



**Explore.**

**Learn.**

**Thrive.**



La Mesa  
(619) 881-6262

Rancho Bernardo  
(858) 240-2880



info@SanDiegoOasis.org



SanDiegoOasis.org

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## About us

San Diego Oasis is an award-winning nonprofit organization that promotes healthy aging through lifelong learning, active lifestyles, and volunteer engagement. Our programs encourage personal growth, connection and service to the community. San Diego Oasis relies on donors, grants, and program fees for financial support.

## Office Information

The San Diego Oasis offices are open Monday-Friday from 8:30 a.m. - 4:00 p.m. Please visit the website for Saturday hours.



### La Mesa/Grossmont Center

5500 Grossmont Center Dr., Ste 269  
 La Mesa, CA 91942  
**(619) 881-6262**

### Rancho Bernardo

17170 Bernardo Center Dr.  
 Rancho Bernardo, CA 92128  
**(858) 240-2880**

## Registration

Visit [SanDiegoOasis.org](http://SanDiegoOasis.org), visit or call your local center to enroll. Oasis offers three ways to attend a class: in-person, online/virtually , or hybrid .

## Cancellation & Refund Policy

All classes may be cancelled due to unforeseen circumstances or low enrollment. If this occurs, you will be notified. Class fees are non-refundable unless there is a medical emergency, jury duty, or Oasis cancels the program.

## Volunteer Opportunities

Get involved and make a difference by volunteering with Oasis. From mentoring students in our Intergenerational Tutoring program to supporting events and welcoming members, there are meaningful ways to get involved. Visit our website to explore current volunteer opportunities and find the role that's right for you.

**San Diego Oasis**

San Diego Oasis is a nonprofit helping older adults stay active, connected, and engaged through lifelong learning, wellness, and community.

At a time when many face isolation and declining health, Oasis provides opportunities to build friendships, stay strong, and keep growing with purpose.

**Program fees cover only 40% of our costs.**

The rest is made possible by donors and partners who help ensure Oasis remains a place where older adults can truly thrive.

**60%** (Donors and partners) | **40%** (Program fees)

**ASK ME WHY.**

Join our Spring "Why We Give" Campaign and **double your impact**. Every gift through **June 1st** will be **matched up to \$50,000**.

*Give today!*

Questions or want to make a gift?  
 Contact Meagan McKissick:  
[Meagan@SanDiegoOasis.org](mailto:Meagan@SanDiegoOasis.org)  
 (858) 240.2880

# Make a difference today and save on taxes. Support the Future of Oasis with a **Charitable IRA Rollover**

## Who can give?

If you are 70 1/2 and older, you can give any amount up to \$108,000 per year from your IRA to Oasis without having to pay income taxes on the money. Your gift will help Oasis build a future where all older adults can live expansive and purposeful lives.

## Why give to Oasis through an IRA?

- Since the gift doesn't count as income, it can reduce your annual income level. This may help lower your Medicare premiums and decrease the amount of social security subject to tax.
- Beginning the year you turn 73, you can use your gift to satisfy all or part of your required minimum distribution.
- You pay no income taxes on the gift.

## Ready to talk about an IRA charitable rollover or similar planned gift?

Contact VP of Philanthropy, Meagan McKissick:



[Meagan@SanDiegoOasis.org](mailto:Meagan@SanDiegoOasis.org)



(858) 240-2880 ext. 101

*Oasis does not provide legal, tax, or financial advice. We strongly recommend that you consult professional advisors on all legal, tax, or financial matters, including gift planning considerations.*





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

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

**CURRENT GIFTS:**

Cash | Life Insurance | Stocks | Real Estate

**PLANNED GIFTS:**

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

**Questions?**

Contact [Simona@SanDiegoOasis.org](mailto:Simona@SanDiegoOasis.org) to learn about the many ways you can support the mission of San Diego Oasis.

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

**RMD**

Donating to San Diego Oasis through your **Required Minimum Distribution (RMD)** is 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.

**San Diego Oasis**

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

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 Landscapes

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Explore abstract landscapes through a playful approach, using color, layers, and simple shapes to create expressive scenes that feel uniquely yours. Check the online listing for required supplies.

**1315** | Fri., June 26 | 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.

**1322** | Tue., May 19 & 26 | 1:00 PM | 2 Sess. | \$50

**1323** | Tue., June 16 | 1:00 PM | \$25

#### 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.

**1236** | Wed., May 6 | 9:45 AM | \$20

**1237** | Wed., May 20 | 9:45 AM | \$20

**1238** | Wed., June 3 | 9:45 AM | \$20

**1239** | Wed., June 17 | 9:45 AM | \$20

### NEW CLASS

#### Art of Photography: Bringing the Garden into Focus

Suda House, Professor of Art and Photography, Grossmont College

Learn to capture the magic of gardens with your camera or phone. Explore composition, light, and simple in-camera techniques for stunning shots. Bring your cell phone or digital camera to class.

**1306** | Tue., May 26 | 10:00 AM | \$15

**1307** | Tue., June 23 | 10:00 AM | \$15

#### Art with Kelly: Rock Painting Mandala Dot Design

Kelly Creeden, BA, MS, Mentor, & Teacher

Create beautiful stone designs for your garden or tabletop, with guidance and time to unleash your creativity. All skill levels are welcome. Check the online listing for required supplies.

**1310** | Fri., May 15 | 10:00 AM | \$25

### NEW CLASS

#### Carve Your Own Stamp

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.

**1473** | Thu., May 21 | 10:00 AM | \$25

**1474** | Thu., June 18 | 10:00 AM | \$25

#### Color Theory Basics

Aniko Makranczy, MFA

Unlock the secrets of the color wheel to mix, match, and master vibrant color combos that make your designs pop. Check the online listing for required supplies.

**1557** | Tue., June 16 | 10:00 AM | \$20

#### Creating Textures in Watercolor

Ann Dunham, MS Design

Bring your watercolor paintings to life using texture and dynamic backgrounds. Learn techniques to create depth and interest. Check the online listing for required supplies.

**1318** | Tue. & Thu., May 12 & 14 | 10:00 AM | 2 Sess. | \$40

**1319** | Tue. & Thu., June 9 & 11 | 10:00 AM | 2 Sess. | \$40



### NEW CLASS

#### **Doodle & Unwind**

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Let your pen wander in this relaxing doodling workshop. Explore simple patterns, shapes, and flow. No experience is needed. Check the online listing for required supplies.

**1314 | Fri., May 22 | 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. Pieces will be fused off-site and available for pick up the following week. All materials will be provided.

**1254 | Wed., May 20 | 1:30 PM | \$65**

Small Dish/Nightlight

**1255 | Wed., June 17 | 1:30 PM | \$65**

Pocket Vase

#### **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.

**1258 | Thu., May 7 | 1:00 PM | \$25**

**1259 | Fri., June 5 | 1:00 PM | \$25**

**1260 | Thu., July 2 | 1:00 PM | \$25**



#### **Ikebana Flower Arrangement**

Nakaba Emtesali, Certified Practitioner of Ikebana

Discover the mindful art of Japanese-style flower arranging. Learn key principles and techniques while creating your own seasonal design. Bring clippers; all other materials provided.

**1262 | Mon., May 4 | 1:00 PM | \$50**

**1263 | Mon., June 1 | 1:00 PM | \$50**

### NEW CLASS

#### **Jewelry with Judy: Make a Patriotic Bracelet**

Judy Cunningham, Owner of Designs by Judy

Create a festive red, white, and blue memory wire bracelet. No experience is necessary and all supplies are provided.

**1336 | Mon., June 22 | 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 materials will be provided.

**1266 | Thu., May 28 | 10:00 AM | \$25**

**1267 | Thu., June 25 | 10:00 AM | \$25**



### 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 materials will be provided.

**1332 | Thu., May 21 | 1:00 PM | \$20**

### NEW CLASS

#### **Open Bowl Terrarium Design with Succulents & Air Plants**

Muriel King, Succulent Designer and Owner of the Perfect Plant

Create a beautiful, low-maintenance open terrarium using succulents and air plants, designed for both style and simplicity. All materials will be provided.

**1330 | Fri., May 22 | 10:00 AM | \$60**

### 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 materials will be provided.

**1274 | Wed., May 27 | 10:00 AM | \$20**

Quilled Picture Frames

**1275 | Wed., June 24 | 10:00 AM | \$20**

Quilled Shadow Boxes

### 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 materials will be provided.

**1278 | Wed., May 13 | 10:00 AM | \$20**

Quilled Picture Frames

**1279 | Wed., June 10 | 10:00 AM | \$20**

Quilled Plaques

### 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.

**1327 | Mon. & Wed., June 8 & 10 | 1:00 PM | 2 Sess. | \$40**

### Rock Painting with Marci

Marci Kleiner

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

**1302 | Tue., May 5 | 10:00 AM | \$20**

**1303 | Tue., June 2 | 10:00 AM | \$20**

### NEW CLASS

#### Sew with Lyn: Beginning Quilting

Lyn Earl, Instructor

Learn or refresh your quilting skills with a beginner-friendly pattern for a throw-sized quilt. Check the online listing for required supplies.

**1284 | Wed., July 1 | 1:30 PM | \$20**

### NEW CLASS

#### Sew with Lyn: Three Fun, Easy Sewing Projects for Home or Gifts

Lyn Earl, Instructor

Make practical and fun projects in under an hour. Make a car trash bag, cord cozy, and/or non-slip foot pedal bed. These are perfect for home use or gifting! Check the online listing for required supplies.

**1282 | Wed., May 6 | 1:30 PM | \$20**

#### Sew with Lyn: Wide Brimmed Bucket Hat and/or Woman's Visor

Lyn Earl, Instructor

Learn to make a stylish sun hat or visor—a perfect summer project to keep your head and face protected from the sun. Check the online listing for required supplies.

**1283 | Wed., June 3 | 1:30 PM | \$20**

### Shibori: Japanese Tie-Dyeing

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

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

**1295 | Thu., May 28 | 1:00 PM | \$25**

### NEW CLASS

#### Sketching Workshop: Stretch Your Sketch

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

This workshop will guide you on how to take your quick sketches to the next level. You will have a variety of materials and tools to experiment with. All materials will be provided.

**1569 | Mon., June 15 | 1:00 PM | \$25**

### NEW CLASS

#### Sketching Workshop: The Joy of Pencils

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

Enjoy versatility and simplicity of sketching with pencils. We will explore a variety of techniques to create texture, contrast, and value. All materials will be provided.

**1568 | Wed., May 13 | 1:00 PM | \$25**

### 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.

**1529 | Fri., May 29 | 1:00 PM | \$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 materials will be provided.

**1294 | Thu., May 14 | 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.

**1286 | Mon., May 11 | 10:00 AM | \$20**

**1287 | Mon., May 18 | 10:00 AM | \$20**

**1288 | Mon., June 8 | 10:00 AM | \$20**

**1289 | Mon., June 22 | 10:00 AM | \$20**

### NEW CLASS

#### Watercolor Painting with Thia

Thia Nevius, MFA

Turn photos or images into stunning watercolors, exploring techniques and unique ways to apply color for beautiful, personalized artwork. Check the online listing for required supplies.

**1468 | Mon., May 4 | 10:00 AM | \$20**

**1469 | Mon., June 1 | 10:00 AM | \$20**

### NEW CLASS

#### Wire-Wrapped Ring

Jessica Ulyott, MA, Sustainability Expert

Design and create your own wire-wrapped ring in this fun, beginner-friendly class. All materials will be provided, but you're welcome to bring beads or meaningful jewelry from home.

1492 | Fri., May 29 | 10:00 AM | \$25

1493 | Fri., June 26 | 10:00 AM | \$25

## BUSINESS, FINANCE, LEGAL

### thrivent®

Offices of Jonathan Doering,  
Matthew Molstre and Anthony Camara

#### 📍 Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

1436 | Mon., May 4 | 11:00 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.

1437 | Mon., May 4 | 1:00 PM | \$5

#### 📍 Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

1438 | Fri., May 8 | 10:00 AM | FREE

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

#### 📍 Do You Own Your Stuff or Does Your Stuff Own YOU?

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

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

1490 | Thu., May 14 | 1:00 PM | \$10

### NEW SERIES

#### HOA Basics

Elyse Kist, MBA, Professional HOA Executive

Understand how your HOA works, from rules and finances to elections and rights, so that you can stay informed, protect your investment, and participate with confidence.

1511 | Tue., May 19 | 10:00 AM | \$10

HOA Basics: How Your HOA Works

1512 | Tue., May 26 | 10:00 AM | \$10

Your HOA Money

1513 | Mon., June 1 | 10:00 AM | \$10

Rules, Violations, and Enforcement

1514 | Mon., June 8 | 10:00 AM | \$10

Informed Ownership - Participation & Planning

#### 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.

1488 | Fri., June 5 | 10:00 AM | \$10

#### 📍 Planning Ahead: How Home Equity Can Support Retirement

Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

Explore how home equity can support your retirement plan, comparing HELOCs, cash-out refinancing, reverse mortgages, and downsizing to help you make informed, confident decisions.

1486 | Tue., May 12 | 10:00 AM | \$10

## SPECIAL EVENT

#### 📍 Upgrading Your Lifestyle Without Increasing Your Property Taxes

Jordan Z. Marks, San Diego County Assessor, Recorder, County Clerk

Curious how to save on property taxes? Get helpful tips on downsizing, family transfers, exemptions, and the latest updates that could impact you.

1556 | Fri., May 22 | 1:00 PM | 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.

1497 | Thu., May 21 | 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.

**1015** | Fri., May 8 - 29 | 10:45 AM | 4 Sess. | \$40

**1016** | Fri., June 5 - 26 | 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.

**1023** | Mon., May 4 - 18 | 12:00 PM | 3 Sess. | \$30

**1024** | Mon., June 1 - 29 | 12:00 PM | 5 Sess. | \$50

**1019** | Fri., May 8 - 29 | 12:00 PM | 4 Sess. | \$40

**1020** | Fri., June 5 - 26 | 12:00 PM | 3 Sess. | \$30

**1027** | Sat., May 9 - 30 | 11:30 AM | 4 Sess. | \$40

**1028** | Sat., June 6 - 27 | 11:30 AM | 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.

**1039** | Mon., May 4 - 18 | 9:30 AM | 3 Sess. | \$30

**1040** | Mon., June 1 - 29 | 9:30 AM | 5 Sess. | \$50

**1047** | Tue., May 5 - 26 | 12:00 PM | 4 Sess. | \$40

**1048** | Tue., June 2 - 30 | 12:00 PM | 5 Sess. | \$50

**1111** | Tue., May 5 - 19 | 1:00 PM | 3 Sess. | \$30

**1112** | Tue., June 2 - 30 | 1:00 PM | 5 Sess. | \$50

**1051** | Wed., May 6 - 27 | 1:00 PM | 4 Sess. | \$40

**1052** | Wed., June 3 - July 1 | 1:00 PM | 5 Sess. | \$50

**1563** | Fri., May 8 - 29 | 8:30 AM | 4 Sess. | \$40

**1564** | Fri., June 5 - 26 | 8:30 AM | 3 Sess. | \$30

**1035** | Fri., May 8 - 29 | 9:30 AM | 4 Sess. | \$40

**1036** | Fri., June 5 - 26 | 9:30 AM | 3 Sess. | \$30

**1043** | Sat., May 9 - 30 | 9:30 AM | 4 Sess. | \$40

**1044** | Sat., June 6 - 27 | 9:30 AM | 4 Sess. | \$40

### Chair Yoga for Mobility, Strength, and Balance

Diane Ambrosini, MA, C-IAYT

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

**1055** | Thu., May 7 - 28 | 2:15 PM | 4 Sess. | \$40

**1056** | Thu., June 4 - July 2 | 2:15 PM | 4 Sess. | \$40

### Core Training and Bone Strength

Dora Graham, Certified Fitness Instructor and Personal Trainer

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

**1059** | Thu., May 7 - 28 | 1:15 PM | 4 Sess. | \$40

**1060** | Thu., June 4 - July 2 | 1:15 PM | 5 Sess. | \$50

### Dance Fit

Andra Valencia, Fitness and Dance Instructor

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

**1067** | Wed., May 6 - 27 | 12:00 PM | 4 Sess. | \$40

**1068** | Wed., June 3 - July 1 | 12:00 PM | 5 Sess. | \$50

**1063** | Sat., May 9 - 30 | 10:30 AM | 4 Sess. | \$40

**1064** | Sat., June 6 - 27 | 10:30 AM | 4 Sess. | \$40

### International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

**1071** | Wed., May 6 - 27 | 9:30 AM | 4 Sess. | \$24

**1072** | Wed., June 3 - July 1 | 9:30 AM | 5 Sess. | \$30



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

Class Location  
Oasis Wellness Center  
San Diego Oasis - Grossmont Center

Oasis Wellness Center  
656-227-8999

Follow us on Facebook!  
S.D. Folk Dance Center

Visit our website  
[www.folkdancecenter.org/](http://www.folkdancecenter.org/)

### Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

**1079** | Wed., May 6 - 20 | 2:00 PM | 3 Sess. | \$30

**1080** | Wed., June 3 - 24 | 2:00 PM | 4 Sess. | \$40

Wednesday class is 2hrs:

2:00 PM Intermediate | 3:00 PM Beginners

**1075** | Thu., May 7 - 28 | 12:00 PM | 4 Sess. | \$40

**1076** | Thu., June 4 - July 2 | 12:00 PM | 5 Sess. | \$50

### NEW CLASS

#### Practical Self-Defense for Strength and Confidence

Jessica Ulliyott, Third-Degree Black Belt (3rd Dan)

Build confidence and learn practical self-defense through gentle, low-impact martial arts. Improve mobility, strength, and awareness to help protect yourself in everyday situations.

