San Diego Oasis

November/December 2026



Explore. Learn. Thrive.

La Mesa
(619) 881-6262

Rancho Bernardo
(858) 240-2880

info@SanDiegoOasis.org

SanDiegoOasis.org

TABLE OF CONTENTS

About Us & Volunteer Opportunities 2
Ways to Give 4

In-Person Classes: La Mesa
- Arts & Crafts 6
- Business, Finance & Legal 9
- Exercise & Dance 10
- Health & Wellness 12
- History & Humanities 14
- Languages 16
- Literature & Visual Arts 17
- Music & Live Performances 18
- Personal Enrichment 19
- Technology 20

Oasis Tech Tank 22
Online Classes 23

In-Person Classes: Rancho Bernardo
- Arts & Crafts 26
- Business, Finance & Legal 30
- Exercise & Dance 31
- Health & Wellness 33
- History & Humanities 35
- Languages 38
- Literature 39
- Music & Live Performances 39
- Personal Enrichment 40
- Shamily's Kitchen 42
- Technology 44

Innovation Center 46
Library Classes 48
Travel 50
Resource Directory 52

Ⓥ 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.

2026

San Diego Oasis

GOLDEN AGE OF HOLLYWOOD

San Diego Oasis wishes to thank the following for their generous support of the Golden Age of Hollywood gala. We're grateful for your commitment to our mission and community.

Title Sponsor

THRIVENT FINANCIAL®

After Party Sponsor | Champagne Toast Sponsor

Dr. Bonnie Ann Dowd, Ed.D, MBA, CMA

Black and Gold Sponsors

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TRACEY STOTZ BROKER / REALTOR®

Make a difference today and save on taxes.
Support the Future of Oasis with a

Qualified Charitable Distribution

Who Can Give?

If you are 70 ½ and older, you can give any amount up to $111,000 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 a Qualified Charitable Distribution 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.



San Diego Oasis

WHEN YOU PLAN TO *Give* WE CAN PLAN TO *Grow*

EIN/TAX ID #30-0403895

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

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

CURRENT GIFTS:
Cash | Life Insurance | Stocks | Real Estate

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

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

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

RMD

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

San Diego Oasis LEGACY CIRCLE

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

San Diego Oasis

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

SAN DIEGO OASIS GEM Society
GIVE EVERY MONTH

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

Tribute San Diego Oasis

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

VEHICLE DONATION

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

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 required supplies.

1074 | Mon., Nov. 30 | 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 required supplies.

1092 | Tue., Nov. 17 | 1:00 PM | $25

1467 | Tue., Dec. 15 | 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 required supplies.

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

1102 | Wed., Dec. 2 | 9:45 AM | $25

1103 | Wed., Dec. 16 | 9:45 AM | $25

Art with Kelly: Rock Painting
Kelly Creeden, BA, MS, Mentor, & Teacher

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

1047 | Fri., Nov. 20 | 10:00 AM | $25
Fall Designs

1048 | Fri., Dec. 18 | 10:00 AM | $25
Holiday Designs

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.

1077 | Tue., Nov. 10 | 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.

1078 | Tue., Dec. 8 | 1:00 PM | $25

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.

1060 | Fri., Nov. 6 | 10:00 AM | $25

1061 | Fri., Dec. 4 | 10:00 AM | $25

Color Theory
Aniko Makranczy, MFA

Learn basic principles of color theory including the color wheel, color mixing, schemes, relationships, color properties, harmonies, terms and how certain colors work together to evoke different moods. Check the online listing or your purchase receipt for required supplies.

1013 | Tue., Dec. 15 | 10:00 AM | $25



NEW CLASS

Colorful 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. All materials will be provided, though participants are encouraged to bring gloves, an apron and an iron if you have one.

1607 | Tue., Nov. 24 | 1:00 PM | $25

NEW CLASS

Create Recycled Holiday Gift Bags: Earth & Budget Friendly

Gwen Small

Make eco-friendly holiday gift bags and cards from recycled materials, decorate them creatively, and leave with unique, ready-to-give treasures. Check the online listing or your purchase receipt for the required supplies.

1464 | Tue., Dec. 1 | 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.

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

NEW CLASS

DIY Succulent 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.

1421 | Thu., Nov. 19 | 1:00 PM | $35

1422 | Thu., Dec. 17 | 1:00 PM | $35

1517 | Fri., Dec. 18 | 1:00 PM | $35

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 or your purchase receipt for required supplies.

1621 | Mon., Nov. 9 | 1:00 PM | $25

Fall/Holiday Wreath Making

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

Using natural materials, craft a beautiful, eco-friendly wreath perfect for fall, the holidays, or as a sustainable handmade gift. All materials will be provided.

1053 | Thu., Nov. 12 | 1:00 PM | $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.

1022 | Wed., Nov. 18 | 1:00 PM | $65
Suncatcher

1023 | Wed., Dec. 9 | 1:00 PM | $65
Holiday Glass

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 required supplies.

1036 | Fri., Dec. 4 | 1:00 PM | $25

NEW CLASS

Holiday Centerpiece Arrangements

Nakaba Emtesali, Certified Practitioner of Ikebana

Deck the halls with creativity! Craft a festive centerpiece using fresh evergreens, seasonal blooms, and cheerful accents—perfect for your holiday table. Bring garden clippers; all other materials will be provided.

1489 | Mon., Dec. 14 | 1:00 PM | $50

NEW CLASS

Holiday Cyanotype Notecards

Brandy Sebastian, Fine Art Photographer, Artist, & Educator

Capture nature in stunning cyanotype notecards and finish them with colorful paints, metallic accents, and artistic details for truly unique creations. All materials will be provided.

1019 | Tue., Nov. 24 | 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 garden clippers; all other materials will be provided.

1083 | Mon., Nov. 16 | 1:00 PM | $50

1084 | Mon., Dec. 7 | 1:00 PM | $50

NEW CLASS

Jewelry with Judy: Crystal Christmas Tree Earrings
Judy Cunningham, Owner of Designs by Judy

Make a pair of sparkling Christmas tree earrings on stainless steel leverbacks. All materials will be provided. .

1044 | Fri., Dec. 11 | 10:00 AM | $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 pieces perfect for display or gifting. All materials will be provided.

1038 | Fri., Nov. 6 | 1:00 PM | $25

Melt and Pour Soap Crafting
Jill Gustafson, Soap Hobbyist

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

1042 | Thu., Dec. 3 | 10:00 AM | $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.

1088 | Fri., Nov. 13 | 1:00 PM | $45

1089 | Fri., Dec. 11 | 1:00 PM | $45

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.

1512 | Fri., Nov. 20 | 1:00 PM | $25

Paper Quilling with Marcy - Beginner: Holiday Cards & Ornaments
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.

1070 | Wed., Nov. 18 | 10:00 AM | $25

Paper Quilling with Marcy - Intermediate: Holiday Cards & Ornaments
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.

1071 | Wed., Dec. 9 | 10:00 AM | $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.

1541 | Tue., Nov. 3 | 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.

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

1065 | Tue., Dec. 1 | 10:00 AM | $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

Sew with Lyn: Upcycled Denim Crossbody Bag
Lyn Earl, Instructor

Turn old jeans into a crossbody bag. Check the online listing or your purchase receipt for the required supplies.

1058 | Wed., Dec. 16 | 1:30 PM | $25

NEW CLASS

Sketching with Pens and Colors
Elle Arnot, MFA, School of the Art Institute of Chicago

Explore creative pen techniques enhanced with watercolor and acrylic washes through fun, skill-building exercises that inspire expressive drawing and painting. All materials will be provided.

1034 | Wed., Dec. 2 | 1:00 PM | $25

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

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

1080 | Fri., Nov. 13 | 10:00 AM | $75

NEW CLASS

Thanksgiving Centerpiece Arrangements
Nakaba Emtesali, Certified Practitioner of Ikebana

Design a natural and elegant arrangement using fresh autumn flowers and foliage to elevate your Thanksgiving table! Bring garden clippers; all other materials will be provided.

1488 | Mon., Nov. 23 | 1:00 PM | $50

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

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

1054 | Thu., Dec. 10 | 1:00 PM | $25



Watercolor Hangout with Eddie Omens
Eddie Omens, Artist

Eddie will show you how to create a stunning work of art using basic watercolor and ink techniques. Check the online listing or your purchase receipt for the required supplies.

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

1029 | Mon., Nov. 16 | 10:00 AM | $25

1030 | Mon., Nov. 30 | 10:00 AM | $25

1031 | Mon., Dec. 14 | 10:00 AM | $25

NEW CLASS

Watercolor Painting for the True Beginner: Level One
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.

1016 | Tue. & Thu., Nov. 10 & 12 | 10:00 AM | 2 Sess. | $50

NEW CLASS

Watercolor Painting for the True Beginner: Level Two
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.

1017 | Tue. & Thu., Dec. 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.

1110 | Mon., Nov. 9 | 10:00 AM | $25

1111 | Mon., Dec. 7 | 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

thrivent®
Offices of Jonathan Doering, Matthew Molstre and Anthony Camara

How Taxes Affect Your Retirement
Anthony Camara, CFP®, MBA

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

1528 | Tue., Nov. 3 | 2:00 PM | $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.

1527 | Mon., Nov. 9 | 10:00 AM | $5

Thrivent One-on-One
Anthony Camara, CFP®, MBA

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

1529 | Fri., Nov. 13 | 10:00 AM | FREE

See page 47 for more information on Thrivent Financial, proud sponsor of San Diego Oasis.

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.

1558 | Mon., Dec. 7 | 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.

1526 | Mon., Nov. 16 | 1:00 PM | $10

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

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

1533 | Tue., Dec. 8 | 10:00 AM | $10



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.

1549 | Mon., Dec. 7 | 10:00 AM | $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.

1521 | Tue., Nov. 3 | 10:00 AM | $15

1522 | Wed., Dec. 9 | 1:00 PM | $15

EXERCISE & DANCE

Better Balance: Free From Falls
Russell Rowe, MS, Exercise Physiology

Improve your balance abilities with simple, safe exercises that require only a sturdy chair.

1210 | Fri., Nov. 6 - 20 | 10:45 AM | 3 Sess. | $36

1211 | Fri., Dec. 4 - 18 | 10:45 AM | 3 Sess. | $36

Bone-Building Fitness
Russell Rowe, MS, Exercise Physiology

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

1214 | Mon., Nov. 2 - 23 | 12:00 PM | 4 Sess. | $48

1215 | Mon., Dec. 7 & 14 | 12:00 PM | 2 Sess. | $24

1218 | Fri., Nov. 6 - 20 | 12:00 PM | 3 Sess. | $36

1219 | Fri., Dec. 4 - 18 | 12:00 PM | 3 Sess. | $36

1222 | Sat., Nov. 7 - 21 | 11:30 AM | 3 Sess. | $36

1223 | Sat., Dec. 5 - 19 | 11:30 AM | 3 Sess. | $36

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.

1120 | Mon., Nov. 2 - 23 | 9:30 AM | 4 Sess. | $48

1121 | Mon., Nov. 30 – Dec. 14 | 9:30 AM | 3 Sess. | $36

1124 | Tue., Nov. 3 - 24 | 12:00 PM | 4 Sess. | $48

1125 | Tue., Dec. 1 - 15 | 12:00 PM | 3 Sess. | $36

1128 | Tue., Nov. 3 - 24 | 1:00 PM | 4 Sess. | $48

1129 | Tue., Dec. 1 - 15 | 1:00 PM | 3 Sess. | $36

1132 | Wed., Nov. 4 & 18 | 1:00 PM | 2 Sess. | $24

1133 | Wed., Dec. 2 - 16 | 1:00 PM | 3 Sess. | $36

1136 | Fri., Nov. 6 - 20 | 8:30 AM | 3 Sess. | $36

1137 | Fri., Dec. 4 - 18 | 8:30 AM | 3 Sess. | $36

1140 | Fri., Nov. 6 - 20 | 9:30 AM | 3 Sess. | $36

1141 | Fri., Dec. 4 - 18 | 9:30 AM | 3 Sess. | $36

1144 | Sat., Nov. 7 - 21 | 9:30 AM | 3 Sess. | $36

1145 | Sat., Dec. 5 - 19 | 9:30 AM | 3 Sess. | $36

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!

1486 | Tue., Nov. 17 & 24 | 11:15 AM | 2 Sess. | $24

1487 | Tue., Dec. 1 - 15 | 11:15 AM | 3 Sess. | $36

1160 | Thu., Nov. 5 - 19 | 2:15 PM | 3 Sess. | $36

1161 | Thu., Dec. 3 - 17 | 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.

1164 | Thu., Nov. 5 - 19 | 1:15 PM | 3 Sess. | $36

1165 | Thu., Dec. 3 - 17 | 1:15 PM | 3 Sess. | $36

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.

1150 | Wed., Nov. 4 & 18 | 12:00 PM | 2 Sess. | $24

1152 | Wed., Dec. 2 - 16 | 12:00 PM | 3 Sess. | $36

1151 | Sat., Nov. 7 - 21 | 10:30 AM | 3 Sess. | $36

1153 | Sat., Dec. 5 - 19 | 10:30 AM | 3 Sess. | $36

International Folk Dancing
Martha Awdziewicz, Folk Dance Group

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

1196 | Wed., Nov. 4 & 18 | 9:30 AM | 2 Sess. | $12

1197 | Wed., Dec. 2 - 16 | 9:30 AM | 3 Sess. | $18

Line Dancing and Beyond
Ruth Parker, Line Dance Instructor

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

1238 | Wed., Nov. 4 & 18 | 2:00 PM | 2 Sess. | $24

1239 | Wed., Dec. 2 - 16 | 2:00 PM | 3 Sess. | $36

1234 | Thu., Nov. 5 - 19 | 12:00 PM | 3 Sess. | $36

1235 | Thu., Dec. 3 - 17 | 12:00 PM | 3 Sess. | $36

Wednesday class is 2hrs:
2:00 PM Intermediate | 3:00 PM Beginners

1234 | Thu., Nov. 5 - 19 | 12:00 PM | 3 Sess. | $36

1235 | Thu., Dec. 3 - 17 | 12:00 PM | 3 Sess. | $36



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.

1510 | Tue., Nov. 3 - 24 | 3:15 PM | 4 Sess. | $48

1511 | Tue., Dec. 1 - 15 | 3:15 PM | 3 Sess. | $36

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.

