



July/August 2026



Explore.

Learn.

Thrive.



La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880



info@SanDiegoOasis.org



SanDiegoOasis.org

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VIRTUAL



HYBRID

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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, 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.

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 Simona Valanciute, President & CEO:



Simona@SanDiegoOasis.org



(858) 240-2880 ext. 103

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.





WHEN YOU PLAN TO

Give

WE CAN PLAN TO

Grow

EIN/TAX ID #30-0403895

San Diego Oasis supports lifelong learning, healthy aging and community service right here in our community.

While our class costs are partly supported through class fees, we rely on donations and grants to bring our health and wellness, fall prevention, seniors in need and intergenerational tutoring programs to underserved populations in the San Diego region.

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

CURRENT GIFTS:

Cash | Life Insurance | Stocks | Real Estate

PLANNED GIFTS:

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

Questions?

Contact Simona@SanDiegoOasis.org to learn about the many ways you can support the mission of San Diego Oasis.

To make a cash donation, simply visit SanDiegoOasis.org or call (858) 240-2880.

If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 17170 Bernardo Center Drive, San Diego, CA 92128 or simply drop it off at one of our centers.



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



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



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



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



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



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



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

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

Abstract Collage Composition

Marsha Markle, Mixed Media Maker

Using both magazine images and hand-painted papers, you'll practice different composition principles and formats to create collages. Check the online listing or your purchase receipt for the required supplies.

1611 | Tue., Jul. 7 | 1:00 PM | \$25

1249 | Tue., Aug. 25 | 1:00 PM | \$25

Abstract Painting with Preet Works

Preet Works, Teaching Artist

With over two decades of experience, Preet will help you explore the creative style of abstract painting in Acrylic or Watercolor. Check the online listing or your purchase receipt for the required supplies.

1324 | Tue., Jul. 28 & Aug. 4 | 1:00 PM | 2 Sess. | \$50

1325 | Tue., Aug. 18 | 1:00 PM | \$25

NEW CLASS

Applique with Fabric

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

Learn a "no sew" fabric collage technique using fusible webbing and a variety of fabrics to create a beautiful artwork. All materials will be provided.

1301 | Thu., Aug. 27 | 1:00 PM | \$25

Art Journaling for Mental Wellness

Visual journaling in art therapy utilizes drawings, photos, and collage to capture emotions. Monthly themes will explore wellness. Check the online listing or your purchase receipt for the required supplies.

1241 | Wed., Jul. 15 | 9:45 AM | \$25

Ruth Sigler, Facilitator

1242 | Wed., Aug. 5 | 9:45 AM | \$25

1243 | Wed., Aug. 19 | 9:45 AM | \$25

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

NEW CLASS

📍 Art of Photography: Solar Printing

Brandy Sebastian, Fine Art Photographer, Artist, & Educator

Learn to create unique cyanotype prints by arranging objects on light-sensitive paper and then using sunlight to produce striking works of art. Check the online listing or your purchase receipt for the required supplies.

1309 | Tue., Aug. 25 | 10:00 AM | \$25

NEW CLASS

Art with Kelly: Rock Painting Summer Designs

Kelly Creeden, BA, MS, Mentor, & Teacher

With fun guidance and plenty of time to unleash your creativity, create beautiful stone designs fit for your garden or tabletop! All materials will be provided.

1312 | Fri., Jul. 17 | 10:00 AM | \$25

Asian Brush Painting

Shinja Scheidnes, Watercolorist, Instructor

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

1491 | Wed., Jul. 29 & Aug. 5 | 1:00 PM | 2 Sess. | \$50

Branch Weaving

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

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

1299 | Thu., Jul. 23 | 1:00 PM | \$25



**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.



📍📍 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.

1475 | Thu., Jul. 23 | 10:00 AM | \$25

1476 | Thu., Aug. 20 | 10:00 AM | \$25



Colored Pencil Art: Creative Seasons

Stephanie Henry, Artist & Instructor

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

1252 | Tue., Jul. 14 - 28 | 1:00 PM | 3 Sess. | \$75

1253 | Tue., Aug. 11 - 25 | 1:00 PM | 3 Sess. | \$75

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 or your purchase receipt for the required supplies.

1320 | Tue. & Thu., Jul. 14 & 16 | 10:00 AM | 2 Sess. | \$50

1321 | Tue. & Thu., Aug. 11 & 13 | 10:00 AM | 2 Sess. | \$50

NEW CLASS

Elevated Gardens—Hanging Succulent Basket Design

Muriel King, Succulent Designer and Owner of the Perfect Plant

Design a lush, hanging succulent basket that adds dimension and greenery to patios, balconies, or indoor spaces. All materials will be provided.

1331 | Fri., Jul. 24 | 10:00 AM | \$60

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.

1256 | Wed., Jul. 15 | 1:30 PM | \$65

Bubble Plate

1257 | Wed., Aug. 19 | 1:30 PM | \$70

Glass Bead Mosaic

📍📍 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. This class is perfect for all skill levels and full of fiber, fun, and friends! The loom and needle will be provided, please check the online listing or your purchase receipt for additional supplies.

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

1261 | Fri., Aug. 7 | 1:00 PM | \$25

NEW CLASS

Handmade Greeting Cards

Lynn Blanchard, Crafter and Owner of Crafting Break

We'll make 3 cards in this class using ink, stamps, and paper. All materials will be provided.

1618 | Thu., Jul. 30 | 1:00 PM | \$25

1619 | Mon., Aug. 10 | 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 will be provided.

1265 | Mon., Aug. 17 | 1:00 PM | \$50

NEW CLASS

Jewelry with Judy: Stretchy Plumeria Bracelet

Judy Cunningham, Owner of Designs by Judy

Aloha! Make a plumeria bracelet using a variety of colors and sizes. All materials will be provided.

1337 | Mon., Aug. 24 | 1:00 PM | \$25

NEW CLASS

Kinusaiga: Quilt-Like Patchwork Pictures

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

Create colorful no-sew fabric art inspired by Japanese Kinusaiga. Combine texture, pattern, and creativity to create a unique, handmade piece perfect for display or gifting. All materials will be provided.

1628 | Mon., Jul. 13 | 1:00 PM | \$25

Marbling Magic: Techniques for Paper and More

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

Learn to create stunning marbled paper using paint, tools, and various techniques. Explore patterns, textures, and creative applications for your projects. All materials will be provided.

1600 | Mon., Jul. 27 | 1:00 PM | \$25

Meditative Mandala Painting Class

Irina Koren, Irina's Art Studio

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

1268 | Thu., Jul. 30 | 10:00 AM | \$25

1269 | Thu., Aug. 27 | 10:00 AM | \$25

Melt and Pour Soap Crafting

Jill Gustafson, Soap Hobbyist

Create two beautiful handmade soaps while learning beginner-friendly techniques using molds, colors, fragrances, and decorative embeds in this fun, creative workshop..

1333 | Mon., Jul. 20 | 1:00 PM | \$25

Mystery Painting

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

Paint a gradually sharpening image, adding detail in stages. Ease into painting while building observation and development skills. Check the online listing or your purchase receipt for the required supplies.

1316 | Fri., Jul. 24 | 1:00 PM | \$25

Paint and Sip Party

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

Follow along step-by-step and paint a masterpiece. Surprise yourself by creating a fabulous painting. All materials as well as snacks/refreshments will be provided.

1273 | Fri., Aug. 14 | 1:00 PM | \$40

📍 Palette Knife Abstract 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 the online listing or your purchase receipt for the required supplies.

1317 | Fri., Aug. 21 | 1:00 PM | \$25

NEW CLASS

Paper Quilling with Marcy - Beginners

Marcy Shapiro, Retired Teacher, Artist

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

1276 | Wed., Jul. 22 | 10:00 AM | \$25

Quilled Cactus Gardens

1277 | Wed., Aug. 26 | 10:00 AM | \$25

Quilled Magnets/Initials

NEW CLASS

Paper Quilling with Marcy - Intermediate

Marcy Shapiro, Retired Teacher, Artist

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

1280 | Wed., Jul. 8 | 10:00 AM | \$25

Quilled Flower Bouquet

1281 | Wed., Aug. 12 | 10:00 AM | \$25

Quilling with New Tools

NEW CLASS

📍 Paper Weaving

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

Create colorful painted papers with watercolor, then weave them into unique textured artwork full of movement and dimension. All materials will be provided.

1627 | Thu., Jul. 9 | 10:00 AM | \$25

NEW CLASS

Patterns and Color Workshop

Aniko Makranczy, MFA

Explore color, contrast, and patterns to enhance your artwork. Create expressive designs with paints, pencils, and your own creative style. Check the online listing or your purchase receipt for the required supplies.

1335 | Tue., Jul. 21 | 10:00 AM | \$25

NEW CLASS

Relax & Pour: Candle Making Experience

Regina King, Founder Soul Scent

Enjoy a fun and relaxing candle-making workshop where you'll craft a personalized soy candle with custom scents and your own creative touch. All materials will be provided.

1616 | Wed., Jul. 29 | 10:00 AM | \$65

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.

1304 | Tue., Jul. 7 | 10:00 AM | \$25

1305 | Tue., Aug. 4 | 10:00 AM | \$25

Sew with Lyn: Finishing Your Quilt

Lyn Earl, Instructor

You finished your quilt top, now what? Learn how to sandwich, quilt and bind your quilt top so that it is a finished product, ready to use or gift. Check the online listing or your purchase receipt for the required supplies.

1285 | Wed., Aug. 12 | 1:00 PM | \$25

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.

1601 | Mon., Aug. 3 | 1:00 PM | \$25

Slab - Pinch - Coil with Air Dried Clay

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

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

1298 | Thu., Jul. 16 | 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.

1530 | Fri., Jul. 31 | 1:00 PM | \$60

Twist and Dye: Silk Scarf Dyeing

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

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

1300 | Thu., Aug. 13 | 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 or your purchase receipt for the required supplies.

1290 | Mon., Jul. 13 | 10:00 AM | \$25

1291 | Mon., Jul. 27 | 10:00 AM | \$25

1292 | Mon., Aug. 10 | 10:00 AM | \$25

1293 | Mon., Aug. 24 | 10:00 AM | \$25

Watercolor Painting with Thia

Thia Nevius, MFA

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

1584 | Mon., Jul. 6 | 10:00 AM | \$25

1585 | Mon., Aug. 3 | 10:00 AM | \$25

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.

1494 | Fri., Aug. 7 | 10:00 AM | \$25

NEW CLASS

Wrapped Rope Coasters

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

Create colorful handmade coasters by wrapping and stitching rope with fabric strips in a beginner-friendly, relaxing fiber arts project focused on texture, color, and creativity. All materials will be provided.

1629 | Fri., Aug. 21 | 10:00 AM | \$25

BUSINESS, FINANCE, LEGAL

15 Steps to a Successful Remodel

Peter Klein, Author & Former Contractor

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

1605 | Tue., Aug. 4 | 10:00 AM | \$10

Don't Be a Scam Victim: Advice from the FBI

Special Agents Dayna Kendall & Irene Zaborowski

With simple, non-technical guidance, learn how to recognize and avoid common financial and healthcare scams targeting older adults, including phone and online schemes.

1581 | Tue., Jul. 7 | 10:00 AM | FREE

NEW CLASS

📍 Freedom from Paper Clutter

Karen Brothers, Karen Brothers & Co. Organizing & Design

Learn simple, stress-free ways to manage paper clutter, organize important documents, and create easy systems to keep your home tidy and under control.

1635 | Fri., Jul. 31 | 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.

1487 | Thu., Jul. 16 | 1:00 PM | \$10

Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor

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

1604 | Tue., Aug. 11 | 10:00 AM | \$10

NEW CLASS

Preparing Your Home for Wildfire: Defensible Space and AB38

Farima Tabrizi, Senior Citizen Specialist, Real Estate Advisor

Learn California wildfire preparedness guidelines, how to make homes more fire-resistant, create defensible space, and plan evacuations.

1640 | Fri., Aug. 14 | 1:00 PM | \$10

NEW CLASS

San Diego Scam Jam: Building Your Fraud-Prevention Toolkit

Tiffany Zhang, MPH

Learn how to recognize and resist common scams through real-life examples, understanding how scammers operate and building practical tools to protect yourself and others.

1582 | Wed., Jul. 29 | 10:00 AM | FREE



📍 SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE

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

1630 | Tue., Jul. 14 | 10:00 AM | FREE

NEW CLASS

📍 What's in Your Jewelry Box? Valuing Gold, Silver, and Family Heirlooms

Phil Klotznik and Dalia Perez, Estate Buyers Gold & Silver

Discover how to unlock the hidden value of your jewelry, coins, and silver. Learn to identify precious metals, read hallmarks, and understand what makes items valuable.

1647 | Tue., Jul. 28 | 10:00 AM | \$10

HYBRID BOTH LOCATIONS

📍 Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, ChFC® CDA®, 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.

1498 | Wed., Jul. 22 | 1:00 PM | \$15

1499 | Wed., Aug. 12 | 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.

1017 | Fri., Jul. 10 - 31 | 10:45 AM | 4 Sess. | \$48

1018 | Fri., Aug. 7 - 21 | 10:45 AM | 3 Sess. | \$36

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1025 | Mon., Jul. 6 - 27 | 12:00 PM | 4 Sess. | \$48

1026 | Mon., Aug. 3 - 24 | 12:00 PM | 4 Sess. | \$48

1021 | Fri., Jul. 10 - 31 | 12:00 PM | 4 Sess. | \$48

1022 | Fri., Aug. 7 - 21 | 12:00 PM | 3 Sess. | \$36

1029 | Sat., Jul. 11 - Aug. 1 | 11:30 AM | 4 Sess. | \$48

1030 | Sat., Aug. 8 - 29 | 11:30 AM | 4 Sess. | \$48



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



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

At the San Diego Folk Dance Center, we offer:

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

Visit or call for More Information:

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

Class Location
Oasis Wellness Center
San Diego Oasis - Grossmont Center

Oasis Wellness Center
858-227-8999

Visit our website
www.folkdancecenter.org/

📍 Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

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

- 1041 | Mon., Jul. 6 - 27 | 9:30 AM | 4 Sess. | \$48
- 1042 | Mon., Aug. 3 - 24 | 9:30 AM | 4 Sess. | \$48
- 1049 | Tue., Jul. 7 - 28 | 12:00 PM | 4 Sess. | \$48
- 1050 | Tue., Aug. 4 - 25 | 12:00 PM | 4 Sess. | \$48
- 1113 | Tue., Jul. 7 - 21 | 1:00 PM | 3 Sess. | \$36
- 1114 | Tue., Aug. 4 - 25 | 1:00 PM | 4 Sess. | \$48
- 1053 | Wed., Jul. 8 - 29 | 1:00 PM | 4 Sess. | \$48
- 1054 | Wed., Aug. 5 - 26 | 1:00 PM | 4 Sess. | \$48
- 1565 | Fri., Jul. 10 - 31 | 8:30 AM | 4 Sess. | \$48
- 1566 | Fri., Aug. 7 - 21 | 8:30 AM | 3 Sess. | \$36
- 1037 | Fri., Jul. 10 - 31 | 9:30 AM | 4 Sess. | \$48
- 1038 | Fri., Aug. 7 - 21 | 9:30 AM | 3 Sess. | \$36
- 1045 | Sat., Jul. 11 - Aug. 1 | 9:30 AM | 4 Sess. | \$48
- 1046 | Sat., Aug. 8 - 29 | 9:30 AM | 4 Sess. | \$48

Chair Yoga for Mobility, Strength, and Balance

Diane Ambrosini, MA, C-IAYT

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

- 1057 | Thu., Jul. 9 - 30 | 2:15 PM | 3 Sess. | \$36
- 1058 | Thu., Aug. 6 - 27 | 2:15 PM | 4 Sess. | \$48

Core Training and Bone Strength

Dora Graham, Certified Fitness Instructor and Personal Trainer

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

- 1061 | Thu., Jul. 9 - 30 | 1:15 PM | 4 Sess. | \$48
- 1062 | Thu., Aug. 6 - 27 | 1:15 PM | 4 Sess. | \$48

📍 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.

- 1069 | Wed., Jul. 8 - 29 | 12:00 PM | 4 Sess. | \$48
- 1070 | Wed., Aug. 5 - 26 | 12:00 PM | 4 Sess. | \$48
- 1065 | Sat., Jul. 11 - Aug. 1 | 10:30 AM | 4 Sess. | \$48
- 1066 | Sat., Aug. 8 - 29 | 10:30 AM | 4 Sess. | \$48

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

- 1073 | Wed., Jul. 8 - 29 | 9:30 AM | 4 Sess. | \$24
- 1074 | Wed., Aug. 5 - 26 | 9:30 AM | 4 Sess. | \$24

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

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

- 1081 | Wed., Jul. 8 - 29 | 2:00 PM | 4 Sess. | \$48
 - 1082 | Wed., Aug. 5 - 26 | 2:00 PM | 4 Sess. | \$48
- Wednesday class is 2hrs:
2:00 PM Intermediate | 3:00 PM Beginners
- 1077 | Thu., Jul. 9 - 30 | 12:00 PM | 4 Sess. | \$48
 - 1078 | Thu., Aug. 6 - 27 | 12:00 PM | 4 Sess. | \$48

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.

- 1502 | Wed., Jul. 1 | 2:00 PM | \$24
- 1642 | Tue., Aug. 4 | 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.

