



Explore.

Learn.

Thrive.



La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880



info@SanDiegoOasis.org



SanDiegoOasis.org

Dear Oasis Members,

As we step into spring, I'm grateful for the energy and momentum that continue to define our Oasis community.

2025 was a year of meaningful growth - welcoming new members, expanding programs, and strengthening the connections that make Oasis such a vibrant place to learn and belong. That momentum has carried into 2026, which has already started strong, highlighted by our first Taste of Oasis of the year becoming the most attended in our history - a true reflection of the enthusiasm and engagement of our community.

This spring catalog reflects what Oasis does best: offering new ways to gather, learn, and share time with one another. However you choose to participate, your presence is what makes Oasis feel like home.

Thank you for being part of our community - as members, donors, instructors, and volunteers. With your support, Oasis will continue to grow not just in numbers, but in the warm, welcoming spirit that defines who we are.

Warm regards,
Simona Valanciute
President & CEO
San Diego Oasis



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

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ABOUT SAN DIEGO OASIS

San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote healthy aging through a three-fold approach: lifelong learning, healthy living and intergenerational community service. Membership is free. Class fees are kept affordable and vary by class, with many offered at no cost.

PROGRAM HIGHLIGHTS

- **Lifelong Learning:** 4,500 in-person and online classes annually at our two locations (La Mesa and Rancho Bernardo) and more than 30 off-site locations.
- **Healthy Living:** Workshops in fitness, dance, nutrition, life-style, and chronic disease management.
- **Intergenerational Tutoring Program:** Trained volunteer tutors help at-risk elementary school children build reading skills, self-esteem, and a positive attitude toward learning. We serve Title 1 schools throughout San Diego County, supporting students who need it most.
- **Travel Program:** Day trips and extended trips are offered through our travel partners.
- **Bridging the Digital Divide:** New tablets, training, Internet, and free online classes are provided to low-income, isolated seniors who do not have any technology at home (1,250 tablets as of 2/2025).
- **Technology Learning:** Group workshops and one-on-one tech consultations are invaluable for our seniors.

JOINING OASIS

- **Who Can Join:** Anyone 50+ regardless of income, gender orientation, race, religion or background.
- **Registration:** Register in person at an Oasis office, by phone, or online at SanDiegoOasis.org. 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.





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.



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



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



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



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



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



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



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

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

NEW CLASS

Abstract Collage Composition

Marsha Markle, Mixed Media Maker

Using magazine images and hand-painted papers, explore collage through playful composition by experimenting with contrast, format and scale. Check the online listing for required supplies.

1589 | Thu., Apr. 2 | 1:00 PM | \$20

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. Check the online listing for required supplies.

1182 | Tue., Mar. 17 & 24 | 1:00 PM | 2 Sess. | \$40

1183 | Tue., Apr. 21 & 28 | 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. Check the online listing for required supplies.

1194 | Wed., Mar. 4 | 9:45 AM | \$20

1195 | Wed., Mar. 18 | 9:45 AM | \$20

1196 | Wed., Apr. 1 | 9:45 AM | \$20

1197 | Wed., Apr. 15 | 9:45 AM | \$20

NEW CLASS

Art of Photography: Basic Principles of Color Theory for Nature Photography

Suda House, Professor of Art and Photography, Grossmont College

Explore how light and color interact using techniques that make your images glow. Bring your cell phone or digital camera to class.

1201 | Tue., Apr. 28 | 10:00 AM | \$15

NEW CLASS

Art of Photography: Photographing in the Street

Suda House, Professor of Art and Photography, Grossmont College

Train your eye to spot magic in the ordinary as you photograph candid street scenes full of personality, humor, and humanity. Bring your cell phone or digital camera to class.

1200 | Tue., Mar. 24 | 10:00 AM | \$15

NEW CLASS

Art with Kelly: Mandala Dot Designs on Mini-Canvases

Kelly Creeden, BA, MS, Mentor, & Teacher

Create stunning mandalas on mini-canvases or rocks. Paint two beautiful designs with acrylics, using our designs or your own ideas. All the materials are included.

1257 | Fri., Mar. 20 | 10:00 AM | \$20

NEW CLASS

Art with Kelly: Rock Painting Spring Designs

Kelly Creeden, BA, MS, Mentor, & Teacher

Get creative with spring. Paint lively garden designs or seasonal decorations in acrylics on rocks. Bring your ideas or use ours. All the materials are included.

1258 | Fri., Apr. 17 | 10:00 AM | \$20

Asian Brush Painting

Shinja Scheidnes, Watercolorist, Instructor (Find her work at Spanish Art Village (#23), Balboa Park)

Come learn the dancing brush technique to create beautiful works of art. Check the online listing for required supplies.

1569 | Wed., Apr. 1 & 15 | 1:30 PM | 2 Sess. | \$40

Aurelia & Jim Temenak Art Gallery

Aurelia & Jim's vision and generosity have shaped our permanent and rotating galleries. Their thoughtful curation have enhanced the visual beauty of our centers for all to enjoy.

Visit the Oasis Art Gallery:

Discover what's new in our Oasis galleries. Stop by & view the latest rotating exhibits, with artwork available for purchase to support our mission and programs.

Art Gallery Exhibits Now Featured at Both Locations

Basics of Monoprinting on a Gel Plate - Level One

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 the materials will be provided.

1204 | Tue., Mar. 10 | 1:00 PM | \$20.

1205 | Tue., Apr. 14 | 1:00 PM | \$20

Basics of Monoprinting on a Gel Plate - Level Two

Marsha Markle, Mixed Media Maker

Level Two builds on the basics by layering techniques on the gel plate—using textures, stencils, masks, and image transfers—to create richer, more complex prints than Level One's single-layer explorations. All the materials will be provided.

1206 | Mon., Mar. 2 | 1:00 PM | \$20

1207 | Thu., Apr. 23 | 1:00 PM | \$20

NEW CLASS

Beginning Bead Weaving: Flat Herringbone Bracelet

Diane Kramer, Bead Weaver & Instructor

Bead weaving is the craft of using a needle, thread, and beads to create beautiful jewelry. No experience is needed. Good vision with/without corrective lenses and hand-dexterity are recommended. All the materials will be provided.

1581 | Tue., Mar. 31 | 1:00 PM | \$45



Beginning Decoupage

Janet Stuelpner, The Left-Handed Artist and Crafter

Learn the art of decoupage to create a wonderful keepsake for you and your family. Check the online listing for required supplies.

1457 | Thu., Mar. 5 | 10:00 AM | \$20

Beginning Needlepoint on Plastic Canvas - A Good Way to Start

Janet Stuelpner, The Left-Handed Artist and Crafter

Learn the basics of needlepoint on plastic canvas with a simple project, mastering essential stitches and skills. No experience is needed. All the materials will be provided.

1552 | Mon., Apr. 13 | 10:00 AM | \$20

Bottle Painting for the Non-Artist

Susan Johnson, Artist & Instructor

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

1209 | Mon., Apr. 13 | 1:00 PM | \$20

Carve and Create: Linocuts and Linen

Nichole Condon, Credentialed Art Teacher with 30+ years of experience

Create your own design, carve, print, and add color—perfect for beginners. All materials will be provided, with plenty of creative options.

1399 | Fri., Mar. 27 & Apr. 3 | 10:00 AM | 2 Sess. | \$40

Combining Pen and Ink

Ann Dunham, MS Design

In this class we will explore pen and ink drawings overlaid with watercolor, with the primary emphasis on pen and ink. Check the online listing for required supplies.

1187 | Tue. & Thu., Mar. 17 & 19 | 10:00 AM | 2 Sess. | \$40

NEW CLASS

Colored Pencil Art: Creative Seasons

Stephanie Henry

Capture the charm of each season with colored pencils. Learn layering, blending, and shading in a fun, supportive class—no experience needed. All the materials will be provided.

1391 | Tue., Mar. 24 - Apr. 7 | 1:00 PM | 3 Sess. | \$75

NEW CLASS

Decoupage is Fun and Easy to Do! - Spring Edition

Susan Johnson, Artist & Instructor

Transform simple items into unique decor using decoupage. Personalize your pieces at home after they dry. No experience is needed. All the supplies are provided.

1211 | Mon., Mar. 9 | 1:00 PM | \$20

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 that will be fused off-site and available for pick up the following week. All the materials will be provided.

1216 | Thu., Mar. 12 | 1:00 PM | \$65

Glass Birds

1217 | Wed., Apr. 8 | 1:00 PM | \$65

Glass Coasters

Hand Loom Weaving Club

Gracie Rhoads, Mixed Media Art Teacher, M.A. 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! All the materials will be provided.

1219 | Fri., Mar. 6 | 1:00 PM | \$25

1220 | Fri., Apr. 3 | 1:00 PM | \$25

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. Bring your own garden clippers, all other materials will be provided.

1469 | Fri., Mar. 13 | 10:00 AM | \$50

1470 | Mon., Apr. 27 | 10:00 AM | \$50

NEW CLASS

Jewelry with Judy: Springtime Bracelet

Judy Cunningham Owner, Designs by Judy

Make a stretch bracelet for spring! Beginners are welcome, and all supplies will be provided.

1230 | Mon., Mar. 30 | 1:00 PM | \$25

Make an 'Accordion Book'

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

Learn to make an accordion style book to hold photos, memorabilia, artwork and more. Bring small photos, magazine pages, all other supplies will be provided.

1570 | Fri., Apr. 24 | 1:00 PM | \$25

NEW CLASS

Marbling Magic: Techniques for Paper and More

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

Learn to create stunning marbled paper using paint, tools, and techniques, exploring patterns and textures. You may bring a small item to marble, all other supplies will be provided.

1583 | Fri., Mar. 27 | 1:00 PM | \$25

Meditative Mandala Painting Class

Irina Koren, Irina's Art Studio

Unleash your creativity. Learn to sketch, paint, and dot your own mandala in this interactive art class, exploring colors, patterns, and personal expression. All the materials will be provided.

1413 | Thu., Mar. 26 | 10:00 AM | \$25

1414 | Thu., Apr. 30 | 10:00 AM | \$25

NEW CLASS

Melt and Pour Soap Crafting

Jill Gustafson, Soap Hobbyist

Participants will use high quality melt and pour soap bases to make two projects using molds, dye, fragrance, and free form sculpting. All the materials will be provided.

1591 | Mon., Mar. 16 | 1:00 PM | \$20

1592 | Mon., Apr. 20 | 1:00 PM | \$20

Mixed Water Media Painting

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

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

1222 | Mon., Mar. 30 | 10:00 AM | \$30

NEW CLASS

Paint with Preet: Fabric as Canvas

Preet Works, Teaching Artist

Turn fabric into art by painting, layering, and blending colors while exploring global textile styles—let your creativity tell a story. Check the online listing for required supplies.

1410 | Tue., Apr. 7 | 1:00 PM | \$20

NEW CLASS

Paint with Preet: Healing Art

Preet Works, Teaching Artist

Unwind and create in this mindful painting class using guided art for calm, clarity, and joyful self-expression. Check the online listing for required supplies.

1408 | Tue., Mar. 3 | 1:00 PM | \$20

NEW CLASS

Palette Knife Abstract Painting

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

Explore bold textures, dynamic strokes, and expressive techniques using a palette knife to create a vibrant abstract painting. Check the online listing for required supplies.

1226 | Fri., Mar. 13 | 1:00 PM | \$20

NEW CLASS

Paper Quilling with Marcy - Beginners

Marcy Shapiro, Retired Teacher, Artist

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

1250 | Wed., Mar. 25 | 10:00 AM | \$20

Easter Decorations

1252 | Wed., Apr. 22 | 10:00 AM | \$20

Bookmarks

NEW CLASS

Paper Quilling with Marcy - Intermediate

Marcy Shapiro, Retired Teacher, Artist

Take your quilling to the next level with these projects that are intended for intermediate students. All the materials will be provided.

1249 | Wed., Mar. 11 | 10:00 AM | \$20

Easter Decorations

1251 | Wed., Apr. 8 | 10:00 AM | \$20

Paper Weights

Perspective - Learn the Basics

Aniko Makranczy, MFA

Master the basics of perspective. Learn vanishing points, horizon lines, and value to create depth and accuracy in your drawings. Check the online listing for required supplies.

1179 | Tue., Apr. 14 | 10:00 AM | \$20



Play Around with Acrylic Paint

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

Experiment with acrylic paints. Have fun practicing different elements of painting such as clouds, water, reflections and foliage. Check the online listing for required supplies.

1244 | Mon. & Wed., Apr. 27 & 29 | 1:00 PM | 2 Sess. | \$40

NEW CLASS

Sew with Lyn: Unfinished Projects Party

Lyn Earl, Instructor

Spring clean your creativity! Bring unfinished projects, get help and advice, and finally finish them together. Check the online listing for required supplies.

1261 | Wed., Mar. 11 | 1:00 PM | \$20

Sew with Lyn: Upcycled Denim Tote Bag

Lyn Earl, Instructor

Give old jeans new life! Turn non-stretch denim into a sturdy tote in this quick, easy sewing class. Check the online listing for required supplies.

1262 | Wed., Apr. 22 | 1:00 PM | \$20

NEW CLASS

Silk Hoops: Painting on Silk

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

Create colorful flowing designs using resist dyes and markers on silk stretched on 9" hoops. Designs are provided to trace, or you can bring your own. All the materials will be provided.

1404 | Thu., Apr. 30 | 1:00 PM | \$25

NEW CLASS

📍 Silk Tie Dye Easter Eggs

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

We will be creating beautiful patterns and colors on eggs by wrapping them with silk ties and then dipping them into a water/vinegar bath to boil. Check the online listing for required supplies.

1236 | Thu., Mar. 26 | 1:00 PM | \$25

Sketch Workshop

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

Turn ideas into quick, fun sketches. Learn easy, calming techniques for all skill levels. We'll focus on a new subject for each session. No experience is necessary, and all the materials will be provided.

1573 | Mon., Mar. 23 | 1:00 PM | \$30

Part One

1574 | Mon., Apr. 6 | 1:00 PM | \$30

Part Two

Slab - Pinch - Coil with Air Dried Clay

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

Using air dried clay, learn the basics of ceramic hand building. Learn to create beautiful flowers for bouquets, chimes, jewelry and more. All the materials will be provided.

1237 | Thu., Apr. 16 | 1:00 PM | \$25

📍 Still Life Drawing with a Twist

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

Throw out your assumptions and be intuitive in your drawing gestures to create an organic finished still life piece of art. Check the online listing for required supplies.

1227 | Fri., Apr. 10 | 1:00 PM | \$20

NEW CLASS

The Art of Jade Bonsai

Muriel King, Succulent Designer and Owner of the Perfect Plant

Create living art with succulents by shaping a jade bonsai inspired by traditional styles, then stage your finished piece in a container. All the materials will be provided.

1557 | Fri., Apr. 10 | 10:00 AM | \$60

📍📍 **Throw Tiny Pottery on Miniature Pottery Wheels**

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

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

1223 | Wed., Apr. 29 | 10:00 AM | \$60



📍📍 **Twist and Dye: Silk Scarf Dyeing**

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

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

1235 | Thu., Mar. 19 | 1:00 PM | \$25

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. Check the online listing for required supplies.

1267 | Mon., Mar. 9 | 10:00 AM | \$20

1268 | Mon., Mar. 23 | 10:00 AM | \$20

1269 | Mon., Apr. 6 | 10:00 AM | \$20

1270 | Mon., Apr. 20 | 10:00 AM | \$20

NEW CLASS

📍📍 **Watercolor Painting for the True Beginner**

Ann Dunham, MS Design

Learn watercolor basics, then apply your skills to create a floral wreath using washes and color theory concepts. Check the online listing for required supplies.

1188 | Tue. & Thu., Mar. 31 & Apr. 2 | 10:00 AM | 2 Sess. | \$40
Level One

1189 | Tue. & Thu., Apr. 21 & 23 | 10:00 AM | 2 Sess. | \$40
Level Two

BUSINESS, FINANCE, LEGAL

thrivent[®]

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

NEW CLASS

📍📍 **Economic Review and Market Outlook with Chuck Etzweiler**

Chuck Etzweiler, Chief Research Officer and Senior Vice President of NEPSIS

Make sense of economic headlines at this free review with Chuck Etzweiler. Learn what financial data matters and how to thoughtfully respond to market news.

1531 | Thu., Mar. 19 | 10:00 AM | FREE

See page 48 for more information on Thrivent Financial, proud sponsor of San Diego Oasis.

15 Steps to a Successful Remodel

Peter Klein, Author & Former Contractor

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

1541 | Tue., Apr. 21 | 1:00 PM | \$10

Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate

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

1464 | Fri., Mar. 20 | 1:00 PM | \$10

Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor

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

1465 | Tue., Mar. 10 | 10:00 AM | \$10



📍📍 **SDGE Electric Pricing Plans, Tools, Tips and Programs**

Martha Quintero, SDGE

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

1513 | Wed., Mar. 4 | 10:00 AM | FREE

Using Home Equity Wisely in Retirement

Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

Explore structured, secure methods for accessing home equity to support income needs, future planning, and financial stability while maintaining confidence and control in retirement.

