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Dear Oasis Members,

As we turn the pages of this latest San Diego Oasis catalog, I invite you to pause for a moment and celebrate something extraordinary — you. This issue is particularly special because we're shining a light on the people who make everything we do possible: our incredible donors. Your generosity fuels our mission and brings to life the programs, classes, and connections that support healthy longevity across San Diego County.

Thanks to your belief in what Oasis stands for, we continue to grow, innovate, and reach more older adults with opportunities to learn, thrive, and stay connected. Whether it's lifelong learning, health and wellness, or giving back through intergenerational mentoring, every experience at Oasis is a direct result of donor support.

This catalog is filled with new and exciting ways to stay active, engaged, and inspired — and behind each offering is a story of generosity and partnership. On behalf of our staff, volunteers, instructors, and the thousands of participants we serve, I extend heartfelt thanks to each of our donors for standing with us.

You are not just supporting a nonprofit. You are transforming lives.

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 our website (<u>www.SanDiegoOasis.</u> 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 through our travel partners.
- 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 and one-on-one tech consultations 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 <u>SanDiegoOasis.org.</u>
- Register online with MyOasis: Log into your MyOasis account at <u>SanDiegoOasis.org</u>. If you don't have an account, you can create one by visiting the website, calling us or emailing us at info@<u>SanDiegoOasis.org</u>.
- New to Oasis? View helpful resources on the website, including a page dedicated to new members.

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 Jodi@SanDiegoOasis.org.





GIFTS LISTED BELOW WERE CONTRIBUTED JANUARY 2023 - MARCH 2025

Charles & Ruth Billingsley Foundation

VISIONARY \$250,000 AND UP

Maria & Mark Allan
Bonnie & Krishna Arora
Arlene & Michael Bardin
Bridge Club of North County
Sandra Lawhon
Thrivent Office of Jonathan Doering
& Matthew Molstre
The Walter J and Betty C Zable Foundation

PRESIDENT'S CIRCLE \$100,000 - \$249,999

Judy & Chuck Beck
Rupert Keesler and Ray Chavez **
County of San Diego HHSA
Jean Cheng & George Y Kung
Sue & Jay Lichter
Aurelia & Jim Temenak
Leslie Miller
State of CA. Office of Emergency Services

DIAMOND CIRCLE \$50,000 - \$99,999

Level Up **
Diana and Don Ambrose
& Del Mar Healthcare
Judy & Marshall Lewis
Dr. Seuss Foundation

PLATINUM CIRCLE \$25,000 - \$49,999

Anonymous
BSD Builders Inc.
Bonnie Ann Dowd
Willis & Jane Fletcher
Annie & John Massab
San Diego Woman's Club
Nordson Corporation Foundation
Ouida Shelton
Karen Kolnes & Scott Tritt
SDG&E

GOLD CIRCLE \$10,000 - 24,999

Judy Applebaum

Jody & Jeff Bradley Sarah Saluta & David Chong Cox California Julie Derry Bonnie Dumanis & Denise Nelesen Samuel H & Katherine W French Foundation SHARP Healthcare Carol & Henry Hunte Fund 🗱 Hervey Family Foundation 🗱 San Diego Housing Commission Nancy Hylbert Hunter Industries Anna K Iones The Kinship Fund The Matthews Foundation Siarid U Pate Sandra B Phelps Legacy Fund 🗱 Rancho Bernardo Community Foundation 🗱 Susan Gail & Fred Shatsky Catherine Stiefel US Bank

SILVER CIRCLE \$5,000 - \$9,999

Anonymous ASML Vicki & Moises Baron Louisa M & Esther M Campagna Richard Davies Brvan Devore DeFalco Family Foundation DuVall Family Foundation Ed & Mary Fletcher Fund 🗱 Boys & Girls Foundation Eileen Haaa Kaiser Foundation Lions Welfare Foundation San Diego Beth Newton Ann & Jeff Owens Caroline & Jack Raymond Rebecca & Jacquelyn Raymond 🗱

SILVER CIRCLE CONT.

San Diego Rotary 33
Desirae Smidt
C.J. and Dot Stafford Memorial Trust
Tracey Stotz
Strauss Family Foundation
Viasat
Penny & William Wise

MATISSE BENEFACTOR \$2,500 - \$4,999

Sally S Berry Lisa Berry & Robert Shaw Nadene & Don Bruders Kathleen M & Joseph Carroll Constance Carroll General Dynamics Denise Furmanski Maria & Antonio Grillo-Lopez Nancy Greenberg Christine Harmon Diana Heidia Margaret M & Gilbert Ikezaki Mary Karscig Marsha R Lloyd John Maguire Patricia Melzer Michael McHale JoAnn Onishi & Robert Mogg Lauren Morrow Lois M Navolt & Alan Vigeant Todd Newell Lisa Stearns 🗱 Pratt Memorial Fund Rancho Bernardo Sunrise Rotary Club Simona Valanciute Glenn Walker

Gifts made through San Diego Foundation

^{*} Deceased

MATISSE FELLOW \$1,000 - \$2,499

Michele Anthony Carolyn Balkwell Laura M Berend

Sue Bradham & Franklin Mittricker

Peter Caldwell Jones Deni S Carpenter Mary Comport

Ginger & John Couvrette Rebecca A Crowley Spencer Davis

Joy & Wayne Davis Patrick J Dugan Ann P Dynes Margaret Eddy Carolyn A Earl

Mary Erlenborn & Thomas Templeton

Janyce Erlich-Moss Beverly Enewold Jeff Engler Aaron Feldman Hildy L Fentin Anthony Flores Mary Jane Flores

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Robert Kinslow Christine A Leefeldt Janith & Thomas Lohner Jen & Chris Menkov Elizabeth Meyer

Meagan & Newt McKissick

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Jolyn B Parker

Renu & Sanjeet Pandit Virginia Renehan & Michael Gall Rob Roth Mary & Fred Ruane

Nimer Saiklay Jerry Schneider Donna Seligman Dave Shapiro

Georgiana D & William Simmons

Linda Stouffer Wallis Susan Tancredi MaryAnn D Tanaka Lisa Thomas Lisa Vargas Tanya Wallace Barbara G Warden Pat L Warner Judith A Wenker

Mary Ann M White Eric M White Wendy Zhuang

SUSTAINING SCHOLAR \$500 - \$999

Scott Applebaum Joy & Robert Aumann Sandra Brakeville Jeff Bristol Patricia Burton-Malone Christa Burke Chris Burns Linda Canada Cabrillo Hospice Diane & Charles Cashion Sandra Caulder-Roth Nicole & Ben Clay Cliff Clifford Cheryl Davis-Plotts

Melanie Delgado Alain Derzie Scott Elam Angel Enriquez Vic Ferrette Linda L Firestein Lorna L Francis

Cindy Friedenberg Gaye Friedman Amanda Gast Jonathan Gebhart Alta & Henry J George

Betty Lou Gibbs Tony Grillo Jazelle Gragasin Ellen Gross Margo A Handshy Kathryn Martin Carolyn M Kerl Robert G Haskell Adam Hess Patricia F Hodges

Sharon & John Hogg William Holverstott Monica L ller David Johanson Maureen Kerr

Donna Koehler Harriet Kounaves Darshan Krishna

Sean Kuhn Andy & Phyllis Laderman

Jeff Lewin Dorothy Little Sophia Lukas Lora Marconi Kathleen Martin Linda M McCallister Rebecca Monarch Alison Moore Barbara J Norman

Patricia & Joseph E Perna **Tommy Peters** Lukas Pick Barbara Reichel Julia & Wayne Rhea

Todd Raley Gary A Roesink Starla M Rivers* Alice W Smith Julia & Thomas J Smith Stephanie J Swift Surichi Thapar Russell Taylor Linda Thomas Carla Surbrook Rebecca Monarch Daniel Wilson Lydia D Weber

COMMUNITY BUILDER

\$250 - \$499 Kris A Anelli Mark T Alivero Janet S Bernardy Linda P Boland Anastacia Bronner Valerie Bubnash George Cavanagh Michael & Mick S Christensen Matthew Claus Michael A Craia Cindi Crane Nancy Dewees Luana M Duprey Kristen S Earle Karin Edney Larry B Easter Julie Glazier Patricia Gilbert

Tom F Gunn Laura W Halgren Marcia G Howard Marjorie A Justice Peter Kane Todd Kaprielian Denaya & Patricia Kelly Delynn Kelly

Sydney J Kennedy Patty Lampasso Annie Lanning Arthur Lewis Kim Linnell Charles N Lo Rebecca Lord

Susan Marberry & Kay Chandler

David Marlow

Margaret & Paul I Meyer

Althea Miller Robert L Morse Network for Good Jennifer Nickles Jeanne Neilson Shinja S Scheidnes Scarano Family Foundation

Scott Tarde

Diane K & William Stumph

Élana L & Harold Weinberger

Karen Riley Erin & Mark Riedy Barbara B Rojas Lynne & Glenn Rossman

Gifts made through San Diego Foundation

* Deceased

LIFETIME MEMBERS

Anonymous Bonnie Ann Dowd Maggie Ikezaki Judy Lewis

LEGACY CIRCLE MEMBERS

Maria & Mark Allan Carlos Arias Bonnie and Krishna Arora Regene Braun* Nadene & Donald Bruders Joan K Buchman

Julie Derry Donna Dotson Heather Chishom-Chait*

Cynthia Haney* Mary Harker Kathryn Harvey

Colette Michelle* and Jack Hessler Frank Hoffstadt

Emily Keeler Jolyn B Parker Nancy Roos Nancy Scott Glenn Walker Pitt Warner³ Anne Whitlock* Wayne Yee' Arleigh Yewchan*



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 <u>Simona@SanDiegoOasis.org</u> to learn about the many ways you can support the mission of San Diego Oasis.

To make a cash donation, simply visit <u>SanDiegoOasis.org</u> 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 a 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.

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

Preet will help you explore the creative style of abstract painting. All levels are welcome to paint in the style that inspires you.

1062 | Tue. & Thu., May 13 & 15 | 1:00 PM | 2 Sess. | \$40 **1063** | Tue. & Thu., June 10 & 12 | 1:00 PM | 2 Sess. | \$40

Art Journaling for Mental Wellness

Marie Capizzi, MS, LPCC

Visual journaling in art therapy utilizes drawings, photos, and collage to capture emotions. Monthly themes will explore wellness and the class is accessible to all.

1052 | Wed., May 28 | 10:00 AM | \$20 **1053** | Wed., June 25 | 10:00 AM | \$20

■ 1070 | Art of Photography:

How to Capture Dynamic Travel Photographs

Suda House, Professor of Art and Photography, Grossmont College

Mon., June 9 | 10:00 AM | \$15

Master travel photography. Learn to plan and capture stunning shots using light, composition, and minimal gear to confidently showcase the unique beauty of people and places.

Basic Zen Doodle

Marie Capizzi, MS, LPCC

Zen doodling is an easy-to-learn and fun way to create beautiful images by drawing structured patterns.

1067 | Fri., May 2 | 10:00 AM | \$20 **1068** | Fri., June 27 | 10:00 AM | \$20

1024 | Beginning Bead Weaving - Peyote Stitch Tube Earrings

Diane Kramer, Bead Weaver & Instructor Tue., May 20 | 1:00 PM | \$30

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

1072 | Bottle Painting for the Non-Artist

Susan Johnson, Artist & Instructor Mon., May 19 | 10:00 AM | \$20

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

1520 | Color Theory Basics

Aniko Makranczy, MFA Tue., June 10 - 17 | 10:00 AM | 2 Sess. | \$40

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

1010 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

Tue. & Thu., May 13 & 15 | 10:00 AM | 2 Sess. | \$40

We'll learn to use Pigma Micron pens to create drawings overlaid with watercolor. The primary emphasis is on pen and ink.

1012 | Creating Textures in Watercolor

Ann Dunham, MS Design

Tue. & Thu., June 3 & 5 | 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 variations and dry and wet techniques.

AKE NOTE

STAY INFORMED!

Our weekly email features classes, announcements, resources, and more. Send us an email and we'll take care of signing you up: Info@SanDiegoOasis.org







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

1016 | Wed., May 14 | 1:00 PM | \$50 Suncatcher

1017 | Wed., June 18 | 1:00 PM | \$50 Mushrooms

1014 | Illustration: Drawing California Native Plants

Ann Dunham, MS Design

Tue. & Thu., June 24 & 26 | 10:00 AM | 2 Sess. | \$40

Learn how to create lifelike illustrations of California native plants. All levels are welcome.

➡ Mixed Water Media Painting

Gracie Rhoads, Mixed Media Art Teacher, M.A. Expressive Arts Therapy

Discover the fun of mixing water media, such as oil pastels, watercolor pencils, and traditional palettes to create your own artwork.

1612 | Fri., May 9 | 1:00 PM | \$30 **1614** | Tue., July 1 | 1:00 PM | \$30

1004 | Oriental Brush Art with Chinese Ink and Watercolor

Shinja Scheidnes, Watercolorist, Instructor (Find her work at Spanish Art Village (#23), Balboa Park) Wed., May 7 - 14 | 10:00 AM | 2 Sess. | \$40

Come learn the dancing brush technique to create beautiful works of art.

Paint and Sip Party

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

Follow along step-by-step and paint a masterpiece. Surprise yourself by creating a fabulous painting! All materials are provided.

1056 | Fri., May 23 | 1:00 PM | \$25 **1057** | Fri., June 27 | 1:00 PM | \$25

Paper Quilling

Marcy Shapiro, Retired Teacher, Artist

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

1048 | Wed., May 21 | 10:00 AM | \$20 Picture Frames **1049** | Wed., June 11 | 10:00 AM | \$20 Mandalas

1060 | Play Around with Acrylic Paint

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Mon. & Wed., May 19 & 21 | 1:00 PM | 2 Sess. | \$40

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

ძ 1035 | Practical Beading

Janet Stuelpner, The Left-Handed Artist and Crafter Wed., June 18 | 10:00 AM | \$20

Make practical items with a base piece and beads. Create key finders, wine stoppers, bookmarks and holiday ornaments.

1046 | Rock Painting

Marci Kleiner

Tue., May 6 | 10:00 AM | \$20

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

🖈 1020 | Rock Painting: Mandala Dot Design

Kelly Creeden, BA. MS Mentor Teacher Fri., May 16 | 10:00 AM | \$20

Paint a beautiful mandala rock design fit for your garden or table top. All levels are welcome. Bring a black painted rock, if possible. Other supplies are provided.

ძ 1042 | Sew with Lyn:

Fabric Tortilla Warmer & Easy Sew Jar Openers

Lyn Earl, Instructor

Wed., May 28 | 1:00 PM | \$20

In this workshop, we'll make DIY fabric tortilla warmers (microwave safe) and jar openers from scrap fabric.

➡ 1043 | Sew with Lyn: Wide Brimmed Bucket Hat

Lyn Earl, Instructor

Wed., June 11 | 1:00 PM | \$20

Learn how to make a sun hat, which is a great project for summer wear.

■ 1038 | The Healing Benefits of Color

Lee Yater, M.F.A, Artist, Designer and College Instructor Thu., May 8 | 1:00 PM | \$20

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

■ 1613 | Throw Tiny Pottery on Miniature Pottery Wheels

Gracie Rhoads, Mixed Media Art Teacher, M.A. Expressive Arts Therapy

Tue., June 17 | 1:00 PM | \$50

Experience pottery on a miniature scale—learn centering and sculpting tiny pots and plates in this relaxing, beginner-friendly class. All materials will be provided.

1039 | Twist and Dye: Silk Scarf Dyeing

Lee Yater, M.F.A, Artist, Designer and College Instructor Thu., June 26 | 1:00 PM | \$20

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

Watercolor Hangout with Eddie Omens

Eddie Omens, Artist

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

1026	Mon., May 5	10:00 AM	\$20
1027	Mon., May 12	10:00 AM	\$20
1028	Mon., June 2	10:00 AM	\$20
1029	Mon., June 16	10:00 AM	\$20
1030	Mon., June 30	10:00 AM	\$20

Museum of Photographic Arts (MOPA)

1649 El Prado, San Diego, CA 92101

→ 1071 | Women in Focus with Suda House and Gwenyth Mapes

Suda House, Professor of Art and Photography, Grossmont College & Gwenyth Mapes, Professor of Humanities

Thu., June 12 | 11:00 AM | \$20

Join Professors Suda House and Gwenyth Mapes for a guided tour of Women in Focus at MOPA, exploring 19th and 20th century photography by women, with historical and cultural insights.

BUSINESS, FINANCE, LEGAL

1548 | How Do Trust and Probate in Real Estate Work in California?

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

Wed., May 7 | 1:00 PM | \$10

Learn how a living trust can simplify estate planning. Join expert Farima Tabrizi to explore how trusts help avoid probate for your assets.

1552 | Long-Term Care Insurance: How to Use It

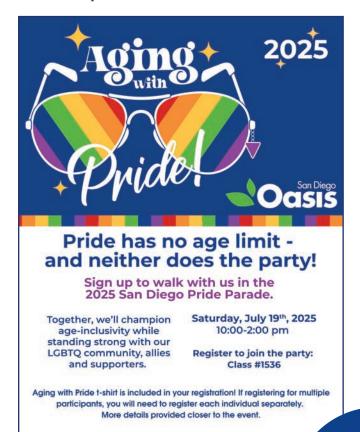
Linda Jahnke, Board Certified Patient Advocate Fri., May 9 | 10:00 AM | \$10

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

■ 1599 | Pitfalls in Trust Administration: Tales from the Trenches

K. Brooke Jensen, Attorney at Law Thu., May 22 | 1:00 PM | \$10

Learn to avoid common pitfalls from an experienced attorney who has guided thousands through the trust administration and settlement process.