- 1089 | Tue., Jul. 7 - 28 | 9:30 AM | 4 Sess. | \$48
 - 1090 | Tue., Aug. 4 - 25 | 9:30 AM | 4 Sess. | \$48
- Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor
- 1085 | Thu., Jul. 9 - 30 | 9:30 AM | 4 Sess. | \$48
 - 1086 | Thu., Aug. 6 - 27 | 9:30 AM | 4 Sess. | \$48
- 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.

- 1093 | Tue., Jul. 7 - 28 | 2:00 PM | 4 Sess. | \$48
- 1094 | Tue., Aug. 11 - 25 | 2:00 PM | 3 Sess. | \$36

NEW CLASS

SD NeuroDance: Accessible Dance for All!

Lexii Regina Alcaraz, PT, DPT, Physical Therapist & Dancer

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.

1560 | Tue., Jul. 28 | 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.

1097 | Mon., Jul. 6 - 27 | 1:15 PM | 4 Sess. | \$48

1098 | Mon., Aug. 3 - 24 | 1:15 PM | 4 Sess. | \$48

1101 | Sat., Jul. 11 - Aug. 1 | 12:45 PM | 4 Sess. | \$48

1102 | Sat., Aug. 8 - 29 | 12:45 PM | 4 Sess. | \$48

♥ Soul Line Dancing - 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.

1109 | Thu., Jul. 9 - 30 | 10:45 AM | 3 Sess. | \$36

1110 | Thu., Aug. 6 - 27 | 10:45 AM | 4 Sess. | \$48

♥ 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.

1105 | Tue., Jul. 7 - 28 | 10:45 AM | 4 Sess. | \$48

1106 | Tue., Aug. 4 - 25 | 10:45 AM | 4 Sess. | \$48

NEW CLASS

♥ Tai Chi & Qigong for Wellness

Daniel Benitez, Kung Fu & Tai Chi Instructor

Experience beginner-friendly Tai Chi and Qigong practices that support healthy aging, balance, flexibility, relaxation, and mind-body connection.

1637 | Tue., Jul. 14 - 28 | 10:15 AM | 3 Sess. | \$36

1638 | Tue., Aug. 4 - 25 | 10:15 AM | 4 Sess. | \$48

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.

1117 | Mon., Jul. 6 - 27 | 2:30 PM | 4 Sess. | \$48

1118 | Mon., Aug. 3 - 24 | 2:30 PM | 4 Sess. | \$48

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.

1440 | Fri., Aug. 7 - Oct. 2 | 1:15 PM | 9 Sess. | \$108

T'ai Chi Chih Intermediate

Michelle Sarubbi, Certified TCC Instructor

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

1442 | Fri., Aug. 7 - Oct. 2 | 2:30 PM | 9 Sess. | \$108

Zumba Gold

Pamela Toomes, Certified Fitness Instructor

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

1125 | Mon., Jul. 6 - 20 | 10:45 AM | 3 Sess. | \$36

1126 | Mon., Aug. 3 - 24 | 10:45 AM | 4 Sess. | \$48

Alzheimer's | SAN DIEGO



DATE WITH A CURE

A FREE ALZHEIMER'S RESEARCH FORUM

Saturday, August 1st, 2026

10 AM - 12 PM

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 | 858.492.4400



HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

Alzheimer's San Diego: How to Talk About Memory Loss

Jean Alton, Senior Dementia Educator

Learn how to plan for successful, lower-stress family discussions about difficult Alzheimer's and dementia topics, including memory changes, driving safety, and living alone.

1463 | Tue., Jul. 14 | 1:00 PM | FREE

Alzheimer's San Diego: Driving and Memory Loss

Jean Alton, Senior Dementia Educator

Learn how to assess driving safety in someone with dementia, navigate difficult conversations, and explore alternatives that support independence and quality of life.

1464 | Tue., Aug. 11 | 1:00 PM | FREE

NEW CLASS

Cook Today, Relax Tomorrow: One Recipe, Two Meals

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

Make healthy eating easier by turning one simple dish into creative leftovers that save time, energy, and dishes.

1483 | Thu., Aug. 20 | 1:00 PM | \$25

NEW CLASS

Cook with Heart: A Simple Dish for Heart Health

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

Learn to make a heart-healthy, flavorful dish with vegetables, beans, whole grains, and healthy fats while discovering simple techniques to support overall cardiovascular health.

1482 | Fri., Jul. 31 | 10:00 AM | \$25

NEW CLASS

Future of Medicine

Hank Chambers, MD. Professor of Clinical Orthopedic Surgery, Emeritus, University of California, San Diego

Explore how new technologies, medical breakthroughs, and changing healthcare systems are shaping the future of medicine and influencing the care we receive.

1631 | Wed., Jul. 22 | 10:00 AM | \$15

NEW CLASS

Guided Reading of Bhagavad Gita and Meditation

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

The Bhagavad Gita is a poem of essential concepts and teachings which can help us in our modern life. The session will end with a 30-minute meditation.

1610 | Fri., Jul. 31 | 10:00 AM | \$15

Joint Replacement

Hank Chambers, MD. Professor of Clinical Orthopedic Surgery, Emeritus, University of California, San Diego

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

1632 | Mon., Aug. 3 | 1:00 PM | \$15

Mantric Meditation

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

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

1603 | Fri., Jul. 31 | 11:15 AM | \$10

NEW CLASS

Mental Wellness: Practical Strategies for a Healthier Mind

Sofia Puerta Webber, BA Communication Science and Journalism, Certified Yoga Therapist and mindfulness teacher from UCSD Center for Mindfulness

Explore simple mindfulness and yoga-based techniques that support emotional balance, resilience, and everyday mental wellness through practical tools you can use daily.

1586 | Mon., Jul. 13 | 10:00 AM | \$15



NEW CLASS

Rest & Relief: Natural Remedies for Better Sleep and Less Pain

Samantha Conboy, CCH, MA, Certified Intuitive Eating Counselor

Explore what homeopathy is, how homeopathy works, which remedies are most helpful for common complaints, and how to get started at home.

1609 | Wed., Jul. 29 | 10:00 AM | \$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.

1426 | Thu., Jul. 2 | 1:00 PM | \$20

1617 | Thu., Jul. 16 | 1:00 PM | \$20

1427 | Thu., Aug. 6 | 1:00 PM | \$20

NEW CLASS

Stop the Bleed: Save a Life

UC San Diego Health

With step-by-step frontline aid training from UC San Diego Division of Trauma, learn how to control severe bleeding.

1612 | Wed., Aug. 5 | 10:00 AM | FREE



United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1370 | Sat., Jul. 18 | 10:30 AM | FREE

1371 | Sat., Aug. 22 | 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.

1390 | Tue., Jul. 14 | 3:00 PM | FREE

HISTORY & HUMANITIES

NEW CLASS

Aristotle's Three Levels of Happiness: Secret Pathways to Fulfillment

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

Unlock the secrets to lasting happiness by exploring Aristotle's framework of pleasure, passion, and purpose to boost well-being and enrich everyday life.

1521 | Wed., Jul. 29 | 1:00 PM | \$15

NEW CLASS

Atomic Culture

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

Explore the dawn of the nuclear age, examining shifting American attitudes toward the atomic bomb from 1945 to the 1960s and its early portrayal in Hollywood films.

1541 | Wed., Jul. 15 | 10:00 AM | \$15

George Washington, America's Indispensable Founding Father

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

Discover why George Washington, the man who wouldn't be king, became the indispensable Father of Our Country in this fascinating exploration of his life and legacy.

1536 | Mon., Jul. 20 | 10:00 AM | \$15

In Praise of Cats

Richard Lederer, Union-Tribune Language Columnist

Celebrate America's love of cats with Richard Lederer as he shares witty, heartwarming, and hilarious stories, fascinating facts, and feline-inspired fun.

1535 | Fri., Aug. 21 | 10:00 AM | \$15

In Praise of Dogs

Richard Lederer, Union-Tribune Language Columnist

Discover the wit, wisdom, and humor of Richard Lederer as he celebrates America's love of dogs with heartwarming stories and fascinating facts.

1534 | Mon., Jul. 20 | 10:00 AM | \$15

John D. Spreckels and the Making of San Diego

Dr. Sandra Bonura, Author

Learn how business titan John D. Spreckels built industries, transformed San Diego, and left a complex legacy still felt today.

1602 | Mon., Aug. 17 | 1:00 PM | \$15

NEW CLASS

📍 Legends and Lore of Ice Cream

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

From ancient flavored ices to modern ice cream socials, this class serves up stories, folklore, and fascinating bits of history celebrating one of the world's favorite desserts.

1607 | Wed., Jul. 8 | 1:00 PM | \$15



NEW CLASS

📍 Legends and Lore of Tea

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

Tea has steeped itself into history and folklore around the world. Discover curious customs, surprising legends, and memorable stories surrounding one of the world's most beloved drinks.

1608 | Tue., Aug. 4 | 1:00 PM | \$15

NEW CLASS

Love, Joy, and Feminine Healing Through Goddess Wisdom

Latonia M. Dixon, Ph.D.

Explore goddess traditions and global mythology through stories of feminine wisdom, healing, and transformation, and discover how ancient symbols and myths can inspire personal growth and insight today.

1614 | Tue., Jul. 28 | 10:00 AM | \$15

NEW CLASS

Norman Rockwell

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

Explore the life and work of Norman Rockwell, whose iconic Life Magazine covers, captured the spirit of mid-20th-century America.

1547 | Mon., Aug. 17 | 10:00 AM | \$15

NEW CLASS

The Cosmology of the Kumeyaay of San Diego and Baja California

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

Explore San Diego's First People, uncovering Kumeyaay rock art, astronomy, healing, stories, and the deep connections between culture, land, and tradition.

1552 | Mon., Jul. 20 | 1:00 PM | \$15

NEW CLASS

The Entertaining History of MONEY

Sofia Laurein, Ph.D., Professor of History

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

1537 | Tue., Aug. 25 | 10:00 AM | \$15

The Great Philosophers: David Hume

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

Explore David Hume's daring philosophy, where skepticism challenges God, science, reason, and the soul, revealing the brilliance and unorthodox mind of this Scottish Empiricist.

1406 | Wed., Aug. 12 | 10:00 AM | \$16

The Great Philosophers: John Locke

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

Explore John Locke's groundbreaking philosophy, from knowledge through experience to natural rights, including private property. Discover how his ideas reshaped the modern world.

1404 | Wed., Jul. 8 | 10:00 AM | \$16

NEW CLASS

The Magical Universe: The Miraculous Story of Its and Our Evolution

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

Explore the universe's origins and our miraculous evolution in a class that inspires awe, curiosity, and wonder about how we came to be.

1522 | Wed., Aug. 26 | 1:00 PM | \$15

NEW CLASS

The Power of Myth: Stories That Shape Our Lives

Latonia M. Dixon, Ph.D.

Explore why myths endure across cultures, and how stories of heroes, tricksters, and transformation continue to shape identity, meaning, and human experience today.

1615 | Mon., Aug. 10 | 10:00 AM | \$15

NEW CLASS

📍 The Rise of Television: From Broadcast Beginnings to Streaming Giants

Lindsey Lambert, MA, Former Film Studies Professor

Explore the history of television, from its early broadcasts and color TV boom to cable, streaming, and the future of this constantly evolving medium.

1636 | Fri., Jul. 24 | 1:00 PM | \$15

NEW CLASS

The Wisdom of the Katha Upanishad

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

Dive into the Katha Upanishad, following a young seeker's mystical journey with Yama to explore life, death, God, and the universe's deepest secrets.

1407 | Wed., Aug. 26 | 10:00 AM | \$16



NEW CLASS

Villains and Heroes of Greek Mythology

Nora Curran, Maverick Traveler, Journalist & Author

Explore the timeless myths of Ancient Greece and discover how stories of gods, heroes, and monsters continue to shape language, culture, and imagination today.

1634 | Tue., Jul. 21 | 10:00 AM | \$15

NEW CLASS

We Must All Hang Together: How Revolutionary Americans Imagined the United States

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

Explore how Americans during the Revolutionary era used symbols, art, and words to imagine a new nation, shaping identity, unity, and debates over who belonged.

1550 | Wed., Aug. 19 | 10:00 AM | \$15

Women We Should Know About and Honor in San Diego History

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

Unearth hidden stories of remarkable women who shaped San Diego's history from Kumeyaay leaders to pioneers, business moguls, and visionaries.

1553 | Mon., Aug. 3 | 10:00 AM | \$15

LANGUAGES

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

FRENCH

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.

1137 | Mon., Jul. 6 | 10:00 AM | \$10

Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

1138 | Mon., Jul. 13 - Aug. 24 | 10:00 AM | 7 Sess. | \$140

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.

1141 | Mon., Jul. 6 | 11:30 AM | \$10

Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

1142 | Mon., Jul. 13 - Aug. 24 | 11:30 AM | 7 Sess. | \$140

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.

1145 | Mon., Jul. 6 | 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.

1146 | Mon., Jul. 13 - Aug. 24 | 1:00 PM | 7 Sess. | \$140

NEW CLASS

Try it Out: Everyday French - Beginners

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.

1169 | Fri., Jul. 10 | 10:00 AM | \$10

NEW CLASS

Everyday French - Beginners

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

Build confidence in real-life French conversations from day one while learning expressions for greetings, shopping, travel and dining.

1170 | Fri., Jul. 17 - Aug. 21 | 10:00 AM | 6 Sess. | \$120

NEW CLASS

Try it Out: Everyday French - Intermediate

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.

1173 | Fri., Jul. 10 | 11:30 AM | \$10

NEW CLASS

Everyday French - Intermediate

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

Take your French to the next level by expanding vocabulary, fluency, and speaking more naturally in conversations about work, travel and daily experiences.

1174 | Fri., Jul. 17 - Aug. 21 | 11:30 AM | 6 Sess. | \$120

ITALIAN

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.

1185 | Tue., Jul. 7 | 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.

1186 | Tue., Jul. 14 - Aug. 25 | 10:00 AM | 7 Sess. | \$140

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.

1189 | Tue., Jul. 7 | 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.

1190 | Tue., Jul. 14 - Aug. 25 | 11:30 AM | 7 Sess. | \$140

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.

1193 | Tue., Jul. 7 | 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.

1194 | Tue., Jul. 14 - Aug. 25 | 1:00 PM | 7 Sess. | \$140

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.

1461 | Fri., Jul. 10 | 10:00 AM | \$10

Parliamo! Italian Conversation Class

Sara Venneri, BA, ITTP, Italian Language Instructor

This class is for students comfortable with listening and speaking Italian. Through interactive dialogues, activities, and discussions, you'll practice present, present perfect, and future tenses to boost fluency, confidence, and real-world conversations.

1462 | Fri., Jul. 17 - Aug. 21 | 10:00 AM | 6 Sess. | \$120

SPANISH

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.

1157 | Wed., Jul. 8 | 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.

1158 | Wed., Jul. 15 - Aug. 26 | 10:00 AM | 7 Sess. | \$140

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.

1161 | Wed., Jul. 8 | 11:30 AM | \$10

Beginning Spanish II

Gladis Jiménez González

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

1162 | Wed., Jul. 15 - Aug. 26 | 11:30 AM | 7 Sess. | \$140

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.

1165 | Wed., Jul. 8 | 1:00 PM | \$10

Intermediate Spanish I

Gladis Jiménez González

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

1166 | Wed., Jul. 15 - Aug. 26 | 1:00 PM | 7 Sess. | \$140

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.

1177 | Thu., Jul. 9 | 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.

1178 | Thu., Jul. 16 - Aug. 27 | 10:00 AM | 7 Sess. | \$140

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.

1153 | Fri., Jul. 10 | 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.

1154 | Fri., Jul. 17 - Aug. 14 | 1:00 PM | 5 Sess. | \$100

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.

1181 | Thu., Jul. 9 | 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.

1182 | Thu., Jul. 16 - Aug. 27 | 11:30 AM | 7 Sess. | \$140

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.

1149 | Fri., Jul. 10 | 11:30 AM | \$10

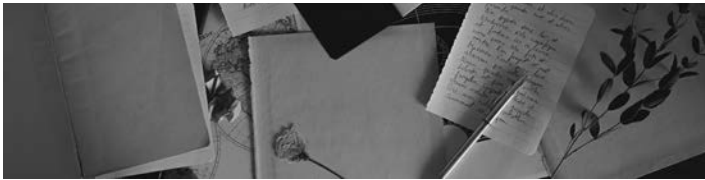
Conversational Spanish for Travelers

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.

1150 | Fri., Jul. 17 - Aug. 14 | 11:30 AM | 5 Sess. | \$100

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.

1341 | Thu., Jul. 9 - Aug. 27 | 10:00 AM | 8 Sess. | FREE

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.

1434 | Wed., Jul. 22 | 1:00 PM | \$8

1435 | Wed., Aug. 26 | 1:00 PM | \$8

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.

1346 | Thu., Jul. 9 - 30 | 1:00 PM | 4 Sess. | \$80

1347 | Thu., Aug. 6 - 27 | 1:00 PM | 4 Sess. | \$80

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.

1562 | Thu., Aug. 20 | 1:00 PM | \$25

MUSIC & LIVE PERFORMANCES

NEW CLASS

Almost Karaoke Jam

Russell Allen, Professional Karaoke Host

Fun is at full volume! We will romp through hits from the 1950s onward in a group singing format.

