



Explore.

Learn.

Thrive.

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Dear Oasis Members,

Spring is a season of renewal, growth, and new opportunities—just like the journey we embark on every day at San Diego Oasis. As we welcome longer days and fresh beginnings, we continue to foster lifelong learning, wellness, and community engagement.

This season, I encourage you to explore new classes, embrace new connections, and challenge yourself in ways that inspire growth. Whether you're discovering a new passion, engaging in thought-provoking discussions, or prioritizing your health, Oasis is here to support your journey.

I also want to take a moment to express my heartfelt gratitude to our members, volunteers, and supporters. Your dedication and generosity make everything we do possible. Because of you, our community thrives, and together, we are creating a space where lifelong learning and meaningful connections flourish.

Thank you for being a part of San Diego Oasis—we can't wait to see what you'll discover next!

Warm wishes,

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!

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ABOUT SAN DIEGO OASIS

San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote healthy aging through a three-fold approach: lifelong learning, healthy living 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 2/2025).
- **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 | (858) 240-2880 | 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 (858) 240-2880. If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 17170 Bernardo Center Drive, San Diego, CA 92128 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.

1111 | Tue. & Thu., Mar. 25 & 27 | 10 AM | 2 Sess. | \$40

1112 | Tue. & Thu., Apr. 22 & 24 | 10 AM | 2 Sess. | \$40

Art Journaling for Mental Wellness

Marie Capizzi, MS, APCC

Visual journaling in art therapy utilizes drawings, photos, and collage to capture emotions, accessible to all, with monthly themes exploring wellness.

1115 | Wed., Mar. 19 | 10:00 AM | \$20

1116 | Wed., Apr. 16 | 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.

1119 | Thu., Mar. 27 | 1:00 PM | \$25

1120 | Thu., Apr. 24 | 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.

1123 | Tue., Mar. 25 | 1:00 PM | \$45

Flat Spiral Stitch Bracelet

1124 | Tue., Apr. 22 | 1:00 PM | \$45

Peyote Stitch Tube Earrings

Bottle Painting for the Non-Artist

Susan Johnson, Artist & Instructor

Create a painted wine bottle with Q-Tips. No art skills are needed, just creativity and tiny fairy lights! Materials provided.

1571 | Mon., Mar. 17 | 10:00 AM | \$20

1572 | Thu., Apr. 10 | 10:00 AM | \$20

1126 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Tue. & Thu., Mar. 18 & 20 | 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.

1128 | Creating Textures in Watercolor

Ann Dunham, MS Design

Tue. & Thu., Apr. 15 & 17 | 10:00 AM | 2 Sess. | \$40

We'll explore watercolor techniques to bring objects to life through textures, covering contrast of value along with brush and dry and wet techniques.

Art Supply Donation

Thanks to the generosity of an anonymous donor, our La Mesa and Rancho Bernardo locations will be stocked with brushes, pencils, paper and other art materials. 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

 **1132 | Digital Photography:**

Available to Artificial Portraiture Lighting

Suda House, Professor of Art and Photography,
Grossmont College
Tue., Apr. 15 | 1:00 PM | \$20

Explore how to best capture the essence of your subject by solving challenging outdoor lighting and taking control with simple indoor lighting techniques.

 **1131 | Digital Photography: Landscape to Nature Strategies**

Suda House, Professor of Art and Photography,
Grossmont College
Tue., Mar. 18 | 1:00 PM | \$20

Escape into nature's beauty and challenge your perspective by capturing meaningful images from fresh viewpoints to truly connect with the landscape.

 **1420 | Embroidery Basics for the Beginner**


Janet Stuelpner, The Left-Handed Artist, and Crafter
Wed., Mar. 5 | 10:00 AM | \$20


Express your creativity through canvas embroidery. In one session, learn basic stitches to start your artistic journey.

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 pick up the following week.

 **1135** | Wed., Mar. 19 | 1 PM | \$70 | Coral Bowl

 **1136** | Wed., Apr. 16 | 1 PM | \$70 | Flowers

 **1152 | Introduction to Shibori with Lee Yater**


Lee Yater, M.F.A.; Artist, Designer and College Instructor
Thu., Apr. 17 | 1:00 PM | \$20


Experiment with different techniques and color dyes to create your own beautiful, dyed fabric samples.

Paper Quilling

Marcy Shapiro, Retired Teacher, Artist

Quilling is the art of creating beautiful objects by rolling thin pieces of paper.

 **1139** | Wed., Mar. 12 | 10:00 AM | \$20
Lattice Greeting Cards

 **1140** | Wed., Apr. 9 | 10:00 AM | \$20
3D Quilling Project

1142 | Play Around with Acrylic Paint

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor
Mon., Wed. & Fri., Mar. 24 - 28
1:00 PM | 3 Sess. | \$60

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

1148 | Rock Painting

Marci Kleiner
Tue., Apr. 8 | 10:00 AM | \$20

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

 **1107 | Sew with Lyn: Easy to Make Thread Catcher**

Lyn Earl, Instructor
Wed., Mar. 5 | 1:00 PM | \$20

Create a pincushion and portable thread and scrap catcher.

 **1108 | Sew with Lyn: Sit n' Sew**

Lyn Earl, Instructor
Wed., Apr. 2 | 1:00 PM | \$20

Join your fellow sewists to share ideas, projects, difficulties, and solutions. Get help with current projects and ideas for new creations.

 **1151 | Slab-Pinch-Coil**

Lee Yater, M.F.A.; Artist, Designer and College Instructor
Thu., Mar. 20 | 1:00 PM | \$30

Working with slab clay, you'll learn to make functional and sculptural ceramic art. 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.

1157 | Mon., Mar. 10 | 10:00 AM | \$20

1158 | Mon., Mar. 24 | 10:00 AM | \$20

1159 | Mon., Apr. 7 | 10:00 AM | \$20

1160 | Mon., Apr. 21 | 10:00 AM | \$20



Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

1568 | Social Security

Anthony Camara, CFP®, MBA
Mon., Apr. 14 | 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.

1569 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Mon., Apr. 14 | 1:00 PM | \$5

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

1570 | Thrivent One-on-One

Anthony Camara, CFP®, MBA
Thu., Apr. 17 | 10:00 | 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

1468 | How to Navigate the Probate System in 10 Easy Steps

K. Brooke Jensen, Attorney at Law
Wed., Mar. 26 | 10:00 AM | \$10

Navigate the probate process and San Diego court system with experienced attorney K. Brooke Jensen, specializing in estate planning, probate, and trust settlement.

1543 | Learn to Protect Yourself, Family and Friends from Elder Fraud

Mike Rod, Supervisory Special Agent Federal Bureau of Investigation (FBI)
Thu., Mar. 6 | 10:00 AM | FREE

Join FBI Agent Mike Rod for an informative session on elder fraud. Learn to recognize scams, access resources, and understand law enforcement's efforts to combat fraud.

1162 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate
Fri., Mar. 7 | 10:00 AM | \$10

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

1165 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor
Thu., Apr. 24 | 1:00 PM | \$10

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



1535 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE
Thu., Mar. 20 | 1:00 PM | FREE

Learn about electric pricing plan options, tools, tips, and programs to help you manage your energy and save money.

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

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

1169 | Tue., Mar. 25 | 10:00 AM | FREE

1170 | Tue., Apr. 22 | 10:00 AM | FREE

1542 | Taking Selling & Moving from Overwhelming to Manageable

Tracey Stotz, M.P.A, S.R.E.S, P.S.A and Probate Certified Broker
Tue., Mar. 18 | 1:00 PM | \$10

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

1342 | The Most Important Things to Repair Before Selling a House

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Mar. 13 | 10:00 AM | \$10

Essential tips to prep your home for sale, ensuring it's show-ready with repairs and improvements to attract buyers.

1559 | Your Family Binder: A Survival Kit for Your Heirs

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

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

EXERCISE & DANCE

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

- 1003** | Fri., Mar. 7 - 28 | 10:45 AM | 4 Sess. | \$40
1004 | Fri., Apr. 4 - May 2 | 10:45 AM | 4 Sess. | \$40

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

- 1011** | Mon., Mar. 3 - 24 | 12:00 PM | 4 Sess. | \$40
1012 | Mon., Mar. 31 - Apr. 28 | 12:00 PM | 5 Sess. | \$50
1007 | Fri., Mar. 7 - 28 | 12:00 PM | 4 Sess. | \$40
1008 | Fri., Apr. 4 - May 2 | 12:00 PM | 4 Sess. | \$40

Building Better Balance: A Physical Therapy Approach

Nancy Jungling, Physical Therapist

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

- 1521** | Sat., Mar. 15 | 11:30 AM | \$10
1522 | Sat., Apr. 26 | 11:30 AM | \$10

Cardio Boxing with Strong Nation®

Dora Graham, Cert. Fitness Instructor & Personal Trainer

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

- 1015** | Thu., Mar. 6 - 27 | 2:15 PM | 4 Sess. | \$40
1016 | Thu., Apr. 3 - May 1 | 2:15 PM | 5 Sess. | \$50

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

- 1023** | Mon., Mar. 3 - 24 | 9:30 AM | 4 Sess. | \$40
1024 | Mon., Mar. 31 - Apr. 28 | 9:30 AM | 5 Sess. | \$50
1031 | Tue., Mar. 4 - 25 | 12:00 PM | 4 Sess. | \$40
1032 | Tue., Apr. 1 - 29 | 12:00 PM | 5 Sess. | \$50
1035 | Wed., Mar. 5 - 26 | 1:00 PM | 4 Sess. | \$40
1036 | Wed., Apr. 2 - 30 | 1:00 PM | 5 Sess. | \$50
1019 | Fri., Mar. 7 - 28 | 9:30 AM | 4 Sess. | \$40
1020 | Fri., Apr. 4 - May 2 | 9:30 AM | 4 Sess. | \$40
🌱 **1573** | Sat., Mar. 8 - 29 | 9:30 AM | 4 Sess. | \$40
🌱 **1574** | Sat., Apr. 5 - 26 | 9:30 AM | 4 Sess. | \$40

Core Training on the Ball and More

Dora Graham, Cert. Fitness Instructor & Personal Trainer

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

- 1043** | Thu., Mar. 6 - 27 | 1:15 PM | 4 Sess. | \$40
1044 | Thu., Apr. 3 - May 1 | 1:15 PM | 5 Sess. | \$50

Dance Fit

Andra Valencia, Fitness and Dance Instructor

A full-body aerobics class that uses a combination of dance and fitness moves including weights, adaptable for any fitness level.

- 1047** | Wed., Mar. 5 - 26 | 12:00 PM | 4 Sess. | \$40
1048 | Wed., Apr. 2 - 30 | 12:00 PM | 5 Sess. | \$50
🌱 **1575** | Sat., Mar. 8 - 29 | 10:30 AM | 4 Sess. | \$40
🌱 **1576** | Sat., Apr. 5 - 26 | 10:30 AM | 4 Sess. | \$40

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

- 1051** | Wed., Mar. 5 - 26 | 9:30 AM | 4 Sess. | \$24
1052 | Wed., Apr. 2 - 30 | 9:30 AM | 5 Sess. | \$30

TAKE NOTE!

STAY UP TO DATE!

Join us on social media at
bit.ly/BeSocialOasis

Social Media



Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

- 1059** | Wed., Mar. 5 - 26 | 2:00 PM | 4 Sess. | \$40
1060 | Wed., Apr. 2 - 30 | 2:00 PM | 5 Sess. | \$50
1055 | Thu., Mar. 6 - 27 | 12:00 PM | 4 Sess. | \$40
1056 | Thu., Apr. 3 - May 1 | 12:00 PM | 5 Sess. | \$50

Pickleball 101 (Beginner)

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist

Discover the nation's fastest-growing sport, pickleball, in a dynamic class covering basic strokes, strategy, rules, and scoring. Class is held at Pickleball Training Centers in Poway.

- 2464** | Tue., Mar. 4 - 25 | 9:00 AM | 4 Sess. | \$100
2466 | Tue., Apr. 1 - 29 | 9:00 AM | 4 Sess. | \$100

Pickleball 102 (Advanced Beginner)

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist

This class is geared toward players who have some pickleball experience and want to take their game to the next level. Class is held at Pickleball Training Centers in Poway.

- 2465** | Tue., Mar. 4 - 25 | 10:30 AM | 4 Sess. | \$100
2467 | Tue., Apr. 1 - 29 | 10:30 AM | 4 Sess. | \$100

Progressive Strength, Balance, and Flexibility Training

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

- 1067** | Tue., Mar. 4 - 25 | 9:30 AM | 4 Sess. | \$40
1068 | Tue., Apr. 1 - 29 | 9:30 AM | 5 Sess. | \$50
Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor
1071 | Thu., Mar. 6 - 27 | 9:30 AM | 4 Sess. | \$40
1072 | Thu., Apr. 3 - May 1 | 9:30 AM | 5 Sess. | \$50
Jeanna Beauchamp, Certified Fitness Instructor

Restorative Chair Yoga

Julia Doughty, MFA, HHP

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

- 1075** | Tue., Mar. 4 - 25 | 2:30 PM | 4 Sess. | \$40
1076 | Tue., Apr. 1 - 22 | 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

- 1079** | Tue., Mar. 4 - 25 | 1:15 PM | 4 Sess. | \$40
1080 | Tue., Apr. 1 - 22 | 1:15 PM | 4 Sess. | \$40

San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA, HHP

Get your steps in with this supportive walking group. Everyone is welcome.

- 1083** | Wed., Mar. 5 - 26 | 9:00 AM | 4 Sess. | \$40
1084 | Wed., Apr. 2 - 23 | 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.

- 1063** | Mon., Mar. 3 - 24 | 1:15 PM | 4 Sess. | \$40
1064 | Mon., Mar. 31 - Apr. 28 | 1:15 PM | 5 Sess. | \$50

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

- 1087** | Tue., Mar. 4 - 25 | 10:45 AM | 4 Sess. | \$40
1088 | Tue., Apr. 1 - 29 | 10:45 AM | 5 Sess. | \$50

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

- 1091** | Thu., Mar. 6 - 27 | 10:45 AM | 4 Sess. | \$40
1092 | Thu., Apr. 3 - May 1 | 10:45 AM | 5 Sess. | \$50

TAKE NOTE!

CURIOUS ABOUT A DANCE OR FITNESS CLASS?

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




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.