1545 | Thu., Apr. 23 | 1:00 PM | \$10

NEW CLASS

What Makes a House Sell for More Money?

Farima Tabrizi, Senior Citizen Specialist, Real Estate Advisor

Come discover the surprising factors that truly drive a home's value and learn how small differences can have dramatic financial impacts.

1550 | Thu., Apr. 30 | 1:00 PM | \$10

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

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

1533 | Tue., Mar. 17 | 10:00 AM | \$15

1467 | Wed., Apr. 8 | 1:00 PM | \$15

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.

1014 | Fri., Mar. 6 - Apr. 3 | 10:45 AM | 5 Sess. | \$50

1015 | Fri., Apr. 10 - 24 | 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.

1018 | Mon., Mar. 2 - 30 | 12:00 PM | 5 Sess. | \$50

1019 | Mon., Apr. 6 - 27 | 12:00 PM | 4 Sess. | \$40

1022 | Fri., Mar. 6 - Apr. 3 | 12:00 PM | 5 Sess. | \$50

1023 | Fri., Apr. 10 - May 1 | 12:00 PM | 4 Sess. | \$40

1026 | Sat., Mar. 7 - 28 | 11:30 AM | 4 Sess. | \$40

1027 | Sat., Apr. 4 - May 2 | 11:30 AM | 5 Sess. | \$50

Building Better Balance: A Physical Therapy Approach

Skylar Clark, DPT

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

1030 | Sat., Mar. 14 | 2:00 PM | \$10

1031 | Sat., Apr. 4 | 2:00 PM | \$10

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

1034 | Mon., Mar. 2 - 30 | 9:30 AM | 5 Sess. | \$50

1035 | Mon., Apr. 6 - 27 | 9:30 AM | 4 Sess. | \$40

1038 | Tue., Mar. 3 - 31 | 12:00 PM | 5 Sess. | \$50

1039 | Tue., Apr. 7 - 28 | 12:00 PM | 4 Sess. | \$40

1042 | Wed., Mar. 4 - Apr. 1 | 1:00 PM | 5 Sess. | \$50

1043 | Wed., Apr. 8 - 29 | 1:00 PM | 4 Sess. | \$40

1571 | Fri., Mar. 6 - Apr. 3 | 8:30 AM | 5 Sess. | \$50

1572 | Fri., Apr. 10 - 24 | 8:30 AM | 3 Sess. | \$30

1046 | Fri., Mar. 6 - Apr. 3 | 9:30 AM | 5 Sess. | \$50

1047 | Fri., Apr. 10 - 24 | 9:30 AM | 3 Sess. | \$30

1050 | Sat., Mar. 7 - 28 | 9:30 AM | 4 Sess. | \$40

1051 | Sat., Apr. 4 - May 2 | 9:30 AM | 5 Sess. | \$50

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.

1054 | Thu., Mar. 5 - Apr. 2 | 2:15 PM | 5 Sess. | \$50

1055 | Thu., Apr. 9 - 30 | 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.

1058 | Thu., Mar. 5 - Apr. 2 | 1:15 PM | 5 Sess. | \$50

1059 | Thu., Apr. 9 - 30 | 1:15 PM | 4 Sess. | \$40

Dance Fit

Andra Valencia, Fitness and Dance Instructor

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

1062 | Wed., Mar. 4 - Apr. 1 | 12:00 PM | 5 Sess. | \$50

1063 | Wed., Apr. 8 - 29 | 12:00 PM | 4 Sess. | \$40

1066 | Sat., Mar. 7 - 28 | 10:30 AM | 4 Sess. | \$40

1067 | Sat., Apr. 4 - May 2 | 10:30 AM | 5 Sess. | \$50



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

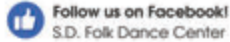


Immerse yourself in the rhythms, cultures, and connections of global dance!

At the San Diego Folk Dance Center, we offer:

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

Visit or call for More Information:



Class Location
Oasis Wellness Center
San Diego Oasis - Grossmont Center

Oasis Wellness Center
858-227-8999

Visit our website
www.folkdancecenter.org/

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

1070 | Wed., Mar. 4 - Apr. 1 | 9:30 AM | 5 Sess. | \$30

1071 | Wed., Apr. 8 - 29 | 9:30 AM | 4 Sess. | \$24

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

1074 | Wed., Mar. 4 - Apr. 1 | 2:00 PM | 5 Sess. | \$50

1075 | Wed., Apr. 8 - 29 | 2:00 PM | 4 Sess. | \$40

Wednesday class is 2hrs:

2:00 PM Intermediate | 3:00 PM Beginners

1078 | Thu., Mar. 5 - Apr. 2 | 12:00 PM | 5 Sess. | \$50

1079 | Thu., Apr. 9 - 30 | 12:00 PM | 4 Sess. | \$40

Progressive Strength, Balance and Flexibility Training

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

1086 | Tue., Mar. 3 - 31 | 9:30 AM | 5 Sess. | \$50

1087 | Tue., Apr. 7 - 28 | 9:30 AM | 4 Sess. | \$40

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1090 | Thu., Mar. 5 - Apr. 2 | 9:30 AM | 5 Sess. | \$50

1091 | Thu., Apr. 9 - 30 | 9:30 AM | 4 Sess. | \$40

Jeanna Beauchamp, Certified Fitness Instructor



Restorative Chair Yoga

Julia Doughy, MFA, HHP

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

1094 | Tue., Mar. 3 - 31 | 2:30 PM | 5 Sess. | \$50

1095 | Tue., Apr. 7 - 21 | 2:30 PM | 3 Sess. | \$30

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.

1106 | Mon., Mar. 2 - 30 | 1:15 PM | 5 Sess. | \$50

1107 | Mon., Apr. 6 - 27 | 1:15 PM | 4 Sess. | \$40

1110 | Sat., Mar. 7 - 28 | 12:45 PM | 4 Sess. | \$40

1111 | Sat., Apr. 4 - May 2 | 12:45 PM | 5 Sess. | \$50

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.

1114 | Tue., Mar. 3 - 31 | 10:45 AM | 5 Sess. | \$50

1115 | Tue., Apr. 7 - 28 | 10:45 AM | 4 Sess. | \$40

Soul Line Dancing - The Basics

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

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

1118 | Thu., Mar. 5 - Apr. 2 | 10:45 AM | 5 Sess. | \$50.

1119 | Thu., Apr. 9 - 30 | 10:45 AM | 4 Sess. | \$40

Stretching and Functional Fitness

Jo Eager, Former Chopper 8 News & Traffic Reporter, Journalist & Author, ACE Certified Fitness Instructor, Journalist

Stay active and maintain your quality of life using exercises and movement to improve overall strength, mobility, and coordination, with an emphasis on balance and stretching.

1098 | Tue., Mar. 3 - 31 | 1:00 PM | 5 Sess. | \$50

1099 | Tue., Apr. 7 - 28 | 1:00 PM | 4 Sess. | \$40

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

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

1122 | Mon., Mar. 2 - 30 | 2:30 PM | 5 Sess. | \$50

1123 | Mon., Apr. 6 - 27 | 2:30 PM | 4 Sess. | \$40

T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor

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

1125 | Fri., Mar. 20 - May 15 | 1:15 PM | 9 Sess. | \$90

T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor

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

1127 | Fri., Mar. 20 - May 15 | 2:30 PM | 9 Sess. | \$90

Zumba Gold

Pamela Toomes, Certified Fitness Instructor

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

1130 | Mon., Mar. 2 - 30 | 10:45 AM | 5 Sess. | \$50

1131 | Mon., Apr. 6 - 27 | 10:45 AM | 4 Sess. | \$40

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

Alzheimer's San Diego: Living with Memory Loss

Joaquin Ortiz, Alzheimer's San Diego Director of Education

Learn practical strategies to navigate daily challenges, boost well-being, and plan ahead. Perfect for those with early-stage memory loss and their care partners.

1139 | Tue., Apr. 14 | 1:00 PM | FREE

Alzheimer's San Diego: Maintaining Your Brain Health

Joaquin Ortiz, Alzheimer's San Diego Director of Education

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

1138 | Tue., Mar. 10 | 1:00 PM | FREE

NEW CLASS

Brain Boost - Keeping Your Mind Sharp & Engaged

Montserrat Garcia, National Board Certified Health & Wellness Coach

Explore foods and habits for brain health, mindfulness and memory tips, and enjoy fun mental-fitness games to keep your mind sharp, focused, and full of life.

1460 | Mon., Mar. 16 | 1:00 PM | \$15

NEW CLASS

Brain Healthy Living

Sheila Star Coulbourn, HHP, BCPA

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

1539 | Fri., Apr. 24 | 10:00 AM | \$15

NEW CLASS

Fresh Start: Detox Your Lifestyle for Better Health

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

April is a great time to refresh your health habits. Learn how antioxidants in healthy foods help get rid of toxins, reduce sugar consumption, improve hydration and boost gut health.

1480 | Wed., Apr. 15 | 10:00 AM | \$15

Hearing Aids, Tinnitus, Balance & Vestibular Testing

Dr. Sarah Hernandez, Peninsula Hearing Center

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

1543 | Mon., Apr. 6 | 10:00 AM | \$15

NEW CLASS

Joint Replacement

Hank Chambers, MD, Professor of Clinical Orthopedic Surgery, Emeritus, UCSD

Explore the ins and outs of joint replacements. Get expert tips from a surgeon on timing, recovery, and making confident choices for smoother mobility.

1402 | Wed., Mar. 18 | 10:00 AM | \$15

NEW CLASS

Managing Your Stress

Sheila Star Coulbourn, HHP, BCPA

We'll discuss effective strategies to reduce stress, improve productivity, and build a healthier, happier life through interactive exercises and insights in this stress management workshop.

1538 | Fri., Apr. 10 | 10:00 AM | \$15

Mantric Meditation

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

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

1162 | Fri., Mar. 13 | 10:00 AM | \$10

1163 | Fri., Apr. 10 | 10:00 AM | \$10

Mindfulness Meditation: Boundless Life

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

Learn to shine your inner light—stop, calm, rest, and heal with mindfulness meditation for everyday happiness, peace, and transformation.

1142 | Thu., Mar. 19 | 1:00 PM | \$15

1143 | Thu., Apr. 30 | 1:00 PM | \$15



NEW CLASS

Sound Bath for Rest & Relaxation

Nazli Takesh Boshell, Sound Bath and Meditation Practitioner

Relax, rest, and unwind in a soothing sound bath, where gentle tones wash away stress and leave you calm, grounded, and refreshed.

1529 | Thu., Mar. 5 | 1:00 PM | \$15

1530 | Thu., Apr. 2 | 1:00 PM | \$15



📍 United Healthcare Presents: Medicare - The Basics

Fariba Zariéh, United Healthcare

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

1146 | Sat., Mar. 21 | 10:30 AM | FREE

1147 | Sat., Apr. 18 | 10:30 AM | FREE

📍🏠 Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

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.

1149 | Tue., Mar. 10 | 3:00 PM | FREE

HISTORY & HUMANITIES

A Discussion of Plato's Three Models for Attaining Wisdom and Enlightenment

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

Discover Plato's three paths to wisdom—logic, creativity, and a blend of both—and learn how his timeless insights still guide us today.

1158 | Wed., Mar. 25 | 1:00 PM | \$15

NEW CLASS

April Fool's Day

Richard Lederer, Union-Tribune Language Columnist

Join Richard Lederer for a playful parade of April Fool's language challenges and get your English questions answered by this fun-loving word expert.

1494 | Wed., Apr. 1 | 10:00 AM | \$15

Atheism, Agnosticism, and the Idea of God

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

Explore atheism and agnosticism: their differences, shared questions, definitions of God, and the key thinkers shaping these debates.

1169 | Wed., Mar. 25 | 10:00 AM | \$16

Eleanor Roosevelt – “First Lady of the World”

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

Meet Eleanor Roosevelt, a trailblazing first lady, activist, and humanitarian. While FDR led the nation, she traveled the world and shaped policy.

1565 | Mon., Mar. 30 | 10:00 AM | \$15

📍 Exploring San Diego's Lesser-Known Treasures

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

San Diego offers more than Balboa Park and the Zoo! Explore hidden museums, gardens, and parks—from an oak forest to a textile museum—often unknown even to locals.

1486 | Fri., Mar. 6 | 10:00 AM | \$15

NEW CLASS

📍 Famous and Infamous People of San Diego County

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

Let's take a journey through the lives and times of our rich and varied famous and infamous residents.

1456 | Tue., Mar. 31 | 10:00 AM | \$15

NEW CLASS

Fearless Women: Feminist Patriots from Abigail Adams to Beyoncé

Elizabeth Cobbs, Ph.D., Award-Winning Historian & Author
Explores the stories of these bold, complicated women who challenged expectations, trusted their convictions, and changed the nation by refusing to take no for an answer.

1548 | Fri., Mar. 6 | 1:30 PM | FREE

NEW CLASS

Female Genius: Women and the Formation of the American Government

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

Uncover the hidden impact of women in America's founding—how salons, advocacy, and brilliance quietly shaped the nation's democratic ideals.

1475 | Fri., Mar. 20 | 1:00 PM | \$15

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

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

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

1577 | Fri., Mar. 27 | 10:00 AM | \$15



The History and Mystery of the Mayan Civilization

Sofia Laurein, PhD, Professor of History

Uncover the brilliance of the Maya. Discover their contributions in mathematics, astronomy, architecture, and medicine.

1556 | Thu., Apr. 16 | 10:00 AM | \$15

NEW CLASS

Galileo, The Telescope, the Church, and the Dawn of Modern Science

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

Discover Galileo's daring journey as his telescope upended science, religion, and authority, sparking the birth of modern science in a thrilling celestial adventure.

1488 | Thu., Mar. 26 | 1:00 PM | \$15

NEW CLASS

Harriet Tubman

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

Meet Harriet Tubman, the fearless Underground Railroad "conductor" who never lost a passenger and fought for the Union Army.

1568 | Mon., Mar. 2 | 10:00 AM | \$15

NEW CLASS

Hawks Nest Tunnel

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

Dig into one of history's worst industrial disasters, exploring the tunnel project, lack of safety rules, lives lost, and the lasting impact that followed.

1578 | Fri., Apr. 17 | 10:00 AM | \$15

NEW CLASS

How to Overcome Your Fear of Death, By Discovering Who You Really Are

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

Discover a bold perspective on life and death. Explore how embracing your true self can ease fear and reveal your eternal nature.

1159 | Wed., Apr. 29 | 1:00 PM | \$15

NEW CLASS

Legends and Lore of Bees and Honey

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

Explore folklore and legend that reveal bees as remarkable creatures and symbols of wisdom, community, and the sacred sweetness of life.

1535 | Wed., Apr. 22 | 1:00 PM | \$15

NEW CLASS

Legends and Lore of Roses

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

Explore myths, folklore, and hidden symbolism surrounding the world's most iconic flower, from tales of love and power to magic and mystery.

1534 | Wed., Mar. 11 | 1:00 PM | \$15

NEW CLASS

Paranormal Discoveries - Evidence, Findings, and Stories of the Paranormal

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

Explore the paranormal, featuring ghostly photos, EVP recordings, and stories from historic sites, plus insights into research methods and equipment.

1582 | Mon., Mar. 30 | 1:00 PM | \$15



NEW CLASS

Pompeii: A Roman City Frozen in Time

Joanne M. Ferraro, Albert W Johnson Distinguished Professor Emerita, SDSU

Learn how Pompeii, frozen in time in ash, exemplifies the template of Roman cities found throughout the Mediterranean world.

1566 | Thu., Apr. 9 | 1:00 PM | \$15

NEW CLASS

Revolutionary Figures: How Data Shaped the American Revolution

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

Discover how numbers, data, and measurement fueled the American Revolution, shaping strategies, ideas, and the birth of a new nation.

1476 | Fri., Apr. 17 | 1:00 PM | \$15

NEW CLASS

Stories of Migration & Identity: A Community Dialogue

Jacky Rios, Storytelling & Cultural Identity Facilitator

Explore your family's migration story through reflection, storytelling, and conversation, connecting journeys, identity, and belonging in a welcoming, interactive space.

1584 | Fri., Mar. 13 | 1:00 PM | \$10

1585 | Mon., Apr. 20 | 1:00 PM | \$10

NEW CLASS

The Great Debate in Ethics – Utilitarianism vs. Deontology

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

Explore ethics in action. Compare the theories of utilitarianism and deontology, their foundations, and how they shape decisions in life, politics, and society.

1168 | Wed., Mar. 11 | 10:00 AM | \$16

NEW CLASS

The Source of Evil in the Old Testament

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

Surprisingly, Satan (the “devil”) rarely appears in the Old Testament/Hebrew Bible. Where did this codified presence of evil come from, and what is Satan's relationship to God?

