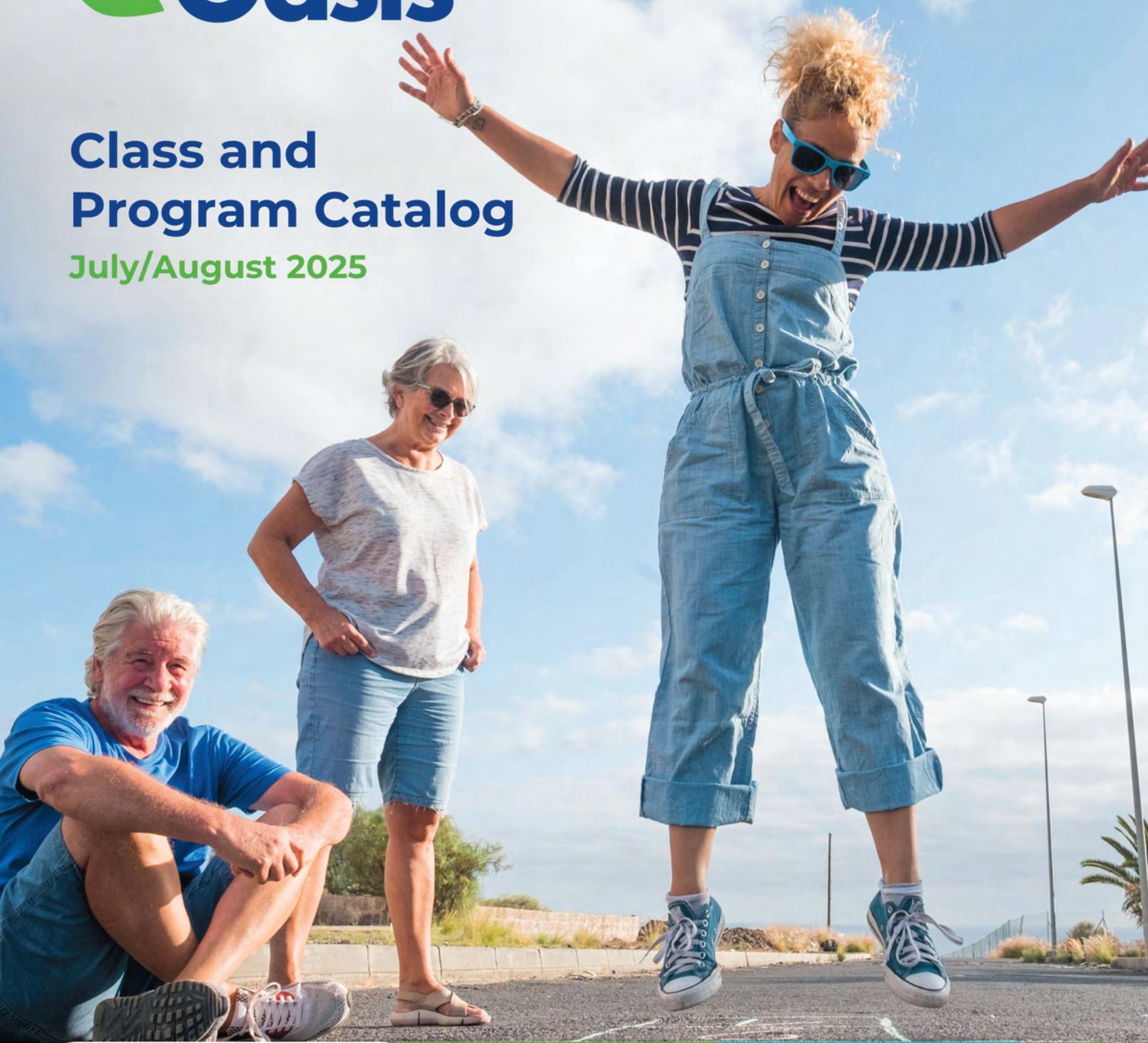




# Class and Program Catalog

July/August 2025



**Explore.**

**Learn.**

**Thrive.**



La Mesa  
(619) 881-6262

Rancho Bernardo  
(858) 240-2880



info@SanDiegoOasis.org



SanDiegoOasis.org

Dear Oasis Community,

Summer is the perfect season for exploration—whether you’re jet-setting across the globe or discovering something new right here at Oasis. Our July/August catalog is your personal passport to adventure, packed with opportunities to learn, grow, and connect in exciting new ways.

This season, we invite you to travel beyond the familiar and explore new interests. Whether you’re diving into history, tasting world cuisine in Shamily’s Kitchen, learning a new language, or taking your first art class, every step you take is part of a journey toward lifelong growth and fun.

To make your Oasis journey even more fun, we’re launching our Explorer Passport—a way to track your adventures across our diverse categories of classes. Attend a class in each area, collect your stamps (or dates!), and you’ll be entered to win a special prize at our end-of-summer celebration.

Our growth here includes the addition to our leadership team: Keegan Leopold, our new Senior Director of Programs and Operations. Keegan brings a wealth of experience in community programming and a deep commitment to enriching the lives of older adults. With her leadership, Oasis will continue to be a vibrant destination for all who walk through our doors.

Where will your Oasis journey take you this summer? Flip through these pages, mark your map, and let’s set off together. After all, the best journeys don’t always require a suitcase—just a curious mind and an open heart.

With you on the journey,

Simona Valanciute  
President & CEO | San Diego Oasis





# Explorer Passport

Explore the World of Lifelong Learning

Ready to try something new?

Pick up your Explorer Passport and embark on a fun-filled journey through Oasis!

- Try new classes
- Record your adventures
- Turn in to win!
- Join us for a special Explorer celebration, plus a chance to win prizes!

Explorer Passport Program Dates:  
July 1, 2025 - September 30, 2025

Continue Exploring



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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 fees are kept affordable and vary by class, with many offered at no cost.

## 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 elementary school children build reading skills, self-esteem, and a positive attitude toward learning. We serve Title 1 schools throughout San Diego County, supporting students who need it most.
- **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 [SanDiegoOasis.org](https://SanDiegoOasis.org). If you need assistance creating your MyOasis account, please call or email us at [info@SanDiegoOasis.org](mailto:info@SanDiegoOasis.org)
- **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](mailto:Michelle@SanDiegoOasis.org)
- **Center Volunteers:** Volunteers are invaluable, the benefits are mutual. Learn more:  
[Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org) (La Mesa)  
[Danny@SanDiegoOasis.org](mailto:Danny@SanDiegoOasis.org) (Rancho Bernardo).
- **Library Ambassadors:** Library Ambassadors represent Oasis at off-site programs, answering questions and offering on-the-spot support. Contact [Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org).
- **Outreach Volunteers:** Oasis Ambassadors attend local fairs and events to raise awareness. It's a great way to connect, engage, and make a meaningful impact. Contact [Jodi@SanDiegoOasis.org](mailto:Jodi@SanDiegoOasis.org).

### TOGETHER WE THRIVE

Celebrating Support. Sharing Impact.



SAN DIEGO OASIS  
**GEM Society**  
GIVE EVERY MONTH


### THE TRUE VALUE OF A GEM


What is the most impactful way to give to Oasis?  
Become a monthly donor by joining Oasis' GEM Society.

Join the GEM Society—our community of monthly givers committed to empowering older adults through lifelong learning, wellness, and connection.

For the cost of a coffee or lunch each month, you can help combat isolation and create life-changing opportunities for growth, purpose, and community.

As a GEM, you'll enjoy exclusive updates and the deep satisfaction of knowing your ongoing support is transforming lives—every month, every class, every life.

Become a GEM today. 



Join Today!

Contact Meagan McKissick,  
VP of Philanthropy to Learn More.  
[Meagan@SanDiegoOasis.org](mailto:Meagan@SanDiegoOasis.org)



WHEN YOU PLAN TO

*Give*  
WE CAN PLAN TO *Grow*

EIN/TAX ID#30-0403895

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

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

**CURRENT GIFTS:**

Cash | Life Insurance | Stocks | Real Estate

**PLANNED GIFTS:**

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

Questions?

Contact [Simona@SanDiegoOasis.org](mailto:Simona@SanDiegoOasis.org) to learn

To make a cash donation, simply visit [SanDiegoOasis.org](http://SanDiegoOasis.org) or call (858) 240-2880.  
If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 17170 Bernardo Center Drive,



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



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



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



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



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



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



# IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

## ARTS & CRAFTS

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

### **Abstract Painting in Acrylic with Preet Works**

Preet Works, Teaching Artist

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

**1064 | Tue., & Thu., Jul. 8 & 10 | 1:00 PM | 2 Sess. | \$40**

**1065 | Tue., & Thu., Aug. 12 & 14 | 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. This class is accessible to all.

**1054 | Wed., Jul. 23 | 10:00 AM | \$20**

**1055 | Wed., Aug. 27 | 10:00 AM | \$20**

### **1665 | Art of Photography:**

#### **How to Capture Dynamic Travel Photographs**

Suda House, Professor of Art and Photography, Grossmont College

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

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

#### **NEW CLASS**

### **1025 | Beginning Bead Weaving**

#### **PRAW Bangle Bracelet**

Diane Kramer, Bead Weaver & Instructor

**Tue., Jul. 15 | 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.

#### **NEW CLASS**

### **1037 | Beginning Decoupage**

Janet Stuelpner, The Left-Handed Artist and Crafter

**Wed., Aug. 20 | 10:00 AM | \$20**

Learn the art of decoupage to create a wonderful keepsake for you and your family.

### **1036 | Beginning Needlepoint on Plastic Canvas**

Janet Stuelpner, The Left-Handed Artist and Crafter

**Wed., Jul. 16 | 10:00 AM | \$20**

In this class you will learn several simple stitches that will open the world of needlepoint to you. All materials are provided.

### **1073 | Bottle Painting for the Non-Artist**

Susan Johnson, Artist & Instructor

**Mon., Jul. 21 | 10:00 AM | \$20**

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

### **1011 | Combining Pen and Ink with Watercolor**

Ann Dunham, MS Design

**Tue. & Thu., Jul. 15 & 17 | 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.

### **1013 | Creating Textures in Watercolor**

Ann Dunham, MS Design

**Tue. & Thu., Aug. 5 & 7 | 10:00 AM | 2 Sess. | \$40**

Explore watercolor techniques to bring objects to life, focusing on value, color, and texture. Experiment with brush variations and wet/dry methods for hands-on learning.

### **Glass Art with Queenie Glass and Sass**

Diana Griffin, Owner of Queenie Glass and Sass

Using a variety of sizes and colors of glass, create your unique art pieces. Pieces will be fused off-site and available for pick up the following week. All materials are provided.

**1018 | Wed., Jul. 16 | 1:00 PM | \$50 NEW CLASS**

Pattern Bar Plate

**1019 | Wed., Aug. 20 | 1:00 PM | \$60 NEW CLASS**

Yard Art Totem

### **1041 | Healing Benefits of Color**

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

**Thu., Aug. 28 | 1:00 PM | \$20**

Discover how color boosts mood and energy! Join artist LeeAnna Yater to create vibrant chakra mandalas, its healing, joyful, and totally fun. All supplies are included.

### 1015 | Illustration: Drawing California Native Plants Using Watercolor and Ink

Ann Dunham, MS Design

**Tue. & Thu., Aug. 19 & 21 | 10:00 AM | 2 Sess. | \$40**

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

### Jewelry with Judy

Judy Cunningham, Owner of Designs by Judy

Create a colorful bracelet or elegant earrings—perfect for gifts or yourself! All supplies are included, and options are available for all styles.

**1689 | Mon., Aug. 25 | 1:00 PM | \$25 NEW CLASS**

Elegant Dangle Earrings

**1690 | Tue., Aug. 19 | 1:00 PM | \$25 NEW CLASS**

Stretch Plumeria Bracelet

### NEW CLASS

#### 📍📍1023 | Miniature Birdhouse Painting

Kelly Creeden, BA, MS, Mentor & Teacher

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

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

#### 📍📍1614 | Mixed Water Media Painting

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

**Tue., Jul. 1 | 1:00 PM | \$30**

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

#### 📍📍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.

**1058 | Fri., Jul. 25 | 1:00 PM | \$30**

**1059 | Fri., Aug. 22 | 1:00 PM | \$30**

### NEW CLASS

#### 1040 | Painting on Silk

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

**Thu., Jul. 24 | 1:00 PM | \$25**

Create vibrant silk art with dyes, markers, and resist techniques, perfect for beginners or pros! Hang your stunning piece on any wall or window. All materials are provided.

### Paper Quilling

Marcy Shapiro, Retired Teacher, Artist

Quilling is the art of creating beautiful objects by rolling thin pieces of paper. All materials are provided.

**1050 | Wed., Jul. 9 | 10:00 AM | \$20 NEW CLASS**  
Initials

**1051 | Wed., Aug. 13 | 10:00 AM | \$20**

Flower Gardens

**1664 | Wed., Aug. 27 | 1:00 PM | \$20 NEW CLASS**

Greeting Cards

### 1521 | Perspective - Learn the Basics

Aniko Makranczy, MFA

**Tue., Jul. 22 & 29 | 10:00 AM | 2 Sess. | \$40**

Boost your drawing skills by learning perspective basics—vanishing points, eye level, and value—to create depth and more realistic, dynamic art.

#### 📍📍1061 | Play Around with Acrylic Paint

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

**Mon. & Wed., Jul. 21 & 23 | 1:00 PM | 2 Sess. | \$40**

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

### 1047 | Rock Painting

Marci Kleiner

**Thu., Jul. 24 | 10:00 AM | \$20**

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

### NEW CLASS

#### 1022 | Rock Painting: Nature Designs

Kelly Creeden, BA, MS, Mentor & Teacher

**Fri., Jul. 18 | 10:00 AM | \$20**

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

### Sew with Lyn

Lyn Earl, Instructor

Improve your machine applique skills in a simple project, then create a cozy Rag Quilt Throw or Baby Quilt!

**1044 | Wed., Jul. 9 | 1:00 PM | \$20**

Machine Applique 101 **NEW CLASS**

**1045 | Wed., Aug. 13 | 1:00 PM | \$20**

Rag Quilt Throw or Baby Quilt **NEW CLASS**



### NEW CLASS

#### 1656 | Sketch Workshop

Elle Arnot, MFA, School of the Art Institute of Chicago

Thu., Jul. 17 | 1:00 PM | \$30

Turn ideas into quick, fun sketches—no perfection needed. Learn easy, calming techniques for all skill levels. All materials are provided.

#### 1615 | Throw Tiny Pottery on Miniature Pottery Wheels

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

Tue., Aug. 26 | 1:00 PM | \$55

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

#### 1679 | Twist and Dye: Silk Scarf Dyeing

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

Wed., Aug. 6 | 10:00 AM | \$25

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

#### 1692 | Vintage Book Page Wreath

Amy O'Connor, Crafter & Instructor

Mon., Aug 4 | 10:00 AM | \$20

Add a touch of timeless elegance to your home with a handcrafted wreath made from the pages of a vintage book. All materials will be supplied.

#### 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.

1031 | Mon., Jul. 14 | 10:00 AM | \$20

1032 | Mon., Jul. 28 | 10:00 AM | \$20

1033 | Mon., Aug. 11 | 10:00 AM | \$20

1034 | Mon., Aug. 25 | 10:00 AM | \$20

TAKE NOTE!

STAY UP TO DATE!

Join us on social media at  
[bit.ly/BeSocialOasis](https://bit.ly/BeSocialOasis)

Social Media



HYBRID



BOTH LOCATIONS

## BUSINESS, FINANCE, LEGAL

thrivent®

Offices of Jonathan Doering,  
Matthew Molstre and Anthony Camara

#### 1348 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA

Mon., Jul 21 | 1:00 PM | \$5

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

#### 1347 | Social Security

Anthony Camara, CFP®, MBA

Mon., Jul. 21 | 11:00 AM | \$5

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

#### 1349 | Thrivent One-on-One

Anthony Camara, CFP®, MBA

Fri., Jul. 25 | 10:00 AM | FREE

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

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

#### 1648 | 15 Steps to a Successful Remodel

Peter Klein, Author & Former Contractor

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

Learn the steps needed to remodel a home from a professional contractor and how to prepare yourself mentally and financially.

#### 1578 | How to Navigate the Probate System in 10 Easy Steps

K. Brooke Jensen, Attorney at Law

Thu., Jul. 17 | 1:00 PM | \$10

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

### NEW CLASS

#### 1546 | Legacy of Less

#### Leaving Memories and Not Mayhem

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

Mon., Jul. 14 | 10:00 AM | \$10

Give your family the gift of clarity—learn to downsize with intention, preserve memories, and create a meaningful legacy without leaving a burden.

LA  
MESA

### **1553 | Long-Term Care Insurance: How to Use It**

Linda Jahnke, Board Certified Patient Advocate

**Fri., Jul. 18 | 10:00 AM | \$10**

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

### **1637 | Planning Funeral and Cemetery Services**

Peter Alo, Licensed Family Service Advisor

**Thu., Aug. 21 | 1:00 PM | \$10**

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

### **1694 | Reverse Mortgages Explained**

Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

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

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

### **1549 | Steps & Documents to Listing & Selling the House**

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

**Wed., Jul. 30 | 1:00 PM | \$10**

Ready to sell your home? Join Farima Tabrizi to master pricing, preparation, paperwork, and California's disclosure requirements—guiding you through every step of the process.