1078 | Reverse Mortgages Explained

Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

Fri., June 13 | 10:00 AM | \$10

Unlock your home's equity with a reverse mortgage—taxfree cash for anything you need, no mortgage payments, and financial peace of mind for your future.

1600 | SDGE Electric Pricing Plans, Tools, Tips and Programs Martha Quintero, SDGE

Wed., June 18 | 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.

■ 1627 | Surviving a Recession

Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder

Thu., May 29 | 1:00 PM | \$15

Learn practical strategies to manage finances, reduce stress, and build resilience to successfully navigate and survive an economic recession.

1554 | Taking Selling and Moving from Overwhelming to Manageable

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

Thu., May 8 | 1:00 PM | \$10

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

■ 1545 | Taming the Paperwork Tiger

Jami Shapiro, Certified Senior Move Manager and Founder of Silver Linings Transitions Wed., May 28 | 1:00 PM | \$10

Tame the paper chaos! Learn simple, stress-free strategies to organize, manage, and protect important documents—creating peace of mind and clutter-free living.

1547 | Understanding Senior Residential Care Options

Virginia Renker MPH, CSA, Certified Senior Advisor Residential Options for Seniors and the Elderly (ROSE) Fri., May 9 | 10:00 AM | FREE

Learn about senior living communities available in San Diego and the vibrant activities and opportunities for socialization they provide.

1379 | 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., June 3 | 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 abilities with simple, safe exercises that require only a sturdy chair.

1167 | Fri., May 9 - 30 | 10:45 AM | 4 Sess. | \$40 **1168** | Fri., June 6 - 27 | 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.

1175 | Mon., May 5 - 19 | 12:00 PM | 3 Sess. | \$30 1176 | Mon., June 2 - 30 | 12:00 PM | 5 Sess. | \$50 1171 | Fri., May 9 - 30 | 12:00 PM | 4 Sess. | \$40 1172 | Fri., June 6 - 27 | 12:00 PM | 4 Sess. | \$40

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

1088 | Mon., May 5 - 19 | 9:30 AM | 3 Sess. | \$30 1089 | Mon., June 2 - 30 | 9:30 AM | 5 Sess. | \$50 1096 | Tue., May 6 - 27 | 12:00 PM | 4 Sess. | \$40 1097 | Tue., June 3 - July 1 | 12:00 PM | 5 Sess. | \$50 1100 | Wed., May 7 - 28 | 1:00 PM | 4 Sess. | \$40 1101 | Wed., June 4 - July 2 | 1:00 PM | 5 Sess. | \$50 1084 | Fri., May 9 - 30 | 9:30 AM | 4 Sess. | \$40 1085 | Fri., June 6 - 27 | 9:30 AM | 4 Sess. | \$40 1092 | Sat., May 3 - 31 | 9:30 AM | 5 Sess. | \$50 1093 | Sat., June 7 - 28 | 9:30 AM | 4 Sess. | \$40

Chair Yoga for Mobility, Strength, and Balance

Diane Ambrosini, MA, C-IAYT

Boost strength, balance, and mobility with chair yoga. Enjoy gentle seated poses that enhance flexibility and stability, perfect for all fitness levels. Relax, center, and feel confident!

1541 | Thu., May 8 - 29 | 2:15 PM | 4 Sess. | \$40 1542 | Thu., June 5 - July 3 | 2:15 PM | 4 Sess. | \$40

Core Training on the Ball and More

Dora Graham, Certified Fitness Instructor and 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.

1112 | Thu., May 8 - 29 | 1:15 PM | 4 Sess. | \$40 1113 | Thu., June 5 - July 3 | 1:15 PM | 4 Sess. | \$40

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.

1108 | Wed., May 7 - 28 | 12:00 PM | 4 Sess. | \$40 1109 | Wed., June 4 - July 2 | 12:00 PM | 5 Sess. | \$50 **1104** | Sat., May 3 - 31 | 10:30 AM | 5 Sess. | \$50 **1105** | Sat., June 7 - 28 | 10:30 AM | 4 Sess. | \$40

International Folk Dancing

Martha Awdziewicz, Folk Dance Group

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

1145 | Wed., May 7 - 28 | 9:30 AM | 4 Sess. | \$24 1146 | Wed., June 4 - July 2 | 9:30 AM | 5 Sess. | \$30

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

1187 | Wed., May 7 - 28 | 2:00 PM | 4 Sess. | \$40 1188 | Wed., June 4 - July 2 | 2:00 PM | 5 Sess. | \$50 1183 | Thu., May 8 - 29 | 12:00 PM | 4 Sess. | \$40 1184 | Thu., June 5 - July 3 | 12:00 PM | 4 Sess. | \$40

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.

1080 | Tue., May 6 - 27 | 9:30 AM | 4 Sess. | \$40 **1081** | Tue., June 3 - 24 | 9:30 AM | 4 Sess. | \$40 Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1125 | Thu., May 8 - 29 | 9:30 AM | 4 Sess. | \$40 1126 | Thu., June 5 - July 3 | 9:30 AM | 4 Sess. | \$40 Jeanna Beauchamp, Certified Fitness Instructor

Restorative Chair Yoga

Julia Doughty, MFA, HHP

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

1129 | Tue., May 6 - 27 | 2:30 PM | 4 Sess. | \$40 1130 | Tue., June 3 - July 1 | 2:30 PM | 5 Sess. | \$50

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

1133 | Tue., May 6 - 27 | 1:15 PM | 4 Sess. | \$40 **1134** | Tue., June 3 - July 1 | 1:15 PM | 5 Sess. | \$50

San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA, HHP

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

1137 | Wed., May 7 - 28 | 9:00 AM | 4 Sess. | \$40 1138 | Wed., June 4 - July 2 | 9:00 AM | 5 Sess. | \$50

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CURIOUS ABOUT A DANCE OR FITNESS CLASS?

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









Sit N' Get Fit

Russell Rowe, MS, Exercise Physiology

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

1179 | Mon., May 5 - 19 | 1:15 PM | 3 Sess. | \$30 1180 | Mon., June 2 - 30 | 1:15 PM | 5 Sess. | \$50



We extend our heartfelt gratitude to Ed Griffith for his many years of sharing the joy of Soul Line Dancing with the San Diego Oasis community. His passion, energy, and dedication have inspired countless participants and brought rhythm and fun to our programs. Thank you, Ed, for your incredible support and lasting impact!

Soul Line Dancing

Ed Griffith, Verlosity & Lee D. Wells, Never2Old Adult Soul Line Dance Group

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

1116 | Tue., May 6 | 10:45 AM | \$10

1117 | Tue., May 27 | 10:45 AM | \$10

1118 | Tue., June 3 - July 1 | 10:45 AM | 5 Sess. | \$50

Soul Line Dancing - The Basics

Ed Griffith, Verlosity & Lee D. Wells, Never2Old Adult Soul Line Dance Group

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

1121 | Thu., May 22 - 29 | 10:45 AM | 2 Sess. | \$20

1122 | Thu., June 5 - July 3 | 10:45 AM | 4 Sess. | \$40

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

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

1149 | Mon., May 5 - 16 | 2:30 PM | 6 Sess. | \$60

1150 | Mon., June 23 - July 28 | 2:30 PM | 6 Sess. | \$60

1152 | Sat., May 3 - 7 | 11:30 AM | 6 Sess. | \$60

1153 | Sat., June 14 - July 26 | 11:30 AM | 6 Sess. | \$60

1155 | T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor Fri., May 16 - August 1 | 1:15 PM | 9 Sess. | \$90

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

1157 | T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor Fri., May 16 - August 1 | 2:30 PM | 9 Sess. | \$90

Learn to deepen and refine the movements at an intermediate level.

Zumba Gold

Pamela Toomes, Certified Fitness Instructor

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

1163 | Mon., May 5 - 19 | 10:45 AM | 3 Sess. | \$30

1164 | Mon., June 2 - 30 | 10:45 AM | 5 Sess. | \$50

HEALTH & WELLNESS

CO Alzheimer's SAN DIEGO

■ 1581 | Alzheimer's San Diego: Care in the Late Stage

Jean Alton, Alzheimer's San Diego, Dementia Educator Tue., May 13 | 1:00 PM | FREE

Join us to explore late-stage dementia care. Learn effective communication strategies and specialized caregiving for Alzheimer's patients in their final stage.

■ 1582 | Alzheimer's San Diego: Care Options: Living at Home Jean Alton, Alzheimer's San Diego, Dementia Educator Tue., June 10 | 1:00 PM | FREE

Join us to explore in-home care options and community resources like adult day care and care management, helping caregivers find support for loved ones living at home.

■ 1518 | Ageless Motion:

Self-Massage & Stretching for Comfort & Joy

Michael Saunders CMT, CPT, CES, Kinetic Healing Fri., June 20 | 10:00 AM | \$15

Stay vibrant and pain-free! Learn self-massage and stretching techniques to relieve stiffness, boost flexibility, and improve circulation in this senior-friendly, energizing workshop.

Building Better Balance: A Physical Therapy Approach Skylar Clark, DPT

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

1159 | Sat., May 17 | 11:30 AM | \$10 1160 | Sat., June 21 | 11:30 AM | \$10

1585 | Building Resilience for Better Aging and Longevity Veronica Marie Mitchell, Writer & Public Speaker Thu., May 1 | 1:00 PM | \$15

Build resilience at any age! Learn how a resilient mindset boosts brain and body health, helping you thrive through life's challenges and transitions.

■ 1587 | Family Caregiving: Caregiver Tips for Better Quality of Life

Veronica Marie Mitchell, Writer & Public Speaker Thu., May 29 | 1:00 PM | \$15

Learn essential tools, resources, and strategies to navigate family care-giving, prevent burnout, and build resilience for a healthier, more balanced life.

SHARP.

1342 | From Your Cart to Your Kitchen:

Navigating Food Choices to Optimize Gut Health Holly Moyer, RDN with Sharp Rees-Stealy

Fri., June 6 | 10:00 AM | FREE

Boost your health with gut-friendly foods. Learn how diet impacts digestion, dispel common myths, and create a microbiome-friendly grocery list for lasting wellness.

■ 1517 | Joy in Motion:

Gentle Massage & Movement for Happy Joints & MusclesMichael Saunders CMT, CPT, CES, Kinetic Healing
Fri., June 6 | 10:00 AM | \$15

Feel great from head to toe! Learn self-massage and movement techniques to relieve stiffness, boost flexibility, and enhance your body's confidence and vitality.







** 1557 | Mindfulness Meditation to Cultivate the Mind of Love Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh

Tue., May 6 | 1:00 PM | \$15

Practice mindfulness by cultivating a mind of love through meditation and daily techniques inspired by Thich Nhat Hanh's teachings.

■ 1558 | Mindfulness Meditation to Generate Lasting Happiness, Joy and Insight

Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh Tue., June 10 | 1:00 PM | \$15

Discover how mindfulness meditation can be the foundation for living a fulfilling life. Practice techniques to apply mindfulness in everyday situations.

■ 1586 | Self-Care for Better Aging and Longevity

Veronica Marie Mitchell, Writer & Public Speaker Thu., May 15 | 1:00 PM | \$15

Discover practical self-care tools to boost resilience, reduce stress, and improve longevity—because caring for yourself is key to a healthier, happier life.

Sonia's Health Corner

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

Discover the secrets to healthy aging by exploring nutrientdense functional foods and practical strategies to stay active, vibrant, and thrive at every stage of life.

1355 | Thu., May 15 | 10:00 AM | \$15 Functional Foods for Longevity **1356** | Tue., June 17 | 10:00 AM | \$15 Blueprint for Healthy Aging

UnitedHealthcare*

United Healthcare Presents: Medicare-The BasicsFariba Zarieh, United Healthcare

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

1191 | Sat., May 17 | 10:00 AM | FREE **1192** | Sat., June 21 | 10:00 AM | FREE

1516 | Unwind & Uplift:

The Power of Touch & Movement for Wellness

Michael Saunders CMT, CPT, CES, Kinetic Healing Fri., May 23 | 10:00 AM | \$15

Relax, rejuvenate, and unwind! Learn self-massage, gentle movements, and mindfulness to reduce stress, improve circulation, and boost your well-being in this energizing class.

● 1345 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor Tue., May 13 | 3:00 PM | FREE

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

HISTORY & HUMANITIES

1550 | Alexander Hamilton — The Man, Not the Musical Blaine Davies, MA, Professor of U.S. History

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

Learn about the remarkable life of Alexander Hamilton. From his humble beginnings to shaping America's financial system, explore his legacy, influence, and the duel that sealed his fate.

● 1571 | An Entertaining History of Your Favorite Food

Sofia Laurein, PhD, Professor of History Tue., July 1 | 10:00 AM | \$15

This tasty and appetizing presentation guarantees to tantalize your palate and leave you hungry for more.

■ 1564 | An Introduction to Paranormal Investigation and Research

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Thu., May 29 | 1:00 PM | \$15

Dive into paranormal research. Learn investigation methods, from spirit photography to EVP. Explore tools, techniques, and real ghostly captures in this engaging session.

1574 | Civil War Spies

Meagan Albrant, MA, Professor of U.S. History Mon., June 9 | 10:00 AM | \$15

Uncover Civil War espionage! Discover spies in ballrooms and secret rings in England, working to thwart the Confederacy in this thrilling class.

1626 | Democracy in America: Understanding and Responding to Challenges

Gina Gianzero, League of Women Voters Fri., May 16 | 1:00 PM | FREE

Learn about checks and balances, executive orders, judicial review, and how citizens can engage with government and current issues.

■ 1576 | Fractured Alliance? European-American Policy & Security

Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College Wed., May 7 | 10:00 AM | \$15

Explore US & EU security relations, NATO's future, and Europe's response to the United States' foreign policy amid the Ukraine-Russian war and shifting alliances.

■ 1565 | History of Spiritualism & Communicating with Spirits

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Thu., June 12 | 1:00 PM | \$15

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

➡ 1573 | History of the Ouija Board

Meagan Albrant, MA, Professor of U.S. History Mon., May 12 | 10:00 AM | \$15

Explore the origins of the Ouija board—its mysticism, corporate intrigue, and how it became a popular game in American culture.

1605 | Legends and Lore of Spice

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

Fri., May 9 | 1:00 PM | \$15

Explore the fascinating folklore of spices with storyteller Marilyn McPhie—tales of dragons, secrets, and ancient rituals, plus spices to take home.

1596 | Picturesque San Diego: Images and Stories From the Past

Vincent Rossi, Historian & Author, Story Seekers Co-Owner

Thu., May 8 | 10:00 AM | \$15

Travel back to 1887 San Diego through stories and stunning historic photos that reveal a rural, less populated past.

■ 1566 | San Diego's Biggest Hoax: Explore a Prohibition-Era Smugglers' Tunnel

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter

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

Explore a strange and dangerous Prohibition-era smugglers' tunnel. You won't want to miss this multimedia presentation by San Diego Legends author, Jack Innis.

■ 1572 | So Hard to Die: The Mysterious Death of Meriwether Lewis

Dr. David Peck, Physician, Author, Marti Peck, Ph.D., Psychologist

Tue., June 10 | 10:00 AM | \$15

Explore the mystery of Meriwether Lewis' tragic death. Was it murder or suicide? Join Dr. Dave and Dr. Marti Peck for a fascinating discussion based on their book.

1606 | Tales and Legends from Scotland

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

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

Discover Scottish legends of feuds, spirits, and selkies as well as tales of old clans, misty moors, and magic. Plus, samples of Scottish shortbread.

■ 1577 | Tariff Wars:

America's Strategy Towards China, Europe, and Canada

Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College Wed., June 4 | 10:00 AM | \$15

Analyze America's tariff strategy towards China, Canada, and Europe, evaluating its economic motivations, historical context, and effectiveness as a policy tool.

■ 1555 | Tarzan and the Real Apes

Fred Bercovitch, Ph.D. Biological Anthropology Thu., May 29 | 10:00 AM | \$15

Dive into Tarzan's world! Join Fred Bercovitch to explore the real apes behind the fiction and compare Tarzan's portrayal in books and movies.

● 1570 | The Entertaining History of Money

Sofia Laurein, Ph.D., Professor of History Tue., June 3 | 10:00 AM | \$15

It has been said, "money makes the world go round." Learn about the fascinating fiscal history of money and banking.

= NEW!





● 1551 | The French and Indian War:

A Look at the Past and Present

Blaine Davies, MA, Professor of U.S. History Thu., June 5 | 10:00 AM | \$15

Discover how victory led to revolution. Join Blaine Davies for a photographic journey through the French and Indian War and its role in shaping America's future.

1326 | The Great Philosophers: Thomas Aguinas

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wed., May 14 | 10:00 AM | \$16

Discover how Thomas Aquinas blended faith and reason, shaping the Renaissance and beyond. Join us to explore his life and groundbreaking philosophy.