1095 | Mon., Mar. 3 - Apr. 21 | 2:30 PM | 8 Sess. | \$80

 **1577** | Sat., Mar. 8 - Apr. 26 | 11:30 AM | 8 Sess. | \$80

1097 | T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor
Fri., Mar. 14 - May 9 | 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.

1100 | T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor
Fri., Mar. 14 - May 9 | 2:30 PM | 9 Sess. | \$90

Deepen and refine the movements at an intermediate level.

Zumba Gold

Pamela Toomes, Certified Fitness Instructo

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

1103 | Mon., Mar. 3 - 24 | 10:45 AM | 4 Sess. | \$40

1104 | Mon., Mar. 31 - Apr. 28 | 10:45 AM | 5 Sess. | \$50

1546 | Advance Directives

Bill Simmons, Attorney
Fri., Mar. 14 | 10:00 AM | \$10

Learn how to create advance directives and ensure your healthcare wishes are legally followed.

1547 | California End of Life Option Act

Bill Simmons, Attorney
Fri., Mar. 21 | 10:00 AM | \$10

California permits medical aid in dying. Bill Simmons explores the End-of-Life Option Act, qualifications, and alternatives like Voluntarily Stopping Eating and Drinking.

1548 | Understanding Dementia and What You Might Do About It

Bill Simmons, Attorney
Fri., Mar. 28 | 10:00 AM | \$10

Explore dementia and plan for it, just in case.

1465 | A Day of Plant-Based Nutrition

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Fri., Apr. 18 | 10:00 AM | \$15

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

1469 | Aging in the Home You Love

Jacqueline A. Silverman, CSA®, CAP
Thu., Mar. 13 | 10:00 AM | FREE

Discover practical tips for aging comfortably at home, with advice on wellness, home modifications, and local resources.

1352 | Balance and Vestibular Testing

Dr. Sarah Hernandez, Peninsula Hearing Center
Thu., Mar. 27 | 1:00 PM | \$15

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

1350 | Hearing Aids and Tinnitus

Dr. Dena Riso, Peninsula Hearing Center
Thu., Mar. 20 | 1:00 PM | \$15

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

1528 | Live Without Pain and Inflammation

Sonia Cervantes, Certified Health Coach, Nutritionist,
& Therapeutic Chef
Fri., Apr. 4 | 10:00 AM | \$15

Learn the primary causes of inflammation and how to reduce it in order to achieve optimum health.

HEALTH & WELLNESS



1538 | Alzheimer's San Diego: Communication Skills

Joaquin Ortiz, Alzheimer's San Diego Dir. of Education
Tue., Apr. 8 | 1:00 PM | FREE

Learn practical strategies to connect, communicate, and navigate challenging behaviors when caring for someone with Alzheimer's or dementia.

1333 | Alzheimer's San Diego: How to Talk About Memory Loss

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

Learn to navigate tough conversations about Alzheimer's and dementia with ease—covering memory, driving, and living alone, in a supportive, stress-free way.

1464 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Fri., Apr. 11 | 10:00 AM | \$15

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

1455 | Nurture Your Immune System

Montserrat Garcia, National Board-Certified Health & Wellness Coach

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

Learn simple, practical strategies to strengthen your immune system, reduce stress, and boost energy, helping you stay healthy and resilient.

1434 | Open Your Internal Pharmacy

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

Tue., Mar. 11 | 1:00 PM | \$15

Learn about the keys and science behind the body's internal pharmacy to take charge of your health.

1561 | The Art of Natural Hair Products

The Old Town Soap Company
Tue., Apr. 8 | 1:00 PM | \$20

Join us for a lesson on how to create your own batch of hair care products at home.

1560 | The Art of Natural Scrubs

The Old Town Soap Company
Mon., Mar. 17 | 1:00 PM | \$20

Learn how to craft your own batch of all-natural face & body scrubcare products at home.



1557 | The Importance of Stroke Recognition and Prevention

Megan Kennelly, Manager of the Neuroscience Service Line, Sharp Grossmont Hospital
Fri., Apr. 4 | 10:00 AM | FREE

In this informative presentation, learn how to prevent strokes, recognize symptoms, and build healthy habits to reduce your risk.



United Healthcare Presents: Medicare The Basics

Fariba Zarieh, United Healthcare

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

1181 | Sat., Mar. 15 | 10:00 AM | FREE

1182 | Sat., Apr. 26 | 10:00 AM | FREE

1184 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Mar. 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

1431 | A Cultural History of Photographic Art

Sofia Laurein, Ph.D., Professor of History
Tue., Apr. 29 | 10:00 AM | \$15

Explore the evolution of photography, from daguerreotypes to digital cameras and the James Webb Space Telescope, examining its artistic, cultural, and scientific impact.

1496 | A History of the Weaponization of Money and The Future Monetary Battlefield

Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College
Wed., Apr. 30 | 10:00 AM | \$15

A look at the history and future of monetary warfare, from counterfeiting to cyberwarfare, and its impact on America's security and economy.

1495 | An Early Assessment of Trump's Foreign Policy

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

An objective analysis of President Trump's second-term foreign policy, focusing on war, peace, alliances, and trade.

1446 | August Renoir

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

Renoir's vibrant portraits and colorful scenes bring 19th-century Parisian life to dazzling, impressionistic glory.

 **1562 | CIA Commandos and Vietnam's Hidden Truth**

John Mattes, Investigator & Litigator
Fri., Mar. 14 | 10:00 AM | \$15

The untold story of CIA Commandos abandoned in Vietnam, the fight to free them, and a shocking cover-up.

 **1316 | Confucius and the Harmonious Society**

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

Learn about Confucius' philosophy of human excellence as social responsibility, exploring its relevance to justice and harmony today.

 **1549 | Dolley Madison**

Meagan Albrant, MA, Professor of U.S. History
Mon., Mar. 17 | 10:00 AM | \$15

Learn about Dolley Madison's legacy as a trendsetter and influential First Lady, including her heroic act saving George Washington's portrait during the White House fire.

1483 | Eleanor Roosevelt: "First Lady of the World"

Blaine Davies, MA, Professor of U.S. History
Mon., Mar. 24 | 10:00 AM | \$15

An activist and humanitarian, Eleanor Roosevelt was known as the "First Lady of the World." In this class, we'll explore her life and legacy.

  **1449 | Enlightenment and Rococo: Art, Architecture, Ideas**

Gwenyth Mapes, Professor of Humanities
Fri., Mar. 7 | 10:00 AM | \$15

The Renaissance and Enlightenment sparked scientific, artistic, and political shifts. We'll explore how these shifts influenced government, culture, and global trade expansion.

1346 | Evil in the Intelligent Universe

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

Examine the concept of evil, its existence, and its role in a moral universe. Explore various philosophical perspectives through engaging discussion and analysis.

 **1563 | Exposing the Untold Scandal of Iran Contra**

John Mattes, Investigator & Litigator
Fri., Apr. 11 | 10:00 AM | \$15

Join journalist and attorney John Mattes as he reveals firsthand insights into the Iran Contra Scandal, CIA operations, and covert war investigations.

  **1440 | Fascism, Yesterday and Today**

Nick Warmuth, PhD, Historian and Researcher at University of San Diego
Thu., Mar. 27 | 1:00 PM | \$15

Explore the history, philosophy, and impact of fascism, examine its evolution, societal influence, and contemporary relevance in political discourse and modern contexts.

 **1472 | Heritage Travel:**

Journey to the Home of Your Ancestors

Marilyn McPhie, President of Storytellers of San Diego, TEDx Speaker
Thu., Apr. 17 | 1:00 PM | \$15

Marilyn McPhie has been to the lands of some of her ancestors. She'll share resources and tips for a successful trip.

 **1551 | History of Monopoly**

Meagan Albrant, MA, Professor of U.S. History
Mon., Apr. 28 | 10:00 AM | \$15

Uncover the fascinating and twisted history behind the classic board game that's been driving families into fictional bankruptcy for decades.

  **1452 | John Muir: California's First Conservationist**

Fred Bercovitch, Ph.D. Biological Anthropology
Thu., Mar. 27 | 10:00 AM | \$15

In this class, we'll discover John Muir's adventurous life, his founding of the Sierra Club, and his legacy in this exciting, nature-filled journey.

 **1438 | Kumeyaay Native Plant Use:**

A Story of Thousands of Years

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

Discover how the Kumeyaay utilized San Diego's diverse plants for food, medicine, construction, and spiritual purposes.

1471 | Tales from the Emerald Isle

Marilyn McPhie, President- Storytellers of San Diego;
TEDx Speaker
Mon., Mar. 17 | 1:00 PM | \$15

Join storyteller Marilyn McPhie for a magical journey through Irish tales of shape-shifting seals, leprechauns, and myths—plus a sprinkling of blarney and treats.

1347 | The Bardo of Becoming: How Rebirth Happens

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Tue., Apr. 22 | 1:00 PM | \$15

Explore Tibetan Buddhist views on rebirth. Examine how we choose our next form after death with a brief review of prior bardo teachings.

1578 | The Civil War and Evil

Edward Blum, Ph.D. Professor of History, San Diego State University
Wed., Apr. 2 | 10:00 AM | \$15

We'll explore how Americans viewed the Civil War through concepts of evil, from Lincoln's speeches to soldiers' diaries and songs.

1317 | The Great Philosophers: Augustine

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

Learn about Augustine's profound influence on Christianity and Western philosophy, shaping theology and thought for centuries.

1529 | The History of Medicine

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)
Fri., Mar. 21 | 10:00 AM | \$15

Explore the history of medicine, from ancient theories to modern breakthroughs, and learn about the key physicians who shaped today's healthcare.

1439 | The Holocaust

Nick Warmuth, PhD, Historian and Researcher at University of San Diego
Thu., Mar. 13 | 1:00 PM | \$15

Explore the origins, evolution, and legacy of the Holocaust, including the Nazi regime's systematic extermination of six million Jews from 1933-1945.

1430 | The Secrets of Female Spies

Sofia Laurein, PhD, Professor of History
Tue., Mar. 11 | 10:00 AM | \$15

The fascinating world of female spies, from Rahab to Virginia Hall. Uncover tales of intrigue, politics, and their lasting impact on history.

1319 | The Songs of Neil Young

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Apr. 23 | 10:00 AM | \$20

Experience Neil Young's legendary journey through rock, folk, and grunge in this live performance of his timeless hits and personal stories.

1567 | Understanding China's Present by Exploring its Late Imperial and Early Twentieth-Century Past

Kathryn Edgerton-Tarpley, Ph.D., Department of History, San Diego State University
Thu., Apr. 3 | 10:00 AM | \$15

See how the U.S. and China view each other in 2025, then explore how China's history has influenced modern perspectives under Xi Jinping.

1318 | Vedanta and Christian Mysticism

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

Learn about the intersection of Vedanta and Christian mysticism through a close reading of the Mandukya Upanishad and the Gospels.

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
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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

1550 | Virginia Hall

Meagan Albrant, MA, Professor of U.S. History
Mon., Mar. 31 | 10:00 AM | \$15

Learn about Virginia Hall, “The Limping Lady,” WWII’s most dangerous spy, and her daring work for the Allies.

1437 | When Animals Talked:

The Important Role of Animals in Kumeyaay Myth

Richard Carrico, MA, Author, and Professor of American Indian Studies
Mon., Mar. 31 | 1:00 PM | \$15

Explore the Kumeyaay’s deep connection with animals, learning about their roles as messengers, spirit guides, and shapeshifters in their rich, cultural history.

1484 | William Mulholland: The Controversial LA Aqueduct

Blaine Davies, MA, Professor of U.S. History
Mon., Apr. 21 | 10:00 AM | \$15

William Mulholland designed and built the Los Angeles Aqueduct. We will explore the life of the man who made Los Angeles possible.

LANGUAGES

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

1196 | Beginning French for Travelers

Martine A. Hillier, BA, Trilingual, French & Spanish Instructor
Fri., Mar. 14 - Apr. 18 | 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.

1214 | Intermediate French for Travelers

Martine A. Hillier, BA, Trilingual, French & Spanish Instructor
Fri., Mar. 14 - Apr. 18 | 11:30 AM | 6 Sess. | \$102

Have an engaging experience improving your French language skills with a native French speaker.

1194 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor
Mon., Mar. 10 - Apr. 21 | 10:00 AM | 7 Sess. | \$119

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

1212 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor
Mon., Mar. 10 - Apr. 21 | 11:30 AM | 7 Sess. | \$119

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

1188 | Advanced French

Danielle Deaton, Advanced Teacher, Credentialed Instructor
Mon., Mar. 10 - Apr. 21 | 1:00 PM | 7 Sess. | \$119

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

1502 | Italian for Conversation

Francesca Celestino, MA in Education, Teacher at the Italian School of San Diego
Tue., Mar. 18 - Apr. 22 | 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.

1506 | Italian for Travelers, For Complete Beginners

Francesca Celestino, MA in Education, Teacher at the Italian School of San Diego
Tue., Mar. 18 - Apr. 22 | 2:00 PM | 6 Sess. | \$102

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

1504 | Italian for Travelers, Beginners Plus

Francesca Celestino, MA in Education, Teacher at the Italian School of San Diego
Tue., Mar. 18 - Apr. 22 | 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.

 **1200 | Beginning Spanish I**

Gladis Jiménez González

Wed., Mar. 12 - Apr. 23 | 10:00 AM | 7 Sess. | \$119

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

 **1216 | Intermediate Spanish I**

Gladis Jiménez González

Wed., Mar. 12 - Apr. 23 | 1:00 PM | 7 Sess. | \$119

We will learn direct and indirect objects, pronouns, and reflective verbs

 **1202 | Beginning Spanish II**

Gladis Jiménez González

Wed., Mar. 12 - Apr. 23 | 11:30 AM | 7 Sess. | \$119

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

 **1192 | Beginning Conversational Spanish**

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

Thu., Mar. 20 - Apr. 24 | 10:00 AM | 6 Sess. | \$102

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

 **1204 | Beginning/Intermediate Conversational Spanish**

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

Thu., Mar. 20 - Apr. 24 | 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.

 **1210 | Intermediate Conversational Spanish**

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

Thu., Mar. 20 - Apr. 24 | 11:30 AM | 6 Sess. | \$102

Boost your Spanish fluency with fun activities, group chats, and presentations, while mastering the present and past tenses.

 **1198 | Beginning Spanish**

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

Fri., Mar. 14 - Apr. 18 | 2:30 PM | 6 Sess. | \$102

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

 **1190 | Advanced Spanish**

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

Fri., Mar. 14 - Apr. 18 | 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.

