



MAY | JUNE 2024

Spring into...

▶ **INSPIRATION**
President's
Welcome
P3

▶ **SUPPORT**
Matching Grant
P4

▶ **HEALTH**
Exercise & Dance
P9 & P23

▶ **TECHNOLOGY**
Get Tech Savvy
P19 & P36

▶ **CREATIVITY**
Art at Oasis
P6, P21 & P35

▶ **CURIOSITY**
Lifelong Learning
P6 & P21

▶ **USEFUL INFORMATION**
Resource Directory
P47 - 54



ABOUT SAN DIEGO OASIS

San Diego Oasis is an award-winning nonprofit organization serving people 50+ throughout the San Diego region. Our mission is to promote healthy aging through a three-fold approach:

- lifelong learning • healthy living • intergenerational community service

Membership is free. Class costs range from free to \$20 per class.

Program Highlights

- **Lifelong Learning:** 4,500 in-person, hybrid, and online classes annually at our two locations (La Mesa and Rancho Bernardo) and more than 30 off-site locations.
- **Healthy Living:** workshops in fitness, dance, nutrition, life-style, and chronic disease management.
- **Intergenerational Tutoring Program:** hundreds of trained volunteer tutors help at-risk children in grades K-4 build reading skills. We serve Title 1 schools throughout the County, including San Diego, La Mesa/Spring Valley, Poway/Rancho Bernardo, and Escondido.
- **Travel Program:** day trips and extended trips are offered throughout the year.
- **Bridging the Digital Divide:** new tablets, training, internet, and free online classes are provided to low-income, isolated seniors who do not have access to technology at home (~1200 tablets as of 3/2024).
- **Tech Smart Bar:** Cox Tech Tank in La Mesa and Tim McCarthy Smart Bar in Rancho Bernardo provide one-on-one technology consultations.

JOINING OASIS

- **Who Can Join:** San Diego Oasis is open to people 50+ regardless of income, gender orientation, race, religion or background
- **Registration:** Register in person at an Oasis office, by phone, or online at SanDiegoOasis.org
- **Register online with MyOasis:** Register by logging into your MyOasis account at SanDiegoOasis.org. If you don't have a MyOasis account, you can create one by visiting the website, calling us at (619) 881-6262 or emailing us at Info@SanDiegoOasis.org
- **New to Oasis?** Would you like to share with friends and family all that Oasis offers? We have a helpful resource on the home page of our website dedicated to those new to Oasis.

VOLUNTEER OPPORTUNITIES

- **Tutoring Program:** Volunteer tutors change children's lives! In just one hour a week, you can make a big difference. Training/materials provided; no teaching experience required. For more information, see page 54 or contact Michelle Irby at Michelle@SanDiegoOasis.org.
- **Center Volunteers:** Volunteers are invaluable, the benefits are mutual, and they have meaningful experiences when they donate their time and talents to help the staff, instructors and members in the Oasis community. We have a variety of opportunities from which to choose. To learn more, contact Kris Anelli at Kris@SanDiegoOasis.org for La Mesa and Danny Beers at Danny@SanDiegoOasis.org for Rancho Bernardo.
- **Library Ambassadors:** Library Ambassadors are Oasis representatives for library classes. They enrich the off-site program experience for attendees by providing Oasis updates, answering general program questions, and providing instant feedback. If you would like to learn more about this volunteer opportunity, please contact Kris Anelli at Kris@SanDiegoOasis.org

INDEX

Message from the President	3
Copley Fdtn Matching Grant	4
Ways to Give	5
In-Person Classes	
• Grossmont Center.....	6 - 18
• Cox Tech Tank.....	19
• Rancho Bernardo.....	21 - 35
• Innovation Center.....	36
Libraries.....	37 - 39
Online Classes.....	40 - 43
Special Events & Rentals.....	43
Travel.....	44
Resource Directory.....	47 - 54

Please accept my donation, as indicated:

- \$25 \$250
 \$50 \$500
 \$100 Other: \$ _____

Please consider writing a check to avoid credit card processing fees. See Page 5 for a full list of ways to give.

Payment Type:

- Check VISA MasterCard Discover

Name on Card:

Credit Card #:

Expiration Date (month/year): _____ / _____

CSC/CVV #: _____ (3-digit number)

Signature _____

Contact Information:

Name _____

Address _____

Phone _____

Email _____

Estate Plan

I am interested in learning more about an Estate Plan that includes San Diego Oasis:

- Contact me!

Please designate my gift for:

- All Programming (Greatest Need)
 Intergenerational Tutoring Program
 Digital Divide Program
 Rancho Bernardo Capital Campaign

My gift to San Diego Oasis is in:

- Honor of Memory of

San Diego Oasis should send an acknowledgment to:

Please send me more information on:

- Volunteering Tutoring Travel Estate Gift

Dear Oasis Family,

San Diego Oasis has just embarked on a very special opportunity. **In collaboration with the David C. Copley Foundation, we are excited to announce a 2:1 Matching Gift campaign** through which the Copley Foundation will gift San Diego Oasis \$250,000 when San Diego Oasis raises \$500,000, giving us an opportunity to raise a total of \$750,000!

No gift is too small. I hope you will consider making a tax-deductible gift today to help us take full advantage of this opportunity to further our mission. You can learn more about how to participate on the following page.

In addition to bringing our members a wealth of classes and resources, we also believe in serving our community. **One key element of our mission involves the empowerment of young students** who need a little extra boost to help them succeed in their studies. Our tutors change lives by building confidence and helping set these students on a better trajectory for success in life.

Putting the power of technology in the hands of an older adult who is trying their best to function without connection to family or important resources that help them live healthier lives inspires us to do more. The joy on their faces and the stories they convey tell us all we need to know about whether we are on the right track in taking care of this deserving group of people in our community.

When we see our members coming to class, that's clearly a tangible example of fulfilling our mission of lifelong learning and healthy living, but when we see you coming early or staying later to enjoy the Oasis community, we know we are onto something!

What the Oasis mission does is breathe life into all of us in so many ways, directly and indirectly. I encourage you to help us reach this significant goal so that we can have an even greater impact...for you and for them.

Thank you for being with us on this journey of lifelong learning and staying healthy. **We are happy you are here!**

Warmly,



Simona Valanciute
President & CEO



P.S. I'm available to answer any questions you may have about ways to participate in this campaign; please contact me at **Simona@SanDiegoOasis.org** for details.

San Diego Oasis is excited to announce a very special matching gift campaign, in collaboration with the David C. Copley Foundation

The Copley Foundation will gift San Diego Oasis \$250,000 when San Diego Oasis raises \$500,000

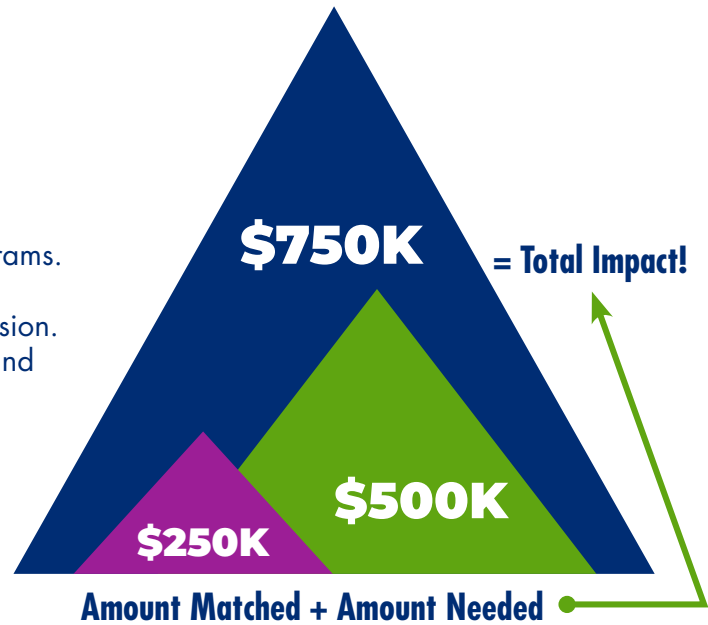
Will you join us today?

Which gifts count towards the match?

- Every unrestricted donation.
- Written multi-year pledges.
- Any sponsorship that funds Oasis events and/or programs.
- Any naming gift.
- Fundraising event proceeds that support the Oasis mission.
- Donations/grants that support a program that could fund Oasis' program staff and operations, such as our Tutoring and Digital Divide Programs.

Please make your tax-deductible gift today by:

- Donating online at SanDiegoOasis.org
- Mailing your check to one of the Oasis offices
- Initiating your Required Minimum Distribution
- Making a stock transfer and avoiding capital gains tax



Questions?

Contact Simona Valanciute at Simona@SanDiegoOasis.org or (619) 846-3832 with questions. Our tax ID number is #30-0403895.

About the Foundation

The David C. Copley Foundation (formerly known as the Helen K. and James S. Copley Foundation) began in 1953 as The Copley Foundation and was initially funded by The Copley Press, Inc., owner of multiple newspapers in California, Illinois, and Ohio. David C. Copley, the son of Helen K. and James S. Copley, was a businessman and philanthropist, born and raised in San Diego. He passed away in 2012 naming the Foundation as the sole residuary beneficiary of his estate. Upon David Copley's passing, the Foundation has been governed by independent directors whose mission is to continue the Copley Family legacy.

Board and staff members at the David C. Copley Foundation are proud to be a part of a devoted community, supporting equitable and diverse nonprofit organizations as David C. Copley and his parents Helen K. and James S. Copley would have wanted.

