San Diego Oasis

November/December 2025



Explore. Learn. Thrive.

La Mesa (619) 881-6262
Rancho Bernardo (858) 240-2880
info@SanDiegoOasis.org
SanDiegoOasis.org

Dear Oasis Community,

As we close out 2025, I want to extend my deepest gratitude to each of you; our members, instructors, volunteers, and supporters, for making this year one of extraordinary connection and growth. Your presence and participation have kept our buildings vibrant, our classes full, and our mission alive.

November opens with our signature event, the Moonlight Masquerade Gala. Thanks to your generous spirit, this unforgettable evening is a powerful reminder of what we can accomplish together. The support from the Gala powers our mission forward, expanding access and enhancing essential programs across San Diego.

I'm thrilled to share the launch of Oasis Access, our newest initiative focused on ensuring every older adult, regardless of income, background, or ability, can connect to meaningful learning, wellness, and social connection. Together, we're breaking down barriers and opening doors.

Inside this catalog, you'll find a wonderful season of opportunities to keep growing, giving back, and staying connected. Thank you for being part of this inspiring community. We're better because of you.

With heartfelt appreciation,

Simona Valanciute
President & CEO, San Diego Oasis



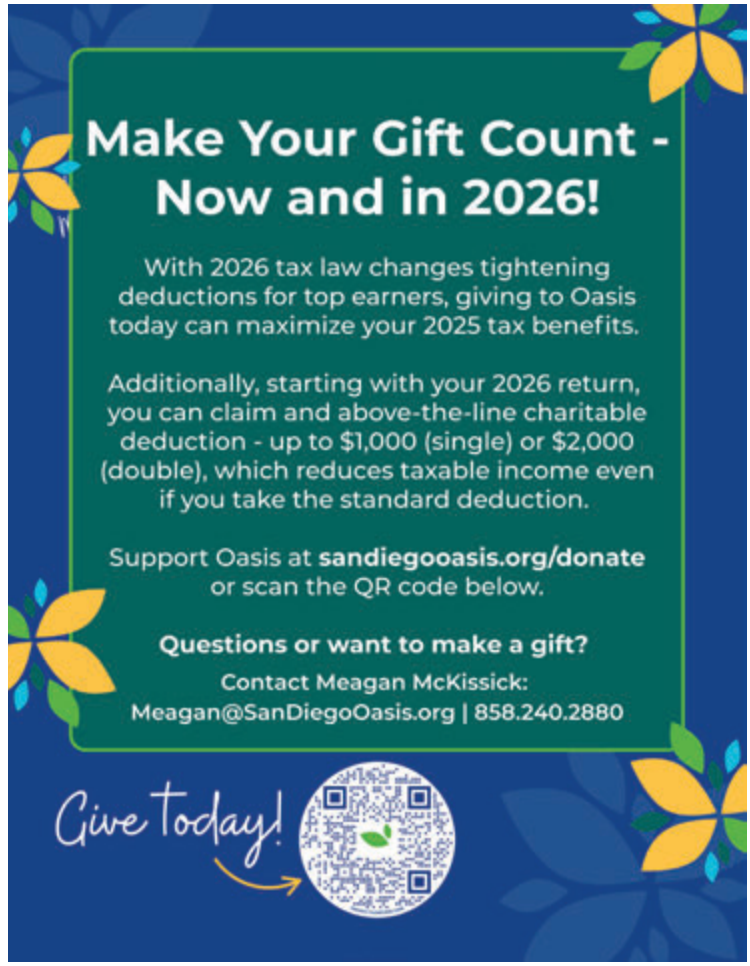


TABLE OF CONTENTS

Message from the President 2
Volunteer Opportunities 3
Ways to Give 4
In-Person Classes: La Mesa
• **Grossmont Center** ..... 5 - 18
• **Cox Tech Tank** 20
Online Classes ..... 21 - 23
In-Person Classes: Rancho Bernardo
• **Rancho Bernardo** ..... 25 - 40
• **Innovation Center** 41
Library Classes 43
Travel 45-46
Resource Directory ..... 47 - 51

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:** Eorkshops 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 (1,250 tablets as of 2/2025).
- **Technology Learning:** group workshops and one-on-one tech consultations are invaluable for our

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. If you need assistance creating your MyOasis account, please call or email us at **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**.

- **Center Volunteers:** Volunteers are invaluable, the benefits are mutual. Learn more **Kris@SanDiegoOasis.org** (La Mesa) **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**.

- **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**.



San Diego Oasis

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 to learn about the many ways you can support the mission of San Diego Oasis.

To make a cash donation, simply visit SanDiegoOasis.org or call (858) 240-2880.
If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 17170 Bernardo Center Drive, San Diego, CA 92128 or simply drop it off at one of our Centers.

RMD

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

San Diego Oasis LEGACY CIRCLE

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.

San Diego Oasis

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.

SAN DIEGO OASIS GEM Society
GIVE EVERY MONTH

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 Gem Society.

Tribute San Diego 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.

VEHICLE DONATION

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.

St. Paul's
SENIOR SERVICES



Proud Sponsor of San Diego Oasis

Assisted Living ◆ Independent Living ◆ Skilled Nursing
Memory Care ◆ PACE Program

StPaulSeniors.org

Leading the transformation of the aging experience.

Follow us:

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.

1143 | **Tue., Nov. 18 | 1:00 PM | $20**

1144 | **Tue., Dec. 2 & 9 | 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.

1149 | **Wed., Nov. 5 | 9:45 AM | $20**

1150 | **Wed., Dec. 3 | 9:45 AM | $20**

1152 | Art of Photography: How to Capture Dynamic Travel Photographs
Suda House, Professor of Art and Photography, Grossmont College

Tue., Nov. 25 | 10:00 AM | $15

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

Basics of Monoprinting on a Gel Plate
Marsha Markle, Mixed Media Maker

Explore playful printmaking with gel plates using botanicals and household items. No experience is needed, just creativity and a spirit of fun! All materials will be provided.

1368 | **Thu., Nov. 20 | 1:00 PM | $20**

Level One

1369 | **Tue., Dec. 16 | 1:00 PM | $20**

Level Two

1155 | Beginning Bead Weaving - Brick Stitch Earrings with Loop Fringe
Diane Kramer, Bead Weaver & Instructor

Tue., Nov. 25 | 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 will be provided.

1643 | Beginning Decoupage
Janet Stuelpner, The Left-Handed Artist and Crafter

Fri., Dec. 19 | 10:00 AM | $20

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

1432 | Bottle Painting for the Non-Artist
Susan Johnson, Artist & Instructor

Mon., Dec. 1 | 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 will be provided.

1527 | Color Theory Basics
Aniko Makranczy, MFA

Fri., Nov. 14 | 10:00 AM | $20

Unlock the secrets of the color wheel to mix, match, and master vibrant color combos that make your designs pop.

Combining Pen and Ink with Watercolor
Ann Dunham, MS Design

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

1160 | **Tue. & Thu., Nov. 4 & 6 | 10:00 AM | 2 Sess. | $40**

1161 | **Tue. & Thu., Dec. 2 & 4 | 10:00 AM | 2 Sess. | $40**

1431 | Decoupage is Fun and Easy to Do!
Susan Johnson, Artist & Instructor

Mon., Nov. 17 | 1:00 PM | $20

Transform simple items into unique decor using decoupage. No experience is necessary, and all materials will be provided.

NEW CLASS

PIN **1153 | Digital Photography: Capturing the Holidays**

Suda House, Professor of Art and Photography, Grossmont College

Tue., Dec. 9 | 10:00 AM | $15

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

1196 | Drawing Basics

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

Mon. & Wed., Dec. 15 & 17 | 1:00 PM | 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.

NEW CLASS

1176 | Dyeing on Silk-Stretched Hoops

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

Thu., Nov. 13 | 1:00 PM | $25

Beginning as well as experienced artists will create flowing designs using dyes and markers on silk stretched on hoops. All materials will be provided.

NEW CLASS **Glass Art with Queenie Glass and Sass**

Diana Griffin, Owner of Queenie Glass and Sass

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

1164 | Wed., Nov. 19 | 1:00 PM | $50

Glass Plate

1165 | Wed., Dec. 10 | 1:00 PM | $50

Holiday Glass

NEW CLASS

1565 | Groovy Hydrodipping Christmas Gifts

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

Thu., Dec. 11 | 10:00 AM | $20

Dive into Hydrodipping fun! Spray paint floats on water to create colorful, groovy 70s-inspired patterns on birdhouses, pots, canvas, and more.

Hand Loom Weaving Club

Gracie Rhoads, Mixed Media Art Teacher, MA Expressive Arts Therapy

Weave, chat, and create in our cozy hand loom weaving club—perfect for all skill levels and full of fiber, fun and friends!

1404 | Fri., Nov. 7 | 1:00 PM | $25

1405 | Fri., Dec. 5 | 1:00 PM | $25

1177 | Holiday Wreath Making

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

Thu., Dec. 4 | 1:00 PM | $25

Create a festive, eco-friendly wreath using leaves, pinecones, berries, and twigs—perfect for the holidays and seasons beyond! All materials will be provided.

Illustration: California Native Plants

Ann Dunham, MS Design

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

1167 | Tue. & Thu., Nov. 18 & 20 | 10:00 AM | 2 Sess. | $40

1168 | Tue. & Thu., Dec. 16 & 18 | 10:00 AM | 2 Sess. | $40

NEW CLASS

1172 | Jewelry with Judy: Crystal Christmas Tree Earrings

Judy Cunningham Owner, Designs by Judy

Mon., Dec. 8 | 1:00 PM | $25

Craft sparkling Christmas tree earrings with secure stainless steel hooks. The class will be festive, fun, and easy! Beginners are welcome and all materials are included.

NEW CLASS

1171 | Jewelry with Judy: Memory Wire Bracelet

Judy Cunningham Owner, Designs by Judy

Mon., Nov. 10 | 1:00 PM | $25

Design a stylish wrap bracelet with memory wire—no clasp needed! Pick your favorite colors. Beginners are welcome and all materials are included.



1642 | Make an 'Accordion Book'

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

Mon., Nov. 24 | 1:00 PM | $25

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

NEW CLASS

1656 | Making Recycled Gift Bags: Earth Friendly and Inexpensive

Gwen H Small

Wed., Dec. 3 | 1:00 PM | $20

Make eco-friendly holiday gift bags and cards from recycled materials, decorate them creatively, and leave with unique, ready-to-give treasures.
All materials will be provided.

1372 | Mixed Water Media Painting
Gracie Rhoads, Mixed Media Art Teacher, MA Expressive Arts Therapy

Mon., Nov. 10 | 10:00 AM | $30

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

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 will be provided.

1187 | Fri., Nov. 7 | 1:00 PM | $40

1188 | Fri., Dec. 19 | 1:00 PM | $40

Paper Quilling
Marcy Shapiro, Retired Teacher, Artist

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

1191 | Wed., Nov. 12 | 10:00 AM | $20
Quilled Magnets, Keychains, and More

1192 | Wed., Dec. 10 | 10:00 AM | $20
Quilled Holiday Cards and Ornaments

1195 | Play Around with Acrylic Paint
Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor

Mon. & Wed., Nov. 3 & 5 | 1:00 PM | 2 Sess. | $40

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

1198 | Rock Painting
Marci Kleiner

Tue., Nov. 25 | 10:00 AM | $20

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

NEW CLASS
1200 | Rock Painting: Winter Holiday Design
Kelly Creeden, BA, MS, Mentor, & Teacher

Wed., Dec. 17 | 10:00 AM | $20

Design festive winter holiday stones for garden markers or table decor, and bring seasonal cheer to your home!

NEW CLASS
1564 | Secrets of Painting
Jenna Cooper, B.A. Visual Arts, Owner of Glory Art Gallery and Studio

Mon., Nov. 24 | 10:00 AM | $20

Students will develop foundational tools to become strong painters. The class covers tips and techniques to enhance confidence in brushstrokes, texture, depth, and overall painting skills.

1181 | Sew with Lyn: Lined Tapestry Tote Bag
Lyn Earl, Instructor

Wed., Nov. 12 | 1:00 PM | $20

Beautiful, sturdy and easy to make. These bags are a must have for home or travel.

NEW CLASS
1182 | Sew with Lyn: Quilted Christmas Panel Wall-hanging
Lyn Earl, Instructor

Thu., Dec. 11 | 1:00 PM | $20

Take a preprinted Christmas panel (provided) and quilt it, back it and bind it for your home or as a gift.

1414 | Succulent Wreath
Muriel King, Succulent Designer and Owner of the Perfect Plant

Wed., Nov. 19 | 10:00 AM | $80

Create your own non-seasonal or holiday wreath for a front door, gate, wall, or laid flat as a tabletop centerpiece. All materials will be provided.



1373 | Throw Tiny Pottery on Miniature Pottery Wheels
Gracie Rhoads, Mixed Media Art Teacher, MA Expressive Arts Therapy

Mon., Dec. 1 | 1:00 PM | $60

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

1178 | Twist and Dye: Silk Scarf Dyeing
Lee Yater, M.F.A, Artist, Designer and College Instructor

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

Watercolor Hangout with Eddie Omens
Eddie Omens, Artist

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

1207 | **Mon., Nov. 3 | 10:00 AM | $20**

1208 | **Mon., Nov. 17 | 10:00 AM | $20**

1209 | **Mon., Dec. 8 | 10:00 AM | $20**

1210 | **Mon., Dec. 15 | 10:00 AM | $20**

BUSINESS, FINANCE, LEGAL

1655 | Homeowners Associations: Living and Thriving in an HOA
David Norvell, JD, CMCA, AMS, PCAM

Mon., Dec. 15 | 1:00 PM | $10

Learn the ins and outs of HOAs with expert David Norvell—how they work, how they're managed, and how neighbors can improve their community together.

1397 | Long-Term Care Insurance: How to Use It
Linda Jahnke, Board Certified Patient Advocate

Fri., Dec. 5 | 10:00 AM | $10

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

1420 | Planning Funeral and Cemetery Services
Peter Alo, Licensed Family Service Advisor

Tue., Dec. 2 | 1:00 PM | $10

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

1399 | Reverse Mortgages Explained
Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

Fri., Dec. 12 | 10:00 AM | $10

Unlock your home equity with a reverse mortgage. Get tax-free cash for anything you need. Eliminate mortgage payments and enjoy financial peace of mind for your future.

SDGE™

1647 | SDGE Electric Pricing Plans, Tools, Tips and Programs
Martha Quintero, SDGE

Wed., Dec. 3 | 1:00 PM | 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.

1543 | 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

Wed., Dec. 10 | 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.

1017 | **Fri., Nov. 7 - 21 | 10:45 AM | 3 Sess. | $30**

1018 | **Fri., Dec. 5 - 19 | 10:45 AM | 3 Sess. | $30**

Bone-Building Fitness
Russell Rowe, MS, Exercise Physiology

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

1025 | **Mon., Nov. 3 - 24 | 12:00 PM | 4 Sess. | $40**

1026 | **Mon., Dec. 1 - 15 | 12:00 PM | 3 Sess. | $30**

1021 | **Fri., Nov. 7 - 21 | 12:00 PM | 3 Sess. | $30**

1022 | **Fri., Dec. 5 - 19 | 12:00 PM | 3 Sess. | $30**

1029 | **Sat., Nov. 1 - 22 | 11:30 AM | 4 Sess. | $40**

1030 | **Sat., Dec. 6 - 20 | 11:30 AM | 3 Sess. | $30**



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

This class uses functional exercises to enhance flexibility, strength, and balance. There will be options for all mobility levels.

1033 | **Sat., Nov. 8 | 2:00 PM | $10**

1034 | **Sat., Dec. 13 | 2:00 PM | $10**

HYBRID BOTH LOCATIONS

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.