**1501** | Wed., May 27 | 2:00 PM | \$24

**1502** | Wed., July 1 | 2:00 PM | \$24

#### 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.

**1087** | Tue., May 5 - 26 | 9:30 AM | 4 Sess. | \$40

**1088** | Tue., June 2 - 30 | 9:30 AM | 5 Sess. | \$50

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

**1083** | Thu., May 7 - 28 | 9:30 AM | 4 Sess. | \$40

**1084** | Thu., June 4 - July 2 | 9:30 AM | 5 Sess. | \$50

Jeanna Beauchamp, Certified Fitness Instructor

#### Restorative Chair Yoga

Julia Doughty, MFA, HHP

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

**1091** | Tue., May 5 - 26 | 2:00 PM | 4 Sess. | \$40

**1092** | Tue., June 2 - 30 | 2:00 PM | 5 Sess. | \$50

### NEW CLASS

#### SD NeuroDance: Accessible Dance for All!

Lexii Regina Alcaraz, PT, DPT, Physical Therapist & Dancer and Tina Carreras

Dance your way, whether seated, standing, or using a walker, in this accessible class designed for all mobility levels, guided safely by a physical therapist.

**1559** | Tue., May 26 | 1:00 PM | \$10

### 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.

**1095** | Mon., May 4 - 18 | 1:15 PM | 3 Sess. | \$30

**1096** | Mon., June 1 - 29 | 1:15 PM | 5 Sess. | \$50

**1099** | Sat., May 9 - 30 | 12:45 PM | 4 Sess. | \$40

**1100** | Sat., June 6 - 27 | 12:45 PM | 4 Sess. | \$40

#### 📍 Soul Line Dancing - Intermediate

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.

**1103** | Tue., May 5 - 26 | 10:45 AM | 4 Sess. | \$40

**1104** | Tue., June 2 - 30 | 10:45 AM | 5 Sess. | \$50

#### 📍 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.

**1107** | Thu., May 7 - 28 | 10:45 AM | 4 Sess. | \$40

**1108** | Thu., June 4 - July 2 | 10:45 AM | 5 Sess. | \$50

#### 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.

**1115** | Mon., May 4 - 18 | 2:30 PM | 3 Sess. | \$30

**1116** | Mon., June 1 - 29 | 2:30 PM | 5 Sess. | \$50



#### 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.

**1439** | Fri., May 22 - July 31 | 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.

**1441** | Fri., May 22 - July 31 | 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.

**1123** | Mon., May 4 - 18 | 10:45 AM | 3 Sess. | \$30

**1124** | Mon., June 1 - 29 | 10:45 AM | 5 Sess. | \$50

## HEALTH & WELLNESS

### Alzheimer's | SAN DIEGO

#### Alzheimer's San Diego: Coping with Personality and Behavior Changes

Joaquin Ortiz, Alzheimer's San Diego Director of Education

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

**1594** | Tue., May 12 | 1:00 PM | FREE

#### Alzheimer's San Diego: Managing Resistance

Joaquin Ortiz, Alzheimer's San Diego Director of Education

Join us to explore what causes resistance in people living with Alzheimer's and dementia. Learn strategies to strengthen relationships, build trust, and preserve dignity.

**1595** | Tue., June 9 | 1:00 PM | FREE

#### A Day of Plant-Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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




**1478** | Fri., June 5 | 10:00 AM | \$15

#### Brain Boost - Keeping Your Mind Sharp & Engaged

Montserrat Garcia, National Board-Certified Health & Wellness Coach

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

**1575** | Thu., June 18 | 1:00 PM | \$15




**Saturday, August 1st, 2026**  
9 AM - 11 AM

Get **your** questions answered about the latest breakthroughs in Alzheimer's research – by the very experts working to find a cure.

**Location: San Diego Oasis Rancho Bernardo**  
(& streaming LIVE from the CBS 8 App)

**FREE TO THE PUBLIC**

**RSVP FOR THIS EVENT:**  
[alzsd.org/cure](http://alzsd.org/cure) | 858.492.4400



#### NEW CLASS

##### 📍 **Calm & Comfort: An Anti-Inflammatory Meal Made Easy**

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

Join us for a feel-good cooking demo featuring anti-inflammatory drinks and plant-based dishes that support comfort, digestion, mobility, and overall well-being.

**1480** | Thu., May 7 | 1:00 PM | \$25

#### NEW CLASS

##### 📍 **Cooking for a Sharper Mind**

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

Learn to prepare a brain-boosting, plant-forward dish inspired by the MIND Diet to support memory, cognitive health, and everyday well-being.

**1481** | Thu., June 18 | 1:00 PM | \$25

### NEW CLASS

#### 📍📍 Dizziness & Vertigo: What's Causing It and What You Can Do About It

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

Discover why the world sometimes spins. Explore the causes of dizziness and vertigo, how they're diagnosed, and when to seek help for lasting balance.

1528 | Wed., May 13 | 2:00 PM | \$15

1531 | Wed., June 10 | 2:00 PM | \$15

### NEW CLASS

#### 📍 Gut Health Made Simple

Montserrat Garcia, National Board-Certified Health & Wellness Coach

Boost your gut health in this fun workshop. Learn simple habits to improve digestion, mood, and energy while creating your own personalized plan.

1576 | Thu., May 21 | 1:00 PM | \$15

### NEW CLASS

#### Managing Your Stress

Sheila Star Coulbourn, HHP, BCPA

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

### NEW CLASS

#### Meal Planning Made Simple

Nataline Tuminaro, Personal Trainer & Holistic Nutritionist

Discover how smart nutrition and simple meal planning support strength, energy, and healthy aging. Create balanced menus, collaborate in small groups, and leave with a weekly plan.

1500 | Tue., May 19 | 1:00 PM | \$15



### Sound Bath for Rest & Relaxation

Nazli Takesh Boshell, Sound Bath and Meditation Practitioner

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

1425 | Thu., June 4 | 1:00 PM | \$15

1567 | Thu., June 25 | 1:00 PM | \$15

1426 | Thu., July 2 | 1:00 PM | \$15

📍 HYBRID 📍 BOTH LOCATIONS

### 📍 The Power of Whole Food Plant Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

1477 | Fri., May 29 | 10:00 AM | \$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.

1368 | Sat., May 23 | 12:30 PM | FREE

1369 | Sat., June 20 | 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.

1389 | Tue., May 12 | 3:00 PM | FREE

## HISTORY & HUMANITIES

### NEW CLASS

#### 1968: The Year the Dream Died

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

1968 was a year of upheaval in American history. Explore Vietnam, assassinations, political unrest, and the rise of Black Power on the world stage.

1540 | Wed., June 17 | 10:00 AM | \$15

### NEW CLASS

#### Adventures on the Pacific Crest Trail and Beyond

Dana Law, Hiker & Backpacker

Follow Dana's epic hikes along the Pacific Crest and Arizona Trails through photos and stories, sharing lessons on gear, fitness, food, and staying motivated.

1523 | Fri., June 5 | 1:00 PM | \$15

### NEW CLASS

#### An Orderly War: How George Washington Brought Order to the Revolutionary Army

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

Discover how George Washington and the Continental Army used written orders and "orderly books" to turn militias into a disciplined, innovative force that won the Revolution.

1555 | Mon., May 18 | 1:00 PM | \$15

**NEW CLASS**

**California's Dust Bowl Refugees**

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

Follow the journey of nearly half a million Americans who fled the Dust Bowl and Great Depression, seeking hope, work, and a new life in California.

**1007 | Mon., June 15 | 10:00 AM | \$15**



**NEW CLASS**

**📍 Celebrating Independence Day**

Richard Lederer, Union-Tribune Language Columnist

Celebrate 250 years of independence with Richard Lederer as he reveals the story of the Declaration of Independence and other fascinating American history facts.

**1533 | Tue., June 16 | 10:00 AM | \$15**

**NEW CLASS**

**👤 Elizebeth Friedman**

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

Learn about Elizebeth Friedman, "America's first female cryptanalyst," whose code-breaking skills helped win wars and solve Prohibition-era smuggling cases.

**1546 | Thu., May 7 | 1:00 PM | \$15**

**NEW CLASS**

**Gold Rush California**

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

Explore the California Gold Rush of 1848, from gold camp life to lawlessness, and its lasting impact on California, slavery debates, and race and gender relations.

**1539 | Wed., June 3 | 10:00 AM | \$15**

**NEW CLASS**

**Jesus' Wisdom for Today: Timeless Insights for Modern Life**

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

Explore how Jesus' timeless wisdom can inspire resilience, purpose, and meaningful change, connecting ancient teachings to today's challenges for modern living.

**1520 | Tue., June 30 | 1:00 PM | \$15**

**NEW CLASS**

**Major Historical Events of 1912**

Fred Bercovitch, BA, MS, and PhD Biological Anthropology

Can you name any significant events that occurred in 1912? Take a trip back in time to a year jam-packed with extraordinary happenings.

**1548 | Fri., May 8 | 10:00 AM | \$15**

**Matisse - Late Years: 1930-1954**

Aniko Makranczy, MFA

Explore Matisse's bold evolution from murals and Tahiti travels to WWII challenges. It culminated in his iconic cutouts and the stunning Vence Chapel designs.

**1334 | Tue., May 19 | 10:00 AM | \$15**

**NEW CLASS**

**📍 More Than Casinos: Native American Reservations in San Diego**

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

Explore San Diego County's Native American reservations, delving into their history, tribes, and cultures across diverse sovereign lands.

**1551 | Mon., June 15 | 10:00 AM | \$15**

**NEW CLASS**

**Nietzsche's "Death of God": Confronting Chaos and the Search for Meaning Today**

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

Explore Nietzsche's "Death of God" and its impact on our search for meaning, challenging beliefs and sparking imagination in a rapidly changing world.

**1519 | Tue., May 26 | 1:00 PM | \$15**

**NEW CLASS**

**📍 Super-Duper Bloopers**

Richard Lederer, Union-Tribune Language Columnist

Laugh out loud with Richard Lederer as he shares hilarious bloopers, blunders, and language mishaps from students, politics, and beyond.

**1532 | Tue., May 5 | 10:00 AM | \$15**

**NEW CLASS**

**👤 The Mysteries of Most Enchanting and Intriguing Works of Art**

Sofia Laurein, PhD, Professor of History

Explore famous masterpieces up close, uncovering hidden symbols, fascinating stories, and secret meanings that will amaze, delight, and entertain every art lover.

**1554 | Tue., June 9 | 10:00 AM | \$15**

### NEW CLASS

#### The Wisdom of Buddhism-Part 1

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

Explore Buddhism's origins. Discover the Buddha's path, the Four Noble Truths, and how ancient teachings still offer insight into easing everyday suffering.

**1400 | Wed., May 13 | 10:00 AM | \$16**



### NEW CLASS

#### The Wisdom of Buddhism-Part 2

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

Explore Buddha's teachings, the development of diverse Buddhist traditions, the meaning of enlightenment, and how ancient wisdom applies to modern life.

**1401 | Wed., May 27 | 10:00 AM | \$16**

### NEW CLASS

#### The Wisdom of Confucianism

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

Explore Confucius' timeless wisdom, discovering how cultivating personal excellence, social responsibility, and moral choices can bring justice, harmony, and meaning to modern life.

**1402 | Wed., June 10 | 10:00 AM | \$16**

#### The Wisdom of Kabbalah

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

Explore Jewish mysticism and Kabbalah, uncovering its spiritual depth, ethical insights, and timeless call to see the divine in all aspects of life.

**1403 | Wed., June 24 | 10:00 AM | \$16**

## LANGUAGES

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



### NEW CLASS

#### 📍 Try it Out: Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**1135 | Mon., May 11 | 10:00 AM | \$10**

#### 📍 Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

**1136 | Mon., May 18 - June 29 | 10:00 AM | 6 Sess. | \$120**

### NEW CLASS

#### 📍 Try it Out: Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**1139 | Mon., May 11 | 11:30 AM | \$10**

#### 📍 Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

**1140 | Mon., May 18 - June 29 | 11:30 AM | 6 Sess. | \$120**

### NEW CLASS

#### 📍 Try it Out: Advanced French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Already comfortable with the language? This sample session lets you experience advanced conversation and confirm if the level is a good fit. Current students are welcome to attend.

**1143 | Mon., May 11 | 1:00 PM | \$10**

### **📍 Advanced French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

**1144 | Mon., May 18 - June 29 | 1:00 PM | 6 Sess. | \$120**

#### **NEW CLASS**

##### **Try it Out: Beginning French for Travelers**

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

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**1167 | Fri., May 15 | 10:00 AM | \$10**

##### **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.

**1168 | Fri., May 22 - June 26 | 10:00 AM | 5 Sess. | \$100**

#### **NEW CLASS**

##### **Try it Out: Intermediate French for Travelers**

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

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**1171 | Fri., May 15 | 11:30 AM | \$10**

##### **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.

**1172 | Fri., May 22 - June 26 | 11:30 AM | 5 Sess. | \$100**



#### **NEW CLASS**

##### **Try it Out: Italian for Beginners**

Sara Venneri, BA, ITTP, Italian Language Instructor

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**1183 | Tue., May 12 | 10:00 AM | \$10**

### **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.

**1184 | Tue., May 19 - June 30 | 10:00 AM | 7 Sess. | \$140**

#### **NEW CLASS**

##### **Try it Out: Italian for Intermediate Students**

Sara Venneri, BA, ITTP, Italian Language Instructor

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**1187 | Tue., May 12 | 11:30 AM | \$10**

##### **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.

**1188 | Tue., May 19 - June 30 | 11:30 AM | 7 Sess. | \$140**

#### **NEW CLASS**

##### **Try it Out: Italian for Advanced Students**

Sara Venneri, BA, ITTP, Italian Language Instructor

Already comfortable with the language? This sample session lets you experience advanced conversation and confirm if the level is a good fit. Current students are welcome to attend.

**1191 | Tue., May 12 | 1:00 PM | \$10**

##### **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.

**1192 | Tue., May 19 - June 30 | 1:00 PM | 7 Sess. | \$140**

#### **NEW CLASS**

##### **Try it Out: Parliamo! Italian Conversation Class**

Sara Venneri, BA, ITTP, Italian Language Instructor

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**1459 | Fri., May 15 | 10:00 AM | \$10**

**NEW CLASS**

**Parliamo! Italian Conversation Class**

Sara Venneri, BA, ITTP, Italian Language Instructor

Designed for students comfortable with Italian, this class boosts conversational skills through interactive dialogues and discussions, practicing present, present perfect, and future tenses in real-life contexts.

**1460 | Fri., May 22 - June 26 | 10:00 AM | 5 Sess. | \$100**



**NEW CLASS**

**Try it Out: Beginning Spanish I**

Gladis Jiménez González

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**1155 | Wed., May 13 | 10:00 AM | \$10**

**Beginning Spanish I**

Gladis Jiménez González

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

**1156 | Wed., May 20 - July 1 | 10:00 AM | 7 Sess. | \$140**

**NEW CLASS**

**Try it Out: Beginning Spanish II**

Gladis Jiménez González

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner II level feels like the right place to start. Current students are welcome to attend.

**1159 | Wed., May 13 | 11:30 AM | \$10**

**Beginning Spanish II**

Gladis Jiménez González

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

**1160 | Wed., May 20 - July 1 | 11:30 AM | 7 Sess. | \$140**

**NEW CLASS**

**Try it Out: Intermediate Spanish I**

Gladis Jiménez González

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**1163 | Wed., May 13 | 1:00 PM | \$10**

**Intermediate Spanish I**

Gladis Jiménez González

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

**1164 | Wed., May 20 - July 1 | 1:00 PM | 7 Sess. | \$140**

**NEW CLASS**

**Try it Out: Beginning Conversational Spanish**

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

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**1175 | Thu., May 14 | 10:00 AM | \$10**

**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.

**1176 | Thu., May 21 - July 2 | 10:00 AM | 7 Sess. | \$140**

**NEW CLASS**

**Try it Out: Intermediate Conversational Spanish**

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

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**1179 | Thu., May 14 | 11:30 AM | \$10**

**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.

**1180 | Thu., May 21 - July 2 | 11:30 AM | 7 Sess. | \$140**

**NEW CLASS**

**Try it Out: Beginning/Intermediate Conversational Spanish**

Elizabeth Becerra, MA, Southwestern College Professor

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner/intermediate level feels right. Current students are welcome to attend.

**1151 | Fri., May 15 | 1:00 PM | \$10**

### 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.

**1152 | Fri., May 22 - June 26 | 1:00 PM | 4 Sess. | \$80**

### NEW CLASS

#### Try it Out: Conversational Spanish for Travelers

Elizabeth Becerra, MA, Southwestern College Professor

Travelers, enjoy a relaxed sample class to practice your Spanish and learn more about the cultures of Spain and Latin America. Current students are welcome to attend.