\$250K

+

\$500K

=

\$750K



WHEN YOU PLAN TO

Give
WE CAN PLAN TO *Grow*



SanDiegoOasis.org | (619) 881-6262 | EIN #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 (619) 881-6262. If mailing a check, make it out to San Diego Oasis and send to San Diego Oasis, 5500 Grossmont Center Drive, Suite 269, La Mesa, CA 91942 or simply drop it off at one of our Centers.



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



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. Our development staff is ready to assist you!



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 catalog.



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 Club Oasis.



Are you racking up **Air Miles** that you know you won't use before they expire? Share them with Oasis! While we don't often have the need for travel, they are very helpful when we do.



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



IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Grossmont Center in La Mesa

ARTS & CRAFTS

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

1318 | Abstract Painting and Drawing

Aniko Makranczy, MFA

Tue., May 21 - June 18 | 10:00 AM | 5 Sessions | \$75

Learn how to abstract a realistic image using concepts such as contrast, shape modification and geometric form. Then create an abstract image from the picture you choose.

Beginning Bead Weaving

Diane Kramer, Bead Weaver & Instructor

Bead weaving is the craft of using a needle, thread, and beads to create beautiful jewelry. Learn how to make a bracelet. No experience is necessary, and materials are provided.

1289 | Mon., May 13 | 1:00 PM | \$40

Flat Spiral Stitch Bracelet

1290 | Mon., May 20 | 1:00 PM | \$40

Netting Stitch Cuff Bracelet

1288 | Mon., June 10 - 17 | 1:00 PM | 2 Sessions | \$60

Twisted Herringbone Bangle

1426 | Calligraphy

Ann Dunham, MS Design

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

In this class we will learn the basics of script calligraphy and create an upper-case and lower-case alphabet.

Combining Pen and Ink with Watercolor

Ann Dunham, MS Design

We'll focus on creating pen and ink drawings overlaid with watercolor, emphasizing techniques using Pigma Micron pens to depict textures found in nature, including feathers, leaves, wood grain, and more.

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

1427 | Fri., June 28 | 10:00 AM | \$15

1425 | Creating Textures in Watercolor

Ann Dunham, MS Design

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

We'll explore techniques in watercolor to bring objects to life through textures, covering contrast of value, color, and texture, along with brush variations and dry and wet techniques for experimental learning.

1128 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography, Grossmont College

Thu., May 16 - June 20 | 10:00 AM | 6 Sessions | \$90

Learn simple guidelines and basic skills for easy photographic capture using digital cameras and camera phones, exploring exposure modes, lighting scenarios, and visual compositions to capture meaningful images.

1315 | Drawing Fundamentals

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

Mon., Wed. & Fri., June 3, 5 & 7 | 1:00 PM

3 Sessions | \$45

In this class, you'll develop and practice basic, realistic drawing skills using pencils.

1286 | Hot Pads Galore

Lyn Earl, Instructor

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

Anyone who cooks needs hot pads, and they don't last forever. Come sew one or more hot pads for yourself or friends.

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 your own unique art pieces. Pieces will be fused offsite and available for pick up the following week.

1277 | Wed., May 15 | 1:00 PM | \$65

Abstract Plate

1278 | Wed., June 12 | 1:00 PM | \$65

Glass Flowers



 **1307 | Let's Make Wood Firecrackers**

Amy O'Connor, Instructor
Fri., June 7 | 10:00 AM | \$15

Create your own colorful and rustic painted firecracker decoration out of wood.

1296 | Oriental Brush Art with Chinese Ink and Watercolor

Shinja Scheidnes, Watercolorist, Instructor
Wed., June 26 - July 10 | 10:00 AM | 3 Sessions | \$45

Come learn the dancing brush technique to create beautiful works of art.

Paper Quilling

Marcy Shapiro, Retired Teacher, Artist

Quilling is the art of creating beautiful objects by rolling thin pieces of paper. All materials are supplied except for a few tools you'll need to bring.

 **1333** | Wed., May 8 | 10:00 AM | \$20
Let's Make Shadow Boxes

 **1334** | Wed., June 12 | 10:00 AM | \$20
Let's Make Picture Frames

 **1287 | Reusable Produce Bags**

Lyn Earl, Instructor
Wed., May 22 | 1:00 PM | \$15

Sew reusable produce bags to take to the store and to use in your refrigerator.

 **1438 | Rock Painting**

Marci Kleiner
Fri., May 17 | 10:00 AM | \$15

Paint pictures on plain white stones or stones with the outline on them already.

Watercolor Hangout with Eddie Omens

Eddie Omens, Artist

Using basic watercolor and ink techniques, Eddie will show you how to create a stunning work of art.

1120 | Mon., May 6 | 10:00 AM | \$15

1121 | Mon., May 20 | 10:00 AM | \$15

1122 | Mon., June 3 | 10:00 AM | \$15

1123 | Mon., June 17 | 10:00 AM | \$15

BUSINESS, FINANCE, LEGAL



**THRIVENT
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

1000 | Economic Review and Market Outlook

Chuck Etzweiler, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT & Anthony Camara, CFP®, MBA
Thu., May 9 | 10:00 AM | FREE

What shapes your financial strategy? See how the latest economic data can help you make informed money decisions.

1344 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA
Mon., May 13 | 1:00 PM | \$5

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

1346 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Mon., June 24 | 11:00 AM | \$5

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

Social Security

Anthony Camara, CFP®, MBA

When should I apply? What is the best way to maximize my benefits? Also learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.

1343 | Mon., May 13 | 11:00 AM | \$5

1347 | Mon., June 24 | 1:00 PM | \$5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

1345 | Fri., May 24 | 10:00 AM | FREE

1348 | Fri., June 28 | 10:00 AM | FREE

See ad on page 45 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

 **1298 | Aging in Place Solutions by Creating JADU's & ADU's**

David McGee, Senior Loan Officer and Certified Senior Advisor

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

Explore the conversion of your home into Accessory Dwelling and Junior Accessory Dwelling Units, analyzing costs, financing options, and caregiving benefits.

1295 | Do You Own Your Stuff or Does Your Stuff OWN You?

Jami Shapiro, CSM Founder, Silver Linings Transitions

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

Discover insights into downsizing, organization, and senior moves from Jami Shapiro, founder of Silver Linings Transitions, drawing on personal experience and humor to differentiate decluttering from organizing.

 **1414 | Financial Scams & Elder Abuse**

Marcus Zara, Mission Federal Credit Union Business Development Officer

Tue., May 28 | 10:00 AM | FREE

We'll take a look at phishing, romance schemes, fake emails and Ponzi schemes. Learn how to spot them and how to protect yourself.

1420 | How to Prepare Your Home to Sell

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor

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

Learn the difference between repairs and upgrades/improvements to your property, how the improvements have a greater impact on your property's value, and more.

 **Let's Talk About It – The Headlines**

Rick LeVine, Attorney

Objective analysis and discussion of today's hot topics.

1130 | Wed., May 22 | 1:30 PM | \$10

1131 | Wed., June 26 | 1:30 PM | \$10

1357 | Planning Funeral and Cemetery Services

Peter Alo, Licensed Family Service Advisor

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

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

1276 | Reverse Mortgages Explained

Owen Coyle, Licensed Reverse Mortgage Specialist

Sat., May 18 | 10:00 AM | \$15

Are you house rich but cash poor? Government insured program, tax free money, no mortgage payments. Receive money: lump sum, line of credit, monthly payments, or a combination of both.

 **1275 | Taking Selling and Moving from Overwhelming to Manageable**

Tracey Stotz, M.P.A, S.R.E.S, P.S.A and Probate Certified Broker

Wed., May 22 | 10:00 AM | \$8

This class will provide you with the strategies, steps and support to make selling your home and moving hassle-free.

1421 | What Are the Steps to a Have Successful Home Sale

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor

Tue., June 11 | 1:00 PM | \$8

It's easy for home sellers to make mistakes. Join Farima to learn the best way to sell your home.

1458 | Your Family Binder: A Survival Kit for Your Heirs

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

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

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

ARE YOU SIGNED FOR OUR WEEKLY EMAIL?

It includes 3 options for quickly and easily viewing classes for the upcoming week:



View Featured Classes

Click the **View Featured Classes** button to scroll through the current week's featured classes.



Week at a Glance

Click the **Week at a Glance** button to view classes by location on the home page.



This Week's Classes

Click the **This Week's Classes** button to view classes happening this week. Use the filter features on the **Classes** page of the website to fine-tune your search.

Sign up for the newsletter on the home page of our website or call us and we'll take care of it for you! (619) 881-6262.

EXERCISE & DANCE

Better Balance: Free From Falls

Russell Rowe, MS, Exercise Physiology

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

1002 | Fri., May 10 - 31 | 10:45 AM | 4 Sessions | \$40

1003 | Fri., June 7 - 28 | 10:45 AM | 4 Sessions | \$40

Bone-Building Fitness

Russell Rowe, MS, Exercise Physiology

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

1010 | Mon., May 6 - 20 | 12:00 PM | 3 Sessions | \$30

1011 | Mon., June 3 - 24 | 12:00 PM | 4 Sessions | \$40

1006 | Fri., May 10 - 31 | 12:00 PM | 4 Sessions | \$40

1007 | Fri., June 7 - 28 | 12:00 PM | 4 Sessions | \$40

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

Cardio drumming takes the simple movement of drumming and turns it into a full-body workout that will leave you smiling and feeling great.