1041 | **Mon., Nov. 3 - 24 | 9:30 AM | 4 Sess. | $40**
1042 | **Mon., Dec. 1 - 15 | 9:30 AM | 3 Sess. | $30**
1049 | **Tue., Nov. 4 - 25 | 12:00 PM | 3 Sess. | $30**
1050 | **Tue., Dec. 2 - 16 | 12:00 PM | 3 Sess. | $30**
1053 | **Wed., Nov. 5 - 19 | 1:00 PM | 3 Sess. | $30**
1054 | **Wed., Dec. 3 - 17 | 1:00 PM | 3 Sess. | $30**
1037 | **Fri., Nov. 7 - 21 | 9:30 AM | 3 Sess. | $30**
1038 | **Fri., Dec. 5 - 19 | 9:30 AM | 3 Sess. | $30**
1045 | **Sat., Nov. 1 - 22 | 9:30 AM | 4 Sess. | $40**
1046 | **Sat., Dec. 6 - 20 | 9:30 AM | 3 Sess. | $30**

Chair Yoga for Mobility, Strength, and Balance
Diane Ambrosini, MA, C-IAYT

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

1057 | **Thu., Nov. 6 - 20 | 2:15 PM | 3 Sess. | $30**
1058 | **Thu., Dec. 4 - 18 | 2:15 PM | 3 Sess. | $30**

Core Training and Bone Strength
Dora Graham, Certified Fitness Instructor and Personal Trainer

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

1061 | **Thu., Nov. 6 - 20 | 1:15 PM | 3 Sess. | $30**
1062 | **Thu., Dec. 4 - 18 | 1:15 PM | 3 Sess. | $30**

Dance Fit
Andra Valencia, Fitness and Dance Instructor

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

1069 | **Wed., Nov. 5 - 19 | 12:00 PM | 3 Sess. | $30**
1070 | **Wed., Dec. 3 - 17 | 12:00 PM | 3 Sess. | $30**
1065 | **Sat., Nov. 1 - 22 | 10:30 AM | 4 Sess. | $40**
1066 | **Sat., Dec. 6 - 20 | 10:30 AM | 3 Sess. | $30**

International Folk Dancing
Martha Awdziewicz, Folk Dance Group

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

1073 | **Wed., Nov. 5 - 19 | 9:30 AM | 3 Sess. | $18**
1074 | **Wed., Dec. 3 - 17 | 9:30 AM | 3 Sess. | $18**

Line Dancing and Beyond
Ruth Parker, Line Dance Instructor

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

1081 | **Wed., Nov. 5 - 19 | 2:00 PM | 3 Sess. | $30**

1082 | **Wed., Dec. 3 - 17 | 2:00 PM | 3 Sess. | $30**
Wednesday class is 2hrs:
2:00pm Intermediate | 3:00pm Beginners

1077 | **Thu., Nov. 6 - 20 | 12:00 PM | 3 Sess. | $30**
1078 | **Thu., Dec. 4 - 18 | 12:00 PM | 3 Sess. | $30**

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.
Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1089 | **Tue., Nov. 4 & 18 | 9:30 AM | 2 Sess. | $20**

1090 | **Tue., Dec. 2 - 16 | 9:30 AM | 3 Sess. | $30**
Jeanna Beauchamp, Certified Fitness Instructor

1085 | **Thu., Nov. 6 - 20 | 9:30 AM | 3 Sess. | $30**
1086 | **Thu., Dec. 4 - 18 | 9:30 AM | 3 Sess. | $30**

Restorative Chair Yoga
Julia Doughty, MFA, HHP

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

1093 | **Tue., Nov. 4 - 25 | 2:30 PM | 3 Sess. | $30**
1094 | **Tue., Dec. 2 - 16 | 2:30 PM | 3 Sess. | $30**



HYBRID BOTH LOCATIONS

Restorative Gentle Yoga
Julia Doughty, MFA, HHP

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

1097 | **Tue., Nov. 4 - 25 | 1:15 PM | 3 Sess. | $30**

1098 | **Tue., Dec. 2 - 16 | 1:15 PM | 3 Sess. | $30**

San Diego Oasis Mall Walkers: Grossmont Center
Julia Doughty, MFA, HHP

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

1101 | **Wed., Nov. 5 - 19 | 9:00 AM | 3 Sess. | FREE**

1102 | **Wed., Dec. 3 - 17 | 9:00 AM | 3 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 fitness, strength, and mental focus.

1105 | **Mon., Nov. 3 - 24 | 1:15 PM | 4 Sess. | $40**

1106 | **Mon., Dec. 1 - 15 | 1:15 PM | 3 Sess. | $30**

1109 | **Sat., Nov. 1 - 22 | 12:45 PM | 4 Sess. | $40**

1110 | **Sat., Dec. 6 - 20 | 12:45 PM | 3 Sess. | $30**

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.

1113 | **Tue., Nov. 4 - 25 | 10:45 AM | 3 Sess. | $30**

1114 | **Tue., Dec. 2 - 16 | 10:45 AM | 3 Sess. | $30**

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.

1117 | **Thu., Nov. 6 - 20 | 10:45 AM | 3 Sess. | $30**

1118 | **Thu., Dec. 4 - 18 | 10:45 AM | 3 Sess. | $30**

Tai Chi Basics with Michael
Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

Use gentle, continuous movements that synchronize breath and motion, to enhance strength and healing.

1121 | **Mon., Nov. 3 - 24 | 2:30 PM | 4 Sess. | $40**

1122 | **Mon., Dec. 1 - 15 | 2:30 PM | 3 Sess. | $30**

Zumba Gold
Pamela Toomes, Certified Fitness Instructor

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

1127 | **Mon., Nov. 3 - 24 | 10:45 AM | 4 Sess. | $40**

1128 | **Mon., Dec. 1 - 15 | 10:45 AM | 3 Sess. | $30**

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

1003 | Alzheimer's San Diego: Dementia 101
Joaquin Ortiz, Director of Education, Alzheimer's San Diego

Wed., Nov. 12 | 1:00 PM | FREE

Gain essential knowledge about Alzheimer's and dementia, including symptoms, risk factors, and resources to plan for future care.

1002 | Alzheimer's San Diego: Driving and Memory Loss
Jean Alton, Dementia Educator, Alzheimer's San Diego

Tue., Dec. 9 | 1:00 PM | FREE

Explore driving safety, local transportation options, and how to navigate tough conversations when dementia affects a loved one's driving.

NEW CLASS

1650 | Biology of Aging
Wadud Mohammad Bhuiya, Bachelor and Master in Microbiology, PhD in Biology

Mon., Dec. 15 | 10:00 AM | $15

Unlock the secrets to aging gracefully! Learn how lifestyle choices can boost healthspan and slow aging at the cellular level.

NEW CLASS

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

Experience relaxation, peace, mindfulness, and spiritual connection in this calming mantric meditation class.

1640 | **Fri., Nov. 14 | 10:00 AM | $10**

1641 | **Fri., Dec. 12 | 10:00 AM | $10**

NEW CLASS

1417 | Mindfulness Meditation: Awakening to the Five Elements of Our Being

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

Tue., Nov. 18 | 1:00 PM | $15

Explore Thich Nhat Hanh's Five Elements—a whole being scan to relax, reconnect, and transform your inner world with mindful awareness.

1418 | Mindfulness Meditation: Cosmology and Consciousness

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

Tue., Dec. 16 | 1:00 PM | $15

Discover your place in the cosmos through the Great Story—a mind-expanding journey from stardust to now, inspired by awe-inspiring space imagery.

NEW CLASS

1658 | Self-Forgiveness & Healthy Boundary Setting for Greater Wellness

Brenda Adelman, MA, Author & Motivational Speaker

Fri., Nov. 21 | 1:00 PM | $15

Let go of guilt, set empowering boundaries, and boost your well-being in a reflective journey to emotional freedom and peace.

NEW CLASS

1424 | Tips and Tricks to Survive the Holidays

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

Fri., Nov. 21 | 10:00 AM | $15

Tackle holiday chaos with tips to beat stress, resist sugary temptations, and keep your sanity while still enjoying the season's fun.

UnitedHealthcare

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1007 | **Fri., Nov. 7 | 10:00 AM | FREE**

1008 | **Sat., Nov. 15 | 10:00 AM | FREE**

1009 | **Thu., Dec. 4 | 1:00 PM | FREE**

1648 | Unlocking the Mystery of Dizziness & Vertigo

Dr. Jimmy Pang, PT/DPT, Pang Physical Therapy

Fri., Nov. 21 | 10:00 AM | $15

Beat the spin! Learn common causes of dizziness, how it's diagnosed, and practical tips to feel balanced, steady, and in control.

1212 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Nov. 18 | 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

1349 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist

Thu., Dec. 11 | 1:00 PM | $15

Celebrate the season with Richard Lederer's festive mix of holiday history, humor, poems, and the fascinating stories behind Santa, Frosty, and Christmas words.

1649 | Are There Really Two Creation Stories in Genesis in the Bible?

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

Tue., Nov. 4 | 1:00 PM | $15

Explore creation stories, the garden tale, and the clash between Scripture and science in this fascinating class.



NEW CLASS

1539 | Artistic Treasures of Spain

Sofia Laurein, PhD, Professor of History

Thu., Nov. 13 | 10:00 AM | $15

This presentation will take you on an amusing and enlightening journey through the ever-evolving artistic styles of Spanish paintings.

NEW CLASS

1541 | Charles Darwin and the Dawn of Conservation Ethics

Fred Bercovitch, Ph.D. Biological Anthropology

Thu., Dec. 4 | 10:00 AM | $15

Discover how Darwin's groundbreaking ideas sparked the conservation movement, inspiring pioneers like John Muir and Teddy Roosevelt to protect nature and wildlife.

HYBRID BOTH LOCATIONS

NEW CLASS

1445 | Communicating with Spirits: Traditional and Esoteric Methods

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host

Fri., Nov. 7 | 10:00 AM | $15

Discover traditional and metaphysical methods for connecting with the afterlife, including EVP, spirit photography, dowsing, and the importance of grounding before sessions.

1670 | Dwight Eisenhower – Soldier, Statesman, Patriot

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

Mon., Dec. 8 | 10:00 AM | $15

Explore Eisenhower's journey from humble beginnings to WWII hero and President, shaping history with courage, leadership, and lasting peace.

NEW CLASS

1571 | Edgar Cayce: An American Clairvoyant

Linda Kurtz, Edgar Cayce Expert

Fri., Nov. 14 | 1:00 PM | $15

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

NEW CLASS

1638 | From Leo XIII to Leo XIV: History of the 20th and 21st Century Popes

Oliva M. Espín, PhD, Counseling Psychologist and Feminist Therapy Pioneer

Mon., Nov. 3 & 17 | 1:00 PM | 2 Sess. | $30

In this engaging presentation, explore the lives, perspectives, and global impact of recent Popes. Discover how their leadership continues shaping world affairs.

1348 | Fun with Doctor Grammar Guy

Richard Lederer, Union-Tribune Language Columnist

Thu., Nov. 20 | 10:00 AM | $15

Explore grammar myths, punctuation tips, and usage quirks with language expert Richard Lederer in this lively, engaging, and entertaining Q&A-style session.

1645 | Inside the Criminal Mind

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

Wed., Dec. 3 | 10:00 AM | $15

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

NEW CLASS

1652 | Legends and Lore of Apples

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

Fri., Nov. 14 | 1:00 PM | $15

Apple myths, riddles, and treats await! Join us for a flavorful storytelling adventure that's both sweet and tart.

NEW CLASS

1437 | Making Sense of Time - The Chaotic History of Calendars and Clocks

Frank Newton, PhD

Mon., Dec. 8 | 10:00 AM | $15

Discover the surprising history of calendars, from sun and moon cycles to cultural traditions, and how humanity learned to organize time.

1549 | Mark Rothko

Aniko Makranczy, MFA

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

Learn how Mark Rothko, pioneer of the Abstract Expressionist movement, strove to create a spiritual relationship between the viewer and the painting.

NEW CLASS

1441 | San Diego's Lost City: Archaeology and History of the San Diego Presidio

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

Tue., Nov. 18 | 10:00 AM | $15

Explore early San Diego's origins at El Presidio with historian Richard Carrico, uncovering its people, culture, and pivotal events from 1769 to the 1830s.

1218 | Thanksgiving and the Consciousness of Gratitude

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

Wed., Nov. 19 | 10:00 AM | $16

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

NEW CLASS

1379 | The 14th Amendment: Citizenship Then and Now

Edward Blum, Ph.D. Professor of History, San Diego State University

Tue., Dec. 2 | 10:00 AM | $15

Discover how the 14th Amendment redefined citizenship, reshaped Congress, and fuels today's debates.

NEW CLASS

1378 | The Bill of Rights: Why the Founders Immediately Amended the Constitution

Edward Blum, Ph.D. Professor of History, San Diego State University

Tue., Nov. 4 | 10:00 AM | $15

Explore the origins of the Bill of Rights as well as the two amendments that failed to be ratified.

1220 | The Myth and Magic of Christmas

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

Wed., Dec. 17 | 10:00 AM | $16

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

NEW CLASS

1646 | The Renaissance in Italy, 1350-1600

Joanne M. Ferraro, Albert W Johnson Distinguished Professor of History, San Diego State University

Thu., Nov. 6 | 10:00 AM | $15

Explore the Renaissance's vibrant arts, literature, and science through the lives of influential figures.

1525 | The U.S. Merchant Marine: A Forgotten Service

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

Wed., Nov. 12 | 10:00 AM | $15

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

NEW CLASS

1217 | The Wisdom of Christianity

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

Wed., Nov. 5 | 10:00 AM | $16

Explore Christianity's roots, core ideas, and global impact in one engaging lecture covering past, present, and where it may be heading next.

NEW CLASS

1699 | Walter Cronkite – "The Most Trusted Man in America"

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

Mon., Nov. 10 | 10:00 AM | $15

Explore the legacy of Walter Cronkite, the trusted voice who shaped American news through unbiased coverage of history's defining moments.

NEW CLASS

1448 | Washington Irving and our Christmas Traditions

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

Fri., Dec. 5 | 10:00 AM | $15

Explore how Washington Irving's writings helped shape American Christmas traditions from festive trees to cozy family gatherings.

1548 | Wassily Kandinsky (1866 - 1944)

Aniko Makranczy, MFA

Mon., Nov. 3 | 10:00 AM | $15

Dive into Kandinsky's bold world of color and shape, where abstract art meets spiritual expression and imagination knows no limits.

NEW CLASS

1219 | What is Conservatism?

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

Wed., Dec. 10 | 10:00 AM | $16

Explore the roots and evolution of conservatism—from its 18th-century origins to today's political shifts and the movement's uncertain future.

NEW CLASS

1657 | Working Psychics

Linda Kurtz, Edgar Cayce Expert

Fri., Nov. 21 | 1:00 PM | $15

Dive into the world of psychic phenomena, exploring scientific research and the lives of psychics (including Edgar Cayce) who used their gifts to heal and transform communities.

LANGUAGES

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

1308 | Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Mon., Nov. 10 - Dec. 15 | 10:00 AM | 6 Sess. | $120

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

1310 | Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Mon., Nov. 10 - Dec. 15 | 11:30 AM | 6 Sess. | $120

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

1312 | Advanced French
Danielle Deaton, Advanced Teacher, Credentialed Instructor

Mon., Nov. 10 - Dec. 15 | 1:00 PM | 6 Sess. | $120

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

1320 | Beginning French for Travelers
Martine A Hillier, BA, Trilingual, French & Spanish Instructor

Fri., Nov. 14 - Dec. 19 | 10:00 AM | 5 Sess. | $100

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

1322 | Intermediate French for Travelers
Martine A Hillier, BA, Trilingual, French & Spanish Instructor

Fri., Nov. 14 - Dec. 19 | 11:30 AM | 5 Sess. | $100

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

1338 | Italian for Beginners
Sara Venneri, BA, ITTP, Italian Language Instructor

Tue., Nov. 18 - Dec. 16 | 10:00 AM | 5 Sess. | $100

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



1334 | Italian for Intermediate Students
Sara Venneri, BA, ITTP, Italian Language Instructor

Tue., Nov. 18 - Dec. 16 | 11:30 AM | 5 Sess. | $100

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

1336 | Italian for Advanced Students
Sara Venneri, BA, ITTP, Italian Language Instructor

Tue., Nov. 18 - Dec. 16 | 1:00 PM | 5 Sess. | $100

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

1314 | Beginning Spanish I
Gladis Jiménez González

Wed., Nov. 12 - Dec. 17 | 10:00 AM | 5 Sess. | $100

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

1316 | Beginning Spanish II
Gladis Jiménez González

Wed., Nov. 12 - Dec. 17 | 11:30 AM | 5 Sess. | $100

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

1318 | Intermediate Spanish I
Gladis Jiménez González

Wed., Nov. 12 - Dec. 17 | 1:00 PM | 5 Sess. | $100

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

1328 | Beginning Conversational Spanish
Elizabeth Becerra, MA, Southwestern College Professor

Thu., Nov. 13 - Dec. 18 | 10:00 AM | 5 Sess. | $100

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

1330 | Beginning/Intermediate Conversational Spanish
Elizabeth Becerra, MA, Southwestern College Professor

Thu., Nov. 13 - Dec. 18 | 1:00 PM | 5 Sess. | $100

This conversational course bridges the gap for learners with some fluency, preparing them to progress beyond beginner levels.