1536 | Tue., Apr. 28 | 1:00 PM | \$15

H HYBRID **L** BOTH LOCATIONS

NEW CLASS

The Wisdom of Hinduism—Part 1

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

Explore Hinduism's ancient roots. Discover the Vedas, Upanishads, and key teachings on reality, karma, dharma, reincarnation, and the path to higher self.

1170 | Wed., Apr. 8 | 10:00 AM | \$16

NEW CLASS

The Wisdom of Hinduism—Part 2

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

Dive into Hinduism's ancient wisdom. Explore yoga, meditation, and timeless teachings from gurus and texts like the Bhagavad Gita that inspire seekers worldwide.

1171 | Wed., Apr. 22 | 10:00 AM | \$16

Thurgood Marshall

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

Discover how Thurgood Marshall used fearless legal battles, landmark victories, and his historic Supreme Court appointment to help end segregation and defend civil rights for all.

1558 | Mon., Mar. 16 | 10:00 AM | \$15

NEW CLASS

Two Women Artists: Yayoi Ksama and Louise Nevelson

Aniko Makranczy, MFA

Explore the bold worlds of Yayoi Kusama and Louise Nevelson—immersive patterns, colorful Infinity Rooms, and striking sculptures that shaped modern art.

1178 | Tue., Mar. 10 | 10:00 AM | \$15

NEW CLASS

What are the Dead Sea Scrolls?

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

From desert caves to sacred texts: explore the Dead Sea Scrolls, Essene life, and their impact on the Bible and early Christianity.

1537 | Tue., Mar. 3 | 10:00 AM | \$15

NEW CLASS

When Animals Sang, Danced, and Talked: Animals in the Kumeyaay Cosmos

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

Explore the magical world of Kumeyaay animals, birds, and creatures, healers, tricksters, and cosmic shapeshifters which has shaped San Diego's native stories and traditions.

1495 | Tue., Apr. 7 | 10:00 AM | \$15

LANGUAGES

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

Beginning French

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

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

1272 | Mon., Mar. 23 - May 4 | 10:00 AM | 7 Sess. | \$140

Intermediate French

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

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

1274 | Mon., Mar. 23 - May 4 | 11:30 AM | 7 Sess. | \$140

Advanced French

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

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

1276 | Mon., Mar. 23 - May 4 | 1:00 PM | 7 Sess. | \$140

Beginning French for Travelers

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

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

1278 | Fri., Mar. 20 - May 1 | 10:00 AM | 7 Sess. | \$140

Intermediate French for Travelers

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

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

1280 | Fri., Mar. 20 - May 1 | 11:30 AM | 7 Sess. | \$140

Italian for Beginners

Sara Venneri, BA, ITTP, Italian Language Instructor

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

1282 | Tue., Mar. 17 - Apr. 28 | 10:00 AM | 7 Sess. | \$140

Italian for Intermediate Students

Sara Venneri, BA, ITTP, Italian Language Instructor

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

1284 | Tue., Mar. 17 - Apr. 28 | 11:30 AM | 7 Sess. | \$140

Italian for Advanced Students

Sara Venneri, BA, ITTP, Italian Language Instructor

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

1286 | Tue., Mar. 17 - Apr. 28 | 1:00 PM | 7 Sess. | \$140

Beginning Spanish I

Gladis Jiménez González

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

1294 | Wed., Mar. 18 - Apr. 29 | 10:00 AM | 7 Sess. | \$140

Beginning Spanish II

Gladis Jiménez González

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

1296 | Wed., Mar. 18 - Apr. 29 | 11:30 AM | 7 Sess. | \$140

Intermediate Spanish I

Gladis Jiménez González

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

1298 | Wed., Mar. 18 - Apr. 29 | 1:00 PM | 7 Sess. | \$140

Beginning Conversational Spanish

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

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

1288 | Thu., Mar. 19 - Apr. 30 | 10:00 AM | 7 Sess. | \$140

Intermediate Conversational Spanish

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

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

1292 | Thu., Mar. 19 - Apr. 30 | 11:30 AM | 7 Sess. | \$140

Beginning/Intermediate Conversational Spanish

Elizabeth Becerra, MA, Southwestern College Professor

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

1290 | Fri., Mar. 20 - Apr. 24 | 1:00 PM | 6 Sess. | \$120

Conversational Spanish for Travelers

Elizabeth Becerra, MA, Southwestern College Professor

Practice your Spanish while discovering culture, local gastronomy, activities and traditions. From Spain to Latin America, each week we'll focus on a new place.

1499 | Fri., Mar. 20 - Apr. 24 | 11:30 AM | 6 Sess. | \$120

LITERATURE & VISUAL ARTS

Acting Workshop: Showcase Performance

Jo-Darlene Reardon, M.Ed

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

1302 | Mon., Apr. 6 | 1:00 PM | FREE



Aspiring and Intermediate Poetry Workshop

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

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

1304 | Thu., Mar. 5 - Apr. 30 | 10:00 AM | 9 Sess. | FREE

Creative Writing Workshop

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

One of your legacies is your life story. Come learn the craft of writing a good one.

1309 | Tue., Mar. 3 - 24 | 1:00 PM | 4 Sess. | \$80

1310 | Tue., Apr. 7 - 28 | 1:00 PM | 4 Sess. | \$80

NEW CLASS

Opera Club: Watch out for... Carmen

Linda Hawley, Ed.M., Author, Teacher & World Traveler

Dive into Bizet's thrilling opera! Explore the story, arias, and performances, whether you're new to opera or a seasoned fan.

1005 | Thu., Mar. 26 | 12:30 PM | \$10

MUSIC & LIVE PERFORMANCES

Love Guitar? Let's Jam

Mark Madruga, MA, Professional Musician & Guitar Instructor

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

1327 | Mon., Mar. 16 - Apr. 20 | 11:15 AM | 6 Sess. | \$120

Love Guitar? Let's Learn

Mark Madruga, MA, Professional Musician & Guitar Instructor

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

1329 | Mon., Mar. 16 - Apr. 20 | 10:00 AM | 6 Sess. | \$120

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

1586 | Mon., Apr. 13 - May 4 | 1:00 PM | 4 Sess. | \$240

1587 | Mon., Apr. 13 - May 4 | 2:00 PM | 4 Sess. | \$240

1588 | Mon., Apr. 13 - May 4 | 3:00 PM | 4 Sess. | \$240

1338 | Tue., Mar. 10 - 31 | 12:30 PM | 3 Sess. | \$180

1339 | Tue., Mar. 10 - 31 | 1:30 PM | 3 Sess. | \$180

1340 | Tue., Mar. 24 - 31 | 2:30 PM | 2 Sess. | \$120

1341 | Tue., Mar. 24 - 31 | 3:30 PM | 2 Sess. | \$120

1342 | Tue., Apr. 7 - 28 | 12:30 PM | 4 Sess. | \$240

1343 | Tue., Apr. 7 - 28 | 1:30 PM | 4 Sess. | \$240

1344 | Tue., Apr. 7 - 28 | 2:30 PM | 4 Sess. | \$240

1345 | Tue., Apr. 7 - 28 | 3:30 PM | 4 Sess. | \$240

1354 | Wed., Mar. 11 - Apr. 1 | 12:30 PM | 4 Sess. | \$240

1355 | Wed., Mar. 11 - Apr. 1 | 1:30 PM | 4 Sess. | \$240

1356 | Wed., Mar. 11 - Apr. 1 | 2:30 PM | 4 Sess. | \$240

1357 | Wed., Mar. 11 - Apr. 1 | 3:30 PM | 4 Sess. | \$240

1358 | Wed., Apr. 8 - 29 | 12:30 PM | 4 Sess. | \$240

1359 | Wed., Apr. 8 - 29 | 1:30 PM | 4 Sess. | \$240

1360 | Wed., Apr. 8 - 29 | 2:30 PM | 4 Sess. | \$240

1361 | Wed., Apr. 8 - 29 | 3:30 PM | 4 Sess. | \$240

NEW CLASS

📍 Music Series: Live Rock Revival with The Classic Rock Band

Classic Rock Band

Rock out with the Classic Rock Band as you dance, sing, and relive legendary hits from the '60s and '70s through favorite anthems of the '90s.

1526 | Fri., Mar. 27 | 1:00 PM | \$15

St. Patrick's Day: Celtic Songs and Ballads Singalong

Chris Burns, Many-Strings

Celebrate St. Patrick's Day with a lively mix of Irish and Celtic tunes—sing along to classics, discover new favorites, and enjoy a musical March 17th!

1394 | Tue., Mar. 17 | 1:00 PM | \$10



NEW CLASS

Ukulele For Fun: Beginners

Anthony Serpiello, Guitar and Harmonica Instructor

Learn basic ukulele chords through familiar sing-along songs—no experience needed, just bring your uke and a love for fun music!

1314 | Thu., Mar. 26 - Apr. 30 | 10:00 AM | 5 Sess. | \$100

NEW CLASS

Ukulele For Fun: Let's Play

Anthony Serpiello, Guitar and Harmonica Instructor

Keep strumming! In this continuing class you'll build on your ukulele skills, learn new chords, and play fun songs perfect for sing-alongs.

1317 | Thu., Mar. 26 - Apr. 30 | 11:30 AM | 5 Sess. | \$100



PERSONAL ENRICHMENT

NEW CLASS

📍 Mad Hatter Hat-titude Workshop

David Beavers, Bridging the Digital Divide Manager

Bring a hat for this fun Mad Hatter hat workshop and prepare to decorate a magnificently mad hat using whimsical supplies.

1496 | Thu., Mar. 5 | 1:00 PM | \$5

NEW CLASS

📍 Mad Hatter Tea Party

David Beavers, Bridging the Digital Divide Manager

Wear your wildest hat for a whimsical Mad Hatter tea with playful treats, curious flavors, and Wonderland fun fit for the Queen of Hearts.

1497 | Thu., Mar. 12 | 2:00 PM | \$35

NEW CLASS

American Mah Jongg for Beginners: Half-Day Seminar

Learn the basics of American Mah Jongg in one fun session. Explore tiles, scoring, and rules, then dive into game play. All materials are provided.

1560 | Sat., Mar. 21 | 10:00 AM | \$50

1561 | Sat., Apr. 18 | 10:00 AM | \$50

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

1520 | Sat., Mar. 21 | 10:00 AM | \$50

1521 | Sat., Apr. 18 | 10:00 AM | \$50

Julie Wittenberg, Mah Jongg Instructor

American Mah Jongg for Beginners: New Players

Carol Cohn

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

1377 | Tue., Apr. 21 - May 26 | 10:00 AM | 6 Sess. | \$120

American Mah Jongg for Beginners: Supervised Play

Carol Cohn

Practice and sharpen your Mah Jongg skills in a fun, guided class for players familiar with the basics, with support from an experienced instructor.

1549 | Tue., Mar. 24 - Apr. 14 | 10:00 AM | 4 Sess. | \$80

American 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.

1174 | Fri., Mar. 20 | 1:00 PM | \$5

1175 | Fri., Apr. 17 | 1:00 PM | \$5

NEW CLASS

An Innocent Abroad

Nora Curran, Maverick Traveler, Journalist & Author

Author Nora Curran shares funny, eye-opening stories of her life overseas, including cultural mishaps, near arrests, and unforgettable adventures.

1579 | Mon., Apr. 20 | 10:00 AM | \$15



Bingo!

San Diego Woman's Club Foundation

Join us for a thrilling afternoon, winning prizes, socializing, and having fun.

1364 | Sat., Mar. 21 | 1:00 PM | \$25

1365 | Sat., Apr. 18 | 1:00 PM | \$25

NEW CLASS

Building a Vision for Health, Prosperity, and Well-Being

Laura Diaz, Board Certified Coach (BCC)

Unleash your best future. Learn to craft a visionary roadmap that boosts well-being and sets the stage for lasting health, happiness, and prosperity.

1433 | Fri., Apr. 24 | 1:00 PM | \$15

NEW CLASS

Confidence by Design

Laura Diaz, Board Certified Coach (BCC)

Boost your confidence and take charge. Learn to design the life you want and build the structure to pursue bold, exciting new risks.

1432 | Fri., Mar. 27 | 1:00 PM | \$15

NEW CLASS

Easy Steps to Preparedness: Build a Go-Bag

Carie Chouinard, CERT San Diego Program Manager

Learn to pack the perfect Go-Bag for any emergency and get your own Disaster Ready Guide to keep your family prepared and safe.

1644 | Fri., Apr. 3 | 10:00 AM | FREE

NEW CLASS

Eating Across America: A US Potluck

Tonya Lehman, Teacher, Speaker and Storyteller

Spice up your taste buds! Cook a new dish from a different region of the US each month, then join our fun potluck with trivia.

1007 | Thu., Mar. 12 | 10:00 AM | \$15

Featuring the South

1393 | Thu., Apr. 9 | 10:00 AM | \$15

Featuring the Midwest

NEW CLASS

Gardening With Betty

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

This class will give an overview of seasonal activities to do in your garden for March and April.

1368 | Fri., Mar. 6 | 1:00 PM | \$15

1369 | Fri., Apr. 3 | 1:00 PM | \$15

Grief Support Group

Rolandas Kausas, Chaplain

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

1371 | 1st & 3rd Wed., Mar. 4 - Apr. 15 | 10:30 AM | 4 Sess. | FREE

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.

1374 | Thu., Mar. 12 | 1:00 PM | \$12

1375 | Thu., Apr. 9 | 1:00 PM | \$12

Improv Games

Tonya Lehman, Teacher, Speaker and Storyteller

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

1009 | Tue., Mar. 3 - 24 | 10:00 AM | 4 Sess. | \$60

1010 | Tue., Apr. 7 - 28 | 10:00 AM | 4 Sess. | \$60

Lions, Tigers & Bears

Kathy Halligan, LTB Outreach

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

1590 | Fri., Apr. 3 | 1:00 PM | FREE

📍 **Makeup Tips For 50+ Women (Level 1)**

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

Lecture with demonstrations will show how to gain a more youthful look. Learn pro makeup tricks and tips. Products and tools will be discussed.

1426 | Fri., Mar. 20 & 27 | 10:00 AM | 2 Sess. | \$30



📍 **Makeup Tips For 50+ Women (Level 2)**

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

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

1428 | Fri., Apr. 17 & 24 | 10:00 AM | 2 Sess. | \$30

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.

1383 | 2nd & 4th Mon., Mar. 9 - Apr. 27 | 1:30 PM | 4 Sess. | \$32
Mary Heineke, MS, LMFT

1379 | 1st & 3rd Wed., Mar. 4 - Apr. 15 | 1:00 PM | 4 Sess. | \$32
Cheryl Davis-Plotts, Psy.D., LMFT

1381 | 1st & 3rd Thu., Mar. 5 - Apr. 16 | 1:30 PM | 4 Sess. | \$32
Gwenn Olive, MSW, LCSW- C

Men's Room

Donald Bruders, Facilitator

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

1385 | 2nd & 4th Wed., Mar. 11 - Apr. 22 | 10:00 AM | 4 Sess.
| \$32

NEW CLASS

Puzzle Adventure: The Garden Gate Mystery

Cynthia Maley, Puzzle Master

With clues buried in curious locations and told by quirky locals, you must follow a trail of puzzling traits and eliminate all the wrong ones.

1551 | Fri., Apr. 24 | 1:00 PM | \$8

Ready! Set! Start Your Obituary

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

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

1580 | Fri., Apr. 17 | 1:00 PM | \$15

📍 **Return to Travel: Domestic and International Destinations**

Will Reece, AFC Vacations

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

1512 | Fri., Apr. 10 | 1:00 PM | FREE

📍 **Skin Care Made Easy - How to Get Your Skin Glow Back**

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

Learn how to prep your skin for a flawless look, with product tips, skin hacks, and a personalized skin analysis.

1429 | Fri., Apr. 10 | 10:00 AM | \$15

NEW CLASS

What's It Worth?

David J. Aguirre, Estate Sales & Appraisals

Bring one curious, weird, or treasured item and its story as David offers quick, fun appraisals of antiques, collectibles, memorabilia, and more. No certification for estate or insurance purposes will be provided. David will give an estimate based on his years of expertise.

1527 | Tue., Mar. 3 | 10:00 AM | \$8

1528 | Mon., Apr. 27 | 10:00 AM | \$8

NEW CLASS

Wines of Chile and Argentina

Matilda Parente, MD, CSW

Discover South America's diverse wines—from Argentina's heights to Chile's coasts—where history, people, and landscapes make every sip an unforgettable adventure for wine lovers.

1593 | Mon., Apr. 6 | 1:00 PM | \$15

SCIENCE

NEW CLASS

📍 American Women Astronauts

Neil Farber, NASA/JPL Solar System Ambassador

Explore women's journey to astronaut status, from the Mercury 13 pioneers, through today's astronauts returning to the Moon and beyond.

1563 | Mon., Mar. 9 | 10:00 AM | \$15

NEW CLASS

Anza-Borrego Geology—A Journey through Deep Time

Don Barrie, Geology Professor, San Diego Mesa College Board Member, Anza-Borrego Desert Natural History Association

Discover the stunning geology of Anza-Borrego—faults, rocks, and landscapes—while learning how this desert's natural wonders reveal its fascinating geologic past.