1116 | Tue., Nov. 3 - 24 | 9:30 AM | 4 Sess. | $48

1117 | Tue., Dec. 1 - 15 | 9:30 AM | 3 Sess. | $36
Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

1172 | Thu., Nov. 5 - 19 | 9:30 AM | 3 Sess. | $36

1173 | Thu., Dec. 3 - 17 | 9:30 AM | 3 Sess. | $36
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.

1180 | Tue., Nov. 3 - 24 | 2:00 PM | 4 Sess. | $48

1181 | Tue., Dec. 1 - 15 | 2:00 PM | 3 Sess. | $36

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.

1226 | Mon., Nov. 2 - 23 | 1:15 PM | 4 Sess. | $48

1227 | Mon., Dec. 7 & 14 | 1:15 PM | 2 Sess. | $24

1230 | Sat., Nov. 7 - 21 | 12:45 PM | 3 Sess. | $36

1231 | Sat., Dec. 5 - 19 | 12:45 PM | 3 Sess. | $36

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.

1188 | Thu., Nov. 5 - 19 | 10:45 AM | 3 Sess. | $36

1189 | Thu., Dec. 3 - 17 | 10:45 AM | 3 Sess. | $36

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.

1184 | Tue., Nov. 3 - 24 | 10:45 AM | 4 Sess. | $48

1185 | Tue., Dec. 1 - 15 | 10:45 AM | 3 Sess. | $36

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.

1156 | Tue., Nov. 3 - 24 | 10:15 AM | 4 Sess. | $48

1157 | Tue., Dec. 1 - 15 | 10:15 AM | 3 Sess. | $36

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.

1200 | Mon., Nov. 2 - 23 | 2:30 PM | 4 Sess. | $48

1201 | Mon., Nov. 30 - Dec. 14 | 2:30 PM | 3 Sess. | $36

Zumba® Gold
Pamela Toomes, Certified Fitness Instructor

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

1206 | Mon., Nov. 2 - 23 | 10:45 AM | 4 Sess. | $48

1207 | Mon., Nov. 30 - Dec. 14 | 10:45 AM | 3 Sess. | $36

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

Alzheimer's San Diego: Dementia 101
Jean Alton, Senior Dementia Educator

Get an introduction to Alzheimer's disease and other types of dementia, including risk factors, common symptoms, and available resources.

1514 | Tue., Nov. 10 | 1:00 PM | FREE

NEW CLASS
Alzheimer's San Diego: Skills Clinic: Balance & Fall Prevention
Jean Alton, Senior Dementia Educator

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

1515 | Tue., Dec. 8 | 1:00 PM | FREE

NEW CLASS
Arm Pain Explained: Tennis and Golfer's Elbow
Adrienne Tesarek, Occupational Therapist (OTR/L), 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.

1563 | Fri., Nov. 13 | 10:00 AM | $15

NEW CLASS
Blood Sugar Balance for Healthy Aging
Montserrat Garcia, National Board Certified Health & Wellness Coach

Understand how blood sugar impacts your health and learn practical strategies for balanced meals, movement, sleep, and stress management to support healthy aging.

1499 | Tue., Nov. 17 | 10:00 AM | $15

NEW CLASS

Brain Boost - Keeping Your Mind Sharp & Engaged
Montserrat Garcia, National Board Certified Health & Wellness Coach

Boost brain health with simple nutrition tips, mindfulness practices, memory techniques, and engaging activities designed to support a sharp and active mind.

1500 | Tue., Dec. 15 | 10:00 AM | $15

Breathwork and Tapping for Wellness
Jacqueline Penhos, M.A.,M.S, Holistic Therapist

Tap into calm and clarity with Breathwork and Emotional Freedom Technique (EFT)—easy, effective tools to release stress, balance emotions, and boost overall well-being.

1606 | Tue., Dec. 1 | 1:00 PM | $15

NEW CLASS

Gentle Breathwork and Meditation
Anthony Serpiello, Meditation, Music & Vocal Instructor

Learn breathing techniques and meditation practices to support relaxation, focus, energy, and emotional well-being through simple, adaptable exercises for all experience levels.

1631 | Thu., Nov. 12 | 2:15 PM | $20

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.

1589 | Fri., Dec. 4 | 10:00 AM | $10

NEW CLASS

Healthy for the Long Haul: Managing Chronic Conditions
Hank Chambers, MD. Professor of Clinical Orthopedic Surgery, Emeritus, University of California, San Diego

Learn practical strategies for managing chronic conditions such as arthritis, diabetes, high blood pressure, heart disease, and osteoporosis while staying active and maintaining independence.

1519 | Mon., Nov. 2 | 1:00 PM | $15

NEW CLASS

Healthy Holiday Desserts
Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef

Indulge in the sweetness of the season without the guilt. Learn how to create festive desserts that are lighter, wholesome, and perfect for sharing with family and friends.

1107 | Thu., Dec. 17 | 10:00 AM | $25

NEW CLASS

Pumpkin Everything! Sweet and Savory
Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef

Pumpkin isn't just for pie! Explore creative sweet and savory recipes that highlight this fall favorite in exciting and unexpected ways, all with a healthy twist.

1106 | Thu., Nov. 19 | 10:00 AM | $25

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.

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

1247 | Thu., Nov. 19 | 1:00 PM | $20

1248 | Thu., Dec. 3 | 1:00 PM | $20

1624 | Thu., Dec. 10 | 1:00 PM | $20

The Brain-Gut Connection
Gina Simmons Schneider, PhD, 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 | 10:00 AM | $15

UnitedHealthcare®

United Healthcare Presents: Medicare-The Basics
Fariba Zarieh, United Healthcare

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

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

1594 | Fri., Dec. 4 | 10:00 AM | FREE

1593 | Sat., Nov. 21 | 10:30 AM | FREE

1595 | Sat., Dec. 19 | 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.

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

H HYBRID **BOTH LOCATIONS**

HISTORY & HUMANITIES

NEW CLASS

American History for Everyone
Richard Lederer, Union-Tribune Language Columnist

This lecture will illuminate the diverse history of our great nation, including the contributions of women, African Americans, and indigenous people.

1495 | Tue., Nov. 10 | 10:00 AM | $15



Aztec Life: From Birth to Death
Maria Butler, MA Lecturer Emerita San Diego State University

We'll discuss the diverse societal function of commoners, priests, warriors and slaves as well as an overview of customary traditions from birth to death.

1629 | Thu., Dec. 3 | 1:00 PM | $15

NEW CLASS

Buddha and Jesus – Alignment or Discord
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

What happens when you set these two ancient wisdom teachers alongside one another?

1261 | Wed., Dec. 16 | 10:00 AM | $16

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

Convair: How the San Diego Aviation Giant Disappeared
Eric Awes

Trace Convair's San Diego roots from 1923 through its rise as a major aircraft manufacturer, including wartime successes, postwar challenges, and its final chapter.

1617 | Wed., Dec. 9 | 10:00 AM | $15

NEW CLASS

Cortez and the Aztec Conquest: What the History Books Don't Tell You
Frank Newton, PhD

Discover the fascinating, often-overlooked events behind the Spanish conquest of the Aztec Empire and how a small force achieved a stunning victory.

1612 | Tue., Nov. 24 | 10:00 AM | $15

David Hockney
Aniko Makranczy, MFA

Discover the life and art of David Hockney, exploring his vibrant paintings, creative experiments, portraits, landscapes, and innovative approach to visual storytelling.

1011 | Tue., Nov. 17 | 10:00 AM | $15

NEW CLASS

Deck the Halls: Stories Behind Our Holiday Decorations
Marilyn McPhie, President of Storytellers of San Diego, TEDx Speaker

Uncover the surprising stories and legends behind holiday decorations and traditions, from ancient Viking gods to Queen Victoria and the Christmas tree.

1611 | Fri., Dec. 11 | 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

Explore the Stages of Consciousness Evolution and States of Awakening
Bruce McGraw, MA, Retired Professor of Philosophy at Palomar, Cuyamaca and Southwestern Colleges

Evolution didn't end with humans; it turned inward. We'll explore the six stages of psychological development and the four states of spiritual awakening.

1543 | Thu., Nov. 19 | 1:00 PM | $15

NEW CLASS

Franz Kafka and his "A Report to An Academy"
Gwenyth Mapes, Professor of Humanities

We will discuss the conflicts of Franz Kafka's life and family, and look at his short story "A Report to an Academy."

1626 | Fri., Dec. 18 | 1:00 PM | $15

NEW CLASS

Let's Talk Travel: China and Tibet

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

Journey through China's iconic landmarks, from Beijing and the Great Wall to the Terracotta Warriors, Tibet, the Yangtze River, Shanghai, and Hong Kong.

1494 | Tue., Dec. 15 | 1:00 PM | $15

NEW CLASS

Let's Talk Travel: South Pacific

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

Explore the beauty and culture of the South Pacific and Australia, from Tahiti and Fiji to New Zealand, the Great Barrier Reef, Uluru, and Sydney's iconic landmarks.

1493 | Tue., Nov. 17 | 1:00 PM | $15

NEW CLASS

Michel de Montaigne's Essays Critiquing French Colonialism

Gwenyth Mapes, Professor of Humanities

We will look at Michel de Montaigne's life, and briefly discuss his essays "Of Giving the Lie" and "Of Cannibals."

1625 | Fri., Nov. 20 | 1:00 PM | $15

NEW CLASS

My Favorite Beatles Songs

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

Join singer-songwriter Peter Bolland for a story concert of his favorite Beatles songs, from the early days to their later solo work.

1259 | Wed., Nov. 18 | 10:00 AM | $16

Patton – The General and the Legend

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

Heralded as the "greatest combat commander in modern times," George Patton was a man of contradictions. Learn more about this great leader.

1616 | Mon., Nov. 30 | 10:00 AM | $15

NEW CLASS

Priceless: The World's Most Iconic Paintings

Sofia Laurein, PhD, Professor of History

Discover the fascinating stories behind history's most iconic artworks, from the Mona Lisa to The Scream, and their lasting cultural impact.

1551 | Fri., Dec. 4 | 1:00 PM | $15

NEW CLASS

Real or Replica? The Hidden World of Museum Forgeries

Bob Bordelon, Executive Director, Heritage of the Americas Museum

Put your detective skills to work as you learn simple, non-destructive techniques for identifying authentic artifacts and uncovering forgeries.

1615 | Wed., Dec. 16 | 1:00 PM | $15

The Bhagavad Gita

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

Join us as we explore India's most beloved sacred text, the Bhagavad Gita. The Gita is the plain-talking culmination of the rich philosophical traditions begun in the earlier Vedas, Upanishad, and Buddhist texts.

1260 | Wed., Dec. 2 | 10:00 AM | $16

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

NEW CLASS

The Girls of the Glimmer Factory: The Little-Known Nazi "Model Camp"

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

Local, best-selling author Jennifer Coburn will discuss stories from her book which tells the story of the Theresienstadt model camp through the women imprisoned there during World War II.

1605 | Mon., Nov. 23 | 10:00 AM | $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.

1630 | Thu., Dec. 10 | 10:00 AM | $15

NEW CLASS

The Panama Canal - Part 1: The First 500 Years

Dr. Dave Roberts, Anthropologist with the Heritage of the Americas Museum

Discover the fascinating history of the quest for a passage to the East, from daring explorers and pirates to France's ambitious effort.

1613 | Wed., Dec. 2 | 1:00 PM | $15

NEW CLASS

The Panama Canal - Part 2: The American Effort

Dr. Dave Roberts, Anthropologist with the Heritage of the Americas Museum

Follow the remarkable journey of the Panama Canal, from daunting challenges and early failures to the massive engineering achievement that transformed global travel.

1614 | Wed., Dec. 9 | 1:00 PM | $15

NEW CLASS

The Ritchie Boys of WWII

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

Discover how the Ritchie Boys, Jewish refugees who fled Nazi Germany, returned to Europe as elite U.S. intelligence soldiers, and weaponized counterintelligence to defeat Germany.

1535 | Thu., Dec. 17 | 1:00 PM | $15

When the Indians Discovered Lewis & Clark

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

Explore the fascinating encounters between Lewis and Clark and the Native American tribes they met during their epic journey across the West.

1619 | Mon., Nov. 30 | 1:00 PM | $15

NEW CLASS

Winter Goddesses: Finding Light in the Season of Darkness

Latonia M. Dixon, Ph.D.

Journey through winter mythology from Greece, Africa, Germany, and Japan, exploring powerful stories of transformation, wisdom, generosity, and hope.

1565 | Wed., Dec. 9 | 10:00 AM | $15

LANGUAGES

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

FRENCH

Beginning French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

1268 | Mon., Nov. 2 - Dec. 14 | 10:00 AM | 7 Sess. | $140

Intermediate French

Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

1271 | Mon., Nov. 2 - Dec. 14 | 11:30 AM | 7 Sess. | $140

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.

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

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.

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

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.

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.

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.

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

SPANISH

Beginning Spanish I
Gladis Jiménez González

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

1288 | Fri., Nov. 6 - Dec. 18 | 1:00 PM | 6 Sess. | $120

Beginning Spanish II
Gladis Jiménez González

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

1291 | Fri., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | $120

Intermediate Spanish I
Gladis Jiménez González

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

1294 | Fri., Nov. 6 - Dec. 18 | 11:30 AM | 6 Sess. | $120

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.

1279 | Wed., Nov. 4 - Dec. 16 | 10:00 AM | 5 Sess. | $100

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.

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

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.

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

Conversational Spanish for Travelers
Elizabeth Becerra, MA, Southwestern College Professor

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

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

LITERATURE & VISUAL ARTS

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

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

1318 | Mon., Nov. 30 | 1:00 PM | FREE

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

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

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.

1322 | Wed., Nov. 18 | 1:00 PM | $8
London Falling by Patrick Radden Keefe

1323 | Wed., Dec. 16 | 1:00 PM | $8
The Maid by Nita Prose

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.

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

1316 | Thu., Dec. 3 - 17 | 1:00 PM | 3 Sess. | $60

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.

1602 | Tue., Nov. 17 | 1:00 PM | $8
The Authenticity Project by Clare Pooley

1603 | Tue., Dec. 15 | 1:00 PM | $8
The Life Impossible by Matt Haig

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.

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

1586 | Wed., Dec. 2 | 2:30 PM | $10
Bee Gees

NEW CLASS
Learn Holiday Songs on the Harmonica
Anthony Serpiello, Meditation, Music & Vocal Instructor

Learn to play simple, recognizable holiday melodies on the harmonica in this fun, beginner-friendly one-hour class.