1332 | Intermediate Conversational Spanish
Elizabeth Becerra, MA, Southwestern College Professor

Thu., Nov. 13 - Dec. 18 | 11:30 AM | 5 Sess. | $100

Designed for those familiar with the basic structures of Spanish. We'll focus on activities using the present and past tense.

HYBRID BOTH LOCATIONS

LITERATURE & VISUAL ARTS



1240 | Acting Workshop: Showcase Performance
Jo-Darlene Reardon, M.Ed

Mon., Nov. 17 | 1:00 PM | FREE

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

1226 | Aspiring and Intermediate Poetry Workshop
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual

Thu., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | FREE

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

Creative Writing Workshop
Irene A. Márquez, Published Writer, Editor and Founder of a Literary Non-Profit

You have lived a remarkable life. Come learn the craft of storytelling so you can write an exciting one of your own.

1237 | **Tue., Nov. 4 - 25 | 1:00 PM | 3 Sess. | $60**

1238 | **Tue., Dec. 2 - 16 | 1:00 PM | 3 Sess. | $60**

NEW CLASS
1569 | Theater Workshop: Deck the Halls with Tinsel & Tales
Philip Parks, Theater Teacher, Actor & Retired School Administrator

Mon., Nov. 24 - Dec. 15 | 1:00 PM | 4 Sess. | $60

Bring your holiday memories to life through storytelling, theater, and timeless traditions in this festive, four-week theater workshop series.

1574 | Improv Games
Tonya Lehman, Teacher, Speaker and Storyteller

Tue., Dec. 2 - 16 | 10:00 AM | 3 Sess. | $45

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

MUSIC & LIVE PERFORMANCES

NEW CLASS
1010 | 1965 Jukebox Cabaret
David A. Dooley, Singer

Mon., Nov. 3 | 2:00 PM | $20

Join cabaret singer David Dooley as he performs 1965's greatest hits from Beatles to Beach Boys to Broadway!

NEW CLASS
1383 | A Holiday and Winter Favorites Sing A-Long
Chris Burns, Many-Strings

Fri., Dec. 5 | 1:00 PM | $10

Celebrate the season with timeless holiday tunes, joyful sing-alongs, festive fun, and a few musical surprises.

1242 | Love Guitar? Let's Jam
Mark Madruga, MA, Professional Musician & Guitar Instructor

Mon., Nov. 3 - Dec. 1 | 11:15 AM | 5 Sess. | $85

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



1244 | Love Guitar? Let's Learn
Mark Madruga, MA, Professional Musician & Guitar Instructor

Mon., Nov. 3 - Dec. 1 | 10:00 AM | 5 Sess. | $85

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

NEW CLASS
1659 | Seasonal Guitar Showcase
Mark Madruga, MA, Professional Musician & Guitar Instructor

Fri., Dec. 12 | 2:00 PM | FREE

Get into the spirit with a lively guitar performance by our "Love Guitar" students, featuring holiday favorites and classic rock songs played in both solo and group sets. Come cheer them on and enjoy a fun mix of festive cheer and rock 'n' roll energy!

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 which are tailored to your level and your personal goals.

1253 | **Tue., Nov. 4 - 25 | 12:30 PM | 3 Sess. | $180**
1254 | **Tue., Nov. 4 - 25 | 1:30 PM | 3 Sess. | $180**
1255 | **Tue., Nov. 4 & 25 | 2:30 PM | 2 Sess. | $120**
1256 | **Tue., Nov. 4 & 25 | 3:30 PM | 2 Sess. | $120**
1257 | **Tue., Dec. 2 - 16 | 12:30 PM | 3 Sess. | $180**
1258 | **Tue., Dec. 2 - 16 | 1:30 PM | 3 Sess. | $180**
1259 | **Tue., Dec. 2 - 16 | 2:30 PM | 3 Sess. | $180**
1260 | **Tue., Dec. 2 - 16 | 3:30 PM | 3 Sess. | $180**
1269 | **Wed., Nov. 5 - 19 | 12:30 PM | 3 Sess. | $180**
1270 | **Wed., Nov. 5 - 19 | 1:30 PM | 3 Sess. | $180**
1271 | **Wed., Nov. 5 - 19 | 2:30 PM | 3 Sess. | $180**
1272 | **Wed., Nov. 5 - 19 | 3:30 PM | 3 Sess. | $180**
1273 | **Wed., Dec. 10 & 17 | 12:30 PM | 2 Sess. | $120**
1274 | **Wed., Dec. 10 & 17 | 1:30 PM | 2 Sess. | $120**
1275 | **Wed., Dec. 10 & 17 | 2:30 PM | 2 Sess. | $120**
1276 | **Wed., Dec. 10 & 17 | 3:30 PM | 2 Sess. | $120**

PERSONAL ENRICHMENT

Bingo!
San Diego Woman's Club Foundation

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

1287 | **Sat., Nov. 15 | 1:00 PM | $25**
1288 | **Sat., Dec. 20 | 1:00 PM | $25**

1568 | Collette - Travel Destinations in 2026 and Beyond
Ghythe Haddad, Business Development Manager

Thu., Nov. 13 | 1:00 PM | FREE

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

1395 | Creating New Friendships
Laura Diaz, Board Certified Coach (BCC)

Fri., Dec. 12 | 1:00 PM | $15

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

NEW CLASS
1637 | De-Stress Your December
Andrew Mellen, CEO, Entrepreneur and 'The Most Organized Man in America'

Thu., Nov. 6 | 1:00 PM | $15

Relax and simplify your holidays. Learn stress-free gift-giving, effortless decorating, and how to embrace the new year with ease.

NEW CLASS
Gardening With Betty
Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County

This class will give an overview of activities to do in your garden for November and December.

1518 | **Fri., Nov. 7 | 1:00 PM | $15**
1519 | **Fri., Dec. 5 | 1:00 PM | $15**

1290 | Grief Support Group
Rolandas Kausas, Chaplain

1st & 3rd Wed., Nov. 5 - Dec. 17 | 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.

1293 | **Thu., Nov. 13 | 1:00 PM | $12**
1294 | **Thu., Dec. 11 | 1:00 PM | $12**

1394 | Life Plan for the Best Year of Your Life
Laura Diaz, Board Certified Coach (BCC)

Tue., Nov. 18 | 10:00 AM | $15

Gain clarity and direction as you create a personal life plan focused on your goals, priorities, and the life you truly want to live.

1296 | Mah Jongg for Beginners: Level One
Carol Cohn

Tue., Nov. 4 - Dec. 16 | 10:00 AM | 6 Sess. | $150

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.

1279 | **Fri., Nov. 21 | 1:00 PM | $5**
1280 | **Fri., Dec. 19 | 1:00 PM | $5**

HYBRID BOTH LOCATIONS

1344 | Makeup Made Easy: Level 1, Step-by-Step
Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Fri., Nov. 7 & 21 | 10:00 AM | 2 Sess. | $30

Unlock the secrets to timeless beauty with expert makeup tips tailored for women 50+, enhancing your look with minimal effort and maximum impact.

1345 | Makeup Made Easy: Level 2, Upgrade Your Look
Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Fri., Dec. 5 & 12 | 10:00 AM | 2 Sess. | $30

Discover pro makeup tips for women 50+. Learn age-defying techniques, tools, and tricks to enhance your look and feel confident every day.

Making Connections: Women's Discussion Group
Twice a month be part of a women's group for caring and sharing the times of our lives.

Mary Heineke, MS, LMFT
1299 | **2nd & 4th Mon., Nov. 10 - Dec. 8 | 1:30 PM | 3 Sess. | $24**

Cheryl Davis-Plotts, Psy.D., LMFT
1303 | **1st & 3rd Wed., Nov. 5 - Dec. 17 | 1:00 PM | 4 Sess. | $32**

Gwenn Olive, MSW, LCSW- C
1301 | **1st & 3rd Thu., Nov. 6 - Dec. 18 | 1:30 PM | 4 Sess. | $32**

1305 | Men's Room
Donald Bruders, Facilitator

Wed., Nov. 12 & Dec. 10 | 10:00 AM | 2 Sess. | $16

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

San Diego Oasis Travel Club
San Diego Oasis

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

1283 | **Thu., Nov. 6 | 1:00 PM | FREE**

1284 | **Thu., Dec. 4 | 1:00 PM | FREE**

NEW CLASS
Seven Continent Cooking
Tonya Lehman, Teacher, Speaker and Storyteller

Spice up your taste buds! Cook a new dish from a different continent each month then join our potluck. Fun with food and trivia from that continent.
1572 | **Thu., Nov. 13 | 10:00 AM | $20**
South America
1573 | **Thu., Dec. 11 | 10:00 AM | $20**
Antarctica

TECHNOLOGY

1454 | AI Fundamentals
Senior Tech Connect

Fri., Nov. 14 | 11:30 AM | $15

Discover the basics of AI and ChatGPT—what it is, how it works, its pros and cons, and how it compares to Google.

NEW CLASS
1455 | Cybersecurity: Avoid Scam Emails, Texts & Calls
Senior Tech Connect

Fri., Dec. 19 | 10:00 AM | $15

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

NEW CLASS
1453 | Cybersecurity: Password Security
Senior Tech Connect

Fri., Nov. 14 | 10:00 AM | $15

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

NEW CLASS
1326 | Digital Subscriptions
Mary Burns, Technology Consultant, Former Professor at San Diego Continuing Education

Mon., Dec. 15 | 10:00 AM | $15

Track, manage, and take control of your digital subscriptions. Learn how to identify charges, avoid unwanted auto-renewals, and save money online.

1644 | Excel 101
Peter Klein, Author & Former Contractor

Fri., Nov. 14 | 1:00 PM | $15

Learn how to navigate the Excel interface, create a basic spreadsheet, build formulas and functions, format sheets, filter, and create a budget.

NEW CLASS
1575 | Hey AI — Can You Run My Errands?
Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits

Mon., Nov. 24 | 10:00 AM | $15

Learn how to use AI to help with to-do lists, schedules, and daily chores.

NEW CLASS

1576 | iPhone 101

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

Mon., Nov. 24 | 11:30 AM | $15

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

NEW CLASS

1325 | Online Safety

Mary Burns, Technology Consultant, Former Professor at San Diego Continuing Education

Mon., Nov. 17 | 10:00 AM | $15

Learn to spot scams, avoid phishing, and stay safe online with simple, practical tips for safer email and internet use.

NEW CLASS

1456 | Using ChatGPT

Senior Tech Connect

Fri., Dec. 19 | 11:30 AM | $15

Learn how to use ChatGPT effectively. How to access it, give commands, manage responses, view chat history, and use tools like feedback and clipboard.





San Diego

Hi! I'm your local Kaiser Permanente Medicare specialist, and I'm here to help.

I know choosing a Medicare health plan can be challenging. Let me help make it simple.

Now's the time to find out if you could be getting more out of your plan. I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan and how it can help you thrive
- Find a doctor (all our available doctors accept our Medicare health plan members)
- Learn about the new 2026 plan benefits and enhancements
- Add extra benefits like dental, vision, and hearing to your plan
- Learn how to enroll and how I can help you enroll*



Melissa Salcedo
Kaiser Permanente
Medicare specialist
Call me at
619-952-7518
Se habla español

Join me at a live neighborhood webinar or in-person seminar to learn more.

Call me to RSVP or visit my website at
mykpagent.org/MelissaS

*You must meet all Medicare health plan enrollment requirements. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514

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KAISER PERMANENTE®

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.

1:1 sessions are available in Spanish.



Apple Photos Workshop 101

This workshop will show you how to view and filter your library for a comprehensive view, and how to quickly find a photo and create albums.

137 | Mon., Nov. 24 | 11:00 AM | $10

143 | Mon., Dec. 8 | 11:00 AM | $10

Apple Photos Workshop 102 (IOS18)

This workshop will show you how to remove duplicates, tips to declutter your library, how to remove unwanted people and objects from your photos and more.

138 | Tue., Nov. 25 | 11:00 AM | $10

147 | Mon., Dec. 15 | 11:00 AM | $10

136 | Cloud Services Workshop

Fri., Nov. 21 | 11:00 AM | $10

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

NEW CLASS

IOS 26 Crash Course

This workshop will show you the new features implemented with this recent software update.

132 | Fri., Nov. 14 | 11:00 AM | $10

139 | Mon., Dec. 1 | 11:00 AM | $10

Passkeys, Authenticators and You!

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

131 | Thu., Nov. 13 | 11:00 AM | $10

145 | Thu., Dec. 11 | 11:00 AM | $10

Pocket Full of Power: Your Digital Wallet

Learn how to use the digital wallet on your device. Learn about the convenience and ease of this feature, as well as other forms of digital payments.

130 | Fri., Nov. 7 | 11:00 AM | $10

144 | Tue., Dec. 9 | 11:00 AM | $10

Tech Talk: iPhone Fundamentals I: Getting Started

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

128 | Tue., Nov. 4 | 11:00 AM | $10

140 | Tue., Dec. 2 | 11:00 AM | $10

Tech Talk: iPhone Fundamentals II: Beyond the Basics

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

129 | Thu., Nov. 6 | 11:00 AM | $10

141 | Thu., Dec. 4 | 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 lesser-known features on your iPhone.

134 | Tue., Nov. 18 | 11:00 AM | $10

148 | Tue., Dec. 16 | 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.

135 | Thu., Nov. 20 | 11:00 AM | $10

149 | Thu., Dec. 18 | 11:00 AM | $10

132 | The Practicality of AI

Fri., Dec. 5 | 11:00 AM | $10

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

146 | UBER/Lyft App Workshop

Fri., Dec. 12 | 11:00 AM | $10

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

HYBRID BOTH LOCATIONS

ON-LINE CLASSES

Zoom information will be provided at time of registration

EXERCISE & DANCE

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.

1135 | **Mon., Nov. 3 - 24 | 10:00 AM | 4 Sess. | $40**

1136 | **Mon., Dec. 1 - 15 | 10:00 AM | 3 Sess. | $30**

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1139 | **Sat., Nov. 1 - 22 | 9:00 AM | 4 Sess. | $40**

1140 | **Sat., Dec. 6 - 20 | 9:00 AM | 3 Sess. | $30**

HEALTH

NEW CLASS

1426 | Functional Holiday Mocktails – Healthy and Tasty

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

Tue., Dec. 16 | 11:00 AM | $20

Discover the power of functional drinks, mocktails with a purpose that use ingredients that not only taste amazing but also nourish your body with every sip.

1131 | Meditation—Your Key to Health, Wellness & Peace

Melynnique Seabrook, MA

Thu., Nov. 6 - 20 | 1:00 PM | 3 Sess. | $30

In this class you'll learn how to focus within, calm your mind, and bring peace to your body through meditation.

NEW CLASS

H 1424 | Tips and Tricks to Survive the Holidays

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

Fri., Nov. 21 | 10:00 AM | $15

Tackle holiday chaos with tips to beat stress, resist sugary temptations, and keep your sanity while still enjoying the season's fun.

H 1212 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Nov. 18 | 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

H 1539 | Artistic Treasures of Spain

Sofia Laurein, PhD, Professor of History

Thu., Nov. 13 | 10:00 AM | $15

This presentation will take you on an amusing and enlightening journey through the ever-evolving artistic styles of Spanish paintings.