**1147 | Fri., May 15 | 11:30 AM | \$10**

#### 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.

**1148 | Fri., May 22 - June 26 | 11:30 AM | 4 Sess. | \$80**

## LITERATURE & VISUAL ARTS



### Acting Workshop

Jo-Darlene Reardon, M.Ed.

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

**1338 | Mon., May 18 - July 27 | 1:00 PM | 10 Sess. | \$120**

### 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.

**1340 | Thu., May 7 - July 2 | 10:00 AM | 9 Sess. | FREE**

### NEW CLASS

#### Book by Book

Nora Curran, Maverick Traveler, Journalist & Author

Join a book club with a difference. We'll explore the story, the author, and engage in a lively discussion. We'll select a book for the next session.

**1432 | Wed., May 27 | 1:00 PM | \$8**

1st Meeting - This American Woman by Zarna Garg

**1433 | Wed., June 24 | 1:00 PM | \$8**

### NEW CLASS

#### Creative Writing Workshop

Jennifer Coburn, Author & USA Today Bestseller, The Girls of the Glimmer Factory & Cradles of the Reich

Bring your writing project—fiction, nonfiction, or memoir—to life in this supportive workshop with dedicated writing time, guided critique, and practical tips on structure and style.

**1344 | Thu., May 7 - 28 | 1:00 PM | 4 Sess. | \$80**

**1345 | Thu., June 4 - 25 | 1:00 PM | 4 Sess. | \$80**

### 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.

**1008 | Tue., May 12 - June 2 | 10:00 AM | 4 Sess. | \$60**

**1009 | Tue., June 30 - July 14 | 10:00 AM | 3 Sess. | \$45**

### NEW CLASS

#### Start Your Story Workshop

Brandy Dykhuizen, Founder, Living Proof Stories

Discover how to turn your ideas into captivating stories! Write, share, and get feedback in this fun, hands-on workshop. Leave with a draft or solid outline.

**1558 | Tue., June 16 | 10:00 AM | \$20**



# MUSIC & LIVE PERFORMANCES

## NEW CLASS

### Greatest Hits of Singer-Songwriters

Doug Beaupré, Singer songwriter

Enjoy well-known songs written by singer-songwriters such as James Taylor, John Denver, Loggins and Messina, Cat Stevens, Neil Young, Billy Joel, Elton John, and many more.

**1570 | Fri., May 29 | 1:00 PM | \$15**

## NEW CLASS

### 📍 Live Performance: Unplugged & Timeless

Ken Sprinkle, Acoustic Rock n Blues

Enjoy classic rock and blues hits from the 1960s to 2000s with singer-songwriter Ken Sprinkle, whose rich voice and acoustic guitar bring timeless favorites to life.

**1489 | Thu., June 18 | 2:00 PM | \$15**

### 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.

**1348 | Mon., May 4 - June 15 | 11:15 AM | 6 Sess. | \$120**

**1349 | Mon., June 22 - July 27 | 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.

**1351 | Mon., May 4 - June 15 | 10:00 AM | 6 Sess. | \$120**

**1352 | Mon., June 22 - July 27 | 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 which are tailored to your level and your personal goals.

**1201 | Tue., May 5 - 26 | 12:30 PM | 4 Sess. | \$240**

**1202 | Tue., May 5 - 26 | 1:30 PM | 4 Sess. | \$240**

**1203 | Tue., May 5 - 26 | 2:30 PM | 3 Sess. | \$180**

**1204 | Tue., May 5 - 26 | 3:30 PM | 3 Sess. | \$180**

**1205 | Tue., June 2 - 23 | 12:30 PM | 4 Sess. | \$240**

**1206 | Tue., June 2 - 23 | 1:30 PM | 4 Sess. | \$240**

**1207 | Tue., June 2 - 23 | 2:30 PM | 4 Sess. | \$240**

**1208 | Tue., June 2 - 23 | 3:30 PM | 4 Sess. | \$240**

**1217 | Wed., May 6 - 27 | 12:30 PM | 4 Sess. | \$240**

**1218 | Wed., May 6 - 27 | 1:30 PM | 4 Sess. | \$240**

**1219 | Wed., May 6 - 27 | 2:30 PM | 4 Sess. | \$240**

**1220 | Wed., May 6 - 27 | 3:30 PM | 4 Sess. | \$240**

**1221 | Wed., June 3 - 24 | 12:30 PM | 4 Sess. | \$240**

**1222 | Wed., June 3 - 24 | 1:30 PM | 4 Sess. | \$240**

**1223 | Wed., June 3 - 24 | 2:30 PM | 4 Sess. | \$240**

**1224 | Wed., June 3 - 24 | 3:30 PM | 4 Sess. | \$240**

## NEW CLASS

### 📍 Singing Basics: Breath, Tone and Technique

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Build a strong singing foundation in this beginner-friendly workshop, focusing on breath, vocal power, tone, and control in a relaxed, supportive setting.

**1524 | Thu., June 11 | 1:00 PM | \$20**

### Ukulele For Fun: Beginners

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Learn basic ukulele chords through familiar singalong songs. No experience needed, just bring your uke and a love for fun music!

**1354 | Thu., May 7 - June 4 | 10:00 AM | 5 Sess. | \$100**

**1355 | Thu., June 11 - July 9 | 10:00 AM | 5 Sess. | \$100**

### Ukulele For Fun: Let's Play

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Keep strumming! In this continuing class, build on your ukulele skills, learn new chords, and play fun songs perfect for singalongs.

**1356 | Thu., May 7 - June 4 | 11:30 AM | 5 Sess. | \$100**

**1357 | Thu., June 11 - July 9 | 11:30 AM | 5 Sess. | \$100**

## PERSONAL ENRICHMENT

### **American Mah Jongg for Beginners, Half-Day Seminar**

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

**1443 | Sat., May 23 | 10:00 AM | \$40**

**1444 | Sat., June 20 | 10:00 AM | \$40**

Julie Wittenberg, Mah Jongg Instructor

**1451 | Sat., May 23 | 10:00 AM | \$40**

**1452 | Sat., June 20 | 10:00 AM | \$40**

Monica G. Cashiotta-Munn, Psy.D., Ed.D., LMFT, RN-BC

**1448 | Sat., June 20 | 10:00 AM | \$40**

Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta



### **American Mah Jongg Open Play**

Mah Jongg Open Play

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

**1378 | Fri., May 15 | 1:00 PM | \$5**

**1379 | Fri., June 12 | 1:00 PM | \$5**



### **Bingo!**

San Diego Woman's Club Foundation

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

**1005 | Sat., May 23 | 1:00 PM | \$25**

**1006 | Sat., June 20 | 1:00 PM | \$25**

### **Collette - Travel Destinations in 2026 and Beyond**

Chythe Haddad, Business Development Manager

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

**1479 | Mon., May 11 | 10:00 AM | FREE**

### **DayTripper Tours Travel Show**

DayTripper Tours

Join DayTripper Tours' free Travel Show to explore exciting group trips from San Diego to Southern California, the Southwest, and beyond.

**1573 | Thu., Aug. 27 | 10:00 AM | FREE**

**1574 | Thu., Aug. 27 | 2:00 PM | 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.

**1001 | Thu., May 7 | 10:00 AM | \$15**

Featuring the Northeast

**1002 | Thu., June 4 | 10:00 AM | \$15**

Featuring the Southwest

**1003 | Thu., July 2 | 10:00 AM | \$15**

Featuring Alaska and the Pacific Northwest

### **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. There will also be a plant exchange table set up in class.

**1362 | Fri., May 8 | 1:00 PM | \$15**

**1363 | Fri., June 12 | 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.

**1366 | 1st & 3rd Wed., May 6 - June 17 | 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, art, science, and more.

**1372 | Thu., May 28 | 1:00 PM | \$12**

**1373 | Thu., June 11 | 1:00 PM | \$12**

### NEW CLASS

#### Is There Life After Widowhood?

Beverly Sautter, Recruitment and Retention Director & Steve Boyer, 2nd Vice President

Reconnect and find community after loss. Learn about Widows or Widowers of San Diego, its mission, programs, and ways to build meaningful connections, followed by Q&A.

**1472 | Wed., May 20 | 10:00 AM | FREE**

#### Makeup - Level 1: Best Looks For 50+ Women

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

This class focuses on enhancing your natural beauty while addressing specific skin concerns. Learn the best products and application for a natural and more elegant look.

**1504 | Fri., June 12 & 26 | 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.

**1381 | 1st & 3rd Wed., May 6 - June 17 | 1:00 PM | 4 Sess. | \$32**

Cheryl Davis-Plotts, Psy.D., LMFT

**1385 | 2nd & 4th Mon., May 11 - June 22 | 1:30 PM | 3 Sess. | \$24**

Mary Heineke, MS, LMFT

**1383 | 2nd & 4th Thu., May 14 - June 25 | 1:00 PM | 4 Sess. | \$32**

Monica G. Cashiota-Munn, Psy.D., Ed.D., LMFT, RN-BC

#### Men's Room

Donald Bruders & Dan Pittman, Facilitators

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

**1387 | 2nd & 4th Wed., May 13 - June 24 | 10:00 AM | 4 Sess. | \$32**

#### Travel Trends & Top Destinations with AFC Vacations

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.

**1571 | Fri., Aug. 14 | 1:00 PM | FREE**

#### Skin Care Made Easy: Get Your 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.

**1505 | Fri., May 29 | 10:00 AM | \$15**

### NEW CLASS

#### Tripoley (Combination of Poker, Michigan Rummy and Hearts)

Lisa Langstone, Gamemaster

Spend a fun-filled afternoon learning Tripoley, a lively mix of Poker, Hearts, and Michigan Rummy. No experience needed—learn the rules, strategies, and enjoy playing.

**1470 | Thu., June 25 | 1:00 PM | \$20**

### 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.

**1572 | Tue., May 12 | 1:00 PM | \$15**

## TECHNOLOGY

### NEW CLASS

#### AI for All: Interacting with Google Gemini - The Fundamentals

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

We'll practice engaging with Google Gemini by creating effective prompts, and exploring practical applications.

**1410 | Mon., June 22 | 10:00 AM | \$15**

### NEW CLASS

#### AI for Daily Life: Plan a Trip with ChatGPT

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

Learn how to use ChatGPT to plan trips, find places to stay, book tours, and organize activities—all in a simple, hands-on session.

**1408 | Mon., May 18 | 10:00 AM | \$15**

### AI Fundamentals

Senior Tech Connect

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

**1508 | Fri., May 22 | 11:30 AM | \$15**

### Android: Do More with Your Android Phone

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

Continue learning your phone settings, GPS, photos, camera, voice activation, browsing the internet, and reaching out to get support.

**1411 | Mon., June 22 | 11:30 AM | \$15**

### Cybersecurity: Avoid Scam Emails, Texts & Calls

Senior Tech Connect

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

1507 | Fri., May 22 | 10:00 AM | \$15

### iPhone: Do More with Your iPhone

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

Continue learning your phone settings, GPS, photos, camera, voice activation, browsing the internet, and reaching out to get support.

1409 | Mon., May 18 | 11:30 AM | \$15



### NEW CLASS

#### Mastering Video Calls

Senior Tech Connect

Connect with confidence. Learn video calling basics, benefits, security tips, and how to use FaceTime, WhatsApp, and group calls—even connecting Apple and Android users.

1419 | Fri., June 12 | 11:30 AM | \$15

### NEW CLASS

#### Organizing Your Smartphone

Senior Tech Connect

Tame your phone. Master gestures, organize apps and pages, create handy folders, and clear out clutter so everything you need is right at your fingertips.

1416 | Fri., May 8 | 10:00 AM | \$15

### 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.

1418 | Fri., June 12 | 10:00 AM | \$15

### NEW CLASS

#### Scam Awareness: Protecting Yourself in a Digital World

SDSU National Scam Institute

Spot and stop scams in this practical session. Learn current fraud trends, real examples, AI impersonations, and simple steps to protect yourself and report fraud.

1484 | Tue., May 5 | 10:00 AM | \$5

### NEW CLASS

#### Texting Essentials

Senior Tech Connect

Text like a pro. Send messages, voice notes, photos, organize chats, pin favorites, mute distractions, translate, and share your location with ease and confidence.

1417 | Fri., May 8 | 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 \$15.

To reserve your spot, call us at (619) 881-6262 or send an email to [Tech@SanDiegoOasis.org](mailto:Tech@SanDiegoOasis.org).

1:1 sessions are available in Spanish.

## **Apple 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.

**103 | Mon., May 11 | 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.

**106 | Fri., May 15 | 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.

**121 | Thu., May 28 | 11:00 AM | \$10**

## **Crash Course on IOS 26**

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

**101 | Thu., May 7 | 11:00 AM | \$10**

## **iPad Basics**

This workshop will show you the new features on your iPad.

**122 | Thu., July 2 | 11:00 AM | \$10**

## **Passkeys, Authenticators and You!**

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

**100 | Tue., May 5 | 11:00 AM | \$10**

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

## **Pocket Full of Power: Your Digital Wallet**

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

**109 | Fri., May 22 | 11:00 AM | \$10**

**119 | Mon., June 29 | 11:00 AM | \$10**

## **Tech Talk: iPhone Fundamentals I: Getting Started**

First in a five-part series, this hands-on workshop will guide you as you learn how to access the control center, troubleshoot an app, and how to copy and paste.

**104 | Tue., May 12 | 11:00 AM | \$10**

**115 | Tue., June 16 | 11:00 AM | \$10**

## **Tech Talk: iPhone Fundamentals II: Beyond the Basics**

The second in a five-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's lost.

**105 | Thu., May 14 | 11:00 AM | \$10**

**116 | Thu., June 18 | 11:00 AM | \$10**

## **Tech Talk: iPhone Fundamentals III: Getting Savvy**

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

**107 | Tue., May 19 | 11:00 AM | \$10**

**117 | Tue., June 23 | 11:00 AM | \$10**

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

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

**108 | Thu., May 21 | 11:00 AM | \$10**

**118 | Thu., June 25 | 11:00 AM | \$10**

## **NEW CLASS**

## **Tech Talk: iPhone Fundamentals V: Gliding Through the Internet**

The final lesson in a five-part series, this workshop will provide an in-depth guide into Safari, Apple's web browser.

**110 | Tue., May 26 | 11:00 AM | \$10**

**120 | Tue., June 30 | 11:00 AM | \$10**

## **Technology for Travelers**

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

**102 | Fri., May 8 | 11:00 AM | \$10**

**114 | Fri., June 12 | 11:00 AM | \$10**

## **The Practicality of AI**

Learn a few tips to recognize AI and compare results from different AI models.

**112 | Fri., May 29 | 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.

**1127 | Mon., May 4 & 18 | 10:00 AM | 2 Sess. | \$20**

**1128 | Mon., June 1 - 29 | 10:00 AM | 5 Sess. | \$50**

### Zumba® with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

**1131 | Sat., May 9 - 30 | 9:00 AM | 4 Sess. | \$40**

**1132 | Sat., June 6 - 27 | 9:00 AM | 4 Sess. | \$40**

## HEALTH

### NEW CLASS

#### Gut Health Made Simple

Montserrat Garcia, National Board Certified Health & Wellness Coach

Boost your gut health in this fun workshop. Learn simple habits to improve digestion, mood, and energy while creating your own personalized plan.

**1576 | Thu., May 21 | 1:00 PM | \$15**

#### The Power of Whole Food Plant Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

**1477 | Fri., May 29 | 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.

**1389 | Tue., May 12 | 3:00 PM | FREE**

## HISTORY & HUMANITIES

### NEW CLASS

#### Elizebeth Friedman

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

Learn about Elizebeth Friedman, "America's first female cryptanalyst," whose code-breaking skills helped win wars and solve Prohibition-era smuggling cases.

**1546 | Thu., May 7 | 1:00 PM | \$15**

#### Howard Hughes and the Spruce Goose

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

Explore Howard Hughes' extraordinary life, aviation pioneer, billionaire, and builder of the Spruce Goose. Discover how success gave way to isolation and mystery.

**1543 | Tue., June 16 | 2:00 PM | \$15**

### NEW CLASS

#### The Iditarod – The Last Great Race on Earth

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

Discover the thrilling Iditarod, a 1,000-mile Alaskan dog sled race inspired by the 1927 serum run, where mushers and their dogs race from Anchorage to Nome.

**1542 | Tue., May 19 | 2:00 PM | \$15**

### NEW CLASS

#### The Mysteries of Most Enchanting and Intriguing Works of Art

Sofia Laurein, PhD, Professor of History

Explore famous masterpieces up close, uncovering hidden symbols, fascinating stories, and secret meanings that will amaze, delight, and entertain every art lover.

**1554 | Tue., June 9 | 10:00 AM | \$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.

**1197 | Fri., May 22 - June 26 | 11:30 AM | 5 Sess. | \$100**

### 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.

**1195 | Fri., May 22 - June 26 | 10:00 AM | 5 Sess. | \$100**

### 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.

**1199 | Tue., May 19 - June 30 | 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 commenting on each other's poems.