1330 | Thu., Nov. 12 | 1:00 PM | $20

NEW CLASS
Live Music: 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.

1490 | Fri., Nov. 13 | 2:00 PM | $15

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

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

1389 | Mon., Dec. 7 & 14 | 11:15 AM | 2 Sess. | $40

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.

1392 | Mon., Dec. 7 & 14 | 10:00 AM | 2 Sess. | $40



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.

1384 | Mon., Dec. 7 & 14 | 1:00 PM | 2 Sess. | $120

1385 | Mon., Dec. 7 & 14 | 2:00 PM | 2 Sess. | $120

1386 | Mon., Dec. 7 & 14 | 3:00 PM | 2 Sess. | $120

1354 | Tue., Nov. 3 - 24 | 12:30 PM | 4 Sess. | $240

1358 | Tue., Nov. 3 - 24 | 1:30 PM | 4 Sess. | $240

1362 | Tue., Nov. 10 - 24 | 2:30 PM | 3 Sess. | $180

1366 | Tue., Nov. 10 - 24 | 3:30 PM | 3 Sess. | $180

1355 | Tue., Dec. 1 - 15 | 12:30 PM | 3 Sess. | $180

1359 | Tue., Dec. 1 - 15 | 1:30 PM | 3 Sess. | $180

1363 | Tue., Dec. 1 - 15 | 2:30 PM | 3 Sess. | $180

1367 | Tue., Dec. 1 - 15 | 3:30 PM | 3 Sess. | $180

1370 | Wed., Nov. 4 & 18 | 12:15 PM | 2 Sess. | $120

1374 | Wed., Nov. 4 & 18 | 1:15 PM | 2 Sess. | $120

1378 | Wed., Nov. 18 | 2:15 PM | 1 Sess. | $60

1382 | Wed., Nov. 18 | 3:15 PM | 1 Sess. | $60

1371 | Wed., Dec. 2 - 16 | 12:15 PM | 3 Sess. | $180

1375 | Wed., Dec. 2 - 16 | 1:15 PM | 3 Sess. | $180

1379 | Wed., Dec. 9 & 16 | 2:15 PM | 2 Sess. | $120

1383 | Wed., Dec. 9 & 16 | 3:15 PM | 2 Sess. | $120

Ukulele For Fun: Beginners
Anthony Serpiello, Meditation, Music & Vocal Instructor

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

1338 | Thu., Nov. 5 - Dec. 3 | 10:00 AM | 4 Sess. | $80

Ukulele For Fun: Let's Play
Anthony Serpiello, Meditation, Music & Vocal Instructor

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

1342 | Thu., Nov. 5 - Dec. 3 | 11:30 AM | 4 Sess. | $80

NEW CLASS
Winter Sing A-Long: Let the Joy Come to You!
Chris Burns, Many-Strings

Enjoy timeless holiday melodies. Together we'll sing classics, including "Deck the Halls," "Jolly Old Saint Nicholas," and more.

1628 | Fri., Dec. 18 | 10:00 AM | $10

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.

1425 | Sat., Nov. 21 | 10:00 AM | $40
Julie Wittenberg, Mah Jongg Instructor

1437 | Sat., Nov. 21 | 10:00 AM | $40

1438 | Sat., Dec. 19 | 10:00 AM | $40
Elizabeth Randy, Mah Jongg Instructor

1441 | Sat., Nov. 21 | 10:00 AM | $40

1623 | Sat., Dec. 19 | 10:00 AM | $40
Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta

American Mah Jongg for Beginners, Half-Day Seminar: Level 2
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.

1426 | Sat., Dec. 19 | 10:00 AM | $40



NEW CLASS
American Mah Jongg: Sweeping the Nation!
Lita Kleger, MA, Board Certified Health and Wellness Coach

Learn the fundamentals of American Mah Jongg, including the card, tiles, and basic play, then practice your skills through guided gameplay.

1618 | Wed., Nov. 4 & Nov. 18 | 2:00 PM | 2 Sess. | $40

SAN DIEGO WOMEN'S FOUNDATION

Bingo!
San Diego Women's Club Foundation

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

1417 | Sat., Nov. 21 | 1:00 PM | $25

1418 | Sat., Dec. 19 | 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.

1555 | Mon., Nov. 23 | 10:00 AM | $25

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.

1399 | Fri., Nov. 6 | 1:00 PM | $15

1400 | Fri., Dec. 4 | 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.

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

HYBRID BOTH LOCATIONS

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.

1395 | Thu., Nov. 5 | 1:00 PM | $12

1396 | Thu., Dec. 3 | 1:00 PM | $12

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

Life planning is about learning tools and strategies to create a simple plan for the upcoming year. This plan will accelerate your success in achieving your goals for 2027.

1523 | Tue., Dec. 1 | 10:00 AM | $15

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.

1429 | Fri., Nov. 13 | 1:00 PM | $8

1430 | Fri., Dec. 18 | 1:00 PM | $8

Makeup - Level 3: Personalized Tips and Techniques
Michelle Richardson, Pro 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.

1482 | Fri., Nov. 20 | 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.

1406 | 2nd & 4th Mon., Nov. 9 - Dec. 14 | 1:30 PM | 3 Sess. | $24
Mary Heineke, MS, LMFT

1402 | 1st & 3rd Wed., Nov. 4 - Dec. 16 | 1:00 PM | 4 Sess. | $32
Cheryl Davis-Plotts, Psy.D., LMFT

1408 | 2nd & 4th Thu., Nov. 12 - Dec. 10 | 1:00 PM | 2 Sess. | $16
Laura Diaz, Board Certified Coach (BCC)

Skin Care Made Easy - Get Your Glow Back
Michelle Richardson, Pro Makeup Artist

Learn how to better prep and care for your skin to create a more flawless look. Bring your skin care products and a notebook.

1483 | Fri., Dec. 11 | 1:00 PM | $15

Tripoley (Combination of Poker, Michigan Rummy and Hearts)
Lisa Langstone, Gamemaster

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

1610 | Thu., Nov. 5 | 1:00 PM | $10

TECHNOLOGY

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.

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

Android 101
Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits

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

1460 | Mon., Nov. 16 | 11:30 AM | $15

Android 102
Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits

Do more with your smartphone. We'll practice customizing settings, use GPS, camera, voice activation, access photos, browse the Internet, and troubleshoot/reach out to support.

1462 | Mon., Dec. 14 | 11:30 AM | $15

NEW CLASS
Apple Notes For Beginners
Senior Tech Connect

Learn the basics of Apple Notes, including creating, organizing, sharing, and securing notes while adding photos, attachments, and helpful formatting.

1452 | Fri., Nov. 20 | 11:30 AM | $15

ChatGPT 101: How to Get Started and Make the Most of It
Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits

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

1459 | Mon., Nov. 16 | 10:00 AM | $15

Computer Housekeeping
Senior Tech Connect

This hands-on class teaches basic computer maintenance and troubleshooting for PC users, requiring familiarity with Windows.

1451 | Fri., Nov. 20 | 10:00 AM | $15

Cut the Cable: Stream for Savings
Eamen Hameed, M.S., IT & Engineering Consultant, Founder, EHTechBits

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

1461 | Mon., Dec. 14 | 10:00 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



Photo Basics: Capturing, Sharing & Organizing on Your Phone
Senior Tech Connect

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

1454 | Fri., Dec. 11 | 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.

1453 | Fri., Dec. 11 | 10:00 AM | $15





H HYBRID BOTH LOCATIONS

San Diego Oasis TECH TANK

Oasis Tech Tank Workshops at our La Mesa location are led by Monse Callejas, Technology Learning Specialist.

Technology 1:1 consultations available by appointment. Each 30-minute session is $15.

To reserve your spot, call us at (619) 881-6262 or send an email to Tech@SanDiegoOasis.org. 1:1 sessions are available in Spanish.

Apple Photos Workshop 101

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

137 | Thu., Dec. 3 | 11:00 AM | $10

Apple Photos Workshop 102

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

140 | Tue., Dec. 8 | 11:00 AM | $10

iPad Basics 1

Learn the basic functions of iPads, we'll learn some basic navigation, setting up touch ID, how to pin apps to your Dock, how to download an app, and a couple of handy email functions.

127 | Mon., Nov. 9 | 11:00 AM | $10

iPad Basics 2

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

133 | Fri., Nov. 20 | 11:00 AM | $10

Passkeys, Authenticators and You!

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

139 | Mon., Dec. 7 | 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.

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

NEW CLASS

Point, Frame, Click! iPhone Camera

This workshop will teach you the new features and functions on your iPhone camera.

135 | Mon., Nov. 30 | 11:00 AM | $10

141 | Thu., Dec. 10 | 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.

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

136 | Tue., Dec. 1 | 11:00 AM | $10

Tech Talk: iPhone Fundamentals II: Beyond the Basics

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.

129 | Thu., Nov. 12 | 11:00 AM | $10

138 | Fri., Dec. 4 | 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.

131 | Tue., Nov. 17 | 11:00 AM | $10

143 | Tue., Dec. 15 | 11:00 AM | $10

Tech Talk: iPhone Fundamentals IV: The Full Potential

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.

132 | Thu., Nov. 19 | 11:00 AM | $10

144 | Wed., Dec. 16 | 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.

134 | Mon., Nov. 23 | 11:00 AM | $10

145 | Fri., Dec. 18 | 11:00 AM | $10

UBER/Lyft App Workshop

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

130 | Fri., Nov. 13 | 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.

1168 | Mon., Nov. 2 - 23 | 10:00 AM | 4 Sess. | $48

1169 | Mon., Nov. 30 - Dec. 14 | 10:00 AM | 3 Sess. | $36

Zumba® with Lynn for Boomers
Lynn Morgan, Licensed Instructor

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

1192 | Sat., Nov. 7 - 21 | 9:00 AM | 3 Sess. | $36

1193 | Sat., Dec. 5 - 19 | 9:00 AM | 3 Sess. | $36

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.

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

HISTORY & HUMANITIES

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

Discover the true story of the Maccabees as archaeology uncovers the battles, heroes, and Temple rededication that inspired the celebration of Chanukah.

1253 | Tue., Dec. 8 | 1:00 PM | $15

The Legend of Santa Claus – Loved By All
Ricky Deutsch, BS Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command

Discover the fascinating origins of Santa Claus and explore how centuries of history, folklore, and tradition shaped the beloved holiday figure we know today.

1265 | Tue., Dec. 15 | 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.

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.

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

MUSIC & LIVE PERFORMANCES

Expressions of Christmas: 2000+ Years
Chris Burns, Many-Strings

In this hour we will enjoy 2,000 years of holiday melodies. The emphasis is on the Renaissance, the era of Bach and Handel, and modern classics.

1351 | Fri., Dec. 18 | 3:00 PM | $15

NEW CLASS
Max Steiner: The Father of Modern Film Scores
Chris Burns, Many-Strings

Discover how a Viennese musical genius transformed Hollywood by creating the modern film score and shaping the music of movie classics like King Kong and Gone with the Wind.

1349 | Fri., Nov. 20 | 3:00 PM | $15

NEW CLASS
Music of Sub-Saharan Africa
Bernard Ellorin, Ph.D.

Explore the vibrant musical traditions of Sub-Saharan Africa, from intricate percussion rhythms to Nigerian Juju and South African vocal ensembles that celebrate storytelling, culture, and community.

1335 | Wed., Dec. 9 | 3:00 PM | $15

NEW CLASS
Music of the Middle East
Bernard Ellorin, Ph.D.

Explore the music of the Middle East and discover how spirituality, cultural traditions, improvisation, and distinctive instruments create rich and diverse musical expressions.

1334 | Fri., Nov. 13 | 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

NEW CLASS
Vivaldi: The Four Seasons: The Music and its Sonnet
Chris Burns, Many-Strings

While the beauty and charm of Vivaldi's musical motifs are lovely and very much loved, in this hour, we'll look behind the music.

1350 | Fri., Dec. 11 | 3:00 PM | $15

PERSONAL ENRICHMENT

Grief Support Group
Rolandas Kausas, Chaplain

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

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

TECHNOLOGY

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.

1571 | Wed., Nov. 18 | 10:00 AM | $15

NEW CLASS
Photo Restorations Using AI
Sergi Bosch M.S.E., Founder of the iPhone For Seniors Program & Your Tech Tutor

Bring new life to old family photos by learning how to repair damage, sharpen images, restore color, and preserve cherished memories using easy-to-use AI tools. No experience is required.

1573 | Wed., Dec. 16 | 10:00 AM | $15



CASA DE LAS CAMPANAS

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Discover a vibrant senior living community where connection, comfort and enriching experiences come together.

We Invite You to *Stop By*

for a personalized tour experience and enjoy a meal in one of our three dining venues.

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Everything you need for a fulfilling, active and worry-free lifestyle.