### **1675 | Taming the Paperwork Tiger**

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

**Tue., Aug. 26 | 10:30 AM | \$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.

### **1380 | 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

**Thu., Aug. 14 | 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.

**1169 | Fri., Jul. 11 - Aug. 1 | 10:45 AM | 4 Sess. | \$40**

**1170 | Fri., Aug. 8 - 29 | 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.

**1177 | Mon., Jul. 7 - 28 | 12:00 PM | 4 Sess. | \$40**

**1178 | Mon., Aug. 4 - 25 | 12:00 PM | 4 Sess. | \$40**

**1173 | Fri., Jul. 11 - Aug. 1 | 12:00 PM | 4 Sess. | \$40**

**1174 | Fri., Aug. 8 - 29 | 12:00 PM | 4 Sess. | \$40**

**1638 | Sat., Jul. 12 - Aug. 2 | 11:30 AM | 3 Sess. | \$30**

**1639 | Sat., Aug. 9 - 30 | 11:30 AM | 3 Sess. | \$30**

### **Building Better Balance: A Physical Therapy Approach**

Skylar Clark, DPT

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

**1161 | Sat., Jul. 19 | 11:30 AM | \$10**

**1162 | Sat., Aug. 16 | 11:30 AM | \$10**

### **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.

**1090 | Mon., Jul. 7 - 28 | 9:30 AM | 4 Sess. | \$40**

**1091 | Mon., Aug. 4 - 25 | 9:30 AM | 4 Sess. | \$40**

**1098 | Tue., Jul. 8 - 29 | 12:00 PM | 4 Sess. | \$40**

**1099 | Tue., Aug. 5 - 26 | 12:00 PM | 4 Sess. | \$40**

**1102 | Wed., Jul. 9 - 30 | 1:00 PM | 4 Sess. | \$40**

**1103 | Wed., Aug. 6 - 27 | 1:00 PM | 4 Sess. | \$40**

**1086 | Fri., Jul. 11 - Aug. 1 | 9:30 AM | 4 Sess. | \$40**

**1087 | Fri., Aug. 8 - 29 | 9:30 AM | 4 Sess. | \$40**

**1094 | Sat., Jul. 12 - Aug. 2 | 9:30 AM | 4 Sess. | \$40**

**1095 | Sat., Aug. 9 - 30 | 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, it's perfect for all fitness levels. Relax, center, and feel confident.

**1143** | Thu., Jul. 10 - 31 | 2:15 PM | 4 Sess. | \$40

**1144** | Thu., Aug. 7 - 28 | 2:15 PM | 4 Sess. | \$40

### Core Training and Bone Strength

Dora Graham, Certified Fitness Instructor and Personal Trainer

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

**1114** | Thu., Jul. 10 - 31 | 1:15 PM | 4 Sess. | \$40

**1115** | Thu., Aug. 7 - 28 | 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.

**1110** | Wed., Jul. 9 - 30 | 12:00 PM | 4 Sess. | \$40

**1111** | Wed., Aug. 6 - 27 | 12:00 PM | 4 Sess. | \$40

**1106** | Sat., Jul. 12 - Aug. 2 | 10:30 AM | 4 Sess. | \$40

**1107** | Sat., Aug. 9 - 30 | 10:30 AM | 4 Sess. | \$40

### International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

**1147** | Wed., Jul. 9 - 30 | 9:30 AM | 4 Sess. | \$24

**1148** | Wed., Aug. 6 - 27 | 9:30 AM | 4 Sess. | \$24

### Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

**1189** | Wed., Jul. 9 - 30 | 2:00 PM | 4 Sess. | \$40

**1190** | Wed., Aug. 6 - 27 | 2:00 PM | 4 Sess. | \$40

**1185** | Thu., Jul. 10 - 31 | 12:00 PM | 4 Sess. | \$40

**1186** | Thu., Aug. 7 - 28 | 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.

**1082** | Tue., Jul. 8 - 29 | 9:30 AM | 4 Sess. | \$40

**1083** | Tue., Aug. 5 - 26 | 9:30 AM | 4 Sess. | \$40

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

**1127** | Thu., Jul. 10 - 31 | 9:30 AM | 4 Sess. | \$40

**1128** | Thu., Aug. 7 - 28 | 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.

**1131** | Tue., Jul. 8 - 29 | 2:30 PM | 4 Sess. | \$40

**1132** | Tue., Aug. 5 - 26 | 2:30 PM | 4 Sess. | \$40

### Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

**1135** | Tue., Jul. 8 - 29 | 1:15 PM | 4 Sess. | \$40

**1136** | Tue., Aug. 5 - 26 | 1:15 PM | 4 Sess. | \$40

### San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA, HHP

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

**1139** | Wed., Jul. 9 - 30 | 9:00 AM | 4 Sess. | FREE

**1140** | Wed., Aug. 6 - 27 | 9:00 AM | 4 Sess. | FREE

### Sit N' Get Fit

Russell Rowe, MS, Exercise Physiology

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

**1181** | Mon., Jul. 7 - 28 | 1:15 PM | 4 Sess. | \$40

**1182** | Mon., Aug. 4 - 25 | 1:15 PM | 4 Sess. | \$40

**1640** | Sat., Jul. 12 - Aug. 2 | 12:45 PM | 4 Sess. | \$40

**1641** | Sat., Aug. 9 - 30 | 12:45 PM | 4 Sess. | \$40

### Soul Line Dancing

Lee D. Wells, Instructor, Never2Old Adult Soul Line Dance Group

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

**1119** | Tue., Jul. 8 - 29 | 10:45 AM | 4 Sess. | \$40

**1120** | Tue., Aug. 5 - 26 | 10:45 AM | 4 Sess. | \$40

### 📍 Soul Line Dancing - The Basics

Lee D. Wells, Instructor, Never2Old Adult Soul Line Dance Group

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

**1123** | Thu., Jul. 10 - 31 | 10:45 AM | 4 Sess. | \$40

**1124** | Thu., Aug. 7 - 28 | 10:45 AM | 4 Sess. | \$40

### **1151** | Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

**Mon., Aug. 4 - 25 | 2:30 PM | 4 Sess. | \$40**

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

### **1156** | T'ai Chi Chih for Beginners Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor

**Fri., Aug. 8 - Oct. 3 | 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.

### **1158** | T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor

**Fri., Aug. 8 - Oct. 3 | 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.

**1165** | Mon., Jul. 7 - 28 | 10:45 AM | 4 Sess. | \$40

**1166** | Mon., Aug. 4 & 11 | 10:45 AM | 2 Sess. | \$20

## HEALTH & WELLNESS



### NEW CLASS

📍 **1003** | Alzheimer's San Diego:

### Coping with Personality and Behavior Changes

Joaquin Ortiz, Alzheimer's San Diego Director of Education

**Tue., Aug. 12 | 1:00 PM | FREE**

Learn about behavior and personality changes in people with Alzheimer's and dementia and discover effective ways to respond.

### NEW CLASS

**1002** | Alzheimer's San Diego: Long-Distance Caregiving

Joaquin Ortiz, Alzheimer's San Diego Director of Education

**Tue., Jul. 8 | 1:00 PM | FREE**

Caring for someone with dementia from a distance has unique challenges. Learn practical strategies to stay informed, connected, and provide meaningful support from afar.

### 📍 **1636** | Alzheimer's San Diego: Care Options: Residential Placement

Joaquin Ortiz, Alzheimer's San Diego Director of Education

**Tue., Sept. 9 | 1:00 PM | FREE**

Discover the ins and outs of residential memory care—types, costs, and how to choose what's best for your specific situation.

### **1655** | Balance and Vestibular Testing

Dr. Sarah Hernandez, Peninsula Hearing Center

**Tue., Aug. 5 | 1:00 PM | \$15**

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

### **1654** | Hearing Aids and Tinnitus

Dr. Dena Riso, Peninsula Hearing Center

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

Explore the impact of aging on hearing, memory, and cognitive decline, plus the latest advancements in hearing aid technology. Bring your questions for expert guidance.

### **1681** | Move with Ease: Gentle Mobility & Brain-Body Connection for Active Living

Michael Saunders, CMT, CPT, CES, Kinetic Healing

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

Discover simple yet effective techniques inspired by NeuroKinetic Therapy (NKT) to improve your comfort and movement.

TAKE NOTE!

## CURIOUS ABOUT A DANCE OR FITNESS CLASS?

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



### 1680 | Move with Ease: The Power of Touch & Movement for Wellness

Michael Saunders, CMT, CPT, CES, Kinetic Healing

Fri., Aug. 1 | 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.

#### NEW CLASS

### 1652 | Practicing Mindfulness Meditation to Enjoy Interbeing with a Radiant Cosmos

Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh

Tue., Aug. 5 | 10:00 AM | \$15

Tap into cosmic calm with mindfulness and meditation inspired by Zen Master Thich Nhat Hanh. Peaceful vibes are guaranteed.

#### NEW CLASS

### 1358 | Sonia's Healthy Corner: A Guide to Natural Detoxification with Clean Foods

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

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

Discover how clean, natural foods can boost energy, support digestion, and help you thrive—one delicious, nourishing bite at a time.

#### NEW CLASS

### 1357 | Sonia's Healthy Corner: What is the Best Diet?

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

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

Explore popular diets, bust myths, and discover what really works so you can build a healthy, sustainable lifestyle.

#### NEW CLASS

### 1584 | Sound Frequencies For More Happiness

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

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

Tune into feel-good frequencies! Discover sound waves that boost well-being, balance your vibe, and reconnect you with nature. It's easy, fun, and available to everyone.



### United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1193 | Sat., Jul. 19 | 10:00 AM | FREE

1194 | Sat., Aug. 16 | 10:00 AM | FREE

### 1346 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Jul. 8 | 3:00 PM | FREE

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

## HISTORY & HUMANITIES

#### NEW CLASS

### 1653 | All About 'Rosie the Riveter'

Terry Dover, USS Midway Museum Volunteer Docent, Air Wing Restoration Volunteer

Thu., Jul. 10 | 1:00 PM | \$15

Think you know Rosie? Discover the surprising story behind her WWII impact—and what happened after—in this fun, eye-opening session.

### 1571 | An Entertaining History of Your Favorite Food

Sofia Laurein, PhD, Professor of History

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

Take a tasty trip through food history and discover the surprising origins of your favorite dishes, from French fries to Hawaiian pizza and beyond.

#### NEW CLASS

### 1563 | Christianity in Rome & Europe (1st Millenium): Art and Architecture

Gwenyth Mapes, Professor of Humanities

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

Explore the rise of Christian art and architecture in Imperial Rome, Byzantine Empire, and early Catholicism.

#### NEW CLASS

### 1651 | Cortez & Pizarro: Hidden Details of La Conquista de America

Frank Newton, PhD

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

Forget the legends. Discover how luck, lies, and slick PR shaped Spain's conquest in this eye-opening talk with Dr. Frank Newton.

#### NEW CLASS

### 1597 | Documenting America In The Great Depression

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

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

Explore powerful Depression-era photography, including Dorothea Lange's iconic "Migrant Mother." Stories of ordinary Americans are told through stunning images.



### NEW CLASS

#### 1561 | Europe's Counter-Reformation and the Baroque: Art & Architecture

Gwenyth Mapes, Professor of Humanities

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

Discover Mannerism and Baroque masterpieces by Michelangelo, Bernini, Rembrandt, and more on this art-filled journey.

### NEW CLASS

#### 1330 | Folk Music's Greatest Songs

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

Wed., Jul. 9 | 10:00 AM | \$16

Sing along with Peter Bolland in a storytelling concert celebrating the greatest folk songs of the Folk Revival era—lyrics included for a true hootenanny.

### NEW CLASS

#### 1575 | Frances Perkins: FDR's Labor Secretary and Champion of the New Deal

Meagan Albrant, MA, Professor of U.S. History

Fri., Jul. 18 | 10:00 AM | \$15

Explore the life of Frances Perkins, the first female Secretary of Labor, who championed worker protections and shaped the New Deal.

#### 1598 | Hidden Gems in San Diego County History

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

Thu., Aug. 14 | 10:00 AM | \$15

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

### NEW CLASS

#### 1573 | History of the Ouija Board

Meagan Albrant, MA, Professor of U.S. History

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

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

### NEW CLASS

#### 1673 | History of Wine and Wine Making in San Diego County

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

Mon., Aug. 4 | 1:00 PM | \$15

Sip up some history! Explore 240+ years of San Diego wine, from mission grapes to modern vintages—with stories as rich as the reds.

### NEW CLASS

#### 1341 | Indian Spirituality: Practice of Mantric Meditation

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

Thu., Aug. 21 | 10:00 AM | \$15

Experience relaxation, mantra meditation, and spiritual connection in this calming class designed to bring peace and mindfulness to your practice.

### NEW CLASS

#### 1340 | Indian Spirituality: Yoga as a Way of Life

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

Thu., Jul. 17 & 31 | 10:00 AM | 2 Sess. | \$20

Discover the spiritual side of yoga. Learn about mantras and mantric meditation to cultivate inner peace and enhance your practice as a way of life.

#### 1670 | John D. Spreckels and the Making of San Diego

Dr. Sandra Bonura, Author

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

Discover how John D. Spreckels shaped San Diego's empire, its industry and innovation. The city was built by one legendary visionary.

#### 1353 | Karl Marx's 5 Stages of History and its Relevance for Today and Tomorrow

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

Tue., Aug. 26 | 1:00 PM | \$15

Marx saw capitalism as a step, not the end. Using John Rawls' concept "Veil of Ignorance," let's imagine the future and the world we want to build.

#### 1607 | Legends and Lore of Salt

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

Thu., Jul. 24 | 1:00 PM | \$15

Explore the fascinating history and legends of salt, featuring stories, artifacts, snacks, and a chance to win a salt lamp.

### NEW CLASS

#### 1674 | Modern Native American History: Native Identity Since the 1890s

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

Mon., Aug. 18 | 1:00 PM | \$15

Explore surprising truths about Native identity, rights, and representation in modern America from Roosevelt to casinos to pop culture myths and beyond.

### 1331 | Mysticism

#### The Sacred Fire at the Heart of Religion

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

**Wed., Jul. 23 | 10:00 AM | \$16**

Explore the hidden world of mystics—rebels of faith who challenged tradition with direct experiences of the divine, lighting new paths while defying the mainstream.

### H 1562 | Romantic Era Art: Europe & USA

Gwenyth Mapes, Professor of Humanities

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

Explore Romanticism's bold art and ideas. Discover how emotion, freedom, and nature shaped Europe's art, and how its ideals still challenge today's world.

### Supreme Court Decisions You Should Know

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

Explore the background, rulings, and ongoing significance of U.S. Supreme Court decisions about government power and individual liberties.

**1668 | Mon., Aug. 11 | 10:00 AM | \$15**

Government Power Cases

**1669 | Fri., Aug. 15 | 10:00 AM | \$15**

Individual Liberties Cases

### 1246 | The Gift of Age

Richard Lederer, Union-Tribune Language Columnist

**Wed., Jul. 16 | 10:00 AM | \$15**

Richard Lederer will share wit, wisdom and inspiration about the incredible journey to maturity. He'll emphasize that being mature is an acquisition, not a loss.

### 1332 | The Great Philosophers: Rene Descartes

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

**Wed., Aug. 13 | 10:00 AM | \$16**

Explore the mind of René Descartes, the father of modern philosophy. His quest for certainty reshaped how we understand knowledge, reality, and ourselves.

### 1333 | The Great Philosophers: Spinoza

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

**Wed., Aug. 27 | 10:00 AM | \$16**

Discover Baruch Spinoza, the rebel philosopher who redefined God, challenged tradition, and forever changed Western philosophy with his bold, pantheistic vision of the universe.

### NEW CLASS

#### 1352 | The New Testament and the Gospel of Mark

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

**Tue., Jul. 22 | 1:00 PM | \$15**

Explore the New Testament and the Gospel of Mark through a critical lens, following the evidence to new perspectives—no belief required, just curiosity.

## LANGUAGES

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

### 📍 1203 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

**Mon., Jul. 7 - Aug. 18 | 10:00 AM | 7 Sess. | \$140**

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

### 📍 1205 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

**Mon., Jul. 7 - Aug. 18 | 11:30 AM | 7 Sess. | \$140**

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

### 1201 | Advanced French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

**Mon., Jul. 7 - Aug. 18 | 1:00 PM | 7 Sess. | \$140**

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

### 1215 | Beginning French for Travelers

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

**Fri., Jul. 11 - Aug. 22 | 10:00 AM | 7 Sess. | \$140**

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

### 1217 | Intermediate French for Travelers

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

**Fri., Jul. 11 - Aug. 22 | 11:30 AM | 7 Sess. | \$140**

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

### 1595 | Italian for Beginners

Sara Venneri, BA, ITTP, Italian Language Instructor

**Tue., Jul. 8 - Aug. 19 | 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.

### 1591 | Italian for Intermediate Students

Sara Venneri, BA, ITTP, Italian Language Instructor

**Tue., Jul. 8 - Aug. 19 | 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.

### 1593 | Italian for Advanced Students

Sara Venneri, BA, ITTP, Italian Language Instructor

**Tue., Jul. 8 - Aug. 19 | 11:30 AM | 7 Sess. | \$140**

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

### 1209 | Beginning Spanish I

Gladis Jiménez González

**Wed., Jul. 9 - Aug. 20 | 10:00 AM | 7 Sess. | \$140**

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

### 1211 | Beginning Spanish II

Gladis Jiménez González

**Wed., Jul. 9 - Aug. 20 | 11:30 AM | 7 Sess. | \$140**

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

### 1213 | Intermediate Spanish I

Gladis Jiménez González

**Wed., Jul. 9 - Aug. 20 | 1:00 PM | 7 Sess. | \$140**

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

### 1221 | Beginning Conversational Spanish

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

**Thu., Jul. 10 - Aug. 21 | 10:00 AM | 7 Sess. | \$140**

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

### 1223 | Beginning/Intermediate Conversational Spanish

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

**Thu., Jul. 10 - Aug. 21 | 1:00 PM | 7 Sess. | \$140**

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

### 1225 | Intermediate Conversational Spanish

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

**Thu., Jul. 10 - Aug. 21 | 11:30 AM | 7 Sess. | \$140**

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 tense.

## LITERATURE & VISUAL ARTS

### 1250 | Aspiring and Intermediate Poetry Workshop

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

**Thu., Jul. 10 - Aug. 28 | 10:00 AM | 8 Sess. | FREE**

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

### NEW CLASS

### 1650 | Beam Me Up: Star Trek and 1960s America

John Putman, Ph.D., Associate Dean for the College of Arts and Letters & Professor of History

**Fri., Aug. 8 | 1:00 PM | \$15**

Why does everyone know Kirk and Spock? Discover how Star Trek mirrored 1960s America's culture, conflicts, and hopes for the future.