1424 | Fri., Mar. 20 | 10:00 AM | \$15

NEW CLASS

Geology of San Diego County and Vicinity

Don Barrie, Geology Professor, San Diego Mesa College Board Member, Anza-Borrego Desert Natural History Association

Dig into San Diego's half-billion-year geologic story. Discover the fascinating rocks and minerals beneath your feet!

1423 | Fri., Apr. 24 | 10:00 AM | \$15

NEW CLASS

How Smart Are Wild Animals?

Fred Bercovitch, BA, MS, and PhD Biological Anthropology

Explore how brain size, behavior, and cognition reveal animal intelligence, as Dr. Bercovitch explains the evolution of brain biology and learning in the wild and lab.

1559 | Thu., Mar. 5 | 10:00 AM | \$15



NEW CLASS

How Sunlight Influences Human Health and Culture

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

From cultural traditions to circadian science, we'll uncover how sunlight, or the lack of it, quietly shapes everything from energy levels to emotional well-being.

1544 | Thu., Apr. 9 | 1:00 PM | \$15

NEW CLASS

Mysteries of the Universe

Neil Farber, NASA/JPL Solar System Ambassador

This talk will explore some of these mysteries such as black holes, dark matter and dark energy, how life began, and the origins of the solar system and our universe.

1564 | Mon., Apr. 13 | 10:00 AM | \$15

TECHNOLOGY

NEW CLASS

📍 AI – Next Level

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

Explore endless possibilities with AI. Write, learn, plan, and create. This class is your guided, fun playground for real-life tools and curiosity-driven discovery.

1439 | Mon., Mar. 23 | 11:30 AM | \$15

📍 ChatGPT 101:

How to Get Started and Make the Most of It

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

Unlock the power of AI to simplify tasks and make them more enjoyable. Learn how to ask ChatGPT for clear, helpful answers.

1440 | Mon., Apr. 27 | 10:00 AM | \$15

Cut the Cable: Stream for Savings

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

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

1438 | Mon., Mar. 23 | 10:00 AM | \$15

Email Mastery

Senior Tech Connect

In this email-savvy workshop, become the master of your inbox. Learn to unsubscribe, filter, block spam, set up separate addresses, and stay safe from suspicious links.

1448 | Fri., Apr. 3 | 10:00 AM | \$15

Excel 101

Peter Klein, Author & Former Contractor

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

1540 | Tue., Mar. 17 | 1:00 PM | \$15

Mastering Passwords: Best Security Practices

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

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

1441 | Mon., Apr. 27 | 11:30 AM | \$15

NEW CLASS

Photo Basics:

Capturing, Sharing & Organizing on Your Phone

Senior Tech Connect

Learn to snap, save, share, and organize your photos. Create albums, favorite pics, delete or recover shots, and master screenshots like a phone photo pro.

1446 | Fri., Mar. 13 | 10:00 AM | \$15

NEW CLASS

Smartphone Emergency Essentials

Senior Tech Connect

Learn smartphone emergency essentials—set up SOS, add key contacts, explore fire watch apps, and master settings that keep you safe when it counts.

1449 | Fri., Apr. 3 | 11:30 AM | \$15

NEW CLASS

Smartphone Software Basics

Senior Tech Connect

Master your smartphone. Learn home screens, notifications, wallpapers, auto-lock settings, and quick photo tricks to make your phone work smarter for you.

1447 | Fri., Mar. 13 | 11:30 AM | \$15

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, how to quickly find a photo, and create albums.

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

143 | Fri., Apr. 3 | 11:00 AM | \$10

Apple Photos Workshop 102

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.

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

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

Cloud Services Workshop

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

129 | Fri., Mar. 6 | 11:00 AM | \$10

156 | Thu., Apr. 30 | 11:00 AM | \$10

Crash Course on IOS 26

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

132 | Mon., Mar. 16 | 11:00 AM | \$10

150 | Fri., Apr. 17 | 11:00 AM | \$10

📍 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.

140 | Mon., Mar. 30 | 11:00 AM | \$10

iPad Basics

In this hands-on workshop, you'll become familiar with a few capabilities and functions of your iPads.

141 | Tue., Mar. 31 | 11:00 AM | \$10

151 | Mon., Apr. 20 | 1:00 PM | \$10

Passkeys, Authenticators and You!

We will explore how modern authentication methods offer enhanced security and streamline your online access.

150 | Fri., Apr. 24 | 11:00 AM | \$10

 HYBRID  BOTH LOCATIONS

📍 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.

136 | Mon., Mar. 23 | 11:00 AM | \$10

154 | Mon., Apr. 27 | 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 how to access control center, troubleshooting apps, and how to copy and paste.

133 | Tue., Mar. 17 | 11:00 AM | \$10

145 | Tue., Apr. 7 | 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 through a few settings, explore your iCloud, and show you how to find your device if it is lost.

134 | Thu., Mar. 19 | 11:00 AM | \$10

146 | Thu., Apr. 9 | 11:00 AM | \$10

Tech Talk: iPhone Fundamentals III: Getting Savvy

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

137 | Tue., Mar. 24 | 11:00 AM | \$10

148 | Tue., Apr. 14 | 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.

138 | Thu., Mar. 26 | 11:00 AM | \$10

149 | Thu., Apr. 16 | 11:00 AM | \$10

📍 Technology for Travelers

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

144 | Mon., Apr. 6 | 11:00 AM | \$10

The Practicality of AI

Learn how AI shapes daily life and compare results from different AI assistants.

135 | Fri., Mar. 20 | 11:00 AM | \$10

142 | Thu., Apr. 2 | 11:00 AM | \$10

📍 UBER/Lyft App Workshop

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

127 | Tue., Mar. 3 | 11:00 AM | \$10



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.

1082 | Mon., Mar. 2 - 30 | 10:00 AM | 5 Sess. | \$50

1083 | Mon., Apr. 6 - 27 | 10:00 AM | 4 Sess. | \$40

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1134 | Sat., Mar. 7 - 28 | 9:00 AM | 3 Sess. | \$30

1135 | Sat., Apr. 4 - 2 | 9:00 AM | 5 Sess. | \$50

HEALTH

NEW CLASS

🏠 Fresh Start: Detox Your Lifestyle for Better Health

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

April is a great time to refresh your health habits. Learn how antioxidants in healthy foods help get rid of toxins, reduce sugar consumption, improve hydration and boost gut health.

1480 | Wed., Apr. 15 | 10:00 AM | \$15

NEW CLASS

🏠 Joint Replacement

Hank Chambers, MD, Professor of Clinical Orthopedic Surgery, Emeritus, UCSD

Explore the ins and outs of joint replacements. Get expert tips from a surgeon on timing, recovery, and making confident choices for smoother mobility.

1402 | Wed., Mar. 18 | 10:00 AM | \$15

🏠 Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

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.

1149 | Tue., Mar. 10 | 3:00 PM | FREE

HISTORY & HUMANITIES

NEW CLASS

Enrichment, Education and Entertainment: Charles Darwin - The Evolutionist

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

Explore Darwin's groundbreaking journey on the Beagle and his revolutionary theory of evolution, showing how species adapt and thrive in a changing world.

1152 | Tue., Mar. 17 | 2:00 PM | \$15



NEW CLASS

Enrichment, Education and Entertainment: Japan - The Land of the Rising Sun

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

Explore Japan's rich culture and Tokyo's vibrant life and discover the awe of Mount Fuji—an iconic, must-do hike for every adventurer.

1153 | Tue., Apr. 21 | 2:00 PM | \$15

NEW CLASS

🏠 Female Genius: Women and the Formation of the American Government

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

Uncover the hidden impact of women in America's founding—how salons, advocacy, and brilliance quietly shaped the nation's democratic ideals.

1475 | Fri., Mar. 20 | 1:00 PM | \$15

🏠 Frances Perkins: FDR's Labor Secretary and Champion of the New Deal

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

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

1577 | Fri., Mar. 27 | 10:00 AM | \$15

NEW CLASS

H Hawks Nest Tunnel

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

Dig into one of history's worst industrial disasters, exploring the tunnel project, lack of safety rules, lives lost, and the lasting impact that followed.

1578 | Fri., Apr. 17 | 10:00 AM | \$15

NEW CLASS

Megalithic Structures of the Ancient World

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

Learn about megalithic monuments from giant stone medicine wheels to standing stone calendars and enormous stone habitation structures that are found around the world.

1155 | Tue., Apr. 28 | 1:00 PM | \$15

NEW CLASS

H Revolutionary Figures: How Data Shaped the American Revolution

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

Discover how numbers, data, and stats secretly fueled the American Revolution, shaping strategies, ideas, and the birth of a new nation.

1476 | Fri., Apr. 17 | 1:00 PM | \$15

Women Artists from 1960 to the Present

Julia Fister, MA, Studio ACE Executive Director

Explore the dynamic contributions of women artists from 1960 to present day, tracing their resilience and innovation in challenging societal norms and artistic conventions.

1575 | Wed., Mar. 11 | 1:00 PM | \$15



Women of Impressionism

Julia Fister, MA, Studio ACE Executive Director

Explore the women of Impressionism, including Morisot, Cassatt, and others, and discover the innovative contributions of both well-known and lesser-known artists.

1576 | Wed., Mar. 25 | 1:00 PM | \$15

LANGUAGES

Beginning Spanish: Level One

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

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

1482 | Fri., Mar. 20 - May 1 | 11:30 AM | 7 Sess. | \$140



Beginning Spanish: Level Two

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

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

1484 | Fri., Mar. 20 - May 1 | 10:00 AM | 7 Sess. | \$140

Conversational Spanish

Danisa Mardones, BA

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

1300 | Tue., Mar. 17 - Apr. 28 | 1:30 PM | 7 Sess. | \$140

LITERATURE & VISUAL ARTS

Aspiring and Intermediate Poetry Workshop

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

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

1306 | Fri., Mar. 6 - May 1 | 10:30 AM | 9 Sess. | FREE

MUSIC & LIVE PERFORMANCES

Composed in Ireland: Beautiful Diversity and Unity Chris Burns, Many-Strings

Celebrate March with the magic of Irish music! From harpers and nocturnes to Celtic folk and film scores, enjoy a lively journey through Ireland's musical charm.

1322 | Fri., Mar. 13 | 3:00 PM | \$15

NEW CLASS

Famous Overtures from Opera and the Classical World Chris Burns, Many-Strings

Dive into dazzling orchestral overtures. Experience Mozart, Beethoven, Wagner, and more as the orchestra takes center stage in these unforgettable musical gems.

1403 | Fri., Apr. 3 | 3:00 PM | \$15

Jazz: American Creativity Front and Center! Chris Burns, Many-Strings

Dive into 125 years of jazz. Explore soulful melodies, rhythms, and legends like Armstrong, Basie, Vaughn, and Fitzgerald in this lively musical journey.

1324 | Fri., Apr. 10 | 3:00 PM | \$15

NEW CLASS

Liszt and Chopin: Two Extraordinary Music Super Stars Chris Burns, Many-Strings

Enjoy the brilliance—and drama—of Chopin and Liszt. Explore their dazzling concertos, nocturnes, and rhapsodies while discovering the Parisian sparks between these musical stars.

1325 | Fri., Apr. 24 | 3:00 PM | \$15

NEW CLASS

Ludwig Van Beethoven: His Music, Life and Times Chris Burns, Many-Strings

Experience the magic of Beethoven. Enjoy his heroic, expressive music while exploring the life and world of this Classical Era master.

1323 | Fri., Mar. 20 | 3:00 PM | \$15

PERSONAL ENRICHMENT

NEW CLASS

Goal-Setting: Creating a Roadmap of Success

Laura Diaz, Board Certified Coach (BCC)

Learn how clear, intentional goals shape your dreams as you explore practical steps to set, focus, and achieve the goals that matter most to you.

1547 | Thu., Apr. 16 | 10:00 AM | \$15

H Grief Support Group

Rolandas Kausas, Chaplain

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

1371 | 1st & 3rd Wed., Mar. 4 - Apr. 15 | 10:30 AM | 4 Sess. | FREE

NEW CLASS

How Do I Create Positive Results?

Laura Diaz, Board Certified Coach (BCC)

Break old patterns and shift your mindset as you explore your thoughts, embrace change, and create positive results that support personal growth.

1546 | Thu., Mar. 26 | 10:00 AM | \$15



Let's Get Social!

Follow us to stay informed & inspired!

Where to find us:

- f /sandiegooasis
- @sandiego_oasis
- @SanDiegoOasis
- in san-diego-oasis





IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

ARTS & CRAFTS

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

Art of Pastel

Christine Bowman, Award Winning Plein Air Pastel Artist

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

2467 | Tue., Mar. 24 | 12:30 PM | \$25



NEW CLASS

📍 Art of Photography: Basic Principles of Color Theory for Nature Photography

Suda House, Professor of Art and Photography, Grossmont College

Explore how light and color interact using techniques that make your images glow. Bring your cell phone or digital camera to class.

2334 | Wed., Apr. 1 | 10:00 AM | \$15

NEW CLASS

📍 Art of Photography: Photographing in the Street

Suda House, Professor of Art and Photography, Grossmont College

Train your eye to spot magic in the ordinary as you photograph candid street scenes full of personality, humor, and humanity. Bring your cell phone or digital camera to class.

2276 | Wed., Mar. 11 | 1:00 PM | \$15

NEW CLASS

📍 Art with Kelly: Mandala Dot Designs on Mini-Canvases

Kelly Creeden, BA, MS, Mentor, & Teacher

Create stunning mandalas on mini-canvases or rocks. Paint two beautiful designs with acrylics, using our designs or your own ideas. All the materials will be included.

2664 | Wed., Mar. 18 | 10:00 AM | \$20

HYBRID BOTH LOCATIONS

NEW CLASS

📍 Art with Kelly: Rock Painting Spring Designs

Kelly Creeden, BA, MS, Mentor, & Teacher

Get creative with spring. Paint lively garden designs or seasonal decorations in acrylics on rocks. Bring your ideas or use ours. All the materials are included.

2665 | Wed., Apr. 15 | 1:00 PM | \$20

Ask the Knitting Expert

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

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

2272 | Fri., Apr. 10 | 10:00 AM | \$20

NEW CLASS

Beginning Bead Weaving

Diane Kramer, Bead Weaver & Instructor

Bead weaving is the craft of using a needle, thread, and beads to create beautiful jewelry. No experience is needed. Good vision with/without corrective lenses and hand-dexterity are recommended. All the materials will be provided.

2711 | Tue., Mar. 3 | 10:00 AM | \$45

Brick Stitch Earrings with Loop Fringe

2712 | Tue., Apr. 21 | 12:30 PM | \$45

Flat Spiral Bracelet

Aurelia & Jim Temenak Art Gallery

Aurelia & Jim's vision and generosity have shaped our permanent and rotating galleries. Their thoughtful curation have enhanced the visual beauty of our centers for all to enjoy.

Visit the Oasis Art Gallery:

Discover what's new in our Oasis galleries. Stop by & view the latest rotating exhibits, with artwork available for purchase to support our mission and programs.

Art Gallery Exhibits Now Featured at Both Locations

Beginning Crochet

Ruth Anne Mack, Experienced Instructor, Crochet Enthusiast

Keep your borders straight! Learn the basics of crochet: the stitches you need to know, how to keep your work even and how to read a pattern. Check the online listing for required supplies.

2418 | Tue., Apr. 7 & 14 | 10:00 AM | 2 Sess. | \$40

📍📍 Carve and Create

Nichole Condon, Credentialed Art Teacher

Create your own design, carve, print, and add color—perfect for beginners. All materials will be provided, with plenty of creative options.

2484 | Mon., Mar. 16 | 10:00 AM | \$25

Linocuts and Linen

2485 | Mon., Apr. 27 | 10:00 AM | \$25

Linocuts and Lots of Spring

NEW CLASS

Collage on Canvas

Rachel Goldfarb, Experienced Crafter

Create diverse collage compositions through color, dimension, texture and concept. Check the online listing for required supplies.

2469 | Fri., Apr. 10 | 1:00 PM | \$20

📍📍 Combining Pen and Ink

Ann Dunham, MS Design

In this class we will explore pen and ink drawings overlaid with watercolor. The primary emphasis will be pen and ink. Check the online listing for required supplies.

2559 | Mon. & Fri., Mar. 16 & 20 | 1:30 PM | 2 Sess. | \$40



Create Greeting Cards

Trina Pascale, Instructor & Card Designer

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

2304 | Wed., Mar. 4 | 1:00 PM | \$20

2305 | Wed., Apr. 1 | 1:00 PM | \$20

Creative Art Journaling for Wellbeing

Sara Turquie, MA in Expressive Arts Therapy, Expressive Arts Therapist and Facilitator

This nurturing, supportive and expressive arts class blends art projects, writing, and conversation to foster self-reflection and a meaningful connection with each other. Check the online listing for required supplies.