NEW CLASS

H 1541 | Charles Darwin and the Dawn of Conservation Ethics

Fred Bercovitch, Ph.D. Biological Anthropology

Thu., Dec. 4 | 10:00 AM | $15

Discover how Darwin's groundbreaking ideas sparked the conservation movement, inspiring pioneers like John Muir and Teddy Roosevelt to protect nature and wildlife.



NEW CLASS

1704 | Christmas Music & A Singalong with Mike

Mike Chamberlin, Performer & Musician

Tue., Dec. 16 | 10:30 AM | $8

Guitarist Mike Chamberlin plays traditional Christmas songs and relates some of the stories behind our favorite songs.

NEW CLASS

1445 | Communicating with Spirits: Traditional and Esoteric Methods

Nicole Strickland, Paranormal Researcher, Author & Writer, Award-Winning Radio Host

Fri., Nov. 7 | 10:00 AM | $15

Discover traditional and metaphysical methods for connecting with the afterlife, including EVP, spirit photography, dowsing, and the importance of grounding before sessions.

NEW CLASS

1435 | Historical Road Trip with Rick: Galapagos

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

Tue., Nov. 18 | 2:00 PM | $15

Explore the wild wonders of the Galapagos. Learn about the tortoises, penguins, and blue-footed boobies of Darwin's paradise.



NEW CLASS

1436 | Historical Road Trip with Rick: Machu Picchu

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

Tue., Dec. 16 | 2:00 PM | $15

Journey through Incan history. Explore Cuzco and hidden Machu Picchu. Hear about the dramatic clash with the Spanish Conquistadors. It's an unforgettable tale of survival.

1645 | Inside the Criminal Mind

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

Wed., Dec. 3 | 10:00 AM | $15

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

NEW CLASS

1523 | Maccabees, Assyrians, and Chanukah

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

Tue., Dec. 9 | 1:00 PM | $15

Discover the epic origins of Chanukah. Hear how the Maccabees defied a mighty empire, reclaimed Jerusalem, and sparked a lasting celebration of resilience.

NEW CLASS

1700 | Smart Phones and Mental Health Among Youth Culture

Henry George, Engineer, Archaeologist and Geologist

Tue., Nov. 4 | 10:30 AM | $8

Explore how smartphones and social media transformed youth culture, fueling a rise in loneliness, anxiety, and the need for digital boundaries.

NEW CLASS

1703 | The Art of Paul Cezanne

Julia Fister, MA, Studio ACE Executive Director

Tue., Dec. 9 | 10:30 AM | $8

Explore the life and revolutionary work of Paul Cezanne (1839-1906), whose bold approach to form and color laid the foundation for modern art.

NEW CLASS

1702 | The Floating Palaces of Yesteryear

Mark Carlson, Historian & Author

Thu., Dec. 11 | 1:30 PM | $8

Learn about the grandest vessels ever to sail the North Atlantic including the Queen Mary, the Normandie, and the Vasterland.

1701 | The Great Escape

Mark Carlson, Historian & Author

Thu., Nov. 20 | 1:30 PM | $8

Uncover the true story behind The Great Escape—a bold WWII prison break with tunnels, forged papers, and unstoppable determination.

NEW CLASS

1448 | Washington Irving and our Christmas Traditions

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

Fri., Dec. 5 | 10:00 AM | $15

Explore how Washington Irving's writings helped shape American Christmas traditions from festive trees to cozy family gatherings.

NEW CLASS

1522 | What Life Looked Like In Ancient Egypt

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

Tue., Nov. 18 | 1:00 PM | $15

Step into ancient Egypt—explore everyday life along the Nile through the eyes of farmers, merchants, workers, and entertainers.

LANGUAGES

1355 | Beginning Spanish: Level One
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fri., Nov. 14 - Dec. 19 | 11:30 AM | 5 Sess. | $100

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

1357 | Beginning Spanish: Level Two
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Fri., Nov. 14 - Dec. 19 | 10:00 AM | 5 Sess. | $100

This introductory course is intended for continuing students and those who have some experience learning or speaking Spanish.

1340 | Conversational Spanish
Danisa Mardones, BA

Tue., Nov. 18 - Dec. 16 | 1:30 PM | 5 Sess. | $100

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

LITERATURE & VISUAL ARTS

1234 | Aspiring and Intermediate Poetry Workshop
Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual

Fri., Nov. 7 - Dec. 19 | 10:30 AM | 6 Sess. | FREE

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

1567 | Fiction for Travelers: Read the Book, Visit the Place
Emily Nye, Ph.D.

Thu., Nov. 13 | 1:00 PM | $15

Embark on a literary journey! Explore five novels set in dream destinations - perfect for travel lovers and armchair explorers seeking adventure from home.

MUSIC & LIVE PERFORMANCES

1390 | Bach's Brandenburg Concertos
Chris Burns, Many-Strings

Fri., Dec. 12 | 3:00 PM | $15

Discover the beauty of Bach's Brandenburg Concertos—magical Baroque masterpieces nearly lost to history and saved by Felix Mendelssohn for generations to enjoy.

NEW CLASS
1391 | Christmas-Inspired Music: Ancient Era to the Renaissance, Baroque and More
Chris Burns, Many-Strings

Fri., Dec. 19 | 3:00 PM | $15

Enjoy 2,000 years of Christmas-inspired music, Renaissance to modern, offering warmth, hope, peace, and beauty in this comforting, context-rich musical hour.

NEW CLASS
1389 | Five Amazing Film Composers that You Will Love
Chris Burns, Many-Strings

Fri., Nov. 21 | 3:00 PM | $15

Enjoy a popcorn-worthy hour spotlighting five film composers and their captivating, dramatic, and romantic orchestral scores.

NEW CLASS
1388 | The Sound of Music Program: Real History and Really Wonderful Music
Chris Burns, Many-Strings

Fri., Nov. 7 | 3:00 PM | $15

Discover the true story behind The Sound of Music, the Von Trapp family's inspiring journey from Austria to Vermont.

PERSONAL ENRICHMENT

1290 | Grief Support Group
Rolandas Kausas, Chaplain

1st & 3rd Wed., Nov. 5 - Dec. 17 | 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.

FREE EVENT

San Diego Oasis

WINTER MAKERS MARKET

A Festive Celebration of Local Artistry & Craftsmanship

- Support local artists & small businesses
- Find finding unique, handcrafted treasures
- It's the perfect opportunity to check on those gift lists or treat yourself to something special!

Small Businesses · Local Artists · Food & Drinks

Seasonal Activities · Music

Friday, December 12
11:00am - 2:00pm
17170 Bernardo Center Drive
San Diego, CA 92128

INTERESTED IN BECOMING A VENDOR?
Contact Events@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



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.

2018 | **Mon., Nov. 10 | 1:00 PM | $20**

2019 | **Mon., Dec. 8 | 1:00 PM | $20**

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.

2218 | **Wed., Nov. 12 | 10:00 AM | $20**

2219 | **Wed., Dec. 10 | 10:00 AM | $20**

2248 | Basic Beginning Drawing
Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor

Tue. & Thu., Nov. 4 & 6 | 1:00 PM | 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.

NEW CLASS
2276 | Beginning Punch Needle
Janet Stuelpner, The Left-Handed Artist and Crafter

Tue., Dec. 16 | 10:00 AM | $20

Punch needle embroidery uses a hollow needle to push yarn or thread through fabric, creating plush, looped texture that is ideal for rugs, wall hangings, and decorative art.

NEW CLASS
2145 | Branch Weaving
Lee Yater, M.F.A, Artist, Designer and College Instructor

Fri., Nov. 21 | 1:00 PM | $25

Using branches collected from nature and yarn and/or fabric strips, create a hanging work of art. All materials will be provided.

NEW CLASS
2389 | City and Townscapes in Watercolor
Fang Luo, Artist and Fashion Designer

Thu., Nov. 13 & 20 | 1:00 PM | 2 Sess. | $40

Learn to paint urban and town scenes in watercolor using light, shadow and color to bring your paintings to life. Suitable for all levels.



Crafting Circle
Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

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

2413 | **Thu., Nov. 6 & 20 | 10:00 AM | 2 Sess. | $10**

2414 | **Thu., Dec. 4 & 18 | 10:00 AM | 2 Sess. | $10**

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. All materials will be provided.

2403 | **Tue., Nov. 25 | 10:00 AM | $25**

2406 | **Tue., Dec. 2 | 1:00 PM | $25**

Creative Expression Through the Arts
Sara Turquie, MA in Expressive Arts Therapy, Expressive Arts Therapist and Facilitator

This class blends visual art activities, gentle writing prompts, and meaningful conversation. Project themes promote a safe space and feeling of completion.

2267 | **Wed., Nov. 5 | 10:00 AM | $25**

2268 | **Wed., Nov. 19 | 10:00 AM | $25**

2460 | **Wed., Dec. 3 | 10:00 AM | $25**

2461 | **Wed., Dec. 17 | 10:00 AM | $25**

NEW CLASS

2617 | Digital Photography: Capturing the Holidays

Suda House, Professor of Art and Photography, Grossmont College

Thu., Dec. 11 | 10:00 AM | $15

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

2408 | Free-Flowing Florals: Painting in Watercolor

Ann Dunham, MS Design

Wed. & Fri., Dec. 3 & 5 | 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.

NEW CLASS

Fresh Seasonal Flower Arranging

Holly Aline Friedman, Flower-Arranger at Palomar Hospital Gift Shop (ret.)

Learn how to select and arrange fresh flowers for the holidays in this make-and-take class. All materials will be provided except for garden clippers or sharp scissors.

2311 | Mon., Nov.24 | 10:00 AM | $55
(Must register by 11/20) Thanksgiving

2312 | Fri., Dec. 19 | 1:30 PM | $55
(Must register by 12/16) Christmas



Glass Art with Queenie Glass and Sass

Diana Griffin, Owner of Queenie Glass and Sass

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

2205 | Tue., Nov. 18 | 1:00 PM | $50
Glass Plate

2206 | Tue., Dec. 9 | 1:00 PM | $50
Holiday Glass

NEW CLASS

2222 | Groovy Hydrodipping Christmas Gifts

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

Mon., Dec. 8 | 10:00 AM | $20

Dive into Hydrodipping fun! Spray paint floats on water to create colorful, groovy 70s-inspired patterns on birdhouses, pots, canvas, and more.

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. All materials will be provided.

2398 | Thu., Nov. 20 | 10:00 AM | $75

2399 | Mon., Dec. 15 | 10:00 AM | $75

2144 | Holiday Wreath Making

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

Fri., Nov. 21 | 10:00 AM | $25

Create a festive, eco-friendly wreath using leaves, pinecones, berries, and twigs—perfect for the holidays and seasons beyond! All materials will be provided.

Ikebana Flower Arrangement

Nakaba Emtesali, Certified Practitioner of Ikebana

Discover the principles, techniques and mindful art of arranging flowers Japanese-style. Create your own seasonal floral arrangement. All skill levels are welcome.

2159 | Fri., Nov. 14 | 1:30 PM | $45

2160 | Fri., Dec. 12 | 1:30 PM | $45

2179 | Illustration: California Native Plants

Ann Dunham, MS Design

Mon. & Wed., Nov. 17 & 19 | 1:00 PM | 2 Sess. | $40

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

2184 | Izzy Doll Class

Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

Mon., Nov. 3 | 10:00 AM | $10

Learn to knit or crochet Izzy Dolls—tiny heroes spreading comfort to kids in tough times, inspired by a brave Canadian soldier.

Knitting 1 & 2

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

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.

2113 | Fri., Nov. 7 & 14 | 10:00 AM | 2 Sess. | $40

2114 | Fri., Dec. 5 - 19 | 10:00 AM | 3 Sess. | $60

2259 | Mixed Water Media Painting
Gracie Rhoads, Mixed Media Art Teacher, MA Expressive Arts Therapy

Mon., Nov. 3 | 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. All materials will be provided.

2246 | Paint and Sip Party
Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor

Wed., Nov. 12 | 1:00 PM | $40

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

2249 | Play Around with Acrylic Paint
Nancy Isbell, BA, Former Owner/Founder of Bravo School of Art, Mural Artist & Instructor

Tue. & Thu., Dec. 16 & 18 | 1:00 PM | 2 Sess. | $40

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

2275 | Practical Beading
Janet Stuelpner, The Left-Handed Artist and Crafter

Thu., Nov. 13 | 10:00 AM | $20

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

NEW CLASS
2101 | Pumpkin Succulent
Natalie Kathleen Kaczur, (former) Executive Director of the Rancho Santa Fe Garden Club

Tue., Nov. 18 | 10:00 AM | $50

Create a festive succulent pumpkin to enhance your Thanksgiving decor—fun, creative, and reusable as a garden! All materials will be provided, including pumpkins, clippings, and decorations.

NEW CLASS
Rock Painting with Kelly
Kelly Creeden, BA, MS, Mentor, & Teacher

Create beautiful stone designs for your garden or tabletop, with enthusiastic guidance and time to unleash your creativity. All skill levels are welcome.

2271 | Mon., Nov. 10 | 10:00 AM | $20
Mandala Dot Design

2272 | Tue., Dec. 9 | 10:00 AM | $20
Winter Holiday Design

NEW CLASS
2221 | Secrets of Painting
Jenna Cooper, B.A. Visual Arts, Owner of Glory Art Gallery and Studio

Mon., Nov. 17 | 10:00 AM | $20

Students will develop foundational tools to become strong painters. The class covers tips and techniques to enhance confidence in brushstrokes, texture, depth, and overall painting skills.

2188 | Silk Scarf Painting with Dyes and Other Mixed Media
Lee Yater, M.F.A, Artist, Designer and College Instructor

Thu., Dec. 11 | 1:00 PM | $25

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



Sketch Studio
Ann Dunham, MS Design

This studio still-life drawing class will help you gain insight into drawing concepts and techniques.

2176 | Mon., Nov. 24 | 1:00 PM | $20

2177 | Wed., Dec. 17 | 1:00 PM | $20

NEW CLASS
2457 | Something's Fishy: Carving Linocut Fish and Making Prints
Nichole Condon, Credentialed Art Teacher

Wed., Dec. 10 | 1:00 PM | $25

Learn the basics of carving a linocut. Using your carved fish linocut design, print on textile or stationery to keep or give as gifts.

NEW CLASS
2147 | Succulent Wreath
Natalie Kathleen Kaczur, (former) Executive Director of the Rancho Santa Fe Garden Club

Thu., Dec. 4 | 1:00 PM | $50

Spend time basking in the beauty of succulents, creating a unique wreath to admire all season long and beyond. All materials will be provided.

2260 | Throw Tiny Pottery on Miniature Pottery Wheels

Gracie Rhoads, Mixed Media Art Teacher, MA Expressive Arts Therapy

Mon., Dec. 1 | 1:00 PM | $60

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

2187 | Twist and Dye: Silk Scarf Dyeing

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

Thu., Dec. 11 | 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

2407 | Watercolor Painting for the True Beginner

Ann Dunham, MS Design

Wed. & Fri, Nov. 5 & 7 | 1:30 PM | 2 Sess. | $40

Learn watercolor basics—paints, paper, brushes, color mixing, and brush techniques—then apply your skills to create a floral wreath using washes and color theory concepts.

Zentangle

Kim Cyr, Certified Zentangle Instructor

Discover the relaxing art of Zentangle—no experience needed. Create mindful, structured patterns. Enjoy the process. All materials provided.