1643 | Wed., Jul. 1 | 2:00 PM | \$10

Let's Sing The Beatles

1644 | Wed., Aug. 5 | 2:00 PM | \$10

Let's Sing Elvis Presley

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.

1350 | Mon., Aug. 3 - 31 | 11:15 AM | 5 Sess. | \$100



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.

1353 | Mon., Aug. 3 - 31 | 10:00 AM | 5 Sess. | \$100

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.

- 1624 | Mon., Jul. 6 - 27 | 1:00 PM | 4 Sess. | \$240
- 1625 | Mon., Jul. 6 - 27 | 2:00 PM | 4 Sess. | \$240
- 1626 | Mon., Jul. 6 - 27 | 3:00 PM | 4 Sess. | \$240
- 1233 | Mon., Aug. 3 - 24 | 1:00 PM | 4 Sess. | \$240
- 1234 | Mon., Aug. 3 - 24 | 2:00 PM | 4 Sess. | \$240
- 1235 | Mon., Aug. 3 - 24 | 3:00 PM | 4 Sess. | \$240
- 1209 | Tue., Jul. 7 - 28 | 12:30 PM | 3 Sess. | \$180
- 1210 | Tue., Jul. 7 - 28 | 1:30 PM | 3 Sess. | \$180
- 1211 | Tue., Jul. 7 - 28 | 2:30 PM | 3 Sess. | \$180
- 1212 | Tue., Jul. 7 - 28 | 3:30 PM | 3 Sess. | \$180
- 1213 | Tue., Aug. 4 - 25 | 12:30 PM | 4 Sess. | \$240
- 1214 | Tue., Aug. 4 - 25 | 1:30 PM | 4 Sess. | \$240
- 1215 | Tue., Aug. 4 - 25 | 2:30 PM | 4 Sess. | \$240
- 1216 | Tue., Aug. 4 - 25 | 3:30 PM | 4 Sess. | \$240
- 1225 | Wed., Jul. 8 - 29 | 12:30 PM | 4 Sess. | \$240
- 1226 | Wed., Jul. 8 - 29 | 1:30 PM | 4 Sess. | \$240
- 1227 | Wed., Jul. 8 - 29 | 2:30 PM | 4 Sess. | \$240
- 1228 | Wed., Jul. 8 - 29 | 3:30 PM | 4 Sess. | \$240
- 1229 | Wed., Aug. 12 - Sept. 2 | 12:30 PM | 4 Sess. | \$240
- 1230 | Wed., Aug. 12 - Sept. 2 | 1:30 PM | 4 Sess. | \$240
- 1231 | Wed., Aug. 12 - Sept. 2 | 2:30 PM | 4 Sess. | \$240
- 1232 | Wed., Aug. 12 - Sept. 2 | 3:30 PM | 4 Sess. | \$240

NEW CLASS

San Diego Jewish Men's Choir: Hits from Carnegie Hall

Ruth Weber, Director, San Diego Jewish Men's Choir

Come hear this world-famous group perform both new and traditional songs that were featured at their Carnegie Hall debut.

1485 | Fri., Aug. 7 | 12:00 PM | \$20

Sing With Confidence: Tools To Improve Your Voice

Anthony Serpiello, Music & Vocal Instructor

Take your singing to the next level with techniques and guided exercises to strengthen tone, expand range, and smoothly transition between vocal registers.

1525 | Thu., Jul. 23 & 30 | 1:00 PM | 2 Sess. | \$40

Singing Basics: Breath, Tone and Technique

Anthony Serpiello, Music & Vocal Instructor

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

1526 | Thu., Aug. 20 | 1:00 PM | \$20

Ukulele For Fun: Beginners

Anthony Serpiello, Music & Vocal Instructor

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

1455 | Thu., Jul. 16 - Aug. 20 | 10:00 AM | 5 Sess. | \$100

Ukulele For Fun: Let's Play

Anthony Serpiello, Music & Vocal Instructor

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

1457 | Thu., Jul. 16 - Aug. 20 | 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. Learn about scoring and rules and then dive into game play. All materials provided.

1445 | Sat., Jul. 18 | 10:00 AM | \$40

1446 | Sat., Aug. 22 | 10:00 AM | \$40

Julie Wittenberg, Mah Jongg Instructor

1453 | Sat., Jul. 18 | 10:00 AM | \$40

1454 | Sat., Aug. 22 | 10:00 AM | \$40

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

1450 | Sat., Aug. 22 | 10:00 AM | \$40

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

AWARD BOOKING HACKS SERIES

NEW CLASS

📍 Award Booking Hacks: Getting the Most From Your Points!

Sandy Weisman, 3x World Traveler on Points

Unlock your credit card points! Learn secret tricks for free flights, double trips, and sweet spots to Hawaii, Europe, and beyond without breaking the bank.

1579 | Tue., Jul. 21 | 1:00 PM | \$15

NEW CLASS

📍 Award Booking Hacks: How to Book the Best Flights and Hotels

Sandy Weisman, 3x World Traveler on Points

Explore the art of booking free travel using points. Learn advanced tools and strategies to stretch rewards further and unlock hidden deals.

1578 | Tue., Jul. 14 | 1:00 PM | \$15

NEW CLASS

📍 Award Booking Hacks: How to Travel the World Free

Sandy Weisman, 3x World Traveler on Points

Learn how to harness credit cards, hotels, airline and other points programs for free travel—just by maximizing everyday spending and reward programs.

1577 | Tue., Jul. 7 | 1:00 PM | \$15

Best Makeup 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 applications for a natural and more elegant look.

1506 | Fri., Aug. 7 & 14 | 10:00 AM | 2 Sess. | \$30



Bingo!

San Diego Woman's Club Foundation

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

1358 | Sat., Jul. 18 | 1:00 PM | \$25

1360 | Sat., Aug. 22 | 1:00 PM | \$25

DayTripper Tours Travel Show

DayTripper Tours

Join us for a 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

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.

1364 | Fri., Jul. 10 | 1:00 PM | \$15

1365 | Fri., Aug. 7 | 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.

1367 | 1st & 3rd Wed., Jul. 1 - Aug. 19 | 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.

1374 | Thu., Jul. 9 | 1:00 PM | \$12

1375 | Thu., Aug. 6 | 1:00 PM | \$12

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.

1380 | Fri., Jul. 17 | 1:00 PM | \$5

1467 | Fri., Aug. 21 | 1:00 PM | \$5

NEW CLASS

Makeup - 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.

1503 | Fri., Jul. 10 | 10:00 AM | \$15

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.

1386 | 2nd & 4th Mon., Jul. 13 - Aug. 24 | 1:30 PM |

4 Sess. | \$32

Mary Heineke, MS, LMFT

1382 | 1st & 3rd Wed., Jul. 1 - Aug. 19 | 1:00 PM |

4 Sess. | \$32

Cheryl Davis-Plotts, Psy.D., LMFT

1384 | 2nd & 4th Thu., Jul. 9 - Aug. 27 | 1:00 PM |

4 Sess. | \$32

Monica G. Cashiotta-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.

1388 | 2nd & 4th Wed., Jul. 8 - Aug. 26 | 10:00 AM |

4 Sess. | \$32

NEW CLASS

Plant Bingo

Kerissa Jones, The Painted Vine

Plant Bingo is a lively, interactive event where participants enjoy classic bingo with a botanical twist! Winners receive gorgeous plants and learn care tips along the way.

1645 | Wed., Jul. 8 | 1:00 PM | \$35

1646 | Thu., Aug. 6 | 10:00 AM | \$35

ROYAL GARDEN TEA PARTY

NEW CLASS

📍 Royal Indoor Garden Tea Party: Hat Making Workshop

David Beevers, Manager of Technology Training and Program Operations

Transform your hat into a floral, high-fashion garden tea party piece, creating a stylish and elegant headpiece fit for a royal-inspired indoor celebration.

1465 | Thu., Aug. 6 | 1:00 PM | \$10

NEW CLASS

📍 Royal Indoor Garden Tea Party

David Beevers, Manager of Technology Training and Program Operations

Step into a royal-inspired indoor garden tea party filled with floral teas, elegant sweets, savory bites, and the charm of a botanical retreat.

1466 | Thu., Aug. 13 | 2:00 PM | \$35

📍 Travel Trends & Top Destinations with AFC Vacations

Will Reece, AFC Vacations

Get inspired for your next adventure as we look at travel trends, popular destinations, and hidden gems worldwide.

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

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 is needed. Learn the rules and strategies and enjoy playing.

1471 | Thu., Jul. 9 | 1:00 PM | \$10

SCIENCE

NEW CLASS

Bioarchaeology: The Ancient Dead

Tori Randall, Ph.D., Professor of Anthropology

Explore how cultures throughout history have cared for and buried their dead, and what burial practices reveal about identity, beliefs, and past societies.

1639 | Mon., Aug. 31 | 10:00 AM | \$15

NEW CLASS

Iceland: A Geologic Paradise

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

Explore Iceland's stunning volcanoes, glaciers, and waterfalls while discovering the powerful geology that makes this island one of Earth's most dramatic landscapes.

1613 | Fri., Jul. 10 | 1:00 PM | \$15

NEW CLASS

Natural History: Dinosaurs & Fossils

Bob Bordelon, Executive Director, Heritage of the Americas Museum

Explore the world of dinosaurs through real fossils and cutting-edge science. Discovering their true colors as well as modern research that reveals how closely they connect to today's birds.

1641 | Mon., Aug. 17 | 10:00 AM | \$15

NEW CLASS

The Biology of Human Races

Fred Bercovitch, Ph.D. Biological Anthropology

We'll examine the debate over human races, comparing human variation with other animals.

1549 | Tue., Aug. 18 | 10:00 AM | \$15

TECHNOLOGY

AI – Next Level

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

Whether you want to write a book, plan a dream trip, simplify your tech, or learn something new, this class is your chance to explore what's possible with AI.

1412 | Mon., Jul. 27 | 10:00 AM | \$15

ChatGPT 101: How to Get Started and Make the Most of It

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

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

1414 | Mon., Aug. 24 | 10:00 AM | \$15

Cut the Cable: Stream for Savings

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

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

1415 | Mon., Aug. 24 | 11:30 AM | \$15

Cybersecurity: Privacy

Senior Tech Connect

Learn practical tools and tips to boost your online privacy, from safer browsers and search engines to cookies, extensions, and anti-tracking tools.

1420 | Fri., Jul. 10 | 10:00 AM | \$15

NEW CLASS

Disaster Preparedness (For Your Electronics)

Senior Tech Connect

Learn practical ways to safeguard your electronics, back up important file and essential digital information before disaster strikes.

1509 | Fri., Jul. 24 | 10:00 AM | \$15

Excel 101

Peter Klein, Author & Former Contractor

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

1606 | Tue., Aug. 18 | 10:00 AM | \$10

NEW CLASS

Facebook Marketplace: Find Treasures, Declutter, and Monetize!

Eamen Hameed, MS, 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!

1413 | Mon., Jul. 27 | 11:30 AM | \$15

NEW CLASS

📍 Introduction to Virtual Reality: An Interactive Experience

Carlos Lujan, USN Retired, Founder of VR Health Ventures

Explore Virtual Reality in this beginner-friendly, hands-on class. Learn how it works, try a headset, and discover new ways to connect, engage, and play.

1633 | Thu., Jul. 30 | 1:00 PM | \$15

NEW CLASS

Photo Mastery Part 1

Senior Tech Connect

Clean up and enhance your photos! Learn to merge duplicates, edit with confidence, and name faces so your favorite memories stay organized and easy to find.

1421 | Fri., Jul. 10 | 11:30 AM | \$15

NEW CLASS

Photo Mastery Part 2

Senior Tech Connect

Take control of your photo collection! Learn to back up safely, use smart look-up tools, and organize your images so every memory is easy to find and enjoy.

1423 | Fri., Aug. 14 | 11:30 AM | \$15

NEW CLASS

Tablet Basics

Senior Tech Connect

Learn the basics of using a tablet, including hardware, home screen navigation, gestures, software, and the control center.

1422 | Fri., Aug. 14 | 10:00 AM | \$15

The Beginner's Guide to AI: Concepts, Tools, and Applications

Senior Tech Connect

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

1510 | Fri., Jul. 24 | 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.

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.

129 | Tue., Jul. 21 | 11:00 AM | \$10

141 | Tue., Aug. 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.

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

142 | Thu., Aug. 13 | 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.

123 | Mon., Jul. 6 | 11:00 AM | \$10

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

Crash Course on iOS 26

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

136 | Mon., Aug. 3 | 11:00 AM | \$10

iPad Basics

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

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

Passkeys, Authenticators and You!

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

134 | Thu., Jul. 30 | 11:00 AM | \$10

146 | Tue., Aug. 25 | 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.

131 | Fri., Jul. 24 | 11:00 AM | \$10

139 | Fri., Aug. 7 | 11:00 AM | \$10

 HYBRID  BOTH LOCATIONS

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.

124 | Tue., Jul. 7 | 11:00 AM | \$10

137 | Tue., Aug. 4 | 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.

125 | Thu., Jul. 9 | 11:00 AM | \$10

138 | Thu., Aug. 6 | 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.

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

144 | Tue., Aug. 18 | 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.

128 | Thu., Jul. 16 | 11:00 AM | \$10

145 | Thu., Aug. 20 | 11:00 AM | \$10

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.

130 | Thu., Jul. 23 | 11:00 AM | \$10

147 | Thu., Aug. 27 | 11:00 AM | \$10

📍 Technology for Travelers

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

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

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

The Practicality of AI

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

135 | Fri., Jul. 31 | 11:00 AM | \$10

148 | Mon., Aug. 31 | 11:00 AM | \$10

📍 UBER/Lyft App Workshop

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

132 | Mon., Jul. 27 | 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.

1129 | Mon., Jul. 6 - 27 | 10:00 AM | 4 Sess. | \$48

1130 | Mon., Aug. 3 - 24 | 10:00 AM | 4 Sess. | \$48

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1133 | Sat., Jul. 11 - 25 | 9:00 AM | 3 Sess. | \$36

1134 | Sat., Aug. 1 - 15 | 9:00 AM | 3 Sess. | \$36

HEALTH

H 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.

1390 | Tue., Jul. 14 | 3:00 PM | FREE

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

HISTORY & HUMANITIES

NEW CLASS

Pirates - Caribbean Scoundrels

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

Explore the history of piracy—from legendary figures like Captain Hook and Blackbeard to modern threats—revealing its global impact and enduring presence on the seas.

1544 | Tue., Jul. 21 | 2:00 PM | \$15

Rosie the Riveter – The Home Front

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

Discover how women and minorities powered America's WWII home front, breaking barriers in industry and inspiring a movement honored at Rosie the Riveter National Historical Park.

1545 | Tue., Aug. 18 | 2:00 PM | \$15

NEW CLASS

The Nephilim: Do They Walk Among Us?

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

Explore the origins of the Nephilim, from Genesis to the Book of Enoch, and examine ancient sources behind this mysterious and debated biblical story.

1599 | Tue., Aug. 18 | 1:00 PM | \$15

NEW CLASS

H We Must All Hang Together: How Revolutionary Americans Imagined the United States

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

Explore how Americans during the Revolutionary era used symbols, art, and words to imagine a new nation, shaping identity, unity, and debates over who belonged.

1550 | Wed., Aug. 19 | 10:00 AM | \$15

NEW CLASS

When the Ice Melts

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

Discover how oceans influence climate, water supply, and food systems, and what changing conditions mean for life on Earth and communities worldwide.

1598 | Tue., Jul. 21 | 1:00 PM | \$15

LANGUAGES

Beginning Spanish: Level One

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

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

1198 | Fri., Jul. 17 - Aug. 21 | 11:30 AM | 6 Sess. | \$120

Beginning Spanish: Level Two

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

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

1196 | Fri., Jul. 17 - Aug. 21 | 10:00 AM | 6 Sess. | \$120

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.

1200 | Tue., Jul. 14 - Aug. 25 | 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.

1343 | Fri., Jul. 10 - Aug. 21 | 10:30 AM | 7 Sess. | FREE

MUSIC & LIVE PERFORMANCES

Beethoven's Symphonies: Eternally Valued Music!

Chris Burns, Many-Strings

Experience the genius of Ludwig van Beethoven, who overcame personal hardship to create bold, dramatic symphonies that left an enduring mark on the world.

1399 | Fri., Aug. 21 | 3:00 PM | \$15

NEW CLASS

Composed in America: Classical Domain

Chris Burns, Many-Strings

Explore American orchestral music from 19th-century pioneers to modern masterpieces, tracing the rich evolution of the nation's classical music tradition.

1396 | Fri., Jul. 10 | 3:00 PM | \$15

NEW CLASS

Composed in America: Diversity and Creativity

Chris Burns, Many-Strings

Celebrate the rich diversity of American music, from Native American and Colonial tunes to jazz, blues, and evolving popular styles across history.

1397 | Fri., Jul. 24 | 3:00 PM | \$15

NEW CLASS

Composed in Germany and Austria

Chris Burns, Many-Strings

Journey through German and Austrian musical history, from Hildegard von Bingen to Johannes Brahms, exploring a rich tapestry of iconic composers and timeless works.

1394 | Fri., Jul. 31 | 3:00 PM | \$15

NEW CLASS

Jerry Goldsmith's Scores: Innovative and Diverse!

