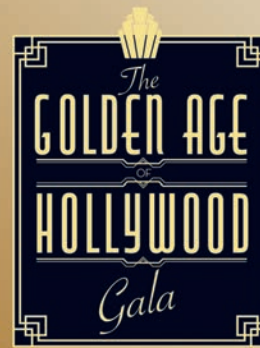


 San Diego
Oasis
September/October 2026



Annual
Black & Gold Gala
November 7, 2026

Details Inside

Explore.

Learn.

Thrive.



La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880



info@SanDiegoOasis.org



SanDiegoOasis.org

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VIRTUAL



HYBRID

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.

The background of the poster is a black and white photograph of a Hollywood cityscape at night. In the foreground, several palm trees are silhouetted against the city lights. In the background, various buildings are visible, including one with a prominent tower. Bright light rays, resembling movie spotlights, beam down from the top of the frame. The text 'GOLDEN AGE OF HOLLYWOOD' is written in a stylized, outlined font across the top, with a small icon of a movie camera in the center. Below this, the word 'Gala' is written in a large, elegant script font. A decorative horizontal line with a diamond-shaped ornament in the center separates the title from the date. The date 'Saturday, November 7' is written in a large, elegant script font at the bottom of the main image area.

GOLDEN AGE OF HOLLYWOOD

Gala

Saturday, November 7

San Diego Oasis Annual Black & Gold Gala 2026

Doors open at 5:30pm

SAN DIEGO OASIS, RANCHO BERNARDO CENTER

Support our biggest fundraiser of the year and help sustain San Diego Oasis' most vital programs that inspire, connect, and change lives.

Dining, entertainment, and auctions await, don't miss it! Tickets on sale soon. Watch your email for full event details.

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.

1072 | Tue., Sept. 22 | 1:00 PM | \$25

1073 | Tue., Oct. 27 | 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.

1090 | Tue., Sept. 29 & Oct. 6 | 1:00 PM | 2 Sess. | \$50

1091 | Tue., Oct. 20 | 1:00 PM | \$25

♥♥ 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.

1050 | Thu., Sept. 24 | 1:00 PM | \$25

Art Journaling for Mental Wellness

Ruth Sigler, MSW, Art Enthusiast

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.

1097 | Wed., Sept. 2 | 9:45 AM | \$25

1098 | Wed., Sept. 16 | 9:45 AM | \$25

1099 | Wed., Oct. 7 | 9:45 AM | \$25

1100 | Wed., Oct. 21 | 9:45 AM | \$25

1101 | Wed., Nov. 4 | 9:45 AM | \$25

Art with Kelly: Rock Painting Mandala Dot Design

Kelly Creeden, BA, MS, Mentor, & Teacher

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

1046 | Fri., Oct. 16 | 10:00 AM | \$25

Basics of Monoprinting on a Gel Plate - Level One

Marsha Markle, Mixed Media Maker

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

1075 | Tue., Sept. 8 | 1:00 PM | \$25

Basics of Monoprinting on a Gel Plate - Level Two

Marsha Markle, Mixed Media Maker

Create layered gel prints using stencils, textures, and image transfers. Mix techniques, explore possibilities, and let your creativity run wild! All materials will be provided.

1076 | Tue., Oct. 13 | 1:00 PM | \$25

NEW CLASS

Card Making with Lynn

Lynn Blanchard, Crafter and Owner of Crafting Break

Using ink, stamps, and paper we'll create beautiful, custom cards. All materials will be provided.

1059 | Fri., Oct. 23 | 10:00 AM | \$25

1060 | Fri., Nov. 6 | 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

♥♥Combining Pen and Ink with Watercolor for the True Beginner

Ann Dunham, MS Design

In this class, we will create pen and ink drawings, overlaid with watercolor. Perfect for students with no experience. Check the online listing or your purchase receipt for the required supplies.

1015 | Tue. & Thu., Oct. 20 & 22 | 10:00 AM | 2 Sess. | \$50

NEW CLASS

Composing with Sketches

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

Build on your sketching skills as you explore the elements and principles of art to create expressive, balanced compositions through fun, hands-on exercises. All materials will be provided.

1033 | Wed., Oct. 14 | 1:00 PM | \$25

NEW CLASS

Create Recycled Birthday Gift Bags: Earth & Budget Friendly

Gwen Small

Create beautiful, personalized birthday gift bags and cards from everyday materials while learning fun, eco-friendly decorating techniques. Check the online listing or your purchase receipt for optional supplies.

1463 | Mon., Sept. 28 | 1:30 PM | \$25

Crochet Basics for the Beginner

Janet Stuelpner, The Left-Handed Artist and Crafter

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

1465 | Tue., Sept. 29 | 10:00 AM | \$25

1466 | Thu., Nov. 5 | 10:00 AM | \$25



♥♥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.

1085 | Mon. & Wed., Oct. 5 & 7 | 1:00 PM | 2 Sess. | \$50

NEW CLASS

♥♥Fabric Cyanotype Quilting Squares

Brandy Sebastian, Fine Art Photographer, Artist, & Educator

Combine sun printing and stitching to design unique cyanotype quilt squares enhanced with botanicals, beads, embroidery, and creative embellishments. All materials will be provided.

1018 | Tue., Oct. 27 | 10:00 AM | \$25

♥♥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.

1020 | Wed., Sept. 16 | 1:30 PM | \$65

Yard Art

1021 | Wed., Oct. 28 | 1:00 PM | \$65

Mushrooms

Hand Loom Weaving Club

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

Weave, chat, and create in our cozy Hand Loom Weaving Club—perfect for all skill levels and full of fiber, fun, and friends! Check the online listing or your purchase receipt for the required supplies.

1035 | Fri., Oct. 2 | 1:00 PM | \$25

NEW CLASS

How to Start a Painting

Aniko Makranczy, MFA

Discover the joy of painting with acrylics. Learn simple skills and step-by-step tips to help you start your creative journey. Check the online listing or your purchase receipt for the required supplies.

1010 | Tue., Sept. 22 | 10:00 AM | \$25

♥♥Ikebana Flower Arrangement

Nakaba Emtesali, Certified Practitioner of Ikebana

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

1081 | Mon., Sept. 21 | 1:00 PM | \$50

1082 | Mon., Oct. 19 | 1:00 PM | \$50

NEW CLASS

Intro to Sketching: The Joy of Simplicity

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

Discover the joy of sketching through fun, beginner-friendly exercises, creative exploration, and art history inspiration. All materials will be provided.

1032 | Wed., Sept. 9 | 1:00 PM | \$25

Jewelry with Judy: Halloween Necklace

Judy Cunningham, Owner of Designs by Judy

Celebrate Halloween with a handcrafted necklace! Choose your favorite spooky charm and pair it with a glowing Mother-of-Pearl moon. All materials will be provided.

1043 | Mon., Oct. 12 | 1:00 PM | \$25

♥♥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.

1037 | Fri., Sept. 4 | 1:00 PM | \$25

1038 | Fri., Nov. 6 | 1:00 PM | \$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. All materials will be provided.

1041 | Thu., Oct. 29 | 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.

1039 | Fri., Sept. 25 | 1:00 PM | \$25

1040 | Fri., Oct. 23 | 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.

1086 | Fri., Sept. 11 | 1:00 PM | \$45

1087 | Fri., Oct. 9 | 1:00 PM | \$45

NEW CLASS

Paper Quilling with Marcy - Beginner

Marcy Shapiro, Retired Teacher, Artist

Quilling is the art of creating beautiful objects by rolling thin pieces of paper. Bring scissors and tweezers, all other materials will be provided.

1067 | Wed., Sept. 23 | 10:00 AM | \$25

Magnets and Initials

1069 | Wed., Oct. 28 | 10:00 AM | \$25

Mandalas

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. Bring scissors and tweezers, all other materials will be provided.

1066 | Wed., Sept. 9 | 10:00 AM | \$25

Lattice Cards

1068 | Wed., Oct. 14 | 10:00 AM | \$25

Mandalas

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.

1505 | Mon., Sept. 14 | 1:00 PM | \$25

Relax & Pour: A 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.

1540 | Wed., Sept. 2 | 1:30 PM | \$65

1541 | Wed., Nov. 4 | 1:00 PM | \$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.

1062 | Tue., Sept. 1 | 10:00 AM | \$25

1063 | Tue., Oct. 6 | 10:00 AM | \$25

1064 | Tue., Nov. 3 | 10:00 AM | \$25

NEW CLASS

Sew with Lyn: Quick and Easy Table Runners

Lyn Earl, Instructor

Brighten your holiday table with a themed table runner you can make in less than an hour. Check the online listing or your purchase receipt for the required supplies.

1056 | Wed., Oct. 21 | 1:30 PM | \$25

Sew with Lyn: Fabric Holiday Greeting Cards

Lyn Earl, Instructor

A quick and easy project using fabric scraps or strips to make unique holiday greeting cards. Check the online listing or your purchase receipt for the required supplies.

1057 | Wed., Nov. 4 | 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.

1049 | Thu., Sept. 10 | 1:00 PM | \$25

Silk Scarf Painting with Dyes and Other Mixed Media

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

Learn the basics of silk painting while creating a unique silk scarf to wear or give as a gift. All materials will be provided.

1052 | Thu., Oct. 22 | 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.

1051 | Thu., Oct. 8 | 1:00 PM | \$25



NEW CLASS

Succulent DIY Kits

Kerissa Jones, The Painted Vine

Discover the joy of plants in this creative workshop. Paint a planter, pot a succulent, learn care basics, and leave with a handmade keepsake. All materials will be provided.

1516 | Thu., Oct. 29 | 10:00 AM | \$35

Succulent-Topped Pumpkins

Muriel King, Succulent Designer and Owner of the Perfect Plant

Celebrate fall by creating your own living, succulent-topped pumpkin. All materials will be provided.

1079 | Fri., Oct. 9 | 10:00 AM | \$65

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.

1024 | Mon., Sept. 14 | 10:00 AM | \$25

1025 | Mon., Sept. 28 | 10:00 AM | \$25

1026 | Mon., Oct. 12 | 10:00 AM | \$25

1027 | Mon., Oct. 26 | 10:00 AM | \$25

1028 | Mon., Nov. 2 | 10:00 AM | \$25

📍 Watercolor Painting for the True Beginner

Ann Dunham, MS Design

Discover the joy of watercolor. Learn essential techniques, mix beautiful colors, and paint in this beginner-friendly class. Check the online listing or your purchase receipt for the required supplies.

1014 | Tue. & Thu., Sept. 8 & 10 | 10:00 AM | 2 Sess. | \$50

Watercolor Painting with Thia

Thia Nevius, MFA

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

1108 | Mon., Aug. 31 | 10:00 AM | \$25

1109 | Mon., Oct. 19 | 10:00 AM | \$25

📍 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.

1506 | Mon., Nov. 2 | 1:00 PM | \$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.

1542 | Fri., Sept. 4 | 10:00 AM | \$10

💞 Ballot Props and Measures: Pros and Cons

League of Women Voters

A non-partisan analysis of the state and local ballot measures, including which organizations and individuals support and oppose them.

1002 | Fri., Oct. 9 | 1:00 PM | FREE

NEW CLASS

💞 Downsizing: Strategies for Letting Go

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

Learn practical strategies for downsizing, organizing, and letting go while navigating the emotions and memories connected to a lifetime of belongings.

1524 | Mon., Sept. 14 | 10:00 AM | \$10

💞 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.

1557 | Fri., Oct. 23 | 1:00 PM | \$10

Long-Term Care Insurance: How to Use It

Linda Jahnke, Board Certified Patient Advocate

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

1547 | Wed., Sept. 9 | 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. We'll compare HELOCs, cash-out refinancing, reverse mortgages, and downsizing to help you make informed, confident decisions.

1525 | Thu., Sept. 17 | 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.

1532 | Thu., Oct. 8 | 2:00 PM | \$10

NEW CLASS

Probate Popcorn: What Celebrity Estate Planning Disasters Can Teach Us

Julian K. Bryant, San Diego Estate Planning Attorney

Learn valuable estate planning lessons through three surprising musical celebrity cases. See how simple mistakes can lead to costly family conflicts.

1472 | Tue., Sept. 22 | 10:00 AM | \$10

Prince

1473 | Tue., Oct. 6 | 10:00 AM | \$10

Aretha Franklin

1474 | Tue., Oct. 20 | 10:00 AM | \$10

Lisa Marie Presley



💞 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.

1561 | Wed., Oct. 28 | 10:00 AM | FREE

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.

1548 | Fri., Oct. 16 | 1:00 PM | \$10

💞 Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, CDFA®, CEO of Sage Path Solutions

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

1520 | Thu., Oct. 22 | 1:00 PM | \$15

1521 | Tue., Nov. 3 | 10:00 AM | \$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.

1208 | Fri., Sept. 4 - Oct. 2 | 10:45 AM | 5 Sess. | \$60

1209 | Fri., Oct. 9 - 30 | 10:45 AM | 4 Sess. | \$48

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1212 | Mon., Aug. 31 - Sept. 28 | 12:00 PM | 4 Sess. | \$48

1213 | Mon., Oct. 5 - 26 | 12:00 PM | 4 Sess. | \$48

1216 | Fri., Sept. 4 - Oct. 2 | 12:00 PM | 5 Sess. | \$60

1217 | Fri., Oct. 9 - 30 | 12:00 PM | 4 Sess. | \$48

1220 | Sat., Sept. 5 - Oct. 3 | 11:30 AM | 5 Sess. | \$60

1221 | Sat., Oct. 10 - 31 | 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.

1118 | Mon., Aug. 31 - Sept. 28 | 9:30 AM | 4 Sess. | \$48

1119 | Mon., Oct. 5 - 26 | 9:30 AM | 4 Sess. | \$48

1122 | Tue., Sept. 1 - 29 | 12:00 PM | 5 Sess. | \$60

1123 | Tue., Oct. 6 - 27 | 12:00 PM | 4 Sess. | \$48

1126 | Tue., Sept. 1 - 29 | 1:00 PM | 5 Sess. | \$60

1127 | Tue., Oct. 6 - 27 | 1:00 PM | 4 Sess. | \$48

1130 | Wed., Sept. 2 - 30 | 1:00 PM | 5 Sess. | \$60

1131 | Wed., Oct. 7 - 28 | 1:00 PM | 4 Sess. | \$48

1134 | Fri., Sept. 4 - Oct. 2 | 8:30 AM | 5 Sess. | \$60

1135 | Fri., Oct. 9 - 30 | 8:30 AM | 4 Sess. | \$48

1138 | Fri., Sept. 4 - Oct. 2 | 9:30 AM | 5 Sess. | \$60

1139 | Fri., Oct. 9 - 30 | 9:30 AM | 4 Sess. | \$48

1142 | Sat., Sept. 5 - Oct. 3 | 9:30 AM | 5 Sess. | \$60

1143 | Sat., Oct. 10 - 31 | 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!

1484 | Tue., Sept. 1 - 29 | 11:15 AM | 5 Sess. | \$60

1485 | Tue., Oct. 6 - 27 | 11:15 AM | 3 Sess. | \$36

1158 | Thu., Sept. 3 - Oct. 1 | 2:15 PM | 5 Sess. | \$60

1159 | Thu., Oct. 8 - 29 | 2:15 PM | 3 Sess. | \$36

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.

1162 | Thu., Sept. 3 - Oct. 1 | 1:15 PM | 5 Sess. | \$60

1163 | Thu., Oct. 8 - 29 | 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.

1146 | Wed., Sept. 2 - 30 | 12:00 PM | 5 Sess. | \$60

1148 | Wed., Oct. 7 - 28 | 12:00 PM | 4 Sess. | \$48

1147 | Sat., Sept. 5 - Oct. 3 | 10:30 AM | 5 Sess. | \$60

1149 | Sat., Oct. 10 - 31 | 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.

1194 | Wed., Sept. 2 - 30 | 9:30 AM | 5 Sess. | \$30

1195 | Wed., Oct. 7 - 28 | 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.

1236 | Wed., Sept. 2 - 23 | 2:00 PM | 4 Sess. | \$48

1237 | Wed., Oct. 7 - 21 | 2:00 PM | 3 Sess. | \$36

Wednesday class is 2 hrs:

2:00 PM Intermediate | 3:00 PM Beginners

1232 | Thu., Sept. 3 - Oct. 1 | 12:00 PM | 5 Sess. | \$60

1233 | Thu., Oct. 8 - 29 | 12:00 PM | 4 Sess. | \$48



NEW CLASS

Pilates-Yoga Fusion

Geralynn Cortes, RYT 500

Experience the perfect blend of Pilates and Yoga in this full-body class designed to build strength and boost bone, muscle and joint health to support daily activities and healthy aging.

1508 | Tue., Sept. 1 - 29 | 3:15 PM | 5 Sess. | \$60

1509 | Tue., Oct. 6 - 27 | 3:15 PM | 4 Sess. | \$48

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.