### 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 so you can write an exciting one.

**1240 | Tue., Jul. 8 - 29 | 1:00 PM | 4 Sess. | \$80**

**1241 | Tue., Aug. 12 - 26 | 1:00 PM | 3 Sess. | \$60**

### Defining Roles of Hollywood Icons

Philip Parks, Theater Teacher, Actor & Retired School Administrator

Dive into the iconic roles and acting styles of Hollywood legends through film clips, fun exercises, and insights you can use creatively anywhere.

**1642 | Thu., Jul. 10 | 10:00 AM | \$15 NEW CLASS**

Defining Val Kilmer - Crafting the Chameleon

**1643 | Thu., Jul. 31 | 10:00 AM | \$15 NEW CLASS**

Defining Diane Keaton - Style, Subtlety, and Spirit

**1644 | Thu., Aug. 7 | 10:00 AM | \$15 NEW CLASS**

Defining Jack Nicholson - Crafting the Icon

**1645 | Thu., Aug. 28 | 10:00 AM | \$15 NEW CLASS**

Defining Meryl Streep - Masterclass in Transformation

### 1649 | Reel Fears: Sci-Fi's Golden Age NEW CLASS

John Putman, Ph.D., Associate Dean for the College of Arts and Letters & Professor of History

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

Explore Sci-Fi's golden age—from Frankenstein to Star Trek—where monsters, rockets, and Cold War fears collided on screen in thrilling ways.



### Women's New and Notable Book Club

Cathleen Mills, Former Literature Instructor

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

**1236 | Fri., Jul. 25 | 1:00 PM | \$8 NEW CLASS**

Heart Lamp by Banu Mushtaq

**1237 | Fri., Aug. 22 | 1:00 PM | \$8 NEW CLASS**

A Whole Life by Robert Seethaler

### NEW CLASS

**1244 | Write Outside the Box: Novel Strategies and Practices to Ignite Your Creativity**

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

**Thu., Jul. 17 - Aug. 7 | 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!

## MUSIC & LIVE PERFORMANCES

### NEW CLASS

**1696 | Double Take**

Double Take, Nathan Fry & Janet Hammer

**Thu., Jul. 3 | 2:00 PM | \$20**

Nathan Fry and Janet Hammer, aka Double Take, are San Diego's dynamic vocal/keyboard duo, rocking 35 years of unforgettable tunes!

### NEW CLASS

**1330 | Folk Music's Greatest Songs**

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

**Wed., Jul. 9 | 10:00 AM | \$16**

Sing along with Peter Bolland in a storytelling concert celebrating the greatest folk songs of the Folk Revival era—lyrics included for a true hootenanny.

**1325 | Love Guitar? Let's Jam**

Mark Madruga, MA, Professional Musician & Guitar Instructor

**Mon., Jul. 14 - Aug. 18 | 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.

**1323 | Love Guitar? Let's Learn**

Mark Madruga, MA, Professional Musician & Guitar Instructor

**Mon., Jul. 14 - Aug. 18 | 10:00 AM | 6 Sess. | \$102**

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

### Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

**1304 | Tue., Jul. 8 - 29 | 12:30 PM | 4 Sess. | \$240**

**1308 | Wed., Jul. 9 - 30 | 12:30 PM | 4 Sess. | \$240**

**1312 | Tue., Aug. 5 - 26 | 12:30 PM | 4 Sess. | \$240**

**1316 | Wed., Aug. 13 - 27 | 12:30 PM | 3 Sess. | \$180**

**1305 | Tue., Jul. 8 - 29 | 1:30 PM | 4 Sess. | \$240**

**1309 | Wed., Jul. 9 - 30 | 1:30 PM | 4 Sess. | \$240**

**1313 | Tue., Aug. 5 - 26 | 1:30 PM | 4 Sess. | \$240**

**1317 | Wed., Aug. 13 - 27 | 1:30 PM | 3 Sess. | \$180**

**1310 | Wed., Jul. 9 - 30 | 2:30 PM | 4 Sess. | \$240**

**1306 | Tue., Jul. 15 - 29 | 2:30 PM | 3 Sess. | \$180**

**1314 | Tue., Aug. 5 - 26 | 2:30 PM | 4 Sess. | \$240**

**1318 | Wed., Aug. 13 - 27 | 2:30 PM | 3 Sess. | \$180**

**1311 | Wed., Jul. 9 - 30 | 3:30 PM | 4 Sess. | \$240**

**1307 | Tue., Jul. 15 - 29 | 3:30 PM | 3 Sess. | \$180**

**1315 | Tue., Aug. 5 - 26 | 3:30 PM | 4 Sess. | \$240**

**1319 | Wed., Aug. 13 - 27 | 3:30 PM | 3 Sess. | \$180**

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

Martin Luther King Jr. Community Choir

**Fri., Aug. 15 | 2:00 PM | \$20**

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.

## PERSONAL ENRICHMENT

### Bingo!

San Diego Woman's Club Foundation

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

**1268 | Sat., Jul. 19 | 1:00 PM | \$25**

**1269 | Sat., Aug. 16 | 1:00 PM | \$25**

**1279 | Seven Continent Cooking: A Potluck of Europe**

Tonya Lehman, Teacher, Speaker and Storyteller

**Thu., Aug. 14 | 10:00 AM | \$20**

Each month we cook at home a dish from a different continent, then meet for a potluck.

### NEW CLASS

#### 1646 | Crafting Meaningful Obituaries

Dana Kuhn, MA, Writer, Educator, and Owner of Lasting Reflection

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

Learn to write heartfelt, memorable obituaries that truly honor a life. Get tips, examples, and even smart ways to use AI along the way.

#### 📍1693 | Collette - Travel Destinations in 2025 and Beyond

Ghythe Haddad, Business Development Manager

**Tue., Jul. 22 | 10:00 AM | FREE**

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

#### 1515 | Gardening with Betty: August Gardening

Betty Corvey, Owner of Gardening With Betty & Master Gardener, San Diego County

**Fri., Aug. 1 | 1:00 PM | \$15**

This class will give an overview of August activities to do in your garden, including pruning, planting annuals, caring for natives, and minimizing bolting.

#### 1514 | Gardening with Betty: July Gardening

Betty Corvey, Owner of Gardening With Betty & Master Gardener, San Diego County

**Tue., Jul. 1 | 1:00 PM | \$15**

Join Betty for July garden tips—watering, mulching, deadheading, and more. Plus, get the scoop on summer succulents and tasty homegrown produce.

#### 🏠1265 | Grief Support Group

Rolandas Kausas, Chaplain

**Wed., Jul. 2 - Aug. 20 | 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.

#### 📍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, arts, science, and more.

**1253 | Thu., Jul. 10 | 1:00 PM | \$12**

**1254 | Thu., Aug. 14 | 1:00 PM | \$12**

#### 1611 | Ignite Your Confidence with a Purpose

Laura Diaz, Board Certified Coach (BCC)

**Tue., Aug. 12 | 10:00 AM | \$15**

Boost your confidence with tools and strategies to achieve personal and professional goals in this empowering class.

#### 1275 | Improv Games

Tonya Lehman, Teacher, Speaker and Storyteller

**Tue., Aug. 12 - Sept. 2 | 10:00 AM | 4 Sess. | \$60**

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.

#### 1695 | Lions, Tigers & Bears

Kathy Halligan, LTB Outreach

**Thu., Jul. 31 | 1:00 PM | FREE**

Learn how Lions Tigers & Bears rescues and provides lifelong sanctuary for exotic animals. Hear inspiring stories of the animals now thriving in their care.

#### 1335 | Mah Jongg for Beginners: Level One

Carol Cohn

**Tue., Jul. 22 - Aug. 26 | 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

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.

**1260 | Fri., Jul. 18 | 1:00 PM | FREE**

**1261 | Fri., Aug. 15 | 1:00 PM | FREE**

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

Twice a month be part of one or both of our women's groups for caring and sharing the times of our lives.

**1263 | 2nd & 4th Mon., Jul. 14 - Aug. 25 | 1:30 PM | 4 Sess. | \$32**

Mary Heineke, MS, LMFT

**1667 | 1st & 3rd Thu., Jul. 17 - Aug. 21 | 1:30 PM | 3 Sess. | \$24**

Gwenn Olive, MSW, LCSW- C

#### 1257 | Men's Room

Donald Bruders, Facilitator

**2nd & 4th Wed., Jul. 9 - Aug. 27 | 10:00 AM | 4 Sess. | \$32**

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

#### 1610 | Optimism and Living the Life you Love

Laura Diaz, Board Certified Coach (BCC)

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

Explore learned optimism and techniques to re-pattern your thoughts, fostering a more positive and fulfilling outlook on life and happiness.

#### 1647 | Ready! Set! Start Your Obituary

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

**Tue., Aug. 5 | 1:00 PM | \$15**

Craft a legacy they'll love. Write your own awesome obit and plan your send-off your way with heart, humor, and photos.

## 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.

**1272 | Thu., Jul. 3 | 1:00 PM | FREE**

**1273 | Thu., Aug. 7 | 1:00 PM | FREE**

## 1583 | Skincare Made Easy

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

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

Simplify your skincare. Learn to build an easy, affordable routine and get a personalized skin analysis to match your unique needs.

## NEW CLASS

### 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!



## SCIENCE

## NEW CLASS

### 1630 | Abnormal Psychology

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author

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

Discuss contemporary theories of abnormal psychology, diagnostic criteria for common disorders, and evidence-based treatment approaches.

### 1676 | Deep Sea Environment

Paul Detwiler, MA, Marine Ecology, Professor and Consultant

**Fri., Aug. 15 | 1:00 PM | \$15**

Dive into the mysterious deep sea and meet glowing creatures, explore extreme temperatures, and uncover the ocean's coolest secrets in this virtual adventure.

## NEW CLASS

### 1603 | Global Rain Making Rituals:

### Thunder, Myth, and Sound in Ancient Cultures

Steve Waller, Ph.D.

**Wed., Aug. 13 | 1:00 PM | \$15**

Explore how ancient thunder myths and cave echoes shaped prehistoric art, architecture, and rain-making ceremonies in this journey through sound and belief.

## NEW CLASS

### 1629 | Inside the Criminal Mind

Gina Simmons Schneider, PhD, Licensed Psychotherapist, Executive Coach & Author

**Mon., Aug. 4 | 10:00 AM | \$15**

Explore the psychological motivations of criminal behavior, theoretical approaches to criminal threats, and prevalence in society.

### H 1678 | My Life Studying Wild Animals on Four Continents

Fred Bercovitch, Ph.D. Biological Anthropology

**Fri., Aug. 1 | 10:00 AM | \$15**

Exploring wild animals in their natural habitats, sharing captivating stories from Australia to Africa and beyond.

## NEW CLASS

### 1601 | Sounds of Our Ancestors: Have You Heard about Acoustic Archaeology?

Steve Waller, Ph.D.

**Wed., Jul. 9 | 1:00 PM | \$15**

Explore the hidden soundscapes of ancient sites and discover how echoes, reverberations, and acoustic shadows shaped our ancestors' world.

## NEW CLASS

### 1604 | Stonehenge is an Illusion: How Music Inspired Designs of Megalithic Structures

Steve Waller, Ph.D.

**Wed., Aug. 27 | 1:00 PM | \$15**

Discover how simple instruments create sound illusions that may have inspired Stonehenge. Hear it yourself and even learn how to see the sound.

## NEW CLASS

### H 1569 | The Bones Tell Tales: Infectious Disease in the Skeleton

Tori Randall, Ph.D., Professor of Anthropology

**Wed., Jul. 30 | 10:00 AM | \$15**

Uncover the secrets of infectious diseases in skeletal remains. Explore how anthropologists study these diseases to understand microevolution and immune responses.



### NEW CLASS

#### **1602 | The Cave Spoke Back: Echo Spirits and Sound in Prehistoric Rock Art**

Steve Waller, Ph.D.

**Wed., Jul. 23 | 1:00 PM | \$15**

Discover how echoes inspired ancient myths and art as we explore the hidden soundscapes of prehistoric caves and petroglyphs in this fascinating talk.

### NEW CLASS

#### **1556 | Travel To The Galapagos**

Fred Bercovitch, Ph.D. Biological Anthropology

**Thu., Jul. 24 | 10:00 AM | \$15**

An unforgettable journey to the Galapagos Islands. Discover how Darwin's observations and the unique wildlife shaped his groundbreaking theories of evolution.

## TECHNOLOGY

### NEW CLASS

#### **1624 | Accessing & Navigating Google Play and Apple App Stores**

Senior Tech Connect

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

Learn what apps are, how to find and install them from the Apple App or Google Play Store, and how to avoid unwanted purchases.

#### **1535 | AI for All: Get Stuff Done with ChatGPT**

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

**Mon., Aug. 18 | 11:30 AM | \$15**

Learn how to harness the power of AI to make your tasks easier and more enjoyable. Discover how to ask ChatGPT questions to get useful, clear answers.

### NEW CLASS

#### **1623 | AI Fundamentals**

Senior Tech Connect

**Fri., Jul. 11 | 11:30 AM | \$15**

Discover the fundamentals of Artificial Intelligence, including how AI works, its real-world applications, and ethical considerations.

#### **1657 | Android 101**

Bucky Reed, IT Professional

**Fri., Jul. 25 | 1:00 PM | \$15**

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

#### **1658 | Android 102**

Bucky Reed, IT Professional

**Fri., Aug. 1 | 1:00 PM | \$15**

Learn how to get even more out of your Android phone. Access maps, use Uber and Lyft, share photos, and more.

#### **1659 | Android 103**

Bucky Reed, IT Professional

**Fri., Aug. 8 | 1:00 PM | \$15**

We will cover how to use your phone, contacts, adjust settings like ringtones and notifications, plus texting.

#### **1534 | Cut the Cable: Stream for Savings**

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

**Mon., Aug. 18 | 10:00 AM | \$15**

Learn to maximize your digital entertainment options cost-effectively as we explore popular streaming platforms like AppleTV, Netflix, and HBO Max.

### NEW CLASS

#### **1622 | Cybersecurity: Top Scams Targeting Older Adults**

Senior Tech Connect

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

Learn about common scams targeting seniors, how to stay protected, what to do if scammed, and key fraud statistics to stay informed.

#### **1532 | Mastering Passwords: Best Security Practices**

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

**Tue., Jul. 15 | 10:00 AM | \$15**

This session will evaluate your security practices, suggest necessary improvements, and explain the benefits of a password manager, including how to set one up.

#### **1533 | The Beginner's Guide to AI: Concepts, Tools, and Applications**

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

**Tue., Jul. 15 | 11:30 AM | \$15**

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

### NEW CLASS

#### **1625 | Using ChatGPT**

Senior Tech Connect

**Fri., Aug. 8 | 11:30 AM | \$15**

Learn practical applications, tips for effective prompts, and ethical considerations in AI communication.

#### **1660 | Windows Basics**

Bucky Reed, IT Professional

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

Learn the basics of Windows 11—adjust settings, explore files, use shortcuts, and more. Feel free to bring your device to follow in class.

# COX TECH 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](mailto:Tech@SanDiegoOasis.org).

1:1 sessions are available in Spanish.

## Apple Maps App Workshop

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

141 | Mon., Aug. 11 | 11:00 AM | \$10

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

## Apple Photos Workshop (IOS18)

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

128 | Thu., Jul. 17 | 11:00 AM | \$10

149 | Mon., Aug. 25 | 11:00 AM | \$10

## 126 | Emojis, Memes and Gifs Galore

Fri., Jul. 11 | 11:00 AM | \$10

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

## 137 | Google Photos Workshop

Mon., Aug. 4 | 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.

## NEW CLASS

### Passkeys, Authenticators and You!

We'll explore how these modern authentication methods offer enhanced security and streamline your online access.

129 | Mon., Aug. 18 | 11:00 AM | \$10

147 | Thu., Aug. 21 | 11:00 AM | \$10

## Tech Talk: iPhone Fundamentals I

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

131 | Tue., Jul. 22 | 11:00 AM | \$10

142 | Tue., Aug. 12 | 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 the basics of your iPhone.

132 | Thu., Jul. 24 | 11:00 AM | \$10

143 | Thu., Aug. 14 | 11:00 AM | \$10

## Tech Talk: iPhone Fundamentals III Getting Savvy

The third in a four-part series, this hands-on workshop will guide you as you learn the lesser known features on your iPhone.

121 | Tue., Jul. 1 | 11:00 AM | \$10

135 | Tue., Jul. 29 | 11:00 AM | \$10

150 | Tue., Aug. 26 | 11:00 AM | \$10

## Tech Talk: iPhone Fundamentals IV: The Full Potential

The fourth in a four-part series, this hands-on workshop will guide you through more features on your iPhone. We will cover Notes, Safari and Calendar.

122 | Thu., Jul. 3 | 11:00 AM | \$10

136 | Thu., Jul. 31 | 11:00 AM | \$10

151 | Thu., Aug. 28 | 11:00 AM | \$10

## Technology for Travelers

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

125 | Thu., Jul. 10 | 11:00 AM | \$10

133 | Fri., Jul. 25 | 11:00 AM | \$10

148 | Fri., Aug. 22 | 11:00 AM | \$10

## The Practicality of AI

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

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

146 | Tue., Aug. 19 | 11:00 AM | \$10

## 134 | UBER/Lyft App Workshop

Mon., Jul. 28 | 11:00 AM | \$10

Learn to use UBER and Lyft rideshare apps as an alternative to driving.

## 138 | YouTube Workshop

Tue., Aug. 5 | 11:00 AM | \$10

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

## 127 | Zoom: Keeping Connection Through Distance

Mon., Jul. 14 | 11:00 AM | \$10

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



# ON-LINE CLASSES

Zoom information will be provided at time of registration

## EXERCISE & DANCE

### NEW CLASS

#### Nia™ ( Non-Impact Aerobics)

Gail Mongiello, Certified 1st Degree Nia Black Belt Instructor

Move, groove, and feel good in this fun, no-impact fitness class that's easy on joints and sure to make you smile.

**1634** | Mon., Jul. 7 - 28 | 10:00 AM | 4 Sess. | \$40

**1635** | Mon., Aug. 4 - 25 | 10:00 AM | 4 Sess. | \$40

#### Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

**1143** | Sat., Jul. 12 - 26 | 9:00 AM | 3 Sess. | \$30

**1144** | Sat., Aug. 2 - 30 | 9:00 AM | 5 Sess. | \$50

## HEALTH

### NEW CLASS

#### 1671 | Brainy Breakfast: Nutrient-Packed Bites

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

**Wed., Jul. 16 | 11:00 AM | \$20**

Fuel your brain with a tasty spread packed with good fats, vitamins, and antioxidants, perfect for powering up memory, focus, and clarity.