1437 | The Important Role of Animals in Kumeyaay Myth, Cosmology and Life

Richard Carrico, MA, Author, and Professor of American Indian Studies Mon., May 19 | 1:00 PM | \$15

Explore the Kumeyaay's rich, cultural historical connection with animals. Learn about their roles as messengers, spirit guides, and shapeshifters.

■ 1351 | The Intelligent Universe: Creationism and the Modern Big Bang Theory

Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges Tue., June 24 | 1:00 PM | \$15

Explore how creation stories shaped our worldviews and brought meaning and purpose into our lives.

1245 | The Joy of Names

Richard Lederer, Union-Tribune Language Columnist Wed., May 21 | 10:00 AM | \$15

Richard Lederer reveals all the fascinating facts about first names, baby names, last names, nicknames, cruel and unusual names.

→ ■ 1327 | The Songs of Peter Bolland

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wed., May 28 | 10:00 AM | \$20

Join award-winning Americana artist Peter Bolland for a soulful, solo concert filled with heartfelt songs that celebrate joy, healing, and the beauty of life.

■ 1350 | The Trial of Socrates and Its Lessons for us Today

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

Experience Socrates' trial through a captivating reenactment and discussion, exploring timeless issues of justice, truth, and challenging the status quo.

■ 1568 | TV Crime Shows: Truth or Fiction?

Tori Randall, Ph.D., Professor of Anthropology Thu., June 12 | 10:00 AM | \$15

Explore the CSI effect. Discover how crime shows shape public expectations, the reality of forensic science, and its impact on criminal trials and jurors' perceptions.

1329 | What is Liberalism?

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wed., June 25 | 10:00 AM | \$16

Explore the true meaning of liberalism, its history, key voices, and evolving role in today's world, beyond the political buzzwords and debates.

1328 | Why Wisdom?

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

What is wisdom, and how does it differ from knowledge? Join us for a fascinating exploration of humanity's oldest and most mysterious quest.

■ 1560 | Women and Medicine: Nightingale, Gilman & Nawal El-Sadaawi

Gwenyth Mapes, Professor of Humanities Fri., May 30 | 10:00 AM | \$15

Explore the groundbreaking lives of Florence Nightingale, Charlotte Perkins Gilman, and Nawal El-Sadaawi—three inspiring women who revolutionized healthcare, literature, and feminism.

1559 | Women in Aztec Society

Maria Butler, MA Lecturer Emerita San Diego State University

Tue., June 17 | 1:00 PM | \$15

A look at the vital roles and everyday life of Aztec women in the 15th century.

LANGUAGES

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

1202 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Mon., May 12 - June 23 | 10:00 AM | 6 Sess. | \$120

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

1204 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Mon., May 12 - June 23 | 11:30 AM | 6 Sess. | \$120

This class emphasizes building vocabulary and developing conversational skills.

1200 | Advanced French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Mon., May 12 - June 23 | 1:00 PM | 6 Sess. | \$120

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

1214 | Beginning French for Travelers

Martine A Hillier, BA, Trilingual, French & Spanish Instructor

Fri., May 16 - June 27 | 10:00 AM | 7 Sess. | \$140

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

1216 | Intermediate French for Travelers

Martine A Hillier, BA, Trilingual, French & Spanish Instructor

Fri., May 16 - June 27 | 11:30 AM | 7 Sess. | \$140

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

■ 1594 | Italian for Beginners

Sara Venneri, BA, ITTP, Italian Language Instructor Tue., May 13 - June 24 | 1:00 PM | 7 Sess. | \$140

Start your Italian journey! Learn basic grammar, verbs, and vocabulary to introduce yourself and navigate simple conversations with confidence.

1590 | Italian for Intermediate Students

Sara Venneri, BA, ITTP, Italian Language Instructor Tue., May 13 - June 24 | 10:00 AM | 7 Sess. | \$140

Take your Italian to the next level! Expand vocabulary, master irregular verbs, and practice past tense for more confident conversations on everyday topics.

■ 1592 | Italian for Advanced Students

Sara Venneri, BA, ITTP, Italian Language Instructor Tue., May 13 - June 24 | 11:30 AM | 7 Sess. | \$140

Immerse yourself in Italian! Read literary texts, refine grammar, and master past tenses for confident conversations on both familiar and unfamiliar topics.

1208 | Beginning Spanish I

Gladis Jiménez González

Wed., May 21 - June 25 | 10:00 AM | 6 Sess. | \$120

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

1210 | Beginning Spanish II

Gladis Jiménez González

Wed., May 21 - June 25 | 11:30 AM | 6 Sess. | \$120

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

1212 | Intermediate Spanish I

Gladis Jiménez González

Wed., May 21 - June 25 | 1:00 PM | 6 Sess. | \$120

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

1220 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College Thu., May 15 - June 26 | 10:00 AM | 6 Sess. | \$120

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

1222 | Beginning/Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College Thu., May 15 - June 26 | 1:00 PM | 6 Sess. | \$120

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







1224 | Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College Thu., May 15 - June 26 | 11:30 AM | 6 Sess. | \$120

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

1218 | Advanced Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Fri., May 16 - June 27 | 1:00 PM | 7 Sess. | \$140

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

LITERATURE

🗬 1249 | Aspiring and Intermediate Poetry Workshop

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

Thu., May 8 - June 26 | 10:00 AM | 7 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, Published Writer, Editor and Founder of a Literary Non-Profit

You have stories to tell! Come learn the craft of storytelling to write an exciting one.

1238 | Tue., May 6 - 27 | 1:00 PM | 4 Sess. | \$80 **1239** | Tue., June 3 - 24 | 1:00 PM | 4 Sess. | \$80

Non-Fiction Book Club

Barbara J Salice, Ed.D.

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

1226 | Mon., May 12 | 10:00 AM | \$8 Women With Silver Wings by Katherine Sharp Landdeck

1227 | Mon., June 9 | 10:00 AM | \$8 Gangsters of Capitalism by Jonthan M. Katz

Women's New and Notable Book Club

Cathleen Mills, Former Literature Instructor

This book club will feature authors who have either won a Booker Prize or were on the short list of nominees. Our conversations will be rich and thought-provoking.

1234 | Fri., May 30 | 1:00 PM | \$8 Orbital by Samantha Harvey **1235** | Fri., June 27 | 1:00 PM | \$8 A Tale For the Time Being by Ruth Ozeki

1243 | Write Outside the Box: Novel Strategies and Practices to Ignite Your Creativity

Patricia Benesh, Ed.D. & Founder of AuthorAssist.com & 7memories.com

Thu., May 1 - 22 | 1:00 PM | 4 Sess. | \$80

Reignite your fiction writing. This fun, interactive course sharpens genre, plot, and character skills with engaging exercises, Great Gatsby examples, and lively discussions. Get inspired!

PERSONAL ENRICHMENT

🛁 🗬 1588 - Traditional High Tea: A Global Toast to Tea David Beevers, Bridging the Digital Divide Manager Wed., Aug. 6 | 2:00 PM | \$25

Join us for our elegant high tea. Come sip, savor, and celebrate with delicious treats, and fine teas. Wear a fabulous hat for a "Global Toast to Tea!"

Ringo!

San Diego Woman's Club Foundation

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

1266 | Sat., May 17 | 1:00 PM | \$25 **1267** | Sat., June 21 | 1:00 PM | \$25

1337 | Collette - Travel Destinations in 2025 and Beyond Ghythe Haddad, Business Development Manager

Mon., May 19 | 10:00 AM | FREE

Join us for an informative travel presentation discussing Collette's upcoming trips and current travel trends and tips.

🗬 🗬 Cookbook Book Club

Tonya Lehman, Teacher, Speaker and Storyteller

Prepare a dish at home from the cookbook and then bring it to class for everyone to sample. We'll evaluate recipes in the cookbook and discuss whether they were successful.

1276 | Thu., May 8 | 10:00 AM | \$20 Go-To Dinners by Ina Garten 1277 | Thu., June 12 | 10:00 AM | \$20 Cook Real Hawaii by Sheldon Simeon

■ 1609 | Creating New Friendships

Laura Diaz, Board Certified Coach (BCC) Tue., June 24 | 10:00 AM | \$15

Discover the art of cultivating new, deep-rooted friendships and unveil the secrets to expanding your network and creating lasting bonds.

■ 1513 | Gardening with Betty: June Gardening

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

Learn June garden tasks, including deadheading, feeding pollinators, caring for fruits and vegetables, and preparing a defensible space before wildfire season.

■ 1512 | Gardening with Betty: May Gardening

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County Fri., May 2 | 1:00 PM | \$15

Learn essential May garden tasks, including irrigation, fertilizing, and care tips for succulents, citrus, roses, and vegetables.

Happy Hour Trivia

Alan Zacharin, Trivia Enthusiast

Join us for a fun trivia class with drinks, snacks, and great company! Play solo or in teams while exploring history, the arts, science, and more.

1251 | Thu., May 8 | 1:00 PM | \$12 **1252** | Thu., June 12 | 1:00 PM | \$12

● ■ 1264 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wed., May 7 - June 18 | 10:30 AM | 4 Sess. | FREE

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

1274 | Improv Games

Tonya Lehman, Teacher, Speaker and Storyteller Tue., May 13 - 27 | 10:00 AM | 3 Sess. | \$45

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.

1334 | Mah Jonga for Beginners: Level One

Carol Cohn

Tue., May 13 - June 17 | 10:00 AM | 6 Sess. | \$120

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

Mah Jongg Open Play

Mah Jongg Open Play

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

1258 | Fri., May 16 | 1:00 PM | FREE 1259 | Fri., June 20 | 1:00 PM | FREE

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

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur Fri., May 23 - 30 | 10:00 AM | 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., June 13 - 20 | 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.

Making Connections: Women's Discussion Group

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

1262 | 2nd & 4th Mon., May 12 - June 23 1:30 PM 3 Sess. | \$24 Mary Heineke, MS, LMFT 1255 | 1st & 3rd Wed., May 7 - Aug 20 1:00 PM | 8 Sess. | \$64 Cheryl Davis-Plotts, Psy.D., LMFT







1256 | Men's Room

Donald Bruders, Facilitator 2nd & 4th Wed., May 14 - June 25 | 10:00 AM 4 Sess. | \$24

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

1527 | Return to Travel: Domestic and International Destinations to Visit in 2025

Will Reece, AFC Vacations Fri., June 6 | 2:00 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 Film Club: What Are You Watching?

Barbara J Salice, Ed.D.

Come share your recommendations and critiques of movies you're streaming, renting or watching in the theaters.

1230 | Mon., May 19 | 10:00 AM | \$8 1231 | Mon., June 16 | 10:00 AM | \$8

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.

1270 | Thu., May 1 | 1:00 PM | FREE 1271 | Thu., June 5 | 1:00 PM | FREE 1272 | Thu., July 3 | 1:00PM | FREE

1608 | Three Keys to Get Started in Creating a Life You Want

Laura Diaz, Board Certified Coach (BCC) Tue., May 6 | 10:00 AM | \$15

Learn to design your life with total control and creativity to build the life you desire.

1567 | Using Genetic Genealogy to Find Family

Kathleen Fernandes, Ph.D.

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

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

TECHNOLOGY

■ 1619 | Cybersecurity: Avoid Scam Emails, Texts & Calls

Cole Samaroo, Co-founder & CEO Senior Tech Connect

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

Learn to recognize scams, avoid phishing emails and fake texts, and use the National Do Not Call List to protect yourself from fraud.

■ 1617 | Cybersecurity: Password Security

Cole Samaroo, Co-founder & CEO Senior Tech Connect

Fri., May 30 | 10:00 AM | \$15

Learn how to create strong passwords, keep them safe, use password managers, and protect sensitive information from cyber threats.

🖈 1529 | Heart Health 101: Use Tech and Take Charge

Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits

Mon., May 5 | 11:30 AM | \$15

Take charge of your heart health! Learn to spot warning signs, use tech tools, and make lifestyle tweaks for a stronger heart.

1528 | iPhone 101

Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits

Mon., May 5 | 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.

1530 | iPhone 102

Eamen Hameed, MS, IT & Engineering Consultant, Founder, EHTechBits

Mon., June 16 | 10:00 AM | \$15

We will practice customizing the phone settings, use GPS, photos, camera, voice activation, browse the internet, and who to contact for troubleshooting.

■ 1531 | Scam Recognition and Prevention

Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits

Mon., June 16 | 11:30 AM | \$15

Stay one step ahead of scammers. Learn how to spot and prevent scams online, by phone, and in person, protecting your personal information.

■ 1618 | Smartphone FAQs and Tips: Contact Management

Cole Samaroo, Co-founder & CEO Senior Tech Connect

Fri., May 30 | 11:30 AM | \$15

Learn how to manage contacts, clear call history, block unwanted callers, and set custom ringtones to personalize your smartphone experience.

■ 1620 | Smartphone FAQs and Tips: Ring & Text Options, Blocking Calls and More

Cole Samaroo, Co-founder & CEO Senior Tech Connect

Fri., June 6 | 11:30 AM | \$15

Learn how to recover deleted photos, enlarge text, enable flash alerts, create favorite contact widgets, and block unwanted calls on your smartphone.

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.**

Grossmont Lifelong
Learning Center
Grossmont Wellness
Center
In-Person or Online |
Lifelong Learning Center
Mission Hills
Hillcrest/Knox Library
Online Only
Point Loma Branch Library
Rancho Bernardo
Innovation Center

Arts
Business, Financial and
Legal
Exercise and Dance
Health
History and Humanities
Language
Literature
Personal Development
and Enrichment
Technology
Theatre and Music

THEATRE & MUSIC



💜 🗬 1338 | An Acoustic Afternoon with Daniel Newheiser

Daniel Newheiser, Professional Guitarist, Vocalist & Songwriter

Fri., May 9 | 2:00 PM | \$30

Discover the music of Daniel Newheiser! With 20+ years of experience, enjoy his original songs and live performances as a guitarist, vocalist, and songwriter.

→ = 1005 | Italian Lounge Concert

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Fri., June 13 | 3:00 PM | \$30

Enjoy a vibrant mix of bossa nova, jazz, and swing as Dora Bonaventura, backed by keyboard and percussion, brings Italian flair to beloved classics.

🛁 🗬 1339 | Martin Luther King, Jr. Community Choir San Diego

Martin Luther King Jr. Community Choir Fri., May 23 | 2:00 PM | \$30

Join the Martin Luther King Jr. Community Choir for an inspiring afternoon of the soulful melodies of powerful gospel music and Negro spirituals that celebrate unity and hope.

➡ 🗬 1327 | The Songs of Peter Bolland

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Wed., May 28 | 10:00 AM | \$20

Join award-winning Americana artist Peter Bolland for a soulful solo concert filled with heartfelt songs that celebrate joy, healing, and the beauty of life.

1320 | Acting Workshop

Jo-Darlene Reardon, M.Ed.

Mon., June 2 - August 4 | 1:00 PM | 10 Sess. | \$120

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

■ 1324 | Love Guitar? Let's Jam

Mark Madruga, MA, Professional Musician & Guitar Instructor

Mon., May 12 - June 23 | 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.

■ 1322 | Love Guitar? Let's Learn

Mark Madruga, MA, Professional Musician & Guitar Instructor

Mon., May 12 - June 23 | 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-onone sessions that are tailored to your level and your personal goals.

- 1288 | Tue., May 6 27 | 12:30 PM | 4 Sess. | \$240
- 1289 | Tue., May 6 27 | 1:30 PM | 4 Sess. | \$240
- **1290** | Tue., May 6 27 | 2:30 PM | 3 Sess. | \$180
- **1291** | Tue., May 6 27 | 3:30 PM | 3 Sess. | \$180
- 1296 | Tue., June 3 24 | 12:30 PM | 4 Sess. | \$240
- **1297** | Tue., June 3 24 | 1:30 PM | 4 Sess. | \$240
- **1298** | Tue., June 3 24 | 2:30 PM | 4 Sess. | \$240
- **1299** | Tue., June 3 24 | 3:30 PM | 4 Sess. | \$240
- **1292** | Wed., May 7 28 | 12:30 PM | 4 Sess. | \$240
- **1293** | Wed., May 7 28 | 1:30 PM | 4 Sess. | \$240
- **1294** | Wed., May 7 28 | 2:30 PM | 4 Sess. | \$240 **1295** | Wed., May 7 28 | 3:30 PM | 4 Sess. | \$240
- **1300** | Wed., June 4 25 | 12:30 PM | 4 Sess. | \$240
- **1301** | Wed., June 4 25 | 1:30 PM | 4 Sess. | \$240
- **1302** | Wed., June 4 25 | 2:30 PM | 4 Sess. | \$240
- 1303 | Wed., June 4 25 | 3:30 PM | 4 Sess. | \$240

COXTECH TANK

Oasis Cox Tech Tank Workshops at our La Mesa location are led by Monse Callejas, Technology Learning Specialist.

Technology 1:1 consultations available by appointment. Each 30-minute session is \$10.

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.

102 | Apple Maps App Workshop

Tue., May 6 | 11:00 AM | \$10

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

Apple Photos Workshop (IOS 18)

This class will offer tips for organizing the photos on your smartphone. Learn about favorites, creating folders, saving photos from texts, emails, and more.