1114 | Tue., Sept. 1 - 29 | 9:30 AM | 5 Sess. | \$60

1115 | Tue., Oct. 6 - 27 | 9:30 AM | 4 Sess. | \$48

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1170 | Thu., Sept. 3 - Oct. 1 | 9:30 AM | 5 Sess. | \$60

1171 | Thu., Oct. 8 - 29 | 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.

1178 | Tue., Sept. 1 - 29 | 2:00 PM | 5 Sess. | \$60

1179 | Tue., Oct. 6 - 27 | 2:00 PM | 4 Sess. | \$48

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.

1224 | Mon., Aug. 31 - Sept. 28 | 1:15 PM | 4 Sess. | \$48

1225 | Mon., Oct. 5 - 26 | 1:15 PM | 4 Sess. | \$48

1228 | Sat., Sept. 5 - Oct. 3 | 12:45 PM | 5 Sess. | \$60

1229 | Sat., Oct. 10 - 31 | 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.

1186 | Thu., Sept. 3 - Oct. 1 | 10:45 AM | 5 Sess. | \$60

1187 | Thu., Oct. 8 - 29 | 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.

1182 | Tue., Sept. 1 - 29 | 10:45 AM | 5 Sess. | \$60

1183 | Tue., Oct. 6 - 27 | 10:45 AM | 4 Sess. | \$48

♥♥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.

1154 | Tue., Sept. 1 - 29 | 10:15 AM | 5 Sess. | \$60

1155 | Tue., Oct. 6 - 27 | 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.

1198 | Mon., Aug. 31 - Sept. 28 | 2:30 PM | 4 Sess. | \$48

1199 | Mon., Oct. 5 - 26 | 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.

1202 | Fri., Oct. 9 - Dec. 11 | 1:15 PM | 9 Sess. | \$108

T'ai Chi Chih: Seijaku

Michelle Sarubbi, Certified TCC Instructor

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

1203 | Fri., Oct. 9 - Dec. 11 | 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.

1204 | Mon., Aug. 31 - Sept. 28 | 10:45 AM | 3 Sess. | \$36

1205 | Mon., Oct. 5 - 26 | 10:45 AM | 4 Sess. | \$48

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

Alzheimer's San Diego: Communication Skills

Jean Alton, Senior Dementia Educator

Learn effective communication strategies and coping techniques to connect with and support loved ones experiencing Alzheimer's or dementia-related behaviors.

1620 | Tue., Sept. 8 | 1:00 PM | FREE

Alzheimer's San Diego: Safety at Home

Jean Alton, Senior Dementia Educator

Learn practical safety tips and community resources to protect loved ones with memory loss and ease caregiver stress.

1513 | Tue., Oct. 13 | 1:00 PM | FREE

NEW CLASS

Anti-Inflammatory Living for Joint Health

Montserrat Garcia, National Board Certified Health & Wellness Coach

Learn how inflammation affects joint health and discover simple strategies, including nutrition, movement, and lifestyle habits to support flexibility, mobility, and healthy aging.

1498 | Tue., Oct. 13 | 10:00 AM | \$15

NEW CLASS

Boost Your Immunity Naturally

Montserrat Garcia, National Board Certified Health & Wellness Coach

Discover how nutrition, sleep, stress management, exercise, and hydration can support immune health and help strengthen your body's natural defenses for healthy aging.

1497 | Mon., Sept. 28 | 10:00 AM | \$15

NEW CLASS

Caregiving Changes Your Brain. Here's How to Protect It

Sarah Uran, CEO & Co-Founder, Trusscare

Learn how caregiving affects the brain and body, and discover practical strategies to reduce stress, build resilience, and support your own well-being while caring for others.

1560 | Tue., Sept. 29 | 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.

1562 | Fri., Oct. 2 | 10:00 AM | \$15

NEW CLASS

Drizzle and Delight: Healthy Sauces

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

Transform everyday meals with fresh, homemade sauces and dressings that add bold flavor to salads, grain bowls, vegetables, and more.

1105 | Thu., Oct. 15 | 10:00 AM | \$25

NEW CLASS

Fall into Wellness: Nutritious Bowls

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

Build vibrant fall-inspired bowls filled with seasonal goodness while learning easy ways to create healthy, flavorful meals you'll love.

1104 | Thu., Sept. 17 | 10:00 AM | \$25

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.

1518 | Mon., Sept. 21 | 1:00 PM | \$15

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.

1587 | Fri., Sept. 4 | 10:00 AM | \$10

1588 | Fri., Oct. 16 | 10:00 AM | \$10

NEW CLASS

Gut Instinct: Homeopathic Remedies to Support Digestion

Samantha Conboy, CCH, MA, Certified Intuitive Eating Counselor

This class explores natural, homeopathic approaches to supporting healthy digestion, including gentle remedies you can use for everyday tummy troubles.

1604 | Thu., Oct. 1 | 10:00 AM | \$15

Mantric Meditation

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

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

1575 | Fri., Sept. 4 | 11:15 AM | \$8

1576 | Fri., Oct. 16 | 11:15 AM | \$8

NEW CLASS

Protein and Healthy Aging

Nataline Tuminaro, Personal Trainer & Holistic Nutritionist

Fuel healthy aging with protein! Learn how much you need, the best sources, and easy ways to add more to every meal.

1546 | Fri., Sept. 11 | 1:00 PM | \$15



Sound Bath for Rest & Relaxation

Nazli Takesh Boshell, Sound Bath and Meditation Practitioner

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

1242 | Thu., Sept. 3 | 1:00 PM | \$20

1243 | Thu., Sept. 17 | 1:00 PM | \$20

1245 | Thu., Oct. 15 | 1:00 PM | \$20

1244 | Thu., Oct. 29 | 1:00 PM | \$20

1246 | Thu., Nov. 5 | 1:00 PM | \$20

The Brain-Gut Connection

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author

Discover how anxiety, anger, and stress can alter your brain chemistry, gut health, and mood. Learn research-based strategies for a healthier gut and happier mood.

1569 | Mon., Nov. 2 | 1:00 PM | \$15

📍 The California End of Life Option Act

Bill Simmons, Attorney

Explore California's end-of-life options, including the legal requirements for medical aid in dying, and gain insight into planning for life's final chapter.

1475 | Mon., Oct. 5 | 10:00 AM | \$10

📍 The Conundrum of Dementia

Bill Simmons, Attorney

Learn what dementia is, why it presents unique challenges, and explore factors that may help reduce risk while planning for the future.

1476 | Mon., Oct. 12 | 10:00 AM | \$10



📍 United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

1591 | Fri., Oct. 30 | 10:00 AM | FREE

1592 | Fri., Nov. 6 | 10:00 AM | FREE

1590 | Sat., Oct. 17 | 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.

1240 | Tue., Sept. 1 | 3:00 PM | FREE

1241 | Tue., Nov. 3 | 3:00 PM | FREE

HISTORY & HUMANITIES

American Buddha – The Wisdom of Walt Whitman

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

Explore Walt Whitman's Song of Myself through a close reading that reveals its celebration of individuality, humanity, and the enduring beauty of the American spirit.

1254 | Wed., Sept. 9 | 10:00 AM | \$16

NEW CLASS

📍📍Check-In to History: Historic Hotels of Southern California

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

Discover Southern California's historic hotels through their architecture, famous guests, memorable events, and ghostly legends—and the stories that bring these remarkable landmarks to life.

1578 | Thu., Sept. 24 | 10:00 AM | \$15

NEW CLASS

📍📍Check-In to Southwestern History: Historic Hotels of New Mexico and Arizona

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

Let's visit historic hotels from Santa Fe to Las Cruces to Tucson that hosted guests from missionaries and miners to gunfighters and gangsters.

1579 | Tue., Oct. 27 | 10:00 AM | \$15

NEW CLASS

Cheers! A Cultural History of Social Drinking

Sofia Laurein, Ph.D., Professor of History

Raise a glass to history! Discover how alcohol shaped civilizations, influenced culture, and became one of history's greatest social catalysts.

1550 | Wed., Sept. 9 | 1:00 PM | \$15



Communicating with Spirits: Traditional and Esoteric Methods

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

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

1539 | Fri., Nov. 6 | 1:00 PM | \$15

NEW CLASS

Early Contact, Conflict, and the “Columbian Exchange” in America

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

Explore how Native American tribes responded to European colonization as the French, Spanish, and English pursued different strategies that reshaped cultures, economies, and the future of North America.

1574 | Tue., Nov. 3 | 1:00 PM | \$15

NEW CLASS

From I Love Lucy to Abbott Elementary

Lindsey Lambert, MA, Former Film Studies Professor

Discover how television sitcoms have reflected and shaped American culture through iconic shows, memorable characters, creative innovations, and the evolution of comedy over seven decades.

1559 | Mon., Oct. 26 | 10:00 AM | \$15

📍📍Ghosts of San Diego County: Legends and Lore

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

Uncover San Diego's spooky side with chilling ghost stories from haunted landmarks. Share your own eerie encounters!

1598 | Fri., Oct. 30 | 1:00 PM | \$15

NEW CLASS

Have We Been Visited?

Neil Farber, NASA/JPL Solar System Ambassador

Have extraterrestrials visited Earth, or do they live among us? Explore the question of alien visitation using scientific evidence and current theories.

1600 | Tue., Sept. 15 | 1:00 PM | \$15

NEW CLASS

📍📍Haunted and Possessed San Diego: Specters Among Us

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

Explore San Diego's most famous ghost stories and haunted locations, from historic landmarks to desert landscapes, while uncovering the legends and history behind their mysterious reputations.

1567 | Tue., Oct. 6 | 1:00 PM | \$15

How Propaganda Works

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

Explore the history of propaganda as a tool for manipulating public opinion, tracing its evolution from Roman times to the modern media landscape and its impact on democracy and personal freedoms.

1257 | Wed., Oct. 21 | 10:00 AM | \$16

Kumeyaay Life Before & After 1769

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

On this Day of Indigenous People, learn how the Kumeyaay people lived before the arrival of Europeans and how their lives changed after 1769.

1007 | Mon., Oct. 12 | 1:00 PM | \$10

NEW CLASS

Sacred Balance: Goddess Wisdom for the Autumn Equinox

Latonia M. Dixon, Ph.D.

As we enter the Autumn Equinox, we'll explore several feminine figures to understand the importance of balance and harmony in our own lives.

1564 | Tue., Sept. 29 | 10:00 AM | \$15



NEW CLASS

Let's Talk Travel: Africa

Katherine Whitley, International Tour Director, Best-Selling Author, 'Camels to Caviar'

Explore the world of group travel through stories from Africa, from Cape Town to Timbuktu, and discover the adventures, wildlife encounters, and unexpected moments along the way.

1491 | Tue., Sept. 15 | 10:00 AM | \$15

NEW CLASS

Let's Talk Travel: South America and Antarctica

Katherine Whitley, International Tour Director, Best-Selling Author, 'Camels to Caviar'

Journey through South America and Antarctica, exploring the Galapagos Islands, Machu Picchu, Argentina, and the wonders of an Antarctic cruise through stories of adventure and discovery.

1492 | Tue., Oct. 13 | 10:00 AM | \$15

NEW CLASS

Noticing—Richard Louv and Peter Bolland

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

Join best-selling author Richard Louv and philosophy and religion professor Peter Bolland for an on-stage conversation about Louv's new book *Noticing: Intimate Encounters with the Natural World*.

1255 | Wed., Sept. 23 | 10:00 AM | \$16

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

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

Featuring ghostly photos, EVP recordings, and stories from historic sites, we'll explore the paranormal in this haunting lecture.

1536 | Wed., Sept. 30 | 10:00 AM | \$15

Pirates of the Sea

Richard Lederer, Union-Tribune Language Columnist

Join us for a swashbuckling celebration of pirate jokes, riddles, and the salty origins of nautical words and phrases!

1496 | Tue., Sept. 8 | 10:00 AM | \$15

San Diego's Most Haunted

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

Discover San Diego's haunted landmarks and hear paranormal stories, featuring investigations and insights from the San Diego Paranormal Research Society's case files.

1537 | Thu., Oct. 15 | 1:00 PM | \$15

NEW CLASS

Spirits of Rancho Buena Vista Adobe

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

Learn about the paranormal phenomena of the Rancho Buena Vista Adobe through case study findings, investigator experiences, and historical insights into this iconic Vista landmark.

1538 | Tue., Oct. 27 | 1:00 PM | \$15

📍Tales of a Terrible Time: Witches of Salem, Massachusetts

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

Explore the Salem Witch trials through the stories of accusers, victims, survivors, and the legacy of this dark chapter of American history.

1597 | Tue., Oct. 20 | 1:00 PM | \$15

NEW CLASS

📍📍The American Empire, Manifest Destiny and “Sea to Shining Sea”

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

Explore 200 years of U.S.–Native American relations through treaties, wars, presidential policies, Supreme Court decisions, and the confinement of tribes to reservations.

1566 | Fri., Sept. 25 | 1:00 PM | \$15

NEW CLASS

The Art of Death: Skulls, Skeletons, and Symbolism

Tori Randall, Ph.D., Professor of Anthropology

Explore how cultures throughout history have used skulls and skeletons in art to express ideas about mortality, spirituality, remembrance, transformation, and the enduring mysteries of life and death.

1552 | Wed., Sept. 30 | 10:00 AM | \$15

The Dying God, the Trickster, and Sacrifice

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

Why do so many myths feature dying gods and clever tricksters? We'll uncover the surprising meanings behind these timeless stories and symbols.

1258 | Wed., Nov. 4 | 10:00 AM | \$16

The New Testament and the Gospel of Mark

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

Discover the New Testament from a critical, contemporary viewpoint while exploring the origins, themes, and distinctive message of the Gospel of Mark.

1251 | Wed., Oct. 14 | 1:00 PM | \$15

The Psychology of Cult Mind Control

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author

Participants will learn about psychological persuasion techniques, how cults control followers, and methods for protecting oneself from harmful influence.

1568 | Mon., Oct. 5 | 10:00 AM | \$15

The Rise and Fall of the Roman Empire

Thomas Malone, BA, Native Italian Language Speaker & Instructor, and Roman History Enthusiast

Journey through the rise and fall of Rome, exploring its legendary origins, powerful leaders, military conquests, golden age, and transformation into the Byzantine world.

1596 | Wed., Sept. 23 - Oct. 28 | 2:15 PM | 6 Sess. | \$60

The Songs of Bob Dylan

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

Join singer-songwriter Peter Bolland as he weaves the songs of Bob Dylan with tales of his life and impact.

1256 | Wed., Oct. 7 | 10:00 AM | \$16

NEW CLASS

The Tulsa Race Massacre

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

Explore the rise and rich history of the community known as the “Black Wall Street” in Tulsa, Oklahoma, and learn how it culminated in death and destruction.

1534 | Wed., Sept. 30 | 1:00 PM | \$15

NEW CLASS

The Zoo Lady: The Forgotten Legend Who Built the San Diego Zoo

Dr. Sandra Bonura, Author

Learn about Belle Benchley, the first female Zoo director, who single-handedly saved the failing San Diego Zoo and built it into a world-famous institution and global conservation icon.

1507 | Tue., Sept. 22 | 1:00 PM | \$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.

1266 | Mon., Sept. 14 | 10:00 AM | \$20

📍📍Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

1267 | Mon., Sept. 21 - Oct. 26 | 10:00 AM | 6 Sess. | \$120

1268 | Mon., Nov. 2 - Dec. 14 | 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.

1269 | Mon., Sept. 14 | 11:30 AM | \$20

📍 Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

1270 | Mon., Sept. 21 - Oct. 26 | 11:30 AM | 6 Sess. | \$120

1271 | Mon., Nov. 2 - Dec. 14 | 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.

1272 | Mon., Sept. 14 | 1:00 PM | \$20

📍 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.

1273 | Mon., Sept. 21 - Oct. 26 | 1:00 PM | 6 Sess. | \$120

1274 | Mon., Nov. 2 - Dec. 14 | 1:00 PM | 7 Sess. | \$140

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.

1295 | Fri., Sept. 11 | 10:00 AM | \$20

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.

1296 | Fri., Sept. 18 - Oct. 30 | 10:00 AM | 7 Sess. | \$140

1297 | Fri., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | \$120

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.

1298 | Fri., Sept. 11 | 11:30 AM | \$20

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.

1299 | Fri., Sept. 18 - Oct. 30 | 11:30 AM | 7 Sess. | \$140

1300 | Fri., Nov. 6 - Dec. 18 | 11:30 AM | 6 Sess. | \$120

ITALIAN

Conversational Italian, Intermediate to Advanced

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor

We will practice the beautiful Italian language through music, poetry, cultural readings, film, and any topic that we might decide on in class.

1501 | Tue., Sept. 29 - Oct. 27 | 10:00 AM | 5 Sess. | \$100

1502 | Tue., Nov. 3 - Dec. 15 | 10:00 AM | 7 Sess. | \$140

Upper Beginning Italian

Paula Matthews, MA, Italian Language and Literature; Mesa College and USD Italian Language Professor

Take your Italian to the next level with conversation, practical vocabulary, idioms, and engaging lessons featuring music, videos, and interactive practice.