2404 | **Tue., Nov. 25 | 1:00 PM | $25**

2405 | **Mon., Dec. 1 | 10:00 AM | $25**

2410 | **Mon., Dec. 15 | 1:00 PM | $25**

BUSINESS, LEGAL & FINANCE

thrivent

Offices of Jonathan Doering, Matthew Molstre and Anthony Camara

2230 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA

Mon., Dec. 15 | 1:00 PM | $5

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

2226 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

Tue., Nov. 18 | 11:00 AM | $5

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

Social Security

Anthony Camara, CFP®, MBA

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

2227 | **Tue., Nov. 18 | 1:00 PM | $5**
2229 | **Mon., Dec. 15 | 11:00 AM | $5**

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

2228 | **Fri., Nov. 21 | 10:00 AM | FREE**
2231 | **Wed., Dec. 17 | 10:00 AM | FREE**

See page 42 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

NEW CLASS

2629 | 15 Steps to a Successful Remodel

Peter Klein, Author & Former Contractor

Wed., Nov. 5 | 10:00 AM | $10

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

2283 | Bringing Spaces to Life: The Ultimate Guide to Staging Homes

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

Thu., Dec. 11 | 1:00 PM | $10

Discover the art of home staging. Learn creative tips and smart strategies to transform any space, making it stylish, inviting, and totally Instagram-worthy.

2282 | Home Selling Tips
Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

Wed., Nov. 5 | 1:00 PM | $10

This class will help you learn some top tips to compete in today's real estate market.

2303 | Long-Term Care Insurance: How to Use It
Linda Jahnke, Board Certified Patient Advocate

Fri., Dec. 12 | 10:00 AM | $10

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

2305 | Reverse Mortgages Explained
Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

Wed., Nov. 5 | 10:00 AM | $10

Unlock your home equity with a reverse mortgage. Get tax-free cash for anything you need. Eliminate mortgage payments and enjoy financial peace of mind for your future.

2375 | 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

Wed., Dec. 10 | 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.

Saleemah Muhammad, Licensed Zumba Gold Instructor
2456 | Tue., Nov. 4 - 25 | 2:30 PM | 3 Sess. | $30

2609 | Tue., Dec. 2 - 16 | 2:30 PM | 3 Sess. | $30

Pam Chilton, Certified Personal Trainer & Fitness Instructor
2425 | Wed., Nov. 5 - 19 | 8:30 AM | 3 Sess. | $30

2610 | Wed., Dec. 3 - 17 | 8:30 AM | 3 Sess. | $30

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.

2452 | Tue., Nov. 4 - 25 | 10:45 AM | 3 Sess. | $30

2606 | Tue., Dec. 2 - 16 | 10:45 AM | 3 Sess. | $30

2434 | Thu., Nov. 6 - 20 | 10:45 AM | 3 Sess. | $30

2620 | Thu., Dec. 4 - 18 | 10:45 AM | 3 Sess. | $30

Active Total Body Conditioning Including Step
Curt Gonzales, Certified Fitness Instructor

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

2443 | Mon., Nov. 3 - 24 | 8:30 AM | 4 Sess. | $40

2595 | Mon., Dec. 1 - 15 | 8:30 AM | 3 Sess. | $30

Active Total Body Conditioning/TRX
Curt Gonzales, Certified Fitness Instructor

This class will provide basic aerobic movements, plus stretching and TRX suspension equipment for a complete body workout.

2432 | Thu., Nov. 6 - 20 | 8:30 AM | 3 Sess. | $30

2435 | Thu., Nov. 6 - 20 | 12:00 PM | 3 Sess. | $30

2618 | Thu., Dec. 4 - 18 | 8:30 AM | 3 Sess. | $30

2621 | Thu., Dec. 4 - 18 | 12:00 PM | 3 Sess. | $30

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.

2428 | Wed., Nov. 5 - 19 | 12:00 PM | 3 Sess. | $30

2613 | Wed., Dec. 3 - 17 | 12:00 PM | 3 Sess. | $30

2438 | Fri., Nov. 7 - 21 | 9:30 AM | 3 Sess. | $30

2624 | Fri., Dec. 5 - 19 | 9:30 AM | 3 Sess. | $30

Better Balance
Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2455 | Tue., Nov. 4 - 25 | 1:15 PM | 3 Sess. | $30

2608 | Tue., Dec. 2 - 16 | 1:15 PM | 3 Sess. | $30

2436 | Thu., Nov. 6 - 20 | 2:30 PM | 3 Sess. | $30

2622 | Thu., Dec. 4 - 18 | 2:30 PM | 3 Sess. | $30

Cardio Drumming
Andra Valencia, Fitness and Dance Instructor

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

2447 | Mon., Nov. 3 - 24 | 1:00 PM | 4 Sess. | $40

2599 | Mon., Dec. 1 - 15 | 1:00 PM | 3 Sess. | $30

2440 | Fri., Nov. 7 - 21 | 12:00 PM | 3 Sess. | $30

2626 | Fri., Dec. 5 - 19 | 12:00 PM | 3 Sess. | $30

Cardio Drumming and Weights
Curt Gonzales, Certified Fitness Instructor

This class combines the high-energy rhythm of cardio drumming with the muscle-toning benefits of light weight training. Perfect for all fitness levels.

2450 | **Tue., Nov. 4 - 25 | 8:30 AM | 3 Sess. | $30**

2604 | **Tue., Dec. 2 - 16 | 8:30 AM | 3 Sess. | $30**

Cardio Drumming to the Oldies
Andra Valencia, Fitness and Dance Instructor

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

2441 | **Fri., Nov. 7 - 21 | 1:00 PM | 3 Sess. | $30**

2627 | **Fri., Dec. 5 - 19 | 1:00 PM | 3 Sess. | $30**

Chair Chi
Pat Griffith, Sifu

Enjoy the benefits of standard Tai Chi from the comfort and safety of your chair.

2453 | **Tue., Nov. 4 - 25 | 11:15 AM | 3 Sess. | $30**

2603 | **Tue., Dec. 2 - 16 | 11:15 AM | 3 Sess. | $30**



Dance Fit
Andra Valencia, Fitness and Dance Instructor

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

2446 | **Mon., Nov. 3 - 24 | 12:00 PM | 4 Sess. | $40**

2598 | **Mon., Dec. 1 - 15 | 12:00 PM | 3 Sess. | $30**

2442 | **Fri., Nov. 7 - 21 | 2:00 PM | 3 Sess. | $30**

2628 | **Fri., Dec. 5 - 19 | 2:00 PM | 3 Sess. | $30**

Essentrics: Strengthen, Sculpt & Stretch
Jennifer Doheny, Certified Essentrics Instructor

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

2451 | **Tue., Nov. 4 - 25 | 9:30 AM | 3 Sess. | $30**

2605 | **Tue., Dec. 2 - 16 | 9:30 AM | 3 Sess. | $30**

2429 | **Wed., Nov. 5 - 19 | 1:15 PM | 3 Sess. | $30**

2614 | **Wed., Dec. 3 - 17 | 1:15 PM | 3 Sess. | $30**

Functional/Senior Fitness
Donna Bird, ACE Certified Instructor, Silver Sneakers Certified

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

2448 | **Mon., Nov. 3 - 24 | 2:00 PM | 4 Sess. | $40**

2600 | **Mon., Dec. 1 - 15 | 2:00 PM | 3 Sess. | $30**

Gentle Hatha Yoga and Guided Relaxation
Michelle Baker, Certified Yoga Therapist (C-IAYT)

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

2437 | **Thu., Nov. 6 - 20 | 1:15 PM | 3 Sess. | $30**

2623 | **Thu., Dec. 4 - 18 | 1:15 PM | 3 Sess. | $30**

NEW CLASS
Gentle Qi Gong
Kathy Hassett, MS, Ordained Buddhist Priest, 2nd Vice Abbott of the Lohan Spiritual and Cultural Center

Gentle flowing Qi Gong, that will leave you centered and refreshed. No floor work, and you may practice sitting in a chair or standing. All levels welcome.

2467 | **Mon., Dec. 1 | 11:00 AM | FREE**

2468 | **Mon., Dec 15 | 11:00 AM | FREE**

Line Dancing for Beginners
Fern Helms, Accomplished Ballroom and Line Dance Instructor

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

2430 | **Wed., Nov. 5 - 19 | 2:30 PM | 3 Sess. | $30**

2615 | **Wed., Dec. 3 - 17 | 2:30 PM | 3 Sess. | $30**

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.

2630 | **Thu., Nov. 6 - 20 | 2:30 PM | 3 Sess. | $30**

2631 | **Thu., Dec. 4 - 18 | 2:30 PM | 3 Sess. | $30**

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.

2427 | **Wed., Nov. 5 - 19 | 10:45 AM | 3 Sess. | $30**

2612 | **Wed., Dec. 3 - 17 | 10:45 AM | 3 Sess. | $30**

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.

2426 | **Wed., Nov. 5 - 19 | 9:30 AM | 3 Sess. | $30**

2611 | **Wed., Dec. 3 - 17 | 9:30 AM | 3 Sess. | $30**

Soul Line Dancing: Holiday Stress Buster
Lee D. Wells, Instructor, Never2Old Adult Soul Line Dance Group

Join Lee Wells for a high-energy Soul Line Dancing mini-marathon—beat holiday stress, connect with community, and support San Diego Oasis while having fun!

2464 | **Fri., Dec. 19 | 1:00 PM | $12**

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.

2444 | **Mon., Nov. 3 - 24 | 9:30 AM | 4 Sess. | $40**

2596 | **Mon., Dec. 1 - 15 | 9:30 AM | 3 Sess. | $30**

2433 | **Thu., Nov. 6 - 20 | 9:30 AM | 3 Sess. | $30**

2619 | **Thu., Dec. 4 - 18 | 9:30 AM | 3 Sess. | $30**

Tai Chi Chuan: Beginning
Pat Griffith, Sifu

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

2449 | **Mon., Nov. 3 - 24 | 3:15 PM | 4 Sess. | $40**

2602 | **Mon., Dec. 1 - 15 | 3:15 PM | 3 Sess. | $30**

Tai Chi Chuan: Beginning II
Pat Griffith, Sifu

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

2439 | **Fri., Nov. 7 - 21 | 10:45 AM | 3 Sess. | $30**

2625 | **Fri., Dec. 5 - 19 | 10:45 AM | 3 Sess. | $30**

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.

2445 | **Mon., Nov. 3 - 24 | 10:45 AM | 4 Sess. | $40**

2597 | **Mon., Dec. 1 - 15 | 10:45 AM | 3 Sess. | $30**

Yo-Pi
Darshi Kaur, Certified Yoga and Pilates Instructor

Combine the benefits of Pilates and yoga in a low-impact workout that builds strength, flexibility, and core stability, helping you feel strong, balanced, and comfortably toned.

2396 | **Fri., Nov. 7 - 21 | 8:30 AM | 3 Sess. | $30**

2397 | **Fri., Dec. 5 - 19 | 8:30 AM | 3 Sess. | $30**

Zumba Gold
Saleemah Muhammad, Licensed Zumba Gold Instructor

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

2454 | **Tue., Nov. 4 - 25 | 12:00 PM | 3 Sess. | $30**

2607 | **Tue., Dec. 2 - 16 | 12:00 PM | 3 Sess. | $30**

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

NEW CLASS

2003 | Alzheimer's San Diego: Skills Clinic: Balance & Fall Prevention
Joaquin Ortiz, Director of Education, Alzheimer's San Diego

Fri., Dec. 19 | 1:00 PM | FREE

This practical skills class shares strategies for helping a person maintain strength, balance, and reducing fall risk.

NEW CLASS

2002 | Alzheimer's San Diego: Care in the Late Stage
Jean Alton, Dementia Educator, Alzheimer's San Diego

Fri., Nov. 21 | 1:00 PM | FREE

Learn to navigate late-stage disease care, adapt to communication strategies, and meet evolving needs.

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

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

2418 | **Tue., Nov. 4 | 10:00 AM | $12**

2459 | **Thu., Dec. 11 | 1:00 PM | $12**

2416 | Brain Healthy Living

Sheila Star Coulbourn, HHP, BCPA

Tue., Dec. 9 | 10:00 AM | $15

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

Meditation—Your Key to Health, Wellness & Peace

Melynnique Seabrook, MA

In this class you'll learn how to focus within, calm your mind, and bring peace to your body through meditation.

2169 | **Fri., Nov. 7 & 14 | 1:30 PM | 2 Sess. | $20**

2458 | **Fri., Dec. 19 | 11:30 AM | $10**

NEW CLASS

2422 | Navigating Medical Care: Emergency Preparedness

Jay's Heart: Diane Wintz, MD, and Kelly Wright, RN

Thu., Dec. 18 | 10:00 AM | $15

Discover how to prepare for emergencies, understand and answer medical questions, advocate for yourself or a loved one, and make choices when it matters most.

NEW CLASS

2421 | Navigating Medical Care: Understanding Medical Information

Jay's Heart: Diane Wintz, MD, and Kelly Wright, RN

Thu., Nov. 6 | 10:00 AM | $15

Have you ever left a doctor's office feeling confused about what was said? Learn how to make sense of the health information you receive.

UnitedHealthcare

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2008 | **Fri., Nov. 14 | 10:00 AM | FREE**

2009 | **Wed., Nov. 19 | 12:00 PM | FREE**

2010 | **Fri., Dec. 5 | 10:00 AM | FREE**

2632 | Unlocking the Mystery of Dizziness & Vertigo

Dr. Jimmy Pang, PT/DPT, Pang Physical Therapy

Wed., Dec. 17 | 2:00 PM | $15

Beat the spin! Learn common causes of dizziness, how it's diagnosed, and practical tips to feel balanced, steady, and in control.

2313 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

Tue., Dec. 9 | 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

2243 | A Treasury of Christmas Humor

Richard Lederer, Union-Tribune Language Columnist

Wed., Dec. 17 | 10:00 AM | $15

Celebrate the season with Richard Lederer's festive mix of holiday history, humor, poems, and the fascinating stories behind Santa, Frosty, and Christmas words.

NEW CLASS

2660 | America on the Rocks? The Whiskey Rebellion Story

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

Mon., Nov. 24 | 10:00 AM | $15

When a whiskey tax hit the frontier, tempers flared, and rebellion boiled over. Discover how this spirited revolt tested George Washington's authority and nearly unraveled our young republic.



NEW CLASS

2465 | Art & Artists in Southern France

Julia Fister, MA, Studio ACE Executive Director

Tue., Nov. 25 | 10:00 AM | $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

2294 | Did Prophets in the Old Testament/Hebrew Bible Predict the Future?

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

Wed., Dec. 10 | 10:00 AM | $15

Join Dr. John Spencer to examine the phenomenon of prophecy in the ancient Near East and the Old Testament/ Hebrew Bible.

NEW CLASS

2420 | Dwight Eisenhower – Soldier, Statesman, Patriot

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

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

Explore Eisenhower's journey from small-town roots to WWII hero and President, shaping history with courage, leadership, and lasting peace.



NEW CLASS

2110 | Folk Music's Greatest Songs

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

Fri., Dec. 5 | 1:00 PM | $16

Sing along with Peter Bolland in a storytelling concert celebrating the greatest folk songs of the Folk Revival era. Lyrics will be provided for a true hootenanny.

2242 | Fun with Doctor Grammar Guy

Richard Lederer, Union-Tribune Language Columnist

Wed., Nov. 19 | 10:00 AM | $15

Explore grammar myths, punctuation tips, and usage quirks with language expert Richard Lederer in this lively, engaging, and entertaining Q&A-style session.

NEW CLASS

2149 | Galileo Galilei: Bridging Medieval and Modern Science

Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

Mon., Dec. 15 | 10:00 AM | $15

Explore Galileo's curiosity, inventions, and daring discoveries that overturned ancient beliefs and set the stage for modern science and astronomy.

NEW CLASS

2411 | Heritage Travel - Journey to the Land of Your Ancestors

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

Wed., Nov. 12 | 1:00 PM | $15

Join Marilyn McPhie as she shares tips and resources for planning an unforgettable journey to your ancestral roots.

NEW CLASS

2291 | North American Archaeology

Henry George, Engineer, Archaeologist and Geologist

Thu., Nov. 20 | 10:00 AM | $15

We will explore the development of Indigenous cultures in North America and specifically explore the cultures that achieved the chiefdom level.

NEW CLASS

2065 | Pearl Harbor: Day of Infamy, Day of Sacrifice

Mark Carlson, Historian & Author

Wed., Dec. 17 | 1:00 PM | $15

Join us to explore the lingering questions, shifting perspectives, and surprising new insights into that fateful December morning.