101 | Fri., May 2 | 11:00 AM | \$10 **114** | Mon., June 2 | 11:00 AM | \$10

100 | Cloud Services Workshop

Thu., May 1 | 11:00 AM | \$10

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

108 | Digital Coupon Workshop

Mon., May 19 | 11:00 AM | \$10

Learn how to get the most out of deals and offers at your local grocery stores using digital coupons.

109 | Emojis, Memes and GIFs Galore

Tue., May 20 | 11:00 AM | \$10

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

116 | Google Photos Workshop

Thu., June 5 | 11:00 AM | \$10

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

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.

105 | Tue., May 13 | 11:00 AM | \$10 **118** | Tue., June 10 | 11:00 AM | \$10

Tech Talk: iPhone Fundamentals II

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

106 | Thu., May 15 | 11:00 AM | \$10 **119** | Thu., June 12 | 11:00 AM | \$10

112 | Tech Talk: iPhone Fundamentals III Getting Savvy

Tue., May 27 | 11:00 AM | \$10

The third in a four-part series, this hands-on workshop will guide you as you learn more features you didn't know you knew on your iPhone.

113 | Tech Talk: iPhone Fundamentals IV: The Full Potential

Thu., May 29 | 11:00 AM | \$10

The fourth in a four-part series, this hands-on workshop will guide you as you learn more of the lesser utilized features on your iPhone.

107 | Technology for Travelers

Fri., May 16 | 11:00 AM | \$10

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

103 | The Practicality of Al

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

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

104 | Web Cookies Workshop

Mon., May 12 | 11:00 AM | \$10

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

111 | YouTube Workshop

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

Learn the basics of YouTube, the second most visited search engine.

Zoom: Keeping Connection Through Distance

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

110 | Thu., May 22 | 11:00 AM | \$10 115 | Tue., June 3 | 11:00 AM | \$10

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.

1141 | Sat., May 3 - 31 | 9:00 AM | 5 Sess. | \$50 1142 | Sat., June 7 - 28 | 9:00 AM | 4 Sess. | \$40

HEALTH

1196 | Meditation for Stress-Relief, Relaxation & Peace

Melynnique Seabrook, MA

Thu., May 8 - 29 | 1:00 PM | 4 Sess. | \$40

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

Sonia's Health Corner: Live Cooking Demonstrations

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

Create vibrant, nourishing meals in our virtual cooking class as you learn heart-healthy and anti-inflammatory recipes.

1359 | Wed., May 14 | 1:00 PM | \$25 Heart Healthy Buddha Bowl 1360 | Wed., June 18 | 1:00 PM | \$25 Anti-inflammatory Wild Salmon Bowl with homemade Tzatziki sauce

1345 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor Tue., May 13 | 3:00 PM | FREE

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

HISTORY & HUMANITIES

● 1571 | An Entertaining History of Your Favorite Food

Sofia Laurein, PhD, Professor of History Tue., July 1 | 10:00 AM | \$15

This tasty and appetizing presentation guarantees to tantalize your palate and leave you hungry for more.

■ 1538 | American Aftermath: The French Revolution

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

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

Explore how the American Revolution sparked the French Revolution and Napoleon's rise. Discover how these events reshaped Europe's political landscape and spread liberation across the continent.

1564 | An Introduction to Paranormal Investigation and Research

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Thu., May 29 | 1:00 PM | \$15

Dive into paranormal research. Learn investigation methods, from spirit photography to EVP. Explore tools, techniques, and real ghostly captures in this engaging session.

1576 | Fractured Alliance? European-American Policy & Security

Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College Wed., May 7 | 10:00 AM | \$15

Explore US & EU security relations, NATO's future, and Europe's response to the United States' foreign policy amid the Ukraine-Russian war and shifting alliances.







Historical Summer Road Trip with Rick

Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command

Let's hit the road (virtually) and learn historical facts, cultural trends and what's waiting for you at these notable locations.

1382 | Tue., May 17 | 2:00 PM | \$15 Yosemite: The Crown Jewel of the National Park Service

1383 | Tue., June 15 | 2:00 PM | \$15 The Grand Canyon – A Big Hole in the Ground

1565 | History of Spiritualism & Communicating with Spirits

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host Thu., June 12 | 1:00 PM | \$15

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

1362 | Impressionists Fight for Recognition

Julia Fister, MA, Studio ACE Executive Director Tue., May 13 | 10:00 AM | \$8

Discover how a group of determined Impressionist artists defied tradition, staged their own exhibitions, and forever changed the course of art history.

┪ 1537 | "Out of Africa" Theory Changed

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

Tue., May 27 | 1:00 PM | \$15

Explore humanity's origins. Discover how new archaeological finds are reshaping the "Out of Africa" theory and uncovering the ever-evolving story of our early ancestors.

● 1572 | So Hard to Die:

The Mysterious Death of Meriwether Lewis

Dr. David Peck, Physician, Author, Marti Peck, Ph.D., Psychologist

Tue., June 10 | 10:00 AM | \$15

Explore the mystery of Meriwether Lewis' tragic death. Was it murder or suicide? Join Dr. Dave and Dr. Marti Peck for a fascinating discussion based on their book.

1577 | Tariff Wars:

America's Strategy Towards China, Europe, and Canada

Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College Wed., June 4 | 10:00 AM | \$15

Analyze America's tariff strategy towards China, Canada, and Europe, evaluating its economic motivations, historical context, and effectiveness as a policy tool.

■ 1555 | Tarzan and the Real Apes

Fred Bercovitch, Ph.D. Biological Anthropology Thu., May 29 | 10:00 AM | \$15

Dive into Tarzan's world! Join Fred Bercovitch to explore the real apes behind the fiction and compare Tarzan's portrayal in books and movies.

● 1570 | The Entertaining History of Money

Sofia Laurein, Ph.D., Professor of History Tue., June 3 | 10:00 AM | \$15

It has been said, "money makes the world go round." Learn about the fascinating fiscal history of money and banking.

1551 | The French and Indian War: A Look at the Past and Present

Blaine Davies, MA, Professor of U.S. History Thu., June 5 | 10:00 AM | \$15

Discover how victory led to revolution. Join Blaine Davies for a photographic journey through the French and Indian War and its role in shaping America's future.

1378 | The Hindenburg Disaster

Mark Carlson, Historian & Author Thu., June 26 | 1:30 PM | \$8

We will discuss the era of giant airships, focusing on Hindenburg—an 804-foot luxury Zeppelin that met disaster after 10 successful transatlantic voyages.

1361 | The Sixth Transformation

Henry George, Engineer, Archaeologist and Geologist Tue., May 6 | 10:00 AM | \$8

Explore the future of humanity in the Transcendent Revolution, where biotechnology and AI reshape life, work, and society as we navigate unprecedented technological advancements.

1568 | TV Crime Shows: Truth or Fiction?

Tori Randall, Ph.D., Professor of Anthropology Thu., June 12 | 10:00 AM | \$15

Explore the CSI effect. Discover how crime shows shape public expectations, the reality of forensic science, and its impact on criminal trials and jurors' perceptions.

1343 | Van Gogh in Arles

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

This lecture will explore both the most productive and dramatic period of Van Gogh's painting life while living in the south of France.

■ 1560 | Women and Medicine: Nightingale, Gilman & Nawal El-Sadaawi

Gwenyth Mapes, Professor of Humanities Fri., May 30 | 10:00 AM | \$15

Explore the groundbreaking lives of Florence Nightingale, Charlotte Perkins Gilman, and Nawal El-Sadaawi—three inspiring women who revolutionized healthcare, literature, and feminism.

LANGUAGES

1206 | Conversational Spanish

Danisa Mardones, BA

Tue., May 13 - June 24 | 1:30 PM | 7 Sess. | \$140

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

DO YOU YOUTUBE?

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







LITERATURE

🗬 1247 | Aspiring and Intermediate Poetry Workshop

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

Fri., May 9 - June 27 | 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.

🗬 1242 | The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator

Fri., May 2 - August 15 | 1:00 PM | 7 Sess. | \$56

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

PERSONAL ENRICHMENT

■ 1264 | Grief Support Group

Rolandas Kausas, Chaplain 1st & 3rd Wed., May 7 - June 18 | 10:30 AM 4 Sess. | FREE

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

THEATRE & MUSIC

■ 1377 | A Trip Down Memory Lane

Vincent Young, Musician Wed., June 25 | 1:30 PM | \$8

Vincent Young performs and discusses pop standards, movie songs, and show tunes, drawing inspiration from Nat King Cole, Natalie Cole, and John Pizzarelli.

💜 1281 | Classical Music Inspired by Our Rivers, Seas and Oceans

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

Dive into the beauty of water-inspired music. Enjoy orchestral waves from Beethoven, Debussy, and hidden gems, capturing the soothing essence of oceans and rivers.

ONLINE CLASSES

1283 | Classical Music Inspired by the Mountains

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

Experience nature through music. Enjoy compositions by Beethoven, Strauss, and more, capturing the beauty and power of mountains, streams, and forests.

■ 1365 | Classic Rock of the 70s & 80s

Lisa Campbell, Musician & Instructor Tue., June 17 | 10:00 AM | \$8

Lisa Campbell rocks the stage with songs from Led Zeppelin and Journey, bringing the energy of hard rock and classic anthems to life.

【 1282 | Honoring Native American Musical Creativity

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

Experience the beauty of Native American music. From traditional bird songs to modern melodies, celebrate its rich history, unity, and evolving sounds in this inspiring musical journey.

■ 1280 | Maurice Jarre:

Composer for Lawrence of Arabia and Much More

Chris Burns, Many-Strings Fri., May 23 | 3:00 PM | \$15

Discover the genius of this award-winning French composer, whose iconic film scores—from Lawrence of Arabia to Doctor Zhivago—have shaped cinema and captivated audiences for decades.

■ 1364 | The Broadway of Alan Jay Lerner

Vincent Young, Musician Wed., May 28 | 1:30 PM | \$8

Experience the timeless magic of Alan Jay Lerner's lyrics as Vincent Young brings his music to life with orchestral suites, vocal collages, and Broadway favorites.

■ 1363 | The Nashville Vibe

Lisa Campbell, Musician & Instructor Tue., May 20 | 10:00 AM | \$8

Lisa Campbell brings her soulful voice and acoustic charm to the stage, performing hits from Zach Bryan, the Steve Miller Band, and more.

■ 1366 | Verdi's Operas & His Patriotism

Mehdi Sarram, Professor Tue., June 24 | 10:00 AM | \$8

Giuseppe Verdi composed over 30 operas and played a key role in Italy's unification. Professor Mehdi Sarram explores Verdi's music and its political impact.



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

Preet will help you explore the creative style of abstract painting. All levels are welcome to paint in the style that inspires you.

2038 | Mon., May 5 & 12 | 1:00 PM | 2 Sess. | \$40 **2162** | Mon., June 9 & 16 | 1:00 PM | 2 Sess. | \$40

2320 | Abstract Painting Therapy

Jenna Cooper, B.A. Visual Arts, Owner of Glory Art Gallery and Studio

Mon., June 2 | 1:00 PM | \$20

This class explores color, movement, and emotions through painting. You will learn color mixing in order to creatively express feelings for a therapeutic, relieving experience.

Art Journaling for Mental Wellness

Marie Capizzi, MS, LPCC

Visual journaling in art therapy utilizes drawings, photos, and collage to capture emotions. Monthly themes will explore wellness and the class is accessible to all.

2072 | Fri., May 16 | 10:00 AM | \$20 **2075** | Fri., June 13 | 10:00 AM | \$20

Art of Pastel

Christine Bowman, Award Winning Plein Air Pastel Artist

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

2070 | Tue., May 6 | 12:30 PM | \$30 **2365** | Tue., June 3 | 12:30 PM | \$30

How to Capture Dynamic Travel Photographs

Suda House, Professor of Art and Photography, Grossmont College

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

Master travel photography. Learn to plan and capture stunning shots using light, composition, and minimal gear to confidently showcase the unique beauty of people and places.

Ask the Knitting Expert

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

Get the help you need on a project!

2431 | Fri., May 9 | 10:00 AM | \$20 **2243** | Fri., June 20 | 10:00 AM | \$20

2074 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design Wed. & Fri., May 28 & 30 | 10:00 AM | 2 Sess. | \$40

We'll learn to use Pigma Micron pens to create drawings overlaid with watercolor. The primary emphasis is on pen and ink.

Crafting Circle

Eileen Maas, Knitting Hobbyist

Bring your knitting, crochet, needlepoint or sewing projects to our fabulous crafting circle where you can meet and socialize with fellow crafters.

2238 | Thu., May 8 - 29 | 10:00 AM | 3 Sess. | \$15 **2235** | Thu., June 5 - 26 | 10:00 AM | 3 Sess. | \$15

■ 2060 | Create Fun Treat Boxes

Trina Pascale, Instructor & Card Designer Wed., May 21 | 1:00 PM | \$20

Create 2 different boxes to fill with treats for gifting to friends or family. No experience required.

BERNARDO

All materials will be provided.







Create Greeting Cards

Trina Pascale, Instructor & Card Designer

You will make 2 unique cards in this class. No experience is required. All materials will be provided.

2090 | Wed., June 4 | 1:00 PM | \$20 **2091** | Wed., July 2 | 1:00 PM | \$20

Crochet: For Beginners to Beyond Beginners

Ruth Anne Mack, Experienced Instructor, Crochet Enthusiast

Suitable for all skill levels, from the basics and what you need to get started to more intricate techniques.

2402 | Mon. & Wed., May 5 - 14 | 1:00 PM | 4 Sess. | \$80 **2403** | Mon., June 2 - 23 | 1:00 PM | 4 Sess. | \$80

🗬 2061 | Decorative Wall Hanging

Trina Pascale, Instructor & Card Designer Wed., June 18 | 1:00 PM | \$20

Create a cute wall hanging using paper, cutouts and ribbon. No experience is required. All materials will be provided.

2230 | Drawing Basics

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Tue. & Thu., May 20 & 22 | 1:00 PM | 2 Sess. | \$40

Learn and practice basic, realistic drawing skills using pencils. This class is for absolute beginners as well as for those with some experience.

■ 2037 | Food Illustrations in Watercolor

Fang Luo, Artist and Fashion Designer Thu., May 8 - 22 | 10:00 AM | 3 Sess. | \$60

Explore the art of watercolor painting with a focus on food illustration. Learn techniques for capturing textures, colors, and details of various foods.

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

2063 | Tue., June 17 | 1:00 PM | \$50 Garden Mushrooms

2062 | Tue., May 13 | 1:00 PM | \$50 Suncatcher

2078 | Illustration: Drawing California Native Plants

Ann Dunham, MS Design

Wed. & Fri., June 25 & 27 | 10:00 AM | 2 Sess. | \$40

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

2242 | Knitting 1 & 2

Janet Pollack, Experienced Handcrafter, Knitting, Crochet, and Needlework Enthusiast Fri., May 16 - June 6 | 10:00 AM | 4 Sess. | \$80

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

🗬 2406 | Meditative Line Art

Shilpi Prasad, BA, Member at Spanish Art Village Center (Gallery 18), Mithila Painting Artist, Art Instructor at SVAC, Graphic Designer Tue., May 27 | 10:00 AM | \$20

Learn how to use simple lines and shapes to create intricate, beautiful designs that promote mindfulness, relaxation and presence in the moment as you let your creativity flow.

🚅 2296 | Mini-Mithila Painting

Shilpi Prasad, BA, Member at Spanish Art Village Center (Gallery 18), Mithila Painting Artist, Art Instructor at SVAC, Graphic Designer Wed., May 28 | 1:00 PM | \$20

You will create a colorful mini-Mithila Painting, an intricate Indian art form known for its geometric patterns and vibrant colors.

2076 | Paint and Sip Party

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

Follow along step-by-step and paint a masterpiece. Surprise yourself by creating a fabulous painting! All materials are provided.

Robin S. Daus, MD, Paper Crafter for 20+ Years, 8-Year Stampin' Up Demonstrator Fri., May 9 | 10:00 AM | \$25

Sympathy cards can be the most difficult to make and send. We'll make beautiful cards for your loved ones. All levels are welcome.

Paper Quilling

Trina Pascale, Instructor & Card Designer

Quilling is the art of gluing strips of rolled and shaped paper to create decorative designs. Beginners are welcome. All materials will be provided.

2057 | Wed., May 14 | 1:00 PM | \$20 **2058** | Wed., June 11 | 1:30 PM | \$20

2069 | Peacocks in Mithila Painting Style

Shilpi Prasad, BA, Member at Spanish Art Village Center (Gallery 18) Mithila Painting Artist, Art Instructor at SVAC, Graphic Designer Mon & Wed., May 19 & 21 | 10:00 AM | 2 Sess. | \$40

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

2218 | Pencil and Colored Pencil Drawing

Fang Luo, Artist and Fashion Designer Thu., May 8 - 15 | 1:00 PM | 2 Sess. | \$40

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

2077 | Play Around With Acrylic Paint

Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor Tue. & Thu., June 24 & 26 | 1:00 PM | 2 Sess. | \$60

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

2066 | Pocket-Sized Presents: Scrapbook Paper Envelope

Becky Barber, Longtime Scrapbook Hobbyist Tue., May 13 | 10:00 AM | \$25

Create an envelope with pockets made out of scrapbook paper that can be stuffed with small gifts, gift cards, candy, etc.