1503 | Tue., Sept. 29 - Oct. 27 | 12:00 PM | 5 Sess. | \$100

1504 | Tue., Nov. 3 - Dec. 15 | 12:00 PM | 7 Sess. | \$140

NEW CLASS

Italian for Travelers

Thomas Malone

Learn the basics of the Italian language, practical dialogues for greetings, ordering food, asking for directions, and more.

1112 | Wed., Sept. 23 - Oct. 28 | 1:00 PM | 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.

1286 | Fri., Sept. 11 | 10:00 AM | \$20

Beginning Spanish I

Gladis Jiménez González

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

1287 | Fri., Sept. 18 - Oct. 30 | 10:00 AM | 7 Sess. | \$140

1288 | Fri., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | \$120

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.

1289 | Fri., Sept. 11 | 11:30 AM | \$20

Beginning Spanish II

Gladis Jiménez González

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

1290 | Fri., Sept. 18 - Oct. 30 | 11:30 AM | 7 Sess. | \$140

1291 | Fri., Nov. 6 - Dec. 18 | 11:30 AM | 6 Sess. | \$120

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.

1292 | Fri., Sept. 11 | 1:00 PM | \$20

Intermediate Spanish I

Gladis Jiménez González

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

1293 | Fri., Sept. 18 - Oct. 30 | 1:00 PM | 7 Sess. | \$140

1294 | Fri., Nov. 6 - Dec. 18 | 1:00 PM | 6 Sess. | \$120

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.

1277 | Wed., Sept. 9 | 10:00 AM | \$20

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.

1278 | Wed., Sept. 16 - Oct. 28 | 10:00 AM | 7 Sess. | \$140

1279 | Wed., Nov. 4 - Dec. 16 | 10:00 AM | 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.

1280 | Wed., Sept. 9 | 11:30 AM | \$20

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.

1281 | Wed., Sept. 16 - Oct. 28 | 11:30 AM | 7 Sess. | \$140

1282 | Wed., Nov. 4 - Dec. 16 | 11:30 AM | 5 Sess. | \$100

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.

1283 | Thu., Sept. 10 | 11:30 AM | \$20

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.

1284 | Thu., Sept. 17 - Oct. 22 | 11:30 AM | 6 Sess. | \$120

1285 | Thu., Nov. 5 - Dec. 17 | 11:30 AM | 6 Sess. | \$120

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.

1477 | Thu., Sept. 10 | 10:00 AM | \$20

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.

1478 | Thu., Sept. 17 - Oct. 22 | 10:00 AM | 6 Sess. | \$120

1479 | Thu., Nov. 5 - Dec. 17 | 10:00 AM | 6 Sess. | \$120

LITERATURE & VISUAL ARTS

Acting Workshop

Jo-Darlene Reardon, M.Ed.

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

1317 | Mon., Sept. 28 - Nov. 30 | 1:00 PM | 10 Sess. | \$150

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.

1324 | Thu., Sept. 3 - Oct. 29 | 10:00 AM | 9 Sess. | FREE

1326 | Thu., Nov. 5 - Dec. 17 | 10:00 AM | 6 Sess. | FREE



Book by Book

Nora Curran, Maverick Traveler, Journalist & Author

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

1320 | Wed., Sept. 23 | 1:00 PM | \$8

Miss Julia Takes Over by Ann B. Ross

1321 | Wed., Oct. 28 | 1:00 PM | \$8

Girl Waits with Gun by Amy Steward

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.

1313 | Thu., Sept. 10 - Oct. 1 | 1:00 PM | 4 Sess. | \$80

1314 | Thu., Oct. 8 - 29 | 1:00 PM | 4 Sess. | \$80

1315 | Thu., Nov. 5 - 19 | 1:00 PM | 3 Sess. | \$60

Opera Club: Encore! Introduction to Opera

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

Opera is timeless, relevant, and spectacular! Learn about this beautiful art form, its origins, and why it continues to flourish today.

1005 | Mon., Oct. 5 | 1:00 PM | \$10

NEW CLASS

Opera Club: Rigoletto

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

Delve into the tragic story of revenge, listen to Verdi's recognizable arias and prepare for San Diego Opera's performances in October 2026.

1006 | Mon., Oct. 19 | 1:00 PM | \$10

NEW CLASS

Reading for the Next Chapter

Erika Prange, Facilitator

Each month we'll read a fiction book exploring life transitions: reinvention, identity, loss, second chances or starting over at midlife and beyond.

1601 | Tue., Oct. 20 | 1:00 PM | \$8

Britt-Marie Was Here by Fredrik Backman

MUSIC & LIVE PERFORMANCES

Almost Karaoke Jam

Russ Allen, Professional Karaoke Host

Fun is at full volume! Sing along to favorite hits in this fun group music experience featuring lyrics, music trivia, and a new theme each month.

1530 | Wed., Sept. 2 | 2:30 PM | \$10

Frank Sinatra & The Rat Pack

1531 | Wed., Oct. 7 | 2:30 PM | \$10

Bob Dylan & John Denver

1585 | Wed., Nov. 4 | 2:30 PM | \$10

Neil Diamond

NEW CLASS

🎸 Beginning Harmonica I

Anthony Serpiello, Guitar and Harmonica Instructor

Learn harmonica basics in this beginner-friendly class, including breathing, note control, simple melodies, and techniques to build confidence and enjoy making music.

1544 | Thu., Sept. 10 & 24 | 2:15 PM | 2 Sess. | \$40

1545 | Thu., Oct. 8 & 22 | 2:15 PM | 2 Sess. | \$40

🎤 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 in a fun, supportive, no-pressure environment.

1328 | Thu., Sept. 10 & 24 | 1:00 PM | 2 Sess. | \$40

1329 | Thu., Oct. 8 & 22 | 1:00 PM | 2 Sess. | \$40

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.

1387 | Mon., Sept. 14 - Oct. 19 | 11:15 AM | 6 Sess. | \$120

1388 | Mon., Oct. 26 - Nov. 30 | 11:15 AM | 6 Sess. | \$120

Love Guitar? Let's Learn

Mark Madruga, MA, Professional Musician & Guitar Instructor

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

1390 | Mon., Sept. 14 - Oct. 19 | 10:00 AM | 6 Sess. | \$120

1391 | Mon., Oct. 26 - Nov. 30 | 10:00 AM | 6 Sess. | \$120

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

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

1352 | Tue., Sept. 8 - 29 | 12:30 PM | 3 Sess. | \$180

1356 | Tue., Sept. 8 - 29 | 1:30 PM | 3 Sess. | \$180

1360 | Tue., Sept. 8 - 29 | 2:30 PM | 3 Sess. | \$180

1364 | Tue., Sept. 8 - 29 | 3:30 PM | 3 Sess. | \$180

1353 | Tue., Oct. 6 - 27 | 12:30 PM | 4 Sess. | \$240

1357 | Tue., Oct. 6 - 27 | 1:30 PM | 4 Sess. | \$240

1361 | Tue., Oct. 6 - 27 | 2:30 PM | 4 Sess. | \$240

1365 | Tue., Oct. 6 - 27 | 3:30 PM | 4 Sess. | \$240

1368 | Wed., Sept. 9 - 30 | 12:15 PM | 4 Sess. | \$240

1372 | Wed., Sept. 9 - 30 | 1:15 PM | 4 Sess. | \$240

1376 | Wed., Sept. 9 - 30 | 2:15 PM | 4 Sess. | \$240

1380 | Wed., Sept. 9 - 30 | 3:15 PM | 4 Sess. | \$240

1369 | Wed., Oct. 7 - 28 | 12:15 PM | 4 Sess. | \$240

1373 | Wed., Oct. 7 - 28 | 1:15 PM | 4 Sess. | \$240

1377 | Wed., Oct. 14 - 28 | 2:15 PM | 3 Sess. | \$180

1381 | Wed., Oct. 14 - 28 | 3:15 PM | 3 Sess. | \$180

Music Series: Live Rock Revival with The Classic Rock Band

The Classic Rock Band

Back by popular demand! 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.

1580 | Fri., Sept. 25 | 2:30 PM | \$15

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!

1336 | Thu., Sept. 10 - Oct. 1 | 10:00 AM | 4 Sess. | \$80

1337 | Thu., Oct. 8 - 29 | 10:00 AM | 4 Sess. | \$80

1338 | Thu., Nov. 5 - 19 | 10:00 AM | 3 Sess. | \$60

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.

1340 | Thu., Sept. 10 - Oct. 1 | 11:30 AM | 4 Sess. | \$80

1341 | Thu., Oct. 8 - 29 | 11:30 AM | 4 Sess. | \$80

1342 | Thu., Nov. 5 - 19 | 11:30 AM | 3 Sess. | \$60



HYBRID



BOTH LOCATIONS

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.

1423 | Sat., Sept. 19 | 10:00 AM | \$40

Julie Wittenberg, Mah Jongg Instructor

1435 | Sat., Sept. 19 | 10:00 AM | \$40

1436 | Sat., Oct. 17 | 10:00 AM | \$40

Elizabeth Randy, Mah Jongg Instructor

1439 | Sat., Sept. 19 | 10:00 AM | \$40

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

1556 | Sat., Oct. 17 | 10:00 AM | \$40

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

NEW CLASS

American Mah Jongg for Beginners Level 2, Half Day Seminar

Julie Wittenberg, Mah Jongg Instructor

Build confidence in American Mah Jongg through guided gameplay, exploring rules, strategies, and techniques to improve your skills and enjoyment of the game. All materials provided.

1424 | Sat., Oct. 17 | 10:00 AM | \$40



Bingo!

San Diego Woman's Club Foundation

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

1415 | Sat., Sept. 19 | 1:00 PM | \$25

1416 | Sat., Oct. 17 | 1:00 PM | \$25

NEW CLASS

Chocolate Tasting Workshop with San Diego Chocolate Co.

Case Sandberg, Chocolate Maker, Owner & Operator San Diego Chocolate Co.

We'll sample several different single-origin chocolates to explore how and why chocolate tastes can vary depending on region.

1554 | Wed., Sept. 23 | 1:00 PM | \$25

Collette - Travel Destinations in 2027 and Beyond

Chythe Haddad, Business Development Manager

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

1608 | Thu., Oct. 29 | 2:30 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.

1397 | Fri., Sept. 4 | 1:00 PM | \$15

1398 | Fri., Oct. 2 | 1:00 PM | \$15

1399 | Fri., Nov. 6 | 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.

1409 | 1st & 3rd Wed., Sept. 2 - Oct. 21 | 10:30 AM | 4 Sess. FREE

1410 | 1st & 3rd Wed., Nov. 4 - Dec. 16 | 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.

1393 | Thu., Sept. 3 | 1:00 PM | \$12

1394 | Thu., Oct. 1 | 1:00 PM | \$12

1395 | Thu., Nov. 5 | 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.

1427 | Fri., Sept. 18 | 1:00 PM | \$8

1428 | Fri., Oct. 16 | 1:00 PM | \$8

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

Michelle Richardson, Pro Makeup Artist

This class focuses on enhancing your natural beauty while addressing specific skin concerns. Bring a notebook and any makeup and brushes you have.

1480 | Fri., Oct. 2 & 9 | 1:00 PM | 2 Sess. | \$30

💖 Makeup - Level 2: The Eyes Have It

Michelle Richardson, Pro Makeup Artist

You've completed Level 1, now learn to master your eye and brow makeup. Bring eye and brow makeup, brushes, a mirror with a stand and a notebook.

1481 | Fri., Oct. 30 | 1:00 PM | \$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.

1405 | 2nd & 4th Mon., Sept. 14 - Oct. 26 | 1:30 PM

4 Sess. | \$32

Mary Heineke, MS, LMFT

1401 | 1st & 3rd Wed., Sept. 2 - Oct. 21 | 1:00 PM

4 Sess. \$32

Cheryl Davis-Plotts, Psy.D., LMFT

1407 | 2nd & 4th Thu., Sept. 10 - Oct. 29 | 1:00 PM

3 Sess. | \$24

Laura Diaz, Board Certified Coach (BCC)

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.

1419 | Thu., Sept. 17 | 1:00 PM | \$35

1420 | Thu., Oct. 15 | 1:00 PM | \$35

The Men's Group

Donald Bruders & Dan Pittman, Facilitators

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

1403 | 2nd & 4th Wed., Sept. 9 - Oct. 28 | 10:00 AM | 4

Sess. | \$32

💖 Travel Trends & Top Destinations with AFC Vacations

Will Reece, AFC Vacations

We look at travel trends, popular destinations, and hidden gems worldwide to inspire your next adventure.

1599 | Wed., Oct. 14 | 10:00 AM | FREE

TECHNOLOGY

NEW CLASS

AI Facts, Fun, Myths and More

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

This easy-to-understand class helps take the mystery out of AI by separating facts from myths and explaining it in plain language.

1458 | Mon., Oct. 19 | 11:30 AM | \$15

AI for All: Interacting with Google Gemini - The Fundamentals

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

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

1456 | Mon., Sept. 21 | 11:30 AM | \$15



NEW CLASS

AI for Daily Life: Plan a Trip with ChatGPT

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

In this simple, hands-on session, learn how to use ChatGPT to plan trips, find places to stay, book tours, and organize activities.

1455 | Mon., Sept. 21 | 10:00 AM | \$15

AI Fundamentals

Senior Tech Connect

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

1443 | Fri., Sept. 11 | 10:00 AM | \$15

1450 | Fri., Nov. 6 | 11:30 AM | \$15

Android and iPhone FAQ and Tips: Mastering Calling

Senior Tech Connect

Master the basics of calling, including making calls, organizing contacts, creating lists, and rejecting unwanted calls.

1444 | Fri., Sept. 11 | 11:30 AM | \$15

Cybersecurity: Password Security

Senior Tech Connect

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

1449 | Fri., Nov. 6 | 10:00 AM | \$15

NEW CLASS

Getting Started With StoryKeeper Storytelling & AI Literacy

Rajal Oswal, Founder & CEO MyCocoZ

Preserve your memories and turn life experiences into meaningful stories with the help of easy-to-use AI tools. No writing or technology experience is needed. Bring your laptop or tablet if you like.

1553 | Thu., Oct. 8 | 10:00 AM | \$25

NEW CLASS

Getting To Know Your Apple Watch

Senior Tech Connect

Learn the basics of your Apple Watch, including its features, navigation, notifications, gestures, and how to customize your watch face.

1447 | Fri., Oct. 9 | 10:00 AM | \$15

🔑 Mastering Passwords: Best Security Practices

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

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

1457 | Mon., Oct. 19 | 10:00 AM | \$15



NEW CLASS

Mastering Windows Navigation

Senior Tech Connect

Master Windows basics by learning to manage windows and tabs, take screenshots, use Task View, navigate menus, and work more efficiently on your computer.

1446 | Fri., Sept. 25 | 11:30 AM | \$15

Using ChatGPT

Senior Tech Connect

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

1448 | Fri., Oct. 9 | 11:30 AM | \$15

NEW CLASS

Using your Calendar

Senior Tech Connect

Learn how to use your digital calendar to create and edit events, set reminders, sync across devices, and stay organized with confidence.

1445 | Fri., Sept. 25 | 10:00 AM | \$15

An advertisement with a dark background. On the left is a graphic of a dumbbell. On the right, the text reads: "Do you have Medicare?" in large white letters. Below that, in smaller white text: "Your Medicare plan may cover exercise classes, meaning you can stay active, healthy, and connected at little to no cost to you." At the bottom, it says "Sign up on our website: www.sandiegooasis.org". There is a stylized leaf logo on the right side.

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 photo library for a comprehensive view, how to quickly find a photo, and create albums.

104 | Tue., Sept. 8 | 11:00 AM | \$10

120 | Thu., Oct. 15 | 11:00 AM | \$10

Apple Photos Workshop 102

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

111 | Tue., Sept. 22 | 11:00 AM | \$10

125 | Tue., Oct. 27 | 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.

102 | Fri., Sept. 4 | 11:00 AM | \$10

iPad Basics: Level 1

Learn the basics of using an iPad, including navigation, TouchID, downloading and organizing apps, and helpful email features.

105 | Thu., Sept. 10 | 11:00 AM | \$10

119 | Fri., Oct. 9 | 11:00 AM | \$10

NEW CLASS

iPad Basics: Level 2

Get to know your iPad in this 2nd part of iPad basics. We will learn about iPad storage, how to sign documents on your iPad, hide ads while using the safari app and how to use FaceTime.

109 | Fri., Sept. 18 | 11:00 AM | \$10

121 | Fri., Oct. 16 | 11:00 AM | \$10

Passkeys, Authenticators and You!

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

114 | Mon., Sept. 28 | 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.

113 | Fri., Sept. 25 | 11:00 AM | \$10

116 | Fri., Oct. 2 | 11:00 AM | \$10

📱 Tech Talk: iPhone Fundamentals I: Getting Started

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

100 | Tue., Sept. 1 | 11:00 AM | \$10

117 | Tue., Oct. 6 | 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.

