue and educational sanctuary that offers exotic animals a second chance at life.

Escape With Us!



Motor coach getaways with DayTripper Tours are a great way to keep active, make new acquaintances, and delight in new discoveries just a day trip away from home. Perfect for solo travelers, couples, and friends alike, on a fully guided DayTripper excursion you'll travel in safety and comfort and still be home in time to sleep in your own bed

View all trips online & book yours TODAY!

DayTripperTours.com

(619) 334-3394



Are you making financial decisions that reflect your values?

When it comes to money matters, you may think it's all about using your head. Crunching numbers, analyzing spreadsheets to figure out how much you have, and calculating what you need to reach your financial goals.

But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?

We offer a no-obligation "heart check-up" to see if your retirement strategies are in alignment with your values.

Call us at (858) 218-4867 make an appointment for a free, 30-minute, one-on-one, confidential financial consultation with no strings attached.

thrivent[®]

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

See pages 8 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 Mortgage 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:

1166 | Reverse Mortgages Explained (see Page 8 for more details)

Fri., Jan. 17 | 10:00 AM | \$15 | La Mesa Location

Register at www.SanDiegoOasis.org

Let's meet via Zoom or the old-fashioned way at your Kitchen Table!



760-484-6660

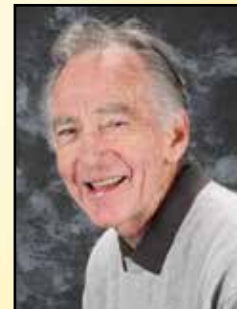


owen.coyle@gmail.com



ReverseMortgages62.com

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 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 Jodi Gallen if you are interested in being included in our Senior Resource Directory:
Jodi@SanDiegoOasis.org or (858) 240-2880

ASSISTED LIVING: EAST COUNTY



SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 508-0931
susan@sungardenterrace.com | sungardenterrace.com

Founded in 2000, Sungarden Terrace is a premier retirement community in Lemon Grove. Featuring both assisted living and memory care, we are dedicated to providing exceptional service in all aspects of daily living. Through compassion and excellence, we create meaningful connections everyday with one another and those we serve.

ASSISTED LIVING: NORTH COUNTY



CASA DE LAS CAMPANAS, A CONTINUING CARE RETIREMENT COMMUNITY

Brooke Patterson | (858) 592-1811
BPatterson@casadlc.com | casadelascampanas.com

Casa de las Campanas is the only not-for-profit Type "A" Continuing Care Retirement Community (CCRC) in San Diego, a community that provides an engaging lifestyle and the highest level of senior care. Our 4-Star rated Health Center, numerous amenities and extensive life enrichment programming gives Residents the retirement they desire.



FELICITA VIDA, A SENIOR LIFESTYLE COMMUNITY

Patricia Gunn | (909) 485-4654
pgunn@seniorlifestyle.com |
www.facebook.com/Felicitavidaseniorliving

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



THE REMINGTON CLUB

A FIVE STAR SENIOR LIVING COMMUNITY

THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201
AHandley@5SSL.com
fivestarseniorliving.com/communities/ca/san-diego/the-remington-club

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

ASSISTED LIVING PLACEMENT SPECIALISTS



AGING123

Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options.



LIVING COASTAL SENIOR RESOURCES

Jacqui Clark, CSA, CPRS | (858) 761-7551
Jacqui@LivingCoastalSR.com
www.ThisIsLivingWell.com

Jacqui Clark, Certified Senior Advisor™, offers NO COST highly personalized assistance when looking for assisted living, memory care, or residential care homes. With a decade of expertise in the senior industry and a wellness specialist, Jacqui is a leader in educating aging adults on how to live and age well.



RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY

Virginia Renker, CSA | (619) 885-0420
virginia@rosecares.com | rosecares.com

Residential Options for Seniors and the Elderly, LLC, is a free placement and referral service providing you or your loved one with personalized service in determining the best fit for your transition into the most optimal senior living environment to suit your budget, and your individual needs and desires.