1018 | Mon., May 6 - 20 | 9:30 AM | 3 Sessions | \$30

1019 | Mon., June 3 - 24 | 9:30 AM | 4 Sessions | \$40

1026 | Tue., May 7 - 28 | 12:00 PM | 4 Sessions | \$40

1027 | Tue., June 4 - 25 | 12:00 PM | 4 Sessions | \$40

1030 | Wed., May 8 - 29 | 1:15 PM | 4 Sessions | \$40

1031 | Wed., June 5 - 26 | 1:15 PM | 3 Sessions | \$30

1014 | Fri., May 10 - 31 | 9:30 AM | 4 Sessions | \$40

1015 | Fri., June 7 - 28 | 9:30 AM | 4 Sessions | \$40

1022 | Sat., May 18 | 10:30 AM | \$10

1023 | Sat., June 15 | 10:30 AM | \$10

Cardio Drumming to the Oldies

Cheryl Converse-Rath, Certified Fitness Instructor

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

1034 | Sat., May 18 | 9:30 AM | \$10

1035 | Sat., June 15 | 9:30 AM | \$10

Dance Fit

Andra Valencia, Fitness and Dance Instructor

A full body aerobics class that uses a combination of dance and fitness moves.

1038 | Thu., May 9 - 30 | 1:15 PM | 4 Sessions | \$40

1039 | Thu., June 6 - 27 | 1:15 PM | 4 Sessions | \$40

Hatha Yoga with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

Hatha yoga classes require students to hold each pose for only a few breaths before slowly transitioning into the next pose.

1054 | Mon., May 6 - 20 | 2:15 PM | 3 Sessions | \$30

1055 | Mon., June 3 - 24 | 2:15 PM | 4 Sessions | \$40

International Folk Dancing

Martha Awdziejewicz, Folk Dance Group

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

1042 | Wed., May 8 - 29 | 9:30 AM | 4 Sessions | \$24

1043 | Wed., June 5 - 26 | 9:30 AM | 3 Sessions | \$18

Line Dancing and Beyond

Ruth Parker, Line Dance Instructor

Fun and varied line dance experience featuring country, pop, Latin, and waltz music.

1050 | Wed., May 8 - 29 | 2:15 PM | 4 Sessions | \$40

1051 | Wed., June 5 - 26 | 2:15 PM | 3 Sessions | \$30

1046 | Thu., May 9 - 30 | 12:00 PM | 4 Sessions | \$40

1047 | Thu., June 6 - 27 | 12:00 PM | 4 Sessions | \$40

Pilates for Everyone

Patty Horton, Certified Fitness Instructor

A gentle, introductory approach to mat-based Pilates.

1058 | Thu., May 9 - 30 | 2:30 PM | 4 Sessions | \$40

1059 | Thu., June 6 - 27 | 2:30 PM | 4 Sessions | \$40

Curious about a class but uncertain about signing up for the whole series? You can register for a single session rather than commit to a full set of sessions.



Progressive Strength, Balance and Flexibility Training

Amelia Knezevich, Group Fitness Instructor and Certified Yoga Instructor

Aerobic warm-up, strength training, and cooldown stretches.

1066 | Tue., May 7 - 28 | 9:30 AM | 4 Sessions | \$40

1067 | Tue., June 4 - 25 | 9:30 AM | 4 Sessions | \$40

Progressive Strength, Balance and Flexibility Training

Jeanna Beauchamp, Certified Fitness Instructor

We will start with an aerobic warm-up, followed by strength training exercises, and finishing with cooldown stretches.

1062 | Thu., May 9 - 30 | 9:30 AM | 4 Sessions | \$40

1063 | Thu., June 6 - 27 | 9:30 AM | 4 Sessions | \$40

Restorative Chair Yoga

Julia Doughty, MFA, HHP

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

1070 | Tue., May 7 - 28 | 2:30 PM | 4 Sessions | \$40

1071 | Tue., June 4 - 25 | 2:30 PM | 4 Sessions | \$40

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

Yoga can assist in healing, recovery and balance while calming your mind and renewing your energy.

1074 | Tue., May 7 - 28 | 1:15 PM | 4 Sessions | \$40

1075 | Tue., June 4 - 25 | 1:15 PM | 4 Sessions | \$40

San Diego Oasis Mall Walkers: Grossmont Center

Julia Doughty, MFA, HHP

Join us for a casual and conversational walk around the mall. Everyone is welcome.

1078 | Wed., May 8 - 29 | 9:00 AM | 4 Sessions | \$40

1079 | Wed., June 5 - 26 | 9:00 AM | 3 Sessions | \$30

1094 | Seijaku - Serenity in the Midst of Activity

Michelle Sarubbi, Certified TCC Instructor

Fri., May 10 - July 12 | 2:30 PM | 9 Sessions | \$90

Learn to deepen and refine the movements at an advanced level. This class is not recommended for beginning or intermediate T'ai Chi Chih students.

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

1082 | Tue., May 7 - 28 | 10:45 AM | 4 Sessions | \$40

1083 | Tue., June 4 - 25 | 10:45 AM | 4 Sessions | \$40

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

1086 | Thu., May 9 - 30 | 10:45 AM | 4 Sessions | \$40

1087 | Thu., June 6 - 27 | 10:45 AM | 4 Sessions | \$40

Strength and Balance for Longevity: A Physical Therapy Approach

Alyssa McClintick, Doctor of Physical Therapy

In this class you will learn how we can stretch, strengthen, and balance in a more functional manner.

1090 | Sat., May 18 | 11:30 AM | \$15

1091 | Sat., June 15 | 11:30 AM | \$15

Tai Chi Basics with Michael

Michael Birmingham, Certified Yoga Instructor, Personal Trainer & Nutritionist

This class will help you improve balance and promote healing.

1098 | Mon., May 6 - 20 | 1:15 PM | 3 Sessions | \$30

1099 | Mon., June 3 - 24 | 1:15 PM | 4 Sessions | \$40

1095 | T'ai Chi Chih for Beginners - Joy Through Movement

Michelle Sarubbi, Certified TCC Instructor

Fri., May 10 - July 12 | 1:15 PM | 9 Sessions | \$90

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

Zumba Gold

Pamela Toomes & Laura Muto, Certified Fitness Instructors

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

1102 | Mon., May 6 - 20 | 10:45 AM | 3 Sessions | \$30

1103 | Mon., June 3 - 24 | 10:45 AM | 4 Sessions | \$40

1106 | Wed., May 8 - 29 | 12:00 PM | 4 Sessions | \$40

1107 | Wed., June 5 - 26 | 12:00 PM | 3 Sessions | \$30

HEALTH & WELLNESS

1300 | An Intro to Essential Oils

Jana Tzinberg, Natural Healthcare Educator
Wed., May 29 | 10:00 AM | \$15

Learn how pure essential oils can benefit you and your family's health and well-being in this informative, hands-on class.

1382 | Benefits of CBD

Sheila Star Coulbourn, HHP, BCPA
Tue., June 4 | 10:30 AM | \$15

Learn about the potential benefits of CBD for various conditions, including its potential in alleviating dementia symptoms, as suggested by a 2017 study from Salk Institute.

1408 | California End of Life Option Act

Bill Simmons, Attorney
Fri., June 14 | 10:00 AM | \$15

We'll discuss end of life options in California as well as options in other states and countries.

1297 | Caregiving Tips, Advice and Resources

Dan McNamara, Program Coordinator, Sharp
Grossmont Hospital
Fri., May 10 | 1:00 PM | FREE

Discover strategies to overcome the emotional challenges of caregiving while exploring available health and community resources, support groups, and placement options.

1301 | Essential Oils & Digestive Health

Jana Tzinberg, Natural Healthcare Educator
Tue., June 4 | 10:00 AM | \$15

Let's explore the benefits of Pure Essential Oils & their soothing, calming, and supportive effects on the body's all-important digestive system.

1302 | Essential Oils & Sleep Support

Jana Tzinberg, Natural Healthcare Educator
Tue., June 18 | 10:00 AM | \$15

Turn bedtime into a peaceful experience using the natural power of pure essential oils.

GET TO KNOW OUR INSTRUCTORS

Visit the website, click on Classes
and select "Instructor Bios"

1365 | How to Harness Your Mind to Improve Your Health

Gina Simmons Schneider, Ph.D., Licensed
Psychotherapist, Executive Coach & Author
Mon., June 24 | 10:00 AM | \$15

Learn exciting neuropsychology discoveries to improve your medication response, expand your health span, and recover more quickly from illness.

1416 | Strategies for Aging in Place in the Home You Love

Jacqueline A. Silverman, CSA®, CAPS
Thu., June 13 | 10:00 AM | \$15

Age in place with essential home modifications that prioritize safety and functionality along with a livable design.

1283 | Live Without Pain and Inflammation

Sonia Cervantes, Certified Health Coach, Nutritionist,
& Therapeutic Chef
Tue., June 18 | 10:00 AM | \$15

Learn the primary causes of inflammation and how to reduce it and achieve optimum health.

1282 | Move Waste From Your Waist

Sonia Cervantes, Certified Health Coach, Nutritionist,
& Therapeutic Chef
Tue., May 21 | 10:00 AM | \$15

Learn how to remove toxic waste and eliminate the health-harming chemicals that belly fat produces.

1406 | Planning for Dementia

Bill Simmons, Attorney
Fri., May 31 | 10:00 AM | \$15

Plan for the possibility of dementia and consider preventive lifestyle changes, as Alzheimer's disease may be preventable.