### NEW CLASS

#### 1672 | Cook Smart, Eat Twice

#### Maximize Flavor, Minimize Effort

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

**Wed., Aug. 13 | 11:00 AM | \$20**

Cook once, eat twice. Whip up tasty, healthy meals that transform with ease, perfect for busy days and effortless, feel-good eating.

#### Meditation for Stress-Relief, Relaxation & Peace

Melynnique Seabrook, MA

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

**1198** | Thu., Jul. 10 - 31 | 1:00 PM | 4 Sess. | \$40

**1199** | Thu., Aug. 7 - 28 | 1:00 PM | 4 Sess. | \$40

#### H 1346 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

**Tue., Jul. 8 | 3:00 PM | FREE**

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

## HISTORY & HUMANITIES

#### H 1571 | An Entertaining History of Your Favorite Food

Sofia Laurein, PhD, Professor of History

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

Take a tasty trip through food history and discover the surprising origins of your favorite dishes, from French fries to Hawaiian pizza and beyond.

### NEW CLASS

#### H 1563 | Christianity in Rome & Europe (1st Millenium): Art and Architecture

Gwenyth Mapes, Professor of Humanities

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

Explore the rise of Christian art and architecture in Imperial Rome, Byzantine Empire, and early Catholicism—highlighting transformative religious developments and their lasting impact on history.

### NEW CLASS

#### H 1597 | Documenting America In The Great Depression

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

**Thu., Jul. 10 | 10:00 AM | \$15**

Explore powerful Depression-era photography, including Dorothea Lange's iconic "Migrant Mother." Stories of ordinary Americans are told through stunning images.

### NEW CLASS

#### H 1561 | Europe's Counter-Reformation and the Baroque: Art & Architecture

Gwenyth Mapes, Professor of Humanities

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

Explore the Counter-Reformation and its art. Discover Mannerism and Baroque masterpieces by Michelangelo, Bernini, Rembrandt, and more on this art-filled journey.



HYBRID



BOTH LOCATIONS



### NEW CLASS

#### **H 1575 | Frances Perkins: FDR's Labor Secretary and Champion of the New Deal**

Meagan Albrant, MA, Professor of U.S. History

**Fri., Jul. 18 | 10:00 AM | \$15**

Explore the life of Frances Perkins, the first female Secretary of Labor, who championed worker protections and shaped the New Deal.

#### **H 1598 | Hidden Gems in San Diego County History**

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

**Thu., Aug. 14 | 10:00 AM | \$15**

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

### NEW CLASS

#### **1384 | Historical Road Trip with Rick: Death Valley The Hottest Place on Earth**

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

**Tue., Jul. 15 | 2:00 PM | \$15**

Discover Death Valley's wild wonders, soaring dunes, sliding rocks, and devilish landmarks in the hottest, most fascinating destination on Earth.

### NEW CLASS

#### **1385 | Historical Road Trip with Rick: Yellowstone The First National Park**

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

**Tue., Aug. 19 | 2:00 PM | \$15**

Explore Yellowstone's geysers, wildlife, and epic views—home to Old Faithful, giant bison herds, and the fiery history of 1988.

#### **H 1562 | Romantic Era Art: Europe & USA**

Gwenyth Mapes, Professor of Humanities

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

Explore Romanticism's bold art and ideas. Discover how emotion, freedom, and nature shaped Europe's art, and how its ideals still challenge today's world.

### NEW CLASS

#### **1684 | The History of Warfare Part III**

Mark Carlson, Historian & Author

**Thu., Jul. 24 | 1:30 PM | \$8**

From gunpowder to grand tactics, explore how machines, monarchs, and "God's will" turned war into a modern, messy masterpiece.

### NEW CLASS

#### **1539 | The Incredible Story of Venice**

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

**Tue., Jul. 22 | 1:00 PM | \$15**

Discover Venice's hidden secrets. From its refugee origins to a Renaissance powerhouse, explore this breathtaking city's canals, architecture, and rich history.

### NEW CLASS

#### **1540 | The Most Bizarre Battle of WWII**

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

**Tue., Aug. 26 | 1:00 PM | \$15**

In May 1945, U.S. soldiers, German troops, and French prisoners united against die-hard Nazis in the extraordinary WWII showdown, the Battle of Castle Itter.

## LANGUAGES

#### **1219 | Advanced Spanish**

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

**Fri., Jul. 11 - Aug. 22 | 11:30 AM | 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.

#### **1677 | Beginning Spanish**

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

**Fri., Jul. 11 - Aug. 22 | 10:00 AM | 7 Sess. | \$140**

This introductory course to the Spanish language and culture is for students who have no prior experience learning or speaking Spanish.

#### **1207 | Conversational Spanish**

Danisa Mardones, BA

**Tue., Jul. 8 - Aug. 19 | 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.

**TAKE NOTE!**

### STAY INFORMED!

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

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



# LITERATURE & VISUAL ARTS

## 1248 | Aspiring and Intermediate Poetry Workshop

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

Fri., Jul. 11 - Aug. 29 | 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.

### NEW CLASS

## 1685 | Art & Artists in the South of France

Julia Fister, MA, Studio Ace, Executive Director

Tue., Aug. 12 | 10:30 AM | \$8

Discover how Van Gogh, Cézanne, and Matisse were inspired by sunny Southern France, where golden light and dreamy landscapes sparked a modern art revolution.

## 1344 | Gustav Klimt

Julia Fister, MA, Studio ACE Executive Director

Tue., Jul. 15 | 1:00 PM | \$15

Dive into Gustav Klimt's world. Explore his opulent, gilded masterpieces, 'Golden Phase,' and the lasting impact of his sensual, groundbreaking art and design.

## 1682 | Japanese Contemporary Artist Yayoi Kusama

Julia Fister, MA, Studio Ace, Executive Director

Tue., Jul. 8 | 10:30 AM | \$8

Step into Yayoi Kusama's polka-dotted wonderland—wild, immersive art that blends obsession, mirrors, and pop magic like no one else can.

# MUSIC & LIVE PERFORMANCES

### NEW CLASS

## 1284 | Amy Beach

An Extraordinary American Composer

Chris Burns, Many-Strings

Fri., Jul. 11 | 3:00 PM | \$15

Celebrate Amy Beach, America's musical wonder, through her groundbreaking symphony and 300+ compositions. She has had a lasting impact as a pioneering female composer. This is an inspiring tribute to her genius.

### NEW CLASS

## 1287 | Celebrating Percussion: From Timpani to Xylophones and Much More!

Chris Burns, Many-Strings

Fri., Aug. 22 | 3:00 PM | \$15

Explore the world of percussion. Enjoy orchestral pieces featuring timpani, vibraphones, gongs, and more, from classical to jazz—experience the rhythms that make music come alive.

### NEW CLASS

## 1686 | Country Music

Lisa Campbell, Musician

Tue., Aug. 19 | 10:30 AM | \$8

Lisa Campbell brings the country heat, singing hits by Chris Stapleton, Miranda Lambert, and Zac Brown—Grammy greats and chart-topping legends.

### NEW CLASS

## 1286 | Haydn: Father of the Symphony and Much More!

Chris Burns, Many-Strings

Fri., Aug. 15 | 3:00 PM | \$15

Celebrate Haydn, the 'father of the symphony'. Explore his clear, beautiful music that inspired Mozart, Beethoven, and Schubert.

### NEW CLASS

## 1683 | Music Celebrating 250 Years of America

Vincent Young, Musician

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

Celebrate 250 years of independence with Vincent Young's spirited mix of marches, jazz, ballads, and anthems from America's rich musical past.

### NEW CLASS

## 1285 | Ragtime, Boogie-woogie, and Swing

Chris Burns, Many-Strings

Fri., Jul. 25 | 3:00 PM | \$15

Tap your toes to Ragtime, Boogie-woogie, and Swing! Explore the magic of these iconic jazz styles that bring joy and celebrate the highs and lows of life.

### NEW CLASS

## 1688 | Sir Arthur Sullivan & Company

Vincent Young, Musician

Wed., Aug. 27 | 1:30 PM | \$8

Vincent Young brings Sullivan's toe-tapping tunes to life with Pineapple Poll, comic ballet fun, and medleys from your favorite G&S hits.

## PERSONAL ENRICHMENT

### H 1265 | Grief Support Group

Rolandas Kausas, Chaplain

Wed., Jul. 2 - Aug. 20 | 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.

### NEW CLASS

#### 1687 | Taking A Trip?

Katie Hunter, Veteran Travel Advisor

Wed., Aug. 20 | 1:30 PM | \$8

Travel pro Katie Hunter shares savvy tips, cruise hacks, and stress-free ways to turn every trip, big or small, into lasting memories.

## SCIENCE

### H 1678 | My Life Studying Wild Animals on Four Continents

Fred Bercovitch, Ph.D. Biological Anthropology

Fri., Aug. 1 | 10:00 AM | \$15

Join Fred on an exciting journey exploring wild animals in their natural habitats, sharing captivating stories from Australia to Africa and beyond.

### NEW CLASS

#### H 1569 | The Bones Tell Tales:

#### Infectious Disease in the Skeleton

Tori Randall, Ph.D., Professor of Anthropology

Wed., Jul. 30 | 10:00 AM | \$15

Uncover the secrets of infectious diseases in skeletal remains. Explore how anthropologists study these diseases to understand microevolution and immune responses through ancient evidence.

### NEW CLASS

#### 99H 1556 | Travel To The Galapagos

Fred Bercovitch, Ph.D. Biological Anthropology

Thu., Jul. 24 | 10:00 AM | \$15

Join Fred Bercovitch for an unforgettable journey to the Galapagos Islands. Discover how Darwin's observations and the unique wildlife shaped his groundbreaking theories of evolution.

## TECHNOLOGY

### NEW CLASS

#### 1662 | Confidence, Connection, and Convenience: Creating Happy Moments with Your iPhone

Sergi Bosch M.S.E., Founder of the iPhone For Seniors Program & Your Tech Tutor

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

Make your iPhone truly yours. Learn to navigate, set wallpapers, and personalize in this fun, confidence-boosting workshop.

### NEW CLASS

#### 1661 | Confidence, Connection, and Convenience: Finding What You Need on Your iPhone

Sergi Bosch M.S.E., Founder of the iPhone For Seniors Program & Your Tech Tutor

Wed., Jul. 23 | 1:00 PM | \$15

Get comfy with your iPhone. Learn easy tips to navigate, organize, and share photos in this fun, hands-on workshop.

### NEW CLASS

#### 1663 | Confidence, Connection, and Convenience: Smart and Fast iPhone Capabilities

Sergi Bosch M.S.E., Founder of the iPhone For Seniors Program & Your Tech Tutor

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

Boost your iPhone skills. Master Siri, dictation, and ChatGPT in this fun, hands-on workshop.



### Explorer Passport

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Ready to try something new?

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Continue Exploring



# Seniors Living



Hosted by  
**Bryan Devore**



## A new television series celebrating life's next chapter

### Changing the lives of seniors, one story at a time

#### About the Show:

Seniors Living is an upcoming television series that delves into the personal stories of older adults navigating the complexities of transitioning to a new living environment. The show aims to provide insight, inspiration, and practical advice for viewers facing similar life decisions.

#### Who We're Looking For

- Individuals or couples **aged 55+**
- Homeowners in **Southern California** considering downsizing, aging in place, or moving into a senior living community
- Willingness to **share your personal story**
- Availability for **filming over several days** (schedule to be determined).

#### Why Participate?

- Receive expert guidance from **Bryan Devore** and his team throughout your transition.
- **Help others** by sharing your experience and insights.
- Be featured on a platform that reaches a **wide audience**, shedding light on the realities and rewards of this life stage.



#### Join our Casting Call!

**When:** July 16, 10am - 2pm

**Where:** San Diego Oasis  
**17170 Bernardo Center Dr**  
**San Diego**

Sponsored by:



**BERKSHIRE  
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DRE 01397835

Learn more and apply at  
**[SeniorsLivingTV.com](http://SeniorsLivingTV.com)**

More Information: 760.908.3838







# IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

## ARTS & CRAFTS

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

### 📍 Abstract Painting in Acrylic with Preet Works

Preet Works, Teaching Artist

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

**2163** | Mon., Jul. 14 & 21 | 1:00 PM | 2 Sess. | \$40

**2164** | Mon., Aug. 4 & 11 | 1:00 PM | 2 Sess. | \$40

### NEW CLASS

#### **2184** | AI and Photography: Seeing the World Around Us

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

**Mon., Aug. 18** | 1:00 PM | \$20

Students will compare AI and photography as different methods of picturing the world around us. Bring a smartphone, and laptop or tablet for the activity.

### 📍 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. This class is accessible to all.

**2203** | Wed., Jul. 9 | 10:00 AM | \$20

**2204** | Wed., Aug. 20 | 1:00 PM | \$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.

**2293** | Tue., Jul. 29 | 12:30 PM | \$30

**2366** | Tue., Aug. 12 | 12:30 PM | \$30

### 📍 2212 | Art of Photography: How to Capture Dynamic Travel Photographs

Suda House, Professor of Art and Photography, Grossmont College

**Tue., Aug. 19** | 10:00 AM | \$15

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

### NEW CLASS

#### **2161** | Art You Can Frame: Summer-Themed Paper Crafting with Dr. Robin

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

**Mon., Jul. 14 & 21** | 10:00 AM | 2 Sess. | \$40

A San Diego summer-themed paper craft artwork suitable for framing. Beginner and advanced paper crafters welcome.

#### **2245** | Ask the Knitting Expert

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

**Fri., Aug. 15** | 10:00 AM | \$20

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

### NEW CLASS

#### 📍 **2290** | Beginning Decoupage

Janet Stuelpner, The Left-Handed Artist, and Crafter

**Wed., Aug. 6** | 10:00 AM | \$20

Learn the art of decoupage to create a wonderful keepsake for you and your family.

### NEW CLASS

#### 📍 **2291** | Beginning Needlepoint on Plastic Canvas

Janet Stuelpner, The Left-Handed Artist, and Crafter

**Tue., Jul. 8** | 10:00 AM | \$20

In this class you will learn a few simple stitches that will open the world of needlepoint to you. All materials are provided.

### NEW CLASS

#### **2217** | Capturing Summer in Watercolor

Fang Luo, Artist, and Fashion Designer

**Thu., Jul. 10 - 24** | 10:00 AM | 3 Sess. | \$60

Immerse yourself in the vibrant colors and relaxed atmosphere of summer as you learn to paint beautiful seasonal scenes in watercolor.

### NEW CLASS

#### **2321** | Carefree Abstract Painting

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

**Mon., Jul. 28** | 1:00 PM | \$20

Using acrylic paints, focus on freeing your painting from perfectionism, with timed still life exercises to create loose, confident, and fun artwork.

### **Crafting Circle**

Eileen Maas, Knitting Hobbyist

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

**2236 | Thu., Jul. 10 & 24 | 10:00 AM | 2 Sess. | \$10**

**2240 | Thu., Aug. 7 & 21 | 10:00 AM | 2 Sess. | \$10**

### **NEW CLASS**

#### **Create a MOHAI Doll**

Kim Cyr, Certified Zentangle Instructor

Create a MOHAI doll, Messenger of Hope and Inspiration, using fabric, found objects, and imagination. Discover inner wisdom and magic. Materials are provided.

**2621 | Wed., Jul. 23 | 1:00 PM | \$25**

**2622 | Fri., Aug. 15 | 1:00 PM | \$25**

### **NEW CLASS**

#### **2060 | Create Fun Treat Boxes**

Trina Pascale, Instructor & Card Designer

**Wed., Aug. 13 | 1:00 PM | \$20**

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

**2091 | Wed., Jul. 2 | 1:00 PM | \$20**

Greeting Cards

**2019 | Wed., Jul. 16 | 1:00 PM | \$20 NEW CLASS**

Garden Workbench Card

### **2183 | Creating Art with AI**

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

**Fri., Aug. 22 | 1:00 PM | \$20**

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

### **📍2079 | Creating Textures in Watercolor**

Ann Dunham, MS Design

**Mon. & Wed., Jul. 28 & 30 | 10:00 AM | 2 Sess. | \$40**

Explore watercolor techniques to bring objects to life, focusing on value, color, and texture. Experiment with brush variations and wet/dry methods for hands-on learning.

### **NEW CLASS**

#### **2455 | Digital Painting on iPad**

Sergi Bosch M.S.E., Founder of the iPhone For Seniors Program & Your Tech Tutor

**Fri., Aug. 8 - 22 | 10:00 AM | 3 Sess. | \$60**

Learn digital painting! Bring your 2018 (or newer) iPad and your Apple Pencil (or compatible stylus) to each class for this creative, hands-on course.

### **2214 | Drawing Basics**

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

**Tue. & Thu., Aug. 19 & 21 | 10:00 AM | 2 Sess. | \$40**

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

### **2213 | Drawing Basics II**

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

**Tue. & Thu., Jul. 22 & 24 | 1:00 PM | 2 Sess. | \$40**

In this two-session workshop you will practice and refine basic, realistic drawing skills using an assortment of pencils.

### **NEW CLASS**

#### **2231 | Drawing on Black Paper**

Fang Luo, Artist, and Fashion Designer

**Thu., Jul. 10 & 17 | 1:00 PM | 2 Sess. | \$40**

Discover the magic of reversing the traditional drawing process. Working on black paper opens a whole new world of artistic possibilities.

### **2316 | Drawing the Other Half: A Portrait Fleshed Out**

Ann Dunham, MS Design

**Wed. & Fri., Jul. 30 - Aug. 1 | 1:00 PM | 2 Sess. | \$40**

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

### **NEW CLASS**

#### **2322 | Floral Abstract Painting**

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

**Tue., Aug. 5 | 10:00 AM | \$20**

Using acrylic paints, this class teaches students to paint joyful, loose florals with intuitive techniques, boosting confidence and making floral painting fun and easy.