LITERATURE

 **1222 | Aspiring and Intermediate Poetry Workshop**

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

Thu., Mar. 6 - Apr. 24 | 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 are your story. Join us and learn the craft to tell the best story of you

1225 | Tue., Mar. 4 - 25 | 1:00 PM | 4 Sess. | \$68

1226 | Tue., Apr. 1 - 22 | 1:00 PM | 4 Sess. | \$68

 **1544 | Jest for the Pun of It**

Richard Lederer, Union-Tribune Language Columnist

Fri., Mar. 28 | 10:00 AM | \$15
Join Richard Lederer, the Punster of the Year, for a hilarious journey through puns and the art of pun-making.

1545 | Living Will: The Legacy of William Shakespeare

Richard Lederer, Union-Tribune Language Columnist

Fri., Apr. 18 | 10:00 AM | \$15
Join Richard Lederer as he shows how Shakespeare's genius still thrives in our everyday language, centuries after his stage exit.

PERSONAL ENRICHMENT

New And Notable Book Club

Cathleen Mills, Former Literature Instructor

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

1229 | Fri., Mar. 28 | 1:00 PM | \$8
The Sea by John Banville

1230 | Fri., Apr. 18 | 1:00 PM | \$8
A Short History of Tractors in Ukrainian
by Marina Lewycka

Non-Fiction Book Club

Barbara J. Salice, Ed.D

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

1233 | Mon., Mar. 10 | 10:00 AM | \$8
Over the Edge of the World: Magellan's
Terrifying Circumnavigation of the Globe
by Laurence Bergreen

1234 | Mon., Apr. 14 | 10:00 AM | \$8
The Accidental Presidents: Eight Men who
Changed America by Jared Cohen

1236 | Write Your Memoir, Leave a Legacy

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

Thu., Mar. 6 - 27 | 1:00 PM | 4 Sess. | \$68

Guided by Patricia Benesh's workbook, turn your memories into a beautiful memoir. No writing experience is needed, just your stories to share.

PERSONAL ENRICHMENT

1338 | Be Happy – Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)

Tue., Mar. 4 | 10:00 AM | \$15

Join us to create happiness habits, expand joy, appreciate what you have, and build nourishing relationships that boost your happiness.

Bingo!

San Diego Woman's Club Foundation & San Diego Oasis

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

1552 | Sat., Mar. 15 | 1:00 PM | \$25

1553 | Sat., Apr. 26 | 1:00 PM | \$25

1339 | Choose Confidence

Laura Diaz, Board Certified Coach (BCC)

Tue., Mar. 18 | 10:00 AM | \$15

Learn how to build self-confidence, unlock your inner potential, and gain the skills to step into a more empowered version of yourself.

1264 | Gardening with Betty: March Gardening

Betty Corvey, Gardening with Betty, Owner;

San Diego County Master Gardener

Cooperative Extension, San Diego County

Fri., Mar. 7 | 1:00 PM | \$15

This class will cover the diverse needs of your garden in March and practical methods of doing those tasks.

1265 | Gardening with Betty: Herbs

Betty Corvey, Gardening with Betty, Owner;

San Diego County Master Gardener

Cooperative Extension, San Diego County

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

In this class, we'll talk about types of herbs, their common uses, and growing tips.

1243 | Grief Support Group

Rolandas Kausas, Chaplain

Wed., Mar. 5 - Apr. 16 | 10:30 AM | 4 Sess. | FREE

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

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



TAKE NOTE!

SPECIAL EVENT VOLUNTEERS!

Interested in helping at special events?

Contact Kris Anelli at

Kris@SanDiegoOasis.org



 **Improv Games**

Tonya Lehman, Teacher, Speaker and Storyteller

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

1332 | Tue., Mar. 4 - 25 | 10:00 AM | 4 Sess. | \$60

1331 | Tue., Apr. 15 - May 6 | 10:00 AM | 4 Sess. | \$60

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

Alan Zacharin, Trivia Enthusiast

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

1246 | Thu., Mar. 13 | 1:00 PM | \$10

1247 | Thu., Apr. 10 | 1:00 PM | \$10

 **1539 | Mah Jongg for Beginners: Level Two**

Carol Cohn, Mah Jongg Instructor

Fri., Mar. 21 - Apr. 11 | 10:00 AM | 4 Sess. | \$60

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

 **1253 | Mah Jongg Open Play**

No Facilitator, Open Play

Fri., Mar. 21 & Apr. 18 | 1:00 PM | 2 Sess. | FREE

We'll set the room with three boards, mats, and cards.

If interested in playing with friends, drop in and play!.

1579 | Makeup Tips For 50+ Women (Level One)

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Fri., Mar. 14 & 21 | 1:00 PM | 2 Sess. | \$30

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

1580 | Makeup Tips For 50+ Women (Level Two)

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Fri., Apr. 4 & 11 | 1:00 PM | 2 Sess. | \$30

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

 **1255 | Making Connections: Women's Discussion Group**

Mary Heineke, MS, LMFT

2nd & 4th Mon., Mar. 10 - Apr. 28

1:30 PM | 4 Sess. | \$32

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

 **1258 | Men's Room**

Donald Bruders, Facilitator

2nd & 4th Wed., Mar. 12 - Apr. 23

10:00 AM | 4 Sess. | \$32

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

1554 | My Kids Don't Want My Stuff. Now What?

Jami Shapiro, CSM Founder, Silver Linings Transitions

Thu., Apr. 10 | 10:00 AM | \$15

Explore options for unwanted belongings and gain family buy-in through open communication, compromise, and understanding each other's perspectives.

1558 | Return to Travel:

Domestic and International Destinations to Visit in 2025

Will Reece, AFC Vacations

Fri., Mar. 14 | 1:00 PM | FREE

Join Will Reece from AFC Vacations for an informative presentation. We will cover new travel trends and what locations are taking off.

 **San Diego Oasis Travel Club**

Terrie Mortensen, Facilitator

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

1260 | Thu., Mar. 6 | 1:00 PM | FREE

1261 | Thu., Apr. 3 | 1:00 PM | FREE

1340 | Simple Practices to Manifesting Your Dreams

Laura Diaz, Board Certified Coach (BCC)

Tue., Apr. 8 | 10:00 AM | \$15

In this insightful class, learn three simple practices to help manifest your dreams and achieve your goals.

SCIENCE

1476 | Skeletal Change: Bone as a Living Tissue

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

Learn about the human skeleton's ability to remodel throughout life, guided by Wolff's Law, as bones adapt to stress through osteoclast and osteoblast activity.

1458 | Social Media and Your Brain

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

Participants will hear about current research on how social media is changing the human brain. Implications for education, health, and society will be explored.

1459 | The Dark Triad Personality Traits: Narcissism, Machiavellianism, and Psychopathy

Gina Simmons Schneider, PhD, Licensed
Psychotherapist, Executive Coach & Author
Mon., Apr. 14 | 10:00 AM | \$15

Learn about the personality traits associated with harmful human behavior, their characteristics, prevalence in society, and ways to manage these types

1475 | The Modern-Day Mummy

Tori Randall, Ph.D., Professor of Anthropology
Mon., Mar. 10 | 10:00 AM | \$15

Explore the fascinating process of mummification, from natural preservation to ancient Egyptian embalming techniques, including a modern recreation of this practice.

1541 | Understanding Wild Animal Behavior

Mike Gibbs, Naturalist & Animal Behaviorist
Wed., Mar. 12 | 1:00 PM | \$15

The basics of wilderness communication are posture, sound, movement, and tone. Learn to interpret nature's language in your backyard and wilderness.

TECHNOLOGY

1555 | Computer Housekeeping

Eamen Hameed, M.S., IT & Engineering Consultant,
Founder, EHTechBits
Tue., Apr. 15 | 10:00 AM | \$15

This hands-on class teaches basic computer maintenance and troubleshooting for PC users, requiring familiarity with Windows.

1518 | iPhone Software

Cole Samaroo, Co-founder & CEO Senior Tech Connect
Wed., Apr. 9 | 1:00 PM | \$15

Learn to navigate your home screen, access Control Center and Notifications, change your wallpaper, adjust Auto-Lock settings, and take quick photos

1519 | iPhone Software Basics 2

Cole Samaroo, Co-founder & CEO Senior Tech Connect
Wed., Apr. 23 | 1:00 PM | \$15

We'll explore vital features like Emergency SOS and ICE contacts, how to quickly turn on the flashlight, adjust text settings and more.

1556 | The Beginner's Guide to AI: Concepts, Tools, and Applications

Eamen Hameed, M.S., IT & Engineering Consultant,
Founder, EHTechBits
Tue., Apr. 15 | 11:30 AM | \$15

Dive into the world of AI with this fun, easy guide—explore tools, trends, and how AI is transforming industries.

THEATRE & MUSIC



1540 | An Afternoon of Jazz & Bossa Nova with Pianist Danny Green

Danny Green, Pianist & Composer
Thu., Apr. 10 | 1:00 PM | \$30

Enjoy a captivating performance of jazz standards, bossa nova pieces, classical, and popular hits by pianist and composer Danny Green.

1566 | Celtic Songs for Saint Patrick's Day: Live Performance

Chris Burns, Many-Strings
Mon., Mar. 17 | 11:00 AM | \$20

Celebrate Irish and Scottish musical magic! Hear classic tunes, charming surprises, and sing-along fun—perfect for St. Patrick's Day! Lyric sheets will be provided.

1536 | Ratpack Reborn Concert

Jefferson Schildgen, Jazz Singer, and Leader of Ratpack Reborn
Fri., Mar. 21 | 2:00 PM | \$30

Experience the timeless charm of the Rat Pack era with a concert featuring classic hits from the 1950s and 60s.

1319 | The Songs of Neil Young

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., Apr. 23 | 10:00 AM | \$20

Experience Neil Young's legendary journey through rock, folk, and grunge in this live performance of his timeless hits and personal stories.

1267 | Acting Workshop: Showcase Performance

Jo-Darlene Reardon, M.Ed
Mon., Apr. 7 | 1:00 PM | FREE

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

1279 | Love Guitar? Let's Jam

Mark Madruga,
Professional Musician & Guitar Instructor
Mon., Mar. 24 - Apr. 28 | 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 50s-80s.

1277 | Love Guitar? Let's Learn

Mark Madruga, MA,
Professional Musician & Guitar Instructor
Mon., Mar. 24 - Apr. 28 | 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.

1288 | Tue., Mar. 4 - 25 | 12:30 PM | 4 Sess. | \$240

1289 | Tue., Mar. 4 - 25 | 1:30 PM | 4 Sess. | \$240

1290 | Tue., Mar. 4 - 25 | 2:30 PM | 3 Sess. | \$180

1291 | Tue., Mar. 4 - 25 | 3:30 PM | 3 Sess. | \$180

1292 | Tue., Apr. 1 - 22 | 12:30 PM | 4 Sess. | \$240

1293 | Tue., Apr. 1 - 22 | 1:30 PM | 4 Sess. | \$240

1294 | Tue., Apr. 1 - 22 | 2:30 PM | 4 Sess. | \$240

1295 | Tue., Apr. 1 - 22 | 3:30 PM | 4 Sess. | \$240

1304 | Wed., Mar. 5 - 26 | 12:30 PM | 4 Sess. | \$240

1305 | Wed., Mar. 5 - 26 | 1:30 PM | 4 Sess. | \$240

1306 | Wed., Mar. 5 - 26 | 2:30 PM | 4 Sess. | \$240

1307 | Wed., Mar. 5 - 26 | 3:30 PM | 4 Sess. | \$240

1308 | Wed., Apr. 2 - 23 | 12:30 PM | 4 Sess. | \$240

1309 | Wed., Apr. 2 - 23 | 1:30 PM | 4 Sess. | \$240

1310 | Wed., Apr. 2 - 23 | 2:30 PM | 4 Sess. | \$240

1311 | Wed., Apr. 2 - 23 | 3:30 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.

126 | Mon., Mar. 3 | 11:00 AM | \$8

141 | Thu., Apr. 3 | 11:00 AM | \$8

142 | Apple Photos Workshop (IOS 18)

Fri., Apr. 4 | 11:00 AM | \$8

This class will offer tips for organizing the photos on your smartphone. Learn about favorites, creating folders, new features and more.

Cloud Services Workshop

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

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

150 | Mon., Apr. 21 | 11:00 AM | \$8

Digital Coupon Workshop

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

139 | Fri., Mar. 28 | 11:00 AM | \$8

145 | Thu., Apr. 10 | 11:00 AM | \$8

125 | Emojis, Memes and Gifs Galore

In this workshop we will create avatars to add flair to messaging, discuss what memes are, and how to use them.

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

151 | Tue., Apr. 22 | 11:00 AM | \$8

QR Codes Workshop

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

129 | Fri., Mar. 7 | 11:00 AM | \$8

153 | Mon., Apr. 28 | 11:00 AM | \$8

Tech Talk: iPhone Fundamentals I

The first in a four part series, this hands on workshop will guide you as you learn the basics of your iPhone.

131 | Tue., Mar. 11 | 11:00 AM | \$8

148 | Tue., Apr. 15 | 11:00 AM | \$8

Tech Talk: iPhone Fundamentals II

The second in a four part series, this hands-on workshop will guide you as you learn beyond the basics of your iPhone.

132 | Thu., Mar. 13 | 11:00 AM | \$8

149 | Thu., Apr. 17 | 11:00 AM | \$8

Technology for Travelers

Learn how to use various gadgets to make traveling easier.

133 | Tue., Mar. 18 | 11:00 AM | \$8

154 | Tue., Apr. 29 | 11:00 AM | \$8

The Practicality of AI

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

128 | Thu., Mar. 6 | 11:00 AM | \$8

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

UBER/Lyft App Workshop

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

135 | Fri., Mar. 21 | 11:00 AM | \$8

143 | Mon., Apr. 7 | 11:00 AM | \$8

Web Cookies Workshop

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

137 | Tue., Mar. 25 | 11:00 AM | \$8

146 | Fri., Apr. 11 | 11:00 AM | \$8

YouTube Workshop

Basics of YouTube, the second most visited search engine.

130 | Mon., Mar. 10 | 11:00 AM | \$8

140 | Tue., Apr. 1 | 11:00 AM | \$8

Zoom: Keeping Connection Through Distance

Learn to connect with loved ones, attend virtual events, and stay connected to the world from the comfort of your own home.

134 | Thu., Mar. 20 | 11:00 AM | \$8

144 | Tue., Apr. 8 | 11:00 AM | \$8



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.