Sound Healing

Ann Nelson, MA, Certified Sound Healing Instructor

Participants will gain a sense of calm, peace and presence using this method, which has been used for centuries.

1453 | Mon. & Fri., May 6 & 10 | 11:30 AM
2 Sessions | \$10

1454 | Mon. & Fri., May 20 & 24 | 11:30 AM
2 Sessions | \$10

1455 | Mon. & Fri., June 3 & 7 | 11:30 AM
2 Sessions | \$10

1456 | Mon. & Fri., June 17 & 21 | 11:30 AM
2 Sessions | \$10

 **1364 | Super Mindsets for Stronger Relationships**

Gina Simmons Schneider, Ph.D., Licensed
Psychotherapist, Executive Coach & Author
Thu., May 30 | 10:00 AM | \$15

Discover research-backed strategies for cultivating, strengthening, and maintaining rewarding relationships.

United Healthcare Presents: Medicare - The Basics

Fariba Zarieh, United Healthcare

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

1138 | Sat., May 18 | 10:00 AM | FREE

1139 | Sat., June 15 | 10:00 AM | FREE

 **1142 | Your Aging Journey is Unique to You!**

Julie Derry, MBA, Certified Senior Advisor
Tue., May 14 | 3:00 PM | FREE

What's your plan for aging? What can you do now ahead of the need? Start planning YOUR aging journey today.

 **1319 | Suzanne Valadon**

Aniko Makranczy, MFA
Tue., May 14 | 10:00 AM | \$15

Despite being born into poverty and lacking formal art education, Suzanne Valadon rose to prominence as a renowned artist, known for her diverse subjects and provocative portrayals.

 **1401 | The Captivating Story of Spanish Art**

Sofia Laurein, Ph.D., Professor of History
Thu., June 6 | 10:00 AM | \$15

Delve into the vibrant world of Spanish painting, from El Greco to Velasquez, Dali, and Picasso, in a presentation weaving colorful imagery and captivating anecdotes, shedding light on their cultural legacy.

1377 | The Eight Stages of Death

Bruce McGraw, MA, Retired Professor of Philosophy at
Palomar, Cuyamaca and Southwestern Colleges
Tue., May 28 | 1:00 PM | \$15

The Tibetan Book of the Dead describes the eight stages of death and its aftermath. Discover how this ancient wisdom sheds light on an area our modern world doesn't focus on.

 **1148 | The Great Philosophers: Albert Camus**

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., May 15 | 10:00 AM | \$16

Delve into the profound and inspiring work of Albert Camus, who, despite rejecting the label 'existentialist,' offers a poignant exploration of finding meaning and value in a fundamentally absurd world.

1150 | The Great Philosophers: Socrates

Peter Bolland, MA, Professor of Philosophy and
Humanities at Southwestern College
Wed., June 12 | 10:00 AM | \$16

One of the most influential luminaries of Western philosophy, we'll examine this notable Athenian in-depth.

1445 | The Legends and Lore of Color

Marilyn McPhie, President, Storytellers of San Diego;
TEDx Speaker
Wed., June 12 | 1:00 PM | \$15

Explore the captivating world of colors through legends and lore, from the origins of "Indian Yellow" made from cow urine to the once-poisonous "Emerald" pigment.

HISTORY & HUMANITIES

 **1400 | An Entertaining History of Your Favorite Food**

Sofia Laurein, Ph.D., Professor of History
Tue., May 28 | 10:00 AM | \$15

Discover food facts such as French fries aren't French, Hawaiian pizza wasn't made in Hawaii, and cheese was a weapon. We'll blend history with food for a tantalizing journey, leaving you craving more.

 **1378 | Ancient Egyptian Wisdom:**

Roots of Western Philosophy, Science and Religion

Bruce McGraw, MA, Retired Professor of Philosophy at
Palomar, Cuyamaca and Southwestern Colleges
Tue., June 25 | 1:00 PM | \$15

Explore the timeless wisdom of Egyptian God Thoth and Greek God Hermes, shaping the thoughts of notable figures across centuries and inviting enlightenment.

1411 | Legacies of the Past: San Diego's History

Linda Canada, Historian & Author
Wed., June 5 | 10:00 AM | \$15

We'll explore and highlight San Diego's history, using local archives and a private collection of photographs.

1151 | The Spirit of Nature

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., June 26 | 10:00 AM | \$16

Explore humanity's profound spiritual connection with the natural world, which has inspired art, religion, and even legislation like the National Park System, shaping diverse expressions across philosophy, poetry, and more.

1149 | The Wisdom of Empathy

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College
Wed., May 29 | 10:00 AM | \$16

Join our exploration of empathy, distinct from sympathy, examining its evolutionary or inherent origins and its influence on moral norms, political beliefs, and individual behavior.

1410 | United States Criminals: You Can Run but You Can't Hide

Robert Ciaffa, Former Federal Prosecutor
Mon., May 13 | 10:00 AM | \$15

Explore the legal intricacies of international extraditions, using real-life cases to discuss the processes, players, and considerations involved in returning U.S. fugitives from abroad.

LANGUAGE

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

1172 | American Sign Language Beginning I

Jennifer Carmean, MS, American Sign Language Professor, Grossmont College
Thu., May 2 - 30 | 1:00 PM | 5 Sessions | \$75

Learn basic ASL (American Sign Language) signs to meet and greet people, talk to family, ask questions and more.

1337 | Beginning French for Travelers

Martine Hillier, BA, Trilingual, French & Spanish Tutor
Fri., May 24 - July 12 | 10:00 AM | 7 Sessions | \$105

Planning a summer vacation abroad? French, spoken in 29 countries and an official Olympic language, is invaluable for global travel. Learn with a native French speaker for an engaging classroom experience.

1160 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., May 20 - July 1 | 10:00 AM | 6 Sessions | \$90

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

1162 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., May 20 - July 8 | 11:30 AM | 7 Sessions | \$105

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

1158 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Mon., May 20 - July 8 | 1:00 PM | 7 Sessions | \$105

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

1156 | Beginner European Portuguese

Amanda Da Rosa, Portuguese Instructor
Mon., May 20 - July 8 | 1:00 PM | 7 Sessions | \$105

We'll start with European Portuguese pronunciation, then progress to basic grammar and vocabulary building.

Do you know how to use filters on the Classes website page?

Visit the **Classes** page on the website to view a variety of filters that make finding the classes you want a little easier. **You can filter by date range, class number, class type, location, instructor or price.**

Filter By Location

- Grossmont Lifelong Learning Center
- Grossmont Wellness Center
- In-Person or Online | Lifelong Learning Center
- Mission Hills Hillcrest/Knox Library
- Online Only
- Point Loma Branch Library
- Rancho Bernardo Innovation Center

Filter By Class Type

- Arts
- Business, Financial and Legal
- Exercise and Dance
- Health
- History and Humanities
- Language
- Literature
- Personal Development and Enrichment
- Technology
- Theatre and Music

 **1339 | Beginning Spanish for Travelers**

Martine Hillier, BA, Trilingual, French & Spanish Tutor
Fri., May 24 - July 12 | 11:30 AM | 7 Sessions | \$105

Employing props and interactive conversations, gain essential language skills for conversing like a native in Spanish-speaking Central and South American destinations.

1174 | Beginning Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
Thu., May 23 - July 11 | 10:00 AM | 7 Sessions | \$105

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

1176 | Intermediate Conversational Spanish

Rosalinda Sandoval, MA, Professor & Spanish Coordinator, San Diego City College
Thu., May 23 - July 11 | 11:30 AM | 7 Sessions | \$105

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 tenses.

1166 | Beginning Spanish I

Gladis Jiménez González
Wed., May 22 - July 10 | 10:00 AM | 6 Sessions | \$90

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

1168 | Beginning Spanish II

Gladis Jiménez González
Wed., May 22 - July 10 | 11:30 AM | 6 Sessions | \$90

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

1170 | Intermediate Spanish I

Gladis Jiménez González
Wed., May 22 - July 10 | 1:00 PM | 6 Sessions | \$90

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

LITERATURE

 **1193 | Aspiring and Intermediate Poetry Workshop**

Seretta Martin, MFA, Poet, Founding Editor of Blue Vortex Publishers, Managing Editor of the San Diego Poetry Annual
Thu., May 9 - Aug. 29 | 10:00 AM | 16 Sessions | FREE

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

 **Creative Writing Workshop**

Irene A. Márquez, Wordsmith, Mentor, Founder, and former Executive Director of Los Bilingual Writers

You have a lifetime of stories. Come write them while learning the craft of storytelling in a safe, constructive space.

1188 | Tue., May 7 - 28 | 1:00 PM | 3 Sessions | \$45

1189 | Tue., June 4 - 25 | 1:00 PM | 3 Sessions | \$45

  **New and Notable Book Club**

Cathleen Mills, Former Literature Instructor

This book club will feature authors who have won a Booker Prize. Our conversations will be rich and thought-provoking.

1184 | Fri., May 24 | 1:00 PM | \$8 | Simpatía

1185 | Fri., June 28 | 1:00 PM | \$8 | The Other Eden

 **1237 | Rendezvous with Books**

Jennifer Shenefield, MFA
Tue., May 21 | 1:00 PM | \$15

Join us to discover new and older titles from different genres that you may have missed.

1449 | Win Your Battles with Powerful Writing

Dave Ray, Speaking & Writing Coach, Author
Wednesday, June 26 | 1:00 PM | \$15

Improve your writing to get what you want in any situation.