- **Three Dining Venues** — Fresh, chef-prepared meals daily
- **Beautiful Residences** — Spacious floor plans, maintenance-free living
- **Wellness & Fitness** — Fitness classes, wellness programs, spa services
- **Outdoor Spaces** — Gardens, walking paths, courtyards & more
- **Engaging Social Activities** — Clubs, events, entertainment & lifelong learning
- **Convenient Services** — Scheduled transportation, concierge, beauty salon and more
- **Personalized Care** — Support when you need it, independence when you want it
- **Life Enrichment** — Arts, culture, lectures, and wellness programs



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Priscila Sellers

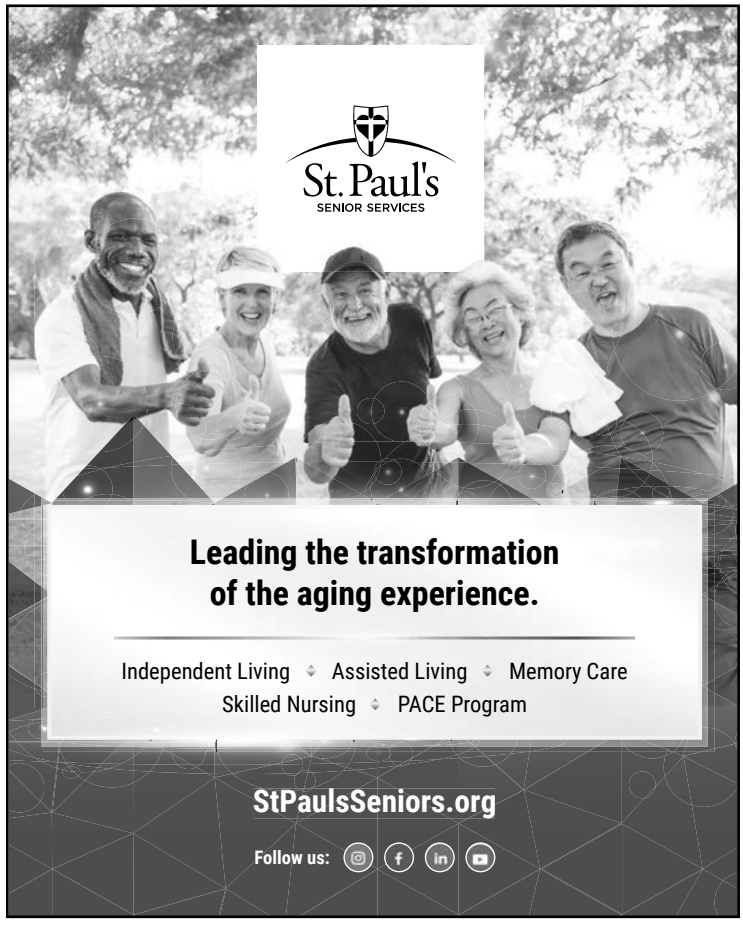
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Safeguarding our communities

SDG&E's pioneering wildfire safety program has become an industry leader, setting standards for other power companies to follow. Every day, advance prevention and mitigation activities are at work keeping our communities safe from wildfires. As we continue to push the boundaries of innovation and develop new ways to prevent wildfires, our commitment to safety remains at the forefront of everything we do.

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HYBRID BOTH LOCATIONS

ARTS & CRAFTS

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

Approachable Art: Cute Critters: Holiday Edition
Sarah Beaupré, Artist, Author, and Musician

Learn how to create adorable holiday-themed critters you'll fall in love with. Leave class with two completed projects which can easily be mounted to a greeting card. All materials will be provided.

2379 | Wed., Dec. 16 | 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.

2409 | Wed., Nov. 18 | 10:00 AM | $25

2411 | Fri., Dec. 11 | 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.

2381 | Tue., Nov. 24 | 12:30 PM | $25

2382 | Tue., Dec. 15 | 12:30 PM | $25

Beginning Crochet
Ruth Anne Mack, Experienced Instructor, Crochet Enthusiast

Learn the basics of crocheting: the stitches you need to know, how to keep your work even, and how to read a pattern. Check the online listing or your purchase receipt for the required supplies.

2413 | Thu., Nov. 12 & 19 | 10:00 AM | 2 Sess. | $50

Beginning Crochet: Keep Your Borders Straight
Janet Stuelpner, The Left-Handed Artist and Crafter

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

2860 | Tue., Nov. 3 | 10:00 AM | $25

Beginning Mosaic
Rachel Goldfarb, Artist, Media Explorer

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

2425 | Tue., Nov. 3 | 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 | Mon., Nov. 9 | 10:00 AM | $35



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

Creative Bookmark Making

Julia Kaplan, Research Scientist and Artist

Design and make three unique, functional bookmarks using abstract painting techniques, color, and composition. Explore your individual style while creating personalized works of art—no experience necessary. Check the online listing or your purchase receipt for required supplies.

2433 | Wed., Dec. 9 | 10:00 AM | $25

NEW CLASS

Decorative Resin Dishes

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

Create a covered jewelry/trinket dish using dried flowers, gems and other decor. Easy, and makes a great holiday gift. All materials will be provided.

2418 | Thu., Nov. 19 | 1:00 PM | $45

NEW CLASS

Diamond Painting: Candy and Cupcake-Themed Coaster

Denise O'Neal, Experienced Crafter

Learn the fun and relaxing basics of diamond painting with colorful resin gems, and create a sparkling coaster to keep or to give as a handmade gift. Check the online listing or your purchase receipt for required supplies.

2403 | Mon., Nov. 16 | 10:00 AM | $25

NEW CLASS

Embellished Pouches

Rachel Goldfarb, Artist, Media Explorer

Create unique embroidered pouches using colorful threads and basic stitches. Perfect for handmade gifts or a special treat for yourself. All materials will be provided.

2427 | Wed., Dec. 2 | 1:00 PM | $25



Fall/Holiday Wreath Making

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

Using natural materials, craft a beautiful, eco-friendly wreath perfect for fall, the holidays, or as a sustainable handmade gift. All materials will be provided.

2375 | Tue., Nov. 10 | 10:00 AM | $25

NEW CLASS

Fresh Flower Arranging

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

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.

2389 | Mon., Nov. 23 | 1:30 PM | $45
Thanksgiving Bouquet

2391 | Fri., Dec. 4 | 10:00 AM | $45
Winter White with a Touch of Blue

2394 | Fri., Dec. 18 | 10:00 AM | $45
Colors of the Holiday Season

NEW CLASS

Garden Tin Decoupage

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

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

2421 | Thu., Nov. 19 | 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.

2385 | Tue., Nov. 17 | 1:00 PM | $65
Suncatcher

2386 | Tue., Dec. 8 | 1:00 PM | $65
Holiday Glass

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 garden clippers; all other materials will be provided.

2400 | Mon., Nov. 9 | 1:00 PM | $45

2401 | Mon., Dec. 14 | 10:00 AM | $45

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 pieces perfect for display or gifting. All materials will be provided.

2410 | Mon., Nov. 16 | 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

2423 | Fri., Dec. 4 - 18 | 10:00 AM | 3 Sess. | $75

NEW CLASS
Kumihimo - Ancient Japanese Braiding Art
Janet Stuelpner, The Left-Handed Artist and Crafter

Kumihimo is a traditional Japanese braiding art. Learn to create strong, intricate cords using interlaced threads, perfect for keychains and phone cords. Check the online listing or your purchase receipt for the required supplies.

2380 | Tue., Dec. 8 | 10:00 AM | $25

NEW CLASS
Macrame: Holiday Garland
Denise O'Neal, Experienced Crafter

Get in the holiday spirit by creating a macrame Christmas tree garland. This garland will add a festive touch to decorating your tree or fireplace mantle. No experience needed. All materials will be provided.

2404 | Fri., Dec. 11 | 1:00 PM | $25

Meditative Mandala Painting Class
Irina Koren, Irina's Art Studio

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

2405 | Mon., Nov. 23 | 10:00 AM | $25

2408 | Thu., Dec. 17 | 1:00 PM | $25

NEW CLASS
Mosaic Art: Beyond Beginning
Rachel Goldfarb, Artist, Media Explorer

Continue basic mosaic skills and cut ceramic tiles to fit. Use glass tiles, explore different grouts, and use diverse bases. Previous experience is helpful but not required. All materials will be provided.

2426 | Mon., Nov. 30 | 1:00 PM | $25

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

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

2398 | Fri., Nov. 13 | 1:30 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.

2384 | Thu., Nov. 5 | 10:00 AM | $5

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.

2399 | Fri., Dec. 4 | 1:00 PM | $25



NEW CLASS
Paper Crafting with Dr. Robin: Holiday Cards
Robin S. Daus, MD, Paper Crafter for 20+ Years, 8-Year Stampin' Up Demonstrator

Create beautiful handmade holiday cards you'll be proud to share with family and friends. Check the online listing or your purchase receipt for required supplies.

2406 | Fri., Nov. 20 | 1:30 PM | $25

NEW CLASS
Paper Crafting with Dr. Robin: Holiday Ornaments
Robin S. Daus, MD, Paper Crafter for 20+ Years, 8-Year Stampin' Up Demonstrator

Make unique and beautiful paper Holiday ornaments to decorate your home or share as handmade gifts. Check the online listing or your purchase receipt for required supplies.

2407 | Fri., Dec. 18 | 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 will be provided.

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

NEW CLASS
Pine Cone Christmas Trees
Michelle Nicole Tiberia, Concrete Artisan and Owner of Mimi's Marketplace

Create your very own beautiful pinecone Christmas Tree using natural pinecones, flowers, and decorative elements. All materials will be provided.

2422 | Tue., Dec. 1 | 10:00 AM | $25

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

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

2402 | Mon. & Wed., Dec. 7 & 9 | 1:00 PM | 2 Sess. | $50

Rock Painting
Kelly Creeden, BA, MS, Mentor, & Teacher

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

2396 | Wed., Nov. 18 | 1:00 PM | $25
Fall Designs

2397 | Wed., Dec. 16 | 1:00 PM | $25
Holiday Designs

Silk 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.

2376 | Tue., Nov. 10 | 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.

2419 | Tue., Nov. 17 | 10:00 AM | $25

2420 | Mon., Dec. 7 | 10:00 AM | $25

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.

2377 | Tue., Nov. 24 | 10:00 AM | $25

2378 | Tue., Dec. 15 | 10:00 AM | $25



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

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.

2392 | Thu., Dec. 10 | 1:00 PM | $40

San Diego Oasis

HOLIDAY HIGH TEA IN *Paris*

THURSDAY, DECEMBER 10 | 2:00 PM – 3:00 PM

No passport required for this holiday escape to Paris! Join San Diego Oasis for an ultra-chic Parisian-themed Holiday High Tea filled with elegance, indulgence, and joie de vivre. Savor tiered towers overflowing with delicious savory sandwiches, irresistible macarons, and buttery croissants, all perfectly paired with a delightful selection of hot teas. It promises to be a decadent afternoon of luxury, glamour, laughter, and holiday cheer—all with a touch of Parisian flair!

Class #: 2851 | Cost: $40 | Rancho Bernardo

Parisian
HOLIDAY HAT MAKING WORKSHOP

THURSDAY, NOVEMBER 12 | 1:00 PM – 3:00 PM

Step into the spotlight for a little Parisian haute couture! Join us for an afternoon of high-fashion fun as you create your own fabulous Parisian holiday hat. Bring your beret, fascinator, sun hat, or fedora, and let your creativity take center stage. We'll have an array of chic Parisian-inspired trims, flowers, ribbons, feathers, and more to transform your hat into a fashion masterpiece. Feel free to bring your own special accessories and, if possible, a glue gun, as our supply will be limited. Come ready to create, mingle, and embrace your inner Parisian fashionista!

Class #: 2850 | Cost: $10 | Rancho Bernardo

*SPECIAL OFFER AVAILABLE!

Receive a special **discount code** for class #2850 after registering for class #2851

SanDiegoOasis.org | 17170 Bernardo Center Dr., Rancho Bernardo, CA 92128 | 858.240.2880

NEW CLASS

Watercolor Painting for the True Beginner: Level One

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.

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

NEW CLASS

Watercolor Painting for the True Beginner: Level Two

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.

2395 | Mon. & Wed., Nov. 2 & 4 | 1:30 PM | 2 Sess. | $50

2387 | Tue. & Thu., Dec. 1 & 3 | 1:00 PM | 2 Sess. | $50

NEW CLASS

Watercolor: Holiday Painting with Watercolor

Fang Luo, Artist and Fashion Designer

Celebrate the holiday season with watercolor! Check the online listing or your purchase receipt for the required supplies.

2393 | Thu., Dec. 3 - 17 | 10:00 AM | 3 Sess. | $75

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.

2414 | Mon., Nov. 30 | 10:00 AM | $30

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.

2415 | Mon., Dec. 14 | 1:00 PM | $30

BUSINESS, LEGAL & FINANCE

thrivent

Offices of Jonathan Doering, Matthew Molstre and Anthony Camara

How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA

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

2478 | Mon., Dec. 14 | 1:00 PM | $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.

2477 | Mon., Dec. 14 | 11:00 AM | $5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

2479 | Fri., Dec. 11 | 10:00 AM | FREE

See page 47 for more information on Thrivent Financial, proud sponsor of San Diego Oasis.

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.

2480 | Wed., Dec. 2 | 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.

2476 | Wed., Dec. 9 | 1:00 PM | $10

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 | $15

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.

2482 | Wed., Dec. 2 | 10:00 AM | $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.

2481 | Tue., Dec. 1 | 1:00 PM | $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.

2147 | Tue., Nov. 3 - 24 | 10:45 AM | 4 Sess. | $48

2148 | Tue., Dec. 1 - 15 | 10:45 AM | 3 Sess. | $36

2145 | Thu., Nov. 5 - 19 | 9:30 AM | 3 Sess. | $36

2146 | Thu., Dec. 10 & 17 | 9:30 AM | 2 Sess. | $24

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.

2137 | Mon., Nov. 2 - 23 | 8:30 AM | 4 Sess. | $48

2138 | Mon., Nov. 30 - Dec. 14 | 8:30 AM | 3 Sess. | $36

2141 | Thu., Nov. 5 - 19 | 10:45 AM | 3 Sess. | $36

2142 | Thu., Dec. 10 & 17 | 10:45 AM | 2 Sess. | $24

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

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

2143 | Thu., Nov. 5 - 19 | 8:30 AM | 3 Sess. | $36

2144 | Thu., Dec. 10 & 17 | 8:30 AM | 2 Sess. | $24

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.

2180 | Wed., Nov. 4 & 18 | 12:00 PM | 2 Sess. | $24

2181 | Wed., Dec. 2 - 16 | 12:00 PM | 3 Sess. | $36

2174 | Fri., Nov. 6 - 20 | 9:30 AM | 3 Sess. | $36

2175 | Fri., Dec. 4 - 18 | 9:30 AM | 3 Sess. | $36



Better Balance
Pam Chilton, Certified Personal Trainer & Fitness Instructor

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

2178 | Tue., Nov. 3 - 24 | 1:15 PM | 4 Sess. | $48

2179 | Tue., Dec. 1 - 15 | 1:15 PM | 3 Sess. | $36

2176 | Thu., Nov. 5 - 19 | 12:00 PM | 3 Sess. | $36

2177 | Thu., Dec. 3 - 17 | 12:00 PM | 3 Sess. | $36

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.

2133 | Mon., Nov. 2 - 23 | 12:30 PM | 4 Sess. | $48

2134 | Mon., Nov. 30 - Dec. 14 | 12:30 PM | 3 Sess. | $36

2127 | Fri., Nov. 6 - 20 | 12:00 PM | 3 Sess. | $36

2128 | Fri., Dec. 4 - 18 | 12:00 PM | 3 Sess. | $36

Cardio Drumming Express (30 min)
Andra Valencia, Fitness and Dance Instructor

Short on time? Join us for a condensed, 30-minute version of the regular Cardio Drumming class.