CERTIFIED AGING IN PLACE SPECIALISTS



AGING ADVISORY SERVICES

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

Aging Advisory Services provides the guidance, resources, and support needed to navigate the complexities of aging. Founded and led by Jacqueline Silverman, Certified Senior Advisor® and Certified Aging in Place Specialist, Aging Advisory Services offers comprehensive support to older adults and their families through highly personalized assessments, home safety evaluations, and ongoing advocacy.



CASTLE MAVEN

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

Darlene Pidgeon, founder of the award-winning Castle Maven, is a Registered Nurse, and Certified Aging in Place Specialist. Darlene and her team solve safety issues while supporting the specific needs of aging clients, their homes, and their family caregivers. Complimentary consultation. **Your home is your Castle. Live There. Age There.**

DEMENTIA SUPPORT



GLENNER CENTERS ADULT DAY PROGRAM

Lisa Tyburski | (619) 543-4700
information@glenner.org | glenner.org

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

FINANCIAL PLANNERS



Offices of Jonathan Doering,
Matthew Molstre & Anthony Camara

THRIVENT FINANCIAL

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

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.

Visit the
online
version:

[https://bit.ly/
OasisResourceDirectory](https://bit.ly/OasisResourceDirectory)

HOSPICE



CABRILLO HOSPICE

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

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



The Elizabeth Hospice

THE ELIZABETH HOSPICE

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

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



GLORY HOSPICE

Lori Yas | (760) 545-2025
info@gloryhospice.com | GloryHospice.com

At Glory Hospice, we understand that receiving a terminal diagnosis can be frightening and overwhelming. You are not alone. The Glory Team was created to help you through this difficult time. Let God's peace replace fear and worry. Our goal is to honor your wishes and to individualize your care.

IN-HOME CARE AGENCIES



COAST CARE

David Chong, President & CEO | (619) 354-2544
Info@CoastCare.org | CoastCare.org

Having served over 4,000 San Diego families with a staff of over 400, we broadly serve our community. We offer money-back guarantees related to our attendance, expertise, and continuity of care. We're just the right size to have the resources to support you, as well as to customize and meet you where you are.



NONA'S HOME CARE

Benjamin Barth, Owner | (619) 788-4459
ben@nonashomecare.com | nonashomecare.com

Nona's Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.



RIGHT AT HOME

Melanie Delgado | (619) 937-2330
mdelgado@homecare-sd.com | rightathome.net/el-cajon

Whether you seek independent living support or care for a loved one, we go beyond in-home assistance. As your care partner, we understand your journey and provide guidance. From meals to 24-hour care, our dedicated team prioritizes your safety and well-being, delivering exceptional service honed through years of experience.

LONG TERM CARE ADVOCACY



AMADA SENIOR CARE

John Boodhansingh, Owner | (858) 866-9005
john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

We provide advocacy for LTC insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide comprehensive in-home caregiving and care management services, including complete LTC claims service for our clients, affording them piece of mind when they need it most.



JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351 | Fax (858) 618-1410
linda.jahnke@jcltca.com | jcltca.com

We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

MEAL DELIVERY



MEALS ON WHEELS

1 (800) 5-SENIOR / (619) 260-6110
info@meals-on-wheels.org | meals-on-wheels.org

Meals on Wheels San Diego County has proudly delivered meals to seniors and disabled veterans for over 60 years. Our dedicated volunteers deliver more than just a meal though, daily check-ins provide peace of mind and personal connection. Join our family by signing up for meals, donating, or volunteering today!

MEDI-CAL/VA BENEFIT CONSULTANTS



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
amanda@justusmedicare.com | justusmedicare.com

Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. *by appointment only*

Hyperlinks for emails and websites are provided if viewing electronically.



UNITEDHEALTHCARE

Fariba Zariéh | (619) 887-6822
Fariba.Zariéh@gmail.com | myuhcagent.com/Fariba.Zariéh

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



WHITLEY INSURANCE SOLUTIONS

Lisa Whitley | (760) 525-1150 | License # 0L00140
lisa@whitleyinsurancesolutions.com
whitleyinsurancesolutions.com

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

PHYSICAL THERAPY



PHYSIO ON THE GO: MOBILE PHYSICAL THERAPY & WELLNESS SERVICES

Sean Kuhn | (619) 391-8688
info@kuhnphysicaltherapy.com | physio-on-the-go.com

Your one-stop shop for everything health. Whether you're at home or on the move, Physio on the GO provides a unique remote self care, wellness, and physical therapy experience through complimentary, subscription, and private or semi-private opportunities in order to custom tailor a program designed for you to achieve your goals.