  **Word Play: Inspire Your Creative Process**

Julia Doughty, MFA, HHP

This class will utilize freewriting, word play, short readings, and engaging discussions to explore, motivate and inspire creative writing. Experienced and new writers are welcome.

1273 | Fri., May 10 | 1:00 PM | \$15

1274 | Fri., June 14 | 1:00 PM | \$15

Social Media

STAY IN TOUCH!

See back page for the links.

 **1457 | Write Your Memoir, Leave a Legacy**

Patricia Benesh, Ed.D.

Founder of AuthorAssist.com and 7memories.com

Thu., June 6 - 27 | 1:00 PM | 4 Sessions | \$60

Using her workbook, 7 Memories: Write Your Memoir in 28 Days, guiding participants to craft their memoirs regardless of writing experience or time constraints.

 **1222 | Grief Support Group**

Rolandas Kausas, Chaplain

1st & 3rd Wed., May 1 - Aug. 21 | 10:30 AM

7 Sessions | FREE

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

1326 | How Do I Create Positive Results?

Laura Diaz, Board Certified Coach (BCC)

Fri., June 28 | 10:00 AM | \$15

This class focuses on breaking old patterns, embracing change, and cultivating a positive mindset to achieve personal growth and create favorable outcomes.

1356 | How to Make This Chapter of Your Life Better Than All the Rest

Arthur Hammons, Infotainer, Motivational Speaker, Published Author, Singer with a Band

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

Of all your life chapters, who and where you are right now is the one you can create and use to make the most of yourself.

1342 | Intro into Numerology

Russell Rowe, MS, Exercise Physiology

Fri., June 14 | 1:30 PM | \$15

Discover how numerology influences your life personally, as you learn to calculate your life path, birthday, and name numbers, with sample interpretations revealing the intriguing power of numerology.

1341 | Intro to the Enneagram

Russell Rowe, MS, Exercise Physiology

Fri., May 31 | 1:30 PM | \$15

Unlock the transformative potential of the Enneagram, a psycho-spiritual system delving into the unconscious fears and desires of nine personality types, fostering personal growth and enriched relationships.

 **1325 | Keys to Get Started in Creating a Life You Want**

Laura Diaz, Board Certified Coach (BCC)

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

We'll explore a novel approach to life design, empowering you with complete control and unleashing your creativity to craft the life you desire by establishing effective structures.

PERSONAL ENRICHMENT

1323 | Be Happy – Awakening to What Really Matters

Laura Diaz, Board Certified Coach (BCC)

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

Come discover and cultivate happiness habits, exploring methods to expand joy, appreciate blessings, and nurture fulfilling relationships.

 **1321 | Bulbs that Work for San Diego**

Sharon Reeve, MS, Landscape Designer

Sat., May 18 | 10:00 AM | \$15

We are lucky in San Diego because we can grow bulbs from many diverse Mediterranean climate zones of the world. Let's explore the possibilities for your garden.

1218 | Collette - Travel Destinations in 2024 & 2025

Jonathan Cerreta, Collette Travel,

Business Development Manager

Fri., May 17 | 1:00 PM | FREE

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

 **1309 | Gardening with Edibles**

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County

Fri., June 28 | 1:00 PM | \$15

Create a bountiful home garden by learning about optimal vegetables and herbs for seed planting, mastering planting techniques, succession growing, and harvesting.

Stay up-to-date through our weekly email featuring upcoming classes, announcements, resources, and more. Send an email to Info@SanDiegoOasis.org and we'll sign you up!



1358 | Learning to Read People

Barbara Gunning, MBA,
Master Personality Type Practitioner
Thu., June 27 | 10:00 AM | \$15

Unlock the power of reading people through the DISC framework, discerning communication styles effectively, enhancing communication skills and influencing abilities in this interactive and engaging workshop.

1439 | Let's Learn and Play Card Games and More

Marci Kleiner

Let the Games Begin! After a brief introduction and overview of the general rules, we'll begin our casual, social play sessions.

1439 | Tue., May 14 | 10:00 AM | \$10
Gin & Poker

1440 | Tue., June 25 | 10:00 AM | \$10
5 Crowns & Train Dominoes

1219 | Let's Play Trivia! How Much Do You Know?

Alan Zacharin, Trivia Enthusiast
Thu., June 13 | 1:00 PM | \$10

Come play Trivia! You will be surprised at how much you know and how much you learn while having lots of fun. Winner receives a coupon for next month's Trivia class.

1434 | Lunch At The Ranch

Alan Mindell, Majestic Adventures and Cruises, LLC
Sat., June 22 | 9:00 AM | \$139 | **Off-Site**

Enjoy a tour of the Ivey Ranch Therapeutic Riding Center, where rescued horses become companions to disadvantaged youth. Meet the horses and enjoy a BBQ lunch on the ranch.

1444 | Mah Jongg Open Play

Every 3rd Fri., May 17 - Aug. 16 | 4 Sessions | FREE

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

1199 | Making Connections: Women's Discussion Group

Cheryl Davis-Plotts, Psy.D., LMFT
1st & 3rd Wed., May 1 - Aug. 21 | 1:00 PM
7 Sessions | \$56

Twice a month, be part of a women's group for caring and sharing the times of our lives.

1200 | Men's Room

Donald Bruders, Facilitator
2nd & 4th Wed., May 8 - Aug. 28 | 10:00 AM
8 Sessions | \$64

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

1322 | Planting for Pollinators

Sharon Reeve, MS, Landscape Designer
Sat., June 15 | 10:00 AM | \$15

We'll explore plant selections and gardening techniques that foster a welcoming habitat for various pollinators, such as hummingbirds, birds, bees, and butterflies.

1308 | Planting Summer Flowers

Betty Corvey, Master Gardener, University of California Cooperative Extension, San Diego County
Fri., May 24 | 1:00 PM | \$15

Discover how to ensure continuous flower blooms until the end of summer by learning about planting, watering, fertilizing, deadheading, and general care for flowering plants and bushes in both pots and yard areas.

1355 | Quantum Mechanics, Jell-O, and the Power of Intention: A Theory of Happiness

Melinda Pajak, Writer, Intuitive & Happiness Explorer
Fri., May 31 | 10:00 AM | \$15

Discover the Universe's secrets in a clear, fun, and exciting way, exploring connections like Jell-O to Einstein's theories, empowering you to influence your happiness through intention in this insightful talk.

1327 | Return to Travel: Domestic and International Destinations to Visit in 2024

Will Reece, AFC Vacations
Fri., June 21 | 1:00 PM | FREE

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

San Diego Oasis Travel Club

Linda Hjelle and Charlie Nickeson, Facilitators,
Travel Enthusiasts

Join the San Diego Oasis Travel Club. Ask questions, learn about trips, discuss your travel experiences, and more.

1201 | Thu., May 2 | 1:00 PM | FREE

1202 | Thu., June 6 | 1:00 PM | FREE

1324 | Self-Sabotage No More!

Laura Diaz, Board Certified Coach (BCC)

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

Explore how to identify and overcome self-sabotaging behaviors, empowering yourself with new habits and behaviors to overcome the various forms of self-sabotage that hinder your progress.

Senior 101

Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties & Tina Buchanan, MSW, ALCM, Administrator and CEO of Visionary Care Consultants

An introduction to the many resources available to seniors and their families.

1195 | Tue., May 28 | 10:00 AM | FREE

1196 | Tue., June 25 | 10:00 AM | FREE

1314 | Taking Transit 101

Ariel Kroll, Community Engagement Specialist

Thu., May 16 | 1:00 PM | FREE

Learn how to get started riding with MTS! By the end of this presentation you will be ready to travel the system, purchase your PRONTO pass, and successfully travel around San Diego.

1271 | Women's Voices Discussion Group

Julia Doughty, MFA, HHP

Fri., May 3 - June 21 | 1:00 PM | 4 Sessions | \$32

We'll read excerpts from The Oxford Book of Women's Writing in the United States as well as handouts and discuss how the passages relate to our lives and interests.

SCIENCE

1399 | (Almost) Everything about Seaweed

Paul Detwiler, MA, Marine Ecology, Professor and Consultant

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

An overview of seaweed from its diverse uses and economic importance in various industries to its ecological significance and remarkable potential to mitigate climate change.

1303 | Eclipses: Miracles of the Solar System

Neil Farber, NASA/JPL Solar System Ambassador

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

This talk will cover the historical significance and modern understanding of solar eclipses, including their types, occurrence, and safe viewing methods.

1320 | The Voyage of the Beagle

Fred Bercovitch, BA, MS, and Ph.D.

Biological Anthropology

Fri., June 28 | 10:00 AM | \$15

Learn how Charles Darwin's five-week expedition to the Galapagos Islands aboard Her Majesty's ship, The Beagle, provided the foundation for his theory of natural selection.

1304 | Venus: Earth's Twin

Neil Farber, NASA/JPL Solar System Ambassador

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

Advancements in space exploration, using orbiter probes and a lander, have revealed Venus' mysteries hidden by its dense cloud layer, prompting discussions on our growing comprehension and NASA's future missions.



Subscribe to our YouTube channel for weekly Instructor Preview videos:
youtube.com/user/SanDiegoOasis



TECHNOLOGY



Jacki Montierth, Founder of Wiseboomer.com
Bring your charged device, Apple ID and password

1208 | Conquering Your Apple Watch

Jacki Montierth, Founder of Wiseboomer.com
Wed., May 29 | 10:00 AM | \$16

This workshop reviews all features on all models of the Apple watch. Focus will be on the health app and, for those who have versions 4 or 5, EKG usage.