2129 | Mon., Nov. 2 - 23 | 1:30 PM | 4 Sess. | $40

2130 | Mon., Nov. 30 - Dec. 14 | 1:30 PM | 3 Sess. | $30

Cardio Drumming: Retro Hits
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.

2125 | Fri., Nov. 6 - 20 | 1:00 PM | 3 Sess. | $36

2126 | Fri., Dec. 4 - 18 | 1:00 PM | 3 Sess. | $36

Cardio Drumming and Weights
Curt Gonzales, Certified Fitness Instructor

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

2149 | Tue., Nov. 3 - 24 | 8:30 AM | 4 Sess. | $48

2150 | Tue., Dec. 1 - 15 | 8:30 AM | 3 Sess. | $36

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.

2182 | Wed., Nov. 4 & 18 | 8:30 AM | 2 Sess. | $24

2183 | Wed., Dec. 2 - 16 | 8:30 AM | 3 Sess. | $36

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.

2135 | Mon., Nov. 2 - 23 | 10:45 AM | 4 Sess. | $40

2136 | Mon., Nov. 30 - Dec. 14 | 10:45 AM | 3 Sess. | $30

Dance Fit
Andra Valencia, Fitness and Dance Instructor

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

2131 | Mon., Nov. 2 - 23 | 11:30 AM | 4 Sess. | $48

2132 | Mon., Nov. 30 - Dec. 14 | 11:30 AM | 3 Sess. | $36

Essentrics with a Mat
Jennifer Doheny, Certified Essentrics Instructor

A full-body workout combining dynamic Essentrics exercises with a mat-based second half focused on deep stretching, flexibility, and core strengthening.

2140 | Thu., Dec. 3 | 8:30 AM | $12

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.

2161 | Tue., Nov. 3 - 24 | 9:30 AM | 4 Sess. | $48

2162 | Tue., Dec. 1 - 15 | 9:30 AM | 3 Sess. | $36

2163 | Wed., Nov. 4 & 18 | 1:15 PM | 2 Sess. | $24

2164 | Wed., Dec. 2 - 16 | 1:15 PM | 3 Sess. | $36

2151 | Thu., Dec. 3 | 9:30 AM |1 Sess. | $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.

2170 | Thu., Nov. 5 - 19 | 1:15 PM | 3 Sess. | $36

2171 | Thu., Dec. 3 - 17 | 1:15 PM | 3 Sess. | $36

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.

2165 | Mon., Nov. 2, 16 & 30| 2:15 PM | 3 Sess. | $36

Line Dancing for Beginners
Judy Applebaum, Lifelong Learning Program Manager

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

2157 | Wed., Nov. 4 & 18 | 2:30 PM | 2 Sess. | $24



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.

2172 | Thu., Nov. 5 - 19 | 2:30 PM | 3 Sess. | $36

2173 | Thu., Dec. 3 - 17 | 2:30 PM | 3 Sess. | $36

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.

2155 | Mon., Nov. 2 - 23 | 9:30 AM | 4 Sess. | $48

2156 | Mon., Nov. 30 - Dec. 14 | 9:30 AM | 3 Sess. | $36

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.

2166 | Wed., Nov. 4 & 18 | 10:45 AM | 2 Sess. | $24

2167 | Wed., Dec. 2 - 16 | 10:45 AM | 3 Sess. | $36

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.

2168 | Wed., Nov. 4 & 18 | 9:30 AM | 2 Sess. | $24

2169 | Wed., Dec. 2 - 16 | 9:30 AM | 3 Sess. | $36

Soul Line Dancing Mini-Marathon: Mid-Fall Stress-Buster
Lee D. Wells, Instructor, Never2Old Adult Soul Line Dance Group

Join Lee Wells for a high-energy Soul Line Dancing mini-marathon. Reduce your stress, connect with community, and have fun. No experience needed.

2139 | Fri., Nov. 13 | 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.

2188 | Mon., Nov. 2 - 23 | 3:15 PM | 3 Sess. | $36

2189 | Mon., Nov. 30 - Dec. 14 | 3:15 PM | 3 Sess. | $36

2186 | Fri., Nov. 13 & 20 | 2:15 PM | 2 Sess. | $24

2187 | Fri., Dec. 11 & 18 | 2:15 PM | 2 Sess. | $24

Tai Chi Chuan: Intermediate
Pat Griffith, Sifu

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

2184 | Fri., Nov. 13 & 20 | 10:45 AM | 2 Sess. | $24

2185 | Fri., Dec. 11 & 18 | 10:45 AM | 2 Sess. | $24

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.

2153 | Fri., Nov. 6 - 20 | 8:30 AM | 3 Sess. | $36

2154 | Fri., Dec. 4 - 18 | 8:30 AM | 3 Sess. | $36

Zumba® + Lift
Saleemah Muhammad, Licensed Zumba® Gold Instructor

Combine upbeat dance with strength training in this fun, confidence-boosting workout. Alternate easy Zumba® routines with dumbbell or resistance-band exercises to build strength and burn calories.

2165 | Mon., Nov. 3, 10 & 24| 2:30 PM | 3 Sess. | $36

2193 | Tue., Dec. 1 & 8 | 2:30 PM | 2 Sess. | $24

Zumba® Gold
Saleemah Muhammad, Licensed Zumba® Gold Instructor

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

2190 | Tue., Nov. 3 - 24 | 12:00 PM | 4 Sess. | $48

2191 | Tue., Dec. 1 - 15 | 12:00 PM | 3 Sess. | $36

HEALTH & WELLNESS

Alzheimer's | SAN DIEGO

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

Join us to explore late-stage dementia care. Learn effective communication strategies and specialized caregiving for Alzheimer's patients in their final stage.

2275 | Mon., Nov. 23 | 1:00 PM | FREE

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

Learn about physical and cognitive changes as we age, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

2276 | Fri., Dec. 18 | 1:00 PM | FREE

Arm Pain Explained: Tennis and Golfer's Elbow
Adrienne Tesarek, Occupational Therapist (OTR/L), 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.

2294 | Fri., Nov. 13 | 2:00 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.

2282 | Wed., Nov. 18 | 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 modern technologies, medical breakthroughs, and changing healthcare systems are shaping the future of medicine and influencing the care we receive.

2288 | Fri., Nov. 13 | 11:30 AM | $15

NEW CLASS
Gentle Breathwork and Meditation
Anthony Serpiello, Meditation, Music & Vocal 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 | 3 Sess. | $36

2985 | Mon., Nov. 30 - Dec. 14 | 11:15 AM | 3 Sess. | $36

NEW CLASS
Healthy for the Long Haul: Managing Chronic Conditions
Hank Chambers, MD, Professor of Clinical Orthopedic Surgery, Emeritus. University of California, San Diego

Learn practical strategies for managing chronic conditions such as arthritis, diabetes, high blood pressure, heart disease, and osteoporosis while staying active and maintaining independence.

2287 | Mon., Nov. 16 | 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 you how by allowing the mind to rest as it is on what is.

2290 | Tue., Nov. 3 - Dec. 1 | 10:00 AM | 5 Sess. | $50

Medical Aesthetics: Understanding the Aging Process
Dr. Kirsta Brummel, Board-Certified Physician, Surgeon and Fellow, Owner/Medical Director of Soloma Medical Center

Explore how skin, collagen, muscle, and bone changes shape our appearance with age, and learn about modern aesthetic treatments, safety, expectations, and natural-looking results.

2295 | Fri., Dec. 4 | 1:00 PM |$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.

2279 | Fri., Nov. 6 & 20 | 1:00 PM | 2 Sess. | $24

2281 | Fri., Dec. 4 & 11 | 1:00 PM | 2 Sess. | $24

NEW CLASS
Overcoming Neuropathy Naturally
Dr. Samila H. Hifai, Hifai Chiropractic

Understand the causes and stages of neuropathy, while gaining practical information to improve comfort, mobility, confidence, and daily life.

2293 | Wed., Nov. 4 | 10:00 AM | $15

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

Explore how to use energy to benefit others, to access past life lessons, or to locate misplaced objects. Each class presents a different topic through discussion and guided meditation.

2291 | Thu., Nov. 5 | 11:00 AM | $12

2292 | Thu., Dec. 3 | 11:00 AM | $12

H HYBRID **BOTH LOCATIONS**

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.

2277 | Tue., Nov. 17 | 2:30 PM | $20

2278 | Tue., Dec. 15 | 2:30 PM | $20

UnitedHealthcare

United Healthcare Presents: Medicare-The Basics

Fariba Zarieh, United Healthcare

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

2283 | Thu., Nov. 12 | 1:00 PM | FREE

2284 | Thu., Dec. 3 | 1:00 PM | FREE

2286 | Fri., Nov. 20 | 1:00 PM | FREE

2285 | Fri., Dec. 18 | 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.

2280 | Tue., Dec. 8 | 3:00 PM | FREE

HISTORY & HUMANITIES

NEW CLASS

A Short History of Humor

Stan Schatt, PhD, Fullbright Scholar, Author

Explore the history of humor from ancient jokes to modern comedy, examining laughter, cultural perspectives, feminist and religious humor, puns, dark humor, and more.

2671 | Friday, Nov 20 | 10:00 AM | $15

NEW CLASS

Abstract Expressionism: Emotion on Canvas

Julia Fister, MA, Studio ACE Executive Director

Explore how abstract expressionism redefined modern art through emotion, bold innovation, and the groundbreaking works of Pollock, Rothko, de Kooning, Krasner, and Frankenthaler.

2651 | Wed., Nov. 4 | 12:00 PM | $15

NEW CLASS

Andrea Doria – An Impossible Tragedy

Mark Carlson, Historian & Author

Explore the tragic 1956 collision of the Andrea Doria and Stockholm, a preventable disaster that became the world's first televised modern ocean liner sinking.

2641 | Wed., Dec. 16 | 1:00 PM | $15

NEW CLASS

Applying Cold War Methodology to an AI Future

Deborah Kahn Cunningham, Certified Life Coach & Daughter of Herman Kahn

Explore Cold War strategist Herman Kahn's scenario-based framework for managing the existential risk of thermonuclear war, and its application to the threats posed by AI.

2668 | Fri., Dec. 4 | 11:00 AM | $15

NEW CLASS

Art, Anxiety and "The Scream"

Julia Fister, MA, Studio ACE Executive Director

Explore Edvard Munch's raw, emotional art and discover how heartbreak and anxiety inspired psychological masterpieces like The Scream, transforming how we express inner lives.

2663 | Wed., Dec. 16 | 1:00 PM | $15

NEW CLASS

Caravaggio: Master of Light and Shadow

Julia Fister, MA, Studio ACE Executive Director

Discover how Caravaggio's bold realism and dramatic light transformed Baroque painting and forever influenced the course of Western art.

2652 | Mon., Dec. 7 | 1:00 PM | $15



NEW CLASS

Deck the Halls: Stories Behind Our Holiday Decorations

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

Uncover the surprising stories and legends behind holiday decorations and traditions, from ancient Viking gods to Queen Victoria and the Christmas tree.

2664 | Tue., Dec. 15 | 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.

2648 | Wed., Nov. 18 | 10:00 AM | $15

NEW CLASS

From Republic to Republic: Ancient Rome's Influence on the United States

Thomas Malone, BA

Explore how ancient Rome influenced the founding and political culture of the United States, from republican government and civic ideals to architecture, national symbols, mottos, and coinage.

2670 | Tue., Nov. 17 | 1:00 PM | $15

NEW CLASS

From Silk to Silicon – The Genesis of the Computer

Mark Carlson, Historian & Author

Discover the surprising history of the computer—from early inventions before the Civil War to World War II breakthroughs that shaped today's digital world.

2640 | Wed., Nov. 18 | 1:00 PM | $15

Galileo Galilei: When Science Shifted from Tradition to Evidence

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

Explore Galileo's discoveries, his challenge to established beliefs, and his trial by the Roman Inquisition during the transformation from medieval philosophy to modern science.

2786 | Tue., Nov. 3 | 10:00 AM | $15

History of the Lottery: From Ancient Games to Upcoming Modern Jackpots

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.

2656 | Tue., Dec. 15 | 10:00 AM | $15

NEW CLASS

Juracán (Hurricanes) in the Puerto Rican Culture

Carmen Belasco: Museum Coordinator, House of Puerto Rico

Explore the Taíno origins of juracán, discover beliefs and science surrounding hurricanes, and learn how these powerful storms have shaped Caribbean, especially Puerto Rican, culture and history.

2653 | Tue., Nov. 10 | 1:30 PM | $15

NEW CLASS

Koalas in a Changing Climate

Fred Bercovitch, Ph.D. Biological Anthropology

Koalas are not bears, but marsupials, and are an endangered species. Find out how climate change is impacting their behavior and ecology.

2785 | Fri., Nov. 13 | 10:00 AM | $15



NEW CLASS

Legends and Lore of Chocolate

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

Discover chocolate's rich history, culture, and fascinating trivia, plus enjoy sweet samples in this engaging, interactive program.

2873 | Tue., Nov. 17 | 1:00 PM | $15

NEW CLASS

Mrs. X, Japanese Spies, and the Farm Boy

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

Explore San Diego's role in a 1930s Japanese spy ring, the codebreaker known as Mrs. X, and unexpected ties to Errol Flynn and Yoko Ono's father.

2649 | Wed., Dec. 9 | 1:00 PM | $15

NEW CLASS

Music in the Concentration Camps

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

Music in Nazi concentration camps brought prisoners no comfort; it was weaponized to control, deceive, conceal atrocities, and inflict psychological terror.

2650 | Wed., Dec. 2 | 1:00 PM | $15

My Dad, Herman Kahn: Inspiration for Dr. Strangelove
Deborah Kahn Cunningham, Certified Life Coach & Daughter of Herman Kahn

Discover Herman Kahn, the nuclear strategist whose ideas and personality helped inspire the character Dr. Strangelove. His daughter shares insight into the man behind the public figure.

2665 | Fri., Nov. 6 | 11:00 AM | $15

Pablo Picasso
Julia Fister, MA, Studio ACE Executive Director

We will explore the life and revolutionary works of Pablo Picasso, highlighting his role in the development of Cubism, and his impact on modern art.

2662 | Mon., Nov. 30 | 1:00 PM | $15

Patton – The General and the Legend
Blaine Davies, MA, Professor of U.S. History

Heralded as the "greatest combat commander in modern times," George Patton was a man of contradictions. Learn more about this great leader.