Chris Burns, Many-Strings

Discover the genius of a film music pioneer, hailed as "the composer's composer," whose innovative scores earned 18 Oscar nominations and placed him among cinema's greatest.

1398 | Fri., Aug. 7 | 3:00 PM | \$15

NEW CLASS

Music of Oceania

Bernard Ellorin, Ph.D.

Explore the rich musical traditions of Oceania, from Hawaii to Papua New Guinea, and discover how indigenous cultures use music to honor, connect, and celebrate community.

1518 | Fri., Aug. 14 | 3:00 PM | \$15

NEW CLASS

Music of South Asia

Bernard Ellorin, Ph.D.

Discover the vibrant sounds of India and Pakistan, from sitar and tabla to devotional songs and qawwali, exploring rich traditions that blend spirituality, improvisation, and musical storytelling.

1517 | Fri., Jul. 17 | 3:00 PM | \$15

PERSONAL ENRICHMENT

H Grief Support Group

Rolandas Kausas, Chaplain

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

1367 | 1st & 3rd Wed., Jul. 1 - Aug. 19 | 10:30 AM |

4 Sess. | FREE

TECHNOLOGY

NEW CLASS

Discover ChatGPT! Fun and Useful AI on Your Phone

Sergi Bosch MSE., Founder of the iPhone For Seniors Program & Your Tech Tutor

Learn how to use the ChatGPT app on your smartphone to simplify daily tasks, spark creativity, and explore ideas across your devices with ease.

1596 | Tue., Jul. 28 | 10:00 AM | \$15

NEW CLASS

iPhone for Seniors: Making Home Movies with AI

Sergi Bosch MSE., Founder of the iPhone For Seniors Program & Your Tech Tutor

Learn how to add simple voice narration to your home videos using free apps, bringing your memories to life in a fun and personal way.

1597 | Tue., Aug. 11 | 10:00 AM | \$15



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.

Abstract Animals at Night

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

Paint your favorite animal beneath a starry sky! From grazing cows to moonlit horses, create a magical nighttime scene. Check the online listing or your purchase receipt for the required supplies.

2461 | Wed., Jul. 8 | 10:00 AM | \$25

Abstract Landscape Painting

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 or your purchase receipt for the required supplies.

2463 | Wed. & Fri., Aug. 5 & 7 | 10:00 AM | 2 Sess. | \$50

Approachable Art: Fantastical Food

Sarah Beaupré, Artist, Author, and Musician

Starting with simple paint blobs, we'll paint and pen our favorite fruits, veggies and sweet treats using easy, repeatable techniques. No experience needed. All materials will be provided.

2503 | Mon., Jul. 27 | 1:00 PM | \$40

Approachable Art: Potted Plants

Sarah Beaupré, Artist, Author, and Musician

Learn how to "see" like an artist while painting plant forms. Create a potted plant or a garden scene. No green thumb or water needed. All materials will be provided.

2504 | Wed., Aug. 26 | 10:00 AM | \$40

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 the online listing or your purchase receipt for the required supplies.

2342 | Tue., Jul. 28 | 12:30 PM | \$25

2339 | Tue., Aug. 25 | 12:30 PM | \$25

Art of Photography: Solar Printing

Brandy Sebastian, Fine Art Photographer, Artist, & Educator

Learn to create unique cyanotype prints by arranging objects on light-sensitive paper and then using sunlight to produce striking works of art. Check the online listing or your purchase receipt for the required supplies.

2352 | Wed., Jul. 29 | 10:00 AM | \$25

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 or your purchase receipt for the required supplies.

2353 | Fri., Aug. 21 | 10:00 AM | \$25

NEW CLASS

Beadazzled by Elyse

Elyse Kist, MBA, Professional HOA Executive, Beading Hobbyist and Game Enthusiast

Make your own beaded jewelry using the stretch method, creating a fun bracelet or necklace in a relaxed, creative workshop. All materials will be provided.

2505 | Mon., Jul. 20 | 10:00 AM | \$25

2263 | Tue., Aug. 18 | 10:00 AM | \$25



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 Beading: Practical Items

Janet Stuelpner, The Left-Handed Artist and Crafter

Make practical items with a base piece and beads. Create key finders, wine stoppers, bookmarks and holiday ornaments. Check the online listing or your purchase receipt for the required supplies.

2241 | Tue., Jul. 14 | 10:00 AM | \$25



NEW CLASS

Beginning Punch Needle Embroidery: It All Starts with Threading the Needle

Janet Stuelpner, The Left-Handed Artist and Crafter

Punch needle embroidery uses a hollow needle to push yarn or thread through fabric, creating plush looped texture—ideal for rugs, wall hangings, and decorative art. Check the online listing or your purchase receipt for the required supplies.

2242 | Tue., Aug. 11 | 10:00 AM | \$25

NEW CLASS

Blind Contour Drawing

Ann Dunham, MS Design

Learn blind contour drawing by tracing an object's edges without looking at your paper. This is an engaging exercise to improve observation and realistic drawing skills. Check the online listing or your purchase receipt for the required supplies.

2227 | Tue., Jul. 24 | 1:00 PM | \$25

Branch Weaving

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

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

2275 | Tue., Jul. 21 | 10:00 AM | \$25

📍📍 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.

2358 | Wed., Jul. 22 | 10:00 AM | \$25

Dog Days of Summer

2359 | Wed., Aug. 19 | 10:00 AM | \$25

Intermediate Open Studio

City and Townscapes in Watercolor

Fang Luo, Artist and Fashion Designer

Learn to paint urban and town scenes in watercolor using light, shadow and color to bring your paintings to life. Suitable for all levels. Check the online listing or your purchase receipt for the required supplies.

2428 | Thu., Aug. 6 & 13 | 10:00 AM | 2 Sess. | \$50

NEW CLASS

Color Theory and Color Mixing

Ann Dunham, MS Design

Master the art of the palette. Instead of buying premade colors, learn to mix your own using watercolors and the Johannes Itten Color Wheel. Check the online listing or your purchase receipt for the required supplies.

2229 | Thu. & Mon., Aug. 27 & 31 | 1:00 PM | 2 Sess. | \$50

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 the online listing or your purchase receipt for the required supplies.

2457 | Wed., Jul. 8 & 15 | 1:00 PM | 2 Sess. | \$50

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.

2259 | Wed., Jul. 1 | 1:00 PM | \$25

2260 | Wed., Aug. 5 | 1:00 PM | \$25

NEW CLASS

Crochet 102: Make a Circular Coaster

Ruth Anne Mack, Experienced Instructor, Crochet Enthusiast

Build on your skills by learning new stitches, reading patterns, changing colors, and working in the round to create a circular coaster. Check the online listing or your purchase receipt for the required supplies.

2284 | Thu., Jul. 9 - 23 | 10:00 AM | 3 Sess. | \$75

Drawing Basics

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

Learn and practice basic, realistic drawing skills using pencils. Check the online listing or your purchase receipt for the required supplies.

2286 | Tue. & Thu., Aug. 11 & 13 | 1:00 PM | 2 Sess. | \$50

NEW CLASS**Express Yourself: Buttons, Posters, Bold Ideas**

Rachel Goldfarb, Experienced Crafter

Make buttons, posters and wall art to express sentiments that are bold or heartfelt. All materials will be provided.

2549 | Fri., Jul. 10 | 1:30 PM | \$25**Expressive Arts**

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

We will blend art projects using various media and through conversation to foster self-reflection and a meaningful connection with each other. Check the online listing or your purchase receipt for the required supplies.

2431 | Thu., Jul. 30 | 10:00 AM | \$25**2432 | Mon., Aug. 10 | 10:00 AM | \$25****Floral Abstract Acrylic Painting**

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

Using acrylic paints, learn to paint joyful, loose florals with intuitive, confidence-boosting techniques that make it fun and easy to create art. Check the online listing or your purchase receipt for the required supplies.

2462 | Mon., Jul. 20 | 1:00 PM | \$25**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.

2541 | Wed., Jul. 29 | 1:00 PM | \$45**Must register by 7/27/26.**

Mid-Summer

2540 | Wed., Aug. 19 | 1:00 PM | \$45**Must register by 8/17/26.**

Late Summer

NEW CLASS**Garden Art: Decorative Stepping Stone Workshop**

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

Create a beautiful, weather-friendly stepping stone using rocks and pebbles in a fun, hands-on project perfect for your garden, porch, or gifting. All materials will be provided.

2502 | Fri., Aug. 7 | 1:00 PM | \$65**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.

2230 | Wed., Jul. 14 | 1:00 PM | \$65

Bubble Plate

2231 | Tue., Aug. 18 | 1:00 PM | \$70

Glass Bead Mosaic

📍📍 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. This class is perfect for all skill levels and full of fiber, fun, and friends! The loom and needle will be provided, please check the online listing or your purchase receipt for additional supplies.

2408 | Mon., Jul. 6 | 1:00 PM | \$25**2407 | Mon., Aug. 3 | 1:00 PM | \$25****Hand Poured Tabletop Fire Pits**

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

Watch a cement bowl-pouring demo, then finish and assemble your own pre-made bowl into an attractive tabletop fire pit. All materials will be provided.

2501 | Tue., Jul. 7 | 10:00 AM | \$75**📍📍 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 will be provided.

2362 | Mon., Aug. 24 | 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 the online listing or your purchase receipt for the required supplies.

2459 | Tue. & Thu., Aug. 4 & 6 | 1:00 PM | 2 Sess. | \$50

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 the online listing or your purchase receipt for the required supplies.

2285 | Fri., Jul. 10 - 31 | 10:00 AM | 4 Sess. | \$100

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 the online listing or your purchase receipt for the required supplies.

2482 | Fri., Jul. 10 - 31 | 11:00 AM | 4 Sess. | \$100

NEW CLASS

Macramé Mug-Hugger Workshop

Denise O'Neal, Experienced Crafter

Learn simple knotting techniques while making a stylish cozy that adds warmth and personality to your favorite mug. Check the online listing or your purchase receipt for the required supplies.

2256 | Fri., Jul. 17 | 1:30 PM | \$25

NEW CLASS

Marbling Magic: Techniques for Paper and More

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

Learn the ancient art of paper marbling by floating paints on a liquid surface to create unique patterns. Explore techniques, tools, and creative uses for marbled paper. Check the online listing or your purchase receipt for the required supplies.

2276 | Tue., Jul. 21 | 1:00 PM | \$25

Mindful Doodling: Calm the Mind Through Creative Repetition

Sara Turque, 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 the online listing or your purchase receipt for the required supplies.

2433 | Thu., Jul. 30 | 1:00 PM | \$25

2499 | Mon., Aug. 10 | 1:00 PM | \$25

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 the online listing or your purchase receipt for the required supplies.

2381 | Wed., Jul. 22 | 1:30 PM | \$5

2382 | Thu., Aug. 27 | 10:00 AM | \$5

Painting and Dyeing on Silk

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

A class for beginners and experienced artists. Create colorful, flowing designs using resist, dyes, paint and markers on silk. All materials will be provided.

2303 | Fri., Aug. 14 | 1:00 PM | \$25

📍 Palette Knife Abstract 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 the online listing or your purchase receipt for the required supplies.

2464 | Mon., Aug. 24 | 10:00 AM | \$25

NEW CLASS

Paper Quilling 101: Simple Techniques, Stunning Designs

Kim Cyr, Certified Zentangle Instructor and Quilling Enthusiast

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

2539 | Thu., Aug. 20 | 1:00 PM | \$30

📍 Paper Weaving

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

Create colorful painted papers with watercolor, then weave them into unique textured artwork full of movement and dimension. All materials will be provided.

2576 | Mon., Aug. 31 | 10:00 AM | \$25

Quilling Craft: Techniques and Inspiration for Stunning Paper Art

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

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

2249 | Thu., Jul. 16 | 1:00 PM | \$30

NEW CLASS**Rock Painting: Summer Designs**

Kelly Creeden, BA, MS, Mentor, & Teacher

Design and paint a beautiful summer motif on your stone. Bring an unpainted smooth rock about the size of your fist. All other supplies will be provided.

2420 | Wed., Jul. 15 | 10:00 AM | \$25

NEW CLASS**Sketch With Ann**

Ann Dunham, MS Design

Build drawing skills through ongoing still life studies. Practice composition, shapes, shading, lighting, and value patterns while drawing a new arrangement at each class. Check the online listing or your purchase receipt for the required supplies.

2456 | Mon., Jul. 13 | 10:00 AM | \$25

2458 | Wed., Aug. 26 | 1:00 PM | \$25

Still Life Sketching: The Shapes of (Stuffed) Animals

Ann Dunham, MS Design

Explore shape fundamentals by drawing stuffed animals. Use basic forms to build complex figures in a fun, creative way. Check the online listing or your purchase receipt for the required supplies.

2460 | Thu., Jul. 23 | 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.

2277 | Thu., Aug. 20 | 10:00 AM | \$60

Travel Sketch Book

Christine Bowman, Award Winning Plein Air Pastel Artist

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

2337 | Tue., Jul. 28 | 10:00 AM | \$25

2338 | Tue., Aug. 25 | 10:00 AM | \$25

NEW CLASS**Treasured Tomes: Turning Old Books into New Memories**

Rachel Goldfarb, Experienced Crafter

Transform old or blank books into personalized journals. Learn simple construction techniques to create pages ready for memories, reflections, and creative expression. All materials will be provided.

2550 | Mon., Aug. 3 | 10:00 AM | \$25

Twist and Dye: Silk Scarf Painting

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

Enjoy this beginning silk-dyeing class where you will create a one-of-a-kind silk scarf. All materials will be provided.

2278 | Fri., Aug. 14 | 10:00 AM | \$25

NEW CLASS**UV Resin Art**

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

Explore UV resin art and create glossy, durable decorative pieces. Learn techniques for adding color, embedding objects, and achieving professional-looking finishes. All materials will be provided.

2543 | Mon., Jul. 13 | 1:00 PM | \$40

Sunset Beach Design Jewelry

2557 | Wed., Aug. 12 | 1:00 PM | \$40

Under the Sea Bowl/Trinket Dish

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 colored pencils. Check the online listing or your purchase receipt for the required supplies.

2421 | Mon., Aug. 17 | 1:00 PM | \$25

Zentangle®

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.

2536 | Mon., Jul. 6 | 10:00 AM | \$25

2537 | Tue., Aug. 4 | 10:00 AM | \$25

Zentangle® - Next Level

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.

2538 | Mon., Jul. 27 | 10:00 AM | \$25

BUSINESS, LEGAL & FINANCE

thrivent®

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.

2302 | Mon., Aug. 17 | 1:00 PM | \$5

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

2291 | Mon., Jul. 13 | 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.

2292 | Mon., Jul. 13 | 1:00 PM | \$5

2294 | Mon., Aug. 17 | 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.

2293 | Wed., Jul. 15 | 10:00 AM | FREE

2301 | Fri., Aug. 21 | 10:00 AM | FREE

See page 51 for more information on Thrivent Financial, proud sponsor of San Diego Oasis.

NEW CLASS

Estate Sales: Smart Strategies for Sellers and Shoppers

Jan Jocoy, International Society of Appraisers

Planning or shopping estate sales? Learn to choose a reputable company, understand how sales work, avoid pitfalls, and find deals—taught by a professional with 30+ years' experience.

2531 | Tue., Aug. 25 | 1:00 PM | \$10

NEW CLASS

Freedom from Paper Clutter

Karen Brothers, Karen Brothers & Co. Organizing & Design

Learn simple, stress-free ways to manage paper clutter, organize important documents, and create easy systems to keep your home tidy and under control.

2596 | Fri., Aug. 7 | 1:00 PM | \$10

NEW CLASS

HOA Expert Panel and Q & A

Elyse Kist, Professional HOA Executive

Have questions about living in an HOA community? Join an informative and interactive panel discussion featuring industry professionals who work with homeowner associations every day.

2579 | Fri., Jul. 31 | 10:00 AM | \$15

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.

2312 | Fri., Aug. 7 | 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.

2311 | Thu., Aug. 20 | 1:00 PM | \$10



SDGE Electric Pricing Plans, Tools, Tips and Programs

Martha Quintero, SDGE

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

2595 | Wed., Jul. 15 | 10:00 AM | 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.

2003 | Sat., Aug. 22 | 10:00 AM | FREE

NEW CLASS

What Celebrity Estate Planning Disasters Can Teach Us: Aretha Franklin

Julian K Bryant, San Diego Estate Planning Attorney

Explore the fascinating dispute over Aretha Franklin's handwritten wills and discover how estate planning decisions can shape family legacies and legal outcomes.

2574 | Fri., Aug. 21 | 11:00 AM | \$10

NEW CLASS

What Celebrity Estate Planning Disasters Can Teach Us: Prince

Julian K Bryant, San Diego Estate Planning Attorney

Prince died without a will, triggering years of probate battles, many heir claims, and massive legal fees. It's an unforgettable lesson in estate planning failures.

2573 | Tue., Jul. 14 | 1:00 PM | \$10

NEW CLASS

What's Hot and What's Not: Why Won't My Antiques Sell?

Jan Jocoy, International Society of Appraisers

Wondering what's selling? Learn current demand for antiques and collectibles, market trends, where to sell, and how to choose the right auction.