**NEW CLASS****2313 | Free-Flowing Florals: Painting in Watercolor**

Ann Dunham, MS Design

**Wed. & Fri., Aug. 6 & 8 | 1:30 PM | 2 Sess. | \$40**

Create whimsical floral illustrations using watercolor and ink in a loose, expressive style that captures the playful magic of nature.

**📍 Glass Art with Queenie Glass and Sass**

Diana Griffin, Owner of Queenie Glass, and Sass

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

**2064 | Tue., Jul. 15 | 1:00 PM | \$50 NEW CLASS**

Pattern Bar Plate

**2065 | Tue., Aug. 19 | 1:00 PM | \$60 NEW CLASS**

Yard Art Totem

**NEW CLASS****Hand Poured Tabletop Fire Pits**

Michelle Nicole Tiberia, Concrete Artisan and Owner of Mimi's Marketplace

Watch a cement bowl pouring demo, then finish and assemble your own pre-made bowl into an attractive tabletop fire pit.

**2565 | Wed., Jul. 16 | 10:00 AM | \$65****2566 | Tue., Aug. 26 | 1:00 PM | \$65****NEW CLASS****2458 | Izzy Doll Class**

Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

**Thu., Jul. 31 | 10:00 AM | FREE**

Learn to knit or crochet Izzy Dolls—tiny heroes spreading comfort to kids in tough times, inspired by a brave Canadian soldier.

**2244 | Knitting 1 & 2**

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

**Fri., Jul. 11 - Aug. 1 | 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.

**NEW CLASS****2157 | Light and Shadow in Watercolor Scenes**

Fang Luo, Artist, and Fashion Designer

**Thu., Aug. 14 - 28 | 1:00 PM | 3 Sess. | \$60**

Bring your watercolors to life. Learn to paint light, shadow, and mood with easy techniques.

**📍 2219 | Miniature Birdhouse Painting**

Kelly Creeden, BA, MS, Mentor &amp; Teacher

**Fri., Jul. 11 | 10:00 AM | \$25**

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

**2254 | Mithila Painting with Shilpi**

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

**Mon. & Wed., Aug. 25 & 27 | 10:00 AM | 2 Sess. | \$40**

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

**NEW CLASS****📍 2424 | Mixed Water Media Painting**

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

**Mon., Aug. 25 | 1:00 PM | \$30**

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

**📍 2216 | Paint and Sip Party**

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

**Wed., Aug. 27 | 12:30 PM | \$30**

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

**NEW CLASS****2241 | Picture-Perfect Gift Box**

Becky Barber, Longtime Scrapbook Hobbyist

**Fri., Jul. 25 | 10:00 AM | \$25**

Craft a keepsake to be treasured for years by transforming a memorable, 12-photo scrapbook into a unique foldable box that's perfect for special occasions.

**📍 2215 | Play Around with Acrylic Paint**

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

**Mon. & Wed., Aug. 18 & 20 | 10:00 AM | 2 Sess. | \$60**

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

**2080 | Plein Air Sketching**

Ann Dunham, MS Design

**Tue. & Thu., Aug. 26 & 28 | 10:00 AM | 2 Sess. | \$40**

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

### 2220 | Rock Painting: Mandala Dot Design

Kelly Creeden, BA, MS, Mentor & Teacher

**Wed., Aug. 13 | 10:00 AM | \$20**

Paint a beautiful mandala rock design fit for your garden or tabletop. All levels are welcome. Bring a black painted rock; other supplies are provided.

### 2155 | Shibori: Japanese Tie-Dyeing

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

**Thu., Aug. 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.

#### NEW CLASS

### 2544 | Sketch Studio

Ann Dunham, MS Design

**Mon., Aug. 18 | 1:00 PM | \$20**

This studio, still-life drawing class will help you develop your skills.

#### NEW CLASS

### 2543 | Still Life Sketching: The Shapes of (Stuffed) Animals

Ann Dunham, MS Design

**Fri., Jul. 18 & 25 | 1:00 PM | 2 Sess. | \$40**

Explore shape fundamentals by drawing stuffed animals. Students will use basic forms to create and understand complex figures in a fun, creative way.

### 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.

**2292 | Tue., Jul. 29 | 10:00 AM | \$20**

**2364 | Tue., Aug. 12 | 10:00 AM | \$20**

### 2149 | Twist and Dye: Silk Scarf Dyeing

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

**Thu., Aug. 7 | 10:00 AM | \$25**

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

#### NEW CLASS

### 2593 | Zendala - A Zentangle Mandala

Kim Cyr, Certified Zentangle Instructor

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

Learn an easy, relaxing, and fun method of creating beautiful images. All materials provided. Suitable for all skill levels.

### 2592 | Zentangle

Kim Cyr, Certified Zentangle Instructor

**Wed., Jul. 23 | 10:00 AM | \$25**

Discover the relaxing art of Zentangle—no experience needed. Create mindful, structured patterns. Enjoy the process. All materials provided. Anyone can do it!

## BUSINESS, LEGAL & FINANCE

**thrivent**<sup>®</sup>

Offices of Jonathan Doering,  
Matthew Molstre and Anthony Camara

### 2631 | Economic Review and Market Outlook

Anthony Camara, CFP®, MBA

**Fri., Aug. 1 | 10:00 AM | FREE**

Shape your strategy with insight—join us for Thrivent's Economic Update to decode trends and make smarter money moves.

### 2048 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA

**Mon., Jul. 14 | 1:00 PM | \$5**

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

### 2050 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

**Tue., Aug. 19 | 11:00 AM | \$5**

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

### 2051 | 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.

**2047 | Mon., Jul. 14 | 11:00 AM | \$5**

**2051 | Tue., Aug. 19 | 1:00 PM | \$5**

### 2052 | 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.

**2049 | Fri., Jul. 18 | 10:00 AM | FREE**

**2052 | Fri., Aug. 22 | 10:00 AM | FREE**

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



### 2205 | Do You Own Your Stuff or Does Your Stuff Own YOU?

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

**Thu., Aug. 28 | 1:00 PM | \$15**

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

### 2001 | How to Navigate the Probate System in 10 Easy Steps

K. Brooke Jensen, Attorney at Law

**Wed., Jul. 16 | 1:00 PM | \$10**

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

### 2182 | Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate

**Fri., Jul. 11 | 10:00 AM | \$10**

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



### 2380 | SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE

**Thu., Jul. 24 | 10:00 AM | FREE**

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



### Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

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

**2034 | Sat., Jul. 26 | 10:00 AM | FREE**

**2035 | Sat., Aug. 23 | 10:00 AM | FREE**

### 2178 | Steps & Documents to Listing & Selling the House

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

**Tue., Aug. 5 | 10:00 AM | \$10**

Ready to sell your home? Join Farima Tabrizi to master pricing, preparation, paperwork, and California's disclosure requirements—guiding you through every step of the process.

### 2441 | 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

**Thu., Aug. 14 | 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.

**2486 | Tue., Jul. 8 - 29 | 2:30 PM | 4 Sess. | \$40**

**2487 | Tue., Aug. 5 - 26 | 2:30 PM | 4 Sess. | \$40**

Saleemah Muhammad, Licensed Zumba Gold Instructor

**2488 | Wed., Jul. 9 - 30 | 8:30 AM | 4 Sess. | \$40**

**2489 | Wed., Aug. 6 - 27 | 8:30 AM | 4 Sess. | \$40**

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.

**2480 | Tue., Jul. 8 - 29 | 10:45 AM | 4 Sess. | \$40**

**2481 | Tue., Aug. 5 - 26 | 10:45 AM | 4 Sess. | \$40**

**2502 | Thu., Jul. 10 - 31 | 10:45 AM | 4 Sess. | \$40**

**2503 | Thu., Aug. 7 - 28 | 10:45 AM | 4 Sess. | \$40**

**2515 | Sat., Jul. 12 & 19 | 10:45 AM | 2 Sess. | \$20**

**2516 | Sat., Aug. 9 - 30 | 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.

**2578 | Mon., Jul. 7 - 28 | 8:30 AM | 4 Sess. | \$40**

**2468 | Mon., Aug. 4 - 25 | 8:30 AM | 4 Sess. | \$40**

**2513 | Sat., Jul. 12 & 19 | 9:30 AM | 2 Sess. | \$20**

**2514 | Sat., Aug. 9 - 30 | 9:30 AM | 4 Sess. | \$40**

### Active Total Body Conditioning/TRX

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 class.

**2498 | Thu., Jul. 10 - 31 | 8:30 AM | 4 Sess. | \$40**

**2499 | Thu., Aug. 7 - 28 | 8:30 AM | 4 Sess. | \$40**

**2529 | Fri., Jul. 11 - Aug. 1 | 2:00 PM | 4 Sess. | \$40**

**2530 | Fri., Aug. 8 - 29 | 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.

**2490** | Wed., Jul. 9 - 30 | 12:00 PM | 4 Sess. | \$40

**2491** | Wed., Aug. 6 - 27 | 12:00 PM | 4 Sess. | \$40

**2521** | Fri., Jul. 11 - Aug. 1 | 9:30 AM | 4 Sess. | \$40

**2522** | Fri., Aug. 8 - 29 | 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 improve your balance.

**2221** | Tue., Jul. 8 - 29 | 1:15 PM | 4 Sess. | \$40

**2222** | Tue., Aug. 5 - 26 | 1:15 PM | 4 Sess. | \$40

**2225** | Thu., Jul. 10 - 31 | 2:30 PM | 4 Sess. | \$40

**2226** | Thu., Aug. 7 - 28 | 1:15 PM | 4 Sess. | \$40

### 📍 Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

**2579** | Mon., Jul. 7 - 28 | 1:00 PM | 4 Sess. | \$40

**2473** | Mon., Aug. 4 - 25 | 1:00 PM | 4 Sess. | \$40

**2525** | Fri., Jul. 11 - Aug. 1 | 12:00 PM | 4 Sess. | \$40

**2526** | Fri., Aug. 8 - 29 | 12:00 PM | 4 Sess. | \$40

### NEW CLASS

#### Chair Chi

Pat Griffith, Sifu

Designed for those with limited mobility, enjoy the benefits of standard Tai Chi from the comfort and safety of your chair.

**2600** | Tue., Jul. 8 - 29 | 11:15 AM | 4 Sess. | \$40

**2601** | Tue., Aug. 5 - 26 | 11:15 AM | 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.

**2469** | Mon., Jul. 7 - 28 | 12:00 PM | 4 Sess. | \$40

**2472** | Mon., Aug. 4 - 25 | 12:00 PM | 4 Sess. | \$40

**2527** | Fri., Jul. 11 - Aug. 1 | 1:00 PM | 4 Sess. | \$40

**2528** | Fri., Aug. 8 - 29 | 1:00 PM | 4 Sess. | \$40

### Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

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

**2478** | Tue., Jul. 8 - 29 | 9:30 AM | 4 Sess. | \$40

**2479** | Tue., Aug. 5 - 26 | 9:30 AM | 4 Sess. | \$40

**2492** | Wed., Jul. 9 - 30 | 1:15 PM | 4 Sess. | \$40

**2493** | Wed., Aug. 6 - 27 | 1:15 PM | 4 Sess. | \$40

### Functional Fitness

Donna Bird, ACE Certified Instructor, Silver Sneakers Certified

**2580** | Mon., Jul. 7 - 28 | 2:00 PM | 4 Sess. | \$40

**2474** | Mon., Aug. 4 - 25 | 2:00 PM | 4 Sess. | \$40

Beginning with a gentle aerobics warm-up, we'll then use bands and weights to improve our core strength and balance before we conclude with a full body stretch.

### 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.

**2506** | Thu., Jul. 10 - 31 | 1:15 PM | 4 Sess. | \$40

**2507** | Thu., Aug. 7 - 28 | 1:15 PM | 4 Sess. | \$40

### 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.

**2476** | Tue., Jul. 8 - 29 | 8:30 AM | 4 Sess. | \$40

**2477** | Tue., Aug. 5 - 26 | 8:30 AM | 4 Sess. | \$40

### NEW CLASS

#### Gentle Yoga

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

The class will consist of gentle postures that enhance flexibility and promote mind and body connection. Yoga uses breath to movement to enhance overall well-being.

**2517** | Sat., Jul. 12 & 19 | 12:00 PM | 2 Sess. | \$20

**2518** | Sat., Aug. 9 - 30 | 12:00 PM | 4 Sess. | \$40

### Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

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

**2510** | Wed., Jul. 9 - 30 | 2:30 PM | 4 Sess. | \$40

**2511** | Wed., Aug. 6 - 27 | 2:30 PM | 4 Sess. | \$40

### Restorative Gentle Yoga

Julia Doughty, MFA, HHP

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

**2496** | Wed., Jul. 9 - 30 | 2:30 PM | 4 Sess. | \$40

**2497** | Wed., Aug. 6 - 27 | 2:30 PM | 4 Sess. | \$40

### NEW CLASS

#### 2411 | Rhythms Fitness

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

**Fri., Jul. 11 - Aug. 1 | 8:30 AM | 4 Sess. | \$40**

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.

**2508** | Thu., Jul. 10 - 31 | 2:30 PM | 4 Sess. | \$40

**2509** | Thu., Aug. 7 - 28 | 2:30 PM | 4 Sess. | \$40

### Senior Fitness

Curt Gonzales, Certified Fitness Instructor

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.

**2504** | Thu., Jul. 10 - 31 | 12:00 PM | 4 Sess. | \$40

**2505** | Thu., Aug. 7 - 28 | 12:00 PM | 4 Sess. | \$40

### Soul Line Dancing

Lee Wells, Instructor, Never2Old Adult Soul Line Dance Group

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

**2436** | Wed., Jul. 9 - 30 | 10:45 AM | 4 Sess. | \$40

**2437** | Wed., Aug. 6 - 27 | 10:45 AM | 4 Sess. | \$40

### Soul Line Dancing – The Basics

Lee Wells, Instructor, Never2Old Adult Soul Line Dance Group

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

**2438** | Wed., Jul. 9 - 30 | 9:30 AM | 4 Sess. | \$40

**2439** | Wed., Aug. 6 - 27 | 9:30 AM | 4 Sess. | \$40

### Strength, Balance & Stretch

Kathy Jorgensen, Certified Fitness & Yoga Instructor

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

**2585** | Mon., Jul. 7 - 28 | 9:30 AM | 4 Sess. | \$40

**2470** | Mon., Aug. 4 - 25 | 9:30 AM | 4 Sess. | \$40

**2500** | Thu., Jul. 10 - 31 | 9:30 AM | 4 Sess. | \$40

**2501** | Thu., Aug. 7 - 28 | 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.

**2588** | Mon., Jul. 7 - 28 | 3:15 PM | 4 Sess. | \$40

**2475** | Mon., Aug. 4 - 25 | 3:15 PM | 4 Sess. | \$40

### 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.

**2523** | Fri., Jul. 11 - Aug. 1 | 10:45 AM | 4 Sess. | \$40

**2524** | Fri., Aug. 8 - 29 | 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.

**2590** | Mon., Jul. 7 - 28 | 10:45 AM | 4 Sess. | \$40

**2471** | Mon., Aug. 4 - 25 | 10:45 AM | 4 Sess. | \$40

### 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.

**2484** | Tue., Jul. 8 - 29 | 12:00 PM | 4 Sess. | \$40

**2485** | Tue., Aug. 5 - 26 | 12:00 PM | 4 Sess. | \$40

# HEALTH



## 📍2591 | Alzheimer's San Diego: Coping with Personality and Behavior Changes

Joaquin Ortiz, Alzheimer's San Diego Director of Education

**Mon., September 22 | 1:00 PM | FREE**

Learn about behavior and personality changes in people with Alzheimer's and dementia and discover effective ways to respond.

## 2003 | Alzheimer's San Diego: Living with Memory Loss

Joaquin Ortiz, Alzheimer's San Diego Director of Education

**Mon., Aug. 25 | 1:00 PM | FREE**

Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning.

## 📍📍2002 | Alzheimer's San Diego: Care Options: Residential Placement

Joaquin Ortiz, Alzheimer's San Diego Director of Education

**Mon., Jul. 28 | 1:00 PM | FREE**

Discover the ins and outs of residential memory care—types, costs, and how to choose what is best for your specific situation.

### NEW CLASS

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

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

**Tue., Jul. 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.

## 2335 | Beyond Post-Menopause: Reconsidering Hormone Therapy at Our Age

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

**Fri., Aug. 8 | 10:00 AM | \$10**

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

### NEW CLASS

## 2369 | Brain Health, Exercise, and Mindfulness

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

**Mon., Jul. 7 | 1:00 PM | \$15**

Learn how movement and mindfulness boost memory, focus, and brain function. Discover simple techniques to reduce stress, improve clarity, and enhance mental sharpness.

### NEW CLASS

## 2540 | Conquering Headaches & Migraines: Understanding the Pain, Finding Relief

Dr. Jimmy Pang, PT/DPT, Pang Physical Therapy

**Mon., Jul. 7 | 1:00 PM | \$15**

This session will help you understand the distinct types of headaches, how they're evaluated, and what treatments may help.

### NEW CLASS

## 2448 | Family Caregiving: Caregiver Tips for Better Quality of Life

Veronica Marie Mitchell, Writer, Public Speaker, Founder/CEO

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

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

### NEW CLASS

## 2362 | Fitness and Genetics: Tailoring Your Workout for Optimal Results

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

**Tue., Aug. 12 | 10:00 AM | \$15**

Discover how genetic testing personalizes fitness by optimizing strength, endurance, and recovery, helping you to create safer, more effective workouts tailored to your unique genetic profile.

## 2228 | Grounding Techniques for Improved Health and Positive Energy

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

**Tue., Aug. 12 | 1:00 PM | \$15**

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



### NEW CLASS

#### 2371 | Gut Health and Reducing Inflammation

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

**Tue., Aug. 26 | 10:00 AM | \$15**

Learn how to maintain gut health and reduce inflammation through simple dietary and lifestyle changes, improving digestion, boosting immunity, and supporting overall well-being.

#### 2325 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

**Wed., Jul. 30 | 1:00 PM | \$15**

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

#### 2326 | Living Sustainably at Home

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

**Tue., Aug. 26 | 1:00 PM | \$15**

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

### NEW CLASS

#### 2287 | Matters of the (Healthy) Heart

Philip J. Goscienski, M.D.