NEW CLASS

2277 | San Diego's Lost City: Archaeology and History of the San Diego Presidio

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

Mon., Nov. 17 | 1:00 PM | $15

Explore early San Diego's origins at El Presidio with historian Richard Carrico, uncovering its people, culture, and pivotal events from 1769 to the 1830s.

NEW CLASS

2661 | Settling the West: How Land Sales Shaped American History

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

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

Explore how land sales, speculation, and government deals—not just battles—reshaped the American West and influenced the growth and destiny of the United States.

2662| So Hard to Die: The Mysterious Death of Meriwether Lewis

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

Thu., Nov. 6 | 10:00 AM | $15

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

H HYBRID **BOTH LOCATIONS**

NEW CLASS

2109 | Thanksgiving and the Consciousness of Gratitude

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

Fri., Nov. 21 | 1:00 PM | $16

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

NEW CLASS

2558 | The Creation vs. Evolution Quarrel

Fred Bercovitch, Ph.D. Biological Anthropology

Wed., Nov. 12 | 10:00 AM | $15

Explore the spaces between extremes—creation vs. evolution, science vs. religion—and discover surprising bridges in the story of how we got here.

NEW CLASS

2635 | The End of the Soviet Union

Robert Givens, PhD, Fulbright Fellowship Recipient, Scholar of European and Russian History

Thu., Nov. 13 | 1:00 PM | $15

Learn the basics of the Soviet system, the problems of the mid 1980s, and how Gorbachev's reforms led to the disintegration of the Soviet state.

NEW CLASS

2292 | The History of the Future

Henry George, Engineer, Archaeologist and Geologist

Thu., Dec. 11 | 10:00 AM | $15

We will discuss authors, novels, films, and television series and evaluate which were prescient and which were off in their predictions of the future.

2111 | The Myth and Magic of Christmas

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

Fri., Dec. 19 | 1:00 PM | $16

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

NEW CLASS

2064 | The Seven Wonders of the Ancient World

Mark Carlson, Historian & Author

Wed., Nov. 19 | 1:00 PM | $15

Travel back in time to explore the Seven Wonders of the Ancient World, see how they were built, and imagine their awe-inspiring glory.

NEW CLASS

2469 | The Way of Life: Wisdom Teachings from Abraham Joshua Heschel

Virginia Shabatay, Ph.D., 40+ year Professor of Social Justice

Mon, Nov. 24 | 1:00 PM | $15

Explore the uplifting wisdom of Heschel, who balanced wonder and moral courage, finding meaning, joy, and depth in life's beauty and its challenges.

NEW CLASS

2466 | Vermeer: Girl with a Pearl Earring

Julia Fister, MA, Studio ACE Executive Director

Thur., Dec. 18 | 10:00 AM | $15

Discover the mystery and mastery of Vermeer through his luminous technique and the 34 captivating paintings that define this Dutch Golden Age genius.



NEW CLASS

2419 | Walter Cronkite – "The Most Trusted Man in America"

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

Thu., Nov. 20 | 1:30 PM | $15

Explore the legacy of Walter Cronkite, the trusted voice who shaped American news through unbiased coverage of history's defining moments.

NEW CLASS

2108 | What is Liberalism?

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

Fri., Nov. 7 | 1:00 PM | $16

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

LANGUAGES

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

2125 | Beginning French
Danielle Deaton, Advanced Teacher, Credentialed Instructor

Wed., Nov. 12 - Dec. 17 | 10:00 AM | 4 Sess. | $80

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

2127 | Intermediate French
Danielle Deaton, Advanced Teacher, Credentialed Instructor

Wed., Nov. 12 - Dec. 17 | 11:30 AM | 4 Sess. | $80

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

2129 | Advanced French
Danielle Deaton, Advanced Teacher, Credentialed Instructor

Wed., Nov. 12 - Dec. 17 | 1:00 PM | 4 Sess. | $80

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

2156 | Beginning German 1
Christine Nievergelt, M. Ed.

Fri., Nov. 14 - Dec. 19 | 11:30 AM | 4 Sess. | $80

We will start with the very basics of learning vocabulary and grammar, with an emphasis on practical phrases that can be used to meet and greet people.

2137 | Beginning German 2
Christine Nievergelt, M. Ed.

Fri., Nov. 14 - Dec. 19 | 10:00 AM | 4 Sess. | $80

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

2135 | Beginning Italian 1
Thomas Malone, Thomas Malone, BA, Native Italian Language Speaker & Instructor, and Roman History Enthusiast

Fri., Nov. 14 - Dec. 19 | 2:15 PM | 4 Sess. | $80

Start your Italian journey! Learn grammar, vocabulary, and simple conversations at a relaxed pace—perfect for true beginners.

H HYBRID BOTH LOCATIONS

2131 | Beginning Italian 2
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Tue., Nov. 18 - Dec. 16 | 12:00 PM | 4 Sess. | $80

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

2133 | Intermediate Italian
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Tue., Nov. 18 - Dec. 16 | 1:15 PM | 4 Sess. | $80

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

2119 | Beginning Spanish 1
Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

Thu., Nov. 13 - Dec. 18 | 11:30 AM | 4 Sess. | $80

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

2121 | Beginning Spanish 2
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Mon., Nov. 10 - Dec. 15 | 11:30 AM | 6 Sess. | $120

This class helps continuing students expand their vocabulary, grammar, and confidence in everyday conversations.

2123 | Intermediate Spanish
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Mon., Nov. 10 - Dec. 15 | 1:00 PM | 6 Sess. | $120

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

2148 | Conversational Spanish
Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

Thu., Nov. 13 - Dec. 18 | 10:00 AM | 4 Sess. | $80

Practice Spanish in real-life situations through conversations, games, and role-playing. Build confidence with everyday expressions while preparing for travel, friendships, while exploring a new language.

NEW CLASS

2116 | Spanish for Travelers
Rene Caracoza, MA, Professor of Spanish and Portuguese at Grossmont College

Mon., Nov. 10 - Dec. 15 | 10:00 AM | 6 Sess. | $120

Learn essential Spanish vocabulary and travel-friendly phrases that build your confidence as a visitor to Spanish-speaking countries.

LITERATURE & VISUAL ARTS

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

2014 | Wed., Nov. 19 | 10:00 AM | $5
The Nightingale by Kristin Hannah

2015 | Wed., Dec. 17 | 10:00 AM | $5
A Calamity of Souls by David Baldacci

NEW CLASS
2412 | Tales from England: Wit, Wisdom, and Wonder from Hearths and Halls
Marilyn McPhie, President of Storytellers of San Diego, TEDx Speaker

Wed., Dec. 10 | 12:30 PM | $15

Dive into England's enchanting folklore filled with humor, magic, and timeless wisdom.

MUSIC & LIVE PERFORMANCES

NEW CLASS
2284 | Cozy Classroom Concert: Melynnique Seabrook's Songs from the Heart
Melynnique Seabrook, MA

Fri., Nov. 21 | 3:00 PM | $20

Like NPR's Tiny Desk Concert Series, our Cozy Classroom Concerts will introduce you to artists and genres designed to expand your music horizons.

NEW CLASS
2110 | Folk Music's Greatest Songs
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

Fri., Dec. 5 | 1:00 PM | $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.

PERSONAL ENRICHMENT

2200 | A Victorian Holiday High Tea
David Beevers, Bridging the Digital Divide Manager

Wed., Dec. 10 | 2:00 PM | $35

Come and join us for a Victorian themed holiday high tea, featuring a delightful selection of savory finger sandwiches, fine teas, and delectable, sweet treats.

2171 | American Mah Jongg for Beginners: Let's Get Started!
Sheryl Chesivoir, B.A., 20+ Years of Playing/Teaching Mah Jongg and Canasta

Tue. & Thu, Dec. 2 - 11 | 1:00 PM | 4 Sess. | $100

Learn the rules and nuances of American Mah Jongg and then enjoy plenty of real playtime with friends—enroll early, space is limited.

2061 | Bereavement Support Group
Sharon L Bryant, Chaplain, VITAS Healthcare

Wed., Nov. 12 & Dec. 10 | 10:30 AM | 2 Sess. | FREE

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



2475 | Canasta Strategies: Beyond the Basics
Sheryl Chesivoir, B.A., 20+ Years of Playing/Teaching Mah Jongg and Canasta

Mon, Thu., & Fri., Nov. 3, 6, 10 & 14 | 1:00 PM | 4 Sess. | $100

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

2409 | Collette - Travel Destinations in 2026 and Beyond
Ghythe Haddad, Business Development Manager

Thu., Nov. 13 | 10:00 AM | FREE

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

Happy Hour Trivia
Alan Zacharin, Trivia Enthusiast

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

2140 | Fri., Nov. 14 | 2:00 PM | $12

2141 | Fri., Dec. 12 | 2:00 PM | $12

NEW CLASS
Intro to Rummikub: Learn, Play, Strategize
Elyse Kist, MBA, Card & Board Game Enthusiast

Discover Rummikub—a fast-paced game combining rummy and Mah Jongg. Learn the rules, practice strategies, and play guided games with others. No experience is needed.

2567 | Mon., Nov. 17 | 10:00 AM | $15

2568 | Mon., Dec. 8 | 10:00 AM | $15

NEW CLASS
2401 | Lions, Tigers & Bears
Kathy Halligan, LTB Outreach

Fri., Nov. 7 | 10:00 AM | FREE

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

NEW CLASS
Mah Jongg/Canasta Open Play

If you're interested in playing with friends, drop in and play. No instructor-- this is purely for fun.

2471 | Thu., Nov. 13 | 10:00 AM | $5

2472 | Thu., Nov. 20 | 10:00 AM | $5

2473 | Thu., Dec. 11 | 10:00 AM | $5

2474 | Thu., Dec. 18 | 10:00 AM | $5

2253 | Makeup Made Easy: Level 1, Step-by-Step
Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Tue. & Thu., Nov. 4 & 6 | 10:00 AM | 2 Sess. | $30

Unlock the secrets to timeless beauty with expert makeup tips tailored for women 50+, enhancing your look with minimal effort and maximum impact.

2254 | Makeup Made Easy: Level 2, Upgrade Your Look
Michelle Richardson, Professional Makeup Artist and Instructor, Esthetician and Entrepreneur

Tue. & Thu., Dec. 2 & 4 | 10:00 AM | 2 Sess. | $30

Discover pro makeup tips for women 50+. Learn age-defying techniques, tools, and tricks to enhance your look and feel confident every day.

2415 | Managing Stress
Sheila Star Coulbourn, HHP, BCPA

Fri., Nov. 21 | 10:00 AM | $15

In this stress management workshop, learn effective strategies to reduce stress, improve productivity, and build a healthier, happier life through interactive exercises and insights.

2470 | May I? (Continental Rummy)
Judy Applebaum, Lifelong Learning Program Manager @ San Diego Oasis at Rancho Bernardo

Thu. Nov. 6 | 10:00 AM | $15

Come play this fun, social card game with unique twists. Easy to learn, perfect for both casual and avid card players.

2211 | The Downsizers Club
Jami Shapiro, Certified Senior Move Manager and Founder of Silver Linings Transitions

Thu., Nov. 20 | 2:00 PM | $10

Get guidance, support, and proven strategies to create a more organized space. Jami blends storytelling, education, and humor to make decluttering fun and easy.

NEW CLASS
2235 | Where Did the Day Go? Time Management Strategies
Camille Currier, MA Ed. Tech., Former Corporate Trainer, People Skills Expert

Tue., Dec. 16 | 10:00 AM | $15

Explore proven methods and practical tools to help plan, focus, and reduce procrastination—practical tools to make retirement days smoother and more purposeful.

NEW CLASS

2560 | Wine IQ – Holiday Wines

Matilda Parente, MD, CSW

Mon., Nov. 10 | 10:00 AM | $15

Learn how to choose and serve holiday libations that will thrill your guests and honor your cooking. Help make your holiday feasts even more memorable.

NEW CLASS

2561 | Wines of Sicily and Mt. Etna

Matilda Parente, MD, CSW

Mon., Dec. 8 | 1:00 PM | $15

Whether rosé, still or sparkling, red or white, enjoy a sip and learn about the unique wines and foods from all around Sicily.

2417 | Women's Group: Friendship and Support

Oliva M. Espín, PhD, Counseling Psychologist and Feminist Therapy Pioneer

Mon., Nov. 10 & 24 | 1:00 PM | 2 Sess. | $20

Retirement is a time to grow, create, and thrive—join our vibrant group of women 50+ to connect, share, and explore.

SCIENCE

NEW CLASS

2563 | Back to the Moon and Beyond

Bruce McCoy, BSEE, ret MIT/NASA test engineer for Mission Operations Center

Thu., Dec. 18 | 1:00 PM | $15

This class offers a fascinating look at NASA's Artemis program's mission to return to the Moon as a critical step toward the exploration of Mars.

NEW CLASS

2559 | Charles Darwin and the Dawn of Conservation Ethics

Fred Bercovitch, Ph.D. Biological Anthropology

Mon., Dec. 1 | 10:00 AM | $15

Discover how Darwin's groundbreaking ideas sparked the conservation movement, inspiring pioneers like John Muir and Teddy Roosevelt to protect nature and wildlife.

NEW CLASS

2349 | Greenwich, the International Date Line, and the Birth of Standard Time

Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

Wed., Nov. 5 | 1:00 PM | $15

Learn how Greenwich, the Date Line, railroads, and WWI influenced time zones and Daylight Saving, transforming how humanity measures, organizes, and experiences time.

2562 | How We Landed on the Moon

Bruce McCoy, BSEE, ret MIT/NASA test engineer for Mission Operations Center

Thu., Nov. 6 | 1:00 PM | $15

Uncover the interactive, collaborative process NASA, MIT, and Grumman Aircraft went through in developing the Apollo guidance process and software in landing on the moon.

NEW CLASS

2462 | Living on the Moon or Mars

Neil Farber, MD, NASA/JPL Solar System Ambassador

Mon., Nov. 17 | 10:00 AM | $15

This lecture deals with all the challenges and problems inherent in attempting to set up a permanent base on the Moon and Mars.

NEW CLASS

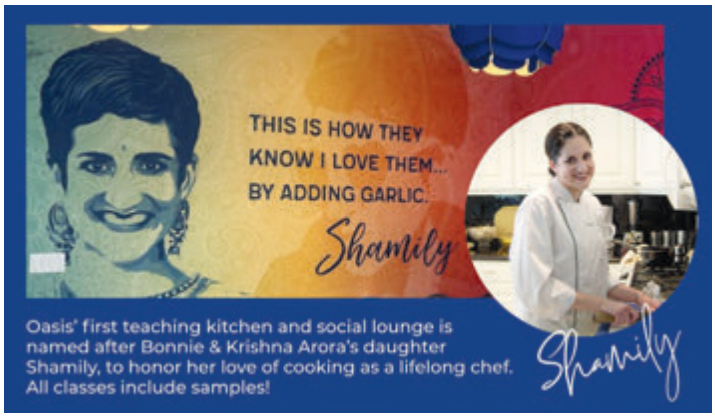
2463 | The James Webb Space Telescope: Looking Out, Looking Back

Neil Farber, MD, NASA/JPL Solar System Ambassador

Tue., Dec. 16 | 1:00 PM | $15

Explore the James Webb Space Telescope, the largest telescope ever built, from planning to groundbreaking discoveries, unveiling mesmerizing images of the cosmos.

SHAMILY'S KITCHEN



NEW CLASS

2636 | An International Butternut Squash Adventure

Beatrice Ricart, Chef and Accounting Specialist

Mon., Nov. 17 | 11:00 AM | $25

Discover the global flavors of butternut squash and turn this fall favorite into a star ingredient bursting with international flair.

HYBRID BOTH LOCATIONS

NEW CLASS

2638 | Baking with Herbs: Biscuits, Scones, Dumplings, and More

Karen England, Herbologist, Edgehill Herb Farm

Fri., Nov. 7 | 1:00 PM | $25

Flavor your baked goods with fresh herbs and spices, make your own baking powder, and create sweet and savory treats with easy, fun recipes.