UNLIMITED POTENTIAL REHAB AND WELLNESS

Kory Langwell | (858) 264-6985
korylangwell@gmail.com | UnlimitedPotential.biz

Our experienced team focuses on guiding people to move and feel better by focusing on personalized care. We ensure patients achieve their health goals from the comfort of their homes. Unlimited Potential specializes in orthopedics, neurological rehab, personal training and health coaching from physical, occupational and speech therapy services.

PROPERTY MANAGEMENT



HALCYON REAL ESTATE SERVICES AND SENIOR@HOME

Ginger Couvrette | (858) 243-5304
gingercouvrette@yahoo.com | HalcyonCA.com

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

Would you like to see your business represented here? CONTACT US! We add new categories with each issue.

REVERSE MORTGAGE



ACCURATE REVERSE MORTGAGE CORP.

John Correll, CRMP | (619) 294-9820

John@AccurateReverse.com | accuratereversemortgage.com

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.



EQUITYSMART HOME LOANS

Laura Strickler | (760) 518-9839

lauras@equitysmartloans.com | laurastrickler.com

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

SAFETY & CONVENIENCE



SHELFGENIE OF SAN MARCOS

Ruben Galvan | (760) 560-7258 or (760) 814-9936

rgalvan@shelfgenie.com

shelfgenie.com/locations/sanmarcos

ShelfGenie is a premier full-service designer of custom pull-out shelving solutions. Our expert designers transform cluttered, hard-to-access cabinets and pantries into organized, highly functional, and easily accessible spaces. Our exceptional cabinet and pantry storage designs are marked by a commitment to understanding our clients' lifestyles, unique needs, and wellness goals.

SENIOR MOVE MANAGERS



SILVER LINING TRANSITIONS

Jami Shapiro | (760) 522-1624

info@silverliningtransitions.com | silverliningtransitions.com

We "make moves MAGICAL" and handle all the emotional and logistical aspects of relocation. We also provide de-cluttering, home organization and photo organizing services. When we refer to a Realtor partner, move services are FREE or heavily discounted.

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.

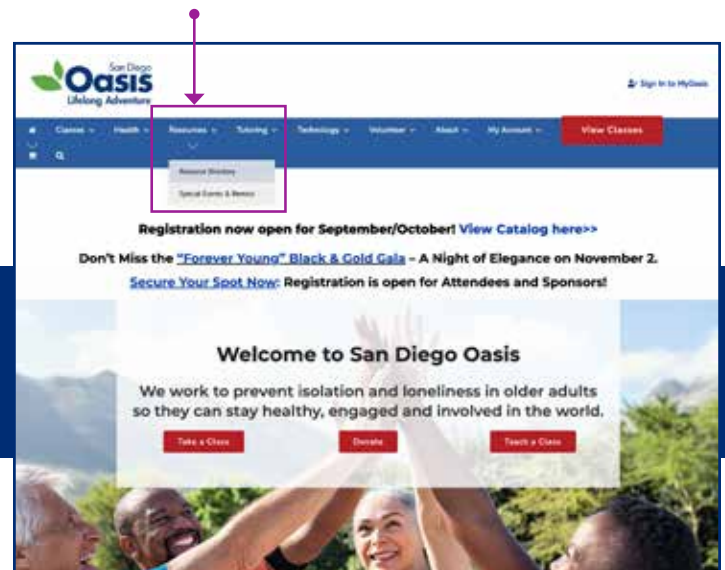
VITAL INFORMATION TOOLS



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.



Thinking of Selling your Home? Or Ready to Buy?

LET'S WORK TOGETHER!