1205 | Conquering Your iPhone - Part I

Jacki Montierth, Founder of Wiseboomer.com
Mon., May 6 | 10:00 AM | \$16

The class is perfect for both novice and more experienced users and is especially helpful for those who say, "Siri doesn't like me."

1206 | Conquering Your iPhone - Part II

Jacki Montierth, Founder of Wiseboomer.com
Tue., May 14 | 10:00 AM | \$16

Explore settings, contacts, voice calls, email, texting, navigation and how to use Siri.

1207 | Conquering Your iPhone - Part III

Jacki Montierth, Founder of Wiseboomer.com
Fri., May 24 | 10:00 AM | \$16

Learn how to scan documents, iCloud management, wallet, and a myriad of useful, efficient apps.

1209 | Conquering Your Passwords

Jacki Montierth, Founder of Wiseboomer.com
Tue., June 25 | 10:00 AM | \$16

A detailed password system will be presented along with a myriad of ways to ensure your internet safety. This applies to all types of computers and phones.

1370 | Android Smartphone 101

Russ Nail, Technology Trainer
Tue., May 28 | 1:00 PM | \$15

Learn how to navigate your phone's essential functions, such as customizing your background, downloading, and removing apps, and much more.

1371 | Android Smartphone 102

Russ Nail, Technology Trainer
Tue., June 4 | 1:00 PM | \$15

Learn how to download books, take and share photos, use the calendar, use the notes app, and more.

1369 | Google Docs and Google Sheets

Russ Nail, Technology Trainer
Thu., May 16 | 1:00 PM | \$15

Using Google Docs and Google Sheets, create and edit documents and spreadsheets directly in your web browser with no special software required.

1372 | Windows: The Basics

Russ Nail, Technology Trainer
Tue., June 11 | 1:00 PM | \$15

We'll cover basic settings, file management tips, how to install printers, scanners, mobile phones and more.

THEATRE & MUSIC



1451 | In aChord Men's Ensemble

Sat., June 29 | 4:00 PM | \$20

Enjoy your favorite songs from the '60s to the present.

1450 | Puro Feeling Band featuring Latin R&B

Thurs., May 30 | 3:00 PM | \$20

Enjoy live music from the acoustic duo, Puro Feeling, featuring songs in English, Spanish and Portuguese.

1263 | Acting Workshop

Jo-Darlene Reardon, M.Ed

Mon., May 20 - Aug. 5 | 1:00 PM | 10 Sessions | \$120

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

1462 | Love Guitar? Let's Learn

Mark Madruga, MA,

Professional Musician & Guitar Instructor

Mon., May 13 - June 24 | 10:00 AM | 6 Sessions | \$90

Intended for beginners, we'll cover tuning, chords, rhythm, strum patterns, basic songs and more.

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

Learn to play piano or improve your skills in these 1-on-1 sessions tailored to your level and your personal goals.

1231 | Tue., May 7 - 28 | 12:30 PM | 4 Sessions | \$240

1232 | Tue., May 7 - 28 | 1:30 PM | 4 Sessions | \$240

1233 | Tue., May 7 - 28 | 2:30 PM | 3 Sessions | \$180

1234 | Tue., May 7 - 28 | 3:30 PM | 3 Sessions | \$180

1235 | Tue., June 4 - 25 | 12:30 PM | 4 Sessions | \$240

1236 | Tue., June 4 - 25 | 1:30 PM | 4 Sessions | \$240

1237 | Tue., June 4 - 25 | 2:30 PM | 4 Sessions | \$240

1238 | Tue., June 4 - 25 | 3:30 PM | 4 Sessions | \$240

1247 | Wed., May 8 - 29 | 12:30 PM | 4 Sessions | \$240

1248 | Wed., May 8 - 29 | 1:30 PM | 4 Sessions | \$240

1249 | Wed., May 8 - 29 | 2:30 PM | 4 Sessions | \$240

1250 | Wed., May 8 - 29 | 3:30 PM | 4 Sessions | \$240

1251 | Wed., June 5 - 26 | 12:30 PM | 3 Sessions | \$180

1252 | Wed., June 5 - 26 | 1:30 PM | 3 Sessions | \$180

1253 | Wed., June 5 - 26 | 2:30 PM | 3 Sessions | \$180

1254 | Wed., June 5 - 26 | 3:30 PM | 3 Sessions | \$180

1384 | Travelogue: Romantic Blue Danube

Linda Hawley, Ed.M., Teacher & Author

Thu., June 13 | 1:00 PM | \$15

Smooth sailing, lush landscapes, charming cities and music.

COX TECH TANK

1:1 Sessions, Demos, and Workshops at our La Mesa Location

All classes are led by Technology Learning Specialist Monserrat Callejas

Apple Photos Workshop

This class will offer tips for organizing the photos on your smartphone. Learn about favorites, creating folders, saving photos from texts, emails, and more.

100 | Wed., May 1 | 1:00 PM | \$5

120 | Thu., May 30 | 11:00 AM | \$5

122 | Mon., June 3 | 11:00 AM | \$5

132 | Fri., June 21 | 11:00 AM | \$5

Bluetooth Basics Workshop

We'll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more.

104 | Tue., May 7 | 11:00 AM | \$5

111 | Thu., May 16 | 11:00 AM | \$5

124 | Thu., June 6 | 11:00 AM | \$5

Cloud Services Workshop

Overview of popular cloud services and how to get started using Google Drive, iCloud, and OneDrive.

108 | Mon., May 13 | 11:00 AM | \$5

113 | Mon., May 20 | 11:00 AM | \$5

112 | Digital Coupon Workshop

Fri., May 17 | 11:00 AM | \$5

Learn how to take advantage of deals, how to "clip" digital coupons and how to add them at checkout.

106 | Facebook And Instagram Workshop

Thu., May 9 | 11:00 AM | \$5

Learn to stay connected with your family, friends, and current events on social media. This class will offer an overview of Facebook and Instagram

This icon designates a class as part of the Oasis Social Club! Build camaraderie and expand your mindset as you explore, discover, discuss, participate, collaborate, and learn - together.



123 | Google Maps App Workshop

Tue., June 4 | 11:00 AM | \$5

Get from here to there with ease and learn tips that will help you navigate the Google Maps app like a pro.

Google Photos Workshop

Tips for organizing photos on your smartphone. Learn about favorites, saving photos from texts, emails, and more.

101 | Thu., May 2 | 11:00 AM | \$5

116 | Thu., May 23 | 11:00 AM | \$5

131 | Thu., June 20 | 11:00 AM | \$5

Oasis Website Navigation

Become more familiar with how to use our website.

115 | Wed., May 22 | 1:00 PM | FREE

133 | Mon., June 24 | 11:00 AM | FREE

Online Safety Workshop

Learn the how to identify phishing scams and how to keep your information safe.

121 | Fri., May 31 | 11:00 AM | \$5

135 | Thu., June 27 | 11:00 AM | \$5

Podcast Workshop

Learn what a podcast is and a few basic functions.

110 | Wed., May 15 | 1:00 PM | \$5

128 | Fri., June 14 | 11:00 AM | \$5

QR Codes Workshop

A brief overview of QR codes and how to use them.

109 | Tue., May 14 | 11:00 AM | \$5

125 | Tue., June 11 | 11:00 AM | \$5

136 | Fri., June 28 | 11:00 AM | \$5

Technology for Travelers

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

105 | Wed., May 8 | 1:00 PM | \$5

117 | Fri., May 24 | 11:00 AM | \$5

UBER/Lyft App Workshop

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

102 | Fri., May 3 | 11:00 AM | \$5

114 | Tue., May 21 | 11:00 AM | \$5.

126 | Thu., June 13 | 11:00 AM | \$5

Web Cookies Workshop

Learn the basics about web cookies, how they are used, and how to delete them.

103 | Mon., May 6 | 11:00 AM | \$5

119 | Wed., May 29 | 1:00 PM | \$5

129 | Mon., June 17 | 11:00 AM | \$5

134 | Tue., June 25 | 11:00 AM | \$5

YouTube Workshop

Learn the basics of YouTube, the second most visited search engine.

107 | Fri., May 10 | 11:00 AM | \$5

118 | Tue., May 28 | 11:00 AM | \$5

130 | Tue., June 18 | 11:00 AM | \$5

CHANGE OF PLANS?

If you've registered for a class and end up not being able to attend, please call us so we can make your seat available to another member on a waitlist.





IN-PERSON CLASSES

Lifelong Learning & Wellness Centers at Rancho Bernardo

ARTS & CRAFTS

Basic Zentangle

Linda Doll, Certified Zentangle Teacher

Learn the Zentangle Method from certified teacher Linda Doll for an easy, and satisfying way to create beautiful images, suitable for all skill levels.

2263 | Fri., May 24 | 1:00 PM | \$15

2264 | Fri., June 14 | 1:00 PM | \$15

2215 | Beginning Embroidery

Janet Stuelpner, The Left-Handed Artist and Crafter
Fri., May 10 - 31 | 10:00 AM | 4 Sessions | \$60

In this class, you'll learn the basics of embroidery, a craft involving needle and thread to decorate fabric, enabling you to create beautiful artworks with ease.