2314 | Wed., Mar. 25 | 10:00 AM | \$25

2315 | Wed., Apr. 29 | 10:00 AM | \$25

NEW CLASS

Crochet a Stuffed Amigurumi Animal

Ruth Anne Mack, Experienced Instructor, Crochet Enthusiast

Crochet a simple bunny. Learn how to work in the round using a stitch marker and how to construct your Amigurumi animal. Check the online listing for required supplies.

2416 | Tue., Mar. 10 & 17 | 10:00 AM | 2 Sess. | \$40

Drawing: Simple Perspective

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

We'll learn perspective for drawing landscapes and practice techniques for creating the illusion of depth in drawings. Check the online listing for required supplies.

2545 | Tue. & Fri., Apr. 28 & May 1 | 1:00 PM | 2 Sess. | \$40

NEW CLASS

Embellish and Make it Yours

Rachel Goldfarb, Experienced Crafter

Create one-of-a-kind items with add-on details. Personalize cards, wall decor, etc. with floss, markers and more. All the materials will be provided.

2421 | Mon., Mar. 2 | 1:00 PM | \$20

Feast for the Eyes: Capturing Food in Watercolor

Fang Luo, Artist and Fashion Designer

Capture the beauty of food in watercolor, learning to paint fruits, vegetables, and desserts with vibrant color, light, and texture for fresh, flavorful artwork. Check the online listing for required supplies.

2547 | Thu., Mar. 12 - 26 | 10:00 AM | 3 Sess. | \$60

NEW CLASS

Floral Watercolor Painting

Fang Luo, Artist and Fashion Designer

Learn techniques for capturing flowers on paper as you immerse yourself in the art of watercolor painting. Perfect for beginners as well as accomplished artists. Check the online listing for required supplies.

2548 | Thu., Apr. 2 - 16 | 10:00 AM | 3 Sess. | \$60

NEW CLASS**Fresh Spring Flower Arrangement**

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

Learn how to select and arrange fresh seasonal flowers to take home in this hands-on class. Bring clippers or sharp scissors, all other materials will be provided.

2677 | Thu., Mar. 19 | 1:30 PM | \$45

Must register by 3/17.

2591 | Fri., Apr. 3 | 1:30 PM | \$45

Must register by 4/1.

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 that will be fused off-site and available for pick up the following week. All the materials will be provided.

2279 | Tue., Mar. 10 | 1:00 PM | \$65

Glass Birds

2280 | Tue., Apr. 7 | 1:00 PM | \$65

Glass Coasters

📍 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! All materials will be provided.

2256 | Tue., Mar. 17 | 1:00 PM | \$25

2273 | Tue., Apr. 14 | 1:00 PM | \$25

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. Bring your own sharp scissors or garden clippers; all other materials will be provided.

2678 | Fri., Mar. 13 | 1:30 PM | \$45

2679 | Mon., Apr. 13 | 1:00 PM | \$45

Knitting 1 & 2

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

Mixed skill level class for beginners and knitters with experience. Check online listing for required supplies and class details.

2270 | Fri., Mar. 6 - 27 | 10:00 AM | 4 Sess. | \$80

📍 Mixed Water Media Painting

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

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

2274 | Wed., Mar. 18 | 1:00 PM | \$30

Mystery Painting

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

Students paint a gradually sharpening projected image, adding detail in stages. Check the online listing for required supplies.

2667 | Mon., Mar. 9 | 10:00 AM | \$20

Open Art

Edwina Welch, EdD & Art Hobbyist

Enjoy open / studio time as we create and share ideas, materials, and community in a no-stress environment. Check the online listing for required supplies.

2326 | Wed., Mar. 25 | 1:00 PM | \$5

2327 | Wed., Apr. 29 | 1:00 PM | \$5

📍 Palette Knife Abstract Painting

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

Explore bold textures, dynamic strokes, and expressive techniques using a palette knife to create a vibrant abstract painting. Check the online listing for required supplies.

2669 | Mon., Apr. 20 | 10:00 AM | \$20

NEW CLASS**Paper Crafting with Dr. Robin: Make a Beautiful Gift Bag and Matching Card**

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

Join a fun, creative workshop making gift bags and matching cards from a selection of beautiful paper. Suitable for all levels. Bring small scissors and glue; all other materials will be provided.

2671 | Fri., Apr. 17 | 1:00 PM | \$25

NEW CLASS**Quilling Craft: Techniques and Inspiration for Stunning Paper Art**

Robert & Asia Estigoy, Owners of ToshWerks Art and Design Studio

Learn the ancient craft of paper quilling with a modern twist, and make a beautiful work of art. All the materials will be provided.

2471 | Wed., Apr. 8 | 10:00 AM | \$25

NEW CLASS

Seeing Beauty Up Close: Painting Small into Big

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

Beginning with a whole image, we will then choose a small detail and transform it into a bold, large-scale painting. Check the online listing for required supplies.

2666 | Mon., Apr. 6 & 13 | 10:00 AM | 2 Sess. | \$40

NEW CLASS

Silk Tie Dyed Easter Eggs

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

We will be creating beautiful patterns and colors on eggs by wrapping them with silk ties and then dipping them into a water/vinegar bath to boil. Check the online listing for required supplies.

2483 | Tue., Mar. 31 | 1:00 PM | \$25

Sketch Studio

Ann Dunham, MS Design

This studio, still-life drawing class will help you develop your skills. Check the online listing for required supplies.

2560 | Mon., Mar. 23 | 1:00 PM | \$20

2561 | Mon., Apr. 6 | 1:00 PM | \$20

2563 | Mon., Apr. 27 | 1:00 PM | \$20

NEW CLASS

Still Life Painting with a Twist

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

Free your painting from perfectionism, with timed still life exercises to create loose, confident, and fun artwork. Check online class listing for supply list.

2668 | Mon., Mar. 23 | 10:00 AM | \$20

2586 | Mon., Mar. 30 | 1:00 PM | \$20

Throw Tiny Pottery on Miniature Pottery Wheels

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

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

2275 | Wed., Apr. 8 | 1:00 PM | \$60

Travel Sketch Book

Christine Bowman, Award Winning Plein Air Pastel Artist

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

2468 | Tue., Mar. 24 | 10:00 AM | \$25

Twist and Dye: Silk Scarf Dyeing

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

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

2482 | Tue., Mar. 31 | 10:00 AM | \$25

NEW CLASS

Watercolor Painting for the True Beginner II

Ann Dunham, MS Design

Continue with 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. Check the online listing for required supplies.

2558 | Mon. & Thu., Mar. 9 & 12 | 1:00 PM | 2 Sess. | \$40

2562 | Wed. & Fri., Apr. 15 & 17 | 10:00 AM | 2 Sess. | \$40

Zentangle

Kim Cyr, Certified Zentangle Instructor

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

2675 | Wed., Mar. 11 | 10:00 AM | \$25

2676 | Thu., Apr. 16 | 1:00 PM | \$25

**Art Gallery
Exhibit &
Reception**

Meet the Artists!

Class #2735

Thursday, March 26th | 4 PM

Free to attend

Enjoy light refreshments, sip some wine and meet the artists of the newest exhibit in our beautiful Rancho Bernardo location.

BUSINESS, LEGAL & FINANCE

thrivent[®]

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

Economic Review and Market Outlook with Chuck Etzweiler

Chuck Etzweiler, Chief Research Officer and Senior Vice President of NEPSIS

Make sense of economic headlines at this free review with Chuck Etzweiler. Learn what financial data matters and how to thoughtfully respond to market news.

2672 | Thu., Mar. 19 | 2:00 PM | FREE

How Taxes Affect Your Retirement

Anthony Camara, CFP[®], MBA

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

2444 | Mon., Apr. 20 | 1:00 PM | \$5

Retirement & Estate Strategies

Anthony Camara, CFP[®], MBA

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

2440 | Mon., Mar. 23 | 10:00 AM | \$5

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.

2441 | Mon., Mar. 23 | 11:30 AM | \$5

2443 | Mon., Apr. 20 | 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.

2442 | Wed., Mar. 25 | 10:00 AM | FREE

2445 | Fri., Apr. 24 | 10:00 AM | FREE

See page 48 for more information on Thrivent Financial, proud sponsor of San Diego Oasis.

NEW SERIES

NEW CLASS

HOA Basics: How Your HOA Works

Elyse Kist, MBA

This course explains how HOAs function, including governing documents, leadership roles, member rights, and applicable California law, helping homeowners understand authority, responsibilities, and common areas of control.

2715 | Fri., Mar. 6 | 10:30 AM | \$15

NEW CLASS

HOA Basics: Your HOA Money

Elyse Kist, MBA

Learn HOA finances: budgets, assessments, reserves, maintenance costs, financial statements, and insurance. Understand where your money goes, HOA vs homeowner coverage, with handouts and Q&A.

2716 | Fri., Mar. 20 | 10:30 AM | \$15

NEW CLASS

HOA Basics: Rules, Violations, and Enforcement

Elyse Kist, MBA

Learn how rules are enforced, violations handled, and rights protected under California law, including notice, hearings, corrections, accommodations, dispute resolution, and Q&A.

2717 | Mon., Apr. 6 | 10:30 AM | \$15

NEW CLASS

HOA Basics: Informed Ownership - Participation & Planning

Elyse Kist, MBA

This session will cover voting and elections, attending meetings, serving on your board, being an informed owner and planning for your future, and Q&A.

2718 | Fri., Apr. 17 | 10:30 AM | \$15

NEW CLASS

Preparing Your Home for Wildfire: Defensible Space and AB 38

Farima Tabrizi, Senior Citizen Specialist, Real Estate Advisor

Learn California wildfire preparedness guidelines, how to make homes more fire-resistant, create defensible space, and plan evacuations—practical steps to protect you and your home.

2597 | Mon., Mar. 2 | 10:00 AM | \$15



📍 SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE

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

2461 | Thu., Mar. 19 | 1:00 PM | FREE

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties

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

2502 | Sat., Mar. 28 | 10:00 AM | FREE

2503 | Sat., Apr. 25 | 10:00 AM | FREE

📍 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

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

2555 | Tue., Mar. 17 | 1:00 PM | \$15

2531 | Wed., Apr. 8 | 10:00 AM | \$15

EXERCISE & DANCE



Abs and Glutes and Thighs, Oh My!

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2095 | Wed., Mar. 4 - Apr. 1 | 8:30 AM | 5 Sess. | \$50

2125 | Wed., Apr. 8 - 29 | 8:30 AM | 4 Sess. | \$40

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.

2091 | Tue., Mar. 3 - 31 | 10:45 AM | 5 Sess. | \$50

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

2103 | Thu., Mar. 5 - Apr. 2 | 9:30 AM | 5 Sess. | \$50

2133 | Thu., Apr. 9 - 30 | 9:30 AM | 4 Sess. | \$40

Active Total Body Conditioning Including Step

Curt Gonzales, Certified Fitness Instructor

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

2082 | Mon., Mar. 2 - 30 | 8:30 AM | 5 Sess. | \$50

2112 | Mon., Apr. 6 - 27 | 8:30 AM | 4 Sess. | \$40

Active Total Body Conditioning/TRX

Curt Gonzales, Certified Fitness Instructor

Basic aerobic movements, plus stretching and TRX suspension equipment for a complete body workout.

2101 | Thu., Mar. 5 - Apr. 2 | 8:30 AM | 5 Sess. | \$50

2131 | Thu., Apr. 9 - 30 | 8:30 AM | 4 Sess. | \$40

2104 | Thu., Mar. 5 - Apr. 2 | 10:45 AM | 5 Sess. | \$50

2134 | Thu., Apr. 9 - 30 | 10:45 AM | 4 Sess. | \$40

Aerobic Intervals

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2098 | Wed., Mar. 4 - Apr. 1 | 12:00 PM | 5 Sess. | \$50

2128 | Wed., Apr. 8 - 29 | 12:00 PM | 4 Sess. | \$40

2108 | Fri., Mar. 6 - Apr. 3 | 9:30 AM | 5 Sess. | \$50

2138 | Fri., Apr. 10 - 24 | 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.

2093 | Tue., Mar. 3 - 31 | 1:15 PM | 5 Sess. | \$50

2123 | Tue., Apr. 7 - 28 | 1:15 PM | 4 Sess. | \$40

2106 | Thu., Mar. 5 - Apr. 2 | 12:00 PM | 5 Sess. | \$50

2136 | Thu., Apr. 9 - 30 | 12:00 PM | 4 Sess. | \$40

📍 Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

2086 | Mon., Mar. 2 - 30 | 12:30 PM | 5 Sess. | \$50

2116 | Mon., Apr. 6 - 27 | 12:30 PM | 4 Sess. | \$40

2110 | Fri., Mar. 6 - Apr. 3 | 12:00 PM | 5 Sess. | \$50

2140 | Fri., Apr. 10 - 24 | 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.

2089 | Tue., Mar. 3 - 31 | 8:30 AM | 5 Sess. | \$50

2119 | Tue., Apr. 7 - 28 | 8:30 AM | 4 Sess. | \$40

Cardio Drumming to the Oldies

Andra Valencia, Fitness and Dance Instructor

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

2087 | Mon., Mar. 2 - 30 | 1:30 PM | 5 Sess. | \$50

2117 | Mon., Apr. 6 - 27 | 1:30 PM | 4 Sess. | \$40

2111 | Fri., Mar. 6 - Apr. 3 | 1:00 PM | 5 Sess. | \$50

2141 | Fri., Apr. 10 - 24 | 1:00 PM | 3 Sess. | \$30

📍 Dance Fit

Andra Valencia, Fitness and Dance Instructor

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

2085 | Mon., Mar. 2 - 30 | 11:30 AM | 5 Sess. | \$50

2115 | Mon., Apr. 6 - 27 | 11:30 AM | 4 Sess. | \$40

Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

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

2090 | Tue., Mar. 3 - 31 | 9:30 AM | 5 Sess. | \$50

2120 | Tue., Apr. 7 - 28 | 9:30 AM | 4 Sess. | \$40

2099 | Wed., Mar. 4 - Apr. 1 | 1:15 PM | 5 Sess. | \$50

2129 | Wed., Apr. 8 - 29 | 1:15 PM | 4 Sess. | \$40

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. Build strength and flexibility while also calming mental and emotional stress.

2105 | Thu., Mar. 5 - Apr. 2 | 1:15 PM | 5 Sess. | \$50

2135 | Thu., Apr. 9 - 30 | 1:15 PM | 4 Sess. | \$40

Gentle Qi Gong

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

Practice 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.

2146 | Thu., Mar. 5 | 11:00 AM | \$10

2147 | Thu., Mar. 19 | 11:00 AM | \$10

2148 | Thu., Apr. 2 | 11:30 AM | \$10

2149 | Thu., Apr. 16 | 11:00 AM | \$10



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.

2100 | Wed., Mar. 4 - Apr. 1 | 2:30 PM | 5 Sess. | \$50

2130 | Wed., Apr. 8 - 29 | 2:30 PM | 4 Sess. | \$40

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.

2156 | Thu., Mar. 5 - Apr. 2 | 2:30 PM | 5 Sess. | \$50

2157 | Thu., Apr. 9 - 30 | 2:30 PM | 4 Sess. | \$40

📍 Soul Line Dancing

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

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

2097 | Wed., Mar. 4 - Apr. 1 | 10:45 AM | 5 Sess. | \$50

2127 | Wed., Apr. 8 - 29 | 10:45 AM | 4 Sess. | \$40

Soul Line Dancing - The Basics

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

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

2096 | Wed., Mar. 4 - Apr. 1 | 9:30 AM | 5 Sess. | \$50

2126 | Wed., Apr. 8 - 29 | 9:30 AM | 4 Sess. | \$40

Stretch and Tone

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

A combination of Low-impact dance with gentle stretching and toning to enhance core stability, flexibility, posture, and mind-body awareness. Must be able to move comfortably between floor and standing positions.

2158 | Mon., Mar. 2 - 30 | 2:30 PM | 5 Sess. | \$50

2159 | Mon., Apr. 6 - 27 | 2:30 PM | 4 Sess. | \$40

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2088 | Mon., Mar. 2 - 30 | 3:30 PM | 5 Sess. | \$50

2118 | Mon., Apr. 6 - 27 | 3:30 PM | 4 Sess. | \$40

Tai Chi Chuan: Beginning II

Pat Griffith, Sifu

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

2109 | Fri., Mar. 13 - Apr. 3 | 10:45 AM | 4 Sess. | \$40

2139 | Fri., Apr. 10 - 24 | 10:45 AM | 3 Sess. | \$30

Yoga Flex & Flow

Darshi Kaur, Certified Yoga and Pilates Instructor

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

2084 | Mon., Mar. 2 - 30 | 9:30 AM | 5 Sess. | \$50

2114 | Mon., Apr. 6 - 27 | 9:30 AM | 4 Sess. | \$40

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.

2107 | Fri., Mar. 6 - Apr. 3 | 8:30 AM | 5 Sess. | \$50

2137 | Fri., Apr. 10 - 24 | 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 make this class suitable for beginners and experienced alike.