2265 | Practical Beading

Janet Stuelpner, The Left-Handed Artist and Crafter Wed., June 11 | 10:00 AM | \$20

Make practical items with a base piece and beads. Create key finders, wine stoppers, bookmarks and holiday ornaments.

2071 | Rock Painting: Mandala Dot Design

Kelly Creeden, BA. MS Mentor Teacher Mon., May 12 | 10:00 AM | \$20

Paint a beautiful mandala rock design fit for your garden or table top. All levels are welcome. Bring a black painted rock, if possible. Other supplies are provided.

2082 | Shibori: Japanese Tie-Dyeing

Lee Yater, M.F.A, Artist, Designer and College Instructor Wed., May 7 | 1:00 PM | \$25

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

2025 | Slab! Pinch! Coil! Fun With Clay

Lee Yater, M.F.A, Artist, Designer and College Instructor Mon., June 23 | 10:00 AM | \$30

Using air dried clay, you will learn hand building techniques. You will leave the class with small pinched flowers for beautiful bouquets that are ready to paint.

2423 | Throw Tiny Pottery on Miniature Pottery Wheels

Gracie Rhoads, Mixed Media Art Teacher, M.A. Expressive Arts Therapy

Mon., May 19 | 1:00 PM | \$50

Experience pottery on a miniature scale—learn centering and sculpting tiny pots and plates in this relaxing, beginner-friendly class.

Travel Sketch Book

Christine Bowman, Award Winning Plein Air Pastel Artist

Learn to create a travel sketchbook in this step-by-step class, mastering the art of simplifying scenes with watercolor and ink.

2068 | Tue., May 6 | 10:00 AM | \$20 **2363** | Tue., June 3 | 10:00 AM | \$20

Twist and Dye: Silk Scarf Dyeing

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

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

2067 | Mon., June 23 | 1:00 PM | \$25 **2081** | Wed., May 7 | 10:00 AM | \$25







RANCHO BERNARDO

Museum of Photographic Arts (MOPA)

1649 El Prado, San Diego, CA 92101

1071 | Women in Focus with Suda House and Gwenyth Mapes

Suda House, Professor of Art and Photography, Grossmont College & Gwenyth Mapes, Professor of Humanities

Thu., June 12 | 11:00 AM | \$20

Join Professors Suda House and Gwenyth Mapes for a guided tour of Women in Focus at MOPA, exploring 19th and 20th century photography by women, with historical and cultural insights.

BUSINESS, LEGAL & FINANCE

thrivent[®]

Offices of Jonathan Doering, Matthew Molstre and Anthony Camara

2042 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA Mon., May 12 | 1:00 PM | \$5

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

2044 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA Tue., June 17 | 11:00 AM | \$5

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

Social Security

Anthony Camara, CFP®, MBA

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

2041 | Mon., May 12 | 11:00 AM | \$5 **2045** | Tue., June 17 | 1:00 PM | \$5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

2043 | Wed., May 14 | 10:00 AM | FREE **2046** | Fri., June 20 | 10:00 AM | FREE

See page 50 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

2156 | Do You Own Your Stuff or Does Your Stuff OWN You?

Jami Shapiro, Certified Senior Move Manager and Founder of Silver Linings Transitions

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

You'll learn the difference between de-cluttering and organizing, available resources, and changes in the resale market.

2177 | How Do Trust and Probate in Real Estate Work in California?

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

Wed., June 18 | 10:00 AM | \$10

Learn how a living trust can simplify estate planning. Join expert Farima Tabrizi to explore how trusts help avoid probate for your assets.

2181 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate Fri., May 16 | 10:00 AM | \$10

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

2004 | Pitfalls in Trust Administration: Tales from the Trenches

K. Brooke Jensen, Attorney at Law Wed., May 21 | 10:00 AM | \$10

Learn to avoid common pitfalls from an experienced attorney who has guided thousands through the trust administration and settlement process.



2033 | Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties Sat., June 28 | 10:00 AM | FREE

Senior 101 covers essential topics like living options, aging in place, financial tips, and downsizing, helping you create a personalized roadmap for aging successfully.

Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder

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

Learn practical strategies to manage finances, reduce stress, and build resilience to successfully navigate and survive an economic recession.

2440 | 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., June 3 | 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!

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

2119 | Tue., May 6 - 27 | 2:30 PM | 4 Sess. | \$40 **2120** | Tue., June 3 - July 1 | 2:30 PM | 5 Sess. | \$50 Saleemah Muhammad, Licensed Zumba Gold Instructor

2121 | Wed., May 7 - 28 | 8:30 AM | 4 Sess. | \$40 **2122** | Wed., June 4 - July 2 | 8:30 AM | 5 Sess. | \$50 Pam Chilton, Certified Personal Trainer/Fitness Instructor

Active Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

Get fit with Active Total Body Conditioning—mixing aerobic moves, stretching, and light weights for stronger muscles, better balance, and improved posture.

2106 | Tue., May 6 - 27 | 10:45 AM | 4 Sess. | \$40 2107 | Tue., June 3 - July 1 | 10:45 AM | 5 Sess. | \$50 2111 | Thu., May 8 - 29 | 10:45 AM | 4 Sess. | \$40 2112 | Thu., June 5 - July 3 | 10:45 AM | 4 Sess. | \$40 2117 | Sat., May 3 - 31 | 10:45 AM | 5 Sess. | \$50 2118 | Sat., June 7 - 28 | 10:45 AM | 4 Sess. | \$40

Active Total Body Conditioning Including Step

Curt Gonzales, Certified Fitness Instructor

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

2104 | Mon., May 5 - 19 | 8:30 AM | 3 Sess. | \$30 **2105** | Mon., June 2 - 30 | 8:30 AM | 5 Sess. | \$50 **2115** | Sat., May 3 - 31 | 9:30 AM | 5 Sess. | \$50 **2116** | Sat., June 7 - 28 | 9:30 AM | 4 Sess. | \$40

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. Weights and balls are not used in the 8:30 classes.

2109 | Thu., May 8 - 29 | 8:30 AM | 4 Sess. | \$40 **2110** | Thu., June 5 - July 3 | 8:30 AM | 4 Sess. | \$40 **2113** | Fri., May 9 - 30 | 2:00 PM | 4 Sess. | \$40 **2114** | Fri., June 6 - 27 | 2:00 PM | 4 Sess. | \$40

Aerobic Intervals

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2127 | Wed., May 7 - 28 | 12:00 PM | 4 Sess. | \$40 **2128** | Wed., June 4 - July 2 | 12:00 PM | 5 Sess. | \$50 **2123** | Fri., May 9 - 30 | 9:30 AM | 4 Sess. | \$40 **2124** | Fri., June 6 - 27 | 9:30 AM | 4 Sess. | \$40

Better Balance

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2125 | Tue., May 6 - 27 | 1:15 PM | 4 Sess. | \$40 **2126** | Tue., June 3 - July 1 | 1:15 PM | 5 Sess. | \$50 **2223** | Thu., May 8 - 29 | 1:15 PM | 4 Sess. | \$40 **2224** | Thu., June 5 - July 3 | 1:15 PM | 5 Sess. | \$50

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 filled with dance, cardio, and upbeat rhythms.

2129 | Sat., May 3 - 24 | 12:00 PM | 4 Sess. | \$40 **2130** | Sat., June 14 - 28 | 12:00 PM | 3 Sess. | \$30







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.

2131	Mon., May 5 - 19 1:00 PM 3 Sess.	\$30
2132	Mon., June 2 - 30 1:00 PM 5 Sess.	\$50
2133	Fri., May 9 - 30 12:00 PM 4 Sess.	\$40
2134	Fri., June 6 - 27 12:00 PM 4 Sess.	\$40

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.

2137	Mon., May 5 - 19 12:00 PM 3 Sess. \$30
2138	Mon., June 2 - 30 12:00 PM 5 Sess. \$50
2135	Fri., May 9 - 30 1:00 PM 4 Sess. \$40
2136	Fri., June 6 - 27 1:00 PM 4 Sess. \$40

East Coast Swing

Fern Helms, Accomplished Ballroom and Line Dance Instructor

For couples with no swing dance experience. Learn basic steps, how to lead and/or follow, turns, rhythm and timing. Come join the latest trend!

2407	Wed., May 7 - 28	2:30 PM	4 Sess.	\$40
	Wed., June 4 - 25			

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.

Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

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

Gentle Total Body Conditioning

Curt Gonzales, Certified Fitness Instructor

Enjoy a slow-paced, full-body workout with gentle total body conditioning—using a chair, light weights, and movements to improve strength, balance, and tone.

Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

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

2147 Thu., May 8 - 29 2:30 PM 4 Sess. \$40
2148 Thu., June 5 - July 3 2:30 PM 4 Sess. \$40
2409 Sat., June 7 12:00 PM \$12

2367 | Pickleball 101 (Beginner)

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist Tue., June 3 - 24 | 9:00 AM | 4 Sess. | \$100

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.

2368 | Pickleball 102 (Advanced Beginner)

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist Tue., June 3 - 24 | 10:00 AM | 4 Sess. | \$100

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.

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

2410 | Rhythms Fitness

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Fri., June 20 & 27 | 8:30 AM | 2 Sess. | \$20

A fun, energizing fitness class combining dance, strength, and breathing exercises to boost energy, strength, and overall well-being.

Seated Chair Yoga and Guided Relaxation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

Build strength, flexibility and relieve stress through breath work, gentle movement and guided deep relaxation. Experience the benefits of Yoga without getting on the floor.

2444 | Thu., May 8 - 29 | 2:30 PM | 4 Sess. | \$40 **2445** | Thu., June 5 - July 3 | 2:30 PM | 4 Sess. | \$40

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.

2151 | Mon., May 5 - 19 | 2:00 PM | 3 Sess. | \$30 **2152** | Mon., June 2 - 30 | 2:00 PM | 5 Sess. | \$50 Donna Bird, ACE Certified Instructor, Silver Sneakers Certified

2202 | Thu., May 8 – 29 | 12:00 PM | 4 Sess. | \$40 **2443** | Thu., June 5 – July 3 | 12:00 PM | 5 Sess. | \$50 Curt Gonzales, Certified Fitness Instructor



We extend our heartfelt gratitude to Ed Griffith for his many years of sharing the joy of Soul Line Dancing with the San Diego Oasis community. His passion, energy, and dedication have inspired countless participants and brought rhythm and fun to our programs. Thank you, Ed, for your incredible support and lasting impact!

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.

2191 | Wed., May 7 - 28 | 10:45 AM | 4 Sess. | \$40 **2192** | Wed., June 4 - July 2 | 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.

2189 | Wed., May 7 - 28 | 9:30 AM | 4 Sess. | \$40 **2190** | Wed., June 4 - July 2 | 9:30 AM | 5 Sess. | \$50

2024 | Soul Line Dancing Marathon, Fundraiser, and Ed's Retirement

Ed Griffith and Lee Wells, Verlosity Fri., May 23 | 1:00 PM | \$15

No experience needed! Ed & Lee will break down the moves into simple steps so that we can all participate with confidence and joy. Raffle & cake.

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.

2185 | Mon., May 5 - 19 | 9:30 AM | 3 Sess. | \$30 **2186** | Mon., June 2 - 30 | 9:30 AM | 5 Sess. | \$50 **2187** | Thu., May 8 - 29 | 9:30 AM | 4 Sess. | \$40 **2188** | Thu., June 5 - July 3 | 9:30 AM | 4 Sess. | \$40

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2193 | Mon., May 5 - 19 | 3:15 PM | 3 Sess. | \$30 **2194** | Mon., June 2 - 30 | 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.

2195 | Fri., May 9 - 30 | 10:45 AM | 4 Sess. | \$40 **2196** | Fri., June 6 - 27 | 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.

2197 | Mon., May 5 - 19 | 10:45 AM | 3 Sess. | \$30 **2198** | Mon., June 2 - 30 | 10:45 AM | 5 Sess. | \$50

Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor

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

2199 | Tue., May 6 - 27 | 12:00 PM | 4 Sess. | \$40 **2200** | Tue., June 3 - July 1 | 12:00 PM | 5 Sess. | \$50

HEALTH

CO Alzheimer's SAN DIEGO

2616 | Alzheimer's San Diego: Driving and Memory Loss Joaquin Ortiz, Alzheimer's San Diego Director of Education

Mon., June 23 | 1:00 PM | FREE

Explore driving safety for those with dementia, evaluate cognitive changes, and learn strategies for difficult conversations and supporting someone after losing their license.

Jean Alton, Alzheimer's San Diego, Dementia Educator Fri., May 30 | 1:00 PM | FREE

Understand dementia-related resistance and learn practical strategies to build trust, strengthen relationships, and provide compassionate care while preserving dignity.

2361 | Aging and Genetics: Unlocking the Secrets to Healthy Aging

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

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

Learn how genetic testing reveals aging insights, helping you personalize nutrition, exercise, and preventive care to enhance vitality, longevity, and overall health.

2393 | Benefits of CBD

Sheila Star Coulbourn, HHP, BCPA Wed., May 28 | 10:00 AM | \$15

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

2334 | Beyond Post-Menopause - Does it EVER End?

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

Fri., May 9 | 10:00 AM | \$10

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.

2394 | Brain Healthy Living

Sheila Star Coulbourn, HHP, BCPA Mon., June 30 | 10:00 AM | \$15

Explore ways help keep your brain healthy, including exercising your mind and body, getting enough sleep, eating a brain healthy diet and more.

2392 | Building Resilience for Better Aging and Longevity

Veronica Marie Mitchell, Writer & Public Speaker Fri., June 13 | 1:00 PM | \$15

Build resilience at any age! Learn how a resilient mindset boosts brain and body health, helping you thrive through life's challenges and transitions.

2382 | End-of-Life Choices: Lecture and Discussion Series Melissa McClave, Death Doula, LastActsOfLove.com

Mon., June 9 | 10:00 AM | \$15

Join Melissa McClave, a death doula, for a lecture and discussion about the role of Death Doulas, palliative care, hospice, body disposition, and caregiver support.

2372 | Fasting: Healthy, Holy, Hazard or Hoax?

Philip J. Goscienski, M.D.

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

Learn how to take advantage of the fasting trend that is widely - and sometimes unwisely - practiced in the modern era.

2280 | Genetics: A Line of Evidence in Peopling of the World

Henry George, Engineer, Archaeologist, and Geologist Thu., June 12 | 10:00 AM | \$15

Explore recent advances in genetics, using DNA data to refine our understanding of human origins and trace the human diaspora from ancient ancestors to modern populations.

2279 | Genetics: The Science of Heredity

Henry George, Engineer, Archaeologist, and Geologist Thu., May 15 | 10:00 AM | \$15

Unravel the secrets of DNA, genes, and inheritance to understand human origins, personal ancestry, and how traits pass through generations.

2359 | Introduction to Pharmacogenomics: **DNA-Determined Medicine**

Dr. James Padilla, Chiropractor, Co-founder and President of Cygenex Tue., May 6 | 10:00 AM | \$15

Learn how pharmacogenomics uses genetics to personalize medicine, improving treatment effectiveness and reducing side effects for better healthcare management.

Meditation for Stress-Relief, Relaxation & Peace

Melynnique Seabrook, MA

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

2374 | Fri., May 9 & 16 | 11:30 AM | 2 Sess. | \$24 2375 | Fri., May 23 & 30 | 11:30 AM | 2 Sess. | \$24

2391 | Navigating Cannabis for Older Adults

Veronica Marie Mitchell, Writer & Public Speaker Wed., May 14 | 1:00 PM | \$15

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

2373 | Non-Cardiac Benefits of Exercise

Philip J. Goscienski, M.D.

Tue., June 17 | 10:00 AM | \$15

Learn how movement and exercise are essential to preventing chronic disease.

2324 | The Power of Whole Food Plant Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

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

UnitedHealthcare

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2053 | Sat., May 24 | 10:00 AM | FREE **2054** | Sat., June 28 | 10:00 AM | FREE

2360 | Wellness and Genetic Testing: **Unlocking Your Health Potential**

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

Tue., June 10 | 10:00 AM | \$15

Discover how genetic testing can optimize your wellness in retirement by guiding personalized diet, exercise, and lifestyle choices for long-term health and balance.

2039 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor Tue., June 10 | 3:00 PM | FREE

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







HISTORY & HUMANITIES

2179 | Alexander Hamilton − The Man, Not the Musical

Blaine Davies, MA, Professor of U.S. History Mon., May 19 | 10:00 AM | \$15

Learn about the remarkable life of Alexander Hamilton. From his humble beginnings to shaping America's financial system, explore his legacy, influence, and the duel that sealed his fate.

2288 | An Introduction to the National Parks: Historical & Cultural Parks

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

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

This class will be a tour of some of the most famous historic places you can visit. See where history happened!

■ 2327 | Eight Impressionist Shows

Julia Fister, MA, Studio ACE Executive Director Wed., May 7 | 1:00 PM | \$15

The 'Eight Impressionist Exhibitions' was a significant turning point for countercultural artists like Monet, Renoir, and Degas. Learn how/why their work challenged traditional art institutions.

2333 | Exploring the I Ching

Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center Mon., June 2 | 1:00 PM | \$15

Unlock the wisdom of the I Ching. Learn to frame questions, create hexagrams, and interpret readings to gain insight into life's challenges.