2299 | Beginning Knitting

Janet Pollack, Experienced Handcrafter; Knitting, Crochet, and Needlework Enthusiast
Fri., June 7 - 28 | 10:00 AM | 4 Sessions | \$60

Learn basic knit stitches as you create a scarf you can keep or give as a gift. No knitting experience is required.

2373 | Calligraphy

Ann Dunham, MS Design
Mon., May 13 - 20 | 1:00 PM | 2 Sessions | \$30

Learn the basics of Script Calligraphy, and create an upper-case and lower-case alphabet.

Card Making

Trina Pascale, Instructor & Card Designer

Each workshop uses different folding methods and materials to create beautiful, custom cards.

2037 | Wed., May 1 | 1:00 PM | \$15

Learn a technique using something found in the kitchen.

2038 | Wed., June 5 | 1:00 PM | \$15

Learn the reverse image technique to make 2 fun fold cards.

2370 | Combining Pen and Ink with Watercolor

Ann Dunham, MS Design
Mon., June 3 & 10 | 10:00 AM | 2 Sessions | \$30

Learn to use Pigma Micron pens to create drawings overlaid with watercolor, with primary emphasis on pen and ink.

2054 | Digital Photography: Camera - Capture - Composition

Suda House, Professor of Art and Photography, Grossmont College
Wed., May 15 - June 26 | 1:00 PM | 6 Sessions | \$90

Learn fundamental digital photography skills, covering exposure modes, lighting, and composition, enabling confident capture of meaningful images with cameras and phones.

2048 | Drawing Fundamentals

Fang Luo, Artist and Fashion Designer
Thu., May 16 - 30 | 10:00 AM | 3 Sessions | \$45

Come to learn the core principles of drawing that will help you draw and paint more realistically.

2053 | Drawing Fundamentals Part II

Fang Luo, Artist and Fashion Designer
Thu., June 6 - 20 | 10:00 AM | 3 Sessions | \$45

Continue to learn the core principles of drawing that will help you draw and paint more realistically.

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 your own unique art pieces. Pieces will be fused offsite and available for pick up the following week.

 **2046** | Fri., May 17 | 1:00 PM | \$65
Abstract Plate

 **2067** | Tue., June 18 | 1:00 PM | \$65
Glass Flowers

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

 **2045 | Make a Fidget Quilt**

Lyn Earl, Instructor

Mon., May 13 & 20 | 10:00 AM | 2 Sessions | \$25

Fidget quilts are multi-textured lap quilts that have been shown to help reduce agitation in dementia patients by providing tactile and visual stimulation.

2049 | More Adventures in Watercolor

Fang Luo, Artist and Fashion Designer

Thu., June 6 - 20 | 1:00 PM | 3 Sessions | \$45

Learn more techniques for capturing nature's beauty on paper as you immerse yourself in the art of watercolor painting. Perfect for beginners as well as accomplished artists.

 **2047 | Painting Flowers in Watercolor**

Fang Luo, Artist and Fashion Designer

Thu., May 16 - 30 | 1:00 PM | 3 Sessions | \$45

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

2205 | Painting with Acrylics

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

Mon. & Fri., June 17 & 21 | 1:00 PM | 2 Sessions | \$30

Discover the flexibility and joy of acrylic painting. Learn basic techniques, the application of paint, color gradients, mixing, and much more.

 **2078 | Succulent Filled Wine Bottle**

Muriel King, Succulent Designer/Owner, The Perfect Plant Fri., May 10 | 10:00 AM | \$50

Using a wine bottle with a wide horizontal opening, you will create a lovely succulent arrangement to use as a table centerpiece or outdoors.

 **2033 | The Healing Benefits of Color**

Lee Yater, M.F.A.; Artist, Designer and College Instructor Wed., June 26 | 10:00 AM | \$20

Discover healing and joy through color integration in daily life. Create vibrant chakra mandalas using diverse coloring tools.

Need Assistance?
Email Info@SanDiegoOasis.org
or call (858) 240-2880

BUSINESS, FINANCE, LEGAL



**THRIVENT
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

2000 | Economic Review and Market Outlook

Chuck Etzweiler, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT & Anthony Camara, CFP®, MBA Thu., May 9 | 1:00 PM | FREE

What shapes your financial strategy? See how the latest economic data can help you make informed money decisions.

2188 | How Taxes Affect Your Retirement

Anthony Camara, CFP®, MBA Tue., May 28 | 1:00 PM | \$5

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

2190 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA Mon., June 10 | 11:00 AM | \$5

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

Social Security

Anthony Camara, CFP®, MBA

When should I apply? What is the best way to maximize my benefits? Also learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.

2217 | Tue., May 28 | 11:00 AM | \$5

2191 | Mon., June 10 | 1:00 PM | \$5

Thrivent One-on-One

Anthony Camara, CFP®, MBA

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

2189 | Fri., May 31 | 10:00 AM | FREE

2192 | Fri., June 14 | 10:00 AM | FREE

See ad on page 45 for more information on Thrivent Financial, proud sponsor of San Diego Oasis

2124 | Aging in Place Solutions by Creating JADU's and ADU's
David McGee, Senior Loan Officer, Certified Sr. Advisor
Wed., June 12 | 10:00 AM | \$15

Explore the conversion of your home into Accessory Dwelling and Junior Accessory Dwelling Units, analyzing costs, financing options, and caregiving benefits.

2288 | California End of Life Option Act
Bill Simmons, Attorney
Wed., June 12 | 10:00 AM | \$15

We'll discuss end of life options in California as well as options in other states and countries.

2380 | How to Prepare Your Home to SELL
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wed., May 22 | 10:00 AM | \$8

Learn the difference between repairs and upgrades/improvements to your property, how the improvements have a greater impact on your property's value, and more.

2381 | What are the Steps to Have a Successful Home Sale?
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Wed., June 19 | 10:00 AM | \$8

It's easy for home sellers to make mistakes. Join Farima to learn the best way to sell your home.

2436 | Your Family Binder: A Survival Kit for Your Heirs
Barbara Norman, CFP®, ChFC® CDFA®, CEO of Sage Path Solutions, The Women's Financial Academy Founder
Thu., May 9 | 10:00 AM | \$15

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

Are you new to Oasis or haven't visited us for awhile? Join us at our Simple and Social Meet & Greet! See website for Classes 2440 & 2441.



EXERCISE & DANCE

Active Total Body Conditioning
Curt Gonzales, Certified Fitness Instructor

Active Total Body Conditioning utilizes basic aerobic movements, stretching and light handheld weights for a complete body workout. A variety of exercises will provide improvements to muscle tone, balance, posture, and strength.

2107 | Tue., May 7 - 28 | 10:45 AM | 4 Sessions | \$40
2137 | Tue., June 4 - 25 | 10:45 AM | 4 Sessions | \$40
2100 | Thu., May 9 - 30 | 10:45 AM | 4 Sessions | \$40
2130 | Thu., June 6 - 27 | 10:45 AM | 4 Sessions | \$40

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

Active Total Body Conditioning with TRX utilizes basic aerobic movements, stretching, light handheld weights, and TRX suspension equipment for a complete body workout.

2101 | Fri., May 10 - 31 | 2:00 PM | 4 Sessions | \$40
2131 | Fri., June 7 - 28 | 2:00 PM | 4 Sessions | \$40

Aerobic Intervals
Pam Chilton, Certified Personal Trainer, Fitness Instructor

This low-impact aerobic workout includes cardio, weights, bands, balance, abs, and glutes set to catchy and popular tunes.

2102 | Wed., May 8 - 29 | 12:00 PM | 4 Sessions | \$40
2132 | Wed., June 5 - 26 | 12:00 PM | 3 Sessions | \$30
2103 | Fri., May 10 - 31 | 9:30 AM | 4 Sessions | \$40
2133 | Fri., June 7 - 28 | 9:30 AM | 4 Sessions | \$40

Better Balance
Pam Chilton, Certified Personal Trainer, Fitness Instructor

With the use of a chair, we will do standing activities and movements to develop your balance.

2104 | Tue., May 7 - 28 | 1:15 PM | 4 Sessions | \$40
2134 | Tue., June 4 - 25 | 1:15 PM | 4 Sessions | \$40

CHANGE OF PLANS?
Please call us so we can make your seat available to another member on a waitlist.

Cardio Drumming

Andra Valencia, Fitness and Dance Instructor

Cardio drumming takes the simple movement of drumming and turns it into a full-body workout that will leave you smiling and feeling great.

- 2106** | Mon., May 6 - 20 | 12:00 PM | 3 Sessions | \$30
- 2109** | Mon., May 6 - 20 | 1:00 PM | 3 Sessions | \$30
- 2136** | Mon., June 3 - 24 | 12:00 PM | 4 Sessions | \$40
- 2139** | Mon., June 3 - 24 | 1:00 PM | 4 Sessions | \$40
- 2105** | Fri., May 10 - 31 | 12:00 PM | 4 Sessions | \$40
- 2108** | Fri., May 10 - 31 | 1:00 PM | 4 Sessions | \$40
- 2135** | Fri., June 7 - 28 | 12:00 PM | 4 Sessions | \$40
- 2138** | Fri., June 7 - 28 | 1:00 PM | 4 Sessions | \$40

Essentrics: Strengthen, Sculpt & Stretch

Jennifer Doheny, Certified Essentrics Instructor

This dynamic, easy to follow workout can improve your energy, power, flexibility, posture, and balance, burn calories, and reduce muscle tension and joint pain.