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

1174 | Sat., Apr. 5 - 26 | 9:00 AM | 4 Sess. | \$40

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.

1177 | Thu., Mar. 6 - 27 | 1:00 PM | 4 Sess. | \$40

1178 | Thu., Apr. 3 - 24 | 1:00 PM | 4 Sess. | \$40

1184 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Mar. 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.

TAKE NOTE!

SPECIAL EVENT VOLUNTEERS!

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



HISTORY & HUMANITIES

1449 | Enlightenment and Rococo: Art, Architecture, Ideas

Gwenyth Mapes, Professor of Humanities

Fri., Mar. 7 | 10:00 AM | \$15

The Renaissance and Enlightenment sparked scientific, artistic, and political shifts. We'll explore how these shifts influenced government, culture, and global trade expansion.

1440 | Fascism, Yesterday and Today

Nick Warmuth, PhD, Historian and Researcher at University of San Diego

Thu., Mar. 27 | 1:00 PM | \$15

Explore the history, philosophy, and impact of fascism, examine its evolution, societal influence, and contemporary relevance in political discourse and modern contexts.

1452 | John Muir: California's First Conservationist

Fred Bercovitch, Ph.D. Biological Anthropology

Thu., Mar. 27 | 10:00 AM | \$15

In this class, we'll discover John Muir's adventurous life, his founding of the Sierra Club, and his legacy in this exciting, nature-filled journey.

1426 | Marriage Practices of Ancient Warrior People Lola Sparrowhawk, Int'l Award-Winning Author/Historian

Tue., Mar. 18 | 1:00 PM | \$15

Explore ancient warrior societies through DNA analysis, uncovering family trees, marriage practices, and hidden treasures from their tombs and graves.

1499 | Rosie the Riveter - The Home Front

Rick Deutsch, BS Aerospace Engineering, MS, MBA,

Former Captain US Air Force, Space Command

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

Learn about the vital roles of women and minorities on the WWII home front honored at the Rosie the Riveter National Historical Park in Richmond, CA.



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1500 | Route 66 - The Mother Road

Rick Deutsch, BS Aerospace Engineering, MS, MBA,
Former Captain US Air Force, Space Command
Wed., Apr. 16 | 1:00 PM | \$15

Learn about the rise and fall of Route 66, America's iconic highway, revived for nostalgia and fun in popular culture.

1427 | Scarlet Cloth Discovery Supports Exodus Timeline

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

Come learn about the discovery of a scarlet textile from the Cave of Skulls, linking ancient Sumerian dyeing techniques to Israel's Exodus.

1529 | The History of Medicine

Dr. David Peck, Physician, Author, NEA Sponsored
Speaker (2003-06)
Fri., Mar. 21 | 10:00 AM | \$15

Explore the history of medicine, from ancient theories to modern breakthroughs and learn about the key physicians who shaped today's healthcare.

1439 | The Holocaust

Nick Warmuth, PhD, Historian and Researcher at
University of San Diego
Thu., Mar. 13 | 1:00 PM | \$15

Explore the origins, evolution, and legacy of the Holocaust, including the Nazi regime's systematic extermination of six million Jews from 1933-1945.

LANGUAGES

1208 | Conversational Spanish

Danisa Mardones, BA
Tue., Mar. 11 - Apr. 22 | 1:30 PM | 7 Sess. | \$119

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

TAKE NOTE!

SHARE THE GIFT OF LEARNING!

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



LITERATURE

1220 | Aspiring and Intermediate Poetry Workshop

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

Fri., Mar. 7 - Apr. 25 | 10:30 AM | 8 Sess. | FREE

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

1564 | Don't Call Me a Comic Book!

Discover the Graphic Novel Format

Emily Nye, Ph.D.

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

Come dive into the world of graphic novels—explore their history, characters, and themes, and discover a top 10 list of must-reads.

1565 | Fiction for Travelers: Read the Book, Visit the Place

Emily Nye, Ph.D.

Wed., Apr. 23 | 10:00 AM | \$15

Escape through books. Explore five novels set in destinations everyone dreams of visiting, combining travel and literature for an unforgettable adventure.

PERSONAL ENRICHMENT

1243 | Grief Support Group

Rolandas Kausas, Chaplain

Wed., Mar. 5 - Apr. 16 | 10:30 AM | 4 Sess. | FREE

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

TAKE NOTE!

DO YOU ENJOY ZOOM?

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



THEATRE & MUSIC

1275 | American Folk Music: From the Colonies to the Beatnik Coffee House

Chris Burns, Many-Strings
Fri., Apr. 25 | 3:00 PM | \$15

Experience 400 years of American folk music, from colonial songs to today, featuring icons like Sam Hinton, Lead Belly, and Phil Ochs.

1274 | Celebrating the Evolution and Diversity of Brass Instruments

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

Discover the evolution of brass instruments from the Bronze Age to orchestral music, exploring how trumpets, tubas, and horns shape musical warmth.

1272 | Celtic Folk Traditions: Scotland, Brittany and More

Chris Burns, Many-Strings
Fri., Mar. 14 | 3:00 PM | \$15

Experience the enchanting sounds of Celtic music, blending tradition and innovation with harps, fiddles, and Gaelic voices that will delight and warm your heart!

1273 | Wagner: A Romantic Era Giant! Complicated and Amazing!

Chris Burns, Many-Strings
Fri., Mar. 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.

TAKE NOTE!

DO YOU YOUTUBE?

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



Chris Burns: History Through Music

Chris Burns, M.A., has taught “history through music” for over 40 years, originally focusing on world history through the lens of classical music and United States history through folk music. He served as a Music Demonstration Teacher, Mentor Teacher for Music, and Music Teacher for Advanced Learner Programs. He has also taught at UCSD, SDSU, and the San Diego History Center.

“History through Music” Experiences:

- Live Music Shows that feature Celtic and Irish ballads, American Roots music, songs from the Folk Renaissance
- American and California history. Show titles include: “A Treasure Chest of Songs: Songs from the High Seas,” “Scottish and Irish Songs for the Pub,” and “Life on the Tracks: Train Songs.”

Music Appreciation Classes:

Chris Burns' San Diego Oasis classes explore the richness of Renaissance, Classical, and Modern music, along with the evolution of Jazz, Blues, Bluegrass, and Folk. These engaging one-hour sessions blend history and artistry, offering a deeper appreciation for diverse composers and musical traditions.

**Register for Chris' online music
experience classes at SanDiegoOasis.org or
call (858.240.2880)**

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

TICKETS ON SALE NOW!

BLIND BOYS OF ALABAMA



with special guest Shemekia Copeland

Blind Boys of Alabama

featuring Shemekia Copeland

February 23 • 4pm



Pete The Cat
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San Diego
Oasis
MUSIC SERIES



Enjoy live performances by talented musicians with the **San Diego Oasis Music Series** where great music and community come together!



Ratpack Reborn

Class #1536 | Fri, Mar., 21 | 2:00 PM
La Mesa | \$30 per person



Danny Green, Pianist & Composer

An Afternoon of Jazz & Bossa Nova
Class #1540 | Thu., Apr. 10 | 1:00 PM
La Mesa | \$30 per person



Chris Burns, Many-Strings

Celtic Songs for Saint Patrick's Day
Class #1566 | Thu., Apr. 10 | 1:00 PM
La Mesa | \$20 per person



Peter Bolland

The Songs of Neil Young
Class #1319 | Wed., Apr. 23 | 10:00 AM
La Mesa | \$20

San Diego
HARMONICS

San Diego Harmonics Chorale

Class #2549 | Fri., Apr. 11 | 3:00 PM
Rancho Bernardo | \$30 per person





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.

2475 | Abstract Painting in Acrylic with Preet Works

Preet Works, Teaching Artist
Mon., Mar. 10 & 17 | 1:00 PM | 2 Sess. | \$40

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

Art Journaling for Mental Wellness

Marie Capizzi, MS, APCC

Visual journaling in art therapy utilizes drawings, photos, and collage to capture emotions, accessible to all, with monthly themes exploring wellness.

2329 | Fri., Mar. 14 | 10:00 AM | \$20

2330 | Fri., Apr. 18 | 10:00 AM | \$20

2314 | Art of Pastel

Christine Bowman, Award Winning Plein Air Pastel Artist
Tue., Mar. 4 | 12:30 PM | \$30

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

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.

2200 | Fri., Mar. 14 | 1:00 PM | \$20

2201 | Fri., Apr. 11 | 1:00 PM | \$20

2469 | Beginning Crochet

Ruth Anne Mack, Experienced Instructor, Crochet Enthusiast

Mon., Mar. 31 - Apr. 21 | 1:00 PM | 4 Sess. | \$80

Learn basic crochet stitches and what you need to get started.

2136 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design
Mon., Mar. 10 & 17 | 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.

Create Greeting Cards

Trina Pascale, Instructor & Card Designer
Each workshop uses different folding methods and materials to create beautiful, custom cards.

2211 | Wed., Mar. 5 | 1:00 PM | \$20

2212 | Wed., Apr. 2 | 1:00 PM | \$20

Creating Art with AI

Joe Nalven, PhD Cultural Anthropology, J.D., and Digital Artis

Learn to create unique digital art using Google Gemini in this beginner-friendly class. Bring your fully charged laptop.

2418 | Tue., Mar. 11 | 1:00 PM | \$20

2435 | Tue., Apr. 8 | 1:00 PM | \$20

Art Supply Donation

Thanks to the generosity of an anonymous donor, our La Mesa and Rancho Bernardo locations will be stocked with brushes, pencils, paper and other art materials. 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

 **2148 | Digital Photography:**
Available to Artificial Portraiture Lighting

Suda House, Professor of Art and Photography,
Grossmont College
Wed., Apr. 16 | 1:00 PM | \$20

Explore how to best capture the essence of your subject by solving outdoor lighting challenges and taking control with simple indoor lighting techniques.

 **2147 | Digital Photography: Landscape to Nature Strategies**

Suda House, Professor of Art and Photography,
Grossmont College
Fri., Mar. 28 | 1:00 PM | \$20

Escape into nature's beauty and challenge your perspective by capturing meaningful images from fresh viewpoints to truly connect with the landscape.

 **2526 | Drawing [the Other] Half: A Portrait Fleshed Out**

Ann Dunham, MS Design
Wed., Apr. 2 & 9 | 10:00 AM | 2 Sess. | \$40

Explore the proportions, symmetry, and placement of facial features working with a portrait photograph. This class is suitable for beginners with no prior experience.

 **2259 | First Adventures in Watercolor I: Beach and Sunsets**

Fang Luo, Artist, and Fashion Designer
Thu., Mar. 13 - Apr. 3 | 10:00 AM | 3 Sess. | \$60

For students with no watercolor painting experience as well as students who want to brush up on foundational techniques.

 **2258 | First Adventures in Watercolor II: Flowers**


Fang Luo, Artist, and Fashion Designer
Thu., Apr. 10 - 24 | 10:00 AM | 3 Sess. | \$60


Build on your watercolor skills and learn to paint beautiful flower portraits with new techniques in color, brushstrokes, and composition.

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.

 **2204 | Tue., Mar. 25 | 10:00 AM | \$70**
Coral Bowl

 **2205 | Tue., Apr. 15 | 1:00 PM | \$70**
Flowers

 **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.

2272 | Thu., Mar. 27 | 10:00 AM | 1 Sess. | \$5

2273 | Thu., Apr. 10 & 24 | 10:00 AM | 2 Sess. | \$10

2135 | Illustration: Drawing California Native Plants

Ann Dunham, MS Design
Mon., Mar. 31 & Apr. 7 | 10:00 AM | 2 Sess. | \$40

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

 **2472 | Introduction to Rigid Heddle Loom Weaving**

San Diego Creative Weaver's Guild
Tue. & Wed., Apr. 22 & 23 | 10:00 AM
2 Sess. | \$150

Learn how to warp a rigid heddle loom and weave a simple project! Equipment and materials provided in this 12-hour (total), two-day class.

 **2546 | Knitting 1 & 2**

Janet Pollack, Experienced Handcrafter, Knitting,
Crochet, and Needlework Enthusiast
Fri., Mar. 14 - Apr. 4 | 10:00 AM | 4 Sess. | \$80

Mixed skill-level class. The first half of each session will focus on beginners, the second half on knitters with some experience.

2480 | Make an 'Accordion Book' with Lee Yater

Lee Yater, M.F.A, Artist, Designer and College
Fri., Mar. 7 | 10:00 AM | \$20

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

 **2264 | Paint and Sip Party**

Nancy Isbell, BA, Former Owner/Founder of Bravo
School of Art, Mural Artist & Instructor
Thu., Mar. 6 | 12:00 PM | \$35

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

Paper Quilling

Trina Pascale, Instructor & Card Designer

Unleash your creativity with quilling—roll, shape, and glue paper into stunning designs with step-by-step guidance. All materials provided.

2207 | Wed., Mar. 12 | 1:00 PM | \$20

2208 | Wed., Apr. 9 | 1:00 PM | \$20

2527 | Plein Air Sketching

Ann Dunham, MS Design

Thu., Apr. 17 & 24 | 1:00 PM | 2 Sess. | \$40

Plein air sketching involves creating art outdoors, directly from nature. We will draw plants and the landscape on the Oasis Rancho Bernardo patio.

2295 | Portfolio with Notebook

Becky Barber, Longtime Scrapbook Hobbyist

Tue., Mar. 11 | 10:00 AM | \$25

Create a beautifully decorated 8" x 5" portfolio with matching notebook and a pen to organize your thoughts or your life.

2319 | Rock Painting: Garden Markers and Floral Designs

Kelly Creeden, BA. MS Mentor Teacher

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

Design and paint beautiful garden markers for your flower garden, herbs, or memorials. Bring an unpainted smooth rock, other supplies are provided.

2318 | Rock Painting: Nature Designs

Kelly Creeden, BA. MS Mentor Teacher

Wed., Mar. 12 | 10:00 AM | \$25

Design and paint a beautiful nature motif on your stone. Leaves and flowers, stencils and freestyle will be shared.