2283 | Hidden Gems in San Diego County History

Vincent Rossi, Historian & Author, Story Seekers Co-Owner Tue., May 13 | 1:00 PM | \$15

Join historian Vincent Rossi as he takes you on a tour of San Diego's hidden gems, from museums to gardens.

2173 | Letter From Birmingham Jail: Morality, Politics, and Social Justice

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

Explore Dr. King's powerful "Letter from Birmingham Jail," a timeless call for non-violent civil disobedience in the fight for justice.

Qusis Fiction Book Club

Gail Hall, M.S., Rehabilitation Counseling, Avid Reader

Share and discuss great fiction reads, both past and present.

2027 | Wed., May 21 | 10:00 AM | \$5 A Gentleman in Moscow by Amor Towles

2028 | Wed., June 18 | 10:00 AM | \$5 The Alice Network by Kate Quinn

2328 | Peter Paul Rubens

Julia Fister, MA, Studio ACE Executive Director Wed., June 4 | 1:00 PM | \$15

Peter Paul Rubens, a 17th-century Baroque master, is renowned for his dynamic religious, mythological, portrait, and landscape paintings that showcase his inventive style.

2405 | Pre-World War II Japanese Spy Networks in San Diego and Southern California

Richard Carrico, MA, Author and Professor of American Indian Studies Tue., June 10 | 1:00 PM | \$15

Explore this rarely revealed slice of history of Japanese spy networks in 1930's Southern California. Who were these infiltrators and what intel did they gather?

🗬 2331 | Psychic Edgar Cayce and Meditation

Linda Kurtz, Edgar Cayce Expert Wed., May 7 | 10:00 AM | \$15

Edgar Cayce believed, without scientific backing, in meditation's benefits. This class explores how science has now confirmed his clairvoyant insights on meditation's value.

2395 | Psychology of Aging

Oliva M. Espín, Ph.D. Mon., May 12 | 10:00 AM | \$15

Aging is influenced by many factors including individual life history, past experiences and cultural contexts. We will focus on how these dynamics influence the individual process of aging.

2094 | San Diego's Biggest Hoax: Explore a Prohibition-Era Smuggler's Tunnel

Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter

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

Explore a strange and dangerous Prohibition-era smuggler's tunnel. You won't want to miss this multimedia presentation by San Diego Legends author, Jack Innis.

2095 | So Hard to Die: The Mysterious Death of Meriwether Lewis

Dr. David Peck, Physician, Author and Marti Peck, Ph.D., Psychologist

Tue., June 3 | 10:00 AM | \$15

Explore the mystery of Meriwether Lewis' tragic death. Was it murder or suicide? Join Dr. Dave and Dr. Marti Peck for a fascinating discussion based on their book.

🗬 2171 | Spiritual, But Not Religious — Part One

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Fri., May 23 | 1:00 PM | \$16

In this insightful session, explore the rise of "spiritual but not religious" free-thinkers and uncover how they shape today's evolving religious landscape.

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Fri., June 6 | 1:00 PM | \$16

Dive into the world of 'spiritual but not religious' freethinkers and discover the diverse, non-traditional spiritual paths they follow.

2234 | Supreme Court Decisions You Should Know - Part One

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

Tue., May 20 | 1:00 PM | \$15

Explore the background and ongoing significance of U.S. Supreme Court decisions about government power. From Marbury v. Madison to lesser-known rulings about division of power.

2239 | Supreme Court Decisions You Should Know - Part Two

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

Tue., May 27 | 1:00 PM | \$15

Explore more backgrounds, rulings, and the ongoing significance of individual liberties/fundamental rights decisions by the U.S. Supreme Court.

2158 | Supreme Court Reform: Prospects and Propriety

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

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

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

2 2092 | Tarzan and the Real Apes

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

Dive into Tarzan's world! Join Fred Bercovitch to explore the real apes behind the fiction, and compare Tarzan's portrayal in books and movies.

■ 2030 | The Fiery Ordeal - The 1906 San Francisco Earthquake

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

Relive the 1906 San Francisco earthquake—fire, destruction, and resilience. Discover how the city rose from the ashes, forever shaping its history and spirit.

2180 | The French and Indian War: A Look at the Past and Present

Blaine Davies, MA, Professor of U.S. History Mon., June 16 | 10:00 AM | \$15

Discover how victory led to revolution. Showcasing a photographic journal of the French and Indian War and its role in shaping America's future.







RANCHO BERNARDO

2404 | The History & Stories Behind Native American Reservations in San Diego County

Richard Carrico, MA, Author and Professor of American Indian Studies Thu., May 8 | 1:00 PM | \$15

Come along with historian Richard Carrico as we explore these unique lands, their people, and the importance of sovereignty.

■ 2170 | The Songs of Neil Young

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College Fri., May 9 | 1:00 PM | \$16

Celebrate Neil Young's legendary career with a live performance of his greatest hits and stories — from folk to rock to grunge and beyond.

2284 | The U.S. Merchant Marine: A Forgotten Service

Vincent Rossi, Historian & Author, Story Seekers Co-Owner

Tue., June 24 | 10:00 AM | \$15

Discover how the Merchant Marine, from WWII's Liberty Ships to today, remains vital in transporting people and cargo across lakes, rivers, and oceans worldwide.

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.

2029 | World War II - Through Their Eyes

Mark Carlson, Historian & Author Wed., May 21 | 1:00 PM | \$15

Experience World War II through the personal stories of those who lived it — soldiers, sailors, and pilots sharing first-hand accounts from battlefields, skies, and seas.

LANGUAGE

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

2015 | American Sign Language

Sue Taetzsch, B.A. in Therapeutic Recreation and M.A. in Rehab Counseling for the Deaf Mon., May 12 - June 23 | 10:00 AM | 6 Sess. | \$120

For students with no signing experience and those seeking a refresher, come learn basic ASL including fingerspelling and signs for various categories (sports, food, etc.).

2008 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Wed., May 14 - June 25 | 10:00 AM | 7 Sess. | \$140 Our focus will be on learning practical words, phrases and general information.

2009 | Beginning French 2

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Wed., May 14 - June 25 | 11:30 AM | 7 Sess. | \$140

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

2010 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Wed., May 14 - June 25 | 1:00 PM | 7 Sess. | \$140

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

2017 | Beginning German 2

Christine Nievergelt, M. Ed.

Fri., May 16 - June 27 | 10:00 AM | 7 Sess. | \$140

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

2013 | Basic Italian for Travelers

Thomas Malone, BA

Fri., May 16 - June 27 | 1:00 PM | 7 Sess. | \$140

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

2011 | Beginning Italian 2

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Tue., May 13 - June 24 | 12:00 PM | 7 Sess. | \$140

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

2012 | Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Tue., May 13 - June 24 | 1:15 PM | 7 Sess. | \$140

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

2006 | Beginning Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Thu., May 15 - June 26 | 11:30 AM | 6 Sess. | \$120

For students with no background in Spanish or those seeking a refresher, this class will focus on building vocabulary, grammar, and common phrases to strengthen language skills.

2016 | Intermediate Spanish

Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College Thu., May 15 - June 26 | 1:00 PM | 6 Sess. | \$120

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

PERSONAL ENRICHMENT

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

Sheryl Chesivoir, B.A., 19 Years of Playing/Teaching Mah Jongg and Canasta

We will teach you the rules and nuances of American Mah Jongg and give you plenty of time for real game play with your Oasis classmates. Enroll early - class size is limited.

2260 | Tue. & Thu., May 6 - 15 | 1:00 PM | 4 Sess. | \$60 **2262** | Tue. & Thu., July 1 - 10 | 1:00 PM | 4 Sess. | \$60

2261 | American Mah Jongg Strategies: Beyond the Basics

Sheryl Chesivoir, B.A., 19 Years of Playing/Teaching Mah Jongg and Canasta

Tue. & Thu., June 3 - June 12 | 1:00 PM | 4 Sess. | \$60

Play real Mah Jongg games as your seasoned instructor provides relevant, personalized coaching and strategies to help take your game to a new level. Class size is limited!

2032 | Bereavement Support Group

Sharon L Bryant, Chaplain, VITAS Healthcare 2nd & 4th Wed., May 14 - August 27 | 10:30 AM | 8 Sess. FREE

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

Bingo!

Kiwanis Club of Los Rancheros

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

2000 | Sat., May 17 | 1:00 PM | \$25 **2278** | Sat., June 21 | 1:00 PM | \$25

2255 | Choose Confidence

Laura Diaz, Board Certified Coach (BCC) Mon., May 5 | 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.

2020 | Collette - Travel Destinations in 2025 and Beyond

Ghythe Haddad, Business Development Manager Mon., May 19 | 2:00 PM | FREE

Join us for an informative travel presentation discussing Collette's upcoming trips and current travel trends and tips.

Happy Hour Trivia

Alan Zacharin, Trivia Enthusiast

Join us for a fun trivia class with drinks, snacks, and great company! Play solo or in teams while exploring history, the arts, science, and more.

2396 | Fri., May 16 | 2:00 PM | \$15 **2397** | Fri., June 27 | 2:00 PM | \$15

2323 | Object-Clearing and House-Blessing

Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center Thu., May 29 | 10:00 AM | \$15

This class teaches methods to energetically "bless" or "clear" spaces and objects, including common tools and a detailed process for the task.







2256 | How Do I Create Positive Results?

Laura Diaz, Board Certified Coach (BCC) Mon., June 9 | 10:00 AM | \$15

This class is about exploring your thoughts, and how to examine your mindset in order to create positive results.

➡ In Praise of Pets

Richard Lederer, Union-Tribune Language Columnist

Richard Lederer celebrates America's love for cats & dogs with humor, wisdom, and heartfelt stories, offering fascinating facts and inspiring insights about our beloved four-pawed companions.

2386 | Thu., May 8 | 10:00 AM | \$15 In Praise of Cats **2385** | Thu., June 26 | 10:00 AM | \$15 In Praise of Dogs

2400 | Law of Attraction: Opposites Attract

Gigi Howard, MA Ed., Law of Attraction Specialist Tue., May 27 | 10:00 AM | \$15

What are you attracting? Join this law of attraction class and explore your positive and negative attractions. Learn how to attract more of what you want.

2401 | Law of Attraction: The Creative Workshop

Gigi Howard, MA Ed., Law of Attraction Specialist Thu., June 26 | 10:00 AM | \$15

The Creative Workshop is a powerful Law of Attraction process to help improve your already innovative lifestyle by focusing on desires in four key areas.

2251 | Makeup Tips for 50+ Women (Level One)

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur Tue., June 10 & 17 | 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.

May I? (Continental Rummy)

Judy Applebaum, Lifelong Learning Program Manager, San Diego Oasis at Rancho Bernardo

Come play this fun, social card game with unique twists. Easy to learn, perfect for both casual and avid card players. Enroll early - class size is limited.

2429 | Fri., May 9 | 10:00 AM | \$15 **2430** | Fri., June 6 | 10:00 AM | \$15

Paws on the Patio

Barbara J. Salice, Ed.D.

Bring your well-behaved canine companion to San Diego Oasis in Rancho Bernardo for an informal meet-up with your dog loving Oasis peers.

2413 | Thu., May 15 | 10:00 AM | \$5 **2414** | Thu., June 26 | 10:00 AM | \$5

San Diego Oasis & Frosted Faces Foundation Sat., May 10 | 1:00 PM | FREE

Meet adorable senior dogs from Frosted Faces Foundation. Enjoy craft beer, support a great cause, and maybe even find your new furry best friend!

2520 | Return to Travel:

Domestic and International Destinations to Visit in 2025

Will Reece, AFC Vacations Fri., June 6 | 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.

2250 | Skin Care Made Easy

Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician, and Entrepreneur Fri., May 16 | 1:00 PM | \$15

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

2264 | The Art of Folding Clothes-Travel Edition

Janet Stuelpner, The Left-Handed Artist and Crafter Tue., May 6 | 10:00 AM | \$15

What to pack and how to pack in a carry-on, a checked bag or both. Tips to keep your clothes as wrinkle-free as possible.

The Downsizers Club

Jami Shapiro, Certified Senior Move Manager and Founder of Silver Linings Transitions

Get practical guidance, support, and proven strategies to create a more organized space. Jami blends storytelling, education, and humor to make decluttering fun and easy to tackle.

2153 | Tue., May 6 | 2:30 PM | \$10 **2154** | Thu., June 5 | 2:30 PM | \$10





BCNC

Bridge Club of North County

Join the Bridge Club of North County at Oasis Rancho Bernardo, where strategy meets social connection!

Whether you're a seasoned player or just getting started, we have something for players at all levels.

- ♠ Duplicate & Social Games \$11.00 & \$5.00
- ♥ Learning Opportunities Classes & Supervised Play
- ♦ Daily Games Morning & Afternoon

Boost your brainpower and build lasting friendships!

Check our schedule at bcncsandiego.org and join the fun today!



Robin Kaufman, President- Rancho Bernardo Community Council and 4 Paws of Love Pet Therapy Mon., May 5 | 1:00 PM | FREE

Learn about the difference between pet therapy animals and service animals. Meet some of our experienced therapy dogs.

2166 | Wine IQ - Introduction

Matilda Parente, MD, CSW Mon., June 16 | 1:00 PM | \$15

In this introductory session you'll find out why you like the wines you like and discover other wines that belong on your radar.

2165 | Wine Regions of Baja California, Mexico

Matilda Parente, MD, CSW Mon., May 5 | 11:00 AM | \$15

This class explores the remarkable history of Mexican wine that began in the 1500s and today's exciting wines from Baja California's Valle de Guadalupe.







Women's Group: Friendship and Support

Oliva M. Espin, PhD

Retirement is a time to grow, create and thrive. Join our vibrant group of women 50+ to connect, share and explore!

2573 | Mon., May 12 | 1:00 PM | \$8

2574 | Mon., June 2, 16 & 30 | 1:00 PM | 3 Sess. | \$24

SHAMILY'S KITCHEN

Oasis' first teaching kitchen and social lounge is named after Bonnie andKrishna 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

🗬 🗬 2099 | A Summertime Kabob Culinary Adventure

Carol Zaleta, Chef

Fri., June 20 | 11:00 AM | \$25

Explore the world of vibrant colors and tantalizing aromas as we create chicken kabobs that are as beautiful as they are delicious.

🗬 🗬 2425 | Artisanal Homemade Sourdough Pizzas

DJ Hasinsky, Baker Mon., May 12 | 1:00 PM | \$25

Elevate your pizza-making skills with sourdough crusts and exciting, fresh topping combinations.

2350 | Asia's Sweetest Secret: Asian Milk Bread

Olivia Hill, Culinary Specialist U.S. Armed Forces Fri., May 16 | 12:00 PM | \$25

Explore Asian milk bread baking—learn to create these fluffy, irresistible delights and experience the joy of baking pure, edible happiness.

🗬 🗬 2103 | Authentic Homemade Pizza Perfection

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods Wed., May 14 | 10:00 AM | \$25

Master the art of homemade pizza. Learn to craft perfect dough, rich sauce, and a crispy, flavorful crust for a restaurant quality slice every time.

RANCHO BERNARDO

■ 2352 | Authentic Southern Style Potato Salad

Olivia Hill, Culinary Specialist U.S. Armed Forces Fri., May 23 | 12:00 PM | \$25

Come and explore the soul of Southern cuisine as you discover the perfect balance of sweet, tangy, and creamy.

2307 | Chicken Biriyani

Preet Works, Artist and Experienced Chefess at formerly family-owned Cafe India Mon., May 19 | 1:00 PM | \$25

Savor the rich flavors of Chicken Biryani: tender chicken, fragrant rice, and spices slow-cooked to perfection for a deliciously sweet, savory, and spicy bite.

2305 | Chicken Tikki Masala

Preet Works, Artist and Experienced Chefess at formerly family-owned Cafe India Mon., June 23 | 1:00 PM | \$25

Savor the magic of Chicken Tikka Masala: tender grilled chicken in a creamy, spiced tomato sauce that's bursting with flavor.

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods Wed., May 21 | 12:00 PM | \$25

Discover Boston's iconic dessert! Learn to bake a fluffy sponge cake, creamy pastry filling, and rich chocolate glaze for a truly decadent treat.

■ 2108 | Cordon Bleu and Dijon Dreams

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods Wed., June 11 | 10:00 AM | \$25

Master the art of Chicken Cordon Bleu. Learn to create crispy breaded chicken, stuffed with ham and Swiss, and topped with a creamy Dijon sauce.

Allison Weisman, Owner of Allison's Custom Confections

Thu., May 29 | 1:00 PM | \$25

Indulge in the ultimate gluten-free treat—master the perfect swirl and enjoy the irresistible textures of these delicious cookies.

2351 | Detroit Style Pizza

Olivia Hill, Culinary Specialist U.S. Armed Forces Fri., May 30 | 12:00 PM | \$25

Experience the deep-dish delight—thick, airy crust, crispy cheese edge, and bold toppings for a flavor-packed pizza that's anything but ordinary.

2086 | Donut Decadence
Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods Wed., June 25 | 12:00 PM | \$25

Make light and fluffy donuts from scratch, including classic glazed, filled, or topped with creative flavors.

■ 2096 | Epic Eats without the Heat

Carol Zaleta, Chef Thu., May 22 | 11:00 AM | \$25

Keep cool in the kitchen. Learn to make a variety of hearty, delicious meals without heating up your house.