**Wed., Jul. 16 | 10:00 AM | \$15**

Explore the evolution of heart disease, how modern conditions differ from those of our ancestors, and practical tips for maintaining a healthy heart.

#### 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.

**2376 | Fri., Jul. 11 & 18 | 11:30 AM | 2 Sess. | \$20**

**2377 | Fri., Jul. 25 - Aug. 1 | 11:30 AM | 2 Sess. | \$20**

**2378 | Fri., Aug. 8 & 15 | 11:30 AM | 2 Sess. | \$20**

### NEW CLASS

#### 2370 | Superfoods, Micronutrients, and Macronutrients

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

**Wed., Jul. 23 | 12:30 PM | \$15**

Explore the essentials of nutrition, balancing macronutrients and micronutrients for energy and health. Learn about superfoods and how they enhance your diet.

### NEW CLASS

#### 2449 | The Arts and Crafts of Herbs:

#### All About Making and Using Herbal Sugar Scrubs

Karen England, Herbologist, Edgehill Herb Farm

**Fri., Jul. 11 | 1:00 PM | \$15**

Learn about the herbs in sugar scrubs, safe practices with essential oils, and best practices for storage.

#### 2274 | Train Your Brain: How to Recall the Order of a Shuffled Deck of Cards

Judy Applebaum, Lifelong Learning Program Manager @ San Diego Oasis

**Wed., Aug 27 | 10:00 AM | \$15**

Impress your friends, family, and yourself! Learn how to create a Memory Palace and PAO system to recall the sequence of a shuffled deck of cards.



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

Fariba Zarieh, United Healthcare

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

**2055 | Sat., Jul. 26 | 10:00 AM | FREE**

**2056 | Sat., Aug. 23 | 10:00 AM | FREE**

### NEW CLASS

#### 2541 | Unlocking the Mystery of Dizziness & Vertigo

Dr. Jimmy Pang, PT/DPT, Pang Physical Therapy

**Mon., Aug. 11 | 1:00 PM | \$15**

In this session we will explore the most frequent causes of dizziness and how it is diagnosed. Learn what you can do to feel more balanced and in control.

#### 2040 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

**Tue., Aug. 12 | 3:00 PM | FREE**

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

TAKE NOTE!

## SHARE THE GIFT OF LEARNING!

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



# HISTORY & HUMANITIES

## NEW CLASS

### 📍2227 | All About 'Rosie the Riveter'

Terry Dover, USS Midway Museum Volunteer Docent, Air Wing Restoration Volunteer

**Wed., Jul. 9 | 10:00 AM | \$15**

Think you know Rosie? In this fun, eye-opening session, discover the surprising story behind her impact during and after WWII.

## NEW CLASS

### 📍2330 | Art & Artists in Southern France

Julia Fister, MA, Studio ACE Executive Director

**Wed., Aug. 13 | 1:00 PM | \$15**

This class explores Southern France's influence on artists like Van Gogh, Cézanne, and Matisse, highlighting how French landscapes shaped modern art.

## NEW CLASS

### 2346 | Cuba: History, Music, and Food

Olivia M. Espín, Ph.D., Clinical Psychologist and Feminist Therapy Pioneer

**Wed., Jul. 30 | 10:00 AM | \$15**

Explore Cuban culture through music, food, and history with SDSU's Olivia Espín—plus an optional lunch at Havana Grill. Lunch cost and transport are not included.

## NEW CLASS

### 2545 | Faith of the Friars - A Look into the 2025 Season

Evan Marks, BS Biological Sciences, San Diego Sports Historian, Professional Volleyball Player

**Mon., Jul. 7 | 10:00 AM | \$15**

Explore the San Diego Padres' season with player stats and team insights to understand their progress and predict what's ahead in the months to come.

## NEW CLASS

### 2281 | Genetics: Ancestors and Descendants

Henry George, Engineer, Archaeologist and Geologist

**Thu., Jul. 17 | 10:00 AM | \$15**

Our identities are shaped by both ancestry and environment. Understanding our heredity through genetic markers and genealogies offers insights into our personal, familial, ethnic, and human connections.

## NEW CLASS

### 2209 | Hoover Dam

#### The Greatest Work of the Depression

Mark Carlson, Historian & Author

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

Dive into the dramatic story of the Hoover Dam. Learn how 20,000 workers, tough conditions, strikes, and sheer determination built this massive marvel of engineering.

## NEW CLASS

### 📍2023 | Indian Spirituality: Practice of Mantric Meditation

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

**Thu., Aug. 28 | 10:00 AM | \$15**

Experience relaxation, mantra meditation, and spiritual connection in this calming class designed to bring peace and mindfulness to your practice.

## NEW CLASS

### 2022 | Indian Spirituality: What is the Purpose of Life?

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

**Thu., Aug. 7 & 14 | 10:00 AM | 2 Sess. | \$20**

Explore the purpose of life through Indian traditions. Learn about karma, reincarnation, and how spirituality offers deeper meaning and insight into our existence.

## NEW CLASS

### 2289 | Introduction to the National Parks: Forts, Battlefields & War Related Parks

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

**Tue., Jul. 15 | 1:00 PM | FREE**

We'll take an armchair tour of battlefields, military parks, forts, and national cemeteries and discover how they tell the story of our American history.

## NEW CLASS

### 📍2329 | Japanese Contemporary Artist Yayoi Kusama

Julia Fister, MA, Studio ACE Executive Director

**Wed., Jul. 9 | 1:00 PM | \$15**

Step into Yayoi Kusama's polka-dotted wonderland—wild, immersive art that blends obsession, mirrors, and pop magic like no one else can.

### 2286 | Picturesque San Diego:

#### Images and Stories from the Past

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

**Tue., Aug. 12 | 1:00 PM | \$15**

Vincent Rossi's engaging slideshow will let us travel back to 1887 San Diego using stunning historic photos and stories, revealing a rural, less populated past.

## NEW CLASS

### 2446 | San Diego as a Movie Set: Lights, Camera, Action

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

**Mon., Jul. 14 | 1:00 PM | \$15**

We'll discuss a variety of famous and infamous films with scenes shot in San Diego.

**NEW CLASS**

**2548 | San Diego's Curse - The Championship that Forever Eludes Us**

Evan Marks, BS Biological Sciences, San Diego Sports Historian, Professional Volleyball Player

**Mon., Aug. 18 | 10:00 AM | \$15**

Will they ever win it all? Explore the highs, lows, and elusive championship dreams of San Diego professional sports teams.

**NEW CLASS**

**2282 | Settlement of the New World Using Genetics**

Henry George, Engineer, Archaeologist and Geologist

**Thu., Aug. 21 | 10:00 AM | \$15**

Explore how ancient DNA, Pre-Clovis sites, and new discoveries in archaeology, linguistics, and genetics are rewriting the story of America's first settlers.

**2159 | Supreme Court and The Constitution Let's Discuss**

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

**Mon., Aug. 4 | 1:00 PM | \$15**

Do you have any unresolved questions or concerns about the Supreme Court and the Constitution? Join us as we explore issues prompted by current headlines and controversies.

**NEW CLASS**

**2174 | The Heart of Islam**

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

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

Discover the heart of Islam beyond the stereotypes—explore its values of faith, family, morality, and service in today's world.

**NEW CLASS**

**2447 | The Important Role of Animals in Kumeyaay Myth, Cosmology and Life**

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

**Mon., Aug. 11 | 1:00 PM | \$15**

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

**NEW CLASS**

**2210 | The Lamp at the Golden Door - Building the Statue of Liberty**

Mark Carlson, Historian & Author

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

Explore the Statue of Liberty's history, from its design by Bartholdi to its construction and placement on Bedloe's Island as a gift from France.

**NEW CLASS**

**2176 | The Songs of Bob Dylan**

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

**Fri., Aug. 15 | 1:00 PM | \$16**

Join Peter Bolland for a fun concert celebrating Bob Dylan's music and life—sing along with lyrics on the screen.

**NEW CLASS**

**2233 | The Story of Time Keeping: From Ancient Times to Modernity**

Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

**Mon., Aug. 25 | 10:00 AM | \$15**

Explore humanity's quest to measure time, from ancient calendars to atomic clocks and other innovations designed to align life with cosmic rhythms.

**NEW CLASS**

**2285 | The Whiskey Rebellion**

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

**Tue., Jul. 8 | 1:00 PM | \$15**

Fresh off independence, America faced a fiery tax revolt. Join historian Vincent Rossi to explore the real people and issues that sparked this early uprising.

**NEW CLASS**

**2175 | The Wisdom of Resilience**

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

**Fri., Jul. 25 | 1:00 PM | \$16**

Embrace life's second childhood—discover wisdom, traditions, and tools for resilience to stay joyful and appreciative, no matter the challenges.

**NEW CLASS**

**2093 | Travel to the Galapagos**

Fred Bercovitch, Ph.D. Biological Anthropology

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

Join Fred Bercovitch for an unforgettable journey to the Galapagos Islands. Discover how Darwin's observations and the unique wildlife shaped his groundbreaking theories of evolution.

**NEW CLASS**

**2332 | Working Psychics**

Linda Kurtz, Edgar Cayce Expert

**Thu., Jul. 10 | 10:00 AM | \$15**

Edgar Cayce, an American clairvoyant, believed in the benefits of meditation without scientific backing. This class will explore how science has now confirmed Edgar's insights.

# LANGUAGE

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

## 2273 | American Sign Language

Sue Taetzsch, B.A. in Therapeutic Recreation and M.A. in Rehab Counseling for the Deaf

**Mon., Jul. 7 - Aug. 18 | 10:00 AM | 7 Sess. | \$140**

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

## 📍 2267 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

**Wed., Jul. 9 - Aug. 20 | 10:00 AM | 7 Sess. | \$140**

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

## 2268 | Beginning French 2

Danielle Deaton, Advanced Teacher, Credentialed Instructor

**Wed., Jul. 9 - Aug. 20 | 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.

## 📍 2269 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

**Wed., Jul. 9 - Aug. 20 | 1:00 PM | 7 Sess. | \$140**

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

## NEW CLASS

### 2232 | Bon Appétit:

#### A Beginner's Guide to Reading French Menus

Kitty Morse, Author, Teacher, Journalist, and Food Tour Leader

**Mon., Jul. 28 & Aug. 4 | 10:00 AM | 2 Sess. | \$30**

Participants will learn how to pronounce and understand French dishes; read a wine label; order from a French menu; and practice their newfound knowledge.

## 2276 | Beginning German 2

Christine Nievergelt, M. Ed.

**Fri., Jul. 11 - Aug. 22 | 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.

## 2272 | Basic Italian for Travelers

Thomas Malone

**Fri., Jul. 11 - Aug. 22 | 1:00 PM | 7 Sess. | \$140**

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

## 2271 | Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

**Tue., Jul. 8 - Aug 19 | 1:15 PM | 7 Sess. | \$140**

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

## 2270 | Beginning Italian 2

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

**Tue., Jul. 8 - Aug 19 | 12:00 PM | 7 Sess. | \$140**

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

## 2266 | Beginning Spanish

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

**Thu., Jul. 10 - Aug. 21 | 11:30 AM | 7 Sess. | \$140**

For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

## 2275 | Intermediate Spanish

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

**Thu., Jul. 10 - Aug. 21 | 1:00 PM | 7 Sess. | \$140**

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

TAKE NOTE!

## DO YOU ENJOY ZOOM?

Sign up to host as a Zoom volunteer! Contact Kris Anelli at [Kris@SanDiegoOasis.org](mailto:Kris@SanDiegoOasis.org) to learn more.





# LITERATURE & VISUAL ARTS

## Movie Friday

San Diego Oasis

Join your Oasis peers for a delightful Friday afternoon screening of a classic movie. Enjoy complimentary popcorn and refreshments.

**2355 | Fri., Jul. 11 | 2:00 PM | \$5 NEW CLASS**

Double Indemnity (1944)

**2356 | Fri., Aug. 1 | 2:00 PM | \$5 NEW CLASS**

The Way We Were (1973)

## Oasis Fiction Book Club

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

We'll share and discuss great fiction reads, both past and present.

**2249 | Wed., Jul. 16 | 10:00 AM | \$5 NEW CLASS**

Remarkably Bright Creatures by Shelby Van Pelt

**2259 | Wed., Aug. 20 | 10:00 AM | \$5 NEW CLASS**

The Champagne Queen by Petra Durst-Benning

## 2451 | Writing Your Memoir

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

**Tue., Jul. 8 & 15 | 10:00 AM | 2 Sess. | \$30**

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

# MUSIC & LIVE PERFORMANCES

## Great American Songbook Composers

Stephen Kelly, Singing Pianist & Keyboard Player

Join local musician Stephen Kelly for a unique, interactive exploration of the life and music of iconic composers. There will be fun 'name that tune' challenges.

**2389 | Tue., Jul. 22 | 1:00 PM | \$15 NEW CLASS**

Irving Berlin

**2390 | Wed., Aug. 27 | 1:00 PM | \$15 NEW CLASS**

George and Ira Gershwin

## 2036 | Healing Harmonies

Music to Heal

**Fri., Jul. 25 | 2:00 PM | \$20**

Enjoy a feel-good concert by Mt. Carmel High's Music to Heal. They will play everything from pop to jazz, classical, and beyond.

## NEW CLASS

### 2248 | Jews and Classical Music

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso, and Musician

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

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

## NEW CLASS

### 2208 | Laughs & Longevity:

#### A Senior Improv Comedy Adventure

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

**Thu., Jul. 17 | 1:00 PM | \$15**

Unleash your creativity in a fun improv class! There is no script, just laughs and playful moments to boost confidence, reduce stress, and strengthen connections with others.

## NEW CLASS

### 2619 | Love Songs of WWII

Mike Chamberlin, Performer & Musician

**Thu., Aug. 7 | 2:00 PM | \$20**

Celebrate the 80th anniversary of WWII's end with Mike Chamberlin's heartfelt tribute—love songs, stories, and history from the romantic, resilient 1940s.

## NEW CLASS

### 2176 | The Songs of Bob Dylan

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

**Fri., Aug. 15 | 1:00 PM | \$16**

Join Peter Bolland for a fun concert celebrating Bob Dylan's music and life—sing along with lyrics on the screen.

# PERSONAL ENRICHMENT

## 2262 | American Mah Jongg for Beginners:

### Let's Get Started!

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

**Tue. & Thu., Jul. 1 - 10 | 1:00 PM | 4 Sess. | \$60**

We will teach you the rules and nuances of American Mah Jongg and give you plenty of time for real game play with your Oasis classmates.

## 2263 | American Mah Jongg Strategies:

### Beyond the Basics

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

**Tue. & Thu., Jul. 29 - Aug. 7 | 1:00 PM | 4 Sess. | \$60**

Play real Mah Jongg games with your classmates as your seasoned instructor provides relevant, personalized coaching and strategies to help take your game to a new level.

## 2257 | Be Happy - Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)

**Mon., Jul. 7 | 10:00 AM | \$15**

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

## 2032 | Bereavement Support Group

Sharon L Bryant, Chaplain, VITAS Healthcare

**2nd & 4th Wed., July 9 - August 27 | 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.

## 2602 | Bingo!

Kiwanis Club of Los Rancheros

**Sat., Jul. 19 | 1:00 PM | \$25**

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

## 2417 | Bridge Basics 2 – Competitive Bidding

Hazel Turner, ACBL Certified Teacher, Ruby Life Master

**Thu., Jul. 31 - Aug. 28 | 9:00 AM | 5 Sess. | \$60**

This class progresses through preemptive bids, overcalls, and takeout doubles, to competitive auctions.

## 📍2635 | Collette: Travel Destinations-2025 and Beyond

Ghythe Haddad, Business Development Manager

**Tue., Jul. 22 | 1:00 PM | FREE**

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

## 2383 | End-of-Life Choices Lecture and Discussion

Melissa McClave, Death Doula, LastActsOfLove.com

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

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

## NEW CLASS

## 2450 | Epic Herbs: Grow the Plants That Altered History

Karen England, Herbologist, Edgehill Herb Farm

**Fri., Aug. 22 | 1:00 PM | \$15**

In this interactive gardening class, you'll discover the rich history and modern uses of five legendary plants—aloe, bay, rose, sage, and yarrow.

## 📍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, arts, science, and more.

**2398 | Fri., Jul. 18 | 2:00 PM | \$15**

**2399 | Fri., Aug. 22 | 2:00 PM | \$15**

## 2252 | Makeup Tips For 50+ Women (Level Two)

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

**Tue., Jul. 15 - Jul. 22 | 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.

## 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.

**2546 | Wed., Jul. 2 | 10:30 AM | \$15**

**2547 | Fri., Aug. 8 | 10:30 AM | \$15**

## 2457 | Object-Clearing and House-Blessing

Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

**Mon., Aug. 18 | 1:00 PM | \$15**

This class teaches methods to energetically “bless” or “clear” spaces and objects, including common tools and a detailed process for the task.

## 📍2258 | Optimism and Living the Life You Love

Laura Diaz, Board Certified Coach (BCC)

**Mon., Aug. 4 | 10:00 AM | \$15**

In this class we will explore learned optimism and how you can repattern your thoughts for more optimism and happiness.

### NEW CLASS

#### 📍2253 | Sound Frequencies for More Happiness

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

**Mon., Aug. 11 | 10:00 AM | \$15**

Tune into feel-good frequencies! Discover sound waves that boost well-being, balance your vibe, and reconnect you with nature. It's easy, fun, and available to everyone.

#### 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.

**2207 | Thu., Jul. 17 | 2:30 PM | \$10**

**2206 | Thu., Aug. 28 | 2:30 PM | \$10**

### NEW CLASS

#### 2384 | The Lighter Side of Aging

Richard Lederer, Union-Tribune Language Columnist

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

Richard Lederer believes aging is inevitable, best embraced with humor. Laughing at yourself ensures lifelong amusement, making aging a joyful journey.

#### The Paranormal Experience: Discussion Group

Kathy Hassett, MS, Ordained Buddhist Priest and 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

Have you had a spiritual, psychic, or paranormal experience? Come share your personal stories with others in this confidential discussion group.