2481 | Shibori: Japanese Tie-Dyeing

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

Fri., Mar. 7 | 1:00 PM | \$25

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

2263 | Simple Perspective and Drawing Faces

Nancy Isbell, BA, Former Owner/Founder of Bravo

School of Art, Mural Artist & Instructor

Tue. & Thu., Mar. 25 & 27 | 1:00 PM | 2 Sess. | \$40

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

2321 | Soulmate Elephants in Mithila Painting Style

Shilpi Prasad, BA, Member at Spanish Art Village

Center (Gallery 18) Mithila Painting Artist, Art

instructor at SVAC, Graphic Designer

Wed. & Fri., Mar. 26 & 28 | 10:00 AM | 2 Sess. | \$40

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

2140 | The Drawing Space

Ann Dunham, MS Design

Wed., Apr. 30 | 10:00 AM | \$20

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

2482 | The Healing Benefits of Color

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

Tue., Apr. 29 | 10:00 AM | \$20

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

2313 | Travel Sketch Book

Christine Bowman, Award Winning Plein Air Pastel Artist

Tue., Mar. 4 | 10:00 AM | \$20

In this class, you'll learn to create a travel sketchbook in this step-by-step class, mastering the art of simplifying scenes with watercolor and ink.

2483 | Twist and Dye: Silk Scarf Dyeing

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

Tue., Apr. 29 | 1:00 PM | \$25

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

2528 | Watercolor Painting on Paper Fan

Fang Luo, Artist, and Fashion Designer

Thu., Apr. 3 & 10 | 1:00 PM | 2 Sess. | \$40

Create elegant designs on traditional fans. All skill levels are welcome.



Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

2551 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA
Mon., Mar 17 | 1:00 PM | \$5

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

2553 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Tue., Apr. 15 | 1:00 PM | \$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.

2550 | Mon., Mar. 17 | 11:00 AM | \$5

2552 | Tues., Apr 15 | 11:00 AM | \$5

2554 | Thrivent One-on-One

Anthony Camara, CFP®, MBA
Fri., Apr. 18 | 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

TAKE NOTE!

DO YOU YOUTUBE?

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



2360 | How to Navigate the Probate System in 10 Easy Steps

K. Brooke Jensen, Attorney at Law
Wed., Mar. 19 | 10:00 AM | \$10

Navigate the probate process and San Diego court system with experienced attorney K. Brooke Jensen, specializing in estate planning, probate, and trust settlement.

2496 | Learn to Protect Yourself, Family and Friends from Elder Fraud

FBI Supervisory Special Agent
Fri., Mar. 7 | 10:00 AM | FREE

Learn to recognize scams, access resources, and understand law enforcement's efforts to combat fraud.

2261 | Long-Term Care Insurance: How to Use It

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

A comprehensive workshop on understanding and utilizing your long-term care insurance policy. Detailed handouts will be provided.

2306 | Reverse Mortgages Explained

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

Discover how a reverse mortgage can unlock your home equity, improve your quality of life, and give you financial peace of mind.



2460 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE
Thu., Mar. 6 | 10:00 AM | FREE

Attend this informational workshop and learn about electric pricing plan options, tools, tips, and programs to help you manage your energy and save money.

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.

2309 | Sat., Mar. 22 | 10:00 AM | FREE

2310 | Sat., Apr. 26 | 10:00 AM | FREE

 **2305 | The Most Important Things to Repair Before Selling a House**

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Thu., Apr. 17 | 10:00 AM | \$10

Learn essential tips and overlooked tasks to prep your home for sale, ensuring that it's show-ready with key repairs and improvements that attract prospective buyers.

2523 | Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC®, CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Tue., Apr. 1 | 10:00 AM | \$15

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

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

2333 | Tue., Mar. 4 - 25 | 2:30 PM | 4 Sess. | \$40

2334 | Tue., Apr. 1 - 29 | 2:30 PM | 5 Sess. | \$50

Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

Mix aerobic moves, stretching, and light weights for stronger muscles, better balance, and improved posture

2009 | Tue., Mar. 4 - 25 | 10:45 AM | 4 Sess. | \$40


2011 | Tue., Apr. 1 - 29 | 10:45 AM | 5 Sess. | \$50


2010 | Thu., Mar. 6 - 27 | 10:45 AM | 4 Sess. | \$40

2012 | Thu., Apr. 3 - May 1 | 10:45 AM | 5 Sess. | \$50

2023 | Fri., Mar. 7 - 28 | 2:00 PM | 4 Sess. | \$40

2024 | Fri., Apr. 4 - May 2 | 2:00 PM | 4 Sess. | \$40

 **2563** | Sat., Mar. 8 - 29 | 10:45 AM | 4 Sess. | \$40

 **2564** | Sat., Apr. 5 - May 3 | 10:45 AM | 5 Sess. | \$50


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.

2015 | Mon., Mar. 3 - 24 | 8:30 AM | 4 Sess. | \$40

2016 | Mon., Mar. 31 - Apr. 28 | 8:30 AM | 5 Sess. | \$50

 **2561** | Sat., Mar. 8 - 29 | 9:30 AM | 4 Sess. | \$40

 **2562** | Sat., Apr. 5 - May 3 | 9:30 AM | 5 Sess. | \$50

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.

2019 | Thu., Mar. 6 - 27 | 8:30 AM | 4 Sess. | \$40

2020 | Thu., Apr. 3 - May 1 | 8:30 AM | 5 Sess. | \$50

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.

2369 | Wed., Mar. 5 - 26 | 8:30 AM | 4 Sess. | \$40

2370 | Wed., Apr. 2 - 30 | 8:30 AM | 5 Sess. | \$50

2080 | Fri., Mar. 7 - 28 | 9:30 AM | 4 Sess. | \$40

2082 | Fri., Apr. 4 - May 2 | 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.

2027 | Tue., Mar. 4 - 25 | 1:15 PM | 4 Sess. | \$40

2028 | Tue., Apr. 1 - 29 | 1:15 PM | 5 Sess. | \$50

2031 | Wed., Mar. 5 - 26 | 12:00 PM | 4 Sess. | \$40

2032 | Wed., Apr. 2 - 30 | 12:00 PM | 5 Sess. | \$50

 **2533 | Bolly Fit: Bollywood Fitness**

Aarti Narang, PhD Immunology,
Licensed Yoga/Pilates Instructor

Get your heart pumping and your smile shining in this fun, Bollywood fitness class with dance, cardio, and upbeat rhythms.

2533 | Thu., Mar. 6 & 20, Apr. 17 & May 1
12:00 PM | 4 Sess. | \$40

2534 | Sat., Mar. 8 & 15
12:00 PM | 2 Sess. | \$20 | 4 Sess. | \$40

2535 | Sat., Apr. 19, 26 & May 3
12:00 PM | 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.



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.

- 2041** | Mon., Mar. 3 - 24 | 12:00 PM | 4 Sess. | \$40
- 2042** | Mon., Mar. 3 - 24 | 1:00 PM | 4 Sess. | \$40
- 2044** | Mon., Mar. 31 - Apr. 28 | 12:00 PM | 5 Sess. | \$50
- 2045** | Mon., Mar. 31 - Apr. 28 | 1:00 PM | 5 Sess. | \$50
- 2043** | Fri., Mar. 7 - 28 | 12:00 PM | 4 Sess. | \$40
- 2046** | Fri., Apr. 4 - May 2 | 12:00 PM | 4 Sess. | \$40

Dance Fit

Andra Valencia, Fitness and Dance Instructor

Full body aerobics class using dance and fitness moves including weights, adaptable for any fitness level.

- 2049** | Fri., Mar. 7 - 28 | 1:00 PM | 4 Sess. | \$40
- 2050** | Fri., Apr. 4 - May 2 | 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.

- 2055** | Tue., Mar. 4 - 25 | 9:30 AM | 4 Sess. | \$40
- 2057** | Tue., Apr. 1 - 29 | 9:30 AM | 5 Sess. | \$50
- 2056** | Wed., Mar. 5 - 26 | 1:15 PM | 4 Sess. | \$40
- 2058** | Wed., Apr. 2 - 30 | 1:15 PM | 5 Sess. | \$50

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.

- 2065** | Thu., Mar. 6 - 27 | 1:15 PM | 4 Sess. | \$40
- 2066** | Thu., Apr. 3 - May 1 | 1:15 PM | 5 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.

- 2069** | Tue., Mar. 4 - 25 | 8:30 AM | 4 Sess. | \$40
- 2070** | Tue., Apr. 1 - 29 | 8:30 AM | 5 Sess. | \$50

Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

Join the fun of beginner line dancing—no partner or experience are needed. Improve balance, memory, and strength while dancing to great music.

- 2073** | Thu., Mar. 6 - 27 | 2:30 PM | 4 Sess. | \$40
- 2074** | Thu., Apr. 3 - May 1 | 2:30 PM | 5 Sess. | \$50

Pickleball 101 (Beginner)

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist

Discover the nation's fastest-growing sport, pickleball, in a dynamic class covering basic strokes, strategy, rules, and scoring. Class is held at Pickleball Training Centers in Poway.

- 2464** | Tue., Mar. 4 - 25 | 9:00 AM | 4 Sess. | \$100
- 2466** | Tue., Apr. 1 - 29 | 9:00 AM | 4 Sess. | \$100

Pickleball 102 (Advanced Beginner)

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist

This class is geared toward players who have some pickleball experience and want to take their game to the next level. Class is held at Pickleball Training Centers in Poway.

- 2465** | Tue., Mar. 4 - 25 | 10:30 AM | 4 Sess. | \$100
- 2467** | Tue., Apr. 1 - 29 | 10:30 AM | 4 Sess. | \$100

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

- 2089** | Wed., Mar. 5 - 26 | 2:30 PM | 4 Sess. | \$40
- 2090** | Wed., Apr. 2 - 30 | 2:30 PM | 5 Sess. | \$50

Senior Fitness

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.

- 2097** | Mon., Mar. 3 - 24 | 2:00 PM | 4 Sess. | \$40
- 2098** | Mon., Mar. 31 - Apr. 28 | 2:00 PM | 5 Sess. | \$50
Donna Bird, ACE Certified Instructor,
Silver Sneakers Certified
- 2432** | Thu., Mar. 13 & 27, Apr. 10 & 24
12:00 PM | 4 Sess. | \$40
Curt Gonzales, Certified Fitness Instructor

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.

2101 | Wed., Mar. 5 - 26 | 10:45 AM | 4 Sess. | \$40

2102 | Wed., Apr. 2 - 30 | 10:45 AM | 5 Sess. | \$50

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

2105 | Wed., Mar. 5 - 26 | 9:30 AM | 4 Sess. | \$40

2106 | Wed., Apr. 2 - 30 | 9:30 AM | 5 Sess. | \$50

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.

2111 | Mon., Mar. 3 - 24 | 9:30 AM | 4 Sess. | \$40

2113 | Mon., Mar. 31 - Apr. 28 | 9:30 AM | 5 Sess. | \$50

2112 | Thu., Mar. 6 - 27 | 9:30 AM | 4 Sess. | \$40

2114 | Thu., Apr. 3 - May 1 | 9:30 AM | 5 Sess. | \$50

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2117 | Mon., Mar. 3 - 24 | 3:15 PM | 4 Sess. | \$40

2118 | Mon., Mar. 31 - Apr. 28 | 3:15 PM | 5 Sess. | \$50

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.

2121 | Fri., Mar. 7 - 28 | 10:45 AM | 4 Sess. | \$40

2122 | Fri., Apr. 4 - May 2 | 10:45 AM | 4 Sess. | \$40

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

Flow through yoga with breath and movement to boost flexibility, balance, and relaxation—perfect for both beginners and seasoned yogis.

2125 | Mon., Mar. 3 - 24 | 10:45 AM | 4 Sess. | \$40

2126 | Mon., Mar. 31 - Apr. 28 | 10:45 AM | 5 Sess. | \$50

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.

2129 | Tue., Mar. 4 - 25 | 12:00 PM | 4 Sess. | \$40

2130 | Tue., Apr. 1 - 29 | 12:00 PM | 5 Sess. | \$50

HEALTH



2491 | Alzheimer's San Diego: Dementia 101

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

Learn information about risk factors, common symptoms, and resources for help.

2303 | Alzheimer's San Diego: Safety at Home

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

Learn safety tips to reduce risks like wandering and falls, ensuring loved ones with dementia stay safe and well at home.

2502 | Advance Directives

Bill Simmons, Attorney
Thu., Mar. 13 | 10:00 AM | \$10

Join retired attorney Bill Simmons to learn how to create advance directives and ensure your healthcare wishes are legally followed.

2503 | California End of Life Option Act

Bill Simmons, Attorney
Thu., Mar. 20 | 10:00 AM | \$10

California permits medical aid in dying. Bill Simmons explores the End-of-Life Option Act, qualifications, and alternatives like Voluntarily Stopping Eating and Drinking (VSED).

2504 | Understanding Dementia and What You Might Do About It

Bill Simmons, Attorney
Thu., Mar. 27 | 10:00 AM | \$10

Explore dementia and plan for it, just in case.

2361 | Aging in the Home You Love

Jacqueline A. Silverman, CSA®, CAPS
Wed., Mar. 26 | 10:00 AM | FREE

Discover practical tips for aging comfortably at home with advice on wellness, home modifications, and local resources.

2340 | All About Salt

Philip J. Goscienski, M.D.
Wed., Apr. 2 | 1:00 PM | \$15

Discover the fascinating, colorful history of salt—its role in politics, art, and more. It has shaped heroes, villains, and civilizations.

Beyond Post-Menopause

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

This class covers post-menopausal women's health, focusing on heart, brain, bone, and gut health, with strategies for weight management, stress reduction, and hormonal balance.

2540 | Tue., Mar. 11 | 10:00 AM | \$15

2541 | Fri., Apr. 11 | 10:00 AM | \$15

2478 | Live Your Best Life with Information Medicine: You Have What It Takes

Nisha Manek, MD, Rheumatologist, Author, "Bridging Science and Spirit"
Fri., Apr. 4 | 1:00 PM | \$15

In this class, we'll explore the Physical, Parasympathetic Nervous System, and Spiritual Power elements and how they impact your health.

2343 | Living Sustainably at Home

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Fri., Apr. 4 | 10:00 AM | \$15

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

2339 | Serendipities that Affect Your Life and Your Health

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

Discover how scientific breakthroughs, from the Big Bang to Viagra, often come from unexpected places, driven by goals unrelated to the discoveries themselves.

2494 | The Healing Power Within: Your Body's Energies for Drug-Free Wellness

Nisha Manek, MD, Rheumatologist, Author, "Bridging Science and Spirit"
Fri., Mar. 7 | 1:00 PM | \$15

Reclaim your health and freedom with Dr. Nisha Manek's natural, science-backed techniques—because better health means a better life today.