■ 2300 | Floral Rose Buttercream Cake Design

Allison Weisman, Owner of Allison's Custom Confections

Thu., June 12 | 1:00 PM | \$25

Decorate your own cake with velvety rose buttercream and stunning floral designs in this fun, hands-on class. Bring a cake and get creative.

2420 | Fusion Feasts: Blending Flavors from Around the World

Jaxon Travis, Spiceologist Tue., June 3 | 11:00 AM | \$25

This class highlights fusion cuisine at its finest—learn to blend Asian flavors with inventive dishes like pork tacos and braised beef ramen.

🗬 🗬 2087 | Gnocchi From Scratch

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods Wed., June 25 | 10:00 AM | \$25

Learn the technique for making light, pillowy potato gnocchi from scratch and pairing them with a delicious homemade sauce.

➡ 2101 | Italian Culinary Secrets of Eggplant Parmesan

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods
Wed., May 21 | 10:00 AM | \$25

Learn to create the perfect eggplant Parmesan. Enjoy the crispy breaded eggplant, rich tomato sauce, and gooey melted cheese of this Italian comfort food.

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods Wed., June 18 | 10:00 AM | \$25

Discover the secrets to a rich, creamy risotto, learning proper technique, broth selection, and flavor enhancements.

2302 | New York Crumb Cake

Allison Weisman, Owner of Allison's Custom Confections

Thu., June 5 | 1:00 PM | \$25

Bake the ultimate New York crumb cake with buttery vanilla perfection and a mountain of golden, cinnamon-spiced crumbs—pure comfort in every bite.

2357 | Piconi Ascolani: Baked Italian Ravioli

Olivia Hill, Culinary Specialist U.S. Armed Forces Fri., June 13 | 12:00 PM | \$25

In this flavorful culinary adventure, we'll feature baked ravioli filled with a rich mixture of eggs, cheeses, and lemon zest.

Peruvian Tamales with Pisco Sour Cocktails

Daniel Urdanivia, Peruvian Mixologist

Discover the history of Peru's iconic Pisco Sour. Join a certified mixologist to craft unique variations paired with delicious chicken, pork, and vegetarian tamales.

2098 | Wed., May 7 | 12:00 PM | \$40 **2097** | Fri., June 6 | 12:00 PM | \$40

2088 | Pistachio Tiramisu

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods
Wed., June 18 | 12:00 PM | \$25

Put a unique twist on the classic Italian dessert by incorporating pistachios into the layers of mascarpone, espresso-soaked ladyfingers, and cocoa.







🗬 🗬 2306 | Potato and Vegetable Curry

Preet Works, Artist and Experienced Chefess at formerly family-owned Cafe India Mon., June 2 | 1:00 PM | \$25

Enjoy a vibrant Indian curry bursting with color, aroma, and comforting flavors as potatoes, onions, tomatoes, and spices come together for a soul-soothing delight.

2422 | Rotisserie Remix: Three Meals from One Rotisserie Chicken

Jaxon Travis, Spiceologist Tue., June 17 | 11:00 AM | \$25

Transform one rotisserie chicken into three delicious, budgetfriendly meals: BBQ tacos, creamy linguini, and classic chicken and rice.

Allison Weisman, Owner of Allison's Custom Confections

Thu., June 26 | 1:00 PM | \$25

Learn to decorate picture-perfect cookies with royal icing—bring your sweet tooth and get ready to dazzle both eyes and taste buds.

🗬 🗬 2085 | Southern Comfort: Homemade Pecan Pie

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods
Wed., June 11 | 12:00 PM | \$25

Indulge in Southern comfort! Learn to make a buttery, flaky crust and perfect a gooey, irresistible pecan filling for the ultimate dessert experience.

🗬 🗬 2421 | Spice It Up: Crafting Your Own Custom Spice Blends

Jaxon Travis, Spiceologist Tue., May 20 | 11:00 AM | \$25

Master the art of spice blending, create unique seasonings, and take home personalized mixes to elevate your meals.

2381 | Summer in Provence

Beatrice Ricart, Chef and Accounting Specialist Mon., June 16 | 11:00 AM | \$25

Savor the flavors of Provence with a delicious menu featuring Provencal Chicken, Tabouleh Salad, and Pine Nut Crescent Cookies, fresh, aromatic, and oh-so-delightful!

💜 🗬 2426 | Summertime Sandwiches

DJ Hasinsky, Baker Mon., June 9 | 1:00 PM | \$25

Discover fun twists on classic sandwiches and explore exciting new combinations for your summer picnics and outdoor gatherings.

2427 | The Art of Filleting an Entire Yellowtail: From Sea to Plate

Tory Wightman, Chef and Owner of I GOT A CHEF Wed., May 28 | 11:00 AM | \$25

Explore Yellowtail's culinary applications, cutting techniques, and flavor profiles. Learn proper handling and enjoy tastings in class.

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods
Wed., May 14 | 12:00 PM | \$25

Explore the science and artistry behind the sensory adventure of making authentic Italian gelato, from choosing the ingredients to churning and flavoring techniques.

🗬 🗬 2428 | The Ultimate Sourdough Country Loaf

DJ Hasinsky, Baker Tue., June 24 | 1:00 PM | \$25

Learn about sourdough bread-making, from kneading to shaping, and how to create a fragrant, chewy loaf with a delicious crust.

2501 | Traditional Sardinian Dessert: Papassinos

Sonya Caruso, M.A., CFRM, MCHC, NBC-HWC: Health and Wellness Coaching Fri., May 2 | 10:00 AM | \$25

Learn to eat like a Sardinian with demonstrations displaying popular food from the Blue Zone.

2358 | Turkish Flatbread

Olivia Hill, Culinary Specialist U.S. Armed Forces Fri., June 27 | 12:00 PM | \$25

Uncover the secrets of Turkish flatbread—its history, ingredients, and techniques—so that you can recreate this delicious classic with ease and confidence.

2304 | Vegetable Biriyani

Preet Works, Artist and Experienced Chefess at formerly family-owned Cafe India Mon., June 30 | 1:00 PM | \$25

Bring your kitchen to life with this aromatic, veggie-packed biryani—an irresistible medley of textures and flavors in every bite.



TECHNOLOGY

2411 | A Creativity Primer for iPhone Users

Sergi Bosch, Master of Science in Education Fri., May 2 & 9 | 1:00 PM | 2 Sess. | \$30

Learn to use iPhone apps for storytelling, editing photos and videos, enhancing creativity, and exploring podcasts, with no technical experience required.

2512 | Computer Housekeeping

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

Wed., May 7 | 11:30 AM | \$15

This hands-on class teaches basic computer maintenance and troubleshooting for PC users. Familiarity with Windows is required.

2319 | Cut the Cable: Stream for Savings

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

Wed., June 25 | 11:30 AM | \$15

Learn to maximize your digital entertainment options costeffectively as we explore popular streaming platforms like AppleTV, Netflix, and HBO Max.

2310 | Heart Health 101: Use Tech and Take Charge

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

Fri., May 30 | 10:00 AM | \$15

Take charge of your heart health. Learn to use tech tools to help spot warning signs, and make lifestyle tweaks for a stronger heart.

2295 | iPhone 101

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

Wed., May 7 | 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.

2314 | iPhone 102

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

Fri., June 13 | 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.

🚅 2412 | iPhone Apps:

Conquer and Enjoy FaceTime, Messages and Phone Calls

Sergi Bosch, Masters of Science in Education Wed., June 4 & 11 | 10:00 AM | 2 Sess. | \$30

Learn to navigate FaceTime, phone calls, and Messages on iPhone, manage attachments, merge calls, and use advanced communication features for smoother interactions.

2315 | Mastering Passwords: Best Security Practices

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

Fri., June 13 | 11:30 AM | \$15

This session will evaluate your security practices, suggest necessary improvements, and explain the benefits of a password manager, including how to set one up.

2311 | Scam Recognition and Prevention

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

Fri., May 30 | 11:30 AM | \$15

Stay one step ahead of scammers. Learn how to spot and prevent scams online, by phone, and in person, protecting your personal information.

2318 | The Beginner's Guide to Al: Concepts, Tools, and Applications

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

Wed., June 25 | 10:00 AM | \$15

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

THEATRE, FILM & MUSIC



■ 2021 | An Acoustic Afternoon with Daniel Newheiser

Daniel Newheiser, Professional Guitarist, Vocalist & Songwriter

Fri., May 30 | 2:00 PM | \$30

Discover the music of Daniel Newheiser! With 20+ years of experience, enjoy his original songs and live performances as a guitarist, vocalist, and songwriter.

2005 | Italian Lounge Concert

Dora Bonaventura, MA, Italian Instructor at UCSD Ext. Fri., June 6 | 3:00 PM | \$30

Enjoy a vibrant mix of bossa nova, jazz, and swing as Dora Bonaventura, backed by keyboard and percussion, brings Italian flair to beloved classics.

2026 | Voices of Unity: A Celebration of Gospel and Spirituals

Derrick Gilliam: Martin Luther King Jr. Community Choir

Fri., May 16 | 12:00 PM | \$30

Experience a joyous hour filled with gospel music, inspiration, and togetherness.

2387 | Great American Songbook Composers:

Hoagy Carmichael

Stephen Kelly, Singing Pianist & Keyboard Player Tue., May 6 | 1:00 PM | \$15

Join local musician Stephen Kelly for a unique and interactive exploration of Hoagy Carmichael's life and music. There will be fun 'name that tune' challenges.

2388 | Great American Songbook Composers: Richard Rodgers and Lorenz Hart

Stephen Kelly, Singing Pianist & Keyboard Player Wed., June 25 | 1:00 PM | \$15

Join local musician Stephen Kelly for a unique, interactive exploration of the life and music of legendary songwriters Rogers & Hart and play "name that tune".

2247 | Jewish Musicians and the Rise of Folk Music in America in the 20th Century

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso and Musician Wed., June 11 | 1:00 PM | \$15

Early folk festivals rejected ethnic music blends. While Jewish musicians thrived in Broadway, Tin Pan Alley, and jazz, others supported labor movements and leftist politics.

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso and Musician

Wed., May 28 | 1:00 PM | \$15

In the '50s-'60s, Jewish patrons of Catskills resorts were drawn to mambo's lively rhythms, seeing similarities to Russian dances. They embraced it in cultural celebrations.

→ Movie Friday!

San Diego Oasis

Join your Oasis peers for a delightful Friday afternoon screening of a classic movie. Enjoy complimentary popcorn and refreshments.

2353 | Fri., May 2 | 2:00 PM | \$5 The Last Waltz (Scorsese, 1978)

2354 | Fri., June 6 | 2:00 PM | \$5 Heaven Can Wait (Beatty, 1978)





Pride has no age limit - and neither does the party!

Sign up to walk with us in the 2025 San Diego Pride Parade.

Together, we'll champion age-inclusivity while standing strong with our LGBTQ community, allies and supporters. Saturday, July 19th, 2025 10:00-2:00 pm

Register to join the party: Class #1536

Aging with Pride t-shirt is included in your registration! If registering for multiple participants, you will need to register each individual separately.

More details provided closer to the event.



9 out of 10 seniors lose money by letting their life insurance policies lapse or by surrendering their life insurance policies.

"Life Insurance Settlements" can unlock cash from unneeded or unaffordable Life Insurance Policies.

Find out how much cash your policy is worth <u>now</u>.

Book your FREE consultation with an experienced licensed life settlement broker.



Fred Berger CLU, ChFC CA. Ins. License: 0B05081 (760) 473-8182 FABergerCLU@cs.com



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



Daniel Newheiser An Acoustic Afternoon

La Mesa | \$30 per person Class #1338 | Fri, May 9 | 2:00 PM

Rancho Bernardo | \$30 per person Class #2021 | Fri., May 30 | 2:00 PM



Dora Bonaventura Italian Lounge Concert

La Mesa | \$30 per person Class #1005 | Fri., Jun. 13 | 3:00 PM

Rancho Bernardo | \$30 per person Class #2005 | Fri., June 6 | 3:00 PM



Martin Luther King, Jr. Choir Voices of Unity: A Celebration of Gospel and Spirituals

La Mesa | \$30 per person Class #1339 | Fri., May 23 | 2:00 PM

Rancho Bernardo | \$30 per person Class #2026 | Fri., May 16 | 12:00 PM



Peter Bolland The Songs of Peter Bolland

La Mesa | \$20 per person Class #1327 | Wed., May 28 | 10 AM



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

This class will offer tips for organizing the photos on your smartphone. Learn about favorites, creating folders, saving photos from texts, emails, and more.

201 | Tue., May 6 | 2:00 PM | \$10 210 | Thu., May 22 | 11:00 AM | \$10 218 | Thu., June 5 | 11:00 AM | \$10 227 | Tue., June 24 | 2:00 PM | \$10

Bluetooth Basics Workshop

We'll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more.

203 | Thu., May 8 | 2:00 PM | \$10 212 | Tue., May 27 | 11:00 AM | \$10 220 | Tue., June 10 | 11:00 AM | \$10 229 | Thu., June 26 | 2:00 PM | \$10

Cloud Storage & Web Cookies Workshop

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

204 | Tue., May 13 | 11:00 AM | \$10 213 | Tue., May 27 | 2:00 PM | \$10 221 | Tue., June 10 | 2:00 PM | \$10

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.

205 | Tue., May 13 | 2:00 PM | \$10 214 | Thu., May 29 | 11:00 AM | \$10 222 | Thu., June 12 | 11:00 AM | \$10

Emojis, Memes and GIFs Galore

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

 | Thu., May 8 | 11:00 AM | \$10 | Thu., May 22 | 2:00 PM | \$10 | Thu., June 5 | 2:00 PM | \$10 228 | Thu., June 26 | 11:00 AM | \$10













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.

206 | Thu., May 15 | 11:00 AM | \$10 215 | Thu., May 29 | 2:00 PM | \$10 223 | Thu., June 12 | 2:00 PM | \$10

Technology for Travelers

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

207 | Thu., May 15 | 2:00 PM | \$10 216 | Tue., June 3 | 11:00 AM | \$10 **224** | Tue., June 17 | 11:00 AM | \$10

UBER/Lyft App Workshop

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

208 | Mon., May 19 | 11:00 AM | \$10 **225** | Tue., June 17 | 2:00 PM | \$10

🗬 YouTube Workshop

Learn the basics of YouTube, the second most visited search engine.

200 | Tue., May 6 | 11:00 AM | \$10 **209** | Mon., May 19 | 2:00 PM | \$10 217 | Tue., June 3 | 2:00 PM | \$10 226 | Tue., June 24 | 11:00 AM | \$10









OASIS AT THE LIBRARY

LOGAN HEIGHTS LIBRARY

567 S 28th St, San Diego, CA 92113

705 | Chair Yoga

Rosana Carvalho Gilmore, Certified Fitness Instructor Fri., May 2 - June 20 | 10:00 AM | 4 Sess. | FREE

A gentle form of beginners yoga for seated, standing and balance poses.

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY

215 W Washington St, San Diego, CA 92103

709 | Manzanar: The Relocation of 120,000 Japanese Americans During WWII

Rudy Shappee, U.S. Navy Veteran and Local Historian Sat., May 3 | 2:30 PM | FREE

Explore the history of Manzanar and the Japanese American internment during WWII. Rudy Shappee shares powerful stories of resilience from inside the camps.

712 | Marc Chagall

Aniko Makranczy, MFA Sat., June 14 | 2:30 PM | FREE

This course explores Marc Chagall as a person and as an artist, with his paintings of exile and loss with avant-garde themes.

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

711 | Al for Creative Writers: Brainstorming with the Bot

Patricia Benesh, Ed.D. & Founder of AuthorAssist.com & 7memories.com

Wed., May 28 | 1:00 PM | FREE

Boost your creativity with AI! Learn ethical, effective prompting to brainstorm, reimagine classics, and enhance your writing. The power is in your prompt.

707 | How to Beat Your Sugar Dragon

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

Wed., June 25 | 1:00 PM | FREE

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

706 | Move Waste From Your Waist

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

Wed., June 11 | 1:00 PM | FREE

Learn how to remove toxic waste and eliminate the healthharming chemicals that belly fat produces.

704 | Palmistry - Novice Palm (Tree) Reading

Dan Simpson, Certified Arborist, Professor Emeritus, San Diego Zoo Horticulture Department (Retired) Wed., May 14 | 1:00 PM | FREE

Learn what the wrinkles, inches and scars indicate about the palms in our area, visual health assessments, and how to distinguish one palm from another.

AKE 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.



RANCHO PEÑASQUITOS BRANCH LIBRARY

13330 Salmon River Rd, San Diego, CA 92129

714 | Geology of San Diego

Jennifer Olim, Ph.D. Wed., May 7 | 11:00 AM | FREE

Explore the fascinating geology of San Diego. Learn how volcanoes, faults, and floods shaped the landscape.

713 | Polar Opposites? Iceland, Greenland & Antarctica

Linda Hawley, Ed.M., Author, Teacher & World Traveler Wed., June 4 | 11:00 AM | FREE

Compare and contrast these incredible landscapes and the people and wildlife who call them home.