2645 | Thu., Dec. 10 | 1:00 PM | $15

NEW CLASS
Peoples of the World
Henry George, Engineer, Archaeologist and Geologist

Though humans are one species, we have adapted to several environments, creating rich biological and cultural diversity. Learn about human diversity across the planet.

2643 | Thu., Dec. 10 | 10:00 AM | $15

NEW CLASS
Provence: The Popes of Avignon and Van Gogh of Arles
Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

Discover why Provence has captivated Greeks, Romans, popes, and artists for centuries—and how its light inspired Van Gogh and transformed modern art.

2666 | Tue., Dec. 8 | 10:00 AM | $15

NEW CLASS
She Invented That? Remarkable Stories of Women Inventors
Steven Dadolf, Electronic Engineer and History Instructor

Discover the inspiring stories of women inventors who overcame discrimination and limited opportunities to create groundbreaking innovations that changed the world.

2654 | Mon., Nov. 9 | 10:00 AM | $15

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

Explore Don Miguel Ruiz's Four Agreements and how reshaping assumptions can increase freedom and personal power through insights from philosophy, psychology, and world spirituality.

2646 | Fri., Nov. 20 | 1:00 PM | $16

NEW CLASS
The Lighter Side of American History
Richard Lederer, Union-Tribune Language Columnist

Celebrate America's 250th anniversary with a fun-filled look at history through puns, riddles, and humorous stories from language expert Richard Lederer.

2644 | Tue., Nov. 17 | 10:00 AM | $15

The Metric System and Revolution: Origins and Adoption
Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

Explore how revolutionary France produced a new measurement system and why the metric system spread globally, except for U.S.

2787 | Fri., Nov. 20 | 11:30 AM | $15

NEW CLASS
The Philosophy of Forgiveness
Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

Explore philosophical and religious perspectives on forgiveness, including repairing harm, responsibility, unilateral forgiveness, self-forgiveness, and why letting go can be so difficult.

2647 | Fri., Dec. 18 | 1:00 PM | $16

NEW CLASS
The Rise of Ancient Ephesus: From Artemis to Augustus
Steven James, MD, Psychiatrist, Chronobiology and Sleep Medicine Expert

Explore Ephesus's rise, golden age, mysterious decline, and rediscovery—from the Temple of Artemis to Roman power and modern archaeology.

2667 | Fri., Dec. 18 | 10:00 AM | $15

NEW CLASS
The Vikings
Henry George, Engineer, Archaeologist and Geologist

Explore the Vikings' legacy as skilled seafarers, warriors, builders, and traders, and discover how they shaped world history.

2642 | Thu., Nov. 19 | 10:00 AM | $15

Theodore Roosevelt: A Man of Many Hats
Fred Bercovitch, Ph.D. Biological Anthropology

What made Theodore Roosevelt remarkable? Explore his adventurous life, conservation legacy, and many roles before, during, and after becoming America's youngest president at 42.

2655 | Mon., Nov. 30 & Dec. 7 | 10:00 AM | 2 Sess. | $30

LANGUAGES

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

FRENCH

Beginning French
Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

2745 | Wed., Nov. 4 - Dec. 16 | 10:00 AM | 5 Sess. | $100

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.

2737 | Mon., Nov. 2 - Dec. 14 | 10:00 AM | 7 Sess. | $140

Intermediate French
Danielle Deaton, Advanced Teacher, Credentialed Instructor

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

2746 | Wed., Nov. 4 - Dec. 16 | 11:30 AM | 5 Sess. | $100

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.

2743 | Wed., Nov. 4 - Dec. 16 | 1:00 PM | 5 Sess. | $100

GERMAN

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.

2736 | Fri., Nov. 6 - Dec. 18 | 10:00 AM | 6 Sess. | $120

ITALIAN

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.

2742 | Tue., Nov. 3 - Dec. 15 | 1:15 PM | 7 Sess. | $140

Beginning High Italian
Dora Bonaventura, MA, Italian Instructor at UCSD Ext.

Designed for students with the basics of Italian who can communicate using the present and past tenses and want to continue learning and moving toward an intermediate level.

2741 | Tue., Nov. 3 - Dec. 15 | 12:00 PM | 7 Sess. | $140

Beginning Italian 1
Thomas Malone, BA

Start your Italian journey! Learn grammar, vocabulary, and simple conversations at a relaxed pace.

2735 | Fri., Nov. 6 - Dec. 18 | 2:15 PM | 6 Sess. | $120

Beginning Italian 2
Thomas Malone, BA

For students with basic Italian skills, continue building grammar and vocabulary while practicing simple questions, descriptions, and conversation in a supportive environment.

2744 | Fri., Nov. 6 - Dec. 18 | 1:00 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.

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.

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.

2740 | Thu., Nov. 5 - Dec. 17 | 11:30 AM | 6 Sess. | $120

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.

2690 | Wed., Nov. 18 | 10:00 AM | $5
Yesteryear by Caro Claire Burke

2691 | Wed., Dec. 16 | 10:00 AM | $5
'Book Brag' - Share one of your favorite reads with the group.

NEW CLASS
Want to be a Poet?
Larry Gach, award winning local poet, published author

Discover what poetry is, what it isn't, and gain the understanding and confidence to stop wondering—and start writing.

2692 | Thu., Dec. 17 | 10:00 AM | $15

MUSIC & LIVE PERFORMANCES

NEW CLASS
Cozy Classroom Concert: Catbirds
Dan Altman and Cristina Lella

Come enjoy the musical duo Catbirds for a casual and intimate acoustic show. Groove to familiar classic rock and

retro songs you love.

2979 | Thu., Nov. 19 | 1:00 PM | $15

Harmonica: Continuing
Anthony Serpiello, Meditation, Music & Vocal Instructor

Build on Beginning Harmonica by improving tone, control, and accuracy while learning simple techniques and new songs.

2982 | Mon., Nov. 2 - 23 | 12:45 PM | 3 Sess. | $60

2986 | Mon., Nov. 30 - Dec. 14 | 12:45 PM | 3 Sess. | $60

Ukulele For Fun: Let's Jam
Anthony Serpiello, Meditation, Music & Vocal Instructor

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

2987 | Mon., Nov. 2 & 9 | 2:15 PM | 2 Sess. | $40

2988 | Mon., Nov. 23 | 2:15 PM | 1 Sess. | $20

2989 | Mon., Nov. 30 & Dec. 7 | 2:15 PM | 2 Sess. | $40

Love Ukulele? Let's Jam (Holiday Style)
Anthony Serpiello, Meditation, Music & Vocal Instructor

Play festive holiday favorites in this community ukulele jam. Some chord and strumming experience required. Not for beginners. Bring your ukulele!

2990 | Mon., Dec. 14 | 2:15 PM | $20

Sing! (With No Judgement): Radio Hits of the 60's, 70's and 80's
Beth Newton, MA, Karaoke Enthusiast & Facilitator

Join us for a relaxed, supportive singing experience with breathing exercises, solo and group singing—focused on enjoyment, confidence, and fun, not perfection.

2977 | Thu., Nov. 12 | 10:30 AM | $15

2978 | Thu., Dec. 10 | 10:30 AM | $15

Ukulele: Beginning
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.

2975 | Tue., Nov. 10 - Dec. 15 | 11:30 AM | 6 Sess. | $120

Ukulele: Continuing
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.

2976 | Tue., Nov. 10 - Dec. 15 | 10:00 AM | 6 Sess. | $120

Ukulele: Intermediate
Anthony Serpiello, Meditation, 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.

2980 | Mon., Nov. 2 - 23 | 10:00 AM | 3 Sess. | $60

2984 | Mon., Nov. 30 - Dec. 14 | 10:00 AM | 3 Sess. | $60

PERSONAL ENRICHMENT

TEA EVENT

NEW CLASS
Holiday High Tea in Paris
David Beevers, Manager of Technology Training and Program Operations

Escape to Paris without a passport! Enjoy a chic holiday high tea with savory bites, macarons, croissants, hot teas, glamour, and joie de vivre.

2851 | Thu., Dec. 10 | 2:00 PM | $40

NEW CLASS
Parisian Holiday Hat Making Workshop
David Beevers, Manager of Technology Training and Program Operations

Create your own Parisian holiday hat with chic trims, blooms, ribbons, and feathers. Bring a hat, accessories, and creativity for an afternoon of haute couture fun!

2850 | Thu., Nov. 12 | 1:00 PM | $10

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.

2877 | Wed., Nov. 4 | 10:00 AM | $40
Ruth Anne Mack, Crochet, Knitting and Mah Jongg Enthusiast

2853 | Tue., Dec. 1 | 10:00 AM | $40

2876 | Fri., Dec. 18 | 10:00 AM | $40
Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta

American Mah Jongg for Beginners: Let's Get Started!
Sheryl Chesivoir, BA, 19 Years of Playing/Teaching Mah Jongg and Canasta

Learn the rules and nuances of American Mah Jongg, then enjoy plenty of real playtime with Oasis friends. Enroll early because space is limited!

2852 | Tue. & Thu., Nov. 10 - 19 | 1:00 PM | 4 Sess. | $100

2854 | Tue. & Thu., Dec. 3 - 15 | 1:00 PM | 4 Sess. | $100

NEW CLASS
Ask the Death Doula
Melissa McClave, Death Doula, LastActsOfLove.com

Have questions about the end of life? Get answers while exploring what to expect, what loved ones may experience, and how a death doula provides comfort and support.

2875 | Fri., Dec. 11 | 10:00 AM | $15

Bereavement Support Group
Sharon L Bryant, Chaplain, VITAS Healthcare

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

2872 | Wed., Dec. 9 | 10:30 AM | FREE

NEW CLASS
Energy Reading Through Colors
Bel Cote, Metaphysics and Wellness Coach

Beginner-friendly candle scrying and mini color-card reading. Learn to interpret how flame movement, color, and shape may reflect energy and emotion. No experience required.

2866 | Mon., Nov. 23 | 10:00 AM | $15



NEW CLASS

Energy Themes: Colors, Symbols and Your Personal Sign
Bel Cote, Metaphysics and Wellness Coach

Explore 2027's symbolic energy through colors, simple symbols, and your Moon Sign or Day Master. Choose supportive themes—no charts, calculations, or experience needed.

2867 | Wed., Dec. 16 | 10:00 AM | $15

Happy Hour Trivia
Alan Zacharin, Trivia Enthusiast

Join us for a fun trivia class with drinks, snacks, and great company! Play solo or in teams while exploring history, art, science, and more.

2865 | Tue., Nov. 3 | 1:00 PM | $12

2868 | Wed., Dec. 2 | 1:00 PM | $12

NEW CLASS

Law of Attraction: Attitude of Gratitude
Gigi Howard, MA Ed., Law of Attraction Specialist

Explore gratitude's power to create a more positive, fulfilling life through simple practices, discussion, and meditation in a welcoming, supportive group setting.

2855 | Fri., Nov. 20 | 10:00 AM | $15

NEW CLASS

Law of Attraction: Pivoting into a New Story
Gigi Howard, MA Ed., Law of Attraction Specialist

Change your thoughts, change your story. Learn practical tools to release limiting beliefs, shift your mindset, and create positive change.

2856 | Fri., Dec. 18 | 10:00 AM | $15

Makeup - Level 3: Personalized Tips and Techniques
Michelle Richardson, Pro 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

Skin Care Made Easy - Get Your Glow Back
Michelle Richardson, Pro Makeup Artist

Learn how to better prep and care for your skin to create a more flawless look. Bring your skin care products and a notebook.

2859 | Wed., Dec. 2 | 10:00 AM | $15

NEW CLASS

The Mechanics of Mediumship: Perception, Symbols & Live Demo
Glenn Citerony, Intuitive Medium, Spiritual Artist, and (former) Biotec/Pharma Executive

Explore evidential mediumship with Glenn Citerony, learning how mediums perceive and interpret symbols, impressions, and evidence, followed by a live gallery demonstration.

2871 | Mon., Nov. 16 | 10:00 AM | $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.

2857 | Mon., Nov. 9 | 1:00 PM | $10

NEW CLASS

What Happens at the End of Life? A Death Doula Explains
Melissa McClave, Death Doula, LastActsOfLove.com

Join us to learn about the physical and emotional changes at end-of-life and about the support a death doula can provide during this final journey.

2874 | Fri., Nov. 13 | 1:00 PM | $15

Women's Group: Friendship and Support
Skip Himelstein, Psy. D., Psychotherapist

Join our vibrant group of women to connect, share, and explore the joys and challenges of our Oasis years.

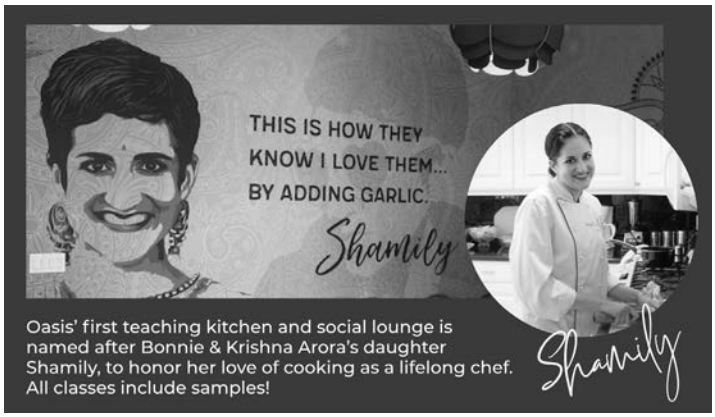
2863 | Mon., Nov. 2 - 23 | 1:00 PM | 4 Sess. | $40

2869 | Mon., Nov. 2 - 23 | 2:30 PM | 4 Sess. | $40

2864 | Mon., Nov. 30 - Dec. 14 | 1:00 PM | 3 Sess. | $30

2870 | Mon., Nov. 30 - Dec. 14 | 2:30 PM | 3 Sess. | $30

SHAMILY'S KITCHEN



NEW CLASS
A Farm-to-Table Feast
Maggie Paola, Certified Nutrition Coach

Learn to create a farm-to-table Thanksgiving feast with colorful, healthy seasonal sides while discovering what fruits and vegetables are fresh in November.

2562 | Mon., Nov. 16 | 11:00 AM | $25

NEW CLASS
An Autumn Inspired Culinary Dining Experience at Chef Pelliccia's Table!
Mark Pelliccia, Classically Trained Chef Specializing in Italian Cuisine and Baked Goods

Join Castle Peak Farm for an autumn-inspired, farm-to-table dinner made with ingredients grown and raised close to home.