2092 | Tue., Mar. 3 - 31 | 12:00 PM | 5 Sess. | \$50

2122 | Tue., Apr. 7 - 28 | 12:00 PM | 4 Sess. | \$40

Zumba Gold Chair

Saleemah Muhammad, Licensed Zumba Gold Instructor

Zumba Gold Chair offers fun, joint-friendly seated movement for all mobility levels—dance through the ages and around the globe with ease!

2094 | Tue., Mar. 3 - 31 | 2:30 PM | 5 Sess. | \$50

2124 | Tue., Apr. 7 - 28 | 2:30 PM | 4 Sess. | \$40

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

Alzheimer's San Diego: Driving and Memory Loss

Joaquin Ortiz, Director of Education, Alzheimer's San Diego

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

2529 | Mon., Mar. 23 | 1:00 PM | FREE

Alzheimer's San Diego: Maintaining Your Brain Health

Joaquin Ortiz, Alzheimer's San Diego Director of Education

Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain.

2728 | Mon., Apr. 27 | 1:00 PM | FREE

Ask The Doctor's Doctor

Matilda Parente, MD, CSW

Tired of confusing health headlines? Ask "The Doctor's Doctor" questions about current medical topics and receive clear, no-hype explanations. No insurance talk, just straight answers.

2477 | Wed., Apr. 29 | 1:00 PM | \$15

NEW CLASS

From Plant to Potential: CBD Explained

Sheila Star Coulbourn, HHP, BCPA

Curious about CBD? Explore its wide-ranging health benefits and learn how to separate fact from hype. Discover how this natural compound could support your overall well-being.

2496 | Fri., Mar. 13 | 10:00 AM | \$15

NEW CLASS

Functional Medicine: The Art and Science of Staying Well

Michael Stricker, Clinical Director, Advanced Functional Medicine

Learn how functional medicine looks for root causes of health concerns, focusing on whole-person care rather than simply managing symptoms.

2489 | Thu., Mar. 12 | 1:00 PM | \$15

Headaches and Migraine: Making Sense of the Pain

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

Struggling with headaches or migraines? Explore triggers, types, and evaluation strategies. Learn to understand your symptoms, improve daily life, and discover options to feel better.

2495 | Mon., Mar. 30 | 10:00 AM | \$15

NEW CLASS

Introduction to Reiki: Healing through Energy

Dinel Shah, Reiki and other Healing Arts specialist

This Reiki class will cover energy healing basics, Reiki history, and Level 1 attunement to support self-healing, stress relief, better sleep, pain management, and overall well-being.

2723 | Mon., Mar. 16 & 30 | 10:00 AM | 2 Sess. | \$30

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.

2152 | Fri., Mar. 13 & 20 | 1:30 PM | 2 Sess. | \$20

2153 | Fri., Apr. 10 & 17 | 1:30 PM | 2 Sess. | \$20

NEW CLASS

Modern Trends in Stroke Rehabilitation: New Treatments for Regaining Independence

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

With promising new treatments, understanding how rehabilitation has changed can be both reassuring and informative—even for those who have never had a stroke.

2592 | Tue., Apr. 28 | 1:00 PM | \$15

NEW CLASS

The Far-Out Facts of Cannabis for the Curious or Cautious

Veronica Marie Mitchell, (fmr.) Union Tribune Columnist, contributor- Cannabis Conversations: From Confusion to Clarity

Explore cannabis facts, myths, and lived experiences, plus safety, legality, and how to talk with doctors or loved ones about adding it into your healthcare plan.

2587 | Tue., Mar. 31 | 1:30 PM | \$15

 **HYBRID**  **BOTH LOCATIONS**

NEW CLASS

Type 2 Diabetes Reversal with Functional Medicine

Michael Stricker, Clinical Director, Advanced Functional Medicine

Learn how functional medicine addresses the root cause of type 2 diabetes to improve blood sugar, reduce medications, and help you take back control of your health.

2682 | Thu., Apr. 16 | 1:00 PM | \$15



United Healthcare Presents: Medicare - The Basics

Fariba Zarieh, United Healthcare

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

2506 | Sat., Mar. 28 | 10:00 AM | FREE

2507 | Sat., Apr. 25 | 10:00 AM | FREE

Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

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.

2535 | Tue., Apr. 14 | 3:00 PM | FREE

HISTORY & HUMANITIES

NEW CLASS

All You Wanted to Know About Marx but Forgot to Ask

Robert Givens, Ph.D., Fulbright Fellowship Recipient, Scholar of European and Russian History

Explore Marx's political, social, and economic ideas, early socialism, his life and theories, and their adoption by revolutionaries in twentieth-century Russia and China.

2426 | Mon., Mar. 9 | 1:00 PM | \$15

NEW CLASS

America's Immigration Challenges

Gina Gianzero, League of Women Voters

Explore U.S. immigration past and present in a nonpartisan talk examining current challenges, policy shifts, and reform ideas—plus how informed voters can make a difference.

2673 | Fri., Mar. 13 | 1:00 PM | FREE

NEW CLASS

Atoms for Peace – Ike’s Deadly Nuclear Dream

Mark Carlson, Historian & Author

Learn about Eisenhower's bizarre and dangerous national effort known as “Atoms for Peace,” a campaign to show the peaceful benefits of atom bombs.

2250 | Wed., Mar. 18 | 1:00 PM | \$15

Buddhism

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

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

2719 | Thu., Apr. 9 | 1:00 PM | \$15

Origin of Buddhism’s Schools and Beliefs

2720 | Thu., Apr. 30 | 1:00 PM | \$15

Basic Beliefs and Philosophies of Buddhism

NEW CLASS

California's Dust Bowl Refugees

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

Through real events—and the unforgettable works of John Steinbeck and Kristin Hannah—we uncover the human stories behind this dramatic migration and its lasting impact.

2552 | Fri., Apr. 17 | 10:00 AM | \$15

NEW CLASS

Exploring San Diego’s Lesser-Known Treasures

Vincent Rossi, Historian & Author, Story Seekers Co-Owner San Diego offers more than Balboa Park and the Zoo!

Explore hidden museums, gardens, and parks—from an oak forest to a textile museum—often unknown even to locals.

2369 | Wed., Mar. 25 | 10:00 AM | \$15



NEW CLASS

Faith of the Friars - Preview and Predictions of the Padres 2026 Season

Evan Marks, BS Biological Sciences, San Diego Sports Historian, Professional Volleyball Player

Explore players, storylines, and predictions while joining lively discussion about what could make this season unforgettable. Perfect for baseball fans and curious minds alike.

2428 | Tue., Mar. 3 | 1:00 PM | \$15

NEW CLASS

Famous and Infamous People of San Diego County

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

Let’s take a journey through the lives and times of our rich and varied famous and infamous residents.

2557 | Tue., Mar. 3 | 10:00 AM | \$15

NEW CLASS

Follow Your Bliss – The Wisdom of Joseph Campbell

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

Explore Joseph Campbell's groundbreaking work on mythology, religion, and art. Discover how his “follow your bliss” wisdom still inspires our modern lives.

2245 | Fri., Mar. 20 | 1:00 PM | \$16

NEW CLASS

From Caesar to Constantine: The Roman Calendar’s Remarkable Journey

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

What does our modern calendar owe to Julius Caesar and Constantine? Discover how Rome’s festivals, leap years, and politics became the legacy behind every date today.

2599 | Tue. Mar. 17 | 10:00 AM | \$15

NEW CLASS

Hilma af Klint

Julia Fister, MA, Studio ACE Executive Director

Learn about Hilma af Klint, the Swedish artist and mystic who pioneered abstract painting, exploring her life, bold visionary works, and why they remained unseen for decades.

2595 | Wed., Apr. 1 | 1:00 PM | \$15

NEW CLASS

Jest for the Pun of It

Richard Lederer, Union-Tribune Language Columnist

Join Richard Lederer, the Punster of the Year, for a hilarious journey through puns and the art of pun-making.

2375 | Wed., Mar. 11 | 10:00 AM | \$15

NEW CLASS

Learning from Martin Buber: Connecting with Others

Virginia Shabatay, Ph.D., 40+ year Professor of Social Justice

What makes a meaningful relationship? Drawing on philosopher Martin Buber’s idea that “all real living is meeting,” explore what it means and what it asks of us.

2596 | Mon., Apr. 20 | 1:00 PM | \$15

NEW CLASS

📍 Legends and Lore of Bees and Honey

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

Explore folklore and legend that reveal bees as remarkable creatures and symbols of wisdom, community, and the sacred sweetness of life.

2714 | Thu., Mar. 26 | 10:00 AM | \$15

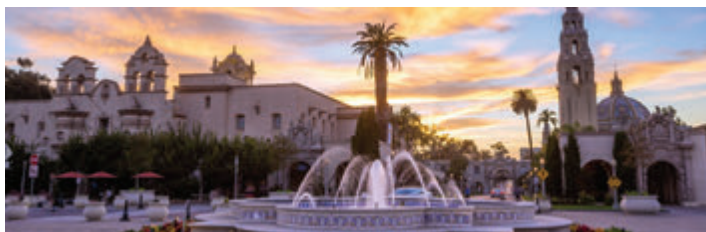
NEW CLASS

Mysticism – The Sacred Fire at the Heart of Religion

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

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

2244 | Fri., Mar. 6 | 1:00 PM | \$16



NEW CLASS

Myths, Fables, and Other Untrue Stories About Historic San Diego

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

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

2683 | Tue., Apr. 7 | 1:00 PM | \$15

Oy Vey! Do We Know Yiddish?!

Richard Lederer, Union-Tribune Language Columnist

Explore the influence of Yiddish words and enjoy the best Jewish jokes. There's no need to be Jewish to learn and laugh at this shtick!

2376 | Wed., Apr. 15 | 10:00 AM | \$15

Roaring Twenties on a Plate: How San Diego Ate

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

Explore how booming 1920s San Diego fed itself and the nation, from farmers' fields to restaurant menus and residents' tables.

2370 | Wed., Apr. 29 | 10:00 AM | \$15

NEW CLASS

Socialism, Yiddish, and Siberia: The Dream of Birobidzhan

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso and Musician

An immersive study of Birobidzhan, the Soviet Jewish homeland experiment, exploring its utopian vision, Yiddish culture, political repression, and ultimate decline within 20th-century Jewish history.

2551 | Thu., Apr. 9 | 10:00 AM | \$15

NEW CLASS

Surrealism

Julia Fister, MA, Studio ACE Executive Director

Explore how artists like Dalí, Magritte, and Kahlo used dream imagery, symbolism, and imagination to challenge reality and express the subconscious mind.

2594 | Thu., Mar. 12 | 1:00 PM | \$15

NEW CLASS

Tales of a Mad Hatter

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

Explore hats through folklore and history—from the Mad Hatter to Victorian excess—revealing laws, symbols, superstition, and style that give headwear unforgettable stories.

2713 | Tue., Apr. 14 | 1:00 PM | \$15

NEW CLASS

The Brooklyn Bridge: The Great Work of the Age

Mark Carlson, Historian & Author

Discover the story of the Brooklyn Bridge—engineering triumphs, daring workers, and steel-and-stone towers that connected two cities and captured the imagination of an age.

2251 | Wed., Apr. 15 | 1:00 PM | \$15

The Italian Renaissance: Art, Power, and the Birth of the Modern World

Laura Goldstein, SDMA Art Docent and Florentine Renaissance Enthusiast

Step into the Italian Renaissance. Explore Florence, the Medici, and the era's art, ideas, and humanism that reshaped society and continue to influence Western culture.

2486 | Mon., Apr. 13 | 10:00 AM | \$15

NEW CLASS

The Songs of Bruce Springsteen

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

Join singer-songwriter Peter Bolland as he weaves the songs of Bruce Springsteen with tales of his life and impact. And you're all invited to sing along!

2247 | Fri., Apr. 17 | 1:00 PM | \$16

NEW CLASS

Truth and Lying on Trial: Should We Ever Lie?

Virginia Shabatay, Ph.D., 40+ year Professor of Social Justice

Discuss the ethics of lying as we examine the perspectives of various philosophers including the views of ethicist Sissela Bok.

2497 | Mon., Mar. 30 | 1:00 PM | \$15

NEW CLASS

What is Conservatism?

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

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

2246 | Fri., Apr. 3 | 1:00 PM | \$16

LANGUAGES

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

Beginning French

Cynthia Romaker, Seasoned French Instructor (Fluent)

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

2201 | Wed., Mar. 18 - Apr. 29 | 10:00 AM | 6 Sess. | \$120

Intermediate French

Cynthia Romaker, Seasoned French Instructor (Fluent)

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

2203 | Wed., Mar. 18 - Apr. 29 | 11:30 AM | 6 Sess. | \$120

Advanced French

Cynthia Romaker, Seasoned French Instructor (Fluent)

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

2205 | Wed., Mar. 18 - Apr. 29 | 1:00 PM | 6 Sess. | \$120

Intermediate German

Christine Nievergelt, Credentialed Instructor, M. Ed.

In this class we keep improving our language skills. Students practice their conversational skills, learn more grammar, and read short stories to develop fluency and comprehension.

2211 | Fri., Mar. 20 - May 1 | 10:00 AM | 6 Sess. | \$120

Beginning Italian 1

Thomas Malone

Start your Italian journey! Learn grammar, vocabulary, and simple conversations at a relaxed pace—perfect for true beginners, with a guidebook from Amazon.

2209 | Fri., Mar. 20 - May 1 | 1:00 PM | 6 Sess. | \$120

NEW CLASS

Parliarimo Italiano, Beginning 2: Italian Conversation Workshop

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

For the beginning speaker, instructor-prompted discussion starters will help you build confidence and improve fluency.

2670 | Tue., Mar. 10 | 11:30 AM | \$15



Beginning Italian 2

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

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

2207 | Tue., Mar. 17 - Apr. 28 | 12:00 PM | 7 Sess. | \$140

NEW CLASS

Parliarimo Italiano: Intermediate Italian Conversation Workshop

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

For the intermediate speaker, instructor-prompted discussion starters will help build confidence and improve fluency.

2399 | Tue., Mar. 10 | 1:15 PM | \$15

Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

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

2220 | Tue., Mar. 17 - Apr. 28 | 1:15 PM | 7 Sess. | \$140

NEW CLASS

Beginning Mandarin I

Daisy Liu, B. A. International Business, Experienced Teacher of Mandarin

A friendly, engaging class for beginners. We'll focus on practical communication and essential language foundations.

2331 | Tue., Mar. 17 - Apr. 28 | 10:00 AM | 7 Sess. | \$140

Beginning Spanish 1-B

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

For students who have taken Beginning Spanish 1 at Oasis or elsewhere, and are not quite ready to jump to Beginning Spanish 2.

2224 | Thu., Mar. 19 - Apr. 30 | 11:30 AM | 6 Sess. | \$120

Beginning Spanish 2

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

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

2217 | Mon., Mar. 16 - Apr. 27 | 10:00 AM | 7 Sess. | \$140

Conversational Spanish

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

Practice Spanish in real-life situations through conversations, games, and role-play. Build confidence with everyday expressions while preparing for travel, friendships, or exploring a new language.

2226 | Thu., Mar. 19 - Apr. 30 | 10:00 AM | 6 Sess. | \$120

Intermediate Spanish

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

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

2218 | Mon., Mar. 16 - Apr. 27 | 11:30 AM | 7 Sess. | \$140

LITERATURE & VISUAL ARTS

Flash Poetry

Larry Gach, Award Winning Local Poet, Published Author
Think you're not a poet? In Flash Poetry, we'll use playful prompts and guided exercises to write an original poem. No experience required.

2566 | Tue., Apr. 7 | 10:00 AM | \$15

2567 | Tue., Apr. 28 | 10:00 AM | \$15

Oasis Fiction Book Club

Gail Hall, MS, Rehabilitation Counseling, Avid Reader

We'll share and discuss great fiction reads, both past and present.

2254 | Wed., Mar. 18 | 10:00 AM | \$5

Share one of your favorite reads with the group.

2255 | Wed., Apr. 15 | 10:00 AM | \$5

Hamnet by Maggie O'Farrell

MUSIC & LIVE PERFORMANCES

NEW CLASS

Beginning Guitar I

Anthony Seriello, Guitar & Harmonica Instructor

Perfect for beginners, we'll cover tuning, playing basic chords, understanding simple rhythm, and building good foundational techniques.

2472 | Mon., Mar. 9 - 30 | 10:00 AM | 4 Sess. | \$80

2475 | Mon., Apr. 6 - 27 | 10:00 AM | 3 Sess. | \$60

NEW CLASS

Beginning Harmonica I

Anthony Seriello, Guitar & Harmonica Instructor

Learn proper breathing, basic note control, simple melodies, how to hold the harmonica and essential techniques to get a clean, musical sound. Perfect for beginners.

2473 | Mon., Mar. 9 - 30 | 11:30 AM | 4 Sess. | \$80

2474 | Mon., Apr. 6 - 27 | 11:30 AM | 3 Sess. | \$60

Beginning Ukulele I

Karla Kay Brustad, Founder and Leader of Ukuladies of Ramona and Ramona Ukulele Jammers

Learn how easy it is to play songs on the ukulele. Learn chords and strumming patterns. No prior musical experience is necessary. Singing optional.