NEW CLASS

2021 | Cranberry and Quinoa Stuffed Acorn Squash

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Fri., Nov. 14 | 10:00 AM | $25

Create a cozy vegetarian dish: roasted acorn squash filled with savory-sweet stuffing. A hearty fall and winter favorite, perfect as a side or main course.

NEW CLASS

2371 | Fresh Berry Pavlova

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Wed., Nov. 5 | 12:00 PM | $25

Whip up pavlova—crispy meringue with a marshmallow center, topped with fresh berries and cream for a light, elegant dessert.

NEW CLASS

2648 | Healthy Pecan Bars

Chef Zuzu Khawaja, Vegan Chef, Food Stylist, and Recipe Developer

Thu., Dec. 11 | 10:30 AM | $35

Join Chef Khawaja, winner of Bravo TV's Top Chef Amateurs, to learn how to make delicious, nutrient-dense pecan bars.

NEW CLASS

2639 | Holiday Charcuterie Arrangements

Gina Johnson, San Diego Oasis Events & Marketing Coordinator

Wed., Dec. 17 | 1:00 PM | $25

Elevate your holiday parties by learning how to create a stunning charcuterie board!

NEW CLASS

2633 | Holiday Desserts with a Twist

Carol Zaleta, Chef

Mon., Nov. 3 | 11:00 AM | $25

Wow your holiday table with pumpkin cheesecake on a Biscoff crust and gingerbread cake with poached pears—fun, festive twists on timeless classics.

NEW CLASS

2637 | Homemade Pot Pies

Tonya Whitfield, Chef/Professor

Fri., Nov. 21 | 11:00 AM | $25

Whip up homemade pie dough in minutes and create your own savory individual meat or veggie pot pies to take home. These are delicious, fast, and fun.

NEW CLASS

2634 | Host-Friendly Holiday Dinner

Carol Zaleta, Chef

Mon., Dec. 8 | 11:00 AM | $25

Whip up a stress-free holiday feast with cranberry pork tenderloin, Brussels sprouts, pear salad, and easy elegant sides. All are fun, tasty, and totally doable.

2651 | Potato Knishes

Allison Weisman, Owner of Allison's Custom Confections

Thu., Dec. 18 | 1:00 PM | $25

Learn how to create this delicious Eastern European pastry.

NEW CLASS

2020 | Spinach and Ricotta Conchiglioni

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Fri., Dec. 12 | 10:00 AM | $25

Learn to make conchiglioni pasta shells stuffed with ricotta and spinach, baked in rustic tomato sauce, topped with cheese, and served bubbling and golden.

NEW CLASS

2366 | The Five French Mother Sauces: Hollandaise

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Wed., Nov. 5 | 10:00 AM | $25

A rich, buttery emulsion made from egg yolks, clarified butter, and lemon juice, whisked over gentle heat. Perfect for a classic breakfast.

NEW CLASS

2650 | Turkey Sugar Cookies

Allison Weisman, Owner of Allison's Custom Confections

Thu., Nov. 20 | 1:00 PM | $25

Sweeten your Thanksgiving with a hands-on sugar cookie decorating class, where you'll use buttercream frosting to create festive treats. All supplies are provided.

TECHNOLOGY

NEW CLASS

2659 | AI for Daily Life: Cancel Unwanted Subscriptions with ChatGPT

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

Tue., Dec. 9 | 1:00 PM | $15

Did you know ChatGPT can find and cancel subscriptions? This class helps you review, manage, and stop recurring charges with simple, step-by-step AI support.

NEW CLASS

2655 | AI for Daily Life: Plan a Trip with ChatGPT

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

Tue., Nov. 4 | 1:00 PM | $15

Learn how to use ChatGPT to plan trips, find places to stay, book tours, and organize activities—all in a simple, hands-on session.

NEW CLASS

2657 | AI for Daily Life: Smart Grocery Savings with ChatGPT

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

Tue., Dec. 16 | 1:00 PM | $15

Learn to use ChatGPT and AI tools to compare prices, monitor sales, and build low-cost grocery lists that help you save money every week.

2658 | Computer Housekeeping

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

Tue., Dec. 9 | 11:30 AM | $15

This hands-on class teaches basic computer maintenance and troubleshooting for PC users. Familiarity with Windows is required.

2652 | Cut the Cable: Stream for Savings

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

Tue., Nov. 18 | 1:00 PM | $15

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

2656 | Fun Websites and Apps to Fine-Tune Your Memory

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

Tue., Dec. 16 | 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.

2653 | Smart Phone 101

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

Tue., Nov. 4 | 11:30 AM | $15

Learn the basic functions and features of your iPhone or Android phone to navigate with confidence to build a solid foundation for everyday use.



2654 | Smart Phone 102

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

Tue., Nov. 18 | 11:30 AM | $15

Take your smartphone skills to the next level. Learn features and functions that help you be more efficient, stay organized, and customize your needs.

INNOVATION CENTER

Oasis Innovation Center Workshops at our Rancho Bernardo Location are led by David Beevers, Manager of Technology Training and Program Operations.

Technology workshops would not be possible without the generous support of Arlene & Michael Bardin, the McCarthy Family, Rancho Bernardo Community Foundation, Rancho Bernardo Sunrise Rotary, and Rotary Club of Rancho Bernardo.

204 | Apple Photos Workshop

Thu., Nov. 13 | 2:00 PM | $10

This workshop will show you how to view and filter your library for a comprehensive view, and how to quickly find a photo and create albums.

206 | Bluetooth Basics Workshop

Thu., Nov. 13 | 10:00 AM | $10

We'll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more.

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.

210 | **Tue., Nov. 4 | 12:00 PM | $10**

211 | **Thu., Nov. 20 | 2:00 PM | $10**

213 | Digital Coupon Workshop

Thu., Nov. 20 | 10:00 AM | $10

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



Emojis, Memes and GIFs Galore

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

217 | **Tue., Nov. 4 | 10:00 AM | $10**

218 | **Thu., Nov. 20 | 12:00 PM | $10**



230 | UBER/Lyft App Workshop

Thu., Nov. 13 | 12:00 PM | $10

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



232 | YouTube Workshop

Tue., Nov. 4 | 2:00 PM | $10

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

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.

thrivent®

Offices of Jonathan Doering, Matthew Molstre and Anthony Camara

See page 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

Schedule your free heart check-up today:
(858) 455-5227

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.

Learn more at Thrivent.com

thrivent

OASIS AT THE LIBRARY

LOGAN HEIGHTS LIBRARY
567 S 28th St, San Diego, CA 92113

703 | Chair Yoga
Rosana Carvalho Gilmore, Certified Fitness Instructor

Fri., Nov. 7 - Dec. 19 | 10:00 AM | 4 Sess. | 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

707 | Climate Change
Jennifer Olim, Ph.D.

Sat., Dec. 13 | 2:30 PM | FREE

Ever wonder how climate change works? Explore Earth's climate system, human impact, and practical solutions in this engaging, eye-opening class.

705 | Cortes and Moctezuma II: The Meeting of Two Worlds
Maria Butler, MA Lecturer Emerita San Diego State University

Sat., Nov. 15 | 2:30 PM | FREE

Explore how the meeting between Cortes and Moctezuma II led to the 1521 fall of the Aztec Empire and transformed ancient Mesoamerican life forever.

POINT LOMA/HERVEY BRANCH LIBRARY
3701 Voltaire St, San Diego, CA 92107

719 | A Treasury of Christmas Humor
Richard Lederer, Union-Tribune Language Columnist

Wed., Dec. 10 | 1:00 PM | FREE

Celebrate the season with Richard Lederer's festive mix of holiday history, humor, poems, and the fascinating stories behind Santa, Frosty, and Christmas words.

Chair Yoga
Julia Doughty, MFA and Certified HHP

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

744 | **Fri., Nov. 14 | 10:00 AM | FREE**

745 | **Fri., Dec. 12 | 10:00 AM | FREE**

718 | The Creation of the Panama Canal
Blaine Davies, MA, Professor of U.S. History

Wed., Nov. 12 | 1:00 PM | FREE

Learn how, despite disease, politics and daunting civil engineering obstacles, the canal was conceived, engineered and made available for ocean-to-ocean transit.

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FEB 22 • 4:00PM



FEB 27 • 7:30PM

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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.

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TRAVEL

All fees shown are per person. Visit the Travel page on the website for full brochures: Click “Classes” and then select “Travel & Trips”

AFC Vacation

Colorful Costa Rica
Jan. 28 - Feb. 5, 2026 | 9 Days | 18 Meals

Double: $3,999 | pp $4,749 pp

Fly into colorful San José and journey through Costa Rica’s stunning natural wonders—from the wildlife-rich canals of Tortuguero to the lush Arenal Volcano, Monteverde Cloud Forest, and artisan villages—featuring guided tours, local farm visits, and unforgettable cultural experiences.

New Orleans & Cajun Country
Feb. 22 - 28, 2026 | 7 Days | 10 Meals

Double: $3,499 pp | Single: $4,374 pp

This trip to New Orleans will be filled with jazz, steamboat cruising, and French Quarter charm. You'll journey through Baton Rouge, Natchez, and into Cajun Country. Enjoy historic mansions, bayou adventures, Acadian culture, and a spicy finale with Tabasco, music, and Cajun cuisine!

Arizona Spring Training
Mar. 8 - 13, 2026 | 6 Days | 7 Meals

Double: $2,999 pp | Single: $4,249 pp

Enjoy six sunny days in Arizona with scenic tours of Phoenix, Tucson, and Saguaro National Park—plus two exciting Spring Training baseball games. Explore Native American culture at the Heard Museum, visit historic sites, and wrap up with an Old West-style farewell dinner!

Classical Italy - Rome, Florence, & Venice
Mar. 10 - 19, 2026 | 10 Days | 14 Meals

Double: $4,799 pp | Single: $5,649 pp

Begin your Italian adventure in Rome with iconic sights like the Colosseum and Vatican City before heading to Tuscany for hands-on cooking, wine tasting, and medieval hill towns. Explore Florence, Pisa, Siena, and San Gimignano, then end with Juliet’s Verona and magical Venice—including a gondola ride and a festive farewell dinner.

Collette Vacations

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.

Explore Tuscany
Sep. 1 - 9, 2026 | 9 Days

Double: $4,799 pp | Single: $5,099 pp

Discover the rolling hills of Tuscany, home to sprawling vineyards, medieval hill towns, and enchanting cities. Steeped in history, culture and legend, this is Tuscany as you always imagined it.

Discover Magical Christmas Markets of Austria and Germany
Nov. 27 - Dec. 4, 2026 | 8 Days

Double: $3,299 pp | Single: $3,799 pp

Experience the holiday spirit in Austria and Germany, where the tradition of the Christkindlesmarkt began over 600 years ago. Embark on the journey of a lifetime in this winter wonderland, where twinkling lights illuminate entire regions, and the spirit of Christmas is alive and well.

Discover South Pacific Wonders including New Zealand's North Island

Jan. 19 – Feb. 5, 2027 | 17 Days

Double: $8,999 pp | Single: $10,599 pp

See what life is like “Down Under” on this incredible journey along the coast of Australia and through New Zealand's North and South Islands. From the tropical splendor of Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of the South Pacific.

DAY TRIP TOURS

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 **OASIS1125** to save $10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.



Thanksgiving Holiday at Wonder Valley Ranch

Nov. 25 - 28, 2025 | 4 Days

Double: $1,750 | Single: $1,850

Experience a "Friendsgiving" this year on a captivating 4-day holiday retreat into the tranquil embrace of Wonder Valley Ranch, nestled in the foothills of the serene Sierra Nevada Mountains.

Merry Christmas with Frank Sinatra & Doris Day

Thu., Dec. 4, 2025 | Price: $198

Join us for a delightful day trip to see a holiday performance that transports you back to the golden era of music and entertainment with the sounds of Frank Sinatra and the timeless charm of Doris Day at the elegant Almansor Court in Alhambra.

Christmas Lights Dinner Tour

Tue., Dec. 9, 2025 | Wed., Dec. 10 | Thu., Dec. 11 | Price: $159

Come along on this unforgettable holiday tour as we seek out some of the most dazzling neighborhoods and public places around San Diego County and stop for an included dinner at Applebee's.

Boat Parade of Lights Cruise on San Diego Bay

Sun., Dec. 14, 2025 | Price: $185

Experience the holiday magic aboard a festive evening cruise as you enjoy front-row views of San Diego Bay's dazzling Parade of Lights and visit Seaport Village for dinner at your leisure.

Yuletide in Yosemite and a Wonder Valley Christmas

Dec. 21 - 26, 2025 | 6 Days | 12 Meals

Double: $2,595 | Single: $3,050

Celebrate the magic of the holidays on a six-day escape blending Yosemite's breathtaking beauty with the warmth of Wonder Valley Ranch for the holiday. From the grandeur of the Tenaya Lodge to festive fireside traditions, join us for a Christmas getaway where every moment becomes a lasting memory.

Old Town Temecula Theater's Rat Pack Birthday Bash Celebrating Frank Sinatra

Sun., Jan. 11, 2026 | Price: $165

Join us on an easy Sunday road trip to Old Town Temecula and settle into front orchestra seats for a matinee celebrating the glamorous days when The Rat Pack ruled Las Vegas!

San Diego Oasis

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 visit our Resource Directory online at:
www.SanDiegoOasis.org under the Resources tab.

Our Resource Directory participants are known partners and are fully vetted.
You can be assured of great service when you reach out to our Resource Directory service providers!

Interested in a Resource Directory listing?

Contact Jodi Gallen if you are interested in being included in our Senior Resource Directory:
Jodi@SanDiegoOasis.org or (858) 240-2880

ASSISTED LIVING: EAST COUNTY

SUNGARDEN TERRACE
Susan O'Shaughnessy | (619) 508-0931
susan@sungardenterrace.com | sungardenterrace.com

Founded in 2000, Sungarden Terrace is a premier retirement community in Lemon Grove. Featuring both assisted living and memory care, we are dedicated to providing exceptional service in all aspects of daily living. Through compassion and excellence, we create meaningful connections everyday with one another and those we serve.

ASSISTED LIVING: NORTH COUNTY

RIDGEVIEW HEALTH CENTER
Cindi Rossi | (858)293-3900
rossci@ridgeviewhealthcenter.com
ridgeviewhealthcenter.com

Your loved one will thrive with personalized care and life-enriching activities in a warm, supportive environment that feels like home. Whether they need help with daily tasks, Alzheimer's support, or short-term recovery, you'll find it here with Assisted Living, Memory Care, and 24-hour Skilled Nursing, five-star rated by CMS.

THE REMINGTON CLUB
Anne Handley | (858) 673-6340 x6201
AHandley@5SSL.com
fivestarseniorliving.com/communities/ca/san-diego/the-remington-club

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

ASSISTED LIVING PLACEMENT SPECIALISTS

AGING123
Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options.

RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY
Virginia Renker, CSA | (619) 885-0420
virginia@rosecares.com | rosecares.com

Residential Options for Seniors and the Elderly, LLC, is a free placement and referral service providing you or your loved one with personalized service in determining the best fit for your transition into the most optimal senior living environment to suit your budget, and your individual needs and desires.

CERTIFIED AGING IN PLACE SPECIALISTS

AGING ADVISORY SERVICES
Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733
jacqueline@agingadvisoryservices.com
agingadvisoryservices.com

Aging Advisory Services provides the guidance, resources, and support needed to navigate the complexities of aging. Founded and led by Jacqueline Silverman, Certified Senior Advisor® and Certified Aging in Place Specialist, Aging Advisory Services offers comprehensive support to older adults and their families through highly personalized assessments, home safety evaluations, and ongoing advocacy.

DEMENTIA SUPPORT

GLENNER CENTERS ADULT DAY PROGRAM
Lisa Tyburski | (619) 543-4700
information@glenner.org | glenner.org

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA

GRISWOLD HOME CARE FOR NORTH SAN DIEGO
April Koehnen | (858) 240-2074
april.kohnen@griswoldcare.com
griswoldcare.com/north-san-diego

Griswold Home Care for North San Diego is a Positive Approach to Dementia Care® designated organization. We provide compassionate in-home dementia care, including personalized consultations, care partner training and coaching to enhance communication, connection, and quality of life for individuals living with dementia, mild cognitive impairment, or other brain changes.