2556 | Fri., Dec. 4 | 5:00 PM | $70

NEW CLASS
Brioche French Toast Casserole
Allison Weisman, Owner of Allison's Custom Confections

In this class, learn to take buttery, rich, brioche bread and transform it into the ultimate make-ahead French toast casserole masterpiece.

2551 | Thu., Dec. 17 | 1:00 PM | $25

NEW CLASS
Candy Canes
Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Learn the art and science of hand-pulled candy canes, from cooking sugar to stretching, twisting, and shaping festive striped confections from start to finish.

2555 | Wed., Dec. 9 | 12:00 PM | $25

NEW CLASS
Chilean Empanadas de Pino
Angelica Teal, Chilean Culinary Specialist

Learn how to make the iconic Chilean Empanada de Pino (beef) with the oven-baked golden crust stuffed with caramelized yellow onions and seasonings that will surprise and delight you.

2568 | Wed., Nov. 18 | 11:00 AM | $25

NEW CLASS
Cranberry and Pecan Stuffed Pork Loin
Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Transform a pork loin into a holiday showpiece with cranberry-pecan stuffing. Learn butterflying, stuffing, rolling, tying, and roasting techniques for a juicy, impressive centerpiece.

2554 | Wed., Dec. 9 | 10:00 AM | $25

NEW CLASS
Delicious Cookies: No Flour or Added Sugar
Julia Kaplan, Research Scientist, Healthful Cook and Artist

Let's make delicious cookies using alternatives to traditional flour and sugar. Learn how different ingredients contribute to flavor, sweetness, and texture.

2557 | Mon., Nov. 30 | 11:00 AM | $25

NEW CLASS
Fall Harvest Bowl with Roasted Sweet Potatoes
Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Learn how to make this savory Fall Harvest Bowl featuring apples, chickpeas, quinoa and sweet potatoes with a flavorful balsamic vinaigrette.

2571 | Fri., Nov. 13 | 10:00 AM | $25

NEW CLASS

Hands-On Pasta Making from Scratch

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Bring your rolling pin and an apron and learn to make pasta step-by-step including the mixing of ingredients, kneading the dough just the right amount, and then making the pasta shapes.

2564 | Thu., Dec. 3 | 1:00 PM | $25

NEW CLASS

Healthy Holiday Desserts

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

Indulge in the sweetness of the season without the guilt. Learn how to create festive desserts that are lighter, wholesome, and perfect for sharing with family and friends.

2570 | Fri., Dec. 4 | 11:00 AM | $25

NEW CLASS

Healthy Holiday Pecan Bars

Chef Zuzu Khawaja, Vegan Chef, Food Stylist, and Recipe Developer

Join Chef Khawaja, winner of Bravo TV's Top Chef Amateurs, to learn how to make delicious, nutrient-dense pecan bars.

2563 | Mon., Dec. 14 | 11:00 AM | $35

NEW CLASS

Healthy Soups and Desserts

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

Learn how to maximize roasting for flavor development and make watermelon gazpacho, butternut squash, and a triple layer berry dessert with a baked walnut crust.

2567 | Tue., Nov. 24 | 12:00 PM | $25



NEW CLASS

Holiday Smoothies

Maggie Paola, Certified Nutrition Coach

Enjoy healthy holiday smoothies that satisfy sweet cravings, support immunity, and add fiber and essential nutrients without excess calories.

2561 | Mon., Dec. 7 | 11:00 AM | $25

Naturally Leavened Bread

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

Watch the craft of true sourdough baking come together. See the techniques and timing behind naturally leavened bread, demonstrated start to finish.

2552 | Thu., Nov. 5 | 10:00 AM | $25

NEW CLASS

Potato Latkes

Allison Weisman, Owner of Allison's Custom Confections

Learn the secrets to unlocking the ultimate crispy outside and tender inside potato latke. Learn the techniques for golden perfection before adding your favorite spread.

2559 | Wed., Dec. 2 | 1:00 PM | $25

NEW CLASS

Pumpkin Everything! Sweet and Savory

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

Pumpkin isn't just for pie! Explore creative sweet and savory recipes that highlight this fall favorite in exciting and unexpected ways, all with a healthy twist.

2569 | Fri., Nov. 6 | 11:00 AM | $25

NEW CLASS

Rustic Sardinian Herb Soup with Fregola and Beans

Sonya Caruso, MA, CFRM, MCHC, NBC-HWC: Health and Wellness Coaching

Learn to make the traditional, herb-heavy rustic soup S'erbuzzu, with foraged greens, white beans, and tiny fregola pasta.

2565 | Fri., Dec. 11 | 10:00 AM | $25

NEW CLASS

Sourdough Breads and Seasonal Spreads for the Holiday Season

Noris Velazquez, Owner of Sourdough Delight

Learn how to create delicious seasonal spreads for the holiday season, paired with freshly baked sourdough bread.

2572 | Tue., Nov. 10 | 11:00 AM | $25

Southern Comfort: Homemade Pecan Pie

Mark Pelliccia, Classically Trained Chef specializing in Italian cuisine and baked goods

A classic Southern favorite, made from scratch. See the perfect flaky crust, a rich caramel-pecan filling, and the baking technique that keeps it set but never gummy.

2553 | Thu., Nov. 5 | 12:00 PM | $25

San Diego Oasis

A CULINARY EXPERIENCE AT

CHEF PELLICCIA'S *Dinner Table*



Join Castle Peak Farm for an autumn-inspired, farm-to-table dinner at Oasis in Rancho Bernardo.

We'll start with baked brie and a crisp apple slaw, followed by a hearty butternut squash sausage and kale lasagna and maple and herb-roasted chicken, and finish with pumpkin cheesecake and caramel sauce — a seasonal menu celebrating the flavors of fall, made with ingredients grown and raised close to home.

Class #2556 | Friday, December 4th | 5pm | $70

CASTLE PEAK FARMS

Chef Mark Pelliccia
858-308-1214
www.castlepeakfarmsd.com

NEW CLASS
The Heart of the Holidays: Sweet Potato Pie and Everything Nice
Lauren Brimmer, Author of Your Chicken is Cooked

Come and learn how to make a holiday feast from sweet potato pie and lemon-almond cake to gluten-free stuffing with turkey.

2558 | Tue., Dec. 1 | 11:00 AM | $25

NEW CLASS
Twist and Shout: Artisanal Soft Pretzels
Allison Weisman, Owner of Allison's Custom Confections

Learn to make bakery-quality soft pretzels from scratch, mastering mixing, kneading, shaping, and the perfect classic pretzel twist.

2560 | Thu., Nov. 19 | 1:00 PM | $25

NEW CLASS
Ultimate Maple Brown Sugar Cookies
Allison Weisman, Owner of Allison's Custom Confections

Learn the secrets of this comfort-food cookie by infusing rich, buttery brown sugar with deep, authentic maple syrup resulting in caramelized edges that give way to a wonderfully, soft, chewy center.

2550 | Thu., Nov. 12 | 1:00 PM | $25

NEW CLASS
Unleash the Power of Plants
Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

In this class, you will learn how to make sweet potato glass noodles, basil cashew lemon cream sauce, balsamic mushrooms, and pickled onions, broccoli and bok choy.

2566 | Tue., Nov. 17 | 12:00 PM | $25

TECHNOLOGY

AI By Voice Commands & Talking
Eamen Hameed, MS, IT & Engineering Consultant, Founder, EHTechBits

Use your voice instead of fingers to call, dictate text messages, set reminders, and ask questions without typing.

2930 | Tue., Dec. 15 | 2:30 PM | $15

AI Instructions: Dos, Don'ts, Problems, & Solutions!
Eamen Hameed, MS, IT & Engineering Consultant, Founder, EHTechBits

Want to get more from AI? Discover simple ways to give better instructions, solve common problems, and get clearer, more useful results.

2929 | Tue., Dec. 15 | 1:00 PM | $15

NEW CLASS
Digital Wallets: The Safest Way to Pay
Eamen Hameed, MS, IT & Engineering Consultant, Founder, EHTechBits

Curious about tapping your phone instead of swiping a card? This class explains how digital wallets work, how to set one up, and how to use it confidently.

2925 | Tue., Nov. 3 | 1:00 PM | $15

NEW CLASS

Don't Answer! Managing Unwanted Calls
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

Passkeys: What the Heck are They?
Eamen Hameed, MS, IT & Engineering Consultant, Founder, EHTechBits

Learn what passkeys are, how they work, and why they offer a safer, simpler alternative to passwords for everyday online security.

2928 | Tue., Nov. 24 | 2:30 PM | $15

NEW CLASS

Scam Savvy: Protecting Your Money in Everyday Life
Pedro Ibarreche, BS, Computer Engineering, IT Support Specialist

This class covers actionable steps to protect your phone, privacy, and pocketbook.

2934 | Wed., Dec. 16 | 11:30 AM | $15

NEW CLASS

Social Engineering & The Psychology of Cons: Spotting the Digital Con Artist
Eamen Hameed, MS, IT & Engineering Consultant, Founder, EHTechBits

This topic focuses on human behavior, manipulation tactics, and everyday scams. Keep yourself sharp by learning the tricks of the criminals.

2927 | Tue., Nov. 24 | 1:00 PM | $15

NEW CLASS

Sony Bravia TV Features: Free Interactive Demonstration
Lauren Reynolds, Sony Product Development Project Manager, and Arturo Jordan, Sony Senior Staff Electrical Engineer

Join Sony experts to discover accessibility features on Sony BRAVIA TVs, including TalkBack and Closed Captioning, designed for users of all abilities.

2931 | Mon., Nov. 16 | 11:00 AM | FREE



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

204 | Thu., Nov. 5 | 12:00 PM | $10

205 | Thu., Dec. 3 | 12:00 PM | $10

Cloud Storage & Web Cookies Workshop

Learn the basics of cloud storage and web cookies, what they are, how they work, and how to manage them.

207 | Thu., Nov. 5 | 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.

210 | Tue., Nov. 24 | 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.

215 | Tue., Nov. 10 | 2:00 PM | $10

216 | Thu., Dec. 17 | 2:00 PM | $10

NEW CLASS

Meta Smart Glasses 101

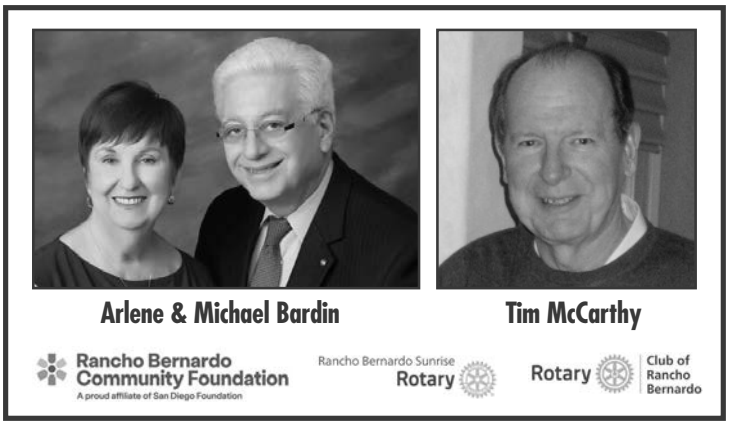
Are you new to Ray-Ban Meta smart glasses? Learn how to take photos, record videos, answer calls, use voice commands, and get started with ease.

218 | Thu., Dec. 17 | 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.

221 | Tue., Nov. 24 | 2:00 PM | $10



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.

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

225 | Thu., Dec. 3 | 10:00 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.

228 | Tue., Nov. 24 | 10:00 AM | $10

229 | Thu., Dec. 17 | 10:00 AM | $10

Technology for Travelers

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

234 | Tue., Nov. 10 | 12:00 PM | $10

235 | Thu., Dec. 3 | 2:00 PM | $10

UBER/Lyft App Workshop

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

238 | Thu., Nov. 5 | 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?

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thrivent®

Offices of Jonathan Doering,
Matthew Molstre and Anthony Camara

See page 9 & 30 for upcoming Thrivent Financial classes at San Diego Oasis on Economic Review and Market Outlook, How Taxes Affect Your Retirement, Social Security, and more.



Anthony Camara
MBA, CFP®, FIC
Wealth Advisor

Schedule your free heart check-up today:
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Financial Consultant | Thrivent

Anthony Camara partners with San Diego Oasis to help older adults navigate financial topics with clarity and confidence.

Through engaging, educational classes, Anthony covers key areas such as:

- Social Security strategies
- Estate and legacy planning
- Charitable giving that makes an impact
- Purpose-driven financial planning for retirement

With a background in values-based advising, Anthony is passionate about empowering adults 50+ to make financial decisions that not only make sense—but also feel right.

Learn more at Thrivent.com

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OASIS AT THE LIBRARY

DEL MAR BRANCH LIBRARY
1309 Camino Del Mar, Del Mar, CA 92014

The Vikings
Henry George, Engineer, Archaeologist and Geologist

Explore the Vikings' legacy as skilled seafarers, warriors, builders, and traders, and discover how they shaped world history.

720 | Thu., Nov. 12 | 1:30 PM | FREE

MISSION HILLS - HILLCREST/KNOX BRANCH LIBRARY
215 W Washington St, San Diego, CA 92103

Exploring the American Southwest: The Story of Cabeza de Vaca and Estebanico
Maria Butler, MA Lecturer Emerita San Diego State University

This presentation is based on La Relacion, which chronicles a story of survival, by Cabeza de Vaca.

713 | Sat., Dec. 5 | 2:30 PM | FREE



Travel To the Galapagos
Fred Bercovitch, Ph.D. Biological Anthropology

Join us for an unforgettable journey to the Galapagos Islands. Discover how Darwin's observations and the unique wildlife shaped his groundbreaking theories of evolution.

712 | Sat., Nov. 14 | 2:30 PM | FREE

NORTH UNIVERSITY COMMUNITY BRANCH LIBRARY
8820 Judicial Dr, San Diego, CA 92122

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

Learn how mindfulness can reduce stress, anxiety, and suffering.

708 | Fri., Nov. 20 | 2:00 PM | FREE

San Diego Legends: A Prohibition Era Smuggler's Cave
Jack Innis, BA, Author & Lecturer, San Diego's Legend Hunter

Explore a strange and dangerous Prohibition-era smugglers' tunnel. You won't want to miss this multimedia presentation by San Diego Legends author, Jack Innis.