Experience

Over **2 Decades** 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 for 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 Selling

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

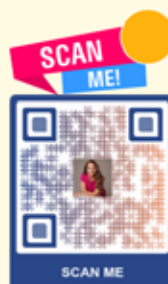
 Powered by HomeSmart Realty West

Contact

 **858-382-8698**

 fgtabrizi@yahoo.com

 www.farimarealty.com



PREFERRED PARTNER | GRIZZLY MOVING

PRESENTED BY MIKE CADY REALTY GROUP



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.



9557 Candida Street, San Diego CA 92126 | (858) 341-4794 | grizzlymoving.com



THE OVER 50 PHOTOGRAPHER

PERSONAL / BUSINESS BRANDING • HEADSHOTS

You deserve great photos at every stage of life, and we know how to capture you as beautiful! You don't have to be over 50 to be photographed by me. But if you are, **get ready to be noticed!**



Simona Valanciute
President & CEO
San Diego Oasis
*(one of our incredible
"not yet 50" clients!)*

\$50 off
your session,
if you mention
San Diego
Oasis

See yourself
in a whole,
new way.
Guaranteed.

619-206-4042

KARENFLYDPORTRAITS.COM

HAWTHORN & ALBATROSS

ENDORSED BY

NOAH GRASSI



TAKING PRIDE IN THE REVITALIZATION OF SAN DIEGO HOMES



HAWTHORN
— & —
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

PRESENTED BY THE LOTZOF GROUP®



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

Lockout[™] Garage Doors

7920 Silverton Ave. Ste O, San Diego | (858) 313-0022 | lockoutgaragedoorsca.com



THE WONDER THAT IS INDIA

PRIVATE CAR
PRIVATE DRIVER
PRIVATE GUIDE



Since 1989
Your Passport To Excellence



CONNECT WITH US
FirstCabin.com
(858) 395.1076

New Delhi, Agra,
Jaipur, Ranthambore,
Amritsar, Jodhpur,
Jaisalmer, Udaipur

CA Reg: 2016168-40

San Diego Oasis Board of Directors

Mark Allan, *Board Chair*
 Michael D. Bardin, *Secretary*
 David Chong, *Governance Chair*
 Julie Derry, *Immediate Past Board Chair*
 Krishna Arora
 Ginger Couvrette
 Bonnie Ann Dowd, EdD
 Danielle Finch
 Sophia Lukas
 Rebecca Raymond
 Tracey Stotz
 Paul Weiss, PhD
 Hon. William H. Wise
 Simona Valanciute, *President & CEO*

Awards

2023:
 CSO50 Award Winner for AI Edge Security and Thought Leadership

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022
 SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022
 Generations United's Program of Merit

2020
 Public Health Champion award by the County of San Diego's Covid19 Leadership.

2019
 Two Impact Awards: •North San Diego Business Chamber •Escondido Chamber

2018
 NBC Universal Project Innovation Award for Technology Efforts with Older Adults

2017
 Program of Distinction Generations United

2016
 Excellence Award: •KUSI •Torrey Pines Bank

2014
 Charity Navigator | 4 stars out of 4 stars



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



Join us for our first
Taste of Oasis Event
 of 2025!

FREE EVENT AT BOTH LOCATIONS!

Friday, January 10th | 10:00 AM – 2:00 PM

- Free food and drinks
- Fitness demonstrations (10 am - 12 pm Wellness Centers)
- Instructor presentations (12:30 pm - 2 pm Lecture Halls)
- Opportunity drawings (\$15, \$25, and \$50 Oasis Gift Cards)
- Catalog pick-up party!

THANK YOU TO OUR SPONSORS

Regal Medical Group



Scan QR code or view catalog online:
SanDiegoOasis.org

Can't Make The Party?
 Contact us and we'll be happy to mail a catalog to you!

Thank You to our Sponsors



ASML



Charles & Ruth Billingsley Foundation

C.J. & Dot Stafford Memorial Fund



COX



DeFalco Family Foundation

Del Mar Healthcare



GENERAL DYNAMICS



Hunter



Nordson

Pratt Memorial Fund



Samuel & Katherine Weaver French Fund