2341 | The Power of Plant Based Nutrition

Charlene Correia, Cert. Plant-Based Lifestyle Health Coach
Wed., Mar. 5 | 1:00 PM | \$15

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



2495 | Understanding Food Allergies and Food Intolerances

Michael Lopez, MD affiliated with Sharp Rees-Stealy
Tue., Mar. 18 | 1:00 PM | FREE

In this informative session, we'll learn the key differences between food allergies and intolerances, plus strategies for managing both.



United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2458 | Sat., Mar. 22 | 10:00 AM | FREE

2459 | Sat., Apr. 26 | 10:00 AM | FREE

2290 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Tue., Apr. 8 | 3:00 PM | FREE

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

HISTORY & HUMANITIES

2477 | An Introduction to the National Parks:

Iconic National Parks

Costa Dillon, M.P.A., National Park Ranger/Supt. and Screenwriter (Attack of the Killer Tomatoes)

Tue., Mar. 4 | 1:00 PM | \$15

Enjoy a tour of the iconic natural parks such as Yellowstone, Grand Canyon, and Zion.

2479 | An Introduction to the National Parks:

Lesser-Known Natural Parks

Costa Dillon, M.P.A., National Park Ranger/Supt. and Screenwriter (Attack of the Killer Tomatoes)

Tue., Mar. 11 | 1:00 PM | \$15

We'll look at some of the lesser-known natural National Parks.

2355 | Archaeological Explorations of the Ancient Kumeyaay Village at Rancho Bernardo

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

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

Let's go back more than two thousand years and explore Native American life in Rancho Bernardo at the village of Ahta.

2613 | Are There 1 or 2 Creation Stories in the Bible?

Examining Genesis 1-3

John R. Spencer, Ph.D. - Emeritus Professor of Biblical Studies in the Department of Theology and Religious Studies at John Carroll University

Thu., Mar. 6 | 10:00 AM | \$15

Dr. John R. Spencer will guide the class to find an answer to the question of two creation stories in Genesis 1-3.

2471 | Black Americans on the Road to Sainthood

Oliva M. Espín, PhD

Mon., Mar. 24 | 10:00 AM | \$15

Explore the stories of six Black Americans being considered for sainthood, highlighting their lives and impact on social issues throughout history.

2255 | Booth and Lincoln: The Simple Truth

Mark Carlson, Historian & Author

Wed., Apr. 16 | 1:00 PM | \$15

Uncover the truth behind Lincoln's assassination with Mark Carlson, as he explores Booth's motives using archival photos and maps.

2354 | Death Was a Hitchhiker: El Cajón's Mass Murder

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

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

The chilling true crime story of Carl Eder, a teenage killer, his brutal crime, and the shocking aftermath in El Cajón.

2410 | Eleanor Roosevelt – “First Lady of the World”

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

Mon., Mar. 31 | 10:00 AM | \$15

Eleanor Roosevelt was known as the “First Lady of the World.” We'll explore her life and legacy.

2226 | How Propaganda Works

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

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

We'll explore how propaganda has evolved from Roman times to today's media-driven world, affecting democracy and personal freedoms.

2298 | John Muir: California's First Conservationist

Fred Bercovitch, Ph.D. Biological Anthropology

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

Discover John Muir's founding of the Sierra Club, and his legacy in this exciting, nature-filled journey.

2350 | Lost Towns of San Diego County

Vincent Rossi, Historian & Author,

Story Seekers Co-Owner

Fri., Mar. 28 | 10:00 AM | \$15

Vincent Rossi explores the history of lost towns like Bernardo, Merton, Stowe, and Bostonia, sharing photos, maps, and stories of their past lives.



2452 | My Native Land is Memory: Stories of a Cuban Childhood

Oliva M. Espín, PhD

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

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

2254 | Palomar: Bridge to the Stars

Mark Carlson, Historian & Author

Wed., Mar. 5 | 1:00 PM | \$15

The 200-inch Hale Telescope on Palomar Mountain took 20 years and 6 million dollars to build. The universe hasn't been the same since.

2351 | Ranchos in San Diego History

Vincent Rossi, Historian & Author,

Story Seekers Co-Owner

Fri., Apr. 11 | 10:00 AM | \$15

Historian Vincent Rossi looks at the rancho era in San Diego County, when cattle hides were dollars and rodeos were the original stock transactions.

Supreme Court and The Constitution: Let's Discuss

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

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

2231 | Mon., Mar. 3 | 1:00 PM | \$15

2232 | Mon., Apr. 7 | 1:00 PM | \$15

2234 | Supreme Court Decisions You Should Know

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

Mon., Apr. 21 | 1:00 PM | \$15

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

2237 | Taoism: Taoist Energy (Jing, Qi, Shen)

Kathy Hassett, MS, Ordained Buddhist Priest

Mon., Mar. 10 | 1:00 PM | \$15

Explore Taoist concepts: Three Dan Tiens, Three Bodies, Taoist divinities, and rituals. There will be an optional period of Qi Gong or meditation practice.

2238 | Taoism: The International Impact of Taoism

Kathy Hassett, MS, Ordained Buddhist Priest

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

Learn about the impact of Taoist practices on traditional Chinese medicine, chakras, martial arts, acupuncture, and acupressure, feng shui and divination.

2470 | The Celtic Civilization

Henry George, Engineer, Archaeologist and Geologist

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

Who were they? Explore the origin, culture, history, languages, and beliefs of the Celts, highlighting their legacy and modern descendants including those in America.

2227 | The Dying God, the Trickster, and Sacrifice

Peter Bolland, MA, Professor of Philosophy and

Humanities at Southwestern College

Fri., Apr. 11 | 1:00 PM | \$16

Join us as we explore the interplay between three prominent and powerful concepts in religion and mythology - the dying god, the trickster, and sacrifice.

2300 | The History of Medicine

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)

Tue., Mar. 11 | 10:00 AM | \$15

Explore the history of medicine, from ancient theories to modern breakthroughs, and learn about the key physicians who shaped today's healthcare.

2004 | The Rise and Fall of Rome: Decline and Transformation

Thomas Malone, BA

Thu., Mar. 6 | 1:00 PM | \$15

Dive into the Crisis of the Third Century, analyzing invasions, civil strife, and economic turmoil that led to Rome's transformation into the Byzantine Empire.

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

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Grossmont Wellness Center
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Lifelong Learning Center
Mission Hills
Hillcrest/Knox Library
Online Only

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

 **2283 | The Settlement of Europe**

Henry George, Engineer, Archaeologist and Geologist
Tue., Mar. 18 | 10:00 AM | \$15

This lecture explores the European origins of U.S. culture, detailing the four early settlements—Paleolithic, Neolithic, Finno-Ugric, and Indo-European—and their modern cultural evolution.

 **2228 | The Wisdom of Kabbalah**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Fri., May 2 | 1:00 PM | \$16

Explore Jewish mysticism through Kabbalah, offering a direct divine experience, ethical living, spiritual depth, and a commitment to seeing God in all things.

 **2225 | What is Christian Nationalism?**

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Fri., Mar. 14 | 1:00 PM | \$16

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

**2474 | Why Remember? Why Forget?
Shifting Our Perspectives on the Accumulation of Memories**

Oliva M. Espín, Ph.D.
Mon., Apr. 21 | 10:00 AM | \$15

Memory affects learning, decisions, and life. Get new perspectives on the accumulation of memories that are part of all mature lives.

LANGUAGE

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

 **2176 | Beginning American Sign Language**

Sue Taetzsch, BA in Therapeutic Recreation and MA in Rehab Counseling for the Deaf
Mon., Mar. 10 - Apr. 21 | 1:15 PM | 7 Sess. | \$119

Learn basic signs including fingerspelling alphabets, reading fingerspelling, learning signs for various categories (food, sports etc.) and much more.

 **2178 | Beginning American Sign Language, Continued**

Sue Taetzsch, BA in Therapeutic Recreation and MA in Rehab Counseling for the Deaf
Mon., Mar. 10 - Apr. 21 | 10:00 AM | 7 Sess. | \$119

Students will continue to enhance their ASL skills by practicing basic questions, manual alphabets, sentence structure, and facial grammar with their peers.

 **2180 | Beginning French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Mar. 12 - Apr. 23 | 10:00 AM | 7 Sess. | \$119

Our focus will be on learning practical words, phrases, and general information.

 **2196 | Beginning French 2**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Mar. 12 - Apr. 23 | 11:30 AM | 7 Sess. | \$119

This class is a continuation of Beginning French. We will continue to develop speaking skills with an emphasis on correct pronunciation.

 **2182 | Intermediate French**

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., Mar. 12 - Apr. 23 | 1:00 PM | 7 Sess. | \$119

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

 **2536 | Beginning German I**

Christine Nievergelt, M. Ed.
Fri., Mar. 14 - Apr. 18 | 11:30 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.

  **2194 | Beginning German 2**

Christine Nievergelt, M. Ed.
Fri., Mar. 14 - Apr. 18 | 10:00 AM | 6 Sess. | \$102

A continuation of the Beginning German 1 class, focusing on grammar and building vocabulary while practicing our conversational skills to develop fluency and comprehension.

  **2484 | Basic Italian for Travelers**

Thomas Malone, BA
Fri., Mar. 14 - Apr. 18 | 1:00 PM | 6 Sess. | \$102

Learn the basics of the Italian language, practical dialogues for greetings, ordering food, asking for directions, and more.

2186 | Beginning Italian 2

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Mar. 11 - Apr. 22 | 12:00 PM | 7 Sess. | \$119

Learn the basics of the Italian language through fun, interactive activities.

2188 | Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.
Tue., Mar. 11 - Apr. 22 | 1:15 PM | 7 Sess. | \$119

Already speak Italian? Fun and interactive activities will help you refresh and improve your language skills.

2190 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Mar. 13 - Apr. 24 | 10:00 AM | 7 Sess. | \$119

This class is for students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

2192 | Beginning Spanish 2

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Mar. 13 - Apr. 24 | 11:30 AM | 7 Sess. | \$119

This class helps continuing beginners expand vocabulary, learn grammar, and build confidence in everyday Spanish conversations.

2184 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish, and Portuguese at Grossmont College
Thu., Mar. 13 - Apr. 24 | 1:00 PM | 7 Sess. | \$119

This course will help you develop oral, listening, reading, and writing skills.

TAKE NOTE!

GET TO KNOW OUR INSTRUCTORS

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



LITERATURE

2468 | Everyone Has a Story to Tell - Writing Your Memoir

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist
Wed., Mar. 26 | 1:00 PM | \$15

Discover how to bring your unique experiences to life through memoir writing, preserving family history, traditions, and life lessons for future generations.

Oasis Fiction Book Club

Gail Hall, M.S., Rehabilitation Counseling, Avid Reader
We'll share and discuss great fiction reads, past and present.

2143 | Wed., Mar. 19 | 10:00 AM | \$5
"Lady Tan's Circle of Women" by Lisa See

2144 | Wed., Apr. 16 | 10:00 AM | \$5
"Afterlife" by Julia Alvarez

PERSONAL ENRICHMENT

2436 | American Mah Jongg for Beginners: Let's Get Started!

Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg
Wed., Mar. 5 - 26 | 1:00 PM | 4 Sess. | \$60

Play real Mah Jongg games with classmates and elevate your game by receiving personalized coaching and strategies from a seasoned instructor.

2256 | Bereavement Support Group:

Sharon L. Bryant, Chaplain, VITAS Healthcare
2nd & 4th Wed., Mar. 12 - Apr. 23 | 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.

2449 | Sat., Mar. 15 | 1:00 PM | \$25

2450 | Sat., Apr. 19 | 1:00 PM | \$25

 **2437 | Canasta Strategies: Beyond the Basics**

Sheryl Chesivoir, BA, 19 years of playing/teaching Mah Jongg and Canasta
Wed., Apr. 2 - 23 | 1:00 PM | 4 Sess. | \$60

Learn strategies that take you beyond the basics in this fun class for players with some Canasta experience.

 **General Knowledge Trivia**

Alan Zacharin, Trivia Enthusiast

Come play Trivia! You'll be surprised at how much you know as you sharpen your trivia skills in this fact-filled, fun-filled, socially interactive class.

2219 | Mon., Mar. 10 | 10:00 AM | \$10

2220 | Mon., Apr. 7 | 10:00 AM | \$10

 **2463 | Goal-Setting: Creating a Roadmap Success**

Laura Diaz, Board Certified Coach (BCC)
Mon., Apr. 14 | 1:00 PM | \$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.

 **2462 | Life Plan for the Best Year of Your Life: Identifying Your Purpose and Vision**

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

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

 **2287 | Living Will: The Legacy of William Shakespeare**

Richard Lederer, Union-Tribune Language Columnist
Wed., Apr. 9 | 10:00 AM | \$15

Join Richard Lederer as he shows how Shakespeare's genius still thrives in our everyday language, centuries after his stage exit.

2548 | Makeup Tips For 50+ Women: Level One

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Tue., Apr. 1 & 8 | 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
Mon. & Wed., Apr. 28 & 30 | 10:00 AM | 2 Sess. | \$30

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

2547 | Skincare Made Easy

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur
Thu., Mar. 13 | 1:00 PM | \$15

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

 **2358 | Mind Shift: From Worrier to Warrior**

Sheila Star Coulbourn, HHP, BCPA
Tue., Mar. 25 | 10:00 AM | \$15

Dive into your beliefs and behaviors to uncover why you do what you do and how you attract life's situations.

 **2286 | Oy Vey! Do We Know Yiddish?**

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

We'll explore the influence of Yiddish words and enjoy the best Jewish humor. There's no need to be Jewish to laugh and learn!

 **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.

2267 | Thu., Mar. 20 | 10:00 AM | \$5

2268 | Thu., Apr. 17 | 10:00 AM | \$5

 **2392 | Return to Travel:**

Domestic and International Destinations to Visit in 2025

Will Reece, AFC Vacations
Fri., Mar. 14 | 10:30 AM | FREE

Join Will Reece from AFC Vacations for an informative presentation. We will cover new travel trends and what locations are taking off.

The Downsizers Club

Jami Shapiro, Certified Senior Move Manager and Founder of Silver Linings Transitions

Get practical tips and proven strategies for decluttering with Jami, who will blend storytelling, humor, and education to make organizing fun and easy.

2242 | Thu., Mar. 20 | 2:30 PM | \$10

2269 | Thu., Apr. 10 | 2:30 PM | \$10

2244 | The Spelling Social:

An Intergenerational Scrabble Event

Bryan Devore, Realtor, Berkshire Hathaway HomeServices California Properties
Tue., Mar. 18 | 10:00 AM | FREE

Let's play Scrabble! A free intergenerational event designed to bring people of all ages together through the joy of Scrabble, friendly competition, and meaningful social connections.