2530 | Tue., Jul. 28 | 1:00 PM | \$10

NEW CLASS

What's in Your Jewelry Box? Valuing Gold, Silver, and Family Heirlooms

Phil Klotznik and Dalia Perez, Estate Buyers Gold & Silver

Discover how to unlock the hidden value of your jewelry, coins, and silver. Learn to identify precious metals, read hallmarks, and understand what makes items valuable.

2567 | Thu., Jul. 2 | 10:00 AM | \$10

📍 Your Family Binder: A Survival Kit for Your Heirs

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

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

2305 | Wed., Jul. 22 | 10:00 AM | \$15

2306 | Wed., Aug. 12 | 10:00 AM | \$15

EXERCISE & DANCE

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.

2016 | Tue., Jul. 7 - 28 | 10:45 AM | 4 Sess. | \$48

2017 | Tue., Aug. 4 - 25 | 10:45 AM | 4 Sess. | \$48

2020 | Thu., Jul. 9 - 30 | 9:30 AM | 4 Sess. | \$48

2021 | Thu., Aug. 6 - 27 | 9:30 AM | 4 Sess. | \$48

2162 | Sat., Jul. 25 | 10:00 AM | \$12

2163 | Sat., Aug. 22 | 10:00 AM | \$12

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.

2024 | Mon., Jul. 6 - 27 | 8:30 AM | 4 Sess. | \$48

2025 | Mon., Aug. 3 - 24 | 8:30 AM | 4 Sess. | \$48

Active Total Body Conditioning/TRX

Curt Gonzales, Certified Fitness Instructor

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

2028 | Thu., Jul. 9 - 30 | 8:30 AM | 4 Sess. | \$48

2029 | Thu., Aug. 6 - 27 | 8:30 AM | 4 Sess. | \$48

2032 | Thu., Jul. 9 - 30 | 10:45 AM | 4 Sess. | \$48

2033 | Thu., Aug. 6 - 27 | 10:45 AM | 4 Sess. | \$48



Aerobic Intervals

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2036 | Wed., Jul. 8 - 29 | 12:00 PM | 4 Sess. | \$48

2037 | Wed., Aug. 5 - 26 | 12:00 PM | 4 Sess. | \$48

2040 | Fri., Jul. 10 - 31 | 9:30 AM | 4 Sess. | \$48

2041 | Fri., Aug. 7 - 21 | 9:30 AM | 3 Sess. | \$36

Better Balance

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2044 | Tue., Jul. 7 - 28 | 1:15 PM | 4 Sess. | \$48

2045 | Tue., Aug. 4 - 25 | 1:15 PM | 4 Sess. | \$48

2048 | Thu., Jul. 9 - 30 | 12:00 PM | 4 Sess. | \$48

2049 | Thu., Aug. 6 - 27 | 12:00 PM | 4 Sess. | \$48

📍 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.

2052 | Mon., Jul. 6 - 27 | 12:30 PM | 4 Sess. | \$48

2053 | Mon., Aug. 3 - 24 | 12:30 PM | 4 Sess. | \$48

2056 | Fri., Jul. 10 - 31 | 12:00 PM | 4 Sess. | \$48

2057 | Fri., Aug. 7 - 21 | 12:00 PM | 3 Sess. | \$36

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.

2060 | Tue., Jul. 7 - 28 | 8:30 AM | 4 Sess. | \$48

2061 | Tue., Aug. 4 - 25 | 8:30 AM | 4 Sess. | \$48

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.

2064 | Mon., Jul. 6 - 27 | 1:30 PM | 4 Sess. | \$48

2065 | Mon., Aug. 3 - 24 | 1:30 PM | 4 Sess. | \$48

2068 | Fri., Jul. 10 - 31 | 1:00 PM | 4 Sess. | \$48

2069 | Fri., Aug. 7 - 21 | 1:00 PM | 3 Sess. | \$36



NEW CLASS Circuit Training

Pam Chilton, Certified Personal Trainer & Fitness Instructor

We hit it all...abs, arms, legs while moving from station to station. A FULL body workout. Like having a personal trainer.

2012 | Wed., Jul. 8 - 29 | 8:30 AM | 4 Sess. | \$40

2013 | Wed., Aug. 5 - 26 | 8:30 AM | 4 Sess. | \$40

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.

2008 | Mon., Jul. 6 - 27 | 10:45 AM | 4 Sess. | \$40

2009 | Mon., Aug. 3 - 24 | 10:45 AM | 4 Sess. | \$40

💞 Dance Fit

Andra Valencia, Fitness and Dance Instructor

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

2072 | Mon., Jul. 6 - 27 | 11:30 AM | 4 Sess. | \$48

2073 | Mon., Aug. 3 - 24 | 11:30 AM | 4 Sess. | \$48

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.

2080 | Tue., Jul. 7 - 28 | 9:30 AM | 4 Sess. | \$48

2081 | Tue., Aug. 4 - 25 | 9:30 AM | 4 Sess. | \$48

2076 | Wed., Jul. 8 - 29 | 1:15 PM | 4 Sess. | \$48

2077 | Wed., Aug. 5 - 26 | 1:15 PM | 4 Sess. | \$48

2087 | Sat., Jul. 25 | 11:00 AM | \$12

2093 | Sat., Aug. 22 | 11:00 AM | \$12

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.

2084 | Thu., Jul. 9 - 30 | 1:15 PM | 4 Sess. | \$48

2085 | Thu., Aug. 6 - 27 | 1:15 PM | 4 Sess. | \$48

Gentle Qi Gong

Kathy Hassett, MS, Buddhist Priest, 2nd Vice Abbott at 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.

2090 | Mon., Jul. 6 & 20 | 2:30 PM | 2 Sess. | \$24

2092 | Mon., Aug. 3 & 17 | 2:30 PM | 2 Sess. | \$24

Line Dancing for Beginners

Fern Helms, Accomplished Ballroom and Line Dance Instructor

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

2096 | Wed., Jul. 8 - 29 | 2:30 PM | 4 Sess. | \$48

2097 | Wed., Aug. 5 - 26 | 2:30 PM | 4 Sess. | \$48

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.

2100 | Thu., Jul. 9 - 30 | 2:30 PM | 4 Sess. | \$48

2101 | Thu., Aug. 6 - 27 | 2:30 PM | 4 Sess. | \$48

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.

2124 | Mon., Jul. 6 - 27 | 9:30 AM | 4 Sess. | \$48

2125 | Mon., Aug. 3 - 24 | 9:30 AM | 4 Sess. | \$48

📍 Soul Line Dancing

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

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

2104 | Wed., Jul. 8 - 29 | 10:45 AM | 4 Sess. | \$48

2105 | Wed., Aug. 5 - 26 | 10:45 AM | 4 Sess. | \$48

📍 Soul Line Dancing - 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.

2108 | Wed., Jul. 8 - 29 | 9:30 AM | 4 Sess. | \$48

2109 | Wed., Aug. 5 - 26 | 9:30 AM | 4 Sess. | \$48

NEW CLASS

📍 Tai Chi & Qigong for Wellness

Daniel Benitez, Kung Fu & Tai Chi Instructor

Experience beginner-friendly Tai Chi and Qigong practices that support healthy aging, balance, flexibility, relaxation, and mind-body connection.

2112 | Sat., Jul. 25 | 12:00 PM | \$12

2113 | Sat., Aug. 22 | 12:00 PM | \$12

Tai Chi Chuan: Beginning

Pat Griffith, Sifu

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

2116 | Mon., Jul. 6 - 27 | 3:15 PM | 4 Sess. | \$48

2117 | Mon., Aug. 3 - 24 | 3:15 PM | 4 Sess. | \$48

2188 | Fri., Jul. 10 - 31 | 2:15 PM | 4 Sess. | \$48

2189 | Fri., Aug. 7 - 21 | 2:15 PM | 3 Sess. | \$36

Tai Chi Chuan: Intermediate

Pat Griffith, Sifu

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

2120 | Fri., Jul. 10 - 31 | 10:45 AM | 4 Sess. | \$48

2121 | Fri., Aug. 7 - 21 | 10:45 AM | 3 Sess. | \$36

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.

2128 | Fri., Jul. 10 - 31 | 8:30 AM | 4 Sess. | \$48

2129 | Fri., Aug. 7 - 21 | 8:30 AM | 3 Sess. | \$36

Zumba® + Lift

Saleemah Muhammad, Licensed Zumba Gold Instructor

Combine upbeat dance with strength training. Alternate easy Zumba® routines with dumbbell or resistance-band exercises to build strength and burn calories.

2110 | Tue., Jul. 7 - 28 | 2:30 PM | 4 Sess. | \$48

2111 | Tue., Aug. 4 - 25 | 2:30 PM | 4 Sess. | \$48

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.

2132 | Tue., Jul. 7 - 28 | 12:00 PM | 4 Sess. | \$48

2133 | Tue., Aug. 4 - 25 | 12:00 PM | 4 Sess. | \$48

HEALTH & WELLNESS

📍 Alzheimer's | SAN DIEGO

Alzheimer's San Diego: Care Options: Living at Home

Jean Alton, Senior Dementia Educator

Join us to learn about in-home care options and community-based resources such as adult day care, care management, and more.

2282 | Mon., Jul. 27 | 1:00 PM | FREE

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

Jean Alton, Senior Dementia Educator

People with Alzheimer's disease and other dementias can experience behavior and personality changes. Learn what those changes mean and new ways to respond.

2283 | Mon., Aug. 24 | 1:00 PM | FREE

 **Alzheimer's** | SAN DIEGO



DATE WITH A CURE

A FREE ALZHEIMER'S RESEARCH FORUM

Saturday, August 1st, 2026
10 AM - 12 PM

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 | 858.492.4400



NEW CLASS

Anti Inflammatory Lifestyle for Longevity

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Discover natural anti-inflammatory strategies for healthy aging through nutrition, movement, stress reduction, sleep, and mindset to boost energy, wellness, and vitality after 55.

2569 | Mon., Aug. 3 | 1:00 PM | \$15

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

2560 | Thu., Aug. 6 | 10:00 AM | \$15

NEW CLASS

Blueprint for Healthy Aging, 55+

Maria Ghaibi, Holistic and Functional Nutrition and Fitness Coach

Master longevity through five pillars: nutrition, movement, mindset, sleep, and prevention. Learn habits to boost energy, protect brain health, and enhance lifelong vitality.

2568 | Mon., Jul. 6 | 1:00 PM | \$15

NEW CLASS

Conservative Treatment for Hand Osteoarthritis

Adrienne Tesarek, Occupational Therapist, Certified Hand Therapist

Learn about osteoarthritis and the evidence-based conservative methods to reduce pain and improve functional use of your hands as we stay active in our busy lives.

2529 | Fri., Jul. 24 | 1:00 PM | \$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.

2351 | Wed., Jul. 29 | 2:00 PM | \$15

Helping Your ADHD Grandchild: Understanding, Patience, and Practical Tools

Dr. Deborah Mishek, Developmental/Behavioral Pediatrician

Learn what attention deficit hyperactivity disorder is and isn't. We'll discuss the challenges and joys, behaviors, experiences and developmental needs of your kiddos with ADHD.

2384 | Fri., Jul. 31 | 10:00 AM | \$15

Introduction to Reiki: Healing through Energy

Dinel Shah, Reiki and Other Healing Arts Specialist

This Reiki class will cover energy healing basics, Reiki history, and Level 1 attunement to support self-healing, stress relief, better sleep, pain management, and overall well-being.

2406 | Wed., Aug. 12 & 19 | 1:00 PM | 2 Sess. | \$30

Meditation: Your Key to Health, Wellness & Peace

Melynnique Seabrook, MA

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

2194 | Fri., Jul. 10 - 24 | 1:00 PM | 3 Sess. | \$30

2195 | Fri., Aug. 7 & 14 | 1:00 PM | 2 Sess. | \$20

📍 United Healthcare Presents: Medicare-The Basics

Fariba Zariéh, United Healthcare

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

2202 | Fri., Jul. 24 | 10:00 AM | FREE

2203 | Fri., Aug. 21 | 12:00 PM | 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.

2205 | Tue., Aug. 11 | 3:00 PM | FREE

HISTORY & HUMANITIES

A Feast of Words

Richard Lederer, Union-Tribune Language Columnist

Come to a language banquet! Savor a morsel of history of the English language, add a dollop of word and phrase origins, and finish with rib-tickling puns and bloopers.

2309 | Thu., Aug. 27 | 10:00 AM | \$15

A Medical Miracle: The Lewis and Clark Expedition

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)

The Lewis and Clark Expedition lost only one member. Three years later, Captain Lewis was dead. Discover how early medicine shaped both stories.

2547 | Tue., Jul. 28 | 10:00 AM | \$15

NEW CLASS

Andrew Jackson: America's Original Populist President

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

Explore Andrew Jackson's controversial presidency, lasting legacy, and surprising parallels to Donald Trump in this engaging historical presentation.

2409 | Tue., Jul. 21 | 1:00 PM | \$15

NEW CLASS

Archaeology and the Bible: Their Sometimes Contentious Relationship

John R Spencer, Ph.D. - Emeritus Professor of Biblical Studies, John Carroll University

Explore how archaeology both supports and challenges biblical history. Learn basic archaeological methods and examine key discoveries connected to the Bible.

2565 | Mon., Jul. 20 | 10:00 AM | \$15

NEW CLASS

Crossing Boundaries: Factors Influencing Women's Migration

Oliva M. Espín, Ph.D.

Women and girls account for half of the almost 300 million international migrants and 80% of refugees. Examine the key and fascinating factors shaping women's migration across borders.

2368 | Tue., Jul. 14 | 10:00 AM | \$15

NEW CLASS

Crossing Boundaries: The Impact of Migration on the Lives of Women Immigrants

Oliva M. Espín, Ph.D.

Is the experience of migration different for women and men? Explore how gender roles and women's sexuality shape the process of migration and adaptation.

2372 | Tue., Aug. 11 | 10:00 AM | \$15



NEW CLASS

Drones: Past, Present, and Future

Steven Dadolf, Electronic Engineer and History Instructor

Take a journey through the history of drones, from battlefield technology to delivering packages, improving farming, conducting rescue missions and capturing stunning aerial photos.

2371 | Wed., Jul. 8 | 1:00 PM | \$15

How Did Captain Meriwether Lewis Die? The Mysterious Death of an American Hero

Dr. David Peck, Physician, Author, NEA Sponsored Speaker (2003-06)

Explore the mystery of Meriwether Lewis' tragic death. Was it murder or suicide? This lecture will shed light on the mysterious fate of this American hero.

2548 | Tue., Aug. 25 | 10:00 AM | \$15

NEW CLASS

Impressionism in France and California

Julia Fister, MA, Studio ACE Executive Director

Explore how Impressionist artists in France and California used light, color, and everyday scenes to capture the distinct beauty and atmosphere of their surroundings.

2615 | Wed., Jul. 29 | 11:00 AM | \$15

NEW CLASS

KISS and Kvell: Jewish Singer-Songwriters of the Rock Revolution (1966–1976)

Yale Strom, Ethnographer, Author, Filmmaker, Klezmer Violin Virtuoso and Musician

Learn about the Jewish singer-songwriters who quietly—and sometimes flamboyantly—reshaped the sound of a generation.

2386 | Thu., Jul. 23 | 1:00 PM | \$15

NEW CLASS

Kumeyaay on the Coast: Native Fishing and Maritime Technology

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

Explore the Kumeyaay's mastery of the ocean, learning their techniques for harvesting fish, shellfish, and other maritime foods besides their traditional land-based resources.

2413 | Wed., Aug. 5 | 1:00 PM | \$15



NEW CLASS

📍 Legends and Lore of Ice Cream

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

From ancient flavored ices to modern ice cream socials, this class serves up stories, folklore, and fascinating bits of history celebrating one of the world's favorite desserts.

2613 | Fri., Aug. 14 | 10:00 AM | \$15

NEW CLASS

📍 Legends and Lore of Tea

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

Tea has steeped itself into history and folklore around the world. Discover curious customs, surprising legends, and memorable stories surrounding one of the world's most beloved drinks.

2612 | Tue., Jul. 14 | 1:30 PM | \$15

NEW CLASS

Migrations: From the Age of Exploration to Today

Henry George, Engineer, Archaeologist and Geologist

Trace the great movements of people across the Old World and the global migrations sparked by the 15th-century Age of Exploration. These are still shaping our world today.

2325 | Thu., Aug. 20 | 10:00 AM | \$15

NEW CLASS

Mysticism – The Sacred Fire at the Heart of Religion

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

In the vast world of religion and spirituality there is a nether region called mysticism far outside the mainstream, yet hidden in plain sight.

2332 | Fri., Jul. 17 | 1:00 PM | \$16

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.

2572 | Fri., Jul. 10 | 10:00 AM | \$15

NEW CLASS

Pristine Settlements

Henry George, Engineer, Archaeologist and Geologist

Discover how early transformations in the regions that became the cradles of civilization helped shape the major physical variations seen in human populations today.

2324 | Thu., Jul. 16 | 10:00 AM | \$15

NEW CLASS

The Art of Takashi Murakami

Julia Fister, MA, Studio ACE Executive Director

Explore how Takashi Murakami blends traditional Japanese art, anime, manga, and consumer culture to examine art and media in contemporary society.

2616 | Mon., Aug. 24 | 11:00 AM | \$15

NEW CLASS

The Civilian Conservation Corps: Creating Jobs, Saving the Land

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

Discover how the Civilian Conservation Core (CCC) gave unemployed men purpose during the Great Depression, and left a lasting legacy of conservation, infrastructure, and opportunity.