**1342 | Fri., May 8 - June 26 | 10:30 AM | 7 Sess. | FREE**

### The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator

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

**1391 | 1st & 3rd Fri., May 1 - Aug 21 | 1:00 PM | 6 Sess. | \$48**

## MUSIC & LIVE PERFORMANCES

### Composed in Spain: Unique, Passionate and Romantic

Chris Burns, Many-Strings

Experience the passion and flair of Spanish music, from Renaissance to Romantic eras, featuring classical guitar, flamenco, and vibrant melodies that captivate and delight.

**1395 | Fri., June 26 | 3:00 PM | \$15**

### Hans Zimmer: Composer of Spectacular Film Music

Chris Burns, Many-Strings

Explore the life and legacy of Hans Zimmer, examining his innovative film scores, global performances, and lasting impact on modern orchestral music.

**1392 | Fri., May 8 | 3:00 PM | \$15**

### NEW CLASS

#### Music of East Asia

Bernard Ellorin, Ph.D.

Explore East Asia's rich musical traditions. From ancient court sounds to opera and throat singing. Discover diverse styles shaped by history, culture, and spiritual practice.

**1515 | Fri., May 15 | 3:00 PM | \$15**

### NEW CLASS

#### Music of Southeast Asia

Bernard Ellorin, Ph.D.

Explore the diverse music of Southeast Asia, from gong ensembles to expressive singing, shaped by landscapes, traditions, and vibrant cultural communities across land and sea.

**1516 | Fri., June 5 | 3:00 PM | \$15**

### NEW CLASS

#### Orchestral Overtures from the Classical World

Chris Burns, Many-Strings

Enjoy an hour of one-movement masterpieces and lesser-known overtures by Beethoven, Mendelssohn, Tchaikovsky, and more on this engaging musical journey.

**1393 | Fri., May 29 | 3:00 PM | \$15**

### NEW CLASS

#### Orchestral Overtures from the World of the Popular Musical

Chris Burns, Many-Strings

Spend an hour with stirring overtures from Rodgers & Hammerstein, Lerner & Loewe, the Gershwins, and more, featuring favorites from classic musicals past and present.

**1561 | Fri., June 12 | 3:00 PM | \$15**

## PERSONAL ENRICHMENT

### 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.

**1366** | 1st & 3rd Wed., May 6 - June 17 | 10:30 AM | 4 Sess. |

FREE

### NEW CLASS

#### Your Next Years Can be Your Best Years

Harry Agress Jr., MD, Author, Next Years Best Years: Taking Your Retirement to the Next Level

Make the most of retirement's freedom with Dr. Harry Agress. Explore purpose, share your "experienced brain," and step beyond your comfort zone with practical insights.

**1527** | Thu., June 11 | 10:00 AM | \$10



## 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.



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# 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.

### NEW CLASS

#### Acrylic Abstract Landscapes

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Explore abstract landscapes through a playful approach, using color, layers, and simple shapes to create expressive scenes that feel uniquely yours. Check the online listing for required supplies.

**2233 | Mon., May 11 & 18 | 10:00 AM | 2 Sess. | \$40**

### NEW CLASS

#### Approachable Art: Cute Critters

Sarah Beaupré, Artist, Author, and Musician

Create charming animal art from simple paint "blobs". Learn easy, repeatable techniques using watercolor and ink. All materials will be provided.

**2486 | Wed., June 3 | 10:00 AM | \$32**

### NEW CLASS

#### Approachable Art: Funny Faces

Sarah Beaupré, Artist, Author, and Musician

Think you can't paint a face? Turn simple paint "blobs" into expressive characters using watercolor and ink. All materials will be provided.

**2497 | Mon., June 15 | 1:00 PM | \$32**



### 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.

**2340 | Tue., May 26 | 12:30 PM | \$25**

**2341 | Tue., June 23 | 12:30 PM | \$25**

### NEW CLASS

#### Art of Photography: Solar Printing Using the Cyanotype Process

Suda House, Professor of Art and Photography, Grossmont College

Create sun-powered photograms from everyday objects. Then, elevate them with hand coloring for unique, expressive mixed-media artwork. Check online listing for required supplies.

**2348 | Wed., May 27 | 10:00 AM | \$20**

**2349 | Wed., June 24 | 10:00 AM | \$20**

### Ask the Knitting Expert

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

Knitting project got you stumped? Get the help you need. Check the online listing for required supplies.

**2254 | Fri., June 12 | 10:00 AM | \$20**

### NEW CLASS

#### Beginning Crochet: Keep Your Borders Straight

Janet Stuelpner, The Left-Handed Artist and Crafter

Learn to crochet in one session. You will learn how to create a chain and get started on a simple project. Check online listing for required supplies.

**2240 | Tue., June 9 | 10:00 AM | \$20**



**Aurelia & Jim Temenak Art Gallery**  
*Visit The Oasis Art Gallery!*  
 Enjoy beautiful artwork by talented artists at both La Mesa and Rancho Bernardo.  
 All paintings in our Rotating Exhibits are for sale with all or part of proceeds going to support the Mission of San Diego Oasis.

**NEW CLASS**

**Beginning Macramé: Christmas in July**

Denise O'Neal, Experienced Crafter

In this beginner-friendly class, you'll learn basic knotting techniques while creating a charming reindeer ornament perfect for decorating your home or gifting. Bring scissors; all other materials will be provided.

**2454 | Fri., June 5 | 1:00 PM | \$20**

**Beginning Needlepoint on Plastic Canvas**

Janet Stuelpner, The Left-Handed Artist and Crafter

In this class you will learn a few simple stitches that will open the world of needlepoint to you. Check the online listing for required supplies.

**2239 | Tue., May 5 | 10:00 AM | \$20**

**NEW CLASS**

**Carve Your Own Stamp: Bring on the Birds!**

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

Carve a bird-themed stamp using simple tools. Print original designs and take home your hand-carved stamp to create reusable, personalized prints. Check online listing for required supplies.

**2357 | Wed., June 17 | 10:00 AM | \$25**

**Combining Pen and Ink and Watercolor**

Ann Dunham, MS Design

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

**2265 | Tue. & Thu., June 2 & 4 | 10:00 AM | 2 Sess. | \$40**



**NEW CLASS**

**Continuing Your Watercolor Journey**

Ann Dunham, MS Design

Build on your watercolor skills through demos and exercises. Explore color mixing, tone, hue, and saturation to create a stunning painting. Check online listing for required supplies.

**2262 | Mon. & Wed., May 18 & 20 | 1:00 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.

**2257 | Wed., May 6 | 1:00 PM | \$20**

**2258 | Wed., June 3 | 1:00 PM | \$20**

**2259 | Wed., July 1 | 1:00 PM | \$20**

**Creative Art Journaling for Wellbeing**

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

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

**2356 | Wed., June 10 | 10:00 AM | \$25**

**NEW CLASS**

**Doodle & Unwind**

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Let your pen wander in this relaxing doodling workshop. Explore simple patterns, shapes, and flow. No experience needed. Check the online listing for required supplies.

**2232 | Mon., May 4 | 10:00 AM | \$20**

**NEW CLASS**

**Dried Floral Resin Jewelry**

Natalie Kathleen Kaczur, (fmr.) Executive Director of the Rancho Santa Fe Garden Club

Create a beautiful necklace or earrings with tiny dried flowers embedded in resin. All materials will be provided.

**2416 | Fri., June 26 | 10:00 AM | \$50**

**NEW CLASS**

**Embroidery Basics for the Beginner**

Janet Stuelpner, The Left-Handed Artist and Crafter

Express your creativity through canvas embroidery. In one session learn basic stitches to start your artistic journey. Check online listing for required supplies.

**2491 | Tue., June 9 | 1:30 PM | \$20**

**NEW CLASS**

**Finishing Touches: Painting Workshop**

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Bring a painting you're unsure about for guided help with composition, color, and balance. Gain fresh perspective, explore possibilities, and leave with renewed confidence. Check online listing for required supplies.

**2235 | Mon., June 8 | 10:00 AM | \$20**

### Free Flowing Florals: Painting in Watercolor

Ann Dunham, MS Design

Create unexpected and lighthearted illustrations centered on floral motifs with washes of color. Check online listing for required supplies.

**2266 | Tue. & Thu., June 16 & 18 | 10:00 AM | 2 Sess. | \$40**



### Fresh 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 from this hands-on class. Bring garden clippers or sharp scissors, all other materials will be provided.

**2378 | Fri., May 8 | 1:30 PM | \$45 Must register by 5/6**  
May-Themed Arrangement

**2383 | Thu., June 25 | 10:00 AM | \$45 Must register by 6/23**  
Early Summer-Themed Arrangement

### NEW CLASS

#### Garden Tin Decoupage

Michelle Nicole Tiberia, Concrete Artisan and Owner of Mimi's Marketplace

Add charm to your garden setting. We will decoupage tins with decorative napkins (a variety of themes/prints will be provided). All materials will be provided.

**2296 | Wed., May 6 | 10:00 AM | \$60**

### Glass Art with Queenie Glass and Sass

Diana Griffin, Owner of Queenie Glass and Sass

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

**2252 | Tue., May 19 | 1:00 PM | \$65**  
Small Dish/Nightlight

**2253 | Tue., June 16 | 1:00 PM | \$65**  
Pocket Vase

### 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.

**2404 | Mon., June 1 | 1:00 PM | \$25**

### Ikebana Flower Arrangement

Nakaba Emtesali, Certified Practitioner of Ikebana

Discover the mindful art of Japanese-style flower arranging. Learn key principles and techniques while creating your own seasonal design. Bring clippers; all other materials provided.

**2360 | Mon., May 11 | 1:00 PM | \$45**

**2361 | Mon., June 8 | 1:00 PM | \$45**

### Illustration: California Native Plants

Ann Dunham, MS Design

We will illustrate some of the plants native to our California landscape using pencil, pen & ink, and watercolor. Check online listing for required supplies.

**2261 | Tue. & Thu., May 5 & 7 | 1:30 PM | 2 Sess. | \$40**

### Knitting 1

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

Learn basic knit stitches as you create a scarf. No knitting experience is required. Check online listing for materials needed.

**2251 | Fri., May 8 - 29 | 10:00 AM | 4 Sess. | \$80**

### Knitting 2 and Beyond

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

This class is for students with some knitting experience. We will build on Knitting 1. Learn purl stitching and how to read a pattern. Check online listing for supplies needed.

**2250 | Fri., May 8 - 29 | 11:00 AM | 4 Sess. | \$80**

### Light and Shadow in Watercolor Scenes

Fang Luo, Artist and Fashion Designer

Bring depth, mood and realism to your paintings by mastering light and shadow. We will focus on rendering natural light. Check online listing for required supplies.

**2255 | Thu., May 7 - 21 | 10:00 AM | 3 Sess. | \$60**

### NEW CLASS

#### Mandala Dot Flower Pots

Kelly Creeden, BA, MS, Mentor, & Teacher

Paint two ceramic flower pots with mandala dot designs for your home or garden. All materials are included.

**2419 | Wed., June 17 | 1:00 PM | \$25**

**NEW CLASS****Mindful Doodling: Calm the Mind Through Creative Repetition**

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

This gentle class uses simple doodling patterns, breath exercises, and rhythm to calm the mind, reduce stress, and encourage relaxation. Check online listing for required supplies.

**2355 | Thu., May 28 | 10:00 AM | \$25**

**2489 | Wed., June 10 | 1:00 PM | \$25**

**NEW CLASS****Mosaic Art for Beginners**

Maricela Janssen, Mosaic Artist

Learn to combine ceramic tiles, beads, ball chains and recycled materials into colorful works of art that reflect your personal style. All materials will be provided.

**2346 | Tue., May 12 & 19 | 10:00 AM | 2 Sess. | \$75**

**Mystery Painting**

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Students paint a gradually sharpening projected image, adding detail in stages. This is a beautiful way to ease into painting while building observation and development skills. Check online listing for required supplies.

**2234 | Fri., June 5 | 10:00 AM | \$20**

**Open Art and Supplies Exchange Club**

Edwina Welch, EdD & Art Hobbyist

Enjoy studio time to create and share ideas, art supplies, and community in a friendly, no-stress environment. Check online listing for required supplies.

**2379 | Wed., May 27 | 1:00 PM | \$5**

**2380 | Wed., June 24 | 1:00 PM | \$5**

**NEW CLASS****Painting without Brushes**

Rachel Goldfarb, Experienced Crafter

Skip the brushes and get creative using fun, non-traditional painting tools like kitchen items, stamps, brayers, stencils, and even toys. Check online listing for required supplies.

**2470 | Thu., June 18 | 1:00 PM | \$20**

**Palette Knife Painting**

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Learn how to use a palette knife to create a textured, dynamic, and expressive abstract painting in this hands-on class. Check online listing for required supplies.

**2237 | Mon., June 15 & 22 | 10:00 AM | 2 Sess. | \$40**

**Paper Crafting with Dr. Robin**

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

Join a fun, creative workshop making items from a selection of beautiful paper. The class is suitable for all levels, but beginners are especially welcome. Check online listing for required supplies.

**2401 | Fri., May 29 | 1:30 PM | \$25**

**2402 | Fri., June 26 | 1:30 PM | \$25**

**NEW CLASS****Pinecone Bouquet Art**

Michelle Tiberia, Experienced Crafter, Concrete Artisan and Owner of Mimi's Marketplace

Create a rustic, nature-inspired arrangement using real pinecones, paint, and simple design techniques. All materials will be provided.

**2343 | Thurs, June 11 | 10:00 AM | \$50**

**Rock Painting: Mandala Dot Designs**

Kelly Creeden, BA, MS, Mentor, & Teacher

Paint a beautiful mandala rock design fit for your garden or table top. Bring a black painted rock about the size of your fist. All other supplies will be provided.

**2418 | Mon., May 4 | 1:00 PM | \$25**

**Silk Scarf Painting with Dyes and Other Mixed Media**

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

A beginning silk painting class where you will create a one-of-a-kind silk scarf. All materials will be provided.

**2264 | Wed., May 13 | 10:00 AM | \$25**

**NEW CLASS****Succulent Fairy Garden**

Natalie Kathleen Kaczur, (fmr.) Executive Director of the Rancho Santa Fe Garden Club

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

**2417 | Fri., May 22 | 1:30 PM | \$50**

**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.

**2490 | Thu., June 4 | 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 online listing for required supplies.

**2335** | Tue., May 26 | 10:00 AM | \$25

**2336** | Tue., June 23 | 10:00 AM | \$25

### 📍 Twist and Dye: Silk Scarf Dyeing

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

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

**2267** | Wed., May 13 | 1:00 PM | \$25

### NEW CLASS

#### Using your Yoyos

Rachel Goldfarb, Experienced Crafter

Make colorful fabric flower-like poufs to decorate bags, cards, clothing and much more. Personalize with color, pattern, texture. All materials will be provided.

**2468** | Thu., May 28 | 1:00 PM | \$20



### NEW CLASS

#### UV Resin Art

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

Learn how to work safely with fast-curing resin to create glossy, durable pieces such as jewelry, coasters, and decorative accents. All materials will be provided.

**2422** | Thu., May 14 | 1:00 PM | \$40

**2238** | Mon., June 29 | 1:00 PM | \$40

### NEW CLASS

#### Watercolor Imagination Lab

Jenna Cooper, BA Visual Arts, Owner of Glory Art Gallery and Studio

Paint loose watercolor shapes, then transform them with pen into playful, recognizable images using fun prompts that spark creativity and imagination. Check online listing for required supplies.

**2236** | Fri., June 12 | 1:00 PM | \$20

### NEW CLASS

#### Zen Butterfly Art

Julia Kaplan, Research Scientist and Artist

Get your Zen on and create a ready-to-frame, one-of-a-kind, vibrant butterfly using fine-tip pens and color pencils. Check online listing for required supplies.

**2421** | Mon., June 1 | 10:00 AM | \$25

### NEW CLASS

#### Zentangle®: Beyond

Kim Cyr, Certified Zentangle Instructor

Take your Zentangle® practice to the next level using new techniques and designs. For those with some Zentangle experience, expand your skills. All materials will be provided.

**2400** | Thu., June 25 | 1:00 PM | \$25

#### Zentangle®: Next Level

Kim Cyr, Certified Zentangle Instructor

Discover the relaxing art of Zentangle®. No experience is needed. Create mindful, structured patterns. Enjoy the process. Anyone can do it! All materials will be provided.

**2399** | Fri., May 15 | 1:30 PM | \$25

**2487** | Thu., June 11 | 1:00 PM | \$25

**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](http://www.sandiegooasis.org)

## BUSINESS, LEGAL & FINANCE

**thrivent**<sup>®</sup>

Offices of Jonathan Doering,  
Matthew Molstre and Anthony Camara

### 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.

**2289 | Mon., June 22 | 1:00 PM | \$5**

### Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

**2271 | Mon., May 18 | 11:00 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.

**2272 | Mon., May 18 | 1:00 PM | \$5**

**2288 | Mon., June 22 | 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.

**2287 | Fri., May 22 | 10:00 AM | FREE**

**2290 | Fri., June 26 | 10:00 AM | FREE**

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

### Do You Own Your Stuff or Does Your Stuff Own YOU?

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

Learn the difference between de-cluttering and organizing, available resources, and changes in the resale market.