**2453 | Wed., Jul. 9 | 1:00 PM | \$10**

**2454 | Wed., Aug. 13 | 1:00 PM | \$10**

#### Women's Group: Friendship and Support

Olivia M. Espín, Ph.D.

Retirement is a time to grow, create, and thrive—join our vibrant group of women 50+ to connect, share, and explore.

**2575 | Mon., Jul. 14 & 28 | 1:00 PM | 2 Sess. | \$20**

**2576 | Mon., Aug. 11 & 25 | 1:00 PM | 2 Sess. | \$20**

## Stay Sharp, Stay Social, Play Bridge!



**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](http://bcncsandiego.org) and join the fun today!



## SCIENCE

### NEW CLASS

#### 2229 | How Nature's Clock Shapes Our Health

Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

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

Discover how natural cycles and circadian rhythms affect our health and perception of time. Aligning our biological clocks with modern schedules enhances well-being.

### NEW CLASS

#### 📍2298 | Global Rain Making Rituals: Thunder, Myth, and Sound in Ancient Cultures

Steve Waller, Ph.D.

**Thu., Aug. 14 | 1:00 PM | \$15**

Explore how ancient thunder myths and cave echoes shaped prehistoric art, architecture, and rain-making ceremonies. Take this journey through sound and belief.

### NEW CLASS

#### 📍2294 | Sounds of Our Ancestors: Have You Heard About Acoustic Archaeology?

Steve Waller, Ph.D.

**Thu., Jul. 10 | 1:00 PM | \$15**

Explore the hidden soundscapes of ancient sites and discover how echoes, reverberations, and acoustic shadows shaped our ancestors' world.

### NEW CLASS

#### 📍 2299 | Stonehenge Is an Illusion: How Music Inspired Megalithic Structures

Steve Waller, Ph.D.

Thu., Aug. 28 | 1:00 PM | \$15

Discover how simple instruments create sound illusions that may have inspired Stonehenge. Hear it yourself and even learn how to see the sound.

### NEW CLASS

#### 📍 2297 | The Cave Spoke Back: Echo Spirits and Sound in Prehistoric Rock Art

Steve Waller, Ph.D.

Thu., Jul. 24 | 1:00 PM | \$15

Discover how echoes inspired ancient myths and art as we explore the hidden soundscapes of prehistoric caves and petroglyphs in this fascinating talk.

## SHAMILY'S KITCHEN

Oasis' first teaching kitchen and social lounge is named after Bonnie and Krishna Arora's daughter Shamily, to honor her love of cooking as a lifelong chef. All classes include samples!



*"This is how they know I love them: by adding garlic." – Shamily*

### NEW CLASS

#### 2642 | Aloo Paratha

Preet Works, Artist and Experienced Chef at formerly family-owned Cafe India

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

Learn to make spiced North Indian mashed potatoes—creamy, crispy, and packed with ginger, chilies, and warm, comforting flavor in every bite.

### NEW CLASS

#### 2630 | Artful Charcuterie Arrangements

Gina Summer Johnson, Events & Rentals Coordinator San Diego Oasis at Rancho Bernardo

Wed., Aug. 20 | 1:00 PM | \$25

Elevate your parties by learning how to create stunning charcuterie boards!

### NEW CLASS

#### 2643 | Chicken Tikka Masala

Preet Works, Artist and Experienced Chef at formerly family-owned Cafe India

Fri, August 15 | 1:00 PM | \$25

Savor the magic of Chicken Tikka Masala, tender grilled chicken in a creamy, spiced tomato sauce that is bursting with flavor.

### NEW CLASS

#### 2625 | Chocolate Babka

Allison Weisman, Owner of Allison's Custom Confections

Thu., Jul. 17 & 24 | 1:00 PM | 2 Sessions | \$40

Start your chocolate babka journey by mastering the dough. Get the recipe, mix it up, prep, then bake it at home for a warm, sweet reward you made yourself.

### NEW CLASS

#### 2623 | Cookie Dough Truffles

Allison Weisman, Owner of Allison's Custom Confections

Thu., Jul. 3 | 1:00 PM | \$25

Transform the guilty pleasure of eating cookie dough into bite-sized, elegant, irresistible cookie dough truffles.

### NEW CLASS

#### 2641 | Dal Tikki

Preet Works, Artist and Experienced Chef at formerly family-owned Cafe India

Fri., July 25 | 1:00 PM | \$25

Learn to make Dal Tikki, a hearty lentil soup with dumplings that is rich in flavor, history, plant-based protein, and comforting goodness.

### NEW CLASS

#### 2627 | Fizz, Sizzle, and Sparkle: Fourth of July BBQ Sides and Libations

DJ Hasinsky, Baker

Tue., Jul. 1 | 1:00 PM | \$25

Spice up your BBQ with tasty side dish twists and perfect drink pairings, sample beers, ciders, and seltzers for the ultimate July 4th vibes.

### NEW CLASS

#### 2636 | Flavors of India

Jaxon Travis, Spiceologist

Friday, July 18 | 1:30 PM | \$25

Explore Indian spices from cumin to asafoetida while blending your own mix to take home, perfect for seasoning soups, veggies, and proteins.

### NEW CLASS

#### 2637 | Flavors of the Middle East

Jaxon Travis, Spiceologist

Friday, August 1 | 1:30 PM | \$25

Explore Levant and Persian Gulf flavors as you taste sumac, Aleppo pepper, and more while creating your own custom take-home spice blend.



**NEW CLASS****2594 | Greek Ikarian Veggie Terrine with Herbs and Lemon**

Sonya Caruso, M.A., CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

**Fri., Aug. 22 | 10:00 AM | \$25**

Learn to make a hearty veggie terrine topped with onions, olive oil, and lemon with a uniquely Ikarian flair.

**NEW CLASS****2624 | Hungarian Seven Layer Cake**

Allison Weisman, Owner of Allison's Custom Confections

**Thu., Jul. 10 | 1:00 PM | \$25**

Bake a showstopping seven-layer dream cake with rich chocolate buttercream and caramel crunch that's too pretty to eat (but you will).

**NEW CLASS****2595 | Lentil Gnocchi**

Sonya Caruso, M.A., CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

**Fri., Aug. 1 | 10:00 AM | \$25**

Learn how to turn lentils into pillowy, flavorful gnocchi, a vegetarian, plant-based comfort food that is a savory delight.

**2640 | Palak Paneer**

Preet Works, Artist and Experienced Chef at formerly family-owned Cafe India

**Fri., July 11 | 1:00 PM | \$25**

Unlock the secrets to creating this iconic Indian spinach dish known for its rich color and blend of spices.

**NEW CLASS****2644 | Patta Gobhi**

Preet Works, Artist and Experienced Chef at formerly family-owned Cafe India

**Mon, August 18 | 1:00 PM | \$25**

Discover the bold flavors of this Indian cabbage dish. Learn to cook crisp-tender, spice it right, and reinvent it in tasty stir-fry twists.

**2645 | Peruvian Tamales with Pisco Sour Cocktails**

Daniel Urdanivia, Peruvian Mixologist

**Thu., August 7 | 12:00 PM | \$40**

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.

**NEW CLASS****2639 | Pizza Making: Summer Edition**

DJ Hasinsky, Baker

**Monday, August 11 | 1:00 PM | \$25**

Celebrate summer with sourdough pizza! Learn to craft crisp, flavorful pies topped with the season's freshest, most delicious ingredients.

**NEW CLASS****2628 | Sourdough Focaccia**

DJ Hasinsky, Baker

**Mon., Jul. 21 | 1:00 PM | \$25**

Get ready for crusty, chewy bliss, learn to make sourdough focaccia from scratch, and leave with dough to bake and enjoy.

**NEW CLASS****2638 | Sourdough Sandwiches**

DJ Hasinsky, Baker

**Monday, August 25 | 1:00 PM | \$25**

Turn simple ingredients into sourdough sandwich magic! Taste classic favorites with fresh, seasonal twists like apple-dill chicken salad—and so much more.

**NEW CLASS****2596 | Southwestern Lettuce Wraps**

Sonya Caruso, M.A., CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

**Fri., Jul. 18 | 10:00 AM | \$25**

Learn how to make these flavorful and healthy lettuce wraps, topped with black beans, tomatoes, corn, and sweet peppers.

**NEW CLASS****2629 | Wag-Worthy Healthy Dog Treats**

Debbie Patton, Baker of Healthy Dog Treats

**Wed., Jul. 23 | 11:00 AM | \$15**

Whip up healthy, tail-wagging dog treats your pup will love—nutritious, affordable, and made by their favorite human, you!

**NEW CLASS****Wine IQ**

Matilda Parente, MD, CSW

Explore a variety of wine styles—including white, rosé, and sparkling wines—you might already know, along with hidden gems that deserve a spot on your radar.

**2167 | Tue., Jul. 15 | 12:30 PM | \$15**

White Wines

**2168 | Wed., Aug. 6 | 11:00 AM | \$15**

Rosés and Sparkling Wines

**NEW CLASS****2597 | Zucchini:****Unlocking Summer's Most Versatile Veggie**

Carol Zaleta, Chef

**Thu., Jul. 31 | 11:00 AM | \$25**

Learn to cook with this often-underestimated vegetable. Get some new recipes, both savory and sweet, for using up your summertime bounty of zucchini.

# TECHNOLOGY

## NEW CLASS

### 2618 | ABCs of AI for iPhones

Sergi Bosch M.S.E., Founder of the iPhone For Seniors Program & Your Tech Tutor

**Tue. & Thu., Jul. 1 & 3 | 10:00 AM | 2 Sess. | \$30**

In this course we'll focus on the basics of AI using our iPhones. Explore fun and practical ways to leverage it.

### 2461 | Android 101

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

**Mon., Jul. 7 | 1:00 PM | \$15**

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

### 2464 | ChatGPT 101:

#### How to Get Started and Make the Most of It

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

**Mon., Aug. 4 | 11:30 AM | \$15**

Unlock the power of AI to simplify tasks and make them more enjoyable—learn how to ask ChatGPT for clear, helpful answers.

### 2466 | Cut the Cable: Stream for Savings

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

**Mon., Aug. 25 | 10:00 AM | \$15**

Learn to maximize your digital entertainment options cost-effectively as we explore popular streaming platforms like AppleTV, Netflix, and HBO Max.

## NEW CLASS

### 2462 | Declutter & Simplify:

#### Organizing Your Phone Made Easy

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

**Mon., Jul. 21 | 10:00 AM | \$15**

Declutter your device and simplify navigation with smart organizing tips and hands-on practice in this beginner-friendly session for iPhone, Android, or iPad users.

### 2467 | Fun Websites and Apps to Fine-Tune Your Memory

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

**Mon., Aug. 25 | 11:30 AM | \$15**

A fun, hands-on class introducing apps to boost memory through engaging activities, games, and creative exercises designed to enhance focus and retention skills.

### 2465 | iPhone 102

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

**Mon., Aug. 4 | 1:00 PM | \$15**

Maximize your smartphone. Practice customizing settings, using GPS, camera, voice control, accessing photos, browsing online, and reaching out for support.

## NEW CLASS

### 2379 | Navigating the Internet:

#### Essential Skills for Smart Searching

Marcie Yellin, M.L.S., Retired Librarian - San Diego Public Library

**Mon., Aug. 4 | 1:00 PM | \$15**

Learn effective internet search techniques to find information quickly. This class covers using search engines and websites with practical tips for efficient, online searches.

## NEW CLASS

### 2463 | Screen Casting:

#### What It Is, What You'll Need, and How to Do It

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

**Mon., Jul. 21 | 11:30 AM | \$15**

Learn how to share your phone or tablet screen. We'll cover the essentials, including what apps you'll need, and then dive into hands-on practice.

## NEW CLASS

### 2460 | Which Apps Are Safe to Add & Remove?

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

**Mon., Jul. 7 | 11:30 AM | \$15**

Learn to spot safe apps, avoid scams, and confidently manage apps on your smartphone or tablet in this friendly, hands-on 60-minute session.



**Are you making  
financial decisions  
that reflect your  
values?**

When it comes to money matters, you may think it's all about using your head. Crunching numbers, analyzing spreadsheets to figure out how much you have, and calculating what you need to reach your financial goals.

**But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?**

We offer a no-obligation “heart check-up” to see if your retirement strategies are in alignment with your values.

Call us at (858) 455-5227 to make an appointment for free, 30-minute, one-on-one, confidential financial consultation with no strings attached.

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Offices of Jonathan Doering,  
Matthew Molstre and Anthony Camara

**See pages 7 and 28 for upcoming Thrivent Financial classes at San Diego Oasis on Economic Review and Market Outlook, How Taxes Affect Your Retirement, Social Security, and more.**



**Anthony Camara**  
MBA, CFP®, FIC  
Wealth Advisor

## **Meet Anthony Camara**

Financial Consultant | Thrivent

Anthony Camara partners with San Diego Oasis to help older adults navigate financial topics with clarity and confidence.

Through engaging, educational classes, Anthony covers key areas such as:

- Social Security strategies
- Estate and legacy planning
- Charitable giving that makes an impact
- Purpose-driven financial planning for retirement

With a background in values-based advising, Anthony is passionate about empowering adults 50+ to make financial decisions that not only make sense—but also feel right.

**Schedule your free heart  
check-up today:  
(858) 455-5227**

**Learn more at [Thrivent.com](https://www.thrivent.com)**

**thrivent**<sup>®</sup>

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.

**235** | Tue., Jul. 15 | 1:30 PM | FREE

**244** | Thu., Jul. 31 | 11:00 AM | \$10

**252** | Thu., Aug. 14 | 11:00 AM | \$10

**260** | Thu., Aug. 28 | 11:00 AM | \$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.

**237** | Thu., Jul. 17 | 2:00 PM | \$10

**246** | Tue., Aug. 5 | 11:00 AM | \$10

## Cloud Storage & Web Cookies Workshop

Learn the basics of cloud storage and web cookies—what they are, how they work, and how to manage them. Laptops welcome but optional.

**230** | Tue., Jul. 8 | 11:00 AM | \$10

**238** | Tue., Jul. 22 | 11:00 AM | \$10

**247** | Tue., Aug. 5 | 2:00 PM | \$10

**255** | Tue., Aug. 19 | 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.

**231** | Tue., Jul. 8 | 2:00 PM | \$10

**239** | Tue., Jul. 22 | 2:00 PM | \$10

**248** | Thu., Aug. 7 | 11:00 AM | \$10

**256** | Thu., Aug. 21 | 11:00 AM | \$10

## Emojis, Memes and Gifs Galore

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

**234** | Tue., Jul. 15 | 11:00 AM | \$10

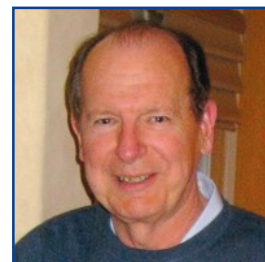
**245** | Thu., Jul. 31 | 2:00 PM | \$10

**251** | Tue., Aug. 12 | 2:00 PM | \$10

**254** | Tue., Aug. 19 | 11:00 AM | \$10



**Arlene & Michael Bardin**



**Tim McCarthy**



## Google Photos App Workshop

This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching for pictures, and more.

**232** | Thu., Jul. 10 | 11:00 AM | \$10

**240** | Thu., Jul. 24 | 11:00 AM | \$10

**249** | Thu., Aug. 7 | 2:00 PM | \$10

**257** | Thu., Aug. 21 | 2:00 PM | \$10

## Technology for Travelers

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

**233** | Thu., Jul. 10 | 2:00 PM | \$10

**241** | Thu., Jul. 24 | 2:00 PM | \$10

**250** | Tue., Aug. 12 | 11:00 AM | \$10

**258** | Tue., Aug. 26 | 11:00 AM | \$10

## UBER/Lyft App Workshop

Learn to use UBER and Lyft rideshare apps as an alternative to driving.

**242** | Tue., Jul. 29 | 11:00 AM | \$10

**259** | Tue., Aug. 26 | 2:00 PM | \$10

## YouTube Workshop

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

**236** | Thu., Jul. 17 | 11:00 AM | \$10

**243** | Tue., Jul. 29 | 2:00 PM | \$10

**253** | Thu., Aug. 14 | 2:00 PM | \$10

**261** | Thu., Aug. 28 | 2:00 PM | \$10





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## Art Gallery Exhibit & Reception

Meet the Artists!

**Class #2455**  
**Thursday, July 24th | 4 PM**  
**Free to register**

Enjoy light refreshments, sip some wine and meet the artists of the newest exhibit in our beautiful Rancho Bernardo location.



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



### Double Take, Nathan Fry & Janet Hammer

La Mesa | \$20 per person  
Class #1696 | Thu., July 3 | 2:00 PM



### Healing Harmonies Music to Heal

Rancho Bernardo | \$20 per person  
Class #2036 | Fri., July 25 | 2:00 PM



### MLK Jr. Community Choir San Diego

La Mesa | \$20 per person  
Class #1339 | Fri., Aug. 15 | 2:00 PM



### Peter Bolland The Songs of Bob Dylan

Rancho Bernardo | \$16 per person  
Class #2176 Fri., Aug. 15 | 1:00 PM





# OASIS AT THE LIBRARY

## **LOGAN HEIGHTS LIBRARY** **567 S 28th St, San Diego, CA 92113**

### **721 | Chair Yoga**

Rosana Carvalho Gilmore, Certified Fitness Instructor

**1st & 3rd Fri., Jul. 18 - Aug. 15 | 10:00 AM | 3 Sessions | FREE**

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

## **MISSION HILLS HILLCREST/KNOX BRANCH LIBRARY** **215 W Washington St, San Diego, CA 92103**

### **746 | Dances with Words**

Richard Lederer, Union-Tribune Language Columnist

**Thu., Jul. 24 | 12:00 PM | FREE**

Get ready for witty wordplay and toe-tapping tunes as Richard Lederer and Bill Shipper blend grammar, laughs, and folk music fun.

### **722 | The Creation of the Panama Canal**

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

**Sat., Jul. 12 | 2:30 PM | FREE**

Learn how, despite disease, politics and daunting civil engineering obstacles, the Panama Canal was conceived, engineered and made available for ocean-to-ocean transit.