2483 | Wed., Aug. 5 | 10:00 AM | \$15

NEW CLASS

The Great War and the Dawn of the American Century

Mark Carlson, Historian & Author

Explore how World War I began, where it was fought, and why the U.S. joined—while uncovering how the conflict shaped the turbulent century that followed.

2208 | Wed., Jul. 15 | 1:00 PM | \$15

NEW CLASS**The Miracle of Gemini**

Mark Carlson, Historian & Author

Often overshadowed by Mercury and Apollo, Project Gemini pioneered the technologies and techniques that made the moon landings possible.

2209 | Wed., Aug. 19 | 1:00 PM | \$15

NEW CLASS**📍📍 The Rise of Television: From Broadcast Beginnings to Streaming Giants**

Lindsey Lambert, MA, Former Film Studies Professor

Explore the history of television, from its early broadcasts and color TV boom to cable, streaming, and the future of this constantly evolving medium.

2597 | Mon., Aug. 3 | 1:00 PM | \$15

NEW CLASS**The Songs of Peter Bolland**

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

Award-winning Americana musician Peter Bolland shares heartfelt original songs in a rare solo concert celebrating resilience, healing, and human connection.

2333 | Fri., Aug. 14 | 1:00 PM | \$16

Who Were Those People?

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

Curious about the stories hidden in the names all around you? Uncover the fascinating connections between people, places, and the names that have endured.

2481 | Wed., Jul. 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 hidden stories of remarkable women who shaped San Diego's history from Kumeyaay leaders to pioneers, business moguls, and visionaries.

2412 | Wed., Jul. 1 | 1:00 PM | \$15

NEW CLASS**World War II: Then and Now**

Robert Givens, PhD, Fulbright Fellowship Recipient, Scholar of European and Russian History

Examine World War II's transformative warfare innovations and global consequences, including superpower rivalry, empire decline, welfare states, U.S. mobilization, and lasting social change.

2469 | Thu., Jul. 23 | 10:00 AM | \$15

LANGUAGES

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

FRENCH

📍📍 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.

2142 | Wed., Jul. 8 | 10:00 AM | \$10

📍📍 Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

2145 | Wed., Jul. 15 - Aug. 26 | 10:00 AM | 7 Sess. | \$140

📍📍 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.

2171 | Wed., Jul. 8 | 11:30 AM | \$10

📍📍 Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

2173 | Wed., Jul. 15 - Aug. 26 | 11:30 AM | 7 Sess. | \$140

📍📍 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.

2139 | Wed., Jul. 8 | 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.

2141 | Wed., Jul. 15 - Aug. 26 | 1:00 PM | 7 Sess. | \$140

NEW CLASS

Try it Out: Beginning French for Travelers

Yvette Zoghb, French 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.

2136 | Mon., Jul. 6 | 10:00 AM | \$10

NEW CLASS

Beginning French for Travelers

Yvette Zoghb, French Instructor

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

2137 | Mon., Jul. 13 - Aug. 24 | 10:00 AM | 7 Sess. | \$140

GERMAN

Try it Out: Intermediate German

Christine Nievergelt, Credentialed Instructor, M. Ed.

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.

2175 | Fri., Jul. 10 | 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.

2177 | Fri., Jul. 17 - Aug. 21 | 10:00 AM | 6 Sess. | \$120

ITALIAN

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.

2147 | Fri., Jul. 10 | 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.

2149 | Fri., Jul. 17 - Aug. 21 | 1:00 PM | 6 Sess. | \$120

Try it Out: Beginning High Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Have some basic familiarity with the language? Try a class designed to see if this level matches your learning pace. Current students are welcome to attend.

2151 | Tue., Jul. 7 | 12:00 PM | \$10

Beginning High Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

For students with basic Italian knowledge, build fluency and confidence through conversation, grammar review, vocabulary development, listening practice, and real-life speaking activities.

2153 | Tue., Jul. 14 - Aug. 25 | 12:00 PM | 7 Sess. | \$140

Try it Out: Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

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

2179 | Tue., Jul. 7 | 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.

2181 | Tue., Jul. 14 - Aug. 25 | 1:15 PM | 7 Sess. | \$140

MANDARIN

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.

2155 | Tue., Jul. 7 | 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.

2157 | Tue., Jul. 14 - Aug. 25 | 10:00 AM | 7 Sess. | \$140

SPANISH

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.

2159 | Thu., Jul. 9 | 10:00 AM | \$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.

2161 | Thu., Jul. 16 - Aug. 27 | 10:00 AM | 7 Sess. | \$140

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 see if this level matches your learning pace. Current students are welcome to attend.

2167 | Thu., Jul. 9 | 11:30 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.

2169 | Thu., Jul. 16 - Aug. 27 | 11:30 AM | 7 Sess. | \$140

Try it Out: Intermediate Spanish

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

Have prior experience and want to build confidence? Try a class designed to see if your skills match the pace and content of the intermediate level. Current students are welcome to attend.

2183 | Thu., Jul. 9 | 1:00 PM | \$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.

2185 | Thu., Jul. 16 - Aug. 27 | 1:00 PM | 7 Sess. | \$140

LITERATURE & VISUAL ARTS

NEW CLASS

Exploring Humanity Through Memoir

Sarah Beaupré, Artist, Author, and Musician

Travel through deeply personal memoirs that offer insight into grief, recovery, and faith from authors such as Joan Didion, William Styron, Caroline Knapp and more.

2566 | Fri., Jul. 24 | 10:00 AM | \$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.

2216 | Wed., Jul. 15 | 10:00 AM | \$5

Circe by Madeline Miller.

2217 | Wed., Aug. 19 | 10:00 AM | \$5

Homefront by Kristin Hannah.

**PRIVATE DOCUMENTARY SCREENING!
FOLLOWED BY Q & A SESSION!**

THE GLENNER CENTERS, IN A UNIQUE COLLABORATION WITH AWARD-WINNING SPECULATIVE FILMS, ARE PROUD TO PRESENT A SPECIAL SCREENING OF "TOWN SQUARE®: A DOCUMENTARY FILM ABOUT "RECREATING THE PAST TO RECLAIM THE PRESENT."

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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.

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- ♥ Learning Opportunities – Classes & Supervised Play
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Boost your brainpower and build lasting friendships!

Check our schedule at bcncsandiego.org and join the fun today!

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MUSIC & LIVE PERFORMANCES

NEW CLASS

American Folk Music: From the Colonies to the Beatnik Coffee House

Chris Burns, Many-Strings

Experience 400 years of American folk music, from colonial songs to today. Icons like Sam Hinton, Lead Belly, and Phil Ochs will be featured.

2455 | Thu., Jul. 2 | 10:00 AM | \$15

Beginning Ukulele I

Karla Kay Brustad, Founder and Leader of Ukuladies of Ramona and Ramona Ukulele Jammers

Learn how easy it is to play songs on the ukulele. Learn chords and strumming patterns. No prior musical experience is necessary. Check the online listing for required materials.

2212 | Tue., Jul. 7 - Aug. 11 | 11:30 AM | 6 Sess. | \$120

NEW CLASS

Community Harmony Singing

Anthony Serpiello, Music & Vocal Instructor

Some singing experience is recommended. Build confidence and musicality through vocal warm-ups and group harmony singing, exploring new songs weekly in a fun, supportive, no-pressure environment.

2582 | Mon., July 13 -27 | 3:00 PM | 3 Sess. | \$60

2583 | Mon., Aug. 3 - 17 | 3:00 PM | 3 Sess. | \$60

Continuing Harmonica

Anthony Serpiello, Music & Vocal Instructor

Build on the basics by improving tone, control, and accuracy while learning simple techniques and new songs.

2415 | Mon., Jul. 13 - Aug. 17 | 1:45 PM | 6 Sess. | \$120

Continuing Ukulele

Karla Kay Brustad, Founder and Leader of Ukuladies of Ramona and Ramona Ukulele Jammers

Keep the fun going. Learn new chords, new strumming patterns and new songs. Learn fingerpicking and how to read tablature. Check the online listing for required materials.

2213 | Tue., Jul. 7 - Aug. 11 | 10:00 AM | 6 Sess. | \$120

NEW CLASS

Cozy Classroom Concert: Singer Songwriter Favorites

Doug Beaupré & Sarah Beaupré, Singer Songwriters

Join Doug and Sarah for an intimate acoustic performance featuring beloved songs by singer-songwriters like James Taylor, John Denver, Joni Mitchell, and more.

2220 | Fri., Jul. 17 | 2:00 PM | \$15

NEW CLASS

Honoring Native American Musical Creativity

Chris Burns, Many-Strings

Explore Native American music through traditional and modern sounds, from flute melodies to bird songs, celebrating its rich history, cultural unity, and connection to nature and community.

2571 | Thu., Aug. 27 | 1:30 PM | \$15

NEW CLASS

Intermediate Ukulele

Anthony Serpiello, Music & Vocal Instructor

For experienced players, this fast-paced class explores advanced chords, strumming, fingerpicking, and musical dynamics while learning songs and expanding ukulele skills.

2414 | Mon., Jul. 13 - Aug. 17 | 12:30 PM | 6 Sess. | \$120

Love Ukulele? Let's Jam

Debbie Lambert, Ukulele Instructor

Build confidence and friendships in this community ukulele jam. This class is not for absolute beginners because some chord and strumming ability is required.

2465 | Wed., Jul. 15 | 1:30 PM | \$15

2466 | Wed., Aug. 12 | 1:30 PM | \$15

Music Series: Live Rock Revival with The Classic Rock Band

Classic Rock Band

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

2403 | Fri., Aug. 7 | 1:00 PM | \$15

Sing! (With No Judgement)

Beth Newton

Join us for a relaxed, supportive singing experience with breathing exercises, solo and group singing—focused on enjoyment, confidence, and fun, instead of perfection.

2533 | Fri., Jul. 10 | 10:30 AM | \$15

2605 | Fri., Aug. 7 | 10:30 AM | \$15

NEW CLASS

Tchaikovsky's Overture of 1812: The Music and the History

Chris Burns, Many-Strings

Explore Tchaikovsky's 1812 Overture, where music brings Napoleon's failed invasion of Russia to life through powerful themes of battle, struggle, and triumph, alongside its historical context.

2570 | Tue., Jul. 28 | 1:30 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., Jul. 2 | 1:00 PM | \$15

NEW CLASS

The Songs of Peter Bolland

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

Award-winning Americana musician Peter Bolland shares heartfelt original songs in a rare solo concert celebrating resilience, healing, and human connection.

2333 | Fri., Aug. 14 | 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. Learn about scoring and rules and then dive into game play. All materials provided.

2319 | Thu., Jul. 23 | 10:00 AM | \$40

2321 | Thu., Aug. 20 | 10:00 AM | \$40

American Mah Jongg 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 because space is limited!

2318 | Tue. & Thu., Jul. 7 - 16 | 1:00 PM | 4 Sess. | \$100

American Mah Jongg 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. This class is suitable for all experience levels.

2320 | Tue. & Thu., Aug. 4 - 13 | 1:00 PM | 4 Sess. | \$100

AWARD BOOKING HACKS SERIES

📍 Award Booking Hacks: Getting the Most From Your Credit Card Points!

Sandy Weisman, 3x World Traveler on Points

Unlock your credit card points! Learn secret tricks for free flights, double trips, and sweet spots to Hawaii, Europe, and beyond without breaking the bank.

2559 | Thu., Jul. 23 | 2:30 PM | \$15

📍 Award Booking Hacks: How to Book the Best Flights and Hotels

Sandy Weisman, 3x World Traveler on Points

Explore the art of booking free travel using points. Learn advanced tools and strategies to stretch rewards further and unlock hidden deals.

2467 | Thu., Jul. 16 | 1:00 PM | \$15

📍 Award Booking Hacks: How to Travel the World Free

Sandy Weisman, 3x World Traveler on Points

Learn how to harness credit cards, hotels, airline and other points programs for free travel—just by maximizing everyday spending and reward programs.

2377 | Thu., Jul. 9 | 1:00 PM | \$15

NEW CLASS**BaZi Basics (Chinese Astrology)**

Bel Cote, Metaphysics and Wellness Coach

A gentle introduction to BaZi's core concepts and how they reveal basic personal themes. Ideal for anyone curious about this traditional Chinese system.

2269 | Wed., Jul. 22 | 1:00 PM | \$15

Be Happy - Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)

Join us to create happiness habits, expand joy, appreciate what you have, and build nourishing relationships that boost your happiness.

2544 | Thu., Jul. 16 | 10:00 AM | \$15

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.

2394 | 2nd & 4th Wed., Jul. 8 - Aug. 26 | 10:30 AM |

4 Sess. | FREE

Bridge Basics 2 – Competitive Bidding

Leslie M Beaver, ACBL certified and Ruby Life Master

This class progresses through preemptive bids, overcalls, and takeout doubles, to competitive auctions.

2577 | Thu., Jul. 9 - Aug. 6 | 9:30 AM | 5 Sess. | \$60

Bridge Basics 3 – Popular Conventions

Leslie Beaver, ACBL certified and 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.

2578 | Thu., Aug. 20 – Sept. 17 | 9:30 AM | 5 Sess. | \$60

Bunco: Super Simple and Fabulously Fun

Shahla Rabinowitz, a decade of teaching Mah Jongg and Bunco and teacher of Farsi

Learn to play Bunco, a lively dice game that combines quick thinking with nonstop fun.

2580 | Tue., Jul. 7 | 1:00 PM | \$10

2581 | Fri, Aug. 21 | 1:00 PM | \$10

NEW CLASS**Candle Scrying: A Meditative Approach to Reading Wax Shapes**

Bel Cote, Metaphysics and Wellness Coach

Explore candle scrying, a practice of reading wax shapes in water, while discovering symbolism, intuition, and intention setting in a relaxing, hands-on experience.

2558 | Mon., Aug. 17 | 10:00 AM | \$20

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.

2614 | Fri., Jul. 31 | 1:00 PM | \$15

NEW CLASS**Feng Shui: Create Flow & Harmony**

Bel Cote, Metaphysics and Wellness Coach

Uncover the basics of Feng Shui and how thoughtful adjustments can enhance harmony and vitality in your home. Ideal for curious beginners.

2270 | Wed., Aug. 26 | 1:00 PM | \$15

NEW CLASS**Game of the Month Club: Scattergories**

Elyse Kist, MBA, Professional HOA Executive, Beading Hobbyist and Game Enthusiast

Join a lively game of Scattergories. Challenge your creativity, quick thinking, and memory while making new Oasis friends. Everyone is welcome. No experience is needed.

2611 | Mon., Aug. 17 | 1:00 PM | \$12

NEW CLASS**Game of the Month Club: Scrabble**

Elyse Kist, MBA, Professional HOA Executive, Beading Hobbyist and Game Enthusiast

Enjoy a relaxed, social game of Scrabble for all skill levels. Build vocabulary, strategy, and friendships while keeping your mind active through fun, friendly competition.

2610 | Tue., Jul. 21 | 1:00 PM | \$12

♥ 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.

2221 | Fri., Aug. 14 | 1:00 PM | \$12

Once Upon Our Lives: Sharing Our Own Stories

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 are needed.

2198 | Wed., Jul. 29 | 1:00 PM | \$15

2199 | Wed., Aug. 26 | 1:00 PM | \$15

NEW CLASS

Personalized Makeup Tips and Techniques

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

In this advanced class, get hands on practice with instructor guidance for those trouble areas, or create a glamorous look for special occasions.

2246 | Wed., Aug. 12 | 10:00 AM | \$15

NEW CLASS

♥♥ Royal Indoor Garden Tea Party: Hat Making Workshop

David Beevers, Manager of Technology Training and Program Operations

Transform your hat into a floral, high-fashion garden tea party piece, creating a stylish and elegant headpiece fit for a royal-inspired indoor celebration.

2280 | Thu., Jul. 9 | 1:00 PM | \$10

NEW CLASS

♥♥ Royal Indoor Garden Tea Party

David Beevers, Manager of Technology Training and Program Operations

Step into a royal-inspired indoor garden tea party filled with floral teas, elegant sweets, savory bites, and the charm of a botanical retreat.

2281 | Thu., Jul. 16 | 2:00 PM | \$35

NEW CLASS

Shamanic Practices: Rituals, Healing, and Spiritual Traditions

Kathy Hassett, MS, Buddhist Priest, 2nd Vice Abbott at Lohan Spiritual and Cultural Center

Explore shamanic practices through guided meditation, spirit animal journeys, and energy work while building personal insight, reflection, and spiritual connection.

2563 | Mon., Jul. 20, Aug. 3 & 17 | 10:30 AM | 3 Sess. | \$45



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.

2248 | Wed., Jul. 29 | 10:00 AM | \$15




Royal Indoor Garden Tea Party

THURSDAY, JULY 16
2:00 PM – 3:00 PM

Step through the palace gates into an afternoon garden tea party and experience the splendor of a royal botanical retreat from the comfort of our indoor Oasis sanctuary.

Enjoy the tiered towers of delectable sandwiches and palace sweets while sipping on a variety of hot teas.

Class #2281 | Cost: \$35 | Rancho Bernardo




The Law of Attraction: Creative Workshop

Gigi Howard, MA Ed., Law of Attraction Specialist

Learn to visualize with greater clarity using the Creative Workshop process, a relaxed method for focusing intentions in key areas of life: body, home, free time, relationships.