**2330 | Thu., May 21 | 1:00 PM | \$10**

### Planning Ahead: How Home Equity Can Support Retirement

Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

Explore how home equity can support your retirement plan, comparing HELOCs, cash-out refinancing, reverse mortgages, and downsizing to help you make informed, confident decisions.

**2310 | Tue., June 23 | 10:00 AM | \$10**

### Preparing Your Home for Wildfire: Defensible Space and AB 38

Farima Tabrizi, Senior Citizen Specialist, Real Estate Advisor

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

**2366 | Tue., June 16 | 10:00 AM | \$10**

### Scam Stoppers

Senate Minority Leader Brian W. Jones

Discover ways to protect yourself from fraud relating to home repair, insurance, finances, identity theft and more.

**2527 | Wed., June 24 | 5:30 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 to help you create a personalized roadmap for aging successfully.

**2001 | Sat., June 27 | 10:00 AM | FREE**

## SPECIAL EVENT

### **Upgrading Your Lifestyle Without Increasing Your Property Taxes**

Jordan Z. Marks, San Diego County Assessor, Recorder, County Clerk

Curious how to save on property taxes? Get helpful tips on downsizing, family transfers, exemptions, and the latest updates that could impact you.

**2476** | Fri., May 8 | 1:00 PM | 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.

**2304** | Thu., May 21 | 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.

**2010** | Wed., May 6 - 27 | 8:30 AM | 4 Sess. | \$40

**2011** | Wed., June 3 - July 1 | 8:30 AM | 5 Sess. | \$50

### **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.

**2191** | Tue., June 2 & 9 | 9:30 AM | 2 Sess. | \$20

**2014** | Tue., May 5 - 26 | 10:45 AM | 4 Sess. | \$40

**2015** | Tue., June 2 - 30 | 10:45 AM | 5 Sess. | \$50

**2018** | Thu., May 7 - 28 | 9:30 AM | 4 Sess. | \$40

**2019** | Thu., June 4 - July 2 | 9:30 AM | 5 Sess. | \$50

**2192** | Sat., May 23 | 10:00 AM | \$10

**2193** | Sat., June 27 | 10:00 AM | \$10

### **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.

**2022** | Mon., May 4 - 18 | 8:30 AM | 3 Sess. | \$30

**2023** | Mon., June 1 - 29 | 8:30 AM | 5 Sess. | \$50

### **Active Total Body Conditioning/TRX**

Curt Gonzales, Certified Fitness Instructor

Basic aerobic movements, plus stretching and TRX suspension equipment for a complete body workout.

**2026** | Thu., May 7 - 28 | 8:30 AM | 4 Sess. | \$40

**2030** | Thu., May 7 - 28 | 10:45 AM | 4 Sess. | \$40

**2027** | Thu., June 4 - July 2 | 8:30 AM | 5 Sess. | \$50

**2031** | Thu., June 4 - July 2 | 10:45 AM | 5 Sess. | \$50

### **Aerobic Intervals**

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

**2034** | Wed., May 6 - 27 | 12:00 PM | 4 Sess. | \$40

**2035** | Wed., June 3 - July 1 | 12:00 PM | 5 Sess. | \$50

**2038** | Fri., May 8 - 29 | 9:30 AM | 4 Sess. | \$40

**2039** | Fri., June 5 - 26 | 9:30 AM | 3 Sess. | \$30

### **Better Balance**

Pam Chilton, Certified Personal Trainer & Fitness Instructor

Using a chair, we will do standing activities and movements to develop your balance.

**2042** | Tue., May 5 - 26 | 1:15 PM | 4 Sess. | \$40

**2043** | Tue., June 2 - 30 | 1:15 PM | 5 Sess. | \$50

**2190** | Wed., June 3 & 10 | 1:15 PM | 2 Sess. | \$20

**2046** | Thu., May 7 - 28 | 12:00 PM | 4 Sess. | \$40

**2047** | Thu., June 4 - July 2 | 12:00 PM | 5 Sess. | \$50

### **Cardio Drumming**

Andra Valencia, Fitness and Dance Instructor

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

**2050** | Mon., May 4 - 18 | 12:30 PM | 3 Sess. | \$30

**2051** | Mon., June 1 - 29 | 12:30 PM | 5 Sess. | \$50

**2054** | Fri., May 8 - 29 | 12:00 PM | 4 Sess. | \$40

**2055** | Fri., June 5 - 26 | 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.

**2058** | Tue., May 5 - 26 | 8:30 AM | 4 Sess. | \$40

**2059** | Tue., June 2 - 30 | 8:30 AM | 5 Sess. | \$50

### 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.

**2062** | Mon., May 4 - 18 | 1:30 PM | 3 Sess. | \$30

**2063** | Mon., June 1 - 29 | 1:30 PM | 5 Sess. | \$50

**2066** | Fri., May 8 - 29 | 1:00 PM | 4 Sess. | \$40

**2067** | Fri., June 5 - 26 | 1:00 PM | 3 Sess. | \$30

### NEW CLASS

#### Curt's Condensed Cardio: Fitness in a Flash (30 min)

Curt Gonzales, Certified Fitness Instructor

Fun, lively, low-impact cardio in just 30 minutes. Clear guidance, steady pace, joint-friendly moves, and upbeat music in a welcoming, no-pressure class for all experience levels.

**2006** | Mon., May 4 - 18 | 10:45 AM | 3 Sess. | \$24

**2007** | Mon., June 1 - 29 | 10:45 AM | 5 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.

**2070** | Mon., May 4 - 18 | 11:30 AM | 3 Sess. | \$30

**2071** | Mon., June 1 - 29 | 11:30 AM | 5 Sess. | \$50

### 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.

**2078** | Tue., May 5 - 26 | 9:30 AM | 4 Sess. | \$40

**2079** | Tue., June 16 - 30 | 9:30 AM | 3 Sess. | \$30

**2074** | Wed., May 6 - 27 | 1:15 PM | 4 Sess. | \$40

**2075** | Wed., June 17 - July 1 | 1:15 PM | 3 Sess. | \$30

**2089** | Sat., May 23 | 10:55 AM | \$10

**2091** | Sat., June 27 | 10:55 AM | \$10

### 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.

**2082** | Thu., May 7 - 28 | 1:15 PM | 4 Sess. | \$40

**2083** | Thu., June 4 - July 2 | 1:15 PM | 5 Sess. | \$50

### 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.

**2086** | Mon., May 4 & 18 | 2:30 PM | 2 Sess. | \$20

**2088** | Mon., June 1 & 15 | 2:30 PM | 2 Sess. | \$20

### Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

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

**2094** | Wed., May 6 - 27 | 2:30 PM | 4 Sess. | \$40

**2095** | Wed., June 3 - July 1 | 2:30 PM | 5 Sess. | \$50

### Pickleball 101 (Beginner)

Sid Shapira, BA, Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist

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

**2389** | Tue., May 5 - 26 | 9:00 AM | 4 Sess. | \$100

**2391** | Tue., June 2 - 23 | 9:00 AM | 4 Sess. | \$100

### Pickleball 102 (Advanced Beginner)

Sid Shapira, BA, Author, PR & Corporate Communications Specialist, Pickleball Gold Medalist

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

**2390** | Tue., May 5 - 26 | 10:00 AM | 4 Sess. | \$100

**2392** | Tue., June 2 - 23 | 10:00 AM | 4 Sess. | \$100

### 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.

**2098** | Thu., May 7 - 28 | 2:30 PM | 4 Sess. | \$40

**2099** | Thu., June 4 - July 2 | 2:30 PM | 5 Sess. | \$50

### NEW CLASS

#### Slow Gentle Yoga

Darshi Kaur, Certified Yoga and Pilates Instructor

We'll practice mindful, low-impact poses to ease tension, improve flexibility and circulation, and promote deep relaxation. Ideal for beginners and stress or injury recovery.

**2122** | Mon., May 4 - 18 | 9:30 AM | 3 Sess. | \$30

**2123** | Mon., June 1 - 29 | 9:30 AM | 5 Sess. | \$50



#### 📍 Soul Line Dancing - Intermediate

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.

**2102** | Wed., May 6 - 27 | 10:45 AM | 4 Sess. | \$40

**2103** | Wed., June 3 - July 1 | 10:45 AM | 5 Sess. | \$50

#### 📍 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.

**2106** | Wed., May 6 - 27 | 9:30 AM | 4 Sess. | \$40

**2107** | Wed., June 3 - July 1 | 9:30 AM | 5 Sess. | \$50

#### Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

**2114** | Mon., May 4 - 18 | 3:15 PM | 3 Sess. | \$30

**2115** | Mon., June 1 - 29 | 3:15 PM | 5 Sess. | \$50

**2186** | Fri., May 8 - 29 | 2:15 PM | 4 Sess. | \$40

**2187** | Fri., June 5 - 26 | 2:15 PM | 3 Sess. | \$30

#### Tai Chi Chuan: Intermediate

Pat Griffith, Sifu

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

**2118** | Fri., May 8 - 29 | 10:45 AM | 4 Sess. | \$40

**2119** | Fri., June 5 - 26 | 10:45 AM | 3 Sess. | \$30

**2002** | Sat., May 23 | 11:45 AM | \$10

**2004** | Sat., June 27 | 11:45 AM | \$10

### 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.

**2126** | Fri., May 8 - 29 | 8:30 AM | 4 Sess. | \$40

**2127** | Fri., June 5 - 26 | 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.

**2130** | Tue., May 5 - 26 | 12:00 PM | 4 Sess. | \$40

**2131** | Tue., June 2 - 30 | 12:00 PM | 5 Sess. | \$50

### NEW CLASS

#### Zumba® + Lift

Saleemah Muhammad, Licensed Zumba® Gold Instructor

Combine upbeat dance with strength training in this fun, confidence-boosting workout. Alternate easy Zumba® routines with dumbbell or resistance-band exercises to build strength and burn calories.

**2134** | Tue., May 5 - 26 | 2:30 PM | 4 Sess. | \$40

**2005** | Tue., June 2 - 30 | 2:30 PM | 5 Sess. | \$50

## HEALTH & WELLNESS

### 📍 Alzheimer's | SAN DIEGO

#### Alzheimer's San Diego: Living with Memory Loss

Jean Alton, Senior Dementia Educator

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

**2737** | Mon., June 22 | 1:00 PM | FREE

#### Alzheimer's San Diego: Long-Distance Caregiving

Jean Alton, Senior Dementia Educator

Caring for someone with dementia from afar can be challenging—learn practical ways to stay connected, informed, and supportive when your loved one lives in another city.

**2736** | Fri., May 29 | 1:00 PM | FREE

**DATE WITH A CURE**  
A FREE ALZHEIMER'S RESEARCH FORUM

**Saturday, August 1st, 2026**  
9 AM - 11 AM

Get **your** questions answered about the latest breakthroughs in Alzheimer's research – by the very experts working to find a cure.

**Location: San Diego Oasis Rancho Bernardo**  
(& streaming LIVE from the CBS 8 App)

**FREE TO THE PUBLIC**

RSVP FOR THIS EVENT:  
[alzsd.org/cure](http://alzsd.org/cure) | 858.492.4400

**Ask The Doctors' Doctor**

Matilda Parente, MD, CSW

Tired of confusing health headlines? Ask "The Doctors' Doctor" questions about current medical topics and receive clear, no-hype explanations. No insurance talk, just straight answers.

**2375 | Wed., July 1 | 10:00 AM | \$15**

**Dizziness & Vertigo: What's Causing It and What You Can Do About It**

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

Discover why the world sometimes spins. Explore the causes of dizziness and vertigo, how they're diagnosed, and when to seek help for lasting balance.

**2350 | Wed., May 27 | 2:00 PM | \$15**

**NEW CLASS**

**Laughter is Medicine**

Jonathan Schwartz, Gerontologist and Founder/CEO of Partner in Aging

Laugh, learn, and feel great! Explore the science and joy of laughter, boosting health, resilience, and connection while having fun.

**2453 | Mon., May 11 | 10:00 AM | \$15**

**HYBRID** **BOTH LOCATIONS**

**Living a Whole Food Plant-Based Lifestyle 101**

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

**2447 | Fri., June 26 | 10:00 AM | \$15**

**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.

**2387 | Fri., May 8 & 15 | 1:00 PM | 2 Sess. | \$20**

**2388 | Fri., June 12 & 26 | 1:00 PM | 2 Sess. | \$20**

**NEW CLASS**

**Pickleball Injuries**

Hank Chambers, MD. Professor of Clinical Orthopedic

Surgery, Emeritus, University of California, San Diego  
Play smarter and stay safer. Learn simple strategies to protect shoulders, knees, and tendons so you can enjoy pickleball longer without common injuries.

**2135 | Mon., May 4 | 11:00 AM | \$15**

**The Power of Plant Based Nutrition**

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

**2446 | Fri., June 12 | 10:00 AM | \$15**

**NEW CLASS**

**The Resilient Hip: 5 Keys to Better Movement**

Natasha Levitt, Physical Therapist and Founder of The Art of Safe Living, LLC

Discover the 5 key elements that support healthier hip movement and greater comfort in everyday life.

**2405 | Tue., June 9 | 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.

**2200 | Fri., May 22 | 2:00 PM | FREE**

**2201 | Fri., June 26 | 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.

**2204 | Tue., June 9 | 3:00 PM | FREE**

**RANCHO BERNARDO**

# HISTORY & HUMANITIES

## NEW CLASS

### American Folk Tale Heroes

Mark Carlson, Historian & Author

Explore the origins of American folk heroes like Paul Bunyan, John Henry, Johnny Appleseed, and more. Discover the surprising truths behind the legends that shaped these enduring tales.

**2207 | Wed., June 17 | 1:00 PM | \$15**

### Buddhism: Reincarnation and Buddhist Realms

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

An introduction to reincarnation, Buddhist realms, the meaning of Karma, and other concepts. There will be an optional guided meditation at the end of class.

**2398 | Wed., May 13 | 1:00 PM | \$15**

## NEW CLASS

### Celebrating Independence Day

Richard Lederer, Union-Tribune Language Columnist

Celebrate 250 years of independence with Richard Lederer as he reveals the story of the Declaration of Independence and other fascinating American history facts.

**2308 | Thu., June 25 | 10:00 AM | \$15**



## NEW CLASS

### Dead Sea Scrolls: Ancient Texts and their Discovery

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

Discover how the Dead Sea Scrolls were found, what they contain, and how they reshape our understanding of ancient Jewish life and early Christianity.

**2274 | Wed., May 13 | 10:00 AM | \$15**

## NEW CLASS

### Humans and Their Matter

Henry George, Engineer, Archaeologist and Geologist

Stone, salt, sand, iron, copper, and lithium have quietly shaped human civilization. Discover how these essential materials influenced culture, technology, and the course of history.

**2322 | Thu., May 14 | 10:00 AM | \$15**

## NEW CLASS

### Jewish Roots of Rock & Roll (1955-1965)

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso and Musician

Between 1955 and 1965, rock & roll didn't just explode—it was carefully crafted behind the scenes. Join us to discover the creative forces that transformed American music forever.

**2385 | Tue., May 5 | 10:00 AM | \$15**

## NEW CLASS

### More Than Casinos: Native American Reservations in San Diego

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

Explore San Diego County's Native American reservations, delving into their history, tribes, and cultures across diverse sovereign lands.

**2410 | Wed., May 6 | 10:00 AM | \$15**

## NEW CLASS

### My Dad, The Real Dr. Strangelove: Why Contemplating the Unthinkable Matters Now

Deborah Kahn Cunningham, Certified Life Coach & Daughter of Herman Kahn

Meet Herman Kahn - Cold War strategist, futurist and inspiration for Dr. Strangelove. Kahn's daughter will share intimate insights into his provocative ideas and everyday humanity.

**2354 | Wed., June 10 | 11:00 AM | \$15**

## NEW CLASS

### Poetry and the Call of Wisdom

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

Poetry expresses the inexpressible, guiding us toward insight. Exploring great poets' methods reveals hidden meaning in ordinary life and deepens our appreciation for beauty.

**2331 | Fri., May 15 | 1:00 PM | \$16**

## NEW CLASS

### Pop Art

Julia Fister, MA, Studio ACE Executive Director

Dive into the colorful world of Pop Art, where everyday objects, celebrity culture, and bold imagery transformed modern art.

**2477 | Fri., May 15 | 10:00 AM | \$15**

**NEW CLASS**

**Portugal and the Age of Discovery: Empire at the Edge of the World**

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

Set sail with Portugal's daring explorers, from Prince Henry to Vasco da Gama. Discover how they mapped the seas, chased spices, and built the first global empire.

**2397 | Tue., June 30 | 1:00 PM | \$15**

**Psychology of Aging: Culture, History, and the Individual Experience**

Oliva M. Espín, Ph.D.

Explore how historical circumstances, cultural shifts, and individual psychology create opportunities, or barriers, that affect both personal experiences of aging and societal perspectives.

**2367 | Thu., May 28 | 10:00 AM | \$15**

**Psychology of Aging: Memory, Language, and Social Connections**

Oliva M. Espín, Ph.D.