### **723 | The Voyage of the Beagle**

Fred Bercovitch, BA, MS, and PhD Biological Anthropology

**Sat., Aug. 2 | 2:30 PM | FREE**

Learn how Charles Darwin's five-week expedition to the Galapagos Islands aboard Her Majesty's ship, the HMS Beagle, provided the foundation for his theory of natural selection.

## **PARADISE HILLS LIBRARY** **5922 Rancho Hills Drive, San Diego, CA 92139**

### **736 | AI for All: Get Stuff Done with ChatGPT**

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

**Mon., Aug. 18 | 5:00 PM | FREE**

Learn how to harness the power of AI to make your tasks easier and more enjoyable. Discover how to ask ChatGPT questions to get useful, clear answers.

### **735 | Be Happy – Awakening to What Really Matters**

Laura Diaz, Board Certified Coach (BCC)

**Mon., Jul. 7 | 5:00 PM | FREE**

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

## **POINT LOMA/HERVEY BRANCH LIBRARY** **3701 Voltaire St, San Diego, CA 92107**

### **Chair Yoga**

Julia Doughty, MFA and Certified HHP

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

**740 | 2nd & 4th Fri., Jul. 11 & 25 | 10:00 AM | 2 Sessions | FREE**

**741 | 2nd & 4th Fri., Aug. 8 & 22 | 10:00 AM | 2 Sessions | FREE**

### **732 | Do You Own Your Stuff or Does Your Stuff OWN You?**

Jami Shapiro, CSM Founder, Silver Linings Transitions

**Wed., Aug. 27 | 1:00 PM | FREE**

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

### **731 | Legends and Lore of Chocolate**

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

**Wed., Aug. 13 | 1:00 PM | FREE**

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

### **729 | Live Without Pain and Inflammation**

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

**Wed., Jul. 30 | 1:00 PM | FREE**

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

### **730 | Safety for Seniors at Home**

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

**Wed., Jul. 23 | 1:00 PM | FREE**

Discover how you can age in place longer by incorporating specific home safety tips and checklists.

## **RANCHO PENASQUITOS BRANCH LIBRARY** **13330 Salmon River Rd, San Diego, CA 92129**

### **743 | Choose Confidence**

Laura Diaz, Board Certified Coach (BCC)

**Wed., Jul. 9 | 11:00 AM | FREE**

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

### **742 | Love Your Heart, Protect Your Brain!**

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

**Wed., Aug. 13 | 11:00 AM | FREE**

Did you know that heart health impacts brain function? Learn how caring for your cardiovascular system can help reduce the risk of cognitive decline and dementia.

### **719 | Ten Ways to Prevent Dementia and Alzheimer's Disease**

Philip J. Goscienski, M.D.

**Wed., Aug. 20 | 11:00 AM | FREE**

Boost brain health and delay dementia. Learn ten simple lifestyle habits to preserve and even improve memory, focus, and cognitive function as you age.

### **744 | The Bardo of Dharmata: The After-Death State**

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

**Wed., Aug. 6 | 10:30 AM | FREE**

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

### **718 | The Miracle of Mindfulness**

Keith Mesecher, MA, Social Ecology, Ordained in Zen Buddhist Tradition of Zen Master Thich Nhat Hanh

**Wed., Jul. 16 | 11:00 AM | FREE**

Experience the miracle of mindfulness, learning to be fully present and aware, as taught by Thich Nhat Hanh, in this transformative class.

## **SAN CARLOS BRANCH LIBRARY** **7265 Jackson Drive, San Diego, CA 92119**

### **734 | U.S. Historical Novels: A Great History Lesson**

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

**Fri., Jul. 18 | 2:00 PM | FREE**

Learn how historical novels help us better experience the dramatic events that shaped our nation.

## **SANTEE CITY HALL** **10601 Magnolia Avenue, Santee, CA 92071**

### **747 | History of Monopoly**

Meagan Albrant, MA, Professor of U.S. History

**Wed., Jul. 2 | 10:00 AM | FREE**

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

### **748 | How Water Changed San Diego**

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

**Wed., Aug. 6 | 10:00 AM | FREE**

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

## **TIERRASANTA LIBRARY BRANCH** **4985 La Cuenta Dr, San Diego, CA 92124**

### **727 | The Blues: 100 Years of American Creativity**

Meagan Albrant, MA, Professor of U.S. History

**Mon., Jul. 21 | 6:30 PM | FREE**

Blues music has stayed true to its mission and changing times; it smooths out the wrinkles of life and makes you feel better even when things are bad.

### **728 | WWII in San Diego**

Rudy Shappee, U.S. Navy Veteran and Local Historian

**Mon., Aug. 18 | 6:30 PM | FREE**

Explore how San Diego's strategic location and leadership transformed it from isolationism to a major military hub by World War II.

## **UNIVERSITY COMMUNITY BRANCH LIBRARY** **4155 Governor Dr, San Diego, CA 92122**

### **724 | Gustav Klimt**

Aniko Makranczy, MFA

**Thu., Jul. 17 | 12:30 PM | FREE**

Gustav Klimt (1862-1918), an Austrian symbolist and Vienna Secession founder, is renowned for gilded art nouveau portraits and influential landscapes inspired by Chinese and Byzantine art.

### **725 | Rembrandt, His Middle Years**

Aniko Makranczy, MFA

**Thu., Aug. 28 | 12:30 PM | FREE**

Explore Rembrandt's rise to fame, including his masterpieces "The Night Watch," "Portrait of Jan Six," and a famous self-portrait. This class also covers his declining popularity and fortunes.





BACK TO SCHOOL PARTY:  
DREAM LIKE TAYLOR

SAT, SEPTEMBER 27  
PARTY 5:00PM SHOW 7:00PM



JAMIE O'NEAL

SAT, OCTOBER 4  
7:30 PM



BROADWAY'S  
ROCK OF AGES BAND

SAT, OCTOBER 11  
7:30PM



WAYNE NEWTON  
UP CLOSE AND PERSONAL

SAT, NOVEMBER 1  
7:30PM



A MUSICAL  
CHRISTMAS CAROL

SAT, DECEMBER 6  
2:00PM & 7:30PM



SCAN FOR MORE

MORE IN 2026

DON'T LET THE PIGEON DRIVE THE BUS  
SATURDAY, JANUARY 17 AT 2:00 PM

INTERNATIONAL GUITAR NIGHT  
SUNDAY, FEBRUARY 22 AT 4:00PM

CIRQUE FLIP FABRIQUE: BLIZZARD  
FRIDAY, FEBRUARY 27 AT 7:30PM

1965 - A MUSIC REVOLUTION:  
A BACK TO THE GARDEN STORY CONCERT  
FRIDAY, MARCH 13 AT 7:30PM  
SATURDAY, MARCH 14 AT 4:00PM

DRUM TAO  
SUNDAY, MARCH 29 AT 2:00PM & 7:00PM

JOURNEY  
FORMER LEAD VOCALIST  
STEVE AUGERI  
SATURDAY, APRIL 11 AT 7:30PM

NOT THE RIGHT MOM:  
A FULL SPECTRUM COMEDY  
SUNDAY, APRIL 26 AT 4:00PM

FOREVER MOTOWN:  
SO GOOD FOR THE SOUL  
SATURDAY, MAY 16 AT 7:30 PM

PowayOnStage.org. Box Office: 858-748-0505

POWAY CENTER FOR THE PERFORMING ARTS 15498 ESPOLA RD, POWAY, CA 92064

NEW SEASON JUST ANNOUNCED



Safeguarding our communities

SDG&E's pioneering wildfire safety program has become an industry leader, setting standards for other power companies to follow. Every day, advance prevention and mitigation activities are at work keeping our communities safe from wildfires. As we continue to push the boundaries of innovation and develop new ways to prevent wildfires, our commitment to safety remains at the forefront of everything we do.





## AFC Vacations

### 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.

TAKE NOTE!

**READY TO BOOK YOUR TRIP?**

Contact Brandon Harding:

[Brandon@SanDiegoOasis.org](mailto:Brandon@SanDiegoOasis.org)

(619) 881-6262



## DAY TRIP 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 **OASIS725** to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

### **The Terracotta Warriors: New Discoveries from Shaanxi**

Several Dates in July & August. View online or call (619) 334-3394 | Price \$149

Explore newly unearthed relics spanning 4,000 years of Chinese history at the Bowers Museum's World of the Terracotta Warriors exhibit

### **The Great Elephant Migration & Beverly Hills**

Sat., July 12 & 26, Thurs. July 24 (other dates may be added)  
Price \$139

Encounter the breathtaking Great Elephant Migration: 100 life-sized sculptures that celebrate art, culture, and conservation

### **Neil Diamond Musical: A Beautiful Noise at Segerstrom Center for the Arts in Costa Mesa**

Sat., Aug. 2 & 9 | Price \$209

Join us for a dazzling day of music, memories, and magic as we head to the Segerstrom Center for the Arts to experience the Neil Diamond Musical: A Beautiful Noise

### **Lake Arrowhead Village & Narrated History Cruise**

Sat., Sep. 6 | Price \$169

Retreat with us to the refreshing tranquility of Lake Arrowhead, an Olde English-style village nestled high in the San Bernardino Mountains

### **The Carpenters: A Musical Tribute to an Iconic Duo at the elegant Almansor Court in Alhambra**

Wed., Sept 17 | Price \$198

Celebrate the unforgettable sounds of The Carpenters! Join us for a gourmet lunch and special performance showcasing the timeless music of sibling duo Karen and Richard Carpenter



# Senior Resource DIRECTORY



## Welcome to the San Diego Oasis Resource Directory!

Whether you are looking for help with assisted living, in-home care, retirement planning, long-term care, Medicare, and much more, we invite you to browse this directory as your starting point in finding the right solution.



You can also visit our Resource Directory online at [www.SanDiegoOasis.org/Resources](http://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](mailto:Jodi@SanDiegoOasis.org) or (858) 240-2880

## ASSISTED LIVING: EAST COUNTY



### SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 508-0931

[susan@sungardenterrace.com](mailto:susan@sungardenterrace.com) | [sungardenterrace.com](http://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



### THE REMINGTON CLUB

A FIVE STAR SENIOR LIVING COMMUNITY

#### THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201

[AHandley@5SSL.com](mailto:AHandley@5SSL.com)

[fivestarseniorliving.com/communities/ca/san-diego/the-remington-club](http://fivestarseniorliving.com/communities/ca/san-diego/the-remington-club)

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

## ASSISTED LIVING PLACEMENT SPECIALISTS



### AGING123

Julie Derry, MBA, CSA | (619) 378-6895

[julie@aging123.com](mailto:julie@aging123.com) | [aging123.com](http://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.



Residential Options for  
Seniors and the Elderly (ROSE)

### RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY

Virginia Renker, CSA | (619) 885-0420

[virginia@rosecare.com](mailto:virginia@rosecare.com) | [rosecare.com](http://rosecare.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

### AGING ADVISORY SERVICES

Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733

[jacqueline@agingadvisoryservices.com](mailto:jacqueline@agingadvisoryservices.com)

[agingadvisoryservices.com](http://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.



## DEMENTIA SUPPORT



### GLENNER CENTERS ADULT DAY PROGRAM

Lisa Tyburski | (619) 543-4700

[information@glenner.org](mailto:information@glenner.org) | [glenner.org](http://glenner.org)

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA

## FINANCIAL PLANNERS



### THRIVENT FINANCIAL

Jonathan Doering/Anthony Camara | (858) 455-5227

[Jonathan.Doering@thrivent.com](mailto:Jonathan.Doering@thrivent.com)

[connect.thrivent.com/la-jolla-gateway-team](https://connect.thrivent.com/la-jolla-gateway-team)

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.

## HOSPICE



The Elizabeth Hospice

### THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050

[info@ehospice.org](mailto:info@ehospice.org) | [elizabethhospice.org](http://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.

## IN-HOME CARE AGENCIES



### GRISWOLD HOME CARE FOR NORTH SAN DIEGO

April Koehnen | (858) 240-2074

[april.koehnen@griswoldcare.com](mailto:april.koehnen@griswoldcare.com)

[griswoldcare.com/north-san-diego](http://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.

## LONG TERM CARE ADVOCACY



### AMADA SENIOR CARE

John Boodhansingh, Owner | (858) 866-9005

[john.b@amadaseniorcare.com](mailto:john.b@amadaseniorcare.com) | [AmadaSanDiegoCentral.com](http://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](mailto:linda.jahnke@jcltca.com) | [jcltca.com](http://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 SAN DIEGO COUNTY

#### MEALS ON WHEELS

1 (800) 5-SENIOR / (619) 260-6110

[info@meals-on-wheels.org](mailto:info@meals-on-wheels.org) | [meals-on-wheels.org](http://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](mailto:financialsecdesigns@gmail.com) | [vabenefitsonline.com](http://vabenefitsonline.com)

Helping Seniors with aging in place:

1. How to keep you out of a nursing home
2. Provide the necessary care at home

Get eligible for financial assistance to help pay for those in a nursing home and free assistance (in certain zip code areas) for those in the home.

## MEDICARE EXPERTS



#### AMANDA SHELLEY - LICENSED INSURANCE BROKER

Amanda Shelley | (858) 431-6152

[amanda@justusmedicare.com](mailto:amanda@justusmedicare.com) | [justusmedicare.com](http://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 Zariah | (619) 887-6822

[Fariba.Zariah@gmail.com](mailto:Fariba.Zariah@gmail.com) | [myuhcagent.com/Fariba.Zariah](http://myuhcagent.com/Fariba.Zariah)

My name is Fariba Zariah and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your option. I'm ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.



#### WHITLEY INSURANCE SOLUTIONS

Lisa Whitley | (760) 525-1150 | License # 0L00140

[lisa@whitleyinsurancesolutions.com](mailto:lisa@whitleyinsurancesolutions.com)  
[whitleyinsurancesolutions.com](http://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.

## REVERSE MORTGAGE



#### ACCURATE REVERSE MORTGAGE CORP.

John Correll, CRMP | (619) 294-9820

[John@AccurateReverse.com](mailto:John@AccurateReverse.com) | [accuratereversemortgage.com](http://accuratereversemortgage.com)

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.

## SENIOR REAL ESTATE SPECIALISTS



### BERKSHIRE HATHAWAY

#### HOMESERVICES CALIFORNIA PROPERTIES

Bryan Devore | (760) 908-3838 | DRE #01397835

[Bryan@DevoreRealtyGroup.com](mailto:Bryan@DevoreRealtyGroup.com) | [DevoreRealtyGroup.com](http://DevoreRealtyGroup.com)

Bryan Devore is a Seniors Real Estate Specialist who has been assisting clients throughout San Diego since 2003. His team of highly trained agents specializes in guiding seniors through the home selling process. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process.



### MELINA RISSONE | COLDWELL BANKER

Melina Rissone (CSA) | (619)-865-6017

[melina@melinarissone.com](mailto:melina@melinarissone.com) | [www.MelinaRissone.com](http://www.MelinaRissone.com)

Melina Rissone is a Certified Senior Advisor (CSA), Seniors Real Estate Specialist® (SRES), and Associate Broker with Coldwell Banker West, serving San Diego seniors for 20 years. She specializes in downsizing, free home value reports, and senior home sales with a 100% service-first, no-pressure approach—whether it's a quick sale as-is or a carefully planned sale including renovations. We partner with Movers to make it easy and help orchestrate the entire move.



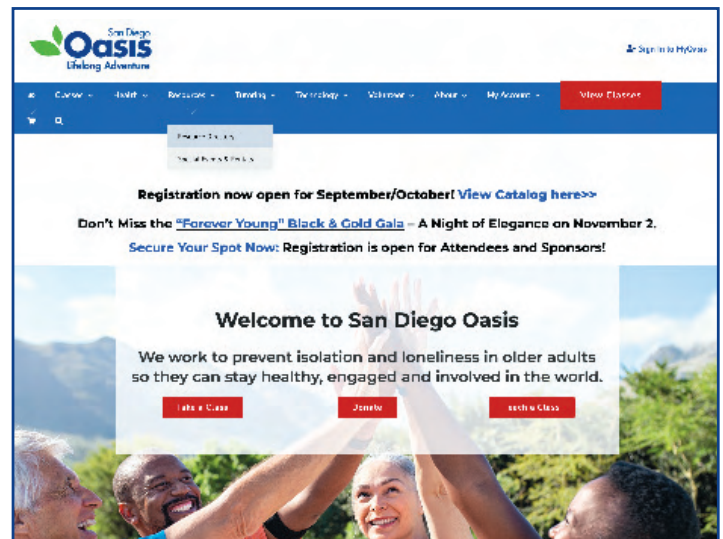
### HALCYON REAL ESTATE SERVICES AND SENIOR@HOME

Ginger Couvrette | (858) 243-5304

[gingercouvrette@yahoo.com](mailto:gingercouvrette@yahoo.com) | [HalcyonCA.com](http://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.

Find the Resource Guide under the **RESOURCES** tab on the blue navigation bar.



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## Awards

### 2025

Generations United's Program of Merit

### 2023:

CSO50 Award Winner for AI Edge Security and Thought Leadership

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

### 2022

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

### 2022

Generations United's Program of Merit

### 2020

Public Health Champion award by the County of San Diego's Covid19 Leadership.

### 2019

Two Impact Awards: •North San Diego Business Chamber •Escondido Chamber

### 2018

NBC Universal Project Innovation Award for Technology Efforts with Older Adults

### 2017

Program of Distinction Generations United

### 2016

Excellence Award: •KUSI •Torrey Pines Bank

### 2014

Charity Navigator | 4 stars out of 4 stars



### San Diego Oasis at La Mesa

5500 Grossmont Center Drive, Suite 269  
La Mesa, CA 91942 | (619) 881-6262

### San Diego Oasis at Rancho Bernardo

17170 Bernardo Center Drive  
San Diego, CA 92128 | (858) 240-2880

## 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@sandiegoasis.org ☎ 858.240.2880

[www.sandiegoasis.org](http://www.sandiegoasis.org)

**Rancho Bernardo** 17170 Bernardo Center Dr., Rancho Bernardo, CA 92128

**La Mesa** 5500 Grossmont Center Dr., Ste 269, La Mesa, CA 91942

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