2365 | Fri., Jul. 10 | 1:00 PM | \$15

The Law of Attraction: Living the Good Life Deliberately

Gigi Howard, MA Ed., Law of Attraction Specialist

Participating in this engaging law of attraction class, you will learn the practice of deliberate thinking in order to experience more joy and purpose every day.

2584 | Mon., Aug. 17 | 1:00 PM | \$15

Three Keys to Get Started in Creating a Life You Want

Laura Diaz, Board Certified Coach (BCC)

There are ways you can design your future life. Explore strategies and practices that bring out your creativity and vision for the life you want to create.

2545 | Tue., Aug. 25 | 10:00 AM | \$15

📍 Travel Trends & Top Destinations with AFC Vacations

Will Reece, AFC Vacations

Get inspired for your next adventure as we look at travel trends, popular destinations, and hidden gems worldwide.

2528 | Fri., Aug. 14 | 10:00 AM | FREE

NEW CLASS

Wine & Food Pairing Basics

Matilda Parente, MD, CSW

Learn how easily you can pair wines to make your food taste better and pair foods to make your wine choices sing.

2562 | Fri., Aug. 21 | 1:00 PM | \$20

NEW CLASS

Wines of Portugal

Matilda Parente, MD, CSW

Take an armchair tour of Portugal's diverse wine styles, enjoy a sip and discover a wine scene among the world's most exciting.

2561 | Mon., Jul. 20 | 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.

2224 | 2nd & 4th Mon., Jul. 13 & 27 | 1:00 PM | 2 Sess. |

\$20

2225 | 2nd & 4th Mon., Aug. 10 & 24 | 1:00 PM | 2 Sess. |

\$20

SCIENCE

NEW CLASS

Distant Travelers: Comets

Neil Farber, NASA/JPL Solar System Ambassador

Comets have fascinated humanity for millennia. Explore their history, origins, and the latest discoveries from probes that reveal some of their secrets.

2329 | Thu., Aug. 13 | 10:00 AM | \$15

NEW CLASS

Mars: Myth to Magic

Neil Farber, NASA/JPL Solar System Ambassador

From imagined "canals" to NASA rover discoveries, explore how Mars transformed from myth to modern science's most fascinating neighbor.

2328 | Thu., Jul. 9 | 10:00 AM | \$15

NEW CLASS

Sleep Across the Human Lifespan

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

Explore how sleep changes with age, from infancy through older adulthood, and learn practical ways to improve sleep quality and recognize common sleep disorders.

2575 | Mon., Jul. 13 | 10:00 AM | \$15

NEW CLASS

The Phonology of Science and Mathematics

Bruce McCoy, BSEE, ret MIT/NASA test engineer for Mission Operations Center

Discover how the Phoenician alphabet sparked a revolution in Western science and mathematics, transforming ancient trade communication into the foundation of modern analytical thought.

2546 | Wed., Aug. 19 | 10:00 AM | \$15

NEW CLASS

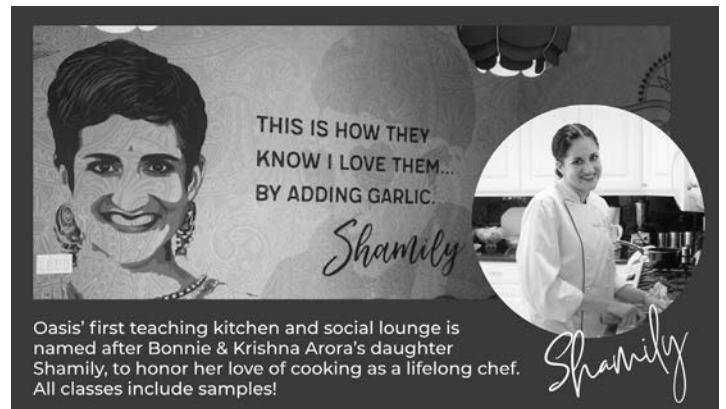
Wondrous Hummingbirds: The Tiny Phenoms of the Air

Christine Lo, Hummingbird Rehabilitationist

Explore the incredible world of hummingbirds, combining science and real-life observation to uncover what makes these tiny birds some of nature's most remarkable marvels.

2551 | Tue., Aug. 4 | 1:00 PM | \$15

SHAMILY'S KITCHEN



NEW CLASS

A Culinary Experience at Chef Pelliccia's Table: Coastal Italian Seafood Dinner

Mark Pelliccia, Classically Trained Chef Specializing in Italian Cuisine and Baked Goods

This menu celebrates the bright, brined flavors of the Italian coastline, focusing on freshness and the natural sweetness of premium seafood.

2473 | Fri., Jul. 17 | 5:00 PM | \$70

NEW CLASS**A French Summer Feast**

Beatrice Ricart, Chef and Accounting Specialist

Celebrate Bastille Day with a French Summer Feast! Join Chef Beatrice as she shares some of her favorite seasonal salads, savory kebabs, and festive appetizers.

2552 | Tue., Jul. 14 | 11:00 AM | \$25**NEW CLASS****A Trio of Gazpacho**

Rosie Bent, Owner of Bent On Cooking

Learn how to make three types of chilled, refreshing gazpachos: classic, strawberry, and layered fruit.

2555 | Wed., Jul. 15 | 11:00 AM | \$25**NEW CLASS****Black Bean Chocolate Chunk Brownies**

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Create Fudgy Black Bean Brownies, perfect for healthy dessert lovers and gluten-free diets from the Costa Rican blue zone.

2554 | Fri., Jul. 24 | 10:00 AM | \$25**NEW CLASS****Brazilian Brigadeiros**

Allison Weisman, Owner of Allison's Custom Confections

Discover the secrets behind brigadeiros, Brazil's beloved chocolate treat, known for their rich, fudgy texture and melt-in-your-mouth sweetness.

2592 | Thu., Jul. 30 | 1:00 PM | \$25**📍📍 Cook Today, Relax Tomorrow: One Recipe, Two Meals**

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

Make healthy eating easier by turning one simple dish into creative leftovers that save time, energy, and dishes.

2602 | Fri., Jul. 10 | 11:00 AM | \$25**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 for practice.

2598 | Thu., Aug. 27 | 11:00 AM | \$40**NEW CLASS****Cooking for One**

Rosie Bent, Owner of Bent On Cooking

Create a delicious meal for one, as you discover this versatile base of portobello mushrooms from Stuffed Portobellos with Vegetables to Stuffed Portobellos with Parmesan.

2556 | Wed., Aug. 12 | 11:00 AM | \$25**NEW CLASS****Fast and Furious: Recipes for the Days of Summer**

Carol Zaleta, Chef

Learn to create chicken piccata, white bean tabbouleh, and green beans with a tahini yogurt dressing. Great for San Diego summer days!

2564 | Mon., Aug. 10 | 11:00 AM | \$25**NEW CLASS****Heirloom Tomato Fiesta**

Mark Cleveland, President/Chef Owner of Avanti Culinary Consulting

Celebrate heirloom tomatoes with citrus miso dressing, garden herbs, and edible flowers while learning simple plating techniques for elegant, seasonal presentations.

2609 | Thu., Aug. 6 | 11:00 AM | \$25**NEW CLASS****Hungarian Chicken Paprikash**

Allison Weisman, Owner of Allison's Custom Confections

Learn a family recipe for rich, smoky Hungarian chicken paprikash made with paprika, tender braised chicken, and comforting homemade dumplings.

2591 | Thu., Aug. 20 | 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., Jul. 22 | 10:00 AM | \$25**NEW CLASS****Pepita Pesto with Summertime Herbs**

Mark Cleveland, President/Chef Owner of Avanti Culinary Consulting

Discover a fresh, nut-free twist on classic pesto using pumpkin seeds. Samples will be served on warm focaccia bread.

2608 | Wed., Jul. 8 | 11:00 AM | \$25

NEW CLASS

Peruvian Alfajores Cookies

Allison Weisman, Owner of Allison's Custom Confections

Learn to make delicate South American alfajores filled with dulce de leche, perfect for pairing with coffee, tea, and a little afternoon indulgence.

2593 | Thu., Jul. 9 | 1:00 PM | \$25

Plant Powered High Protein Bowls

Chef Zuzu Khawaja, Vegan Chef, Food Stylist, and Recipe Developer

Join Bravo TV's award-winning Top Chef as you learn the art of making delicious high protein meals with bold flavors that pack a protein punch.

2553 | Thu., Jul. 23 | 11:00 AM | \$35

NEW CLASS

Power-Packed Summer Salad Bowls

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

Discover how to combine seasonal ingredients and plant-based proteins into flavorful, power-packed salads perfect for summer.

2600 | Fri., Aug. 7 | 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., Jul. 22 | 12:00 PM | \$25

NEW CLASS

Refreshing Summer Soups

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

Blend fresh seasonal ingredients into chilled soups that are hydrating, flavorful, and perfect for staying cool and nourished.

2599 | Tue., Aug. 25 | 11:00 AM | \$25

NEW CLASS

Salud! Happy Hour Cocktails from Lima with Love

Daniel Urdanivia, Peruvian Mixologist

Sip, shake, and savor-- South American style! Learn the secrets of Peru's unofficial national cocktail including exciting, infused variations. Sample Peruvian tamales, too!

2604 | Wed., Aug. 19 | 1:00 PM | \$40

NEW CLASS

S'mores Bars

Allison Weisman, Owner of Allison's Custom Confections

Make chewy s'mores bars packed with classic campfire flavor, perfect for picnics, BBQs, baking with grandkids, and sharing with a crowd.

2594 | Thu., Jul. 2 | 1:00 PM | \$25

NEW CLASS

Summer Bliss Mocktails

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

Shake up flavorful alcohol-free mocktails featuring herbs and spices that add both taste and wellness benefits to every sip.

2601 | Tue., Jul. 28 | 11:00 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., Aug. 5 | 12:00 PM | \$25

Class #2473
A CULINARY EXPERIENCE AT
CHEF PELLICCIA'S
Dinner Table

\$70
per person

Friday, July 17
5pm - 7pm

Menu
Bread Service
Insalata di Mare
Spaghetti ai Frutti di Mare
Pesce alla Mediterranea
Torta di Ricotta al Limone

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., Aug. 5 | 10:00 AM | \$25

NEW CLASS

The Glass Garden: Mason Jar Salads

Gidget Arabe, Personal Chef

Learn the secret to crisp, colorful mason jar salads that stay fresh for days and simplify healthy meal planning.

2603 | Mon., Jul. 27 | 11:00 AM | \$25

TECHNOLOGY

NEW CLASS

Digital Subscriptions

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

How many digital subscriptions are you paying for right now? Discover your active subscriptions, understand renewal cycles, and learn simple ways to manage recurring costs.

2904 | Thu., Aug. 13 | 10:00 AM | \$15

📍 Introduction to Virtual Reality: An Interactive Experience

Carlos Lujan, USN Retired, Founder of VR Health Ventures

Explore Virtual Reality in this beginner-friendly, hands-on class. Learn how it works, try a headset, and discover new ways to connect, engage, and play.

2534 | Mon., Jul. 6 | 10:00 AM | \$15

2535 | Mon., Aug. 3 | 10:00 AM | \$15

NEW CLASS

Mastering Video Calls

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

Stay connected with family and friends. Learn video calling basics, group chats, privacy tips, and how to call across Apple and Android devices.

2905 | Thu., Aug. 13 | 11:30 AM | \$15

NEW CLASS

Organize Your Computer: Hands-On

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

Learn hands-on strategies to organize your computer, reduce clutter, save time, and create an easy-to-use system that keeps everything simple to find.

2903 | Wed., Aug. 5 | 11:30 AM | \$15

H HYBRID **📍** BOTH LOCATIONS

NEW CLASS

Passkeys: What the Heck are They?

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

Learn what passkeys are, how they work, and why they offer a safer, simpler alternative to passwords for everyday online security.

2901 | Mon., Jul. 6 | 11:30 AM | \$15

SmartPhone 101

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

Learn the basic functions and features of your iPhone or Android phone to navigate with confidence to build a solid foundation for everyday use.

2900 | Mon., Jul. 6 | 10:00 AM | \$15

SmartPhone 102

Eamen Hameed, MS, 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.

2902 | Wed., Aug. 5 | 10:00 AM | \$15



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**RANCHO
BERNARDO**

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

227 | Tue., Jul. 7 | 10:00 AM | \$10

236 | Tue., Aug. 4 | 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.

228 | Tue., Jul. 7 | 12:00 PM | \$10

237 | Tue., Aug. 4 | 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.

229 | Tue., Jul. 7 | 2:00 PM | \$10

238 | Tue., Aug. 4 | 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.

230 | Tue., Jul. 21 | 10:00 AM | \$10

239 | Tue., Aug. 18 | 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.

231 | Tue., Jul. 21 | 12:00 PM | \$10

240 | Tue., Aug. 18 | 12:00 PM | \$10

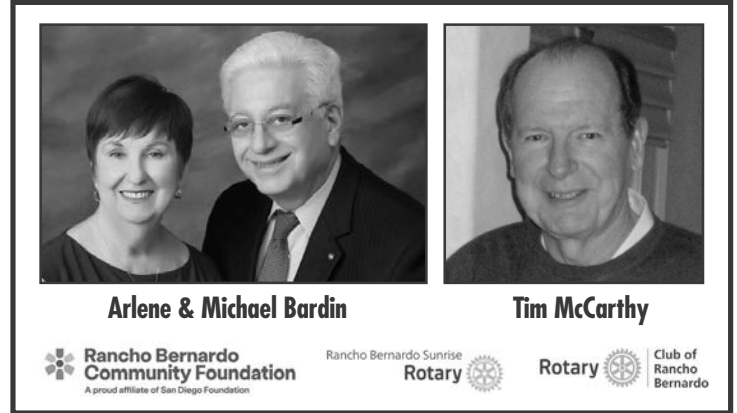
Pocket Full of Power: Your Digital Wallet

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.

224 | Thu., Jul. 2 | 10:00 AM | \$10

233 | Thu., Jul. 30 | 10:00 AM | \$10

242 | Thu., Aug. 27 | 10:00 AM | \$10



Technology for Travelers

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

232 | Tue., Jul. 21 | 2:00 PM | \$10

241 | Tue., Aug. 18 | 2:00 PM | \$10

UBER/Lyft App Workshop

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

225 | Thu., Jul. 2 | 12:00 PM | \$10

234 | Thu., Jul. 30 | 12:00 PM | \$10

243 | Thu., Aug. 27 | 12:00 PM | \$10

YouTube Workshop

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

226 | Thu., Jul. 2 | 2:00 PM | \$10

235 | Thu., Jul. 30 | 2:00 PM | \$10

244 | Thu., Aug. 27 | 2:00 PM | \$10

Are you making
financial decisions
that reflect your
values?

When it comes to money matters, you may think it's all about using your head. Crunching numbers, analyzing spreadsheets to figure out how much you have, and calculating what you need to reach your financial goals.

But shouldn't your financial decisions also be based on your heart—your feelings and emotions, the things that you value and are important to you?

We offer a no-obligation "heart check-up" to see if your retirement strategies are in alignment with your values.

Call us at (858) 455-5227 to make an appointment for free, 30-minute, one-on-one, confidential financial consultation with no strings attached.

thrivent[®]

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

See page 32 for upcoming Thrivent Financial classes at San Diego Oasis on Economic Review and Market Outlook, How Taxes Affect Your Retirement, Social Security, and more.



Anthony Camara
MBA, CFP[®], FIC
Wealth Advisor

Meet Anthony Camara

Financial Consultant | Thrivent

Anthony Camara partners with San Diego Oasis to help older adults navigate financial topics with clarity and confidence.

Through engaging, educational classes, Anthony covers key areas such as:

- Social Security strategies
- Estate and legacy planning
- Charitable giving that makes an impact
- Purpose-driven financial planning for retirement

With a background in values-based advising, Anthony is passionate about empowering adults 50+ to make financial decisions that not only make sense—but also feel right.

**Schedule your free heart
check-up today:
(858) 455-5227**

Learn more at Thrivent.com

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OASIS AT THE LIBRARY

DEL MAR LIBRARY 1309 Camino Del Mar Del Mar, CA 92014

Music of Southeast Asia

Bernard Ellorin, Ph.D.

From gong ensembles to improvisatory singing, we'll focus on music from diverse communities that reflects the landscape and belief systems of the people.

730 | Tue., Aug. 11 | 5:00 PM | FREE

LA MESA BRANCH LIBRARY 8074 Allison Ave, La Mesa, CA 91942

Art of Photography: Composition and Cropping Strategies

Suda House, Professor of Art and Photography, Grossmont College

Discover how point of view and smart cropping shape powerful photos—then practice outdoors with your phone or digital camera!

729 | Sat., Jul. 11 | 11:00 AM | FREE

MISSION HILLS-HILLCREST/KNOX BRANCH LIBRARY 215 W Washington St, San Diego, CA 92103

Bringing Spaces to Life: The Ultimate Guide to Staging Homes

Farima Tabrizi, Senior Citizen Specialist Real Estate Advisor

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

727 | Sat., Aug. 15 | 2:30 PM | FREE

From Roman Republic to American Republic: Rome B.C. versus Rome D.C.

Sofia Laurein, PhD, Professor of History

Come join us in this fun and enlightening journey through the Roman Republic. Let's discover how much we have in common with the Romans.