101 | Thu., Sept. 3 | 11:00 AM | \$10

118 | Thu., Oct. 8 | 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 Siri, call recording a brief look into the built in password manager, dynamic island and creating a photo shuffle wallpaper.

107 | Tue., Sept. 15 | 11:00 AM | \$10

123 | Mon., Oct. 12 | 11:00 AM | \$10

Tech Talk: iPhone Fundamentals IV: The Full Potential

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

108 | Thu., Sept. 17 | 11:00 AM | \$10

124 | Tue., Oct. 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.

112 | Thu., Sept. 24 | 11:00 AM | \$10

126 | Thu., Oct. 29 | 11:00 AM | \$10

📱 Technology for Travelers

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

115 | Tue., Sept. 29 | 11:00 AM | \$10

The Practicality of AI

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

106 | Fri., Sept. 11 | 11:00 AM | \$10

📱 UBER/Lyft App Workshop

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

110 | Mon., Sept. 21 | 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.

1166 | Mon., Aug. 31 - Sept. 28 | 10:00 AM | 4 Sess. | \$48

1167 | Mon., Oct. 5 - 26 | 10:00 AM | 4 Sess. | \$48

1168 | Mon., Nov. 2 - 23 | 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.

1190 | Sat., Sept. 5 - 26 | 9:00 AM | 4 Sess. | \$48

1191 | Sat., Oct. 3 - 31 | 9:00 AM | 5 Sess. | \$60

HEALTH & WELLNESS

📍🏠 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.

1240 | Tue., Sept. 1 | 3:00 PM | FREE

1241 | Tue., Nov. 3 | 3:00 PM | FREE

HISTORY & HUMANITIES

GLOBAL JUSTICE SERIES

NEW CLASS

Global Justice in Practice: Introduction to Global Law

Mary McKenzie, J.D., Ph.D., Professor, President of the United Nations Association of San Diego

This session will discuss three central concepts that define international law and justice as well as institutions administering international law such the United Nations.

1581 | Wed., Sept. 30 | 12:00 PM | \$10

NEW CLASS

Global Justice in Practice: Sovereignty

Mary McKenzie, J.D., Ph.D., Professor, President of the United Nations Association of San Diego

Sovereignty requires respect for borders and non-interference in another state's affairs. This session will cover current disputes, and the resulting consequences.

1582 | Wed., Oct. 7 | 12:00 PM | \$10

NEW CLASS

Global Justice in Practice: Immigration and Citizenship

Mary McKenzie, J.D., Ph.D., Professor, President of the United Nations Association of San Diego

How is the dynamic of borders governed and why has it become more problematic in recent decades? We'll examine this issue from a comparative perspective.

1583 | Wed., Oct. 14 | 12:00 PM | \$10

NEW CLASS

Global Justice in Practice: Just War

Mary McKenzie, J.D., Ph.D., Professor, President of the United Nations Association of San Diego

Is war ever just? This question has troubled us since the beginning of human civilization. We'll examine this question and apply it to today's global conflicts.

1584 | Wed., Oct. 21 | 12:00 PM | \$10

NEW CLASS

The American Cowboy - Symbol of the USA

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

Explore the myths and realities of the American cowboy, discovering what life on the frontier was really like beyond the legends of the Wild West.

1262 | Tue., Sept. 15 | 2:00 PM | \$15

NEW CLASS

The Ancient People of Crete

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

Explore the magnificent Bronze Age palaces of Crete and uncover the art, architecture, and mysteries of this fascinating Mediterranean civilization.

1252 | Tue., Oct. 13 | 1:00 PM | \$15

NEW CLASS

Utah's National Parks – Nature at its finest

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

Explore Utah's breathtaking landscapes, from towering arches and colorful canyons to ancient rock art, and discover why it's a paradise for nature lovers.

1263 | Tue., Oct. 20 | 2:00 PM | \$15

LANGUAGES

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.

1275 | Tue., Sept. 15 - Oct. 27 | 1:30 PM | 7 Sess. | \$140

1276 | Tue., Nov. 3 - Dec. 15 | 1:30 PM | 7 Sess. | \$140

LITERATURE

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.

1325 | Fri., Sept. 4 - Oct. 30 | 1:00 PM | 9 Sess. | FREE

1327 | Fri., Nov. 6 - Dec. 18 | 10:30 AM | 6 Sess. | FREE

NEW CLASS

Pages For the Ages: Stages of Life Through Literature

Emily Nye, Ph.D.

Explore how literature reflects every stage of life, from childhood to older adulthood, and discover how stories can deepen our understanding of personal growth and identity.

1609 | Thu., Oct. 22 | 10:00 AM | \$15

The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator

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

1319 | 1st & 3rd Fri., Sept. 4 - Dec. 18 | 1:00 PM

8 Sess. | \$64

MUSIC & LIVE PERFORMANCES

NEW CLASS

Composed in France

Chris Burns, Many-Strings

Enjoy a musical journey through France, from medieval castles and Brittany traditions to Parisian classics, film scores, and contemporary melodies.

1344 | Fri., Sept. 11 | 3:00 PM | \$15

NEW CLASS

Music Composed Within the Native American Traditions

Chris Burns, Many-Strings

Explore the beauty of Native American music, from traditional bird songs and flute melodies to modern expressions.

1346 | Fri., Oct. 9 | 3:00 PM | \$15

Music of Oceania

Bernard Ellorin, Ph.D.

Enjoy the rich musical traditions of Oceania, discovering how the indigenous cultures of Hawaii, Australia, and Papua New Guinea preserve history, spirituality, and community through song and music.

1332 | Fri., Sept. 18 | 3:00 PM | \$15

Music of Southeast Asia

Bernard Ellorin, Ph.D.

Explore the diverse musical traditions of Southeast Asia, from ancient gong ensembles to expressive vocal styles, while discovering how music reflects the region's rich cultural heritage.

1333 | Fri., Oct. 16 | 3:00 PM | \$15

NEW CLASS

Orchestral Music Inspired by Shakespeare

Chris Burns, Many-Strings

William Shakespeare's plays have inspired a dazzling diversity of outstanding classical orchestral music. Mendelssohn, Tchaikovsky and many other masters of melody and drama have been inspired by the English playwright.

1347 | Fri., Oct. 23 | 3:00 PM | \$15

NEW CLASS

The Evolution of Western Orchestral Music

Chris Burns, Many-Strings

Journey through Western Classical music, from ancient times and the Renaissance to Bach, Beethoven, and the innovations of the 20th century.

1345 | Fri., Sept. 25 | 3:00 PM | \$15

The Hammered Dulcimer: Enchanting, Mystical and Lovely

Chris Burns, Many-Strings

Discover the enchanting hammered dulcimer and its sweet, captivating sound as we explore its history, unique design, and beautiful melodies.

1348 | Fri., Nov. 6 | 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.

1409 | 1st & 3rd Wed., Sept. 2 - Oct. 21 | 10:30 AM

4 Sess. FREE

1410 | 1st & 3rd Wed., Nov. 4 - Dec. 16 | 10:30 AM

4 Sess. | FREE

TECHNOLOGY

NEW CLASS

Beyond ChatGPT - Using Agentic AI for Everyday Life and Work

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

Discover how today's AI tools can help simplify everyday tasks, stay organized, and save time. In this hands-on class, you'll learn how to get started using easy, beginner-friendly AI tools.

1572 | Wed., Oct. 21 | 10:00 AM | \$15

Discover ChatGPT! Fun and Useful AI on Your Phone

Sergi Bosch M.S.E., 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.

1570 | Wed., Sept. 16 | 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.

NEW CLASS

Abstract Collage Composition

Rachel Goldfarb, Experienced Crafter

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

2358 | Wed., Sept. 9 | 1:00 PM | \$25

NEW CLASS

99 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.

2301 | Tue., Sept. 22 | 10:00 AM | \$25



NEW CLASS

Approachable Art: Fancy Flowers and Botanicals

Sarah Beaupré, Artist, Author, and Musician

Learn to paint beautiful botanicals that you'll love. Leave class with two completed floral masterpieces that can easily become greeting cards. All materials will be provided.

2305 | Wed., Sept. 23 | 10:00 AM | \$25

NEW CLASS

Approachable Art: Festive Fall

Sarah Beaupré, Artist, Author, and Musician

Learn to paint beautiful autumn leaves, pumpkins, and acorns that'll WOW you as much as New England in October. Leave class with two complete projects that can be mounted to a card. All materials will be provided.

2307 | Wed., Oct. 14 | 10:00 AM | \$25

Art Journaling for Wellbeing

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

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

2338 | Wed., Sept. 30 | 10:00 AM | \$25

2339 | Wed., Oct. 28 | 10:00 AM | \$25

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.

2304 | Tue., Sept. 29 | 12:30 PM | \$25

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.

2348 | Thu., Sept. 24 | 1:00 PM | \$25

2349 | Thu., Oct. 22 | 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.



NEW CLASS

Beginning Mosaic

Rachel Goldfarb, Artist, Media Explorer

Create glass tile patterns to make wooden coasters and picture frames. Take home an artful item with a permanent, professional look. All materials will be provided

2359 | Tue., Oct. 6 | 10:00 AM | \$25

NEW CLASS

Candle Decorating

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

Decorate two pillar candles with dried rose petals, pressed flowers and leaves. We will wrap them so they are ready to gift. All materials will be provided.

2388 | Fri., Nov. 6 | 1:30 PM | \$35

NEW CLASS

Carve Your Own Stamp

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

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

2314 | Wed., Sept. 16 | 1:00 PM | \$25

Beginning Level: Fall Leaves and Hallowed Haunts

2317 | Wed., Oct. 14 | 1:00 PM | \$25

Intermediate Level: Open Studio

NEW CLASS

Chinese Brush Painting

Fang Luo, Artist and Fashion Designer

Experience the beauty of traditional Chinese brush painting in this welcoming class for beginners! Learn simple brush techniques, ink painting, and traditional styles. Check the online listing or your purchase receipt for the required supplies.

2308 | Thu., Sept. 17 | 1:00 PM | \$25

NEW CLASS

Combining Pen and Ink with Watercolor for the True Beginner

Ann Dunham, MS Design

In this class, we will create pen and ink drawings, overlaid with watercolor. Perfect for students with no experience. Check the online listing or your purchase receipt for the required supplies.

2313 | Tue. & Thu., Oct. 6 & 8 | 1:00 PM | 2 Sess. | \$50

Create a MOHAI Doll

Kim Cyr, Certified Zentangle Instructor

Create a MOHAI (Messenger of Hope and Inspiration) doll using fabric, found objects, and imagination. Discover inner wisdom and magic. All materials will be provided.

2342 | Mon., Oct. 19 | 10:00 AM | \$30

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.

2343 | Wed., Sept. 2 | 1:00 PM | \$25

2344 | Wed., Oct. 7 | 1:00 PM | \$25

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.

2306 | Tue. & Thu., Sept. 8 & 10 | 1:00 PM | 2 Sess. | \$50

NEW CLASS

Dyed Tissue Wrapping Paper

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

Transform plain tissue paper into custom wrapping paper by folding, dyeing and painting to create vibrant colors and stunning patterns. Check the online listing or your purchase receipt for the required supplies.

2355 | Mon., Oct. 5 | 1:00 PM | \$25

NEW CLASS

Exploding Books

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

Create unique folded-paper books that will open into an array of squares and triangles to display your favorite photos, small artworks and more. Check the online listing for the required supplies.

2354 | Mon., Oct. 5 | 10:00 AM | \$25

NEW CLASS

Fabric Cyanotype Quilting Squares

Brandy Sebastian, Fine Art Photographer, Artist, & Educator

Combine sun printing and stitching to design unique cyanotype quilt squares enhanced with botanicals, beads, embroidery, and creative embellishments. All materials will be provided.

2346 | Tue., Sept. 8 | 10:00 AM | \$25

Fresh Floral 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.

2321 | Wed., Sept. 23 | 1:00 PM | \$45

Must register by 9/21/26.

September

2327 | Wed., Oct. 28 | 1:00 PM | \$45

Must register by 10/26/26.

Halloween

♥♥ 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.

2310 | Tue., Sept. 15 | 1:00 PM | \$65

Yard Art

2311 | Tue., Oct. 13 | 1:00 PM | \$65

Mushrooms

♥♥ Ikebana Flower Arrangement

Nakaba Emtesali, Certified Practitioner of Ikebana

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

2323 | Mon., Sept. 14 | 1:00 PM | \$45

2324 | Mon., Oct. 12 | 1:00 PM | \$45

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.

2333 | Mon., Sept. 21 | 1:00 PM | \$25

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.

2416 | Fri., Nov. 6 - 20 | 10:00 AM | 3 Sess. | \$75

Knitting 2 and Beyond

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

For students with some knitting experience, we will build on Knitting 1 skills. New topics include purl stitching and how to read a pattern. Check the online listing or your purchase receipt for the required supplies.

2417 | Fri., Nov. 6 - 20 | 11:00 AM | 3 Sess. | \$75

Knitting for Knitters: Beyond the Basics

Ruth Anne Mack, Crochet, Knitting and Mah Jongg Enthusiast

Have some knitting experience? Learn purl, rib and mattress stitching, and how to read a pattern. Check the online listing or your purchase receipt for the required supplies.

2302 | Fri., Sept. 11 - Oct. 2 | 10:00 AM | 4 Sess. | \$100

2361 | Fri., Oct. 9 - 30 | 10:00 AM | 4 Sess. | \$100



NEW CLASS

Knitting for the Novice

Janet Stuelpner, The Left-Handed Artist and Crafter

Learn knitting basics: cast on, knit, purl, and bind off to create fabric from interlocking loops. Perfect for beginners. Check the online listing or your purchase receipt for the required supplies.

2328 | Tue., Sept. 15 | 10:00 AM | \$25

2318 | Tue., Oct. 13 | 10:00 AM | \$25

NEW CLASS

Macrame: Pumpkin

Denise O'Neal, Experienced Crafter

In this beginner-friendly class, you'll learn basic knotting techniques while creating a charming pumpkin. Bring scissors, all other materials will be provided.

2325 | Fri., Sept. 18 | 1:00 PM | \$25

NEW CLASS

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.

2336 | Mon., Sept. 28 | 10:00 AM | \$25

2337 | Mon., Oct. 26 | 10:00 AM | \$25

NEW CLASS

Moving Forward In 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.

2352 | Mon. & Thu., Oct. 26 & 29 | 1:00 PM | 2 Sess. | \$50

♥♥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.

2331 | Fri., Sept. 11 | 1:00 PM | \$25

2332 | Fri., Oct. 9 | 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.

2309 | Wed., Sept. 30 | 1:00 PM | \$5

2384 | Wed., Nov. 4 | 1:00 PM | \$5



NEW CLASS

Origami

Rachel Goldfarb, Artist, Media Explorer

Learn basic paper folding skills to create simple characters and items. Use the projects you complete to make mobiles, cards and party decorations. All materials will be provided.

2357 | Thu., Sept. 3 | 10:00 AM | \$25

Palette Knife Painting

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

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

2335 | Tue., Oct. 20 & 27 | 1:00 PM | 2 Sess. | \$50

Paper Crafting with Dr. Robin: Chanukah Cards

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

Celebrate the Jewish Festival of Lights by creating beautiful handmade Chanukah cards for family and friends. No experience needed—beginners are especially welcome. Check the online listing or your purchase receipt for the required supplies.

2330 | Fri., Oct. 30 | 1:00 PM | \$25

Paper Crafting with Dr. Robin: Halloween Treat Containers

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

Create a variety of Halloween treat containers perfect for candy, favors, and small gifts. No experience needed—beginners are especially welcome. Check the online listing or your purchase receipt for the required supplies.

2329 | Fri., Sept. 25 | 1:00 PM | \$25

Paper Quilling 101: Simple Techniques, Stunning Designs

Kim Cyr, Certified Zentangle Instructor and quilling enthusiast

Learn to roll, shape and assemble colorful strips of paper, transforming them into flowers, greeting cards and other decorative works of art. All materials included.

2412 | Mon., Nov. 2 | 10:00 AM | \$30

NEW CLASS

Pipe Cleaner Craft: Adorable, Bendable Bat

Denise O'Neal, Experienced Crafter

Learn basic twisting and bending techniques of pipe cleaner art to create a frightfully adorable bat that's perfect for Halloween decorating. Check the online listing or your purchase receipt for the required supplies.

2326 | Fri., Oct. 16 | 1:00 PM | \$25

Portrait Drawing: Completing the Other Half

Ann Dunham, MS Design

Explore the proportions, symmetry, and placement of facial features working with a portrait photograph. This class is suitable for beginners with no prior experience. Check the online listing or your purchase receipt for the required supplies.

2347 | Mon., Sept. 21 | 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.

2345 | Fri., Sept. 4 | 10:00 AM | \$30

Rock Painting: Mandala Dot Design

Kelly Creeden, BA, MS, Mentor, & Teacher

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

2320 | Wed., Oct. 21 | 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.