Examine the cognitive and social aspects of aging, including memory, language, and the importance of relationships. Discover how social connections support well-being and influence successful aging.

**2369 | Tue., June 2 | 10:00 AM | \$15**

**NEW CLASS**

**Puerto Rico: A Little Snapshot**

Carmen Belasco, Museum Coordinator House of Puerto Rico

Explore Puerto Rico's history and culture—from Taíno roots and Spanish rule to today—covering traditions, music, cuisine, language, and influences shaping its Caribbean identity.

**2273 | Mon., May 4 | 10:00 AM | \$15**



**NEW CLASS**

**📍 Super-Duper Bloopers**

Richard Lederer, Union-Tribune Language Columnist

Laugh out loud with Richard Lederer as he shares hilarious bloopers, blunders, and language mishaps from students, politics, and beyond.

**2307 | Thu., May 7 | 10:00 AM | \$15**

**NEW CLASS**

**Tales of the Hasidim**

Virginia Shabatay, Ph.D., 40+ year Professor of Social Justice

Enjoy sharing marvelous, short tales filled with wisdom and inspirational teachings that celebrate and honor life.

**2436 | Thu., May 7 | 1:00 PM | \$15**

The Early Masters

**2437 | Mon., June 8 | 1:00 PM | \$15**

The Later Masters

**NEW CLASS**

**The Cosmology of the Kumeyaay of San Diego and Baja California**

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

Discover Kumeyaay rock art, astronomy, healing, and philosophy, exploring connections between their traditions, music, art, land management, and the natural world.

**2411 | Thu., June 18 | 1:00 PM | \$15**

**NEW CLASS**

**The Crazy Life of Words**

Henry George, Engineer, Archaeologist and Geologist

Why do English words mean what they do? Explore word origins, shifting meanings, and the quirky terms that make English fascinating and sometimes baffling.

**2323 | Thu., June 18 | 10:00 AM | \$15**

**NEW CLASS**

**The Dawn of Iron - Monitor and Virginia**

Mark Carlson, Historian & Author

March 9, 1862: Confederate CSS Virginia and Union USS Monitor fought the first ironclad battle, revolutionizing naval warfare and rendering traditional wooden warships obsolete.

**2206 | Wed., May 20 | 1:00 PM | \$15**

**NEW CLASS**

**The French Revolution and the Invention of the Metric System**

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

Explore how the French Revolution reinvented measurement, creating the metric system and reshaping time, space, and weight to impose reason and order during political upheaval.

**2488 | Thu., June 11 | 10:00 AM | \$15**

**NEW CLASS**

**The White House: America's Most Famous Senior Residence**

Steven Dadolf, Electronic Engineer and History Instructor

A fun and fascinating journey through time. Discover how the White House survived fires, wars, and renovations to become one of the most recognizable buildings in the world.

**2370 | Tue., May 5 | 1:00 PM | \$15**

**NEW CLASS**

**Van Gogh in Arles**

Julia Fister, MA, Studio ACE Executive Director

This lecture examines how this intense and prolific period shaped Van Gogh's artistic vision, relationships, and lasting legacy.

**2478 | Thu., June 11 | 10:00 AM | \$15**

**NEW CLASS**

**Voting Rights in America: A History**

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

Who gets to vote? Join historian Vincent Rossi for a deep look at the historical expansion of suffrage in the United States of America.

**2376 | Tue., June 2 | 1:00 PM | \$15**

**NEW CLASS**

**What Was Marx Really About? Big Ideas, Real-World Impact**

Robert Givens, PhD, Fulbright Fellowship Recipient, Scholar of European and Russian History

Explore Karl Marx's political, social, and economic ideas, early socialism, his life and theories, and their adoption by revolutionaries in twentieth-century Russia and China.

**2495 | Fri., May 8 | 10:00 AM | \$15**

**NEW CLASS**

**Women We Should Know About and Honor in San Diego History**

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

Unearth the hidden stories of remarkable women who shaped San Diego's history—from Kumeyaay leaders to pioneers, business moguls, and visionaries.

**2412 | Wed., July 1 | 1:00 PM | \$15**

## LANGUAGES

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



**NEW CLASS**

**📍 Try it Out: Beginning French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**2143 | Wed., May 13 | 10:00 AM | \$10**

**📍 Beginning French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

**2144 | Wed., May 20 - July 1 | 10:00 AM | 7 Sess. | \$140**

**NEW CLASS**

**📍 Try it Out: Intermediate French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Have some prior experience? Try a class designed to help you gauge whether your skills match the pace and content of the intermediate level. Current students are welcome to attend.

**2170 | Wed., May 13 | 11:30 AM | \$10**

**📍 Intermediate French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

**2172 | Wed., May 20 - July 1 | 11:30 AM | 7 Sess. | \$140**

**NEW CLASS**

**📍 Try it Out: Advanced French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

Already comfortable with the language? This sample session lets you experience advanced conversation and confirm if the level is a good fit. Current students are welcome to attend.

**2138 | Wed., May 13 | 1:00 PM | \$10**

## **Advanced French**

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

**2140** | Wed., May 20 - July 1 | 1:00 PM | 7 Sess. | \$140



## **NEW CLASS**

### **Try it Out: Intermediate German**

Christine Nievergelt, Credentialed Instructor, M. Ed.

Already comfortable with the language? This sample session lets you experience more advanced conversation and confirm the level is a good fit. Current students are welcome to attend.

**2174** | Fri., May 15 | 10:00 AM | \$10

## **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.

**2176** | Fri., May 22 - June 26 | 10:00 AM | 5 Sess. | \$100



## **NEW CLASS**

### **Try it Out: Beginning Italian 1**

Thomas Malone

New to the language—or returning after many years? Enjoy a relaxed sample class to see if this beginner level is the right fit for you. Current students are welcome to attend.

**2146** | Fri., May 15 | 1:00 PM | \$10

## **Beginning Italian 1**

Thomas Malone

Start your Italian journey! Learn grammar, vocabulary, and simple conversations at a relaxed pace. True beginners will learn with the help of a guidebook from Amazon.

**2148** | Fri., May 22 - June 26 | 1:00 PM | 5 Sess. | \$100

## **NEW CLASS**

### **Try it Out: Beginning Italian 2**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Have some basic familiarity with the language? Try a class designed to help you review foundational skills and see if this level matches your learning pace. Current students are welcome to attend.

**2150** | Tue., May 12 | 12:00 PM | \$10

## **Beginning Italian 2**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

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

**2152** | Tue., May 19 - June 30 | 12:00 PM | 7 Sess. | \$140

## **NEW CLASS**

### **Try it Out: Intermediate Italian**

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Already comfortable with the language? This sample session lets you experience more advanced conversation and confirm the level is a good fit. Current students are welcome to attend.

**2178** | Tue., May 12 | 1:15 PM | \$10

## **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.

**2180** | Tue., May 19 - June 30 | 1:15 PM | 7 Sess. | \$140



## **NEW CLASS**

### **Try it Out: Beginning Mandarin I**

Daisy Liu, B. A. International Business, Experienced Teacher of Mandarin

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**2154** | Tue., May 12 | 10:00 AM | \$10

## **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.

**2156** | Tue., May 19 - June 30 | 10:00 AM | 7 Sess. | \$140



**NEW CLASS**

**Try it Out: Beginning Spanish 1**

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

New to the language or returning after many years? Enjoy a relaxed sample class to see if this beginner level feels like the right place to start. Current students are welcome to attend.

**2158 | Thu., May 14 | 1:00 PM | \$10**

**Beginning Spanish 1**

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

**2160 | Thu., May 21 - June 18 | 1:00 PM | 5 Sess. | \$100**

**NEW CLASS**

**Try it Out: Beginning Spanish 2**

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

Have some basic familiarity with the language? Try a class designed to help you review foundational skills and see if this level matches your learning pace. Current students are welcome to attend.

**2166 | Thu., May 14 | 10:00 AM | \$10**

**Beginning Spanish 2**

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

This class is designed for continuing beginners who want to advance their skills. The focus will be on everyday social conversation to help you gain confidence.

**2168 | Thu., May 21 - June 18 | 10:00 AM | 5 Sess. | \$100**

**NEW CLASS**

**Try It Out: Intermediate Spanish**

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

Have prior experience and want to build confidence? This sample session helps you gauge whether your skills are ready for intermediate conversation and grammar. Current students are welcome to attend.

**2182 | Thu., May 14 | 11:30 AM | \$10**

**Intermediate Spanish**

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

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

**2184 | Thu., May 21 - June 18 | 11:30 AM | 5 Sess. | \$100**



**A Bisl Yiddish: A Taste of the Language and Culture**

Jana Meisarosh, Founder, Yiddish Arts & Academics Association of North America, Author

Enjoy a lively introduction to Yiddish! Learn basic expressions, explore its rich history & culture, and discover its charm..

**2498 | Mon., June 22 | 10:00 AM | \$20**

**LITERATURE & VISUAL ARTS**

**Flash Poetry: Write a Poem in an Instant**

Larry Gach, Award-Winning Local Poet and 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.

**2484 | Tue., May 12 | 1:00 PM | \$15**

**2485 | Thu., June 4 | 1:00 PM | \$15**

**Oasis Fiction Book Club**

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

We'll share and discuss great fiction reads, both past and present.

**2214 | Wed., May 20 | 10:00 AM | \$5**

*The Correspondent* by Virginia Evans.

**2215 | Wed., June 17 | 10:00 AM | \$5**

*Theo of Golden* by Allen Levi.

**NEW CLASS**

**Poetry Writing Workshop**

Larry Gach, Award-Winning Local Poet and Published Author

Bring one or more of the poems that you have written, and collectively and constructively we'll help you polish them up.

**2424 | Tue. & Thu., May 5 & 7 | 1:30 PM | 2 Sess. | \$25**

**Stay Sharp,  
Stay Social,  
Play Bridge!**

 **BCNC**  
Bridge Club of North County

Join the Bridge Club of North County at Oasis Rancho Bernardo, where strategy meets social connection!

Whether you're a seasoned player or just getting started, we have something for players at all levels.

- ◆ Duplicate & Social Games – \$11.00 & \$5.00
- ♥ Learning Opportunities – Classes & Supervised Play
- ◆ Daily Games – Morning & Afternoon

Boost your brainpower and build lasting friendships!

Check our schedule at [bcncsandiego.org](http://bcncsandiego.org) and join the fun today!

♥ ♣ ♦ ♠

## MUSIC & LIVE PERFORMANCES

### Beginning Guitar I

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Perfect for beginners, we'll cover tuning, playing basic chords, understanding simple rhythm, and building good foundational technique.

**2228 | Mon., May 11 - June 29 | 10:00 AM | 7 Sess. | \$140**

### NEW CLASS

### Beginning Guitar II

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Building on Beginner Guitar I: improve chord transitions, expand chords, learn strumming patterns, timing, dynamics, and techniques, gaining confidence playing smoothly and in time with others.

**2374 | Mon., May 11 - June 29 | 11:15 AM | 7 Sess. | \$140**

### Beginning Harmonica I

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Learn proper breathing, basic note control, simple melodies, how to hold the harmonica and essential techniques to get a clean, musical sound.

**2226 | Mon., May 11 - June 29 | 12:45 PM | 7 Sess. | \$140**

 **HYBRID**  **BOTH LOCATIONS**

### NEW CLASS

### Beginning Harmonica II

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Building on Beginner Harmonica I by improving tone, control, and accuracy while learning simple techniques, new songs, and playing with greater confidence and musicality consistent notes.

**2373 | Mon., May 11 - June 29 | 2:00 PM | 7 Sess. | \$140**

### Beginning Ukulele I

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Learn how easy it is to play songs on the ukulele. Learn chords and strumming patterns. No prior musical experience is necessary.

**2210 | Tue., May 12 - June 16 | 11:30 AM | 6 Sess. | \$120**

### Continuing Ukulele

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Keep the fun going. Learn new chords, new strumming patterns with new songs. Now you are ready for fingerpicking and learning how to read tablature.

**2211 | Tue., May 12 - June 16 | 10:00 AM | 6 Sess. | \$120**

### NEW CLASS

### James Horner: Film Scores to Love

Chris Burns, Many-Strings

Learn about Horner's fabulous scores for George Lucas, Steven Spielberg, Ron Howard, and many other iconic leaders in fine film.

**2395 | Thu., May 28 | 1:00 PM | \$15**

### NEW CLASS

### Live Performance: Unplugged & Timeless

Ken Sprinkle, Acoustic Rock n Blues

Enjoy classic rock and blues hits from the 1960s to 2000s with singer-songwriter Ken Sprinkle, whose rich voice and acoustic guitar bring timeless favorites to life.

**2313 | Thu., June 25 | 2:00 PM | \$15**

### Love Ukulele? Let's Jam

Carmen Groe, Performer with Ramona Ukulele Jammers

Build confidence and friendships in this community ukulele jam. Class is not for absolute beginners because some chord and strumming ability is required.

**2448 | Wed., May 27 | 1:30 PM | \$15**

**2449 | Wed., June 17 | 1:30 PM | \$15**

### NEW CLASS

#### **Singing Basics: Breath, Tone and Technique**

Anthony Serpiello, Guitar, Ukulele, Harmonica and Singing Instructor

Build a strong singing foundation in this beginner-friendly workshop, focusing on breath, vocal power, tone, and control in a relaxed, supportive setting.

**2435 | Tue., May 26 | 1:00 PM | \$20**

#### **The Beatles: 1964 Summer North American Tour**

Chuck Gunderson, Historian & Author, MA

Why did The Beatles' 1964 North American tour shatter records, set new precedents, and permanently transform the concert touring industry?

**2493 | Thu., May 28 | 1:00 PM | \$15**

#### **The Beatles: 1966 Summer North American Tour**

Chuck Gunderson, Historian & Author, MA

1966 would spell the end of touring forever by the Beatles. Why did touring end and what did the future hold for the four lads from Liverpool?

**2494 | Thu., July 2 | 1:00 PM | \$15**

### NEW CLASS

#### **West Side Story, Porgy and Bess: Love and Drama in America**

Chris Burns, Many-Strings

Love and drama doesn't get better than this! This hour will embrace you with gorgeous melodies and engage your heart with fabulous lyrics.

**2396 | Tue., June 23 | 1:00 PM | \$15**

## PERSONAL ENRICHMENT

#### **American Mah Jongg for Beginners, Half-Day Seminar**

Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta

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

**2314 | Tue., May 5 | 10:00 AM | \$40**

**2317 | Tue., June 30 | 10:00 AM | \$40**

#### **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.

**2393 | 2nd & 4th Wed., May 13 - June 24 | 10:30 AM |**

**4 Sess. | FREE**

**HYBRID** **BOTH LOCATIONS**

#### **Bridge Basics 1**

Leslie Beaver, ACBL Certified Teacher, Ruby Life Master

This is the perfect introduction to bridge. Starting with the basics, the course progresses through modern bidding, opening bids and responses.

**2496 | Thu., May 28 - June 25 | 9:00 AM | 5 Sess. | \$60**

#### **Bridge Basics 3 - Popular Conventions**

Hazel Turner, ACBL Certified Teacher & Ruby Life Master

This course provides a thorough grounding in the most common conventions: Stayman, Jacoby transfer bids, strong opening bid, and Blackwood and Gerber.

**2524 | Sat., May 23 - June 27 | 9:00 AM | 5 Sess. | \$60**

#### **Collette - Travel Destinations in 2026 and Beyond**

Ghythe Haddad, Business Development Manager

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

**2279 | Mon., May 11 | 1:00 PM | FREE**

#### **Creative Workshop**

Gigi Howard, MA Ed., Law of Attraction Specialist

Learn a simple, relaxed way to visualize your goals and focus your intentions on key areas of life like health, home, free time, and relationships.

**2365 | Wed., July 1 | 10:00 AM | \$15**

### NEW CLASS

#### **End-of-Life, Reimagined: Exploring the Role of a Death Doula**

Melissa McClave, Death Doula, LastActsOfLove.com

Explore the evolving world of death care with Death Doula Melissa McClave—discover new choices, compassionate support, and how modern doulas transform the end-of-life experience.

**2492 | Mon., May 4 | 1:00 PM | \$15**



### NEW CLASS

#### **Gemstone Essentials and the Art of Collecting Gems**

David Artinian, Gemologist, Owner of Caveman Gems

Explore gem types, qualities, and value factors while learning how desirability is determined and how to confidently evaluate and purchase gemstones.

**2479 | Thu., June 11 | 1:00 PM | \$15**



### 📍 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.

**2218** | Fri., May 29 | 1:00 PM | \$12

**2520** | Wed., June 3 | 6:00 PM | \$12

**2219** | Fri., June 12 | 1:00 PM | \$12

### Intro to Bunco: Super Simple and Fabulously Fun

Shahla Rabinowitz, a decade of teaching Mah Jongg and Bunco and teacher of Farsi

Learn and play Bunco, a lively dice game that combines quick thinking with nonstop fun.

**2426** | Mon., May 4 | 10:00 AM | \$10

**2427** | Mon., June 1 | 10:00 AM | \$10

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

Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta

Learn the rules and nuances of American Mah Jongg, then enjoy plenty of real playtime with Oasis friends. Enroll early, space is limited!