709 | Fri., Dec. 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

Goal setting: Creating a Roadmap of Success
Laura Diaz, Board Certified Coach (BCC)

Discover the power of written goals as your roadmap to success, guiding you toward your dreams with daily, meaningful steps for a brighter future.

702 | Wed., Dec. 9 | 1:00 PM | FREE

OASIS AT THE LIBRARY

SAN CARLOS BRANCH LIBRARY
7265 Jackson Dr, San Diego, CA 92119

Greatest Hits of Singer-Songwriters
Doug Beaupré, Singer songwriter

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

721 | Fri., Nov. 20 | 2:00 PM | FREE

Legends and Lore of Chocolate
Marilyn McPhie, President of Storytellers of San Diego, TEDx Speaker

Discover chocolate's rich history, culture, and fascinating trivia, plus enjoy sweet samples in this engaging, interactive program.

722 | Fri., Dec. 18 | 2:00 PM | FREE



UNIVERSITY COMMUNITY BRANCH LIBRARY
4155 Governor Dr, San Diego, CA 92122



U.S. Historical Novels: A Great History Lesson
Blaine Davies, MA, Professor of U.S. History

Learn how historical novels help us experience the dramatic events that shape our nation.

718 | Thu., Nov. 19 | 1:00 PM | FREE

TRAVEL

All fees shown are per person. Visit the Travel page on the website for full brochures: Click “Classes” and then select “Travel & Trips”.

AFC Vacations

Sierra Nevada Rail Journey
Jan. 29 - Feb. 2, 2027 | 5 Days | 7 Meals

Single: $3,324 | Double: $2,674 pp
Travel from Sacramento to Nevada through the Sierra Nevada mountains. There is a 4-hour Sierra Nevada Mountains Rail Journey over the beautiful snowcapped mountains. In Nevada, you will travel to Lake Tahoe and then on to Viriginia City an old ghost town. You will have return from your winter wonderland tour from Reno, NV.

Fantastic Florida & the Keys
Feb. 25 - Mar. 4, 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.

Hawaii Three Island Adventure
Mar. 9 - Mar. 16, 2027 | 8 Days | 10 Meals

Single: $8,949 | Double: $6,499 pp
On this tour you will explore 3 of the Islands of Hawaii. You fly into Honolulu and explore Pearl Harbor, visit the USS Arizona Memorial and much more. Then, you will fly to Hilo and spend 2-nights exploring the “Big Island.” After your 2-night stay on the big island you will fly to Maui and visit the Maui Tropical Plantation for the Tropical Express tour. You will also have a day in Maui to explore on your own, before returning home from Maui.



Collette Vacations

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.

Wonders of Thailand
Jan. 27 - Feb. 11, 2028 | 16 Days | 24 Meals

Single: $8,099 | Double: $6,999 pp
Relax at pure white sandy beaches overlooking turquoise waters beside verdant green jungles, see intricate colored tiles and golden statues at Buddhist shrines and explore the busy metropolitan roads of Bangkok.

Discover Sunny Spain: Madrid & Costa del Sol
Apr. 17 - 25, 2028 | 9 Days | 10 Meals

Single: $4,799 | Double: $3,999
Experience southern Spain through its food, history, and everyday life, from the sunny Costa del Sol and charming whitewashed villages to vibrant Madrid.

Travel

When you book your adventures through San Diego Oasis, you enjoy unforgettable trips while supporting our programs.



Explore the world and give back to your community, one adventure at a time!

Learn More About Oasis Travel Programs:

www.SanDiegoOasis.org

DayTripper TOURS

San Diego's premier touring company offering an array of meticulously planned one-day motor coach excursions that showcase Southern California's diverse, scenic landscapes, cultural highlights, and hidden gems.

Use code **OASIS1126** to save $10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Wheel of Fortune TV Game Show with Ryan Seacrest

Thu., Nov 12 | $159

Be a part of the studio audience during a live taping of Wheel of Fortune, the TV game show starring celebrity hosts Ryan Seacrest & Vanna White

Thanksgiving Holiday at Wonder Valley Ranch

Nov. 24 - 27, 2026 | 4 Days | 10 Meals
Single: $2,095 | Double: $1,995

Experience a "Friendsgiving" this year when you join DayTripper Tours on a captivating 4-day Thanksgiving retreat into the tranquil embrace of Wonder Valley Ranch, nestled in the foothills of the serene Sierra Nevada Mountains

A Royal Christmas at the Reagan Library

2 Dates to choose from: Sat., Nov 28, or Sat. Dec 12 | $225

Join us for this delightful excursion to the Reagan Library to celebrate the splendor of the holidays with their American Christmas exhibition and a catered lunch under the wings of Air Force One

Come on Down! to the Price is Right TV Game Show

Thu., Dec 3 | $179

Come On Down for a live taping of The Price Is Right. An entertaining day filled with fun, prizes, and the chance to be a contestant!

Vintage Christmas at Hearst Castle

Dec. 6 - 8, 2026 | 3 Days | 5 Meals
Single: $1,365 | Double: $1,195 pp

Dec. 13 - 15, 2026 | 3 Days | 5 Meals
Single: $1,365 | Double: $1,195 pp

Celebrate the season on a festive 3-day getaway to Hearst Castle, beautifully adorned with dazzling holiday décor and timeless Christmas charm

Christmas Lights Dinner Tour

3 Dates to choose from: Tue., Dec 15, Wed., Dec 16, or Thu., Dec 17 | $175

Come along on this unforgettable holiday tour as we seek out some of the most dazzling neighborhoods and public places around San Diego County

San Diego Oasis

Senior Resource DIRECTORY







Welcome to the San Diego Oasis Resource Directory!

Whether you are looking for help with assisted living, in-home care, retirement planning, long-term care, Medicare, and much more, we invite you to browse this directory as your starting point in finding the right solution.





You can visit our Resource Directory online at: **www.SanDiegoOasis.org** under the Resources tab.

Our Resource Directory participants are known partners and are fully vetted. **You can be assured of great service when you reach out to our Resource Directory service providers!**

Interested in a Resource Directory listing?

Contact Pauline Perenack if you are interested in being included in our Senior Resource Directory: Pauline@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
Cindy Ross | (858)293-3900
rossci@ridgeviewhealthcenter.com
ridgeviewhealthcenter.com

Your loved one will thrive with personalized care and life-enriching activities in a warm, supportive environment that feels like home. Whether they need help with daily tasks, Alzheimer's support, or short-term recovery, you'll find it here with Assisted Living, Memory Care, and 24-hour Skilled Nursing, five-star rated by CMS.

THE REMINGTON CLUB
Anne Handley | (858) 673-6340 x122
ahandley@wqcalifornia.com
TheRemingtonClub.com

Nestled in the exclusive community of Rancho Bernardo, The Remington Club is a vibrant, independent, and assisted living community surrounded by serene gardens, and breathtaking mountain views, and centrally located near shopping and restaurants. Our newly refreshed common spaces provide opportunities to socialize, explore new passions, and enjoy the comforts of home.

ASSISTED LIVING PLACEMENT SPECIALISTS

AGING123
Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

Julie Derry is a Certified Senior Advisor™ offering free of charge personalized support to older adults and their loved ones in finding Independent Living, Assisted Living, and Memory Care. Julie and Aging123 will take the time to understand your specific situation and guide you to the most appropriate options

CERTIFIED AGING IN PLACE SPECIALISTS

AGING ADVISORY SERVICES
Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733
jacqueline@agingadvisoryservices.com
agingadvisoryservices.com

Aging Advisory Services helps older adults and their families manage the decisions and transitions that come with aging. Led by Jacqueline Silverman, Certified Senior Advisor® and Certified Aging in Place Specialist, AAS provides expert guidance — including comprehensive assessments, home safety evaluations, and connections to highly vetted resources. The aim is always for every client to leave with clarity, confidence, and a plan that holds up over time. Begin with a free phone consultation.

DEMENTIA SUPPORT

GLENNER CENTERS ADULT DAY PROGRAM
Lisa Tyburski | (619) 543-4700
information@glenner.org | glenner.org

A hidden gem among senior care options, the Glenner Centers offer specialized day programs for individuals with dementia. Get the break you need while your loved one enjoys brain-stimulating activities that can help slow the rate of cognitive decline. Open M-F with locations in Encinitas, Hillcrest and Chula Vista, CA

FINANCIAL PLANNERS

Offices of Jonathan Doering, Matthew Molstre & Anthony Camara

THRIVENT FINANCIAL
Jonathan Doering/Anthony Camara | (858) 455-5227
Jonathan.Doering@thrivent.com
connect.thrivent.com/la-jolla-gateway-team

Thrivent is a Fortune 500 company with 100 years of existence. With 65+ years of combined years, Jonathan Doering, Matthew Molstre and Anthony Camara serve throughout San Diego, specializing in Retirement & Investment Planning and Estate & Tax Strategies. Call for a complimentary review of your financial situation, no strings attached.

HOSPICE

THE ELIZABETH HOSPICE
Lisa Marcolongo | (800) 797-2050
info@ehospice.org | elizabethhospice.org

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, severe illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.

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.

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

Explore ways to use home equity in retirement. A Reverse Mortgage could help supplement income, provide funds for home improvements, debt consolidation or covering healthcare costs. John Correll at Accurate Reverse Mortgage Corp has over 25 years experience and would love to have a conversation with you. NMLS License 1004396.

SENIOR REAL ESTATE SPECIALISTS

DEVORE REALTY GROUP

BERKSHIRE HATHAWAY
HOMESERVICES CALIFORNIA PROPERTIES
Bryan Devore | (760) 908-3838 | DRE #01397835
Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

Bryan Devore is a Seniors Real Estate Specialist who has been assisting clients throughout San Diego since 2003. His team of highly trained agents specializes in guiding seniors through the home selling process. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process.



MELINA RISSONE | COLDWELL BANKER
Melina Rissone (CSA) | (619)-865-6017
melina@melinarissone.com | www.MelinaRissone.com

Melina Rissone is a Certified Senior Advisor (CSA), Seniors Real Estate Specialist® (SRES), and Associate Broker with Coldwell Banker West, serving San Diego seniors for 20 years. She specializes in downsizing, free home value reports, and senior home sales with a 100% service-first, no-pressure approach—whether it's a quick sale as-is or a carefully planned sale including renovations. We partner with Movers to make it easy and help orchestrate the entire move.



MARCIE SANDS I COLDWELL BANKER WEST
Marcie Sands I REALTOR® SRES® | (760) 644-1562
MyAgentMarcie@gmail.com
MarcieSandsREALTOR.com

Marcie Sands is a Seniors Real Estate Specialist assisting North County clients. For 20+ years she has provided compassionate guidance and clear communication with downsizing, trust/estate sales, and relocation. Her valuable resources and hands-on approach help seniors and their families confidently navigate real estate decisions, while keeping long-term estate planning in mind. Call today for a complimentary home consultation.



Terri Hunter, Broker Associate
WILLIS ALLEN | LUXURY PORTFOLIO INTERNATIONAL
Live Here - Work Here - Here for You

TERRI HUNTER I WILLIS ALLEN REAL ESTATE
Terri Hunter I Realtor | (619) 994-9927
terrihunter@willisallen.com
TerriHunter.com
WillisAllen.com

With over 25 years of real estate experience, I proudly serve Rancho Bernardo and communities throughout San Diego County. As a REALTOR® with Willis Allen Real Estate, I provide full-service representation backed by my SRES, MRP, CFSP, CRS and CLHMS designations, delivering knowledgeable guidance, strong negotiation skills, and exceptional personalized service. Resdent of Rancho Bernardo since 1993.

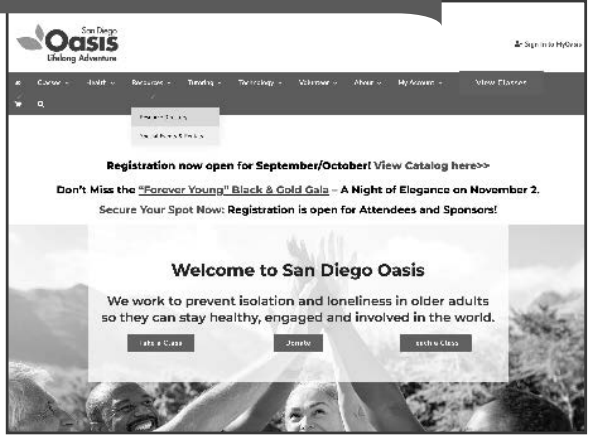
TRANSPORTATION

RideFACTNOW

RIDEFACTNOW:
ON DEMAND, SAME-DAY ACCESSIBLE TRANSPORTATION
(760) 754-1252
factsd@factsd.org
Factsd.org

RideFACTNOW, provided by FACT, Inc. and SANDAG, offers same-day, on-demand paratransit service for San Diego County residents with disabilities who use mobility devices requiring wheelchair-accessible vans. Bookings require as little as one hour's notice. Fares range from $5 to $20 per one-way ride. All rides are subject to availability; call for reservations or further information.

Find the Resource Guide under the RESOURCES tab on the blue navigation bar.



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San Diego Oasis

San Diego Oasis at La Mesa
5500 Grossmont Center Drive, Suite 269
La Mesa, CA 91942 | (619) 881-6262

San Diego Oasis at Rancho Bernardo
17170 Bernardo Center Drive
San Diego, CA 92128 | (858) 240-2880

San Diego Oasis

San Diego Oasis Impact

FYE 2025

Promoting healthy aging through lifelong learning, active lifestyles and volunteer engagement.

- 5300+ Older adults served each year
- 400+ Volunteers powering our mission
- 4500+ Classes offered annually

50,048 Class Enrollments — Designed for adults 50+, evolving to meet community needs

19,946	28,734	1,368
Lifelong Learning	Fitness & Exercise	Technology

Intergenerational Tutoring Program — 30+ years of service

279	403	52
Active Tutors	Elementary Students	Title 1 Schools

NEW in 2026-2026: Addition of 1 Spanish Immersion School and 2 military-connected elementary schools. Math Tutoring Pilot began in Spring 2026 for grades K-2 in 3 schools.

Oasis Access Program — Removing financial and transportation barriers for participation.

83%	100%	100%
Socially Isolated Participants	Report improved well-being	Report meaningful social connection



Partner with us.
Invest in connection.
Change lives.

www.SanDiegoOasis.org

Thank You to our Sponsors

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