2303 | Tue., Sept. 22 | 1:00 PM | \$25

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.

2350 | Mon., Sept. 28 | 1:30 PM | \$25

2351 | Wed., Oct. 21 | 10:00 AM | \$25

Succulent Pumpkins

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

Create a beautiful pumpkin adorned with live succulents and Fall decor that will add warmth and charm to your home or patio this holiday season. Check the online listing or your purchase receipt for the required supplies.

2356 | Tue., Oct. 27 | 10:00 AM | \$45

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.

2300 | Tue., Sept. 29 | 10:00 AM | \$25

Treasure Books

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.

2360 | Tue., Oct. 20 | 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.

2319 | Fri., Sept. 4 | 1:00 PM | \$40

Luggage Tags

2322 | Fri., Oct. 2 | 1:00 PM | \$40

Fall-Themed Jewelry

📍 Watercolor Painting for the True Beginner

Ann Dunham, MS Design

Discover the joy of watercolor. Learn essential techniques, mix beautiful colors, and paint in this beginner-friendly class. Check the online listing or your purchase receipt for the required supplies.

2312 | Tue. & Thu., Sept. 1 & 3 | 1:00 PM | 2 Sess. | \$50

2383 | Tue. & Thu., Nov. 3 & 5 | 1:00 PM | 2 Sess. | \$50

NEW CLASS

Watercolor: Aquatic Life and Still Life Watercolor Painting

Fang Luo, Artist and Fashion Designer

Explore watercolor with aquatic and still-life subjects, including fish and a glass vase. Learn essential techniques and paint realistic forms with step-by-step instruction. Beginners welcome. Check the online listing or your purchase receipt for the required supplies.

2316 | Thu., Oct. 15 & 22 | 10:00 AM | 2 Sess. | \$50

Watercolor: Landscape Painting

Fang Luo, Artist and Fashion Designer

Capture nature's beauty in watercolor through fall mountains, sunset beaches, and crashing waves. Learn skies, water, reflections, and landscapes with step-by-step instruction. All skill levels welcome. Check the online listing or your purchase receipt for the required supplies.

2315 | Thu., Sept. 10 - 24 | 10:00 AM | 3 Sess. | \$75

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.

2334 | Mon., Oct. 19 | 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.

2340 | Mon., Sept. 14 | 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.

2341 | Mon., Oct. 12 | 10:00 AM | \$25

BUSINESS, LEGAL & FINANCE

thrivent®

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

Retirement & Estate Strategies

Anthony Camara, CFP®, MBA

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

2454 | Mon., Oct. 19 | 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.

2455 | Mon., Oct. 19 | 1:00 PM | \$5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

2456 | Fri., Oct. 23 | 10:00 AM | FREE

See page 53 for more information on Thrivent Financial, proud sponsor of San Diego Oasis.

📍📍 Ballot Props and Measures: Pros and Cons

League of Women Voters

A non-partisan analysis of the state and local ballot measures, including which organizations and individuals support and oppose them.

2450 | Fri., Oct. 16 | 1:00 PM | FREE

NEW CLASS

Elder Scam & Fraud Prevention: Protecting Yourself and Your Home

Sierra Devore, Seniors Real Estate Specialist, Berkshire Hathaway Home Services California Properties

Learn to spot today's most common scams and protect yourself from fraud involving call technology, Medicare, and more.

2451 | Mon., Sept. 14 | 1:00 PM | FREE

📍📍 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.

2461 | Tue., Oct. 20 | 10:00 AM | \$10

Home Selling Tips

Farima Tabrizi, Senior Citizen Specialist, Real Estate Advisor

Learn some top tips for helping you compete in today's real estate market.

2457 | Tue., Sept. 1 | 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. We'll compare HELOCs, cash-out refinancing, reverse mortgages, and downsizing to help you make informed, confident decisions.

2453 | Wed., Oct. 7 | 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.

2459 | Wed., Oct. 7 | 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.

2452 | Sat., Oct. 24 | 10:00 AM | FREE

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 to collectibles, market trends, where to sell, and how to choose the right auction, taught by a professional appraiser.

2475 | Thu., Nov. 5 | 1:00 PM | \$10

What's My Stuff Worth? All About Appraisals

Jan Jocoy, International Society of Appraisers

Learn how to uncover your belongings' value, why appraisals matter, how values differ, what reports reveal, and how appraisal fees are determined.

2818 | Wed., Sept. 2 | 1:00 PM | \$15

💖💖Your Family Binder: A Survival Kit for Your Heirs

Barbara Norman, CFP®, CDFA®, CEO of Sage Path Solutions

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

2458 | Thu., Oct. 22 | 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.

2002 | Tue., Sept. 1 - 29 | 10:45 AM | 5 Sess. | \$60

2003 | Tue., Oct. 6 - 27 | 10:45 AM | 4 Sess. | \$48

2042 | Thu., Sept. 3 - Oct. 1 | 9:30 AM | 5 Sess. | \$60

2043 | Thu., Oct. 8 - 29 | 9:30 AM | 4 Sess. | \$48

2070 | Sat., Sept. 26 | 10:00 AM | \$12

2071 | Sat., Oct. 24 | 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.

2004 | Mon., Aug. 31 - Sept. 28 | 8:30 AM | 4 Sess. | \$48

2005 | Mon., Oct. 5 - 26 | 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.

2026 | Thu., Sept. 3 - Oct. 1 | 8:30 AM | 5 Sess. | \$60

2027 | Thu., Oct. 8 - 29 | 8:30 AM | 4 Sess. | \$48

2030 | Thu., Sept. 3 - Oct. 1 | 10:45 AM | 5 Sess. | \$60

2031 | Thu., Oct. 8 - 29 | 10:45 AM | 4 Sess. | \$48

Aerobic Intervals

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2034 | Wed., Sept. 2 - 30 | 12:00 PM | 5 Sess. | \$60

2035 | Wed., Oct. 7 - 28 | 12:00 PM | 4 Sess. | \$48

2038 | Fri., Sept. 4 - Oct. 2 | 9:30 AM | 5 Sess. | \$60

2039 | Fri., Oct. 9 - 30 | 9:30 AM | 4 Sess. | \$48

Better Balance

Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2006 | Tue., Sept. 1 - 29 | 1:15 PM | 5 Sess. | \$60

2007 | Tue., Oct. 6 - 27 | 1:15 PM | 4 Sess. | \$48

2046 | Thu., Sept. 3 - Oct. 1 | 12:00 PM | 5 Sess. | \$60

2047 | Thu., Oct. 8 - 29 | 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.

2008 | Mon., Aug. 31 - Sept. 28 | 12:30 PM | 4 Sess. | \$48

2009 | Mon., Oct. 5 - 26 | 12:30 PM | 4 Sess. | \$48

2054 | Fri., Sept. 4 - Oct. 2 | 12:00 PM | 5 Sess. | \$60

2055 | Fri., Oct. 9 - 30 | 12:00 PM | 4 Sess. | \$48

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.

2010 | Tue., Sept. 1 - 29 | 8:30 AM | 5 Sess. | \$60

2011 | Tue., Oct. 6 - 27 | 8:30 AM | 4 Sess. | \$48

NEW CLASS

Cardio Drumming Express (30 min)

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.

2012 | Mon., Aug. 31 - Sept. 28 | 1:30 PM | 4 Sess. | \$40

2013 | Mon., Oct. 5 - 26 | 1:30 PM | 4 Sess. | \$40

Cardio Drumming to the Oldies

Andra Valencia, Fitness and Dance Instructor

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

2066 | Fri., Sept. 4 - Oct. 2 | 1:00 PM | 5 Sess. | \$60

2067 | Fri., Oct. 9 - 30 | 1:00 PM | 4 Sess. | \$48

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.

2078 | Wed., Sept. 2 - 30 | 8:30 AM | 5 Sess. | \$60

2079 | Wed., Oct. 7 - 28 | 8:30 AM | 4 Sess. | \$48

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.

2000 | Mon., Aug. 31 - Sept. 28 | 10:45 AM | 4 Sess. | \$40

2001 | Mon., Oct. 5 - 26 | 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.

2014 | Mon., Aug. 31 - Sept. 28 | 11:30 AM | 4 Sess. | \$48

2015 | Mon., Oct. 5 - 26 | 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.

2016 | Tue., Sept. 1 - 29 | 9:30 AM | 3 Sess. | \$36

2017 | Tue., Oct. 6 - 27 | 9:30 AM | 4 Sess. | \$48

2074 | Wed., Sept. 2 - 30 | 1:15 PM | 3 Sess. | \$36

2075 | Wed., Oct. 7 - 28 | 1:15 PM | 4 Sess. | \$48

2087 | Sat., Sept. 26 | 11:00 AM | \$12

2089 | Sat., Oct. 24 | 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.

2082 | Thu., Sept. 3 - Oct. 1 | 1:15 PM | 5 Sess. | \$60

2083 | Thu., Oct. 8 - 29 | 1:15 PM | 4 Sess. | \$48

Gentle Qi Gong

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

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

2018 | Mon., Aug. 31 - Sept. 28 | 2:15 PM | 3 Sess. | \$36

2019 | Mon., Oct. 12 & 26 | 2:15 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 are needed. Improve balance, memory, and strength while dancing to great music.

2094 | Wed., Sept. 2 - 30 | 2:30 PM | 5 Sess. | \$60

2095 | Wed., Oct. 7 - 28 | 2:30 PM | 4 Sess. | \$48

Pickleball 101 (Beginner)

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

Discover the nation's fastest-growing sport, pickleball, in a dynamic class covering basic strokes, strategy, rules, and scoring. Class is held at Pickleball Training Centers in Poway.

2028 | Tue., Sept. 22 - Oct. 13 | 9:00 AM | 4 Sess. | \$120

2036 | Tue., Oct. 27 - Nov. 17 | 9:00 AM | 4 Sess. | \$120



HYBRID



BOTH LOCATIONS

Pickleball 102 (Advanced Beginner)

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

This class is geared toward players who have some pickleball experience and want to take their game to the next level. Class is held at Pickleball Training Centers in Poway.

2029 | Tue., Sept. 22 - Oct. 13 | 10:00 AM | 4 Sess. | \$120

2037 | Tue., Oct. 27 - Nov. 17 | 10:00 AM | 4 Sess. | \$120

Seated Chair Yoga and Guided Relaxation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

Build strength, flexibility and relieve stress through breath work, gentle movement and guided deep relaxation. Experience the benefits of Yoga without getting on the floor.

2098 | Thu., Sept. 3 - Oct. 1 | 2:30 PM | 5 Sess. | \$60

2099 | Thu., Oct. 8 - 29 | 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.

2022 | Mon., Aug. 31 - Sept. 28 | 9:30 AM | 4 Sess. | \$48

2023 | Mon., Oct. 5 - 26 | 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.

2102 | Wed., Sept. 2 - 30 | 10:45 AM | 5 Sess. | \$60

2103 | Wed., Oct. 7 - 28 | 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.

2106 | Wed., Sept. 2 - 30 | 9:30 AM | 5 Sess. | \$60

2107 | Wed., Oct. 7 - 28 | 9:30 AM | 4 Sess. | \$48

Strength, Balance & Stretch

Kathy Jorgensen, Certified Fitness & Yoga Instructor

Flow through yoga with breath and movement to boost flexibility, balance, and relaxation—perfect for both beginners and seasoned yogis.

2033 | Wed., Sept. 16 & 23 | 1:15 PM | 2 Sess. | \$24

💖 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., Sept. 26 | 12:00 PM | \$12

2113 | Sat., Oct. 24 | 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.

2020 | Mon., Aug. 31 - Sept. 28 | 3:15 PM | 4 Sess. | \$48

2021 | Mon., Oct. 5 - 26 | 3:15 PM | 4 Sess. | \$48

2058 | Fri., Sept. 4 - Oct. 2 | 2:15 PM | 5 Sess. | \$60

2059 | Fri., Oct. 9 - 30 | 2:15 PM | 4 Sess. | \$48

Tai Chi Chuan: Intermediate

Pat Griffith, Sifu

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

2118 | Fri., Sept. 4 - Oct. 2 | 10:45 AM | 5 Sess. | \$60

2119 | Fri., Oct. 9 - 30 | 10:45 AM | 4 Sess. | \$48

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga 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.

2032 | Tue., Sept. 15 | 9:30 AM | \$12

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.

2050 | Fri., Sept. 4 - Oct. 2 | 8:30 AM | 5 Sess. | \$60

2051 | Fri., Oct. 9 - 30 | 8:30 AM | 4 Sess. | \$48

Zumba® Gold

Saleemah Muhammad, Licensed Zumba Gold/+Lift Instructor

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

2024 | Tue., Sept. 1 - 29 | 12:00 PM | 5 Sess. | \$60

2025 | Tue., Oct. 6 - 27 | 12:00 PM | 4 Sess. | \$48

Zumba® + Lift

Saleemah Muhammad, Licensed Zumba Gold/+Lift Instructor

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

2048 | Tue., Sept. 1 - 29 | 2:30 PM | 4 Sess. | \$48

2049 | Tue., Oct. 6 - 20 | 2:30 PM | 3 Sess. | \$36

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

Alzheimer's San Diego: Communication Skills

Jean Alton, Senior Dementia Educator

Learn effective communication strategies and coping techniques to connect with and support loved ones experiencing Alzheimer's or dementia

2251 | Mon., Oct. 26 | 1:00 PM | FREE

Alzheimer's San Diego: Safety at Home

Jean Alton, Senior Dementia Educator

Learn practical safety tips and community resources to protect loved ones with memory loss and ease caregiver stress.

2250 | Mon., Sept. 28 | 1:00 PM | FREE

A Day of Plant-Based Nutrition

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

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

2270 | Fri., Sept. 25 | 10:00 AM | \$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.

2272 | Wed., Sept. 2 | 10:00 AM | \$15

NEW CLASS

Caregiving Changes Your Brain: Here's How to Protect It

Sarah Uran, CEO & Co-Founder, Trusscare

Learn how caregiving affects the brain and body, and discover practical strategies to reduce stress, build resilience, and support your own well-being while caring for others.

2267 | Mon., Sept. 14 | 10:00 AM | \$15

Compassion, Healing and Hope: Understanding and Overcoming Trauma

Skip Himmelstein, Psy. D., Psychotherapist

This class will explore various types of trauma and grief, how they can affect your life, and how to overcome them.

2264 | Thu., Oct. 29 | 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

2263 | Wed., Sept. 23 | 10:00 AM | \$15

WINTER MAKERS MARKET

A Celebration of Local Artistry & Craftsmanship

**Saturday, December 5
10:00am - 2:00pm**

17170 Bernardo Center Drive
San Diego, CA 92128

❄️ Small Businesses ❄️ Local Artists

❄️ Music ❄️ Food & Drinks



SCAN FOR MORE
EVENT DETAILS &
VENDOR INQUIRY FORM

NEW CLASS

Fixing the Broken Healthcare System

Neil Farber, NASA/JPL Solar System Ambassador

Why are appointments delayed for months? Explore the causes of America's healthcare crisis, practical reforms, and strategies for communicating more effectively with healthcare providers.

2260 | Tue., Oct. 6 | 1:00 PM | \$15

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.

2261 | Wed., Sept. 9 | 10:00 AM | \$15

NEW CLASS

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.

2262 | Wed., Oct. 7 | 1:00 PM | \$15

NEW CLASS

Learning to Relax Through Mindfulness

Jaime Pineda, Ph.D.

Do you aspire to a stress-free, happier, and healthier life? This neuroscience- and Buddhist-inspired class will teach how by allowing the mind to rest as it is on what is.

2254 | Tue., Sept. 22 - Oct. 20 | 1:00 PM | 5 Sess. | \$100

Living Sustainably At Home

Charlene Correia, Certified Plant-Based Lifestyle Health Coach

This class guides you in making eco-friendly, health-conscious changes at home. It will offer budget-friendly tools and tips to improve your environment and well-being.

2271 | Fri., Oct. 30 | 10:00 AM | \$15

Meditation: Your Key to Health, Wellness & Peace

Melynnique Seabrook, MA

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

2252 | Fri., Sept. 4 & 18 | 1:00 PM | 2 Sess. | \$24

2253 | Fri., Oct. 16 & 30 | 1:00 PM | 2 Sess. | \$24

2279 | Fri., Nov. 6 & 20 | 1:00 PM | 2 Sess. | \$24

NEW CLASS

Mindful Breathing and Meditation

Anthony Serpiello, Guitar and Harmonica Instructor

Learn breathing techniques and meditation practices to support relaxation, focus, energy, and emotional well-being through simple, adaptable exercises for all experience levels.

2981 | Mon., Nov. 2 - 23 | 11:15 AM | 4 Sess. | \$80

NEW CLASS

Sound Bath for Rest & Relaxation

Amanda Joy, MPH

Experience deep relaxation with guided meditation, gentle breathing, and crystal singing bowls. Open to all, it promotes balance, relieves stress, and cultivates inner calm.