**2315** | Tue. & Thu., May 12 - 21 | 1:00 PM | 4 Sess. | \$100

### Mah Jongg (American) Strategies: Beyond the Basics

Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta

Level up your Mah Jongg skills with real games, personalized coaching, and expert strategies. For all experience levels, but class size is limited.

**2316** | Tue. & Thu., June 9 - 18 | 1:00 PM | 4 Sess. | \$100

## MAKEUP SERIES

### 📍 Makeup - Level 1: Best Looks For 50+ Women

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

This class focuses on enhancing your natural beauty. Learn the best products and application for a natural and more elegant look. Check online listing for required supplies.

**2243** | Wed., May 20 & 27 | 10:00 AM | 2 Sess. | \$30

### NEW CLASS

#### Make Up - Level 2: The Eyes Have It

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

In this level 2 hands on class, learn to master your eye and brow makeup. Pro Artist tips and tricks will be shown. Check online listing for required supplies.

**2244** | Wed., June 10 | 1:00 PM | \$15

### NEW CLASS

#### Makeup - Level 3: Personalized Tips and Techniques

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

In this Level 3 class, get hands on practice with instructor guidance for those trouble areas, or create a glamorous look for special occasions.

**2245** | Wed., June 24 | 10:00 AM | \$15

### NEW CLASS

#### Once Upon Our Lives: The Storytellers Club

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.

**2196** | Wed., May 27 | 1:00 PM | \$15

**2197** | Wed., June 24 | 1:00 PM | \$15

## **Travel Trends & Top Destinations with AFC Vacations**

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.

**2528** | Fri., Aug. 14 | 10:00 AM | FREE



## **NEW CLASS** **Shanghai Rummy**

Ruth Anne Mack, Crochet and Card Game Instructor

Shanghai is a fast, card game for 4–6 players where changing rounds require sets and runs; shed all cards first using strategy and luck to win.

**2434** | Tue., May 19 | 1:00 PM | \$15

**2480** | Mon., June 15 | 1:00 PM | \$15

## **Skin Care Made Easy: Get Your 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.

**2247** | Wed., May 13 | 1:00 PM | \$15

## **The Law of Attraction: The Art of Allowing**

Gigi Howard, MA Ed., Law of Attraction Specialist

Harness the power of positive thoughts. Discover the 17-Second Rule and the simple Law of Attraction strategies to shift negative thinking and cultivate better feelings.

**2363** | Fri., May 22 | 10:00 AM | \$15

## **The Law of Attraction: Attitude Is Everything**

Gigi Howard, MA Ed., Law of Attraction Specialist

Research shows that a positive attitude is like a magnet for success. Explore strategies to gently change how you observe the world.

**2364** | Thu., June 4 | 10:00 AM | \$15

## **NEW CLASS**

### **Tippie Trend: Non-Alcoholic Wines, Spirits and Beer**

Matilda Parente, MD, CSW

Mocktails are booming. Discover this growing trend, its health benefits, and how these beverages are reshaping modern drinking habits and choices.

**2425** | Wed., June 24 | 1:30 PM | \$20

## **NEW CLASS**

### **Wines of Spain**

Matilda Parente, MD, CSW

Explore Spain's diverse wines, from historic roots to modern excellence, while discovering its regions, cuisine, and culture. Class includes a guided tasting highlighting exceptional values.

**2423** | Thu., May 14 | 1:00 PM | \$20

## **Women's Group: Friendship and Support**

Skip Himmelstein, Psy. D., Psychotherapist

Retirement is a time to grow, create, and thrive. Join our vibrant group of women 50+ to connect, share, and explore.

**2222** | Mon., May 11 & 18 | 1:00 PM | 2 Sess. | \$20

**2223** | Mon., June 1, 15 & 29 | 1:00 PM | 3 Sess. | \$30

## **NEW CLASS**

### **Your First Look at Western Astrology**

Bel Cote, Metaphysics and Wellness Coach

Learn the basics of zodiac signs, planets, and birth charts, and explore how western astrology reveals personal themes and insights.

**2268** | Wed., May 6 | 1:00 PM | \$15

# **SCIENCE**

## **NEW CLASS**

### **Have We Been Visited?**

Neil Farber, NASA/JPL Solar System Ambassador

Have extraterrestrials visited Earth, or do they live among us? Explore the question of alien visitation using scientific evidence and current theories.

**2326** | Tue., May 19 | 10:00 AM | \$15

### **The Social Life of Giraffes**

Fred Bercovitch, Ph.D. Biological Anthropology

Join our resident giraffe expert, Dr. Fred Bercovitch, for deep insight into the complex society and unique behaviors of earth's tallest mammals.

**2345** | Tue., June 30 | 10:00 AM | \$15

## **NEW CLASS**

### **The Sun: Benevolent Ferocity**

Neil Farber, NASA/JPL Solar System Ambassador

Explore what we've learned about the Sun, from early telescope discoveries to modern NASA satellites, and how it shapes life on Earth.

**2327** | Tue., June 16 | 1:00 PM | \$15

### NEW CLASS

#### Wild Animal Societies and Mating Systems

Fred Bercovitch, Ph.D. Biological Anthropology

From monogamy to polygamy, explore the wide range of mating systems and behaviors that shape animal societies and hint at the origins of human relationships.

2344 | Thu., May 28 | 10:00 AM | \$15

## SHAMILY'S KITCHEN



### NEW CLASS

#### Breakfast Delights: Gluten Free

Lauren Brimmer, Author of Your Chicken is Cooked

Create delicious gluten-free breakfast treats such as cranberry pecan scones and blueberry pancakes. Enjoy samples and take home easy gluten-free & low-sugar recipes.

2450 | Tue., June 9 | 11:00 AM | \$25

### NEW CLASS

#### 📍📍 Calm & Comfort: An Anti-Inflammatory Meal Made Easy

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

Join us for a feel-good cooking demo featuring anti-inflammatory drinks and plant-based dishes that support comfort, digestion, mobility, and overall well-being.

2506 | Wed., May 20 | 11:00 AM | \$25

#### Chicken Chow Fun

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training

Create a vibrant chicken and vegetable noodle dish from scratch while mastering wok techniques. Become a confident Wok Star.

2471 | Fri., May 15 | 10:30 AM | \$25

### NEW CLASS

#### Chocolate and Peanut Butter No-Bake Bars

Allison Weisman, Owner of Allison's Custom Confections

Learn to make the perfect sweet-and-salty treat with this easy, no-bake chocolate and peanut butter recipe. Delicious without ever turning on the stove.

2515 | Thu., May 21 | 1:00 PM | \$25

### NEW CLASS

#### Cook Today, Relax Tomorrow: One Recipe, Two Meals

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

Learn how to make everyday cooking easier. In this demo, we'll prepare one healthy dish and discover ways to enjoy it again—saving time, energy, and cleanup.

2521 | Mon., June 22 | 11:00 AM | \$25

### NEW CLASS

#### Cook with Heart: A Simple Dish for Heart Health

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

Support your heart with delicious, wholesome meals in this cooking demo, learning easy techniques and simple swaps using vegetables, beans, whole grains, and healthy fats.

2522 | Fri., June 12 | 11:00 AM | \$25

### NEW CLASS

#### Cookie Decorating with Royal Icing

Liz Jacobi, Owner of Lizzy's Sweet Treats

Transform cookies into edible art in this royal icing workshop. Decorate three cookies using three colors, learn fun techniques, and take home icing plus a bonus cookie to practice.

2519 | Tue., May 12 | 11:00 AM | \$40

### NEW CLASS

#### 📍📍 Cooking for a Sharper Mind

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

Learn to prepare a brain-boosting, plant-forward dish inspired by the MIND Diet to support memory, cognitive health, and everyday well-being.

2523 | Thu., May 28 | 11:00 AM | \$25

### NEW CLASS

#### Handcrafted Charcuterie Cups

Gina Summer Johnson

Say good-bye to a shared platter and turn charcuterie into a personal masterpiece of portable charcuterie cups perfect for effortless hosting.

2452 | Wed., June 3 | 1:00 PM | \$25

**NEW CLASS**

**Homemade Pizza**

Allison Weisman, Owner of Allison's Custom Confections  
Make homemade pizza with Allison and her husband Sandy—learn Allison's delicious dough and Sandy's amazing sauce and toppings in this fun, hands-on class.

**2517 | Thu., June 25 | 1:00 PM | \$25**

**NEW CLASS**

**Kasha Varnishkes**

Allison Weisman, Owner of Allison's Custom Confections  
Master the art of making fluffy, nutty kasha with bowtie noodles, protein-packed buckwheat, and crispy fried onions—classic Jewish comfort food done right.

**2516 | Thu., June 18 | 1:00 PM | \$25**

**NEW CLASS**

**Matzo Brei**

Allison Weisman, Owner of Allison's Custom Confections  
Learn to make a savory, flavorful matzoh dish with eggs and onions, that is perfect for any meal.

**2514 | Thu., May 7 | 1:00 PM | \$25**

**NEW CLASS**

**Naturally Leavened Bread: The Science of Sourdough**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Master traditional sourdough in this advanced workshop, using a “mother” starter, stretch-and-fold technique, and long cold fermentation to create flavorful, gut-friendly, artisanal loaves.

**2508 | Wed., May 13 | 10:00 AM | \$25**

**Peruvian Mixology: Pisco Sour Workshop**

Daniel Urdanivia, Peruvian Mixologist

Sip, shake, and savor! Learn the secrets of the Pisco Sour with a Peruvian mixologist, including infused variations, paired with delicious Peruvian tamales.

**2474 | Fri., May 22 | 12:00 PM | \$40**

**NEW CLASS**

**Poke Bowls**

Tonya Whitfield, Chef/Professor

Learn to craft Hawaii's most iconic dish, Poke bowl. Balance vibrant flavors of custom marinades and toppings to create your unique bowl.

**2525 | Wed., June 17 | 11:00 AM | \$25**

**NEW CLASS**

**Puff Pastry: The Art of Lamination**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Master the “dough of a thousand layers” in this pastry workshop, learning butter and dough preparation, folding techniques, steam-leavening, and troubleshooting for perfect, flaky results.

**2509 | Wed., May 13 | 12:00 PM | \$25**

**NEW CLASS**

**Purple Sweet Potato Fritters**

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Try baked sweet purple potato fritters inspired by Okinawa, Japan. They are spiced with harissa, coriander, ginger, and garlic. You'll create a tasty, nutritious snack perfect for spring tables or summer potlucks.

**2518 | Fri., June 5 | 10:00 AM | \$25**



**Sourdough Pizza**

DJ Hasinsky, Baker

Learn to craft perfect pizzas at home. Watch demos, enjoy freshly made pies for lunch, and take home your own sourdough pizza dough!

**2475 | Mon., May 11 | 1:00 PM | \$25**

**Summer in Provence**

Beatrice Ricart, Chef and Accounting Specialist

Enjoy the ultimate French bistro pair, a delicious summer quiche alongside a seasonal salad with baked goat cheese. To finish, learn how to make an amazing strawberry mousse.

**2526 | Tue., June 16 | 11:00 AM | \$25**

**NEW CLASS**

**Sweet Potato Black Bean Burger**

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Get ready for summer BBQs with this plant-based, longevity-boosting burger, packed with beans, greens, sweet potatoes, and pepitas—a Costa Rican blue zone twist on a classic favorite.

**2507 | Fri., May 8 | 10:00 AM | \$25**

**NEW CLASS**

**The Alchemy of Crema Catalana**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Master Crema Catalana in this hands-on class, crafting silk-smooth lemon-cinnamon custard and a perfectly caramelized, glass-like sugar crust for a classic Iberian dessert.

**2513 | Wed., June 24 | 12:00 PM | \$25**

**NEW CLASS**

**The Architecture of Paella**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Master Spain's iconic paella, learning to perfect the sofrito, rich stock, and coveted socarrat while understanding rice, pan choice, and techniques for authentic flavor and texture.

**2512 | Wed., June 24 | 10:00 AM | \$25**

**NEW CLASS**

**The Art of the Sicilian Granita**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Learn to make authentic granita di limone in this hands-on class, mastering the perfect sugar-water balance and manual scraping technique for crisp, refreshing Mediterranean-style ice shards.

**2511 | Wed., May 27 | 12:00 PM | \$25**

**NEW CLASS**

**The Essentials of Fish Butchery**

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Demystify the seafood counter in this hands-on class, learning to scale, gut, and fillet whole fish with expert knife techniques for maximum yield and pristine results.

**2510 | Wed., May 27 | 10:00 AM | \$25**

**NEW CLASS**

**What's for Supper That's Gluten Free**

Lauren Brimmer, Author of Your Chicken is Cooked

Explore cooking crisp baked chicken, easy veggie risotto, and buckwheat bread while learning gluten-free tips. Enjoy tasty samples and take-home recipes!

**2451 | Tue., June 23 | 11:00 AM | \$25**

**NEW CLASS**

**Wok Time Is It? Time for Stir-Fry!**

Rose To, M.R. Ed., M.S. 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.

**2472 | Fri., May 15 | 12:30 PM | \$25**

## **TECHNOLOGY**

**AI for Daily Life: Plan a Trip with ChatGPT**

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

Learn how to use ChatGPT to plan trips, find places to stay, book tours, and organize activities—all in a simple, hands-on session.

**2439 | Wed., May 6 | 11:30 AM | \$15**

**AI for Daily Life: Smart Grocery Savings with ChatGPT**

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

Learn to use ChatGPT and AI tools to compare prices, monitor sales, and build low-cost grocery lists that help you save money every week.

**2438 | Wed., May 6 | 10:00 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 humanize reality or an illusion. But which is it?

**2334 | Wed., June 3 | 10:00 AM | \$15**

**NEW CLASS**

**Cybersecurity 101 - Click with Caution**

Pedro Ibarreche, BS Computer Engineering, IT Support Specialist

Learn practical strategies to protect your personal information, recognize red flags, and build safer habits when using email, websites, and mobile devices.

**2298 | Wed., June 17 | 10:00 AM | \$15**

**NEW CLASS**

**Cybersecurity 101 - Staying Safe Online**

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 for practical understanding.

**2297 | Wed., May 20 | 10:00 AM | \$15**



**Facebook Marketplace: Find Treasures, Declutter, and Monetize!**

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

This class will introduce you to Facebook Marketplace, a user-friendly platform where you can find amazing deals, declutter your home, and even make some money!

**2445 | Mon., June 29 | 11:30 AM | \$15**

**Fun Websites and Apps to Fine-Tune Your Memory**

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

A fun, hands-on class introducing apps to boost memory through engaging activities, games, and creative exercises designed to enhance focus and retention skills.

**2444 | Mon., June 29 | 10:00 AM | \$15**

**NEW CLASS**

**Hey AI: Clean My Floors**

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

Stop babysitting the Roomba! Learn to control your robot vacuum remotely: schedule cleanings, set boundaries, and troubleshoot.

**2440 | Wed., May 20 | 12:30 PM | \$15**

**NEW CLASS**

**Organize Your Computer - So It Can Organize You**

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

Learn simple ways to organize your computer for easy access, saving time, reducing frustration, and creating a system that keeps you on track every day.

**2441 | Wed., May 20 | 2:00 PM | \$15**

**NEW CLASS**

**Reclaiming Confidence: A Cyber Scam Support Group**

Pedro Ibarreche, BS Computer Engineering, IT Support Specialist

This supportive, confidential group offers a safe space to share experiences, process what happened, and begin moving forward without shame or judgment.

**2299 | Wed., May 20 | 11:00 AM | \$8**

**2300 | Wed., June 17 | 11:00 AM | \$8**

**SmartPhone 101**

Eamen Hameed, M.S., 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.

**2442 | Wed., June 10 | 12:30 PM | \$15**

**SmartPhone 102**

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

Take your smartphone skills to the next level. Learn features and functions that help you be more efficient, stay organized, and customized for your needs.

**2443 | Wed., June 10 | 2:00 PM | \$15**

A promotional graphic for travel planning. It features a dark blue background with a cluster of colorful travel-related icons (passport, map, airplane, suitcase) on the left. The text 'Ready to travel?' is prominently displayed in white. Below it, contact information for Brandon Harding is provided: 'Contact Brandon Harding: Brandon@SanDiegoOasis.org (619) 881-6262'. At the bottom, it says 'Sign up on our website: www.sandiegooasis.org' and includes a logo with a green leaf and a white circle.

# 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.

**200 | Thu., May 7 | 10:00 AM | \$10**

**218 | Thu., June 18 | 10:00 AM | \$10**

## **Bluetooth Basics Workshop**

We'll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more.