2346 | Wine Regions of Italy: Part 2

Matilda Parente, MD, CSW
Fri., Mar. 21 | 1:00 PM | \$15

Explore Italy's diverse wine regions, get tips on food pairing, value wines, and uncover hidden gems.

2347 | Wines of San Diego County:

Birthplace of California Wine

Matilda Parente, MD, CSW
Tue., Apr. 29 | 1:00 PM | \$15

Discover San Diego County's winemaking history as well as the wines, wineries, and wine tourism of the region.

2473 | Women's Group: Friendship and Support

Oliva M. Espín, PhD
Mon., Mar. 10 - Apr. 21 | 1:00 PM | 4 Sess. | \$32

Retirement is a time to grow, create, and thrive—join our vibrant group of women 50+ to connect, share, and explore!

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

You've stirred up something amazing!

We're grateful to Bryan Devore and Devore Realty for sponsoring our Vegan Cooking Series at San Diego Oasis. Thanks to your generosity, we're cooking up new ways to inspire and nourish our community.

VEGAN CLASSES

Classes are taught by Chef Zuzu Khawaja, Vegan Chef, Food Stylist, and Recipe Developer

2544 | Healthy Eating: Breakfast, Lunch, and Snacks

Thu., Apr. 17 | 10:30 AM | FREE

Let's create delicious and nutritious breakfast and lunch meals and snacks from scratch.

2545 | Healthy Eating: Meals and Sauces

Thu., May 1 | 10:30 AM | FREE

Learn the art of making healthy sauces from scratch and incorporate them into delicious and nutritious meals.

2558 | Art of Making Artisan Butters

DJ Hasinsky, Baker
Mon., Apr. 28 | 12:00 PM | \$25

Explore the endless possibilities of compound butters, both sweet and savory. The options are endless. Be sure to bring a container and bag to take home some goodies.

2520 | Bavarian Cream Puffs

Allison Weisman, Owner, Allison's Custom Confections
Fri., Mar. 14 | 1:00 PM | \$25



Learn how to make this delicious Bavarian cream-filled pastry made from a Pâte à Choux dough.







Blue Zone Cooking



Sonya Caruso, M.A., CFRM, MCHC, NBC-HWC:
Health and Wellness Coaching

Come explore the phenomenon of Blue Zone regions where people live longer, healthier lives. Learn to eat like a Sardinian with demonstrations displaying popular food from the Blue Zone.



  **2497** | Fri., Mar. 7 | 10:00 AM | \$25
Sardinian Minestrone

  **2498** | Fri., Apr. 18 | 10:00 AM | \$25
Salt Crusted Sea Bass



  **2501** | Fri., May 2 | 10:00 AM | \$25
Papassinos: Italian Walnut Cookies

  **2557** | **Building Your Own Sourdough Starter**
DJ Hasinsky, Baker
Mon., Apr. 7 | 12:00 PM | \$25



Unleash your inner baker as you journey through the magic of fermentation. Mix and craft your own starters and start baking your own delicious bread.

  **2568** | **Chocolate Mousse from Start to Finish**
Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods
Wed., Apr. 30 | 10:00 AM | \$25



Whether you're a beginner or a dessert enthusiast, this class will equip you with the skills to craft a decadent mousse from scratch.

  **2543** | **Cooking with Herbs and Edible Flowers**
Karen England, Herbologist, Edgehill Herb Farm
Fri., Apr. 11 | 11:00 AM | \$25



It is springtime and everything is blooming. Learn how to add edible flowers to your dishes.

  **2529** | **Dahl**
Preet Works, Artist and Chef at the former Cafe India
Wed., Apr. 16 | 1:00 PM | \$25

Learn how to make Dahl, a lentil soup with Indian spices. Dahl, a staple in South Asian cuisine, dates to ancient India.

  **2556** | **Decadent Grilled Cheese Sandwiches**
DJ Hasinsky, Baker
Mon., Mar. 24 | 12:00 PM | \$25



Witness the magic unfold as the chef expertly grills a variety of decadent grilled cheese sandwiches. There will be some fun and delicious twists to this American Classic.

  **2518** | **Flourless Chocolate Torte**
Allison Weisman, Owner, Allison's Custom Confections
Thu., Apr. 3 | 1:00 PM | \$25



Learn to make this decadent, gluten-free and Passover-friendly chocolate cake. Made without any flour, it results in a nice dense, rich texture.

  **2515** | **Homemade Spinach and Ricotta Ravioli**
Andrea Provino, Restaurateur
Tue., Mar. 25 | 11:00 AM | \$25


Join the chef from the Italian restaurant Osteria Cotto e Mangiato, and learn to make fresh, homemade ravioli with creamy spinach and ricotta filling.

  **2530** | **Keemah Masala**
Preet Works, Artist and Chef at the former Cafe India
Wed., Apr. 9 | 1:00 PM | \$25



Learn to make Keema Masala, a North Indian dish made with minced beef used for making samosas or eating over Basmati rice.

  **2532** | **Kitchari Ayurvedic Nutrition**
Preet Works, Artist and Chef at the former Cafe India
Wed., Mar. 12 | 1:00 PM | \$25

Come learn how to make Kicheri, a delicious South Asian Stew of rice and lentils (dahl). This Indian dish is high in protein and fiber.

  **2538** | **Macarons**
Dominique Santoni, Chef, La Flamme Francaise
Tue., Apr. 8 | 11:00 AM | \$25

Learn to make perfect French macarons with a classically trained chef and make a unique tiramisu filling.

  **2517** | **Potato Kugel**
Allison Weisman, Owner, Allison's Custom Confections
Thu., Apr. 10 | 1:00 PM | \$25

Learn to make potato kugel from Ashkenazi Jewish cuisine made with potatoes and no noodles. This is a Passover-friendly side dish.

 **2567 | Sicilian Cannoli**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods
Wed., Apr. 30 | 12:00 PM | \$25

Join us for a delightful Sicilian Cannoli Demonstration & Tasting. Perfect for dessert lovers and those curious about Italian pastry traditions.

 **2555 | Sourdough Bread and Homemade Butter**

DJ Hasinsky, Baker
Mon., Mar. 10 | 12:00 PM | \$25

Learn how to make a rustic, sourdough country loaf as well as bread's best friend...butter! Bring a bag and small container to take home some delicious homemade goods.

 **2531 | Springtime Korma**


Preet Works, Artist and Chef at the former Cafe India
Wed., Mar. 26 | 1:00 PM | \$25

Learn to make Navratan Korma, a rich and creamy North Indian vegetable curry masala made with a variety of nuts, seeds, and nine seasonal vegetables.

 **2499 | Springtime Soups**


Carol Zaleta, Chef
Thu., Mar. 27 | 11:00 AM | \$25

We will be exploring some wonderful and light soups, such as creamy cauliflower and lemon orzo chicken soup.

 **2522 | T'beet**

Olivia Hill, Culinary Specialist U.S. Armed Forces
Fri., Mar. 31 | 12:00 PM | \$25

Learn to make T'beet, a hearty Iraqi-Jewish rice and chicken dish, perfect for Shabbat dinners or anytime you want a comforting meal.

 **2521 | Tiramisu**

Olivia Hill, Culinary Specialist U.S. Armed Forces
Fri., Apr. 4 | 12:00 PM | \$25

Learn to make delicious tiramisu! We'll cover the essentials, a bit of history, and substitutions that can be applied while still utilizing the original recipe.

 **2519 | Whoopie Pies**

Allison Weisman, Owner, Allison's Custom Confections
Fri., Mar. 28 | 1:00 PM | \$25

Learn to make whoopie pie, a classic American dessert comprised of two mound-shaped soft cookie-cakes with a creamy filling sandwiched between them

 **2614 | Seared Ahi Salad**

Gabriel Rodriguez, Chef
Tue., Mar. 11 | 11:00 AM | \$25

Learn the techniques of emulsifying and searing. The result is both a colorful and delicious meal.

TECHNOLOGY

2509 | Android 102

Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits
Fri., Apr. 4 | 1:00 PM | \$15

Do more with your smartphone. We'll practice customizing settings, use GPS, camera, voice activation, access photos, browse the Internet, and troubleshoot/reach out to support.

2510 | ChatGPT 101:

How to Get Started and Make the Most of It

Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits
Fri., Apr. 4 | 2:30 PM | \$15

Unlock the power of AI to simplify tasks and make them more enjoyable—learn how to ask ChatGPT for clear, helpful answers.

 **2512 | Computer Housekeeping**

Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits
Wed., Apr. 16 | 11:30 AM | \$15

This hands-on class teaches basic computer maintenance and troubleshooting for PC users, requiring familiarity with Windows, keyboard, and mouse.

2514 | Cut the Cable: Stream for Savings

Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits
Fri., Apr. 18 | 2:30 PM | \$15

Learn to maximize your digital entertainment options cost-effectively as we explore popular streaming platforms like Apple TV, Netflix, and HBO Max.

2507 | iPhone 101

Eamen Hameed, M.S., IT & Engineering Consultant,
Founder, EHTechBits
Wed., Apr. 2 | 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.

2511 | iPhone 102

Eamen Hameed, M.S., IT & Engineering Consultant,
Founder, EHTechBits
Wed., Apr. 16 | 10:00 AM | \$15

Do more with your smartphone. We'll practice customizing settings, use GPS, camera, voice activation, access photos, browse the Internet, and troubleshoot/reach out to support.

2508 | Scam Recognition and Prevention

Eamen Hameed, M.S., IT & Engineering Consultant,
Founder, EHTechBits
Wed., Apr. 2 | 11:30 AM | \$15

Stay safe in the digital age. Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated frauds.

2513 | The Beginner's Guide to AI: Concepts, Tools, and Applications

Eamen Hameed, M.S., IT & Engineering Consultant,
Founder, EHTechBits
Fri., Apr. 18 | 1:00 PM | \$15

Dive into the world of AI with this fun, easy guide—explore tools, trends, and how AI is transforming industries.

2492 | Your iPhone Made Easy

Sergi Bosch, Master's of Science in Education
Tue., Mar. 18 | 10:00 AM | \$15

Learn simple steps to organize your iPhone and easily find messages across text, email, WhatsApp, and Facebook, all in a fun learning environment.

THEATRE, FILM & MUSIC



2549 | San Diego Harmonics Chorale Spring Music Series

San Diego Harmonics Chorale
Fri., Apr. 11 | 3:00 PM | \$30

Join us for an unforgettable afternoon of choral music in the soprano, alto, tenor, and bass parts with accompaniment.

2524 | Composed in Ireland: Popular and Classical

Chris Burns, Many-Strings
Fri., Mar. 7 | 10:00 AM | \$15

Enjoy a delightful journey through music, from Turlough O'Carolan's harp to Celtic folk and film music—it's an engaging experience.

2525 | Songs and Ballads from the Wild West

Chris Burns, Many-Strings
Fri., Apr. 11 | 10:00 AM | \$15

Join us for a wonderful hour featuring cowboy songs, outlaw ballads, and tunes from the rails.





INNOVATION CENTER

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.

- 230 | Thu., Mar. 6 | 11:00 AM | \$8
- 242 | Thu., Mar. 27 | 11:00 AM | \$8
- 246 | Thu., Apr. 3 | 11:00 AM | \$8
- 248 | Tue., Apr. 8 | 11:00 AM | \$8

231 | Bluetooth Basics Workshop

Thu., Mar. 6 | 2:00 PM | \$8

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

Digital Coupon Workshop

In this workshop, you'll learn how to take advantage of deals, how to clip digital coupons and how to add them at checkout.

- 228 | Tue., Mar. 4 | 11:00 AM | \$8
- 234 | Thu., Mar. 13 | 11:00 AM | \$8
- 245 | Tue., Apr. 1 | 2:00 PM | \$8
- 253 | Tue., Apr. 15 | 2:00 PM | \$8

Google Photos App Workshop

This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching pictures, and more.

- 240 | Tue., Mar. 25 | 11:00 AM | \$8
- 249 | Tue., Apr. 8 | 2:00 PM | \$8
- 252 | Tue., Apr. 15 | 11:00 AM | \$8



QR Codes Workshop

This workshop will provide a brief overview of QR Codes and how to use them.

- 229 | Tue., Mar. 4 | 2:00 PM | \$8
- 233 | Tue., Mar. 11 | 2:00 PM | \$8
- 241 | Tue., Mar. 25 | 2:00 PM | \$8
- 247 | Thu., Apr. 3 | 2:00 PM | \$8
- 251 | Thu., Apr. 10 | 2:00 PM | \$8

Technology for Travelers

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

- 232 | Tue., Mar. 11 | 11:00 AM | \$8
- 243 | Thu., Mar. 27 | 2:00 PM | \$8
- 250 | Thu., Apr. 10 | 11:00 AM | \$8
- 254 | Thu., Apr. 17 | 11:00 AM | \$8

UBER/Lyft App Workshop

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

- 235 | Thu., Mar. 13 | 2:00 PM | \$8
- 244 | Tue., Apr. 1 | 11:00 AM | \$8
- 255 | Thu., Apr. 17 | 2:00 PM | \$8



OASIS AT THE LIBRARY

DEL MAR LIBRARY

1309 Camino Del Mar, Del Mar, CA 92014

752 | Biomimicry: How Marine Life is Inspiring New Technology

Paul Detwiler, MA, Marine Ecology,
Professor and Consultant
Thu., Mar. 6 | 4:00 PM | FREE

This lecture explores how marine organisms inspire innovative materials, technologies, and robotics through biomimicry, offering insights into sustainability and the future of technology.

751 | Geology of San Diego

Jennifer Olim, Ph.D.
Sat., Mar. 15 | 11:00 AM | FREE

Explore the fascinating geology of San Diego. Learn how volcanoes, faults, and floods shaped the landscape.

LINDA VISTA LIBRARY

2160 Ulric St, San Diego, CA 92111

749 | Creating New Friendships

Laura Diaz, Board Certified Coach (BCC)
Fri., Mar. 14 | 1:00 PM | FREE

Discover the art of cultivating new, deep-rooted friendships. Unveil the secrets to expanding your network and creating lasting bonds.

750 | Pen! Paper! Prompts.

Irene A. Márquez, Wordsmith, Mentor, Founder and
Former Executive Director of Los Bilingual Writers
Fri., Apr. 11 | 1:00 PM | FREE

You are your story. Join us and learn the craft to tell the best story of you.