2258 | Tue., Sept. 22 | 2:30 PM | \$20

2259 | Tue., Oct. 27 | 2:30 PM | \$20

NEW CLASS

Tennis and Golfers Elbow? I Don't Play Either!

Adrienne Tesarek, Occupational Therapist, Certified Hand Therapist

Learn about tennis and golfer's elbow, including anatomy, causes, tendon changes, and practical strategies for managing pain, improving function, and preventing future issues.

2265 | Fri., Sept. 11 | 1:00 PM | \$15

♥♥The California End of Life Option Act

Bill Simmons, Attorney

Explore California's end-of-life options, including the legal requirements for medical aid in dying, and gain insight into planning for life's final chapter.

2257 | Tue., Oct. 6 | 10:00 AM | \$10

♥♥The Conundrum of Dementia

Bill Simmons, Attorney

Learn what dementia is, why it presents unique challenges, and explore factors that may help reduce risk while planning for the future.

2256 | Tue., Oct. 13 | 10:00 AM | \$10



♥♥United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2268 | Thu., Oct. 15 | 1:00 PM | FREE

2269 | Sat., Oct. 24 | 10:00 AM | FREE

NEW CLASS

What's the Buzz All About in My Hands?

Adrienne Tesarek, Occupational Therapist, Certified Hand Therapist

Understand carpal and cubital tunnel syndromes through anatomy, symptoms, risk factors, and practical strategies to manage nerve compression and support long-term function.

2266 | Fri., Oct. 16 | 10:00 AM | \$15

📍📍Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor

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

2255 | Tue., Oct. 13 | 3:00 PM | FREE

HISTORY & HUMANITIES

American History for Everyone

Richard Lederer, Union-Tribune Language Columnist

Richard Lederer will illuminate the diverse history of our great nation, including the contributions of women, African Americans, and indigenous people.

2604 | Tue., Sept. 15 | 10:00 AM | \$15

NEW CLASS

Anthropology and the Bible

Henry George, Engineer, Archaeologist and Geologist

Explore how the Bible reveals the cultural and spiritual evolution of a people, offering insights into history, faith, and human experience beyond archaeology alone.

2603 | Thu., Oct. 15 | 10:00 AM | \$15

Archaeology and the Bible

Henry George, Engineer, Archaeologist and Geologist

Examine the historical events of the Torah through archaeological research, exploring evidence, historical context, and perspectives on the Bible's historical foundations.

2602 | Thu., Sept. 17 | 10:00 AM | \$15

NEW CLASS

Broadway's Jewish Legacy

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

Why did so many of Broadway's greatest composers, lyricists, and producers come from the Jewish community? Explore the historical and cultural forces that transformed the American musical.

2612 | Wed., Sept. 30 | 1:00 PM | \$15

NEW CLASS

📍📍Check-In to History: Historic Hotels of Southern California

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

Discover Southern California's historic hotels through their architecture, famous guests, memorable events, and ghostly legends.

2616 | Wed., Sept. 23 | 1:00 PM | \$15

NEW CLASS

📍📍Check-In to Southwestern History: Historic Hotels of New Mexico and Arizona

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

Let's visit historic hotels from Santa Fe to Las Cruces to Tucson that hosted guests from missionaries and miners to gunfighters and gangsters.

2617 | Wed., Oct. 28 | 10:00 AM | \$15

NEW CLASS

Famous Dogs

Fred Bercovitch, Ph.D. Biological Anthropology

Dogs are the most popular pets in the United States. Explore the stories of famous dogs in history, fiction, TV, comics and science with San Diego animal expert, Dr. Fred Bercovitch.

2777 | Fri., Oct. 23 | 10:00 AM | \$15

NEW CLASS

Frida Kahlo: Art, Identity, and Resilience

Julia Fister, MA, Studio ACE Executive Director

Discover how Frida Kahlo transformed love, pain, identity, and cultural heritage into powerful self-portraits that continue to inspire audiences worldwide.

2614 | Thu., Oct. 29 | 10:00 AM | \$15

NEW CLASS

Ghosts in North County: Legends and Lore

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

Uncover San Diego's spooky side with chilling ghost stories from haunted landmarks. Share your own eerie encounters.

2683 | Thu., Oct. 29 | 1:00 PM | \$15

NEW CLASS

📍📍Haunted and Possessed San Diego: Specters Among Us

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

Explore San Diego's most famous ghost stories and haunted locations, from historic landmarks to desert landscapes, while uncovering their mysterious reputations.

2608 | Wed., Oct. 14 | 10:00 AM | \$15



HYBRID



BOTH LOCATIONS

NEW CLASS**History of the Lottery**

Steven Dadolf, Electronic Engineer and History Instructor

What do the Old Testament, the Great Wall of China, the American Revolution, and Powerball all have in common? Come discover the surprising and fascinating 4,000 year history of the lottery.

2611 | Thu., Sept. 3 | 10:00 AM | \$15

Leonardo Da Vinci

Julia Fister, MA, Studio ACE Executive Director

Explore Leonardo da Vinci's extraordinary genius through his iconic art, groundbreaking scientific discoveries, and boundless curiosity that transformed the Renaissance.

2613 | Fri., Sept. 25 | 10:00 AM | \$15

NEW CLASS**My Journey to Buddhist Priesthood**

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

Curious why someone becomes a Buddhist priest? Learn about Oasis instructor/volunteer Kathy Hassett's ordination process and view photos from an actual Buddhist ordination ceremony.

2824 | Mon., Sept. 21 | 11:00 AM | \$10

NEW CLASS**📍📍The American Empire, Manifest Destiny and "Sea to Shining Sea"**

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

Explore 200 years of U.S.-Native American relations through treaties, wars, presidential policies, Supreme Court decisions, and the confinement of tribes to reservations.

2607 | Wed., Sept. 9 | 1:00 PM | \$15

NEW CLASS**The Hero's Journey – Myth as Life Lessons**

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

Explore Joseph Campbell's hero's journey and its universal themes as a transformative framework for understanding mythology, storytelling, spirituality, and our own journeys of self-discovery.

2606 | Fri., Oct. 16 | 1:00 PM | \$16

NEW CLASS**The History of America's Favorite Foods**

Steven Dadolf, Electronic Engineer and History Instructor

Explore the surprising 'oops' stories behind America's favorite foods, from Popsicles and M&M's to chocolate chip cookies and potato chips

2619 | Thu., Oct. 1 | 10:00 AM | \$15

NEW CLASS**The Red Baron: His Life and Death**

Mark Carlson, Historian & Author

Discover the true story of the Red Baron, World War I's most famous fighter pilot, whose remarkable victories, life, and controversial death continue to fascinate historians.

2601 | Wed., Oct. 21 | 1:00 PM | \$15

The Songs of John Denver

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

Join singer-songwriter Peter Bolland as he weaves the songs of John Denver with tales of his life and impact.

2605 | Fri., Sept. 18 | 1:00 PM | \$16

NEW CLASS**The Story of the Internet**

Jack Wolf, Musician and Songwriter

Discover the fascinating history of the Internet—from its origins and key innovators to the milestones that shaped today's connected world.

2615 | Tue., Sept. 8 | 10:00 AM | \$15

**📍📍Tales of a Terrible Time: The Witches of Salem**

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

Explore the Salem Witch trials through the stories of accusers, victims, survivors, and the legacy of this dark chapter of American history.

2684 | Tue., Sept. 22 | 10:00 AM | \$15

NEW CLASS**Will You Look at the Time? From the Lunar Calendar to the Atomic Clock**

Mark Carlson, Historian & Author

How did the Sun, Moon, calendars, and clocks shape our lives? Explore the fascinating history of timekeeping—and why time still influences our daily routines.

2600 | Wed., Sept. 16 | 1:00 PM | \$15

LANGUAGES

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

AMERICAN SIGN LANGUAGE

American Sign Language

Sue Taetzsch, Certified ASL Instructor

For students with no signing experience to those seeking a refresher, come learn basic ASL including fingerspelling and signs for various categories (sports, food, etc.).

2722 | Mon., Sept. 14 - Oct. 26 | 11:30 AM | 7 Sess. | \$140

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.

2718 | Wed., Sept. 9 | 10:00 AM | \$20

Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

2719 | Wed., Sept. 16 - Oct. 28 | 10:00 AM | 7 Sess. | \$140

2745 | Wed., Nov. 4 - Dec. 16 | 10:00 AM | 5 Sess. | \$100

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.

2720 | Wed., Sept. 9 | 11:30 AM | \$20

Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

2721 | Wed., Sept. 16 - Oct. 28 | 11:30 AM | 7 Sess. | \$140

2746 | Wed., Nov. 4 - Dec. 16 | 11:30 AM | 5 Sess. | \$100

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.

2716 | Wed., Sept. 9 | 1:00 PM | \$20

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.

2717 | Wed., Sept. 16 - Oct. 28 | 1:00 PM | 7 Sess. | \$140

2743 | Wed., Nov. 4 - Dec. 16 | 1:00 PM | 5 Sess. | \$100

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.

2702 | Mon., Sept. 14 | 10:00 AM | \$20

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 fluent in English.

2705 | Mon., Sept. 21 - Oct. 26 | 10:00 AM | 6 Sess. | \$120

2737 | Mon., Nov. 2 - Dec. 14 | 10:00 AM | 7 Sess. | \$140

GERMAN

Beginning German I

Christine Nievergelt, M. Ed.

Starting with the very basics of learning vocabulary and grammar, with an emphasis on practical phrases that can be used to meet and greet people.

2727 | Fri., Sept. 18 - Oct. 30 | 11:30 AM | 7 Sess. | \$140

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.

2704 | Fri., Sept. 18 - Oct. 30 | 10:00 AM | 7 Sess. | \$140

2736 | Fri., Nov. 6 - Dec. 18 | 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.

2700 | Fri., Sept. 11 | 1:00 PM | \$20

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.

2701 | Fri., Sept. 18 - Oct. 30 | 1:00 PM | 7 Sess. | \$140

2735 | Fri., Nov. 6 - Dec. 18 | 1:00 PM | 6 Sess. | \$120

Try it Out: Beginning High Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Learn the basics of the Italian language through fun, interactive activities.

2712 | Tue., Sept. 8 | 12:00 PM | \$20

Beginning High Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Designed for students with basic Italian skills: build fluency and confidence in a supportive environment through interactive lessons with vocabulary, grammar and real-life conversation. Check online listing for required textbook.

2713 | Tue., Sept. 15 - Oct. 27 | 12:00 PM | 7 Sess. | \$140

2741 | Tue., Nov. 3 - Dec. 15 | 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 sample session lets you experience more advanced conversation and confirm the level is a good fit. Current students are welcome to attend.

2714 | Tue., Sept. 8 | 1:15 PM | \$20

Intermediate Italian

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Already know how to speak Italian? This class will help improve your fluency through engaging conversations and activities in a friendly, relaxed setting.

2715 | Tue., Sept. 15 - Oct. 27 | 1:15 PM | 7 Sess. | \$140

2742 | Tue., Nov. 3 - Dec. 15 | 1:15 PM | 7 Sess. | \$140

Italian Pronunciation

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Speak Italian more clearly and confidently with interactive pronunciation practice for learners from beginner to advanced.

2708 | Fri., Sept. 25 - Oct. 30 | 12:00 PM | 6 Sess. | \$120

Italian Review: High Beginner

Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Consolidate your Italian foundation by reviewing grammar, vocabulary, and conversation through engaging speaking practice, role-plays, and real-life communication.

2706 | Fri., Sept. 25 - Oct. 30 | 1:15 PM | 6 Sess. | \$120

SPANISH

Beginning Spanish 1

Marcie Wessels, Ph.D. in Spanish and Portuguese, (fmr) Assistant Professor of Spanish at USD

For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

2707 | Thu., Sept. 17 - Oct. 29 | 1:00 PM | 7 Sess. | \$140

2738 | Thu., Nov. 5 - Dec. 17 | 1:00 PM | 6 Sess. | \$120

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.

2709 | Thu., Sept. 17 - Oct. 29 | 10:00 AM | 7 Sess. | \$140

2739 | Thu., Nov. 5 - Dec. 17 | 10:00 AM | 6 Sess. | \$120

Intermediate Spanish

Mirian Hong, Ph.D., UC Berkeley: Hispanic Languages and Literature

This course will help you develop oral, listening, reading, and writing skills.

2711 | Thu., Sept. 17 - Oct. 29 | 11:30 AM | 7 Sess. | \$140

2740 | Thu., Nov. 5 - Dec. 17 | 11:30 AM | 6 Sess. | \$120



HYBRID



BOTH LOCATIONS

Stay Sharp, Stay Social, Play Bridge!



BCNC

Bridge Club of North County

Join the Bridge Club of North County at Oasis Rancho Bernardo, where strategy meets social connection!

Whether you're a seasoned player or just getting started, we have something for players at all levels.

- ♠ Duplicate & Social Games – \$11.00 & \$5.00
- ♥ Learning Opportunities – Classes & Supervised Play
- ♦ Daily Games – Morning & Afternoon

Boost your brainpower and build lasting friendships!

Check our schedule at bcncsandiego.org and join the fun today!



LITERATURE

Oasis Fiction Book Club

Gail Hall, M.S., Rehabilitation Counseling, Avid Reader

We'll share and discuss great fiction reads, both past and present.

2680 | Wed., Sept. 16 | 10:00 AM | \$5

The God of the Woods by Liz Moore

2681 | Wed., Oct. 21 | 10:00 AM | \$5

The Midnight Bookshop by Amanda James

MUSIC & LIVE PERFORMANCES

♥♥ Beginning Harmonica I

Anthony Serpiello, Guitar and Harmonica Instructor

Learn harmonica basics in this beginner-friendly class, including breathing, note control, simple melodies, and techniques to build confidence and enjoy making music.

2953 | Mon., Sept. 14 - 28 | 11:15 AM | 3 Sess. | \$60

Beginning Harmonica II

Anthony Serpiello, Guitar and Harmonica Instructor

Build on Beginner Harmonica I by improving breathing, note control, and simple melodies. Strengthen tone, accuracy, and consistency while learning new songs and expanding your skills.

2957 | Mon., Oct. 5 - 26 | 11:15 AM | 4 Sess. | \$80

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.

2950 | Tue., Sept. 15 - Oct. 20 | 11:30 AM | 6 Sess. | \$120

♥♥ Community Harmony Singing

Anthony Serpiello, Guitar and Harmonica 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.

2955 | Mon., Sept. 14 - 28 | 2:00 PM | 3 Sess. | \$60

2959 | Mon., Oct. 5 - 26 | 2:00 PM | 4 Sess. | \$80



Continuing Harmonica

Anthony Serpiello, Guitar and Harmonica Instructor

Build on Beginner Harmonica II by improving tone, control, and accuracy while learning simple techniques and new songs.

2954 | Mon., Sept. 14 - 28 | 12:45 PM | 3 Sess. | \$60

2958 | Mon., Oct. 5 - 26 | 12:45 PM | 4 Sess. | \$80

2982 | Mon., Nov. 2 - 23 | 12:45 PM | 4 Sess. | \$80

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.

2951 | Tue., Sept. 15 - Oct. 20 | 10:00 AM | 6 Sess. | \$120

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.

2952 | Mon., Sept. 14 - 28 | 10:00 AM | 3 Sess. | \$60

2956 | Mon., Oct. 5 - 26 | 10:00 AM | 4 Sess. | \$80

2980 | Mon., Nov. 2 - 23 | 10:00 AM | 4 Sess. | \$80



HYBRID



BOTH LOCATIONS

Love Ukulele? Let's Jam

Carmen Groe, Performer with Ramona Ukulele Jammers

Build confidence and friendships in this community ukulele jam. This class is not for absolute beginners because some chord and strumming ability is required. Limited instruction.

2960 | Wed., Sept. 16 | 1:30 PM | \$12

2961 | Wed., Oct. 14 | 1:30 PM | \$12

NEW CLASS

Oasis Pop/Rock Concert: The Night Owls

The Night Owls, Rock and Soul from the 60s, 70s and 80s

Experience an electrifying mix of rock, soul, and Latin classics as The Night Owls bring decades of talent and irresistible energy to the stage.

2962 | Fri., Sept. 25 | 2:00 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, not perfection.

2963 | Fri., Sept. 11 | 10:30 AM | \$15

2964 | Fri., Oct. 16 | 10:30 AM | \$15

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.

2800 | Thu., Sept. 10 | 10:00 AM | \$40

Ruth Anne Mack, Crochet, Knitting and Mah Jongg Enthusiast

2803 | Mon., Oct. 12 | 10:00 AM | \$40

Sheryl Chesivoir, BA, More Than 2 Decades of Playing/Teaching Mah Jongg and Canasta

American Mah Jongg for Beginners: Let's Get Started!

Ruth Anne Mack, Crochet, Knitting and Mah Jongg Enthusiast

Learn the rules and nuances of American Mah Jongg, then enjoy plenty of real playtime with Oasis friends. Enroll early because space is limited!