ESTATE PLANNING

ROBINSON & WILSON, A LAW CORPORATION
Daniel J. Wilson | 858.485.1990
danielwilson@trustlaw.us | www.TrustLaw.us

We are State Bar of California Certified Legal Specialists in Estate Planning, Trust, and Probate with over 55 years of experience. Our firm streamlines the probate process and provides trusted guidance. We take an educational approach, ensuring clients understand their options to make informed decisions about their assets and families.

FINANCIAL PLANNERS

Offices of Jonathan Doering, Matthew Molstre & Anthony Camara

THRIVENT FINANCIAL
Jonathan Doering/Anthony Camara | (858) 455-5227
Jonathan.Doering@thrivent.com
connect.thrivent.com/la-jolla-gateway-team

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.

HOSPICE

THE ELIZABETH HOSPICE
Lisa Marcolongo | (800) 797-2050
info@ehospice.org | elizabethhospice.org

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, severe illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

LONG TERM CARE ADVOCACY

AMADA SENIOR CARE
John Boodhansingh, Owner | (858) 866-9005
john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

We provide advocacy for LTC insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide comprehensive in-home caregiving and care management services, including complete LTC claims service for our clients, affording them piece of mind when they need it most.

JAHNKE CONSULTING & LTC ALLIANCE
Linda Jahnke | (858) 513-8351 | Fax (858) 618-1410
linda.jahnke@jcltca.com | jcltca.com

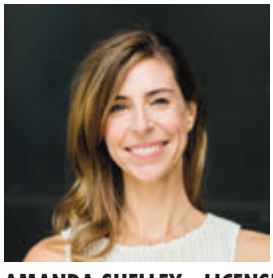
We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

MEAL DELIVERY

MEALS ON WHEELS
1 (800) 5-SENIOR / (619) 260-6110
info@meals-on-wheels.org | meals-on-wheels.org

Meals on Wheels San Diego County has proudly delivered meals to seniors and disabled veterans for over 60 years. Our dedicated volunteers deliver more than just a meal though, daily check-ins provide peace of mind and personal connection. Join our family by signing up for meals, donating, or volunteering today!

MEDICARE EXPERTS



AMANDA SHELLEY - LICENSED INSURANCE BROKER
Amanda Shelley | (858) 431-6152
amanda@justusmedicare.com | justusmedicare.com

Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. *by appointment only*



UNITEDHEALTHCARE
Fariba Zarieh | (619) 887-6822
Fariba.Zarieh@gmail.com | myuhcagent.com/Fariba.Zarieh

My name is Fariba Zarieh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your option. I'm ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.



WHITLEY INSURANCE SOLUTIONS
Lisa Whitley | (760) 525-1150 | License # 0L00140
lisa@whitleyinsurancesolutions.com
whitleyinsurancesolutions.com

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

REVERSE MORTGAGE

ACCURATE REVERSE MORTGAGE CORP.
John Correll, CRMP | (619) 294-9820
John@AccurateReverse.com | accuratereversemortgage.com

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.

SENIOR REAL ESTATE SPECIALISTS

DEVORE REALTY GROUP

BERKSHIRE HATHAWAY
HOMESERVICES CALIFORNIA PROPERTIES
Bryan Devore | (760) 908-3838 | DRE #01397835
Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

Bryan Devore is a Seniors Real Estate Specialist who has been assisting clients throughout San Diego since 2003. His team of highly trained agents specializes in guiding seniors through the home selling process. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process.



MELINA RISSONE | COLDWELL BANKER
Melina Rissone (CSA) | (619)-865-6017
melina@melinarissone.com | 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.



Find the Resource Guide under the RESOURCES tab on the blue navigation bar.



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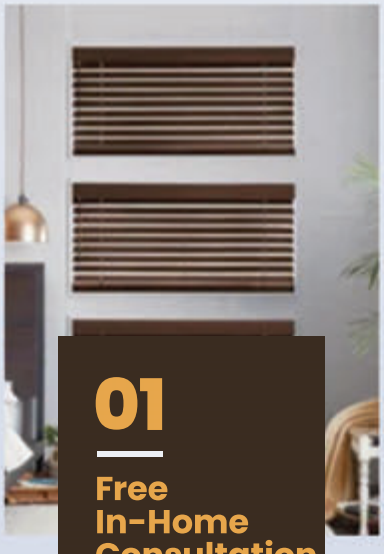
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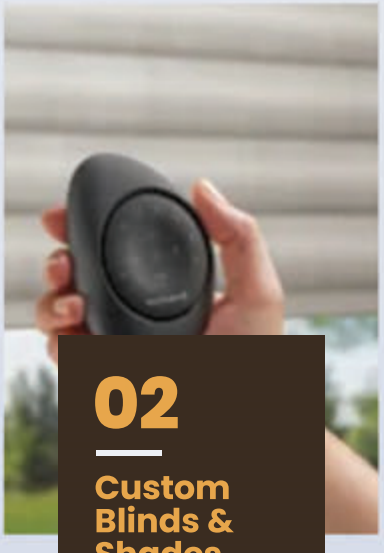
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01

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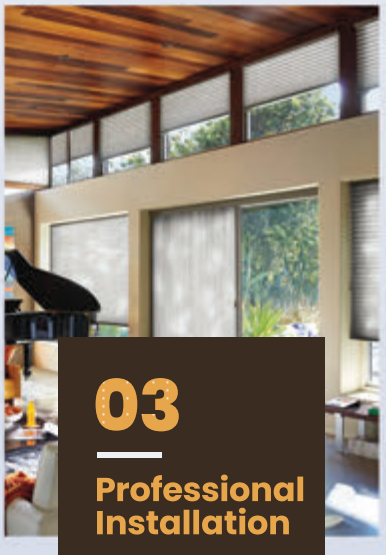
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02

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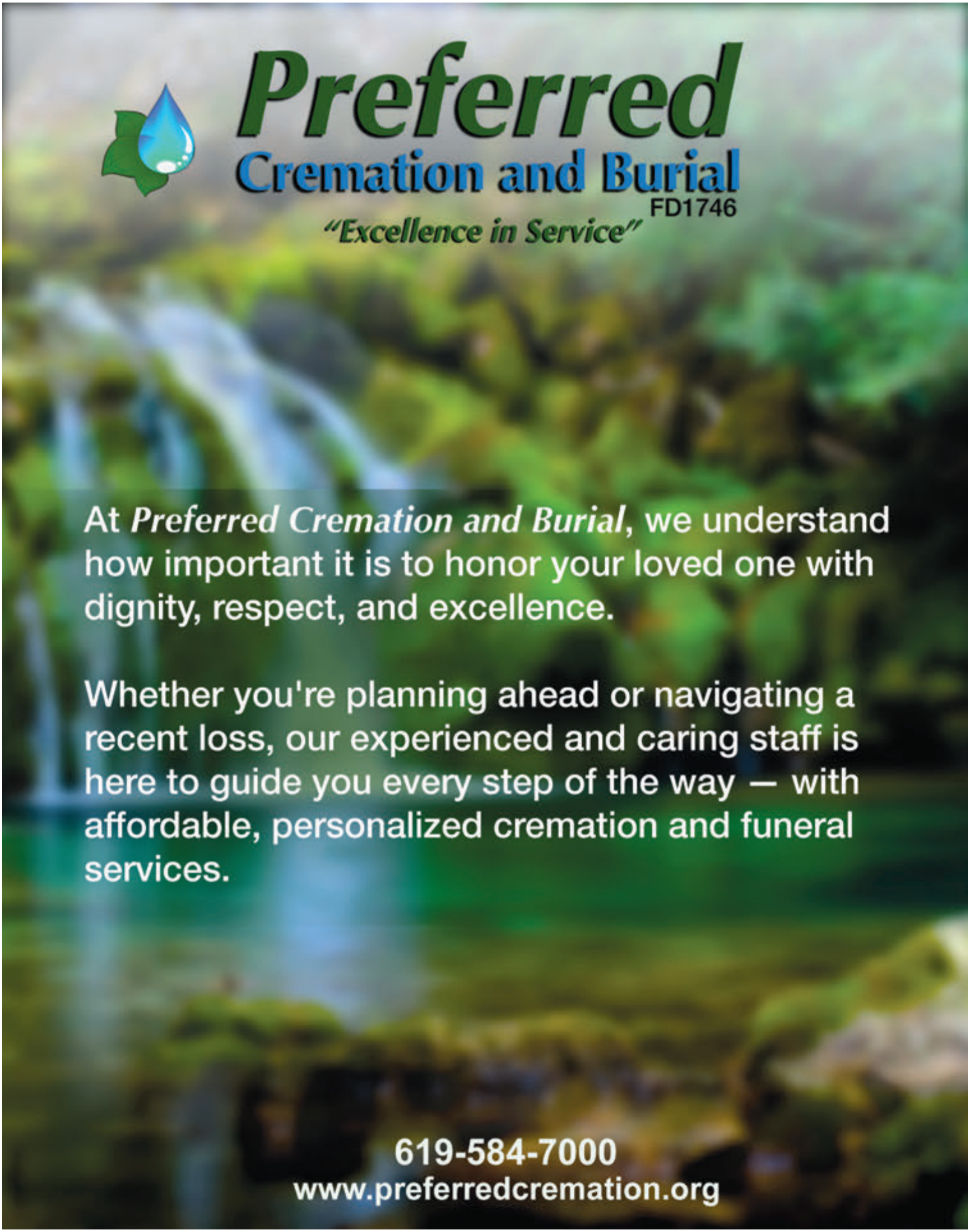


03

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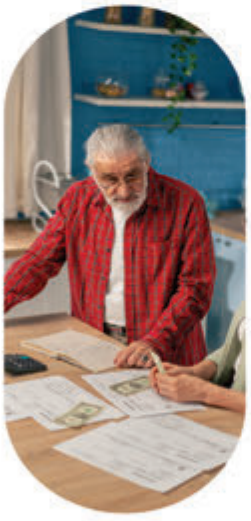
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Joshua Charles Schwartz | NMLS #6574 | Barrett Financial Group, L.L.C. | NMLS #181106 | 2701 East Insight Way, Suite 150, Chandler, AZ 85286 | AK AK181106 | AL 22977 | AR 124815 | AZ 0904774 | CA 60DBO-46052 & 41DBO-148702 Licensed by Dept. of Financial Protection & Innovation under the California Residential Mortgage Lending Act. Loans made or arranged pursuant to a California Financing Law License | CO | CT ML-181106 | DC MLB181106 | DE 029971 | FL MLD1880 | GA 181106 | HI 181106 | IA 2021-0157 | ID 2080181106 | IL MB.6761630 view reinvestment notice barrettfinancial.com/illinois-reinvestment | IN 181106 | KS MC.0025726 | KY MB757252 & MC763707 | LA | MA MC181106 & MC181106 | MD 181106 | ME 181106 | MI fl0022342 | MN MN-MO-181106 | MO 181106 | MS 181106 | MT 181106 | NC B-203722 | ND MB103863 | NE | NH 24338-MBR | NJ | NM | NV 5091 | OH RM.804600.000 | OK ML013880 | OR | PA 92105 | RI 20224347LB | SC MLS - 181106 | SD ML.05340 | TN 204577 | TX view complaint policy at barrettfinancial.com/texas-complaint | UT 11368611 | VA MC-7357 & MC-7357 | VT LL-181106 & MB-181106 | WA MB-181106 | WI 181106BA & 181106BR | WV MB-181106 & ML-181106 | WY 4211 | Equal Housing Opportunity | Equal Housing Lender | This is not a commitment to lend. All loans are subject to credit approval. | nmlsconsumeraccess.org/EntityDetails.aspx/COMPANY/181106

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THINK SAFETY AND QUALITY



Thinking About Downsizing or Moving Closer to Family?

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Farima Tabrizi

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With over 23 years of experience in San Diego real estate, I specialize in helping seniors confidently navigate the buying and selling process. As a Senior Real Estate Broker and Director of the Seniors, Trust & Probate Division at HomeSmart Realty, I bring both compassion and expertise to every step of your transition. Whether you're downsizing, relocating to a senior community, or probate sale, I'm here to make the process smooth and supportive. You can count on:

- Personalized guidance with care and understanding
- A trusted network of professionals, from legal and financial experts to move managers and estate sale teams
- Educational workshops tailored to seniors
- Honest, up-to-date market insights to help you make informed decisions

Let's work together to take the stress out of your move and turn it into an exciting new beginning.
I'm here to answer your questions, listen to your concerns, and provide the support you deserve.



Reach out anytime—I'd love to chat and learn more about your goals!
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CHOOSE Your Neighborhood magazine



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Local Fame Formula™ by Local Umbrella Media
Be seen. Be heard. Be remembered.

Local Fame Formula™
Be seen. Be heard. Be remembered.

Local Umbrella Media™

The Problem

Most business owners are great at what they do—but too few people actually know who they are. And when you're not well known, traditional advertising just doesn't work.

You can't build trust with one-off ads. People need to know your story. They need to see you in their mailbox, hear you in their earbuds, and scroll past you on social media again and again before they're ready to take action.

If your marketing efforts aren't bringing in the visibility or credibility you need, it's not because you're doing something wrong—it's because people need to know you before they'll buy from you.

The Solution

The Fame Formula is our most comprehensive visibility and reputation-building program. It's designed to introduce you to your community the right way—through trusted, story-driven media—then keep you top-of-mind all year long.



Each program includes:

A cover feature in one of our respected community magazines
A professionally written article about your story and business
A podcast interview to showcase your voice and expertise
Social media promotion across our network: Local Umbrella Media, Choose Local First Foundation, The Faces of San Diego, and more
50 printed copies delivered to you for your own outreach

After your feature, we maintain your momentum through a 12-month content strategy:

- Choose either 12 ad placements (priced based on ad size), or
- Become a contributing columnist and write 6 or 12 articles throughout the year (with ad support in any months you don't write)

Getting Started is EASY

1. Choose your publication — Select the local magazine that reaches your ideal audience
2. Get featured — We handle everything from the photography to the article to the podcast
3. Stay relevant — Keep showing up every month through ads or article contributions

Two Program Levels

- **Premier Edition starts at $1.19/home**
  - 5,000 printed copies mailed to local homes and businesses
  - Best for broad visibility and rapid brand awareness

STARTS AT JUST $1.19 PER ISSUE

- **Spotlight Series**
  - 1,000 printed copies mailed monthly for 12 months
  - Ideal for consistent presence and building trust over time

STARTS AT JUST $3.29 PER ISSUE

Why It Works

We're not just placing ads—we're building reputations.
The Fame Formula is designed to introduce you to your community with credibility and class. From day one, you're positioned as the trusted voice in your industry. And with consistent visibility throughout the year, you become the one people remember when they're ready to buy, refer, or reach out.

We act as matchmakers—connecting respected local businesses with the people most likely to become their raving fans.
If you're ready to go from being overlooked to unforgettable, this is your moment.

Let's make you known for all the right reasons.
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Hometown heroes

Hometown Heroes: Celebrating Our Community's Best!

Launching in Your Community Soon!

Every neighborhood has its heroes—the small business owners, local changemakers, and everyday people who make our town a special place to live. Hometown Heroes is a new online hub dedicated to celebrating them! Launching soon!

🌟 Discover the best local businesses
📍 Explore must-visit spots & hidden gems
💡 Get inspired by stories of those making a difference

Do you know someone in your community who deserves recognition? A small business owner, a local leader, or an unsung hero making an impact? Now's your chance to celebrate them!

Nominate a Hometown Hero today and help us highlight the amazing individuals shaping our community. Their story will be featured when we launch, giving them the recognition they deserve!

👉 Submit your nomination now!

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Here's how it works:

1. **Share your story with us**—we'll make sure it shines.
2. **Get featured in WellLIFE** and connect with a health-conscious, local audience.
3. **Inspire your community and grow your business.**

👉 Reach out today to secure your spot in the next issue! Let's help you grow your business and inspire a healthier, more intentional world.

Contact:
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(619) 300-1732
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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
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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
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