748 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Fri., Mar. 7 | 1:00 PM | FREE

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

LOGAN HEIGHTS LIBRARY

567 S 28th St, San Diego, CA 92113

721 | Chair Yoga

Rosana Carvalho Gilmore, Certified Fitness Instructor
Fri., Mar. 7 - Apr. 18 | 10:00 AM | FREE

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

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., Mar. 1 | 10:00 AM | FREE

Join us to create happiness habits, expand joy, appreciate what you have, and build nourishing relationships that boost your happiness.

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

707 | Fun with Doctor Grammar Guy

Richard Lederer, Union-Tribune Language Columnist
Sat., Mar. 15 | 2:30 PM | FREE

Learn about the terminal preposition, split infinitive, and answers to your questions about grammar, usage, and punctuation.

730 | Geology of San Diego

Jennifer Olim, Ph.D.
Sat., Apr. 26 | 2:30 PM | FREE

Explore the fascinating geology of San Diego. Learn how volcanoes, faults, and floods shaped the landscape.

POINT LOMA/HERVEY BRANCH LIBRARY
3701 Voltaire St, San Diego, CA 92107

728 | (Almost) Everything about Seaweed

Paul Detwiler, MA, Marine Ecology, Professor and Consultant

Wed., Apr. 9 | 1:00 PM | FREE

Discover the surprising uses of seaweed in food, industry, and the fight against climate change.

712 | Browsing Around a Bountiful Garden

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Retired)

Wed., Mar. 26 | 1:00 PM | FREE

Zoo visitors often miss the importance of the plant material provided to support wildlife. Learn from an expert how it all happens.

713 | Animal Behavior and Ecology: The Social Life of Giraffes

Fred Bercovitch, BA, MS, and PhD Biological Anthropology

Wed., Mar. 19 | 1:00 PM | FREE

Giraffes live in a complex society, with gregarious females forming babysitting groups and solitary males devoting their lives to finding sex partners.

714 | Celtic Songs and Ballads from Molly's Tavern

Chris Burns, Many-Strings

Wed., Mar. 12 | 1:00 PM | FREE

Enjoy Irish and Scottish songs and ballads.

731 | Geology of San Diego

Jennifer Olim, Ph.D.

Wed., Apr. 23 | 1:00 PM | FREE

Explore the fascinating geology of San Diego. Learn how volcanoes, faults, and floods shaped the landscape.

710 | Rails across America – The Transcontinental Railroad

Mark Carlson, Historian & Author

Wed., Apr. 2 | 1:00 PM | FREE

Join us to learn the story of the first transcontinental railroad, a saga of patriotism and greed, industry, and scandal.

RANCHO PEÑASQUITOS BRANCH LIBRARY
13330 Salmon River Rd, San Diego, CA 92129

734 | Unlocking the Power of Sleep

Montserrat Garcia, National Board-Certified Health & Wellness Coach

Wed., Apr. 9 | 11:00 AM | FREE

Discover the vital role of sleep, explore sleep stages, quality factors, and strategies for optimizing sleep hygiene to improve habits and overall health.

737 | Will Your Taxes Affect Your Retirement?

Anthony Camara, CFP®, MBA

Wed., Mar. 12 | 11:00 AM | FREE

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

SAN CARLOS BRANCH LIBRARY
7265 Jackson Dr, San Diego, CA 92119

727 | A Feast of Words

Richard Lederer, Union-Tribune Language Columnist
Fri., Mar. 21 | 2:00 PM | FREE

Richard Lederer will serve up a banquet of language goodies: from a brief history of the English language to bloopers and puns.

723 | San Diego History Through Music: Live Concert

Chris Burns, Many-Strings

Fri., Apr. 18 | 2:00 PM | FREE

Embark on a musical journey through San Diego's history, featuring songs from Native Americans, explorers, settlers, and immigrants.

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

702 | Karl Marx's 5 Stages of History and its Relevance for Today and Tomorrow
Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges
Thu., Mar. 13 | 3:00 PM | FREE

Join us to explore Karl Marx's five stages of history and imagine what the fifth stage might look like socially and politically.

745 | Live Without Pain and Inflammation
Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef
Tue., Apr. 15 | 3:00 PM | FREE

Learn the primary causes of inflammation and how to reduce it to achieve optimum health.

747 | Navigating Retirement: Who do I Want to Be? Finding a New Purpose
Virginia B. Berger, MA, Certified Professional Coach
Tue., Mar. 18 | 3:00 PM | FREE

During this workshop, participants will learn the importance of purpose and develop some strategies for creating a new purpose in their retirement.

701 | The Lamp at the Golden Door – Building the Statue of Liberty
Mark Carlson, Historian & Author
Thu., Apr. 17 | 3:00 PM | FREE
Explore the Statue of Liberty's history, from its design by Bartholdi to its construction and placement on Bedloe's Island as a gift from France.

TIERRASANTA BRANCH LIBRARY
4985 La Cuenta Dr, San Diego, CA 92124

742 | Your Aging Journey is Unique to You!
Julie Derry, MBA, Certified Senior Advisor
Thu., Mar. 6 | 11:00 AM | 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.

UNIVERSITY COMMUNITY BRANCH LIBRARY
4155 Governor Dr, San Diego, CA 92122

706 | Frida Kahlo's Art
Gwenyth Mapes, Professor of Humanities
Thu., Mar. 20 | 1:00 PM | FREE

In this class, we will look at Frida Kahlo's life (1907-1954) and some of her art.

717 | Introduction to American Mah Jongg
Sheryl Chesivoir, B.A., 19 years of playing/teaching Mah Jongg
Sat., Mar. 1 - Mar. 22 | 9:30 AM | FREE

We will help you learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play.

729 | The Fall of Saigon and Operation Frequent Wind
Rudy Shappee, U.S. Navy Veteran and Local Historian
Tue., Apr. 8 | 12:30 PM | FREE

Explore the final days of the Vietnam War, focusing on Operation Frequent Wind, a dramatic escape for South Vietnamese seeking sanctuary.

718 | Write On! Remedies for the Reluctant Writer
Patricia Benesh, Ed.D. and founder of AuthorAssist.com and 7memories.com
Tue., Apr. 22 | 12:30 PM | FREE

Do you have a story to tell, but can't get started? This workshop will help you overcome behaviors and beliefs that impede your writing.

TAKE NOTE!

DO YOU YOUTUBE?

Subscribe to our channel for weekly

Instructor Preview videos:

bit.ly/SDO-Youtube



NOTES OF GRATITUDE

CREATING STRONGER BONDS AND A MORE VIBRANT COMMUNITY



Support Through Art

Every piece purchased from our rotating art gallery helps support both local artists and San Diego Oasis. Art sales from our last raised over \$1,000, funding programs that promote lifelong learning, wellness, and community engagement.

Thank you for making a difference through art!

Thank You:

To Aurelia and Jim Temenak who hosted a dinner with Chef Asha in Shamely's Kitchen after purchasing this auction item at our 2024 gala. What a fantastic way to bring new friends to Oasis!

Thank You:

To all who supported local artists and Oasis at our January 23rd art gallery reception in Rancho Bernardo. Every painting sold benefits Oasis lifelong learning.

"Gratitude turns what we have into enough and opens our hearts to the abundance around us." - Melodie Beattie



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

Alaska Call of the Wild

July 24 -30, 2025 | 7 Days | 10 Meals
Double \$5,375 | Single +\$1,400

Embark on an unforgettable Alaskan adventure with scenic rail journeys, wildlife encounters, and breathtaking landscapes, from Denali to Kenai Fjords and Seward's coastal beauty.

Canadian Rockies Rail Journey

June 14 - 21, 2025 | 8 Days | 12 Meals
Double \$5,475 | Single +\$1,300

Discover the Canadian Rockies with stunning views of Banff, Lake Louise, and Jasper, plus a scenic VIA Rail journey to Vancouver and Victoria's beautiful gardens!

Great Lakes Adventure & Tulip Festival

May 1 - 9, 2025 | 9 Days | 13 Meals
Double \$3,949 | Single +\$1,100

Discover the Canadian Embark on a Great Lakes adventure, exploring Chicago's iconic architecture, Michigan's Tulip Festival, Mackinac Island's charm, Green Bay's Lambeau Field, and scenic Door County!

Yellowstone & the Wild West

August 1 - 7, 2025 | 7 Days | 9 Meals
Double \$3,775 | Single +\$1,200

Explore Salt Lake City, Yellowstone's wildlife, the Grand Tetons, and Jackson's cowboy charm, then visit Park City's Olympic history on this unforgettable adventure!

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. 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 OASIS325 to save \$10 per person on any upcoming journey. DayTripper makes a contribution to Oasis when the promo code is used.

Luck of the Irish Musical Revue & Gourmet Lunch

Mon., March 17 | Price \$198

Travel to Alhambra for a gourmet lunch and St. Patrick's day show with music, fun, laughter, and door prizes.

Death Valley Discovery: 3-day excursion

Sun., March 23-25 | Price \$985 PP Double Occ

Travel on a remarkable 3-day journey to this national park that crosses the paths of our nation's pioneers and reveals breathtaking landscapes.

Springtime at Descanso Gardens with the Norton Simon Museum

Thurs., March 27 | Price \$169

Experience a day of springtime beauty and grace when you travel with us to these two cultural jewels of the Pasadena area.

Wistaria Vine Festival

Sat., April 12 | Price \$149

Travel with us to Sierra Madre's annual festival celebrating the world-renowned Wistaria Vine, a botanical marvel and the globe's largest blossoming plant.

Joshua Tree National Park Wildflowers & Hidden Valley Picnic

Thurs., April 17 | Price \$159

Journey with us to a fascinating region where bizarre rock formations, surreal landscapes, and ancient twisting Joshua trees create stark beauty and breathtaking vistas.

Springtime at the Huntington Gardens & Art Museum

Thurs., April 24 | Price \$159

Travel to the Huntington Art Museum and Botanical Gardens in San Marino, and discover a grand estate boasting regal galleries and 130 acres of the world's most exquisite botanical gardens.

Escape With Us!



Motor coach
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Are you making financial decisions that reflect your values?

When it comes to money matters, you may think it's all about using your head. Crunching numbers, analyzing spreadsheets to figure out how much you have, and calculating what you need to reach your financial goals.

But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?

We offer a no-obligation "heart check-up" to see if your retirement strategies are in alignment with your values.

Call us at (858) 218-4867 make an appointment for a free, 30-minute, one-on-one, confidential financial consultation with no strings attached.

thrivent[®]

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

See pages 7 and 28 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:

2306 | Reverse Mortgages Explained

Mon., Mar. 24 | 10:00 AM | \$15 | La Mesa Location

Discover how a reverse mortgage can unlock your home equity, improve your quality of life, and give you a financial peace of mind.

Let's meet via Zoom or the old-fashioned way at your Kitchen Table!



760-484-6660



owen.coyle@gmail.com



ReverseMortgages62.com

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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.



IVY PARK AT ESCONDIDO

Patricia Gunn | (760) 747-4888
pgunn@ivyliving.com |
<https://ivyliving.com/escondido>

Ivy Park at Escondido offers flexible, fulfilling senior living options tailored to every stage of retirement. Thrive in a supportive environment, with personalized care for assisted living or memory care. We provide not just exceptional care, but peace of mind for families and an enriching, joyful lifestyle for all residents.



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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

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Matthew Molstre & Anthony Camara

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Jonathan.Doering@thrivent.com
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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.

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HOSPICE



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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



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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!

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

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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

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info@kuhnphysicaltherapy.com | physio-on-the-go.com

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Kory Langwell | (858) 264-6985
korylangwell@gmail.com | UnlimitedPotential.biz

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PROPERTY MANAGEMENT



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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

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SAFETY & CONVENIENCE

View Resource Directory on the Oasis website:
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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.

TRACEY STOTZ

BROKER / REALTOR®



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

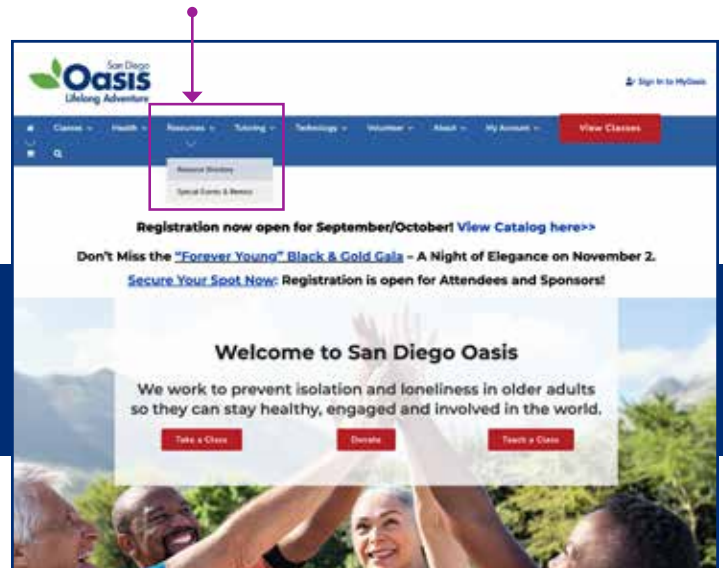


THE RECORD

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.

Find the Resource Guide under the RESOURCES tab on the blue navigation bar.



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Compassionate Approach

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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®)

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Certified® Military Relocation Professional (MRP)

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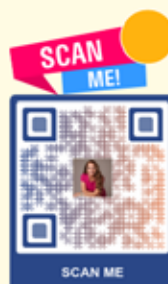
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The team at Hawthorn & Albatross is nothing short of exceptional. They consistently deliver a top-notch renovation experience, earning them an A+ rating and a well-deserved 5-star reputation. Whether you're working with them as a buyer, seller or real 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.



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*Please see our Maintenance Program on our website

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Awards

2023:
 CSO50 Award Winner for AI Edge Security and Thought Leadership

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022
 SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022
 Generations United's Program of Merit

2020
 Public Health Champion award by the County of San Diego's Covid19 Leadership.

2019
 Two Impact Awards: •North San Diego Business Chamber •Escondido Chamber

2018
 NBC Universal Project Innovation Award for Technology Efforts with Older Adults

2017
 Program of Distinction Generations United

2016
 Excellence Award: •KUSI •Torrey Pines Bank

2014
 Charity Navigator | 4 stars out of 4 stars



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

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 ✉ events@sandiegoasis.org ☎ 858.240.2880

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