2801 | Tue. & Thu., Sept. 15 - 24 | 1:00 PM | 4 Sess. | \$100

2804 | Thu. & Tue., Oct. 15 - 27 | 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.

2810 | Tue. & Thu., Sept. 29 - Oct. 8 | 1:00 PM | 4 Sess. | \$100

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.

2807 | 2nd & 4th Wed., Sept. 9 - Oct. 28 | 10:30 AM 4 Sess. | FREE

Bunco: Super Simple and Fabulously Fun

Shahla Rabinowitz, a decade of teaching Mah Jongg and Bunco and teacher of Farsi

Learn and play Bunco, a lively dice game that combines quick thinking with nonstop fun.

2820 | Thu., Sept. 3 | 10:00 AM | \$8

2821 | Thu., Oct. 8 | 10:00 AM | \$8

📍 Collette - Travel Destinations in 2027 and Beyond

Ghythe Haddad, Business Development Manager

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

2831 | Thu., Oct. 29 | 11:00 AM | FREE

NEW CLASS

📍 Downsizing: Strategies for Letting Go

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

Learn practical strategies for downsizing, organizing, and letting go while navigating the emotions and memories connected to a lifetime of belongings.

2808 | Tue., Sept. 8 | 1:00 PM | \$15

NEW CLASS

Feng Shui for Health, Sleep and Calm

Bel Cote, Metaphysics and Wellness Coach

Beginner-friendly Feng Shui: Learn simple, formula-free adjustments to improve rest, relaxation, and home comfort—no compass or charts, just easy tips for a calmer living space.

2823 | Mon., Oct. 26 | 10:00 AM | \$15

Game of the Month: Rummikub

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

Discover Rummikub—a fast-paced game combining rummy and Mahjong. Learn the rules, practice strategies, and play guided games with others. No experience needed.

2815 | Tue., Sept. 8 | 1:00 PM | \$12



Game of the Month: 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 needed.

2816 | Fri., Oct. 9 | 10:00 AM | \$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.

2828 | Wed., Sept. 2 | 1:00 PM | \$12

2829 | Wed., Oct. 21 | 2:30 PM | \$12

2865 | Tue., Nov. 3 | 1:00 PM | \$12

NEW CLASS

Introduction to Evidential Mediumship and Spirit Art

Glenn Citerony, Intuitive Medium, Spiritual Artist, and (former) Biotech/Pharma Executive

Explore the concepts of evidential mediumship and spirit art while learning how mediums seek connection, interpret experiences, and examine the role of evidence and personal meaning.

2826 | Fri., Sept. 11 | 10:00 AM | \$15

NEW CLASS

Law of Attraction: A Circle of Discovery

Gigi Howard, MA Ed., Law of Attraction Specialist

Share meaningful stories and experiences of feeling connected to loved ones who have passed, exploring comforting signs, memories, and moments of continued connection.

2806 | Fri., Oct. 23 | 10:00 AM | \$15

NEW CLASS

Law of Attraction: Creating Connections

Gigi Howard, MA Ed., Law of Attraction Specialist

Explore practical ways to build meaningful friendships, strengthen relationships, and create lasting social connections through discussion, reflection, and personalized planning.

2827 | Fri., Oct. 2 | 10:00 AM | \$15

NEW CLASS

Law of Attraction: Living the Four Agreements

Gigi Howard, MA Ed., Law of Attraction Specialist

Explore the wisdom of The Four Agreements and discover practical ways to live with greater authenticity, mindfulness, and awareness in daily life.

2805 | Fri., Sept. 18 | 10:00 AM | \$15

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

Michelle Richardson, Professional Makeup Artist

This class focuses on enhancing your natural beauty while addressing specific skin concerns. Bring a notebook and any makeup and brushes you have.

2813 | Wed., Sept. 9 & 16 | 10:00 AM | 2 Sess. | \$30

♥♥ Makeup - Level 2: The Eyes Have It

Michelle Richardson, Professional Makeup Artist

You've completed Level 1, now learn to master your eye and brow makeup. Bring eye and brow makeup, brushes, a mirror with a stand and a notebook.

2814 | Wed., Oct. 7 | 10:00 AM | \$15

Makeup - Level 3: Personalized Tips & Techniques

Michelle Richardson, Professional Makeup Artist

After completing Level 2, get hands-on practice with instructor guidance for those trouble areas, or create a glamorous look for special occasions. Bring your makeup, mirror & notebook.

2858 | Wed., Nov. 4 | 10:00 AM | \$15

NEW CLASS

Packing for the Holidays

Janet Stuelpner, The Left-Handed Artist and Crafter

As we get ready to travel for the holidays, learn some tips on how to pack, what to pack and how to handle gifts.

2860 | Tue., Nov. 3 | 10:00 AM | \$15

NEW CLASS

The ADHD–Clutter Connection: Practical Insights for Everyday Life

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

Explore the connection between ADHD, aging, and clutter while learning practical, compassionate strategies for organization, decision-making, and creating systems that work.

2809 | Thu., Oct. 15 | 1:00 PM | \$15

The Paranormal Experience: Discussion Group

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

Have you had a spiritual, psychic, or paranormal experience? Come share your personal stories with others in this confidential discussion group.

2811 | Mon., Sept. 21 | 1:00 PM | \$10

♥♥Travel Trends & Top Destinations with AFC Vacations

Will Reece, AFC Vacations

We look at travel trends, popular destinations, and hidden gems worldwide to inspire your next adventure.

2830 | Wed., Oct. 14 | 1:00 PM | FREE

Where Did the Day Go? Time Management Strategies in Our Oasis Years

Camille Currier, MA Ed. Tech.; Former Corporate Trainer; People Skills Expert

Seems that time really does fly as we age. In this workshop, discover proven, effective time management strategies to make the most of your Oasis years.

2825 | Wed., Sept. 9 | 10:00 AM | \$15

Wines of France Part 1: Bordeaux, Burgundy and Champagne

Matilda Parente, MD, CSW

Discover what makes France's iconic wine regions unique. Read labels, find values, choose confidently, and savor a tasting.

2802 | Wed., Sept. 23 | 1:00 PM | \$15

Wines of France Part 2

Matilda Parente, MD, CSW

Take an armchair tour of France's lesser-known wine regions. Discover delicious values, food pairings, and wine confidence—plus enjoy a tasting.

2812 | Wed., Oct. 14 | 1:00 PM | \$15

Women's Group: Friendship and Support

Skip Himmelstein, Psy. D., Psychotherapist

Join our vibrant group of women to connect, share, and explore the joys and challenges of our Oasis years.

2817 | Mon., Aug. 31 - Sept. 28 | 1:30 PM | 4 Sess. | \$40

2819 | Mon., Oct. 5 - 26 | 1:30 PM | 4 Sess. | \$40

2863 | Mon., Nov. 2 - 23 | 1:30 PM | 4 Sess. | \$40

NEW CLASS

Your Personal Energy Number: A Simple Numerology Guide

Bel Cote, Metaphysics and Wellness Coach

Beginner-friendly numerology workshop. Discover your personal year number and its influence on mood, opportunities, and daily life. No charts or calculations, with optional attendee mini-readings.

2822 | Mon., Sept. 28 | 10:00 AM | \$15

SCIENCE



NEW CLASS

A History of Cosmology

Neil Farber, MD, NASA/JPL Solar System Ambassador

Discover how the universe began, evolved, and is structured while tracing the scientific discoveries that transformed our understanding of it.

2770 | Wed., Sept. 16 | 10:00 AM | \$15

NEW CLASS

Ash and Mud: The Twin Fates of Pompeii and Herculaneum

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

Compare Pompeii and Herculaneum, two cities buried by Mount Vesuvius in 79 CE, and discover extraordinary glimpses of Roman life preserved beneath volcanic destruction.

2772 | Tue., Sept. 8 | 1:30 PM | \$15

NEW CLASS

Messina and the Fire Beneath: Volcanoes and the Fragile Edge of History

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

Explore Sicily's dynamic landscape, shaped by Mount Etna, earthquakes, trade, and mythology, from Messina's famous astronomical clock to Taormina's ancient theater.

2773 | Tue., Sept. 22 | 1:30 PM | \$15

NEW CLASS

Serendipity

Neil Farber, MD, NASA/JPL Solar System Ambassador

Discover how unexpected observations sparked history's greatest inventions and scientific breakthroughs and learn to recognize and benefit from serendipitous opportunities in your own life.

2771 | Wed., Oct. 21 | 10:00 AM | \$15

NEW CLASS

The Antikythera Mechanism and the Greek Search for Time

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

Discover the Antikythera Mechanism, an ancient Greek marvel of gears and engineering that predicted eclipses and celestial cycles, challenging assumptions about ancient technology.

2774 | Mon., Oct. 5 | 1:30 PM | \$15

NEW CLASS

The Life and Plight of African Elephants

Fred Bercovitch, Ph.D. Biological Anthropology

Explore the remarkable family societies of the African elephant and how poaching has threatened their survival.

2776 | Fri., Sept. 18 | 10:00 AM | \$15

NEW CLASS

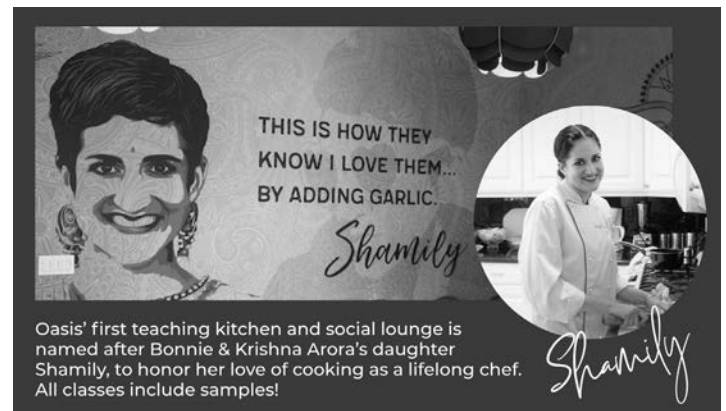
The Tower of the Winds: The Greek Quest to Measure Time

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

Explore the Tower of the Winds and ancient Greek advances in astronomy, mathematics, and clockmaking that shaped how later civilizations measured time.

2775 | Wed., Oct. 28 | 1:30 PM | \$15

SHAMILY'S KITCHEN



NEW CLASS

Artisanal Homemade Sourdough Pizzas

DJ Hasinsky, Baker

Learn to create different styles of pizza, all with a perfectly baked sourdough crust covered in a variety of exciting fresh topping combinations.

2509 | Mon., Sept. 21 | 1:00 PM | \$25

NEW CLASS

Chinese Mid-Autumn Festival Mooncakes

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training

Celebrate the Mid-Autumn Festival! Learn how to make mooncakes; a rich, dense pastry which are a defining treat of this holiday.

2513 | Mon., Sept. 14 | 10:30 AM | \$25

NEW CLASS

Chocolate Mousse Ladyfinger Cake

Allison Weisman, Owner of Allison's Custom Confections

Learn how to transform airy ladyfingers and rich, silky chocolate mousse into a stunning cake that looks as good as it tastes.

2517 | Thu., Oct. 22 | 1:00 PM | \$25

NEW CLASS

Coconut Curry Tofu

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Learn to make Coconut curry tofu, an antioxidant-rich, plant-based longevity dish that embodies the whole-food principles of the Blue Zones diet.

2503 | Fri., Oct. 9 | 10:00 AM | \$25

NEW CLASS**📍 Drizzle and Delight: Healthy Sauces**

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

Transform everyday meals with fresh, homemade sauces and dressings that add bold flavor to salads, grain bowls, vegetables, and more.

2511 | Fri., Sept. 18 | 11:00 AM | \$25

NEW CLASS**Gluten-Free Holiday Time**

Lauren Brimmer, Author of Your Chicken is Cooked

From Halloween treats to Thanksgiving favorites, discover gluten-free recipes, decorating ideas, and kitchen tips for a worry-free holiday feast.

2507 | Tue., Oct. 27 | 11:00 AM | \$25

NEW CLASS**Gluten-Free Party Time**

Lauren Brimmer, Author of Your Chicken is Cooked

Take the guesswork out of gluten-free entertaining with flavorful recipes, pasta tips, and crowd-pleasing dishes perfect for your next gathering.

2508 | Tue., Sept. 22 | 11:00 AM | \$25

NEW CLASS**Halloween Cookie**

Liz Jacobi, Owner of Lizzy's Sweet Treats

Learn the art of decorating sugar cookies with royal icing as you create festive Halloween treats using fun, beginner-friendly techniques to enjoy and take home.

2519 | Fri., Oct. 30 | 11:00 AM | \$50

NEW CLASS**Hands-On Interactive Sushi Making**

Tonya Whitfield, Chef/Professor

Become a sushi chef for the day! Learn rice techniques, roll delicious sushi favorites, and take home your own tasty creations and tools.

2504 | Fri., Oct. 16 | 11:30 AM | \$25

NEW CLASS**Healthy Sweet, Savory, and Whipped**

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

Learn to prepare fresh tomato basil soup, strawberry balsamic vinaigrette, and a tropical pineapple-mango whip dessert in this flavorful cooking class.

2514 | Wed., Oct. 14 | 11:00 AM | \$25

NEW CLASS**Homemade Risotto**

Mark Cleveland, President/Chef Owner of Avanti Culinary Consulting

Create Italy's ultimate comfort dish while discovering flavor combinations, risotto techniques, and an easy method for making this classic at home.

2506 | Thu., Oct. 29 | 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., Sept. 10 | 1:00 PM | \$25

NEW CLASS**Mediterranean Tacos**

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

Learn how to create these healthy and tasty Mediterranean tacos using chickpeas, cauliflower, mangos, and pickled onions, followed by the creation of a poblano cashew cream sauce.

2515 | Wed., Sept. 30 | 11:00 AM | \$25

NEW CLASS**Mini Powdered Sugar Donut Muffins**

Allison Weisman, Owner of Allison's Custom Confections

Learn the secret to getting that dense, buttery donut crumb with the lift of a mini muffin with a pillowy powdered sugar coating.

2518 | Thu., Oct. 15 | 1:00 PM | \$25

NEW CLASS**Nihon Egg Salad**

Mark Cleveland, President/Chef Owner of Avanti Culinary Consulting

Experience the viral Japanese egg sandwich and uncover what makes its rich, velvety texture and savory flavor so deliciously unique.

2505 | Thu., Sept. 24 | 11:00 AM | \$25

NEW CLASS**Okinawan Purple Sweet Potato Haupia Pie Bars**

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Learn to make this luscious dessert featuring a buttery crust, a creamy purple sweet potato filling, and a top layer of coconut haupia (pudding).

2502 | Fri., Sept. 25 | 10:00 AM | \$25

Peruvian Mixology: Pisco Sour Workshop

Daniel Urdanivia, Peruvian Mixologist

Sip, shake, and savor! Learn the secrets of the Pisco Sour with a Peruvian mixologist, including infused variations, paired with delicious Peruvian tamales.

2521 | Wed., Oct. 21 | 1:00 PM | \$40

NEW CLASS

Pumpkin Chocolate Chip Muffins

Allison Weisman, Owner of Allison's Custom Confections

Fall in a bowl, learn the secrets to bakery-style pumpkin chocolate chip muffins while understanding the science between moist crumbles and spice blends.

2516 | Wed., Oct. 28 | 1:00 PM | \$25

NEW CLASS

Risotto allo Zafferano e Zucchini

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Create Risotto allo Zafferano e Zucchini, a creamy, vibrant dish that combines the luxurious aroma of saffron with the mild sweetness of tender late-summer zucchini.

2501 | Fri., Sept. 11 | 10:00 AM | \$25

NEW CLASS

Sourdough Breads and Delicious Spreads

Noris Velazquez, Owner of Sourdough Delight

Learn how to make cultured spreads with fresh seasonal ingredients and enjoy them with freshly baked sourdough in this hands-on, beginner-friendly class.

2520 | Wed., Sept. 23 | 11:00 AM | \$25

NEW CLASS

Taste of India

North Indian Culinary Specialist

Learn about the magic of Indian cuisine, experience the making of masala chicken, accompanied with braised hearty chickpeas with Indian spices.

2500 | Thu., Oct. 8 | 11:00 AM | \$25

NEW CLASS

The Golden Grain: Cantonese Fried Rice

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training

Learn about traditional Cantonese fried rice, alternative ingredients, and the technique so every grain stays fluffy, and packed with flavor.

2510 | Mon., Sept. 14 | 12:00 PM | \$25

TECHNOLOGY

Cybersecurity 101: Click with Caution

Pedro Ibarreche, BS, Computer Engineering, IT Support Specialist

Protect your hard-earned money and peace of mind online with practical, real-world tools to recognize scams, avoid threats, and browse the web with confidence.

2907 | Thu., Sept. 17 | 10:00 AM | \$15

NEW CLASS

Cybersecurity 102: Protecting Your Privacy, Phone, and Pocketbook

Pedro Ibarreche, BS, Computer Engineering, IT Support Specialist

Protect your smartphone, social media, shopping habits, savings, and privacy with simple, jargon-free adjustments in this relaxed, interactive workshop.