**201 | Thu., May 7 | 12:00 PM | \$10**

**219 | Thu., June 18 | 12:00 PM | \$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.

**202 | Thu., May 7 | 2:00 PM | \$10**

**220 | Thu., June 18 | 2:00 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.

**203 | Tue., May 12 | 10:00 AM | \$10**

**212 | Thu., June 4 | 10:00 AM | \$10**

**221 | Tue., June 23 | 10:00 AM | \$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.

**204 | Tue., May 12 | 12:00 PM | \$10**

**213 | Thu., June 4 | 12:00 PM | \$10**

**222 | Tue., June 23 | 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.

**215 | Tue., June 9 | 10:00 AM | \$10**

**224 | Thu., July 2 | 10:00 AM | \$10**

## **Technology for Travelers**

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

**205 | Tue., May 12 | 2:00 PM | \$10**

**214 | Thu., June 4 | 2:00 PM | \$10**

**223 | Tue., June 23 | 2:00 PM | \$10**

## **UBER/Lyft App Workshop**

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

**216 | Tue., June 9 | 12:00 PM | \$10**

**225 | Thu., July 2 | 12:00 PM | \$10**

## **YouTube Workshop**

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

**217 | Tue., June 9 | 2:00 PM | \$10**

**226 | Thu., July 2 | 2:00 PM | \$10**

**Are you making financial decisions that reflect your values?**

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**<sup>®</sup>

Offices of Jonathan Doering,  
Matthew Molstre and Anthony Camara

**See pages 8 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

## 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

## **MISSION HILLS-HILLCREST/KNOX LIBRARY** **215 W Washington St, San Diego, CA 92103**

### **Celebrating Independence Day**

Richard Lederer, Union-Tribune Language Columnist  
Celebrate America's 250th birthday exploring the Declaration, Constitution, and Gettysburg Address and the bold ideas that shaped democracy.

**703 | Sat., June 27 | 2:30 PM | FREE**

### **Juneteenth: Its Political and Military Origins**

Ricardo Crespo, Ph.D. Political Science, Chair, Department of Political Economy Grossmont College

Explore Juneteenth's origins by examining the political and military events of the Civil War that led to emancipation and slavery's abolition.

**704 | Sat., June 6 | 2:30 PM | FREE**

## **POINT LOMA/HERVEY 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.

**709 | Fri., May 15 - 29 | 11:00 AM | 2 Sess. | FREE**

**723 | Fri., June 5 | 11:00 AM | FREE**

### **The Miracle of Mindfulness**

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

Experience the miracle of mindfulness, learning to be fully present and aware, as taught by Thich Nhat Hanh, in this transformative class.

**708 | Wed., May 6 | 1:00 PM | FREE**

### **The Power of Plant Based Nutrition**

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

**705 | Wed., June 10 | 1:00 PM | FREE**

## **SAN CARLOS LIBRARY** **7265 Jackson Dr, San Diego, CA 92119**

### **The Cognitive Revolution**

Henry George, Engineer, Archaeologist and Geologist

About 30 thousand years ago, there was an explosion in the archaeological record of mobile and parietal art – figurines and cave painting.

**700 | Fri., May 15 | 2:00 PM | FREE**

## **TIERRASANTA LIBRARY** **4985 La Cuenta Dr, San Diego, CA 92124**

### **Art & Architecture of Ancient China**

Gwenyth Mapes, Professor of Humanities

In this lecture on ancient China, we will look at a bit of Neolithic China, but mainly move through the Han, Tang, Song, and Yuan dynasties.

**701 | Tue., May 26 | 6:00 PM | FREE**

### **Michelangelo**

Julia Fister, MA, Studio ACE Executive Director

We'll examine the life and work of the man considered by some scholars to be one of the greatest artists of his age and of all time.

**702 | Tue., June 9 | 6:00 PM | FREE**

## AFC Vacations

### Travel Trends & Top Destinations with AFC Vacations

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.

**2528 | Fri., Aug. 14 | 10:00 AM | FREE**

Rancho Bernardo Oasis

**1571 | Fri., Aug. 14 | 1:00 PM | FREE**

La Mesa Oasis

### 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.

### New York City & the Hudson Valley

**Sept. 25 - Oct. 1 | 7 Days | 8 Meals**

**Single: \$6,050 pp | Double: \$4,425 pp**

Explore New York City with guided tours of iconic landmarks, a Broadway show, the Statue of Liberty, Ellis Island, and the 9/11 Memorial, followed by a scenic Hudson Valley journey including West Point, FDR's estate, a maple syrup farm, and historic towns. Enjoy a relaxing Hudson River cruise, local dining experiences, and leisure time before returning home.

### National Parks & Canyons of the Southwest

**Oct. 4 - 9 | 6 Days | 8 Meals**

**Single: \$3,549 pp | Double: \$2,899 pp**

Experience Las Vegas with a city tour, Hoover Dam, and the Mob Museum before exploring the Grand Canyon Skywalk, Bryce Canyon, and Zion National Park on scenic full-day excursions. Enjoy local dining, guided tours, and stunning natural landscapes before returning home from Las Vegas.

## Classical Italy - Rome, Florence, & Venice

**Nov. 3 - 12 | 10 Days | 14 Meals**

**Single: \$5,649 pp | Double: \$4,799 pp**

Explore Italy's highlights from Rome to Venice, including the Colosseum, Vatican City, Assisi, Pisa, Florence, Siena, and San Gimignano, with guided walking tours and iconic landmarks. Enjoy hands-on experiences like a Tuscan pasta class, wine tastings, a gondola ride in Venice, and local dining throughout the journey.

## Collette Vacations

### Collette - Travel Destinations in 2026 and Beyond

Ghythe Haddad, Business Development Manager

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

**1479 | Mon., May 11 | 10:00 AM | FREE**

La Mesa Oasis

**2279 | Mon., May 11 | 1:00 PM | FREE**

Rancho Bernardo Oasis

### Discover Magical Christmas Markets of Austria and Germany

**Nov. 27 - Dec. 4 | 8 Days | 10 Meals**

**Single: \$3,799 pp | Double: \$3,299 pp**

Experience the magic of Austria and Germany with a festive stay in Innsbruck, featuring alpine scenery, Salzburg's Old Town, Seefeld, and enchanting Christmas markets. Enjoy cultural highlights like Linderhof Palace, Oberammergau, and Munich, along with traditional food, local tours, and holiday cheer throughout.

### Discover South Pacific Wonders

**Jan. 19 - Feb. 5, 2027 | 17 Days | 28 Meals**

**Single: \$10,599 pp | Double: \$8,999 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.

### Scotland Discovery

May 18 - 27, 2027 | 9 Days | 15 Meals

Single: \$6,599 pp | Double: \$5,499 pp

From its rugged sea-sprayed islands to its stately castles layered in history, Scotland awaits. Discover a land of rolling green Highlands, friendly sheepdogs, and historic castles.

### 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.



**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](http://www.SanDiegoOasis.org)

## 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 **OASIS526** to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

### DayTripper Tours Travel Show

DayTripper Tours

Join DayTripper Tours' free Travel Show to explore exciting group trips from San Diego to Southern California, the Southwest, and beyond.

**1573 | Thu., Aug. 27 | 10:00 AM | FREE**

**1574 | Thu., Aug. 27 | 2:00 PM | FREE**

### Best of Los Angeles City Tour

**Sat., May 16 | Price \$145**

Join us for an adventure exploring the iconic sights and captivating stories of the City of Angels.

### Balboa Island Art Walk & Newport Harbor Cruise

**Sun., May 17 | Price \$159**

Travel with us to Newport Beach where we'll take a narrated harbor cruise and ride the island ferry across the harbor to experience the "mile of art and music" at the annual Balboa Island Artwalk.

### Coastal Canvas, Clydesdales & the Land of Luminescence

**Wed., May 27 -29 | Double: \$1,325 pp**

Experience a magical three-day escape to California's Central Coast featuring seals, Clydesdales, glowing art at Sensorio, historic missions, & charming towns.

### Santa Catalina Island Daycation Getaway

**Sat., June 13 | Price \$230**

**Sat., July 25 | Price \$230**

With its unspoiled natural beauty and relaxed island charm, Catalina is truly a Pacific island paradise.

### 4th of July Fireworks Cruise on San Diego Bay

**Sat., July 4 | Price \$225**

Experience a one-of-a-kind 4th of July holiday when you join us for an observation cruise during the annual Big Bay Boom celebration, the largest Independence Day fireworks show in Southern California.



# 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](http://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](mailto:susan@sungardenterrace.com) | [sungardenterrace.com](http://sungardenterrace.com)

Founded in 2000, Sungarden Terrace is a premier retirement community in Lemon Grove. Featuring both assisted living and memory care, we are dedicated to providing exceptional service in all aspects of daily living. Through compassion and excellence, we create meaningful connections everyday with one another and those we serve.

## ASSISTED LIVING: NORTH COUNTY



### RIDGEVIEW HEALTH CENTER

Cindi Rossi | (858)293-3900  
[rossci@ridgeviewhealthcenter.com](mailto:rossci@ridgeviewhealthcenter.com)  
[ridgeviewhealthcenter.com](http://ridgeviewhealthcenter.com)

Your loved one will thrive with personalized care and life-enriching activities in a warm, supportive environment that feels like home. Whether they need help with daily tasks, Alzheimer's support, or short-term recovery, you'll find it here with Assisted Living, Memory Care, and 24-hour Skilled Nursing, five-star rated by CMS.



### THE REMINGTON CLUB

A FIVE STAR SENIOR LIVING COMMUNITY

### THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x6201  
[AHandley@5SSL.com](mailto:AHandley@5SSL.com)  
[fivestarseniorliving.com/communities/ca/san-diego/the-remington-club](http://fivestarseniorliving.com/communities/ca/san-diego/the-remington-club)

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

## ASSISTED LIVING PLACEMENT SPECIALISTS



### AGING123

Julie Derry, MBA, CSA | (619) 378-6895  
[julie@aging123.com](mailto:julie@aging123.com) | [aging123.com](http://aging123.com)

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options.



### RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY

Virginia Renker, CSA | (619) 885-0420  
[virginia@rosecares.com](mailto:virginia@rosecares.com) | [rosecares.com](http://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](mailto:jacqueline@agingadvisoryservices.com)  
[agingadvisoryservices.com](http://agingadvisoryservices.com)

Aging Advisory Services provides the guidance, resources, and support needed to navigate the complexities of aging. Founded and led by Jacqueline Silverman, Certified Senior Advisor® and Certified Aging in Place Specialist, Aging Advisory Services offers comprehensive support to older adults and their families through highly personalized assessments, home safety evaluations, and ongoing advocacy.

## DEMENTIA SUPPORT



### GLENNER CENTERS ADULT DAY PROGRAM

Lisa Tyburski | (619) 543-4700

[information@glenner.org](mailto:information@glenner.org) | [glenner.org](http://glenner.org)

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA



### GRISWOLD HOME CARE FOR NORTH SAN DIEGO

April Koehnen | (858) 240-2074

[april.koehnen@griswoldcare.com](mailto:april.koehnen@griswoldcare.com)  
[griswoldcare.com/north-san-diego](http://griswoldcare.com/north-san-diego)

Griswold Home Care for North San Diego is a Positive Approach to Dementia Care® designated organization. We provide compassionate in-home dementia care, including personalized consultations, care partner training and coaching to enhance communication, connection, and quality of life for individuals living with dementia, mild cognitive impairment, or other brain changes.

## ESTATE PLANNING



### ROBINSON & WILSON, A LAW CORPORATION

Daniel J. Wilson | 858.485.1990

[danielwilson@trustlaw.us](mailto:danielwilson@trustlaw.us) | [www.TrustLaw.us](http://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

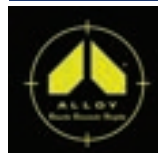
Jonathan Doering/Anthony Camara | (858) 455-5227

[Jonathan.Doering@thrivent.com](mailto:Jonathan.Doering@thrivent.com)

[connect.thrivent.com/la-jolla-gateway-team](http://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](mailto:info.rbh@alloypersonaltraining.com)

[alloypersonaltraining.com/location/rancho-bernardo-heights-ca/](http://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](mailto:info@ehospice.org) | [elizabethhospice.org](http://elizabethhospice.org)

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, severe illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

## IN-HOME CARE AGENCY



### VISITING ANGELS

Kevin Vakili | La Mesa (619) 303-6555 | La Jolla (858) 551-8910  
[kvakili@visitingangels.com](mailto:kvakili@visitingangels.com) |  
[www.VisitingAngels.com/LaMesa](http://www.VisitingAngels.com/LaMesa)  
[www.VisitingAngels.com/LaJolla](http://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](mailto:john.b@amadaseniorcare.com) | [AmadaSanDiegoCentral.com](http://AmadaSanDiegoCentral.com)

We provide advocacy for LTC insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide comprehensive in-home caregiving and care management services, including complete LTC claims service for our clients, affording them piece of mind when they need it most.



### JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351 | Fax (858) 618-1410  
[linda.jahnke@jcltca.com](mailto:linda.jahnke@jcltca.com) | [jcltca.com](http://jcltca.com)

We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

## MEAL DELIVERY



### MEALS on WHEELS SAN DIEGO COUNTY

#### MEALS ON WHEELS

1 (800) 5-SENIOR / (619) 260-6110  
[info@meals-on-wheels.org](mailto:info@meals-on-wheels.org) | [meals-on-wheels.org](http://meals-on-wheels.org)

Meals on Wheels San Diego County has proudly delivered meals to seniors and disabled veterans for over 60 years. Our dedicated volunteers deliver more than just a meal though, daily check-ins provide peace of mind and personal connection. Join our family by signing up for meals, donating, or volunteering today!

## MEDICARE EXPERTS



### AMANDA SHELLEY - LICENSED INSURANCE BROKER

Amanda Shelley | (858) 431-6152  
[amanda@justusmedicare.com](mailto:amanda@justusmedicare.com) | [justusmedicare.com](http://justusmedicare.com)

Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. \*by appointment only\*



### UNITEDHEALTHCARE

Fariba Zariéh | (619) 887-6822  
[Fariba.Zariéh@gmail.com](mailto:Fariba.Zariéh@gmail.com) | [myuhcagent.com/Fariba.Zariéh](http://myuhcagent.com/Fariba.Zariéh)

My name is Fariba Zariéh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your option. I'm ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.



**WHITLEY INSURANCE SOLUTIONS**

Lisa Whitley | (760) 525-1150 | License # 0L00140  
[lisa@whitleyinsurancesolutions.com](mailto:lisa@whitleyinsurancesolutions.com)  
[whitleyinsurancesolutions.com](http://whitleyinsurancesolutions.com)

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

**REVERSE MORTGAGE**



**ACCURATE REVERSE MORTGAGE CORP.**

John Correll, CRMP | (619) 294-9820  
[John@AccurateReverse.com](mailto:John@AccurateReverse.com) | [accuratereversemortgage.com](http://accuratereversemortgage.com)

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.

**SENIOR REAL ESTATE SPECIALISTS**



**BERKSHIRE HATHAWAY  
HOMESERVICES CALIFORNIA PROPERTIES**

Bryan Devore | (760) 908-3838 | DRE #01397835  
[Bryan@DevoreRealtyGroup.com](mailto:Bryan@DevoreRealtyGroup.com) | [DevoreRealtyGroup.com](http://DevoreRealtyGroup.com)

Bryan Devore is a Seniors Real Estate Specialist who has been assisting clients throughout San Diego since 2003. His team of highly trained agents specializes in guiding seniors through the home selling process. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process.



**MELINA RISSONE | COLDWELL BANKER**

Melina Rissone (CSA) | (619)-865-6017  
[melina@melinarissone.com](mailto:melina@melinarissone.com) | [www.MelinaRissone.com](http://www.MelinaRissone.com)

Melina Rissone is a Certified Senior Advisor (CSA), Seniors Real Estate Specialist® (SRES), and Associate Broker with Coldwell Banker West, serving San Diego seniors for 20 years. She specializes in downsizing, free home value reports, and senior home sales with a 100% service-first, no-pressure approach—whether it’s a quick sale as-is or a carefully planned sale including renovations. We partner with Movers to make it easy and help orchestrate the entire move.

**Find the Resource Guide under the RESOURCES tab on the blue navigation bar.**



# San Diego Oasis Board of Directors

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 5500 Grossmont Center Drive, Suite 269  
 La Mesa, CA 91942 | (619) 881-6262

**San Diego Oasis at Rancho Bernardo**  
 17170 Bernardo Center Drive  
 San Diego, CA 92128 | (858) 240-2880

## San Diego Oasis Impact FYE 2025

Promoting healthy aging through lifelong learning, active lifestyles and volunteer engagement.

5300+ Older adults served each year	400+ Volunteers powering our mission	4500+ Classes offered annually
<b>50,048</b> Class Enrollments <small>Designed for adults 50+, evolving to meet community needs</small>	<b>Oasis Access Program</b> <small>Removing financial and transportation barriers for participation.</small>	
<b>19,946</b> Lifelong Learning	<b>28,734</b> Fitness & Exercise	<b>1,368</b> Technology
<b>Intergenerational Tutoring Program</b> <small>30+ years of service</small>		
<b>279</b> Active Tutors	<b>403</b> Elementary Students	<b>52</b> Title I Schools
<small>NEW in 2026-2026: Addition of 1 Spanish Immersion School and 2 military-connected elementary schools. Math Tutoring Pilot began in Spring 2026 for grades K-2 in 3 schools.</small>		
		<b>Partner with us. Invest in connection. Change lives.</b> <a href="http://www.SanDiegoOasis.org">www.SanDiegoOasis.org</a>

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