SCRIPPS MIRAMAR RANCH LIBRARY

10301 Scripps Lake Dr, San Diego, CA 92131

717 | Heart Smart: Unlocking the Secrets of a Healthy Heart

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

Tue., May 27 | 3:00 PM | FREE

Know your biometric numbers, make smart lifestyle changes, and take charge of your heart health to live stronger, longer, and healthier.

710 | Manzanar: The Relocation of 120,000 Japanese Americans During WWII

Rudy Shappee, U.S. Navy Veteran and Local Historian Thu., June 26 | 3:00 PM | FREE

Explore the history of Manzanar and the Japanese American internment during WWII. Rudy Shappee shares powerful stories of resilience from inside the camps.

KE 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

TIERRASANTA LIBRARY BRANCH 4985 La Cuenta Dr., San Diego, CA 92124

726 | History of Monopoly

Meagan Albrant, MA, Professor of U.S. History Mon., June 23 | 6:30 PM | FREE

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

701 | The Music of John Williams: An Exceptional American Composer

Chris Burns, Many-Strings Sat., May 10 | 11:00 AM | FREE

Celebrate John Williams' legendary film scores, from Star Wars to Jurassic Park. Enjoy an hour of thrilling music, unforgettable melodies, and behind-the-scenes insights.

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

702 | Animal Behavior and Ecology: Koala Conservation and Climate Change

Fred Bercovitch, BA, MS, and PhD Biological Anthropology

Thu., May 8 | 1:00 PM | FREE

Koalas are not bears, but marsupials, and are an endangered species. Find out how climate change is affecting their behavior and ecology.

703 | Ghosts on the Little Bighorn

Mark Carlson, Historian & Author Tue., June 10 | 12:30 PM | FREE

Uncover the truth behind Custer's Last Stand. Explore the fierce 1876 battle, its causes, and the legendary clash between the 7th Cavalry and Sioux-Cheyenne warriors.

708 | Watercolor Hangout with Eddie Omens

Eddie Omens, Artist

Fri., May 9 - 30 | 11:00 AM | 4 Sess. | FREE

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



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.

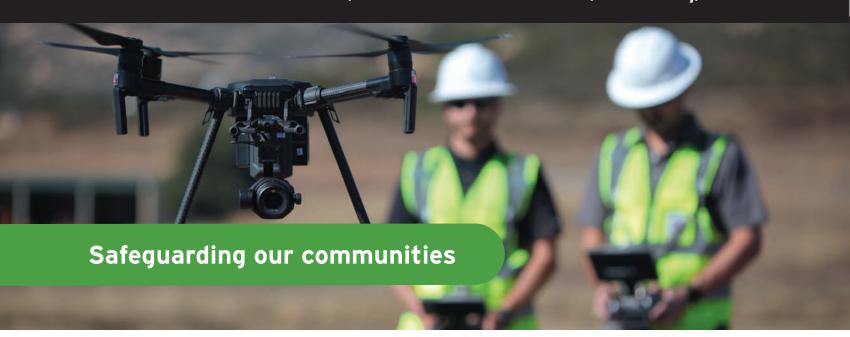
But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?

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 page 29 for upcoming Thrivent Financial classes at San Diego Oasis on Economic Review and Market Outlook, How Taxes Affect Your Retirement, Social Security, and more.



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.





All fees shown are per person. Visit the Travel page on the website for full brochures: Click "Classes" and then select "Travel & Tips"

AFC Vacations

Great Trains & Grand Canyon

September 21 – 26 | 6 Days | 8 Meals

Single: \$4149 Double: \$3299

Experience the stunning red rocks of Sedona, ride historic trains through breathtaking canyons, and explore the Grand Canyon's majestic beauty—plus, enjoy cowboy fun at Blazing M Ranch! This adventure blends scenic wonders, cultural treasures, and unforgettable memories in Arizona's most iconic landscapes.

Historic Savannah & Charleston

October 24 – 30 | 7 Days | 9 Meals

Single: \$4999 Double: \$3799

Step into the charm of the South with historic mansions, stunning gardens, and cobblestone streets from Charleston to Savannah, ending with a luxurious stay on Jekyll Island. Enjoy carriage rides, trolley tours, and unforgettable Southern hospitality on this elegant journey through time.

Hawaii: Three Islands Adventure

November 4 – 12 | 9 Days | 11 Meals

Single: \$7875 Double: \$5675

Experience the best of Hawaii with visits to Pearl Harbor, Volcanoes National Park, and Maui's breathtaking Haleakala, plus plenty of time to relax in paradise. End your adventure with a traditional luau, celebrating the spirit of Aloha!

Christmas in Victoria & Vancouver

December 6 - 12 | 7 Days | 9 Meals

Single: \$5599 Double: \$4199

Experience the magic of the holiday season in Vancouver and Victoria, from dazzling light displays and festive markets to high tea at the iconic Fairmont Empress. Celebrate Christmas charm with scenic ferry rides, historic sights, and unforgettable winter wonderlands.

Smoky Mountains & Pigeon Forge Holiday

December 7 - 11 | 5 Days | 7 Meals

Single: \$3479 Double: \$2749

Celebrate the holiday season in the Great Smoky Mountains with festive lights, historic sights, and heartwarming entertainment, from Biltmore Estate's grand décor to Dollywood's magical Christmas celebration.

Collette Vacations

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.

KE NOTE!

READY TO BOOK YOUR TRIP?

Contact Brandon Harding: Brandon@SanDiegoOasis.org (619) 881-6262

DayTripper Tours

DayTripper Tours is San Diego's premier touring company offering an array of meticulously planned one-day motor coach excursions that showcase Southern California's diverse, scenic landscapes, cultural highlights, and hidden gems



Use code OASIS525 to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Mystery Tour

Sun., May 18 | \$175

Embark on a fascinating journey filled with anticipation and adventure as we lead you on a fun-filled excursion that remains a mystery until you arrive. Reserve now, as seats have been known to "disappear" quickly!

The Nethercutt Collection: Timeless Treasures & Tastes of LA

Sat., May 24 | Price \$159

Discover a day filled with culinary delights and awe-inspiring artistry as we journey from the vibrant Grand Central Market to the magnificent Nethercutt Collection

Santa Catalina Island Daycation Getaway

Sat., June 7 or Sat., July 12 | \$198

With its unspoiled natural beauty and relaxed island charm, Catalina is truly a Pacific island paradise. We'll transport you to Dana Point by motor coach and then cruise to the island for a day of discovery and leisure.

Mexico: Wine Tasting & Lunch in Guadalupe Valley

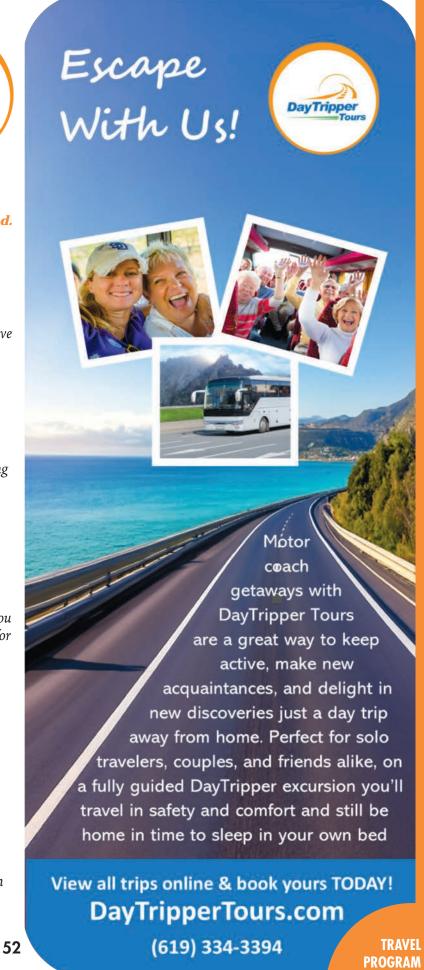
Sat., June 14 | Price \$195

Taste the flavor of Mexico when you travel with us to Baja's wine country, a beautiful region of Mexico located in the hidden Guadalupe Valley northeast of Ensenada

4th of July Fireworks Cruise on San Diego Bay

Fri., Jul. 4 | \$179

Experience a one-of-a-kind 4th of July holiday when you join us for a spectator cruise during the annual Big Bay Boom celebration, the largest Independence Day fireworks show in Southern California.



Senior Resource Coasis 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.



THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201 <u>AHandley@5SSL.com</u> <u>fivestarseniorliving.com/communities/ca/san-diego/the-remington-club</u>

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

ASSISTED LIVING 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.ThislsLivingWell.com

Jacqui Clark, Certified Senior AdvisorTM, 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 <u>DPidgeon@CastleMaven.com</u> | <u>CastleMaven.com</u>

Darlene Pidgeon, founder of the award-winning Castle Maven, is a Registered Nurse, and Certified Aging in Place Specialist. Darlene and her team solve safety issues while supporting the specific needs of aging clients, their homes, and their family caregivers. Complimentary consultation. Your home is your Castle. Live There. Age There.

DEMENTIA SUPPORT



GLENNER CENTERS ADULT DAY PROGRAM

Lisa Tyburski | (619) 543-4700 information@glenner.org | glenner.org

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brainstimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA



GRISWOLD HOME CARE FOR NORTH SAN DIEGO

April Koehnen | (858) 240-2074 april.kohnen@griswoldcare.com griswoldcare.com/north-san-diego

Griswold Home Care for North San Diego is a Positive Approach to Dementia Care® designated organization. We provide compassionate in-home dementia care, including personalized consultations, care partner training and coaching to enhance communication, connection, and quality of life for individuals living with dementia, mild cognitive impairment, or other brain changes.



FINANCIAL PLANNERS



THRIVENT FINANCIAL

Jonathan Doering/Anthony Camara | (858) 455-5227 <u>Jonathan.Doering@thrivent.com</u> <u>connect.thrivent.com/la-jolla-gateway-team</u>

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.

HOSPICE



CABRILLO HOSPICE

Kate Bridgman, Vice President of Business Development (619) 245-1872

kbridgman@cabrillogroup.com | cabrillohospice.com

Cabrillo Hospice is a special, comprehensive program designed to support you and your family during a difficult time. In addition to pain and symptom problems, there can be emotional, social and spiritual challenges. Our goals include comfort, family and friends' support, quality of life enhancement, and ongoing support during bereavement.



THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050 info@ehospice.org | elizabethhospice.org

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, severe illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.



GLORY HOSPICE

Lori Yas | (760) 545-2025 info@gloryhospice.com | GloryHospice.com

At Glory Hospice, we understand that receiving a terminal diagnosis can be frightening and overwhelming. You are not alone. The Glory Team was created to help you through this difficult time. Let God's peace replace fear and worry. Our goal is to honor your wishes and to individualize your care.

IN-HOME CARE AGENCIES



COAST CARE

David Chong, President & CEO | (619) 354-2544 Info@CoastCare.org | CoastCare.org

Having served over 4,000 San Diego families with a staff of over 400, we broadly serve our community. We offer money-back guarantees related to our attendance, expertise, and continuity of care. We're just the right size to have the resources to support you, as well as to customize and meet you where you are.



NONA'S HOME CARE

Benjamin Barth, Owner | (619) 788-4459 ben@nonashomecare.com | nonashomecare.com

Nona's Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.



RIGHT AT HOME

Melanie Delgado | (619) 937-2330 mdelgado@homecare-sd.com | rightathome.net/el-cajon

Whether you seek independent living support or care for a loved one, we go beyond in-home assistance. As your care partner, we understand your journey and provide guidance. From meals to 24-hour care, our dedicated team prioritizes your safety and well-being, delivering exceptional service honed through years of experience.

LONG TERM CARE ADVOCACY



AMADA SENIOR CARE

John Boodhansingh, Owner | (858) 866-9005 john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

We provide advocacy for LTC insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide comprehensive in-home caregiving and care management services, including complete LTC claims service for our clients, affording them piece of mind when they need it most.



JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351 | Fax (858) 618-1410 | linda.jahnke@jcltca.com | jcltca.com

We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

MEAL DELIVERY



MEALS ON WHEELS

1 (800) 5-SENIOR / (619) 260-6110 info@meals-on-wheels.org | meals-on-wheels.org

Meals on Wheels San Diego County has proudly delivered meals to seniors and disabled veterans for over 60 years. Our dedicated volunteers deliver more than just a meal though, daily check-ins provide peace of mind and personal connection. Join our family by signing up for meals, donating, or volunteering today!

MEDI-CAL/VA BENEFIT CONSULTANTS



FINANCIAL SECURITY DESIGNS

Tony Bevin | (858) 673-8448 financialsecdesigns@gmail.com | vabenefitsonline.com

Helping Seniors with aging in place:

- 1. How to keep you out of a nursing home
- 2. Provide the necessary care at home

Get eligible for financial assistance to help pay for those in a nursing home and free assistance (in certain zip code areas) for those in the home.

Hyperlinks for emails and websites are provided if viewing electronically.

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*



UNITEDHEALTHCARE Fariba Zarieh | (619) 887-6822 Fariba.Zarieh@gmail.com | myuhcagent.com/Fariba.Zarieh

My name is Fariba Zarieh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your option. I'm ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.

Would you like to see your business represented here? CONTACT US! We add new categories with each issue.



WHITLEY INSURANCE SOLUTIONS
Lisa Whitley | (760) 525-1150 | License # 0L00140
lisa@whitleyinsurancesolutions.com
whitleyinsurancesolutions.com

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

PHYSICAL THERAPY



PHYSIO ON THE GO: MOBILE PHYSICAL THERAPY & WELLNESS SERVICES

Sean Kuhn | (619) 391-8688 info@kuhnphysicaltherapy.com | physio-on-the-go.com

Your one-stop shop for everything health. Whether you're at home or on the move, Physio on the GO provides a unique remote self care, wellness, and physical therapy experience through complimentary, subscription, and private or semi-private opportunities in order to custom tailor a program designed for you to achieve your goals.



UNLIMITED POTENTIAL REHAB AND WELLNESS

Kory Langwell | (858) 264-6985 korylangwell@gmail.com | UnlimitedPotential.biz

Our experienced team focuses on guiding people to move and feel better by focusing on personalized care. We ensure patients achieve their health goals from the comfort of their homes. Unlimited Potential specializes in orthopedics, neurological rehab, personal training and health coaching from physical, occupational and speech therapy services.

PROPERTY MANAGEMENT



HALCYON REAL ESTATE SERVICES AND SENIOR@HOME

Ginger Couvrette | (858) 243-5304 gingercouvrette@yahoo.com | HalcyonCA.com

Halcyon is your full-service real estate company focusing on understanding your needs and providing options. House maintenance and remodel coordination for seniors aging in place, property management for on-going revenue, and selling the property at its highest value, Halcyon works with families to be your trusted real estate resource.

REVERSE MORTGAGE



NEW AMERICAN FUNDING

Laura Strickler | (760) 518-9839 laura.strickler@nafinc.com_ newamericanfunding.com/mortgage-loans/laurastrickler

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.



EQUITYSMART HOME LOANS

Laura Strickler | (760) 518-9839 | <u>lauras@equitysmartloans.com</u> | <u>laurastrickler.com</u>

A reverse mortgage can turn the value of your home into cash with no monthly mortgage payments required and help you better manage your financial future. It can supplement your monthly income, pay off existing mortgages, make home improvements, or purchase your dream home! Work with a longtime local professional-since 2003!

SAFETY & CONVENIENCE



SHELFGENIE OF SAN MARCOS

Ruben Galvan | (760) 560-7258 or (760) 814-9936 rgalvan@shelfgenie.com/shelfgenie.com/locations/sanmarcos

ShelfGenie is a premier full-service designer of custom pull-out shelving solutions. Our expert designers transform cluttered, hard-to-access cabinets and pantries into organized, highly functional, and easily accessible spaces. Our exceptional cabinet and pantry storage designs are marked by a commitment to understanding our clients' lifestyles, unique needs, and wellness goals.

View Resource
Directory on the
Oasis website:
SanDiegoOasis.org



San Diego Oasis Board of Directors

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Awards

2023:

CSO50 Award Winner for Al 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 \mid 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

Event & Meeting Space Rental



Discover a versatile, affordable, and fully equipped event space at San Diego Oasis—perfect for meetings, workshops, and special gatherings.



SPECIAL EVENTS

Perfect for receptions, conferences, celebrations, fundraisers, and special gatherings. Featuring modern AV technology, customizable seating arrangements, and a welcoming ambiance, our banquet halls provide a versatile and affordable venue to host memorable events with ease.



CORPORATE MEETINGS

Host your next corporate meeting, workshop, or training session in our modern, fully equipped classrooms. Our spaces feature high-speed Wi-Fi, AV technology, flexible seating arrangements, and a comfortable environment to support seamless presentations and collaboration.



PERFORMANCES

Host live music, concerts, and special performances in our spacious banquet halls, featuring a stage area, professional AV equipment, and flexible seating options. Designed for intimate audience engagement, our venue ensures a seamless and memorable experience for performers and guests alike.

Ready to book your event?

Contact Gina Johnson, Events & Rentals Coordinator

events@sandiegooasis.org

858.240.2880

www.sandiegooasis.org

Rancho Bernardo 1717/0 Bernardo Center Dr., Rancho Bernardo, CA 92128

La Mesa 5500 Grossmont Center Dr., Ste 269, La Mesa, CA 91942

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MASSCO























