2908 | Tue., Oct. 27 | 10:00 AM | \$15

NEW CLASS

Digital Wallets: The Safest Way to Pay

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

Curious about paying with your smartphone? Learn how digital wallets work and how to set one up to make secure, confident purchases anywhere.

2925 | Tue., Nov. 3 | 1:00 PM | \$15

NEW CLASS

Exploring with AI

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

AI can be a partner - used wisely. Take a tour with Joe Nalven and his AI chatbot.

2900 | Wed., Oct. 21 | 1:00 PM | \$15



📍 Mastering Passwords: Best Security Practices

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

Are you concerned about your online security? In our ever-evolving digital age, safeguarding your online accounts with strong and secure passwords is paramount.

2905 | Tue., Oct. 13 | 1:00 PM | \$15

Smartphone 101

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

New to using a smartphone? This class will help you become more comfortable with the basic functions and features of your iPhone or Android phone.

2901 | Thu., Sept. 3 | 1:00 PM | \$15

Smartphone 102

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

Take your smartphone skills to the next level. Learn features and functions to help with your personal efficiency, organization, and other customized needs.

2903 | Fri., Sept. 25 | 1:00 PM | \$15

NEW CLASS

The Forgotten Passcode

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

Learn what to do when you get locked out of your device or when Face ID fails unexpectedly to safely recover access.

2906 | Tue., Oct. 13 | 2:30 PM | \$15

NEW CLASS

Where Did My App Go?

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

Learn how to easily locate, organize, and restore missing or disappearing home screen app icons on your iPhone.

2902 | Thu., Sept. 3 | 2:30 PM | \$15

NEW CLASS

Who Is Calling?

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

Learn how to stop annoying robocalls and protect your peace of mind by blocking unwanted numbers and filtering unknown callers.

2926 | Tue., Nov. 3 | 2:30 PM | \$15

NEW CLASS

Why is My Battery Dying So Fast?

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

Discover how to stop power-hungry background applications and adjust your screen display settings to significantly extend your mobile battery life throughout the day.

2904 | Fri., Sept. 25 | 2:30 PM | \$15



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Memory Care

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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 photo library for a comprehensive view, and how to quickly find a photo and create albums.

200 | Thu., Sept. 10 | 10:00 AM | \$10

201 | Thu., Sept. 24 | 12:00 PM | \$10

202 | Thu., Oct. 8 | 2:00 PM | \$10

203 | Thu., Oct. 22 | 2:00 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.

206 | Thu., Sept. 24 | 10:00 AM | \$10

Emojis, Memes and GIFs Galore

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

208 | Tue., Sept. 15 | 12:00 PM | \$10

209 | Tue., Oct. 27 | 12:00 PM | \$10

Google Photos App Workshop

This workshop will give you tips for organizing photos on your smartphone. Learn about favorites, creating folders, searching for pictures, and more.

211 | Tue., Sept. 15 | 10:00 AM | \$10

212 | Tue., Sept. 29 | 12:00 PM | \$10

213 | Thu., Oct. 15 | 2:00 PM | \$10

214 | Tue., Oct. 27 | 2:00 PM | \$10

NEW CLASS

Meta Smart Glasses 101

Did you unbox your Ray-Ban Metas and are not quite sure where to start? Master the basics of your smart eyewear by learning how to take clear photos, videos, answer calls, use voice commands, and more.

217 | Thu., Oct. 8 | 12:00 PM | \$10

Pocket Full of Power: Your Digital Wallet

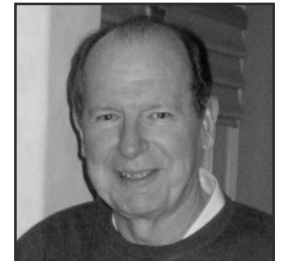
Learn how to use the digital wallet on your device. Learn about the convenience and ease of this feature, as well as other forms of digital payments.

219 | Tue., Sept. 15 | 2:00 PM | \$10

220 | Thu., Oct. 22 | 12:00 PM | \$10



Arlene & Michael Bardin



Tim McCarthy



**Rancho Bernardo
Community Foundation**
A proud affiliate of San Diego Foundation

Rancho Bernardo Sunrise
Rotary



Rotary



**Club of
Rancho
Bernardo**

Tech Talk: iPhone Fundamentals I: Getting Started

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.

222 | Tue., Sept. 29 | 10:00 AM | \$10

223 | Thu., Oct. 15 | 10:00 AM | \$10

Tech Talk: iPhone Fundamentals II: Beyond the Basics

This hands-on workshop will guide you through a few settings, explore your iCloud, and show you how to find your device if it is lost..

226 | Thu., Oct. 8 | 10:00 AM | \$10

227 | Thu., Oct. 22 | 10:00 AM | \$10

Technology for Travelers

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

230 | Thu., Sept. 10 | 12:00 PM | \$10

231 | Thu., Sept. 24 | 2:00 PM | \$10

232 | Thu., Oct. 15 | 12:00 PM | \$10

233 | Tue., Oct. 27 | 10:00 AM | \$10

UBER/Lyft App Workshop

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

236 | Thu., Sept. 10 | 2:00 PM | \$10

237 | Tue., Sept. 29 | 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.

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Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

See page 34 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:
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Learn more at [Thrivent.com](https://www.thrivent.com)

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OASIS AT THE LIBRARY

ALLIED GARDENS/BENJAMIN BRANCH LIBRARY

5188 Zion Ave, San Diego, CA 92120

San Diego's Most Haunted

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

Discover San Diego's haunted landmarks and hear paranormal stories, featuring investigations and insights from the San Diego Paranormal Research Society's case files.

700 | Tue., Oct. 20 | 6:30 PM | FREE

DEL MAR LIBRARY

1309 Camino Del Mar, Del Mar, CA 92014

History of Spiritualism & Communicating with Spirits

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

This lecture explores the history of Spiritualism, key figures like the Fox Sisters and Houdini, and its impact on paranormal research and spirit communication methods.

719 | Tue., Sept. 29 | 5:30 PM | FREE

MISSION HILLS-HILLCREST/KNOX BRANCH LIBRARY

215 Washington St, San Diego, CA 92103

Philosophical Self-Portrait

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

Discover and evaluate your worldview's foundation by exploring key philosophical areas—Metaphysics, Epistemology, and Ethics—through three possible positions, facilitating a deeper understanding of other philosophies and philosophers.

711 | Sat., Oct. 24 | 2:30 PM | FREE

Pirates of the Sea

Richard Lederer, Union-Tribune Language Columnist

Join us for a swashbuckling celebration of pirate jokes, riddles, and the salty origins of nautical words and phrases!

710 | Sat., Sept. 19 | 2:30 PM | FREE

NORTH UNIVERSITY COMMUNITY BRANCH LIBRARY

8820 Judicial Dr, San Diego, CA 92122

Most Intriguing and Baffling Mysteries of World History

Sofia Laurein, Ph.D., Professor of History

Like plotting a detective thriller, we'll uncover clues to some of the great mysteries of world history, examining shocking twists and turns.

705 | Fri., Oct. 16 | 2:00 PM | FREE

Pirates of the Sea

Richard Lederer, Union-Tribune Language Columnist

Join us for a swashbuckling celebration of pirate jokes, riddles, and the salty origins of nautical words and phrases!

704 | Fri., Sept. 18 | 2:00 PM | FREE

POINT LOMA/HERVEY BRANCH LIBRARY

3701 Voltaire St, San Diego, CA 92107

AI Fundamentals

Senior Tech Connect

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

714 | Wed., Nov. 4 | 1:00 PM | FREE

An Innocent Abroad

Nora Curran, Maverick Traveler, Journalist & Author

Travel the world with local author Nora Curran as she shares funny, eye-opening stories of her life overseas, including cultural mishaps, near arrests, and unforgettable adventures.

703 | Wed., Oct. 14 | 1:00 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.

701 | Wed., Sept. 23 | 1:00 PM | FREE



OASIS AT THE LIBRARY

SAN CARLOS LIBRARY 7265 Jackson Drive, San Diego, CA 92119

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.

723 | Fri., Sept. 18 | 2:00 PM | FREE

TIERRASANTA LIBRARY BRANCH 4985 La Cuenta Dr, San Diego, CA 92124

Ancient Athens and the Hellenic World: Art & Architecture

Gwenyth Mapes, Professor of Humanities

Explore the Golden Age of Athens, where art, architecture, trade, and ideas flourished amid conflict and shaped the foundations of the modern world.

716 | Tue., Sept. 22 | 6:00 PM | FREE

San Diego's Most Haunted

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

Discover San Diego's haunted landmarks and hear paranormal stories, featuring investigations and insights from the San Diego Paranormal Research Society's case files.

715 | Tue., Oct. 27 | 6:00 PM | FREE

UNIVERSITY COMMUNITY BRANCH 4155 Governor Dr, San Diego, CA 92122

Dutch Still Lifes and Landscapes

Julia Fister, MA, Studio ACE Executive Director

Explore the hidden messages in Dutch art's realism and uncover the true meaning behind its masterpieces.

706 | Thu., Sept. 24 | 1:00 PM | FREE

Suzanne Valadon

Aniko Makranczy, MFA

Despite being born into poverty and lacking formal art education, Suzanne Valadon rose to prominence as a renowned artist, known for her diverse subjects and provocative portrayals.

707 | Thu., Oct. 15 | 1:00 PM | FREE

AFC Vacations

Travel Trends & Top Destinations with AFC Vacations

Will Reece, AFC Vacations

We look at travel trends, popular destinations, and hidden gems worldwide to inspire your next adventure.

1599 | Wed., Oct. 14 | 10:00 AM | FREE

La Mesa Oasis

2830 | Wed., Oct. 14 | 1:00 PM | FREE

Rancho Bernardo Oasis

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.

Santa Fe Holiday

Dec. 2 - 6, 2026 | 5 Days | 7 Meals

Single: \$3,300 | Double: \$2,625 pp

Experience the holiday magic of New Mexico with visits to Albuquerque, Santa Fe, Taos, and Chimayó, where festive traditions, historic adobe architecture, and Native American culture come together. Explore charming plazas, centuries-old landmarks, the remarkable Taos Pueblo, and colorful holiday displays while enjoying the region's unique Southwestern charm.

Smoky Mtns & Pigeon Forge

Dec. 6 - 10, 2026 | 5 Days | 7 Meals

Single: \$3,724 | Double: \$2,949 pp

Celebrate the season in the Great Smoky Mountains with festive visits to Pigeon Forge, Gatlinburg, the magnificent Biltmore Estate, and Dollywood's award-winning Christmas celebration. Enjoy mountain scenery, holiday lights, live entertainment, the Titanic Museum, and local traditions for a memorable Christmas getaway.

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

Collette - Travel Destinations in 2027 and Beyond

Ghythe Haddad, Business Development Manager

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

2831 | Thu., Oct. 29 | 11:00 AM | FREE

Rancho Bernardo Oasis

1608 | Thu., Oct. 29 | 2:30 PM | FREE

La Mesa Oasis

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.

Travel

When you book your adventures through San Diego Oasis, you enjoy unforgettable trips while supporting our programs.



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Use code **OASIS926** to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.



Mexico: Rosarito & Puerto Nuevo with Lobster Lunch

Sat., Sept. 26 | \$199

Your Baja adventure awaits! Shop Rosarito's lively mercado, soak in ocean views, and indulge in Puerto Nuevo's famous lobster feast

Aquarium of the Pacific: Special Seniors Day

Mon., Oct. 5 | \$149

From coral reefs to sea otters and giant turtles, explore incredible ocean exhibits at the Aquarium of the Pacific and enjoy free time to dine or unwind at Shoreline Village, Long Beach's beloved marina-front destination

Autumn Colors in Majestic Mammoth Lakes

5 Days., Oct. 7-11 | Double: \$1,695.00 pp

Journey with us to one of California's most scenic regions on this spectacular autumn refresher to Majestic Mammoth Lakes in the Sierra Nevada mountains

Huntington Gardens, Orchid Show & Sale

Sat., Oct. 10 | \$179

Autumn is a beautiful time to visit the magnificent Huntington, an expansive estate near Pasadena featuring art galleries and 130 acres of one of the world's finest botanical gardens

Día de los Muertos at Hollywood Forever Cemetery

Sat., Oct. 24 | \$198

Come along and experience the joy of the annual Día de los Muertos (Day of the Dead) festival at iconic Hollywood Forever Cemetery.

Arabian Horse Show, Kellogg Ranch Tour & Lunch

Sun., Nov. 1 | \$189

Step into history with a guided tour of W.K. Kellogg's stunning hilltop mansion, enjoy a scenic buffet lunch at Kellogg West, and cap off the day with a captivating Arabian Horse Show celebrating the grace and beauty of these magnificent animals.



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

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Anne Handley | (858) 673-6340 x122

ahandley@wqcalifornia.com
TheRemingtonClub.com

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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

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Jonathan.Doering@thrivent.com

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info@ehospice.org | elizabethhospice.org

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INTERIOR DESIGN



KSPACE INTERIORS

Kelly A. Kreuzinger | (619) 952-4373

design@kspaceinteriors.com | kspaceinteriors.com

Kelly Kreuzinger is an interior designer with 23 years of experience helping people create spaces that are both beautiful and functional. She helps homeowners thoughtfully improve their homes through personalized guidance on design, organization, and the details that make a space feel comfortable and uniquely their own. Whether you're adapting your home as your lifestyle changes or simply looking for a fresh perspective, Kelly is here to help.

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.



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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



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 Zarieh | (619) 887-6822

Fariba.Zarieh@gmail.com | myuhcagent.com/Fariba.Zarieh

My name is Fariba Zarieh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your option. I'm ready to answer your questions and help you find a plan that fits your needs. I know firsthand the complexity of the healthcare system which is why I made it my mission to help others.



WHITLEY INSURANCE SOLUTIONS

Lisa Whitley | (760) 525-1150 | License # 0L00140

lisa@whitleyinsurancesolutions.com

whitleyinsurancesolutions.com

Lisa Whitley is a local, licensed insurance agent specializing in Medicare. She gives unbiased guidance to help clients choose a plan that fits their personal needs. Lisa offers a range of affordable and benefit rich plans with many top insurance companies. She also conducts annual reviews to confirm changing needs are being addressed.

REVERSE MORTGAGE



ACCURATE REVERSE MORTGAGE CORP.

John Correll, CRMP | (619) 294-9820

John@AccurateReverse.com | accuratereversemortgage.com

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SENIOR REAL ESTATE SPECIALISTS



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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.



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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

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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 | WILLIS ALLEN REAL ESTATE

Terri Hunter | Realtor | (619) 994-9927
terrihunter@willisallen.com
TerriHunter.com
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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.

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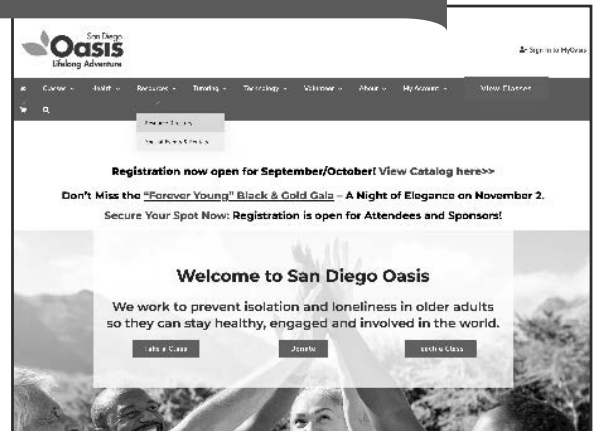


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Find the Resource Guide under the
RESOURCES tab on the blue navigation bar.



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PLANNING IS AN *Act of Kindness*

Conversations Worth Having

End-of-Life Planning with Care, Clarity and Choice

There are certain conversations most of us tend to set aside. Not because they are unimportant, but because they are not easily woven into everyday life.

And yet, these are the conversations that shape some of the most meaningful moments we will ever experience.

In my work as an End of Life Coach and Home Funeral Guide, I support individuals and families in exploring what matters most at the end of life. Together, we create space to reflect on care preferences, spiritual wishes, and the kind of support that feels most aligned with who you are.

This work goes beyond medical planning. It includes the emotional, relational, and spiritual aspects of care, so your wishes are known and your loved ones are not left to guess.

Many people are also surprised to learn that families often have more choice in death care than they realize. Options such as home funerals allow families to remain close, take their time, and create a more personal and meaningful experience of goodbye.

People do not always know what is available to them. These conversations offer clarity, understanding, and a way to approach the end of life with greater awareness and intention.



Rhonda LoPresti
End of Life Coach

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San Diego Oasis at La Mesa

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San Diego Oasis at Rancho Bernardo

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San Diego, CA 92128 | (858) 240-2880



San Diego Oasis Annual Black & Gold Gala 2026

Doors open at 5:30pm

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