726 | Sat., Jul. 11 | 2:30 PM | FREE

NORTH UNIVERSITY COMMUNITY BRANCH LIBRARY 8820 Judicial Dr, San Diego, CA 92122

San Diego's Most Haunted

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

Discover San Diego's haunted landmarks and paranormal stories, featuring investigations and insights from the San Diego Paranormal Research Society's case files.

725 | Fri., Aug. 21 | 2:00 PM | FREE

Sound Healing

Sofia Puerta Webber, BA Communication Science and Journalism, Certified Yoga Therapist and mindfulness teacher from UCSD Center for Mindfulness

Sound Healing incorporates body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes and gongs to create the perfect environment to relax your mind and body.

724 | Fri., Jul. 17 | 2:00 PM | FREE



OASIS AT THE LIBRARY

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

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.

722 | Wed., Jul. 29 | 1:00 PM | FREE

Love Your Heart, Protect Your Brain!

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

Did you know that heart health impacts brain function? Learn how caring for your cardiovascular system can help reduce the risk of cognitive decline and dementia.

721 | Wed., Aug. 12 | 1:00 PM | FREE

Using Home Equity Wisely in Retirement

Julie Crittenden, Licensed Loan Officer, Retirement Mortgage Specialist

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

720 | Wed., Jul. 15 | 1:00 PM | FREE

RAMONA COMMUNITY LIBRARY

1275 Main St, Ramona, CA 92065

Frida Kahlo's Art

Gwenyth Mapes, Professor of Humanities

We will look at Frida Kahlo's life (1907-1954) and some of her art.

732 | Thu., Aug. 13 | 10:30 AM | FREE

Leonardo da Vinci

Julia Fister, MA, Studio ACE Executive Director

Leonardo da Vinci is the perfect example of the "Renaissance Man." This lecture will explore the many facets of his life and unquenchable curiosity.

734 | Thu., Jul. 30 | 10:30 AM | FREE

RAMONA COMMUNITY LIBRARY (CONT.)

1275 Main St, Ramona, CA 92065

Make Health Your Hobby

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

Understand how the body works and focus on making healthy everyday lifestyle choices.

733 | Thu., Jul. 2 | 10:30 AM | FREE

TIERRASANTA BRANCH LIBRARY

4985 La Cuenta Dr, San Diego, CA 92124

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.

728 | Tue., Aug. 25 | 6:00 PM | FREE

UNIVERSITY COMMUNITY BRANCH LIBRARY

4155 Governor Dr, San Diego, CA 92122

The Radium Girls

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

Uncover the tragic story of radium-painted watch dials and the brave women whose fate improved workplace safety in America.

719 | Thu., Aug. 13 | 1:00 PM | FREE

SAN CARLOS LIBRARY

7265 Jackson Drive, San Diego, CA 92119

Manzanar: The Relocation of 120,000 Japanese Americans During WWII

Rudy Shappee, U.S. Navy Veteran and Local Historian

Explore the history of Manzanar and the Japanese American internment during WWII. Rudy Shappee shares powerful stories of resilience from inside the camps.

736 | Fri., Jul. 17 | 2:00 PM | Free

AFC Vacations

Travel Trends & Top Destinations with AFC Vacations

Will Reece, AFC Vacations

Get inspired for your next adventure as we look at travel trends, popular destinations, and hidden gems worldwide.

2528 | Fri., Aug. 14 | 10:00 AM | FREE

Rancho Bernardo Oasis

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

La Mesa Oasis

Explore Americas Historic East - Celebrate America's 250th Anniversary

Oct. 11-19, 2026 | 9 Days | 13 Meals

Single: \$6,199 | Double: \$4,649 pp

Discover America's rich history on a journey through Philadelphia, Amish Country, Gettysburg, Shenandoah National Park, Monticello, Colonial Williamsburg, and Mount Vernon. You'll conclude the trip with an immersive stay in Washington, D.C., featuring Arlington National Cemetery, iconic memorials, Smithsonian museums, and a memorable twilight monuments tour.

West Virginia Rails & Williamsburg

Oct. 16-23, 2026 | 8 Days | 12 Meals

Single: \$5,099 | Double: \$4,099 pp

Journey through the Mid-Atlantic's history and scenic landscapes with visits to Washington, D.C., West Virginia's mountain railroads, the historic Greenbrier Resort, and Thomas Jefferson's Monticello. Explore the birthplace of America in Jamestown, Yorktown, and Colonial Williamsburg while enjoying vintage train rides, fall foliage, and memorable local dining experiences.

Wonders of the Blue Danube River Cruise

Oct. 17-25, 2026 | 9 Days | 20 Meals

Single: \$7,049 | Double: \$5,399 pp

Cruise the legendary Danube aboard the luxurious MS Amadeus Nova, visiting the historic capitals of Budapest, Bratislava, and Vienna, along with scenic treasures including the Wachau Valley, Melk Abbey, and Regensburg. Enjoy guided sightseeing, elegant onboard dining, and stunning river views throughout the journey, with an optional extension to explore the beauty and culture of Prague.

Classical Italy - Rome, Florence, & Venice

Nov. 1 - 10, 2026 | 10 Days | 14 Meals

Single: \$5,649 | 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.

Fantastic Florida

Jan. 14-21, 2027 | 8 Days | 11 Meals

Single: \$6,149 | Double: \$4,499 pp

Discover the natural beauty and vibrant culture of South Florida on a journey featuring Miami, Fort Lauderdale, the Everglades, Biscayne National Park, and the Florida Keys. Highlights include an airboat ride, wildlife encounters, scenic cruises, Key West sightseeing, the Hemingway Home, and unforgettable coastal landscapes from Miami to the southernmost point of the continental United States.

Collette Vacations

Discover South Pacific Wonders

Jan. 19 - Feb. 5, 2027 | 17 Days | 28 Meals

Single: \$10,599 | 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 | 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 | 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.

Spotlight on the French Riviera
Sept. 9 -17, 2027 | 9 Days | 12 Meals

Single: \$7,399 | Double: \$5,999 pp

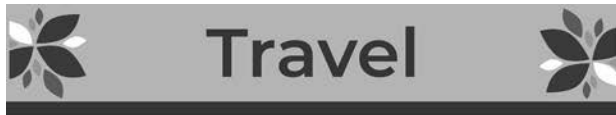
Uncover the chic resorts, sun-soaked beaches, and elegant allure that attract the rich and famous to the exquisite French Riviera. Unpack for a leisurely multi-night stay, embracing the luxury and breathtaking beauty of the Côte d'Azur.

Enchanting Christmas Markets of Germany, France and Switzerland

Dec. 9 - 17, 2027 | 9 Days | 11 Meals

Single: \$5,699 | Double: \$4,699 pp

Discover the holiday spirit across Germany, France, and Switzerland on a festive journey through iconic Christmas markets. Immerse yourself in the traditions and joys of the season across the region's most enchanting destinations.



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

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 **OASIS726** 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 us for a 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

Lavender Nights & 100,000 Lights

Thur., Jul. 16 | Price \$169

Savor a relaxed afternoon immersed in the soothing sights, scents, and flavors of fragrant lavender at the beloved annual Lavender Festival in Cherry Valley.

Motown Delight: Smokey Robinson & Gladys Knight Live

Fri., Jul. 24 | Price \$195

Indulge a magical summer evening of timeless Motown hits live and in person with Smokey Robinson and Gladys Knight at the iconic Hollywood Bowl.

LACMA's New Geffen Galleries & LA Farmers Market

Sat., Aug. 1 Price \$175

Join us for a visit to L.A.'s Original Farmers Market followed by LACMA's newly reopened Geffen Galleries and world-class art.

Pageant of the Masters & Laguna Festival of Arts

August 4, 5, 12, 19, 20, 26 | Price \$198

Prepare to be awed at the beloved Pageant of the Masters, the world-renowned centerpiece of the annual Laguna Beach Festival of Arts.

Gondola Getaway: A Day Trip to Little Italy

Wed., Aug. 12 | Price \$189

Experience a delightful day trip to Italy featuring Little Italy's vibrant market, a visit to the iconic Hotel del Coronado, and a serene gondola ride through the picturesque canals of Coronado Cays.

Hearst Castle & Treasures of the American Riviera

Sun., Aug. 16 - Tues. Aug 18 | Price \$1250 PP double occupancy

Embark on a three-day journey into coastal grandeur, historic opulence, and the timeless allure of California's American Riviera.



Senior Resource DIRECTORY



Welcome to the San Diego Oasis Resource Directory!

Whether you are looking for help with assisted living, in-home care, retirement planning, long-term care, Medicare, and much more, we invite you to browse this directory as your starting point in finding the right solution.



You can visit our Resource Directory online at:
www.SanDiegoOasis.org under the Resources tab.

Our Resource Directory participants are known partners and are fully vetted.
You can be assured of great service when you reach out to our Resource Directory service providers!

**Interested in a
Resource Directory
listing?**

Contact Jodi Gallen if you are interested in being included in our Senior Resource Directory:
Jodi@SanDiegoOasis.org or (858) 240-2880

ASSISTED LIVING: EAST COUNTY



SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 462-5831
susan@sungardenterrace.com | sungardenterrace.com

Founded in 2000, Sungarden Terrace is a boutique 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. License #374603437

ASSISTED LIVING: NORTH COUNTY



RIDGEVIEW HEALTH CENTER

Cindi Rossi | (858) 293-3900
rossci@ridgeviewhealthcenter.com
ridgeviewhealthcenter.com

Your loved one will thrive with personalized care and life-enriching activities in a warm, supportive environment that feels like home. Whether they need help with daily tasks, Alzheimer's support, or short-term recovery, you'll find it here with Assisted Living, Memory Care, and 24-hour Skilled Nursing, five-star rated by CMS.



THE REMINGTON CLUB

Anne Handley | (858) 673-6340 x122
ahandley@wqcalifornia.com
TheRemingtonClub.com

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



Your Assisted Living & Memory Care Experts

AGING123

Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options

CERTIFIED AGING IN PLACE SPECIALISTS



AGING ADVISORY SERVICES

Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733
jacqueline@agingadvisoryservices.com
agingadvisoryservices.com

Aging Advisory Services helps older adults and their families manage the decisions and transitions that come with aging. Led by Jacqueline Silverman, Certified Senior Advisor® and Certified Aging in Place Specialist, AAS provides expert guidance — including comprehensive assessments, home safety evaluations, and connections to highly vetted resources. The aim is always for every client to leave with clarity, confidence, and a plan that holds up over time. Begin with a free phone consultation.

DEMENTIA SUPPORT



GLENNER CENTERS ADULT DAY PROGRAM

Lisa Tyburski | (619) 543-4700

information@glenner.org | glenner.org

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA

FINANCIAL PLANNERS

thrivent[®] Offices of Jonathan Doering,
Matthew Molstre & Anthony Camara

THRIVENT FINANCIAL

Jonathan Doering/Anthony Camara | (858) 455-5227

Jonathan.Doering@thrivent.com

connect.thrivent.com/la-jolla-gateway-team

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.

HOSPICE



The Elizabeth Hospice

THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050

info@ehospice.org | elizabethhospice.org

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, severe illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

LONG TERM CARE ADVOCACY



AMADA SENIOR CARE

John Boodhansingh, Owner | (858) 866-9005

john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

We provide advocacy for LTC insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide comprehensive in-home caregiving and care management services, including complete LTC claims service for our clients, affording them piece of mind when they need it most.



jahnke
CONSULTING

JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351 | Fax (858) 618-1410

linda.jahnke@jcltca.com | jcltca.com

We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

MED-CAL/VA BENEFIT CONSULTANTS

FSD
Financial Security Designs

FINANCIAL SECURITY DESIGNS

Tony Bevin | (858) 673-8448

financialsecdesigns@gmail.com | www.vabenefitsonline.com

Helping Seniors Stay Home and Protect Assets

1. Qualify for Medi-Cal under new rules
2. Transfer assets without penalty (until Jan 1, 2026)
3. Avoid estate recovery and preserve your legacy

Act now—these new regulations expire soon. After Jan. 1, 2026, eligibility planning becomes more complicated.

MEDICARE EXPERTS



AMANDA SHELLEY - LICENSED INSURANCE BROKER

Amanda Shelley | (858) 431-6152

amanda@justusmedicare.com | justusmedicare.com

Amanda Shelley is a licensed insurance broker specializing in Medicare. At no cost, she can provide step-by-step guidance in navigating the Medicare maze. Certified with multiple carriers, Amanda provides her clients a range of affordable plan options that are rich in benefits. Se Habla Español. *by appointment only*



SCAN HEALTH PLAN

Veronica Ramirez | (951) 546-1466

vramirez@scanhealthplan.com |

www.scanhealthplan.com/sales/veronicaramirez

SCAN Health Plan is a not-for-profit Medicare Advantage organization focused on keeping seniors healthy and independent. As a SCAN Sales Representative, I educate individuals on their healthcare options, provide personalized guidance, and connect them with benefits and resources that support their long-term wellbeing and quality of life



UNITEDHEALTHCARE

Fariba Zariéh | (619) 887-6822

Fariba.Zariéh@gmail.com | 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

whitleyinsurancesolutions.com

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

REVERSE MORTGAGE



ACCURATE REVERSE MORTGAGE CORP.

John Correll, CRMP | (619) 294-9820

John@AccurateReverse.com | accuratereversemortgage.com

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.

SENIOR REAL ESTATE SPECIALISTS



BERKSHIRE HATHAWAY

HOMESERVICES CALIFORNIA PROPERTIES

Bryan Devore | (760) 908-3838 | DRE #01397835

Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

Bryan Devore is a Seniors Real Estate Specialist who has been assisting clients throughout San Diego since 2003. His team of highly trained agents specializes in guiding seniors through the home selling process. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process.



Melina
RISSONE
ASSOCIATE BROKER



ASSOCIATE BROKER | SRES | RCS-D | DRE #01498140
(619) 678-1350 melina@melinarissone.com
www.melinarissone.com

MELINA RISSONE | COLDWELL BANKER

Melina Rissone (CSA) | (619)-865-6017
melina@melinarissone.com | www.MelinaRissone.com

Melina Rissone is a Certified Senior Advisor (CSA), Seniors Real Estate Specialist® (SRES), and Associate Broker with Coldwell Banker West, serving San Diego seniors for 20 years. She specializes in downsizing, free home value reports, and senior home sales with a 100% service-first, no-pressure approach—whether it’s a quick sale as-is or a carefully planned sale including renovations. We partner with Movers to make it easy and help orchestrate the entire move.



Marcie
SANDS
REALTOR®
DRE #01428288
SRES®, CPTS

MARCIE SANDS
760-644-1562
MyAgentMarcie@gmail.com
MarcieSandsREALTOR.com



MARCIE SANDS | COLDWELL BANKER WEST

Marcie Sands | REALTOR® SRES® | (760) 644-1562
MyAgentMarcie@gmail.com
MarcieSandsREALTOR.com

Marcie Sands is a Seniors Real Estate Specialist assisting North County clients. For 20+ years she has provided compassionate guidance and clear communication with downsizing, trust/estate sales, and relocation. Her valuable resources and hands-on approach help seniors and their families confidently navigate real estate decisions, while keeping long-term estate planning in mind. Call today for a complimentary home consultation.



Terri Hunter, Broker Associate
WILLIS ALLEN REAL ESTATE | AGENCY PARTNER
LIVE HERE - WORK HERE - HERE FOR YOU

TERRI HUNTER | WILLIS ALLEN REAL ESTATE

Terri Hunter | Realtor | (619) 994-9927
terrihunter@willisallen.com
TerriHunter.com
WillisAllen.com

With over 25 years of real estate experience, I proudly serve Rancho Bernardo and communities throughout San Diego County. As a REALTOR® with Willis Allen Real Estate, I provide full-service representation backed by my SRES, MRP, CFSP, CRS and CLHMS designations, delivering knowledgeable guidance, strong negotiation skills, and exceptional personalized service. Resident of Rancho Bernardo since 1993.

TRANSPORTATION



Facilitating Access to Coordinated Transportation

RIDEFACT: LOW-COST TRANSPORTATION BY FACT

(760) 754-1252
factsd@factsd.org
Factsd.org

RideFACT, a program of FACT, provides affordable, curb-to-curb transportation for seniors (60+) and people with disabilities throughout San Diego County. This essential service assists with medical appointments, errands and social visits. Schedule trips up to seven days in advance. All rides are subject to availability; call for reservations 760-754-1252

Find the Resource Guide under the RESOURCES tab on the blue navigation bar.



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San Diego Oasis at La Mesa

5500 Grossmont Center Drive, Suite 269
 La Mesa, CA 91942 | (619) 881-6262

San Diego Oasis at Rancho Bernardo

17170 Bernardo Center Drive
 San Diego, CA 92128 | (858) 240-2880



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

50,048 Class Enrollments

Designed for adults 50+, evolving to meet community needs

Oasis Access Program

Removing financial and transportation barriers for participation.

19,946
Lifelong Learning

28,734
Fitness & Exercise

1,368
Technology

83%
Socially Isolated Participants

100%
Report improved well-being

100%
Report meaningful social connection

Intergenerational Tutoring Program 30+ years of service

279
Active Tutors

403
Elementary Students

52
Title I Schools

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.



Partner with us.
Invest in connection.
Change lives.

www.SanDiegoOasis.org

Thank You to our Sponsors