2237 | Tue., Mar. 17 - Apr. 14 | 11:30 AM | 5 Sess. | \$100

Beginning Ukulele II

Karla Kay Brustad, Founder and Leader of Ukuladies of Ramona and Ramona Ukulele Jammers

Ready to move beyond the basics? We will build on your understanding of basic chords and strumming patterns, transforming them into full, playable songs.

2238 | Tue., Mar. 17 – Apr. 14 | 10:00 AM | 5 Sess. | \$100

Love Ukulele? Let's Jam

Carmen Groe, Performer with Ramona Ukulele Jammers

Build confidence and friendships in this community ukulele jam. Great for players with some experience, knowledge of basic chords and strumming. Bring your uke and enthusiasm.

2491 | Wed., Mar. 11 | 1:30 PM | \$15

2492 | Wed., Apr. 8 | 1:30 PM | \$15



NEW CLASS

📍 Music Series: Live Rock Revival with The Classic Rock Band

Classic Rock Band

Rock out with the Classic Rock Band as you dance, sing, and relive legendary hits from the '60s and '70s through favorite anthems of the '90s.

2549 | Fri., Apr. 10 | 1:00 PM | \$15

NEW CLASS

Sing! (With No Judgement)

Beth Newton

Join us for a relaxed, supportive singing experience with breathing exercises, solo and group singing—focused on enjoyment, confidence, and fun, not perfection.

2487 | Fri., Mar. 20 | 11:30 AM | \$15

2488 | Thu., Apr. 16 | 11:00 AM | \$15

NEW CLASS

Strings on Fire: Django Reinhardt, Jazz, and the Romani Soul

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso and Musician

Born in a Romani caravan, Django Reinhardt overcame injury to reinvent jazz, creating Gypsy Jazz with two fingers—an inspiring story of music, resilience, and genius.

2550 | Tue., Mar. 10 | 10:00 AM | \$15

PERSONAL ENRICHMENT

Beginning Modern Canasta

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

Learn to play Modern Canasta following the Canasta League of America rules. Classes will include basics of the game, scoring and strategy.

2264 | Tue. & Thu., Mar. 3 - 12 | 1:00 PM | 4 Sess. | \$100

NEW CLASS

Beginning Pinochle

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

Dive into Beginning Pinochle! Master bidding, melding, tricks, and strategy in this fast-paced, partner card game packed with teamwork, challenge, and fun.

2266 | Tue. & Thu., Apr. 14 - Apr. 21 | 1:00 PM | 4 Sess. | \$75

Bereavement Support Group

Sharon L Bryant, Chaplain, VITAS Healthcare

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

2332 | 2nd & 4th Wed., Mar. 11 - Apr. 8 | 10:30 AM | 3 Sess. |

FREE

Bridge Basics 2 – Competitive Bidding

Hazel Turner, ACBL Certified Teacher, Ruby Life Master & Leslie Beaver ACBL Certified Teacher, Ruby Life Master

This class progresses through preemptive bids, overcalls, and takeout doubles, to competitive auctions.

2588 | Sat., Mar. 21 - Apr. 18 | 9:00 AM | 5 Sess. | \$60

NEW CLASS

Bunco: Think Fast, Laugh Louder

Shahla Rabinowitz, Mah Jongg/Bunco Enthusiast & Instructor

Learn to play Bunco, a lively dice game that combines quick thinking with nonstop fun.

2690 | Mon., Mar. 2 | 10:00 AM | \$10

2593 | Fri., Apr. 3 | 10:00 AM | \$10

Canasta Strategies: Beyond the Basics

Sheryl Chesivoir, B.A., 19 years of playing/teaching Mah Jongg and Canasta

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

2265 | Mon. & Thu., Mar. 16 - 26 | 1:00 PM | 4 Sess. | \$80

NEW CLASS

Defense - Bridge

Hazel Turner, ACBL Certified Teacher, Ruby Life Master & Leslie Beaver ACBL Certified Teacher, Ruby Life Master

This class covers defensive bridge fundamentals: opening leads versus NT and suits, second and third hand play, signals, trick development, disrupting declarer, and planning defense.

2589 | Thu., Apr. 2 - May 21 | 9:30 AM | 8 Sess. | \$100

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, art, science, and more.

2258 | Fri., Mar. 13 | 3:00 PM | \$12

2259 | Fri., Apr. 10 | 3:00 PM | \$12

NEW CLASS

Introduction to Virtual Reality: An Interactive Experience

Carlos Lujan, USN Retired, Founder of VR Health Ventures

Explore Virtual Reality in this beginner-friendly, hands-on class. Learn how it works, try a headset, and discover new ways to connect, engage, and play.

2721 | Thu., Apr. 2 | 10:00 AM | \$15

Makeup Tips For 50+ Women (Level 1)

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

Lecture with demonstrations will show how to gain a more youthful look. Learn pro makeup tricks and tips. Products and tools will be discussed.

2470 | Wed., Mar. 18 & 25 | 1:00 PM | 2 Sess. | \$30

Makeup Tips For 50+ Women (Level 2)

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

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

2481 | Wed., Apr. 15 & 29 | 1:00 PM | 2 Sess. | \$30

NEW CLASS

Once Upon Our Lives

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

A warm monthly gathering to share life stories, memories, and laughter in a caring community. No writing or performance skills needed.

2724 | Wed., Mar. 18 | 11:00 AM | \$15

2725 | Wed., Apr. 29 | 11:00 AM | \$15

Return to Travel: Domestic and International Destinations

Will Reece, AFC Vacations

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

2460 | Fri., Apr. 10 | 10:00 AM | FREE

Skin Care Made Easy - Get the Soft Glow Look

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

Learn how to prep your skin for a flawless look, with product tips, skin hacks, and a personalized skin analysis.

2480 | Wed., Apr. 1 | 1:00 PM | \$15

The Art of Folding Clothes

Janet Stuelpner, The Left-Handed Artist and Crafter

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

2684 | Thu., Mar. 5 | 1:00 PM | \$10

The Art of Packing Clothes - Travel Edition

Janet Stuelpner, The Left-Handed Artist and Crafter

What to pack and how to pack in a carry-on, a checked bag or both. Tips to keep your clothes as wrinkle-free as possible.

2213 | Tue., Apr. 28 | 10:00 AM | \$10

NEW CLASS

What's My Stuff Worth?

Jan Jocoy, International Society of Appraisers

Learn how to uncover your belongings' value, why appraisals matter, how values differ, what reports reveal, and how appraisal fees are determined.

2722 | Tue., Apr. 13 | 1:30 PM | \$15

Wines of Australia

Matilda Parente, MD, CSW

Discover the huge range of Australian wines from super value to super premium from this scenic and diverse subcontinent.

2476 | Fri., Mar. 27 | 1:00 PM | \$15

Women's Group: Friendship and Support

Skip Himmelstein, Psy. D., Psychotherapist, Volunteer RSVP

Retirement is a time to grow, create, and thrive—join our vibrant group of women 50+ to connect, share, and explore.

2498 | Mon., Mar. 2 & 16 | 1:00 PM | 2 Sess. | \$16

2499 | Mon., Apr. 13 & 27 | 1:00 PM | 2 Sess. | \$16

**Stay Sharp,
Stay Social,
Play Bridge!**

BCNC
Bridge Club of North County

Join the Bridge Club of North County at Oasis Rancho Bernardo, where strategy meets social connection!

Whether you're a seasoned player or just getting started, we have something for players at all levels.

- ♠ Duplicate & Social Games – \$11.00 & \$5.00
- ♥ Learning Opportunities – Classes & Supervised Play
- ♦ Daily Games – Morning & Afternoon

Boost your brainpower and build lasting friendships!

Check our schedule at bcncsandiego.org and join the fun today!

SCIENCE

NEW CLASS

American Women Astronauts

Neil Farber, NASA/JPL Solar System Ambassador

Explore women's journey to astronaut status, from the Mercury 13 pioneers, through today's astronauts returning to the Moon and beyond.

2493 | Tue., Mar. 24 | 10:00 AM | \$15

NEW CLASS

Different Eyes on the Universe

Neil Farber, NASA/JPL Solar System Ambassador

Learn about space-based telescopes that bypass Earth's atmosphere, their types, and discoveries revealing new insights into the Universe beyond our solar system.

2494 | Tue., Apr. 21 | 10:00 AM | \$15

NEW CLASS

The Biology of Human Races

Fred Bercovitch, Ph.D. Biological Anthropology

Dr. Fred Bercovitch examines the debate over human races, using Marvin the Martian zoologist's lens to compare human variation with other animals.

2479 | Tue., Mar. 31 | 10:00 AM | \$15

HYBRID BOTH LOCATIONS

The Story of the Earth I – Astrophysics

Henry George, Engineer, Archaeologist and Geologist

Explore the cosmic origin story, from the Big Bang to supernova debris, shaping our solar system and Earth in this fascinating journey through 13.7 billion years.

2359 | Thu., Mar. 12 | 10:00 AM | \$15

NEW CLASS

The Story of the Earth II - The Eons of Earth

Henry George, Engineer, Archaeologist and Geologist

Journey from Earth's fiery birth to today. Explore the Moon, ancient eons, and groundbreaking research revealing our planet's epic 4.5-billion-year story.

2360 | Thu., Apr. 16 | 10:00 AM | \$15

NEW CLASS

Why are Dick and Jane Different?

Fred Bercovitch, Ph.D. Biological Anthropology

Dr. Fred Bercovitch explains the biological roadmap guiding sex differences in development, maturation, and function among animals, including people.

2478 | Thu., Mar. 19 | 10:00 AM | \$15

SHAMILY'S KITCHEN

THIS IS HOW THEY KNOW I LOVE THEM... BY ADDING GARLIC.

Shamily

Oasis' first teaching kitchen and social lounge is named after Bonnie & Krishna Arora's daughter Shamily, to honor her love of cooking as a lifelong chef. All classes include samples!

A Culinary Experience at Chef Pelliccia's Dinner Table

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Enjoy a four-course dining experience with Chef Mark Pelliccia, featuring a swordfish appetizer, Gnocchi alla Sorrentina, porchetta with garlicky green beans, and a delicious Amaretto semifreddo dessert. Coffee and Tea will also be available.

2729 | Fri., Apr. 10 | 5:00 PM | \$65

NEW CLASS

Asian Velveting Techniques

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Want tender and juicy meats every time? Come and learn the essential Asian cooking method known as "velveting."

2520 | Wed., Mar. 11 | 10:00 AM | \$25

NEW CLASS**Baked Zucchini and Squash Fritters with Oregano and Mint**

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Learn how to combine golden squash and fresh zucchini into crispy, light, flavorful fritters, perfect as a side dish or appetizer.

2704 | Fri., Mar. 27 | 10:00 AM | \$25

NEW CLASS**Cavatelli in Tomato Sauce**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Shape rustic hand-rolled pasta and pair it with an easy to make, slow-cooked tomato sauce for a perfect, delicious, comfort Italian dish.

2510 | Wed., Mar. 4 | 10:00 AM | \$25

NEW CLASS**Challah Bread Making: 2 Part Series**

Allison Weisman, Owner of Allison's Custom Confections

From fluffy dough to gorgeous braids, learn challah techniques, baking tips, and create classic and cinnamon challah to enjoy at home.

2708 | Thu., Mar. 12 & 19 | 1:00 PM | 2 Sess. | \$40

NEW CLASS**Chicken Chow Fun**

Rose To, M.R. Ed., MS Ed (TESOL) with Intercultural Communication Training

Create a vibrant chicken and vegetable noodle dish from scratch while mastering wok techniques and becoming a confident Wok Star.

2700 | Fri., Mar. 20 | 10:30 AM | \$25

NEW CLASS**Cracking the Code to Perfect Eggs**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Create perfect eggs in every form, from soft-boiled to poached, scrambled to omelets, while also understanding temperature control.

2517 | Wed., Apr. 15 | 12:00 PM | \$25

Crème Brûlée

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Master this timeless French dessert by creating silky custard topped with a perfectly caramelized sugar crust.

2521 | Wed., Mar. 11 | 12:00 PM | \$25

NEW CLASS**Dueling Matzo Balls: Sink or Swim**

Allison Weisman, Owner of Allison's Custom Confections

Float or sink? Watch Allison and Judy battle with matzo balls in a lively chicken soup showdown—traditional versus Mexican-style flair.

2707 | Thu., Mar. 26 | 1:00 PM | \$25

NEW CLASS**Emerald Green Mindful Meals: Spinach and Walnut Pesto Pasta**

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

Create a bold spinach-walnut pesto that is as good for your brain as it is for your taste buds.

2705 | Fri., Mar. 13 | 11:00 AM | \$25

NEW CLASS**French Cookies and Small Cakes**

Beatrice Ricart, Chef

Come and experience a variety of French cookies and small cakes, including Madeleines, Brittany Butter Cookies, and Marseille Navettes.

2709 | Wed., Mar. 25 | 1:00 PM | \$25

NEW CLASS**Heart Wise Desserts: Roasted Berry-licious Bruschetta and Decadent Chocolate Mousse**

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

Come and enjoy some heart-healthy desserts, rooted in tradition and science, designed to keep your heart strong and happy.

2710 | Wed., Apr. 29 | 11:00 AM | \$25

NEW CLASS**Immunity Boosting Kitchen: Citrus-Ginger Roasted Veggies and Farro**

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

Stir, savor, and support your immune system with a deliciously wholesome recipe full of vitality and flavor.

2706 | Tue., Mar. 24 | 11:00 AM | \$25

NEW CLASS**Korean Chicken Lettuce Wraps with Ssamjang Sauce**

Cathlyn Choi, Korean Celebrity Master Chef & Author, Producer & Host of the First PBS Korean TV Cooking Show Cathlyn's Korean Kitchen

Join Chef Choi, as she shows you how to make this delicious, heart-healthy Korean dish.

2731 | Thu., Apr. 2 | 11:30 AM | \$25

NEW CLASS

Making Pasta from Scratch

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Learn to roll, cut, and shape fresh pasta dough by hand, while also learning essential techniques for making tagliatelle, ravioli, and more!

2516 | Wed., Apr. 15 | 10:00 AM | \$25

NEW CLASS

Mint, Pistachio, and Zesty Quinoa Salad

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Enjoy a light, satisfying quinoa salad bursting with mint, pistachios, feta, and a sweet-tangy lemon-honey dressing.

2701 | Fri., Apr. 17 | 10:00 AM | \$25

NEW CLASS

Pavlova with Seasonal Fruit

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Learn how to create a crisp-on-the-outside, marshmallow-soft meringue topped with whipped cream and fresh seasonal fruit for a light, elegant dessert that celebrates texture and color.

2511 | Wed., Mar. 4 | 12:00 PM | \$25



NEW CLASS

Plant Powered High Protein Bowls

Chef Zuzu Khawaja, Vegan Chef, Food Stylist, and Recipe Developer

Join Bravo TV's award-winning Top Chef as you learn the art of making delicious high protein meals with bold flavors that pack a protein punch.

2730 | Thu., Apr. 23 | 11:00 AM | \$35

NEW CLASS

Ricotta Cheese Making

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Create and craft fresh, creamy ricotta cheese at home using simple ingredients, and enjoy it warm or in various savory/sweet recipes.

2515 | Wed., Mar. 18 | 12:00 PM | \$25

NEW CLASS

Royal Treatment: A Noble Approach to Icing

Liz Jacobi, Owner of Lizzy's Sweet Treats

Learn about Royal Icing and the different consistencies used for cookie decorating. Participants will receive fresh baked sugar cookies, bagged colored royal icing and all supplies needed to create three beautiful cookies.

2732 | Tue., Mar. 17 | 12:00 PM | \$40

2733 | Wed., Apr. 8 | 12:00 PM | \$40

2734 | Thu., Apr. 30 | 12:00 PM | \$40

NEW CLASS

Sensational Salads

Tonya Whitfield, Chef/Professor

We will be making cool spring and summer salads. Jazz up your chicken and tuna salads and make an unbelievable Italian pasta salad two different ways.

2686 | Mon., Apr. 20 | 12:00 PM | \$25

NEW CLASS

Springtime Charcuterie Arrangements

Gina Summer Johnson

Explore the art of pairing bright spring flavors and learn to balance textures. Discover tips and tricks on how to assemble your ingredients into a visually stunning board.

2688 | Tue., Apr. 7 | 1:00 PM | \$25

NEW CLASS

Taco Wednesday? Shell Yeah!

Carol Zaleta, Chef

Tacos take over Wednesday! Learn bold fillings like chorizo-potato and chard-mushroom, plus a fresh tomatillo salsa.

2674 | Wed., Apr. 22 | 11:00 AM | \$25

NEW CLASS

Techniques on Deboning a Whole Chicken

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Gain hands-on butchery skills by learning how to debone a whole chicken efficiently while minimizing waste and understanding suggested techniques for each cut.

2514 | Wed., Mar. 18 | 10:00 AM | \$25

NEW CLASS

The Big Melt: San Diego Style Grilled Cheese Sandwiches

DJ Hasinsky, Baker

Everyone loves a classic grilled cheese sandwich. Let's take this American classic and give it our own San Diego twist using a variety of local ingredients.

2687 | Wed., Apr. 1 | 1:00 PM | \$25

NEW CLASS

The Botanical Bakery

Julia Kaplan

Come and explore the rich world of dark fruits, toasted grains, and natural extracts without adding any sugar to create delicious sweet breads and cookies.

2689 | Tue., Mar. 10 | 1:00 PM | \$25

NEW CLASS

Wok Time is it? It's Time for Stir-Fry!

Rose To, M.R. Ed., MS Ed (TESOL) with Intercultural Communication Training

Say goodbye to soggy takeout and hello to fresh, vibrant stir-fries as you master sauce science and seasonal Asian veggies.

2703 | Fri., Mar. 20 | 12:30 PM | \$25

TECHNOLOGY

📍 AI – Next Level

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

Explore endless possibilities with AI. Write, learn, plan, and create. This class is your guided, fun playground for real-life tools and curiosity-driven discovery.

2727 | Thu., Mar. 5 | 11:30 AM | \$15



NEW CLASS

AI: Art, Writing & Creativity

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

AI surrounds us—full of promise and pitfalls. Explore what it can and can't do in art and writing, and whether machines can truly be creative.

2553 | Tue., Mar. 10 | 1:00 PM | \$15

AI Facts, Fun, Myths and More

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

This easy-to-understand class helps take the mystery out of AI by separating facts from myths and explaining it in plain language.

2604 | Tues. Apr. 14 | 11:30 AM | \$15

NEW CLASS

AI: The Emergence of Consciousness or an Illusion

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

AI is an amazing digital tool. It often appears to have consciousness. This may simply be how we humanized reality or an illusion. But which is it?

2554 | Tue., Mar. 24 | 1:00 PM | \$15

📍 ChatGPT 101: How to Get Started and Make the Most of It

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

Unlock the power of AI to simplify tasks and make them more enjoyable. Learn how to ask ChatGPT for clear, helpful answers.

2726 | Thu., Mar. 5 | 10:00 AM | \$15

NEW CLASS

Cybersecurity 101 - Staying Safe Online: Phishing

Pedro Ibarreche, BS Computer Engineering, IT Support Specialist

This cybersecurity class teaches online safety, types of cyberattacks, and protection strategies like strong passwords and phishing awareness, ending with a Q&A session.

2564 | Tue., Mar. 3 | 11:00 AM | \$15

2565 | Wed., Apr. 8 | 12:30 PM | \$15

NEW CLASS

Decoding Tech Lingo

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

This welcoming, easy-to-follow class is designed especially for those who want to feel more confident and informed when dealing with today's technology.

2603 | Tue. Apr. 14 | 10:00 AM | \$15

NEW CLASS

Get Started with Gemini: Google's AI Tool

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

This class introduces Google's AI tool in easy-to-understand terms. You'll learn what Google Gemini is, how it works, and how it can help with everyday tasks.

2602 | Tue. Apr. 28 | 2:00 PM | \$15

NEW CLASS

Screen Casting: From Your Phone to the Big Screen

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

Learn how to share your phone or tablet screen with your TV. We'll cover the essentials, including what apps you'll need, and then dive into hands-on practice.

2605 | Tue. Apr. 28 | 12:30 PM | \$15

Smartphone 101

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

Learn the basic functions and features of your iPhone or Android phone to navigate with confidence to build a solid foundation for everyday use.

2601 | Wed., Mar. 25 | 12:30 PM | \$15

NEW CLASS

Smartphone 102

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

Learn to customize your phone to meet your needs and explore features and functions to help with your personal efficiency and organization.

2602 | Wed., Mar. 25 | 2:00 PM | \$15



Do you have Medicare?

Your Medicare plan may cover exercise classes, meaning you can stay active, healthy, and connected at little to no cost to you.

Sign up on our website: www.sandiegooasis.org



TOGETHER WE THRIVE

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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.

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Contact Meagan McKissick,
VP of Philanthropy to Learn More.
Meagan@SanDiegoOasis.org
www.SanDiegoOasis.org

INNOVATION CENTER

Oasis Innovation Center Workshops at our Rancho Bernardo location are led by David Beevers, Manager of Technology Training and Program Operations.

Technology workshops would not be possible without the generous support of Arlene & Michael Bardin, the McCarthy Family, Rancho Bernardo Community Foundation, Rancho Bernardo Sunrise Rotary, and Rotary Club of Rancho Bernardo.

Apple Photos Workshop

This 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.

204 | Thu., Mar. 19 | 2:00 PM | \$10

205 | Thu., Apr. 2 | 10:00 AM | \$10

207 | Tue., Apr. 21 | 2:00 PM | \$10

Bluetooth Basics Workshop

We will review how Bluetooth technology works, including how to pair your device with wireless speakers, headsets, computers, cars, and more.

210 | Thu., Mar. 26 | 12:00 PM | \$10

211 | Tue., Apr. 28 | 10:00 AM | \$10

Cloud Storage & Web Cookies Workshop

Learn the basics of cloud storage and web cookies, what they are, how they work, and how to manage them.

213 | Thu., Mar. 19 | 10:00 AM | \$10

217 | Tue., Apr. 21 | 12:00 PM | \$10

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.

220 | Thu., Mar. 19 | 12:00 PM | \$10

221 | Tue., Apr. 28 | 2:00 PM | \$10

Google Photos App Workshop

This workshop will give you tips for organizing photos on your smartphone. Learn about favorites, creating folders, searching for pictures, and more.

226 | Thu., Apr. 2 | 2:00 PM | \$10

227 | Thu., Apr. 9 | 10:00 AM | \$10

228 | Tue., Apr. 28 | 12:00 PM | \$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.

232 | Thu., Mar. 26 | 2:00 PM | \$10

Technology for Travelers

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

236 | Thu., Mar. 26 | 10:00 AM | \$10

237 | Tue., Apr. 21 | 10:00 AM | \$10

UBER/Lyft App Workshop

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

241 | Thu., Apr. 9 | 12:00 PM | \$10

YouTube Workshop

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

244 | Thu., Apr. 9 | 2:00 PM | \$10



**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 pages 9 and 31 for upcoming Thrivent Financial classes at San Diego Oasis on Economic Review and Market Outlook, How Taxes Affect Your Retirement, Social Security, and more.



Anthony Camara
MBA, CFP®, FIC
Wealth Advisor

Meet Anthony Camara

Financial Consultant | Thrivent

Anthony Camara partners with San Diego Oasis to help older adults navigate financial topics with clarity and confidence.

Through engaging, educational classes, Anthony covers key areas such as:

- Social Security strategies
- Estate and legacy planning
- Charitable giving that makes an impact
- Purpose-driven financial planning for retirement

With a background in values-based advising, Anthony is passionate about empowering adults 50+ to make financial decisions that not only make sense—but also feel right.

**Schedule your free heart
check-up today:
(858) 455-5227**

Learn more at [Thrivent.com](https://www.thrivent.com)

thrivent



OASIS AT THE LIBRARY

ALPINE BRANCH LIBRARY 1752 Alpine Boulevard, Alpine, CA 91901

Celtic Songs for Saint Patrick's Day: Live Performance

Chris Burns, Many-Strings

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

730 | Sat., Mar. 14 | 1:00 PM | FREE

GROSSMONT HEALTHCARE LIBRARY 9001 Wakarusa St, La Mesa, CA 91942

All About Fats

Nadin Benrey, MA, NBC-HWC

Learn about healthy fats and unhealthy fats. While fats/oils are essential to good health, identify the health risks of over-consumption of fats, particularly trans and saturated fats.

728 | Wed., Mar. 25 | 10:00 AM | FREE

MISSION HILLS / KNOX LIBRARY 215 W Washington St, San Diego, CA 92103

Gustav Klimt

Aniko Makranczy, MFA

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

711 | Sat., Apr. 25 | 2:30 PM | FREE

The Art and Architecture of India

Gwenyth Mapes, Professor of Humanities

We will take a quick romp through some of India's most famous art and architecture.

710 | Sat., Mar. 21 | 2:30 PM | FREE

POINT LOMA BRANCH LIBRARY 3701 Voltaire St. San Diego, CA 92107

Chair Yoga

Julia Doughty, MFA and Certified HHP

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

725 | Fri., Mar. 6 & Mar. 20 | 11:00 AM | 2 Sess. | FREE

726 | Fri., Apr. 3 & Apr. 17 | 11:00 AM | 2 Sess. | FREE

Metabolic Reset: Tips to Turbocharge Your Body's Engine

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

Supercharging your metabolism with SMART eating and adopting positive lifestyle changes can improve your metabolic health.

721 | Wed., Mar. 11 | 1:00 PM | FREE

Most Intriguing and Baffling Mysteries of World History

Sofia Laurein, PhD, Professor of History

Like plotting a detective thriller, we'll uncover clues to some of the great mysteries of world history, examining shocking twists and turns.

717 | Wed., Apr. 22 | 1:00 PM | FREE

San Diego Legends: A Prohibition Era Smuggler's Cave

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

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

716 | Wed., Apr. 8 | 1:00 PM | FREE

The Wright Brothers and the Dawn of Aviation

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

The age of aviation was launched in 1903 when two obscure bicycle mechanics discovered how to successfully build a staffed, powered aircraft.

722 | Wed., Mar. 25 | 1:00 PM | FREE



OASIS AT THE LIBRARY

SAN CARLOS LIBRARY **7265 Jackson Dr, San Diego, CA 92119**

Hidden Gems in San Diego County History

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

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

712 | Fri., Apr. 17 | 2:00 PM | FREE

TIERRASANTA LIBRARY BRANCH **4985 La Cuenta Dr, San Diego, CA 92124**

Music of Middle East

Bernard Ellorin, Ph.D.

Middle Eastern music is integral to spirituality. Secular entertainment highlights solo and ensemble music. Different instruments offer various sounds to enrich timbre and tone.

707 | Tue., Apr. 28 | 6:00 PM | FREE

Tchaikovsky's 1812 Overture: Music and History

Chris Burns, Many-Strings

Experience Tchaikovsky's thrilling "1812 Overture," where music tells Napoleon's epic Russian invasion story—battle, prayers, and celebrations all come alive in this lively, historical hour!

704 | Tue., Apr. 14 | 6:00 PM | FREE

Women Artists

Julia Fister, MA, Studio ACE Executive Director

Celebrate Women in History Month by exploring iconic and overlooked women artists—from oil paintings to quilts, discovering their stories and stunning creations.

706 | Tue., Mar. 24 | 6:00 PM | FREE



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Visiting Angels allows your loved ones to live where they are the most comfortable—in their own home.

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Safeguarding our communities

SDG&E's pioneering wildfire safety program has become an industry leader, setting standards for other power companies to follow. Every day, advance prevention and mitigation activities are at work keeping our communities safe from wildfires. As we continue to push the boundaries of innovation and develop new ways to prevent wildfires, our commitment to safety remains at the forefront of everything we do.



AFC Vacation

Return to Travel: Domestic and International Destinations

Will Reece, AFC Vacations

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

2460 | Fri., Apr. 10 | 10:00 AM | FREE

Rancho Bernardo Oasis

1512 | Fri., Apr. 10 | 1:00 PM | FREE

La Mesa Oasis

Philadelphia, Amish Country & Brandywine

June 7 - 12, 2026 | 6 Days | 8 Meals

Single: \$3,949 pp | Double: \$3,199 pp

Explore the history and heritage of Philadelphia and its surrounding regions, from Independence Hall and Valley Forge to grand DuPont estates, Hershey’s sweet legacy, and Amish country traditions. Enjoy immersive tours, memorable meals, and enriching experiences that bring America’s past to life.

Alpine Swiss Villages & Rails

July 13 - 21, 2026 | 9 Days | 12 Meals

Single: \$6,549 pp | Double: \$5,599 pp

Escape to Switzerland’s storybook Alps, beginning with Bern’s rose gardens before climbing into the stunning Lauterbrunnen Valley. Ride a Cog Railway to the car-free village of Wengen, where towering cliffs, glacier views, and alpine charm capture the majesty of this adventure.

Alaska Call of the Wild

August 6 - 12, 2026 | 7 Days | 10 Meals

Single: \$6,649 pp | Double: \$5,699 pp

Experience Alaska’s greatest hits—Denali, dome rail, glaciers, wildlife cruises, and coastal Seward—on this unforgettable guided adventure packed with scenery, wildlife, and wow moments.

Great Canadian Cities

September 16 - 24, 2026 | 9 Days | 11 Meals

Single: \$5,999 pp | Double: \$4,749 pp

Discover Eastern Canada’s highlights—Montreal, Quebec City, Ottawa, Toronto, and Niagara Falls—with scenic rail, cruises, historic cities, and unforgettable views on this guided adventure.

Collette Vacations

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.

National Parks of America

July 9 - 20, 2027 | 12 Days | 17 Meals

Single: \$8,199 pp | Double: \$5,999 pp

Journey through the American Southwest’s most iconic parks—from the Grand Canyon and Bryce to Zion and Jackson Hole—packed with jaw-dropping scenery, classic towns, and unforgettable experiences.

DayTripper 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 **OASIS326** to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Travel

When you book your adventures through San Diego Oasis, you enjoy unforgettable trips while supporting our programs.



Explore the world and give back to your community, one adventure at a time!

Learn More About Oasis Travel Programs:
www.SanDiegoOasis.org

Luck of the Irish - Musical Revue & Irish Lunch **Mon., Mar. 16 | Price \$198**

Grab your four-leaf clover and get your leprechaun on with Luck of the Irish! Everyone in attendance is an honorary Irishman at this matinee show and delicious included lunch in Alhambra.

Museum Row & L.A.'s Original Farmers Market **Thurs., April 2 | Price \$145**

Come along with us and explore some of L.A.'s most iconic museums and one of the most popular tourist destinations in the city, the Original Farmers Market.

Hsi Lai Buddhist Temple & Vegetarian Lunch **Thur., April 16 | Price \$159**

Visit Hsi Lai Buddhist Temple to enjoy breathtaking views, moments of mindfulness, and a fresh, flavorful vegetarian lunch in a serene setting.

Ramona Pageant: An Enduring Love Story **Sat., April 25 | Price \$169**

Celebrate the 103rd anniversary of California's official outdoor play as it unfolds in the hillsides overlooking Hemet at one of the most unique amphitheaters in the country.

Glass Cathedral and The Shroud of Turin Experience **Thur., April 30 | Price \$159**

From soaring glass architecture to an interactive Shroud of Turin experience, this tour offers insight into design, history, and a mystery that has captured attention for centuries.

Healing Horses & Historic Treasures **Thur., May 12 - | Price \$165**

Embark on an uplifting journey to the Ivey Ranch Park therapeutic equestrian center in Oceanside, uncovering the heartwarming story behind its founding and impactful growth.



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.



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A FIVE STAR SENIOR LIVING COMMUNITY

THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201

AHandley@5SSL.com
fivestarseniorliving.com/communities/ca/san-diego/the-remington-club

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

ASSISTED LIVING PLACEMENT SPECIALISTS



AGING123

Julie Derry, MBA, CSA | (619) 378-6895

julie@aging123.com | aging123.com

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options.



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.koehnen@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

thrivent® 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.

FITNESS



ALLOY PERSONAL TRAINING

Brandon Lind (Fitness Director) | (619) 604-9311

info.rbh@alloypersonaltraining.com

alloypersonaltraining.com/location/rancho-bernardo-heights-ca/

Alloy is a small-group personal training gym designed for adults who want to feel stronger, move better, and live longer. Our expert coaches deliver personalized, joint-friendly workouts that build strength, boost energy, and support long-term health. Experience a welcoming community and a proven approach to fitness that supports lifelong results.

HOSPICE



The Elizabeth Hospice

THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050

info@ehospice.org | elizabethhospice.org

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, severe illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

IN-HOME CARE AGENCY



VISITING ANGELS

Kevin Vakili | La Mesa (619) 303-6555 | La Jolla (858) 551-8910
kvakili@visitingangels.com |
www.VisitingAngels.com/LaMesa
www.VisitingAngels.com/LaJolla

Visiting Angels specializes in helping seniors with daily tasks, enabling them to remain at home for as long as they choose. Its customized care plans support the unique needs of every older adult they serve. Visiting Angels also provides dementia and palliative care, offering comfort and stability for seniors living with chronic illnesses.

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 SAN DIEGO COUNTY

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.

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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.

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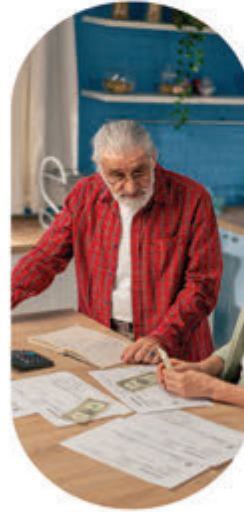
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Joshua Schwartz
Sales Manager
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