- 2110** | Tue., May 7 - 21 | 9:30 AM | 3 Sessions | \$30
- 2140** | Tue., June 4 - 25 | 9:30 AM | 4 Sessions | \$40
- 2111** | Wed., May 8 - 29 | 1:15 PM | 4 Sessions | \$40
- 2141** | Wed., June 5 - 26 | 1:15 PM | 3 Sessions | \$30

Gentle Hatha Yoga and Guided Meditation

Michelle Baker, Certified Yoga Therapist (C-IAYT)

Focused on breathwork/movement on the mat, guided deep relaxation and meditation, building strength and flexibility.

- 2112** | Thu., May 9 - 30 | 1:15 PM | 4 Sessions | \$40
- 2142** | Thu., June 6 - 27 | 1:15 PM | 4 Sessions | \$40

2154 | Pickleball 101 | OFF-SITE

Sid Shapira, B.A., Author, PR & Corporate Communications Specialist; Pickleball Gold Medalist
Tue. & Fri., May 21 - June 7 | 9:00 AM | 6 Sessions | \$150

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

Restorative Gentle Yoga

Julia Doughty, MFA, HHP

Yoga can assist in healing, recovery, and balance while calming your mind and renewing your energy.

- 2113** | Wed., May 8 - 29 | 2:30 PM | 4 Sessions | \$40
- 2143** | Wed., June 5 - 26 | 2:30 PM | 3 Sessions | \$30

Soul Line Dancing

Ed Griffith and Lee Wells, Verlosity

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

- 2114** | Wed., May 8 - 29 | 10:45 AM | 4 Sessions | \$40
- 2144** | Wed., June 5 - 26 | 10:45 AM | 3 Sessions | \$30

Soul Line Dancing - The Basics

Ed Griffith and Lee Wells, Verlosity

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

- 2115** | Wed., May 8 - 29 | 9:30 AM | 4 Sessions | \$40
- 2145** | Wed., June 5 - 26 | 9:30 AM | 3 Sessions | \$30

2244 | Spinal Health

Sam Wagg, DC, ART, TPI, V.P., Fix Medical Group
Thu., May 9 | 2:30 PM | \$10

Learn how to decompress your spine and build better posture for maximum body mobility. This is the class to learn to be your own best doctor!

Strength, Balance & Stretch

Kathy Jorgensen, Certified Fitness & Yoga Instructor

Get stronger using dumbbells, bands, and body weight exercises to improve balance and increase range of motion.

- 2116** | Mon., May 6 - 20 | 9:30 AM | 3 Sessions | \$30
- 2146** | Mon., June 3 - 24 | 9:30 AM | 4 Sessions | \$40
- 2117** | Thu., May 9 - 30 | 9:30 AM | 4 Sessions | \$40
- 2147** | Thu., June 6 - 27 | 9:30 AM | 4 Sessions | \$40

Tai Chi and Qigong - The Fundamentals

Master Peter Wu, Certified International Tai Chi Quan Coach and Referee

Learn Tai Chi to build strength and improve balance. The class will help you to find your inner peace and self-confidence.

- 2119** | Tue., May 7 - 28 | 2:30 PM | 4 Sessions | \$40
- 2149** | Tue., June 4 - 25 | 2:30 PM | 4 Sessions | \$40
- 2118** | Thu., May 9 - 30 | 12:00 PM | 4 Sessions | \$40
- 2148** | Thu., June 6 - 27 | 12:00 PM | 4 Sessions | \$40

Tai Chi Chuan: Beginning I

Pat Griffith, Sifu

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

2068 | Mon., May 6 - 20 | 3:15 PM | 3 Sessions | \$30

2070 | Mon., June 3 - 24 | 3:15 PM | 4 Sessions | \$40

Tai Chi Chuan: Beginning II

Pat Griffith, Sifu

For students with some experience in Tai Chi Chuan, this class will cover next level postures and movements to help improve balance, strength, flexibility, and peace of mind.

2120 | Fri., May 10 - 31 | 10:45 AM | 4 Sessions | \$40

2150 | Fri., June 7 - 28 | 10:45 AM | 4 Sessions | \$40

Yoga Flex & Flow

Kathy Jorgensen, Certified Fitness & Yoga Instructor

We'll link breath and movement, do standing and balancing poses, and work on the mat, with a final relaxation to release stress and quiet our minds.

2121 | Mon., May 6 - 20 | 10:45 AM | 3 Sessions | \$30

2151 | Mon., June 3 - 24 | 10:45 AM | 4 Sessions | \$40

Zumba Gold

Saleemah Muhammad, Licensed Zumba Gold Instructor

Cha cha, merengue, salsa, and swing, easy-to-follow dance steps make this class suitable for all levels!

2122 | Mon., May 6 - 20 | 2:00 PM | 3 Sessions | \$30

2152 | Mon., June 3 - 24 | 2:00 PM | 4 Sessions | \$40

2123 | Tue., May 7 - 28 | 12:00 PM | 4 Sessions | \$40

2153 | Tue., June 4 - 25 | 12:00 PM | 4 Sessions | \$40

**Curious about an exercise or dance class
but uncertain about signing up
for the whole series?**

**Look for à la carte options where you can
register for a single session rather than
commit to a full set of sessions.**

It's a great way to try something new!



= NEW!



= HYBRID



= SOCIAL CLUB

HEALTH

2418 | Anxiety Management: A Journey Away From Stress & Pain

Eamen Hameed, M.S., Transformational Energy Guide
Mon., June 17 | 11:30 AM | \$15

Embark on a transformative journey toward releasing anxiety and gaining inner calmness.

2379 | Living a Whole Food Plant-Based Lifestyle 101

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Mon., June 24 | 1:00 PM | \$15

Simple tools and solutions to eat plant-based foods whether you are eating out, traveling, entertaining or just in the comfort of your own home.

2268 | Parkinson's Education and Discussion

Melissa (Mia) Routh, MS (Cellular and Molecular Biology), Registered/Licensed Occupational Therapist, PWR! Moves Certified Therapist, Certified Dementia Care Practitioner
Thu., June 27 | 1:00 PM | \$15

Join us for an educational session all about Parkinson's Disease, focusing on common symptoms, options for treatments and therapies, and navigating the healthcare system.

2287 | Planning for Dementia

Bill Simmons, Attorney
Thu., May 30 | 10:00 AM | \$15

Plan for the possibility of dementia and consider preventive lifestyle changes, as Alzheimer's disease may be preventable.

Sound Healing

Jamie Hunt, CEO TopKare Hospice Inc.

Experience the soothing vibrations of diverse instruments like chimes, harmonium, crystal bowls, ukulele, guitar, and more, accompanied by vocals. It's a chance to unwind and restore mind, body, and spirit.

2125 | Thu., May 30 | 2:30 PM | \$12

2126 | Thu., June 27 | 2:30 PM | \$12

2253 | Strategies for Aging in Place in the Home You Love

Jacqueline A. Silverman, CSA®, CAPS
Tue., June 11 | 10:00 AM | \$15

Confidently age in place with essential home modifications that prioritize safety and functionality along with a livable design.

2378 | The Power of Plant Based Nutrition

Charlene Correia,
Certified Plant-Based Lifestyle Health Coach
Wed., May 15 | 10:00 AM | \$15

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

2283 | Tips and Techniques for Successful Dementia Care

Sydney Kennedy, Advanced Certified Dementia Trainer;
Owner/Founder of A Time to Move Care Placement
Fri., June 7 - July 12 | 1:00 PM | 5 Sessions | \$40

Caring for a loved one who has dementia? This engaging class with practical tips and role plays can help you cope.

2372 | Understanding and Managing Urinary Incontinence

Dr. Stephen Unterberg, M.D., Urologist with Sharp
Community Medical Group
Mon., June 10 | 2:00 PM | FREE

Explore the causes, treatment options, and lifestyle strategies for managing urinary incontinence. Learn practical tips to help you take control of your bladder health and regain confidence in your daily life.

United Healthcare Presents: Medicare - The Basics

Fariba Zarieh, United Healthcare

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

2030 | Fri., May 10 | 10:00 AM | FREE

2031 | Fri., June 14 | 10:00 AM | FREE

2001 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Tue., June 11 | 3:00 PM | FREE

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.

HISTORY & HUMANITIES

2390 | Alexander Calder

Julia Fister, M.A., Studio ACE Executive Director
Mon., May 20 | 11:30 AM | \$15

Uncover the ingenious mind behind Calder's mobiles and stables and his innovative approach to sculpture and lasting influence on art and the kinetic movement.

2159 | America of Color

Henry George, Engineer, Archaeologist and Geologist
Thu., May 16 | 10:00 AM | \$15

This lecture presents American History from the viewpoint of Indigenous People, African Americans, Mexican Americans, and Asian Americans.

2398 | Baja California: 50 Years of Exploration

Gerald Green, M.S. Physics; Parobotanist
Wed., June 26 | 10:00 AM | \$15

Take a virtual journey through Baja California where you'll encounter unique, mysterious and beautiful plants, animals, and Native American artifacts.

2028 | Cuban Missile Crisis – A Short History

John Landry, MBA, Architect, US Navy Veteran,
USS Midway Museum Docent and Speakers Bureau
Representative
Thu., May 16 | 1:00 PM | \$15

Learn about what is known as the 'Most dangerous moment in human history' when the world, under the threat of a thermonuclear war, faced a perilous tipping point.

2187 | Famous Women in Aviation

Philip J. Goscienski, M.D.
Mon., June 10 | 1:00 PM | \$15

Some of aviation's greatest accomplishments were made by women, some of whom set records that are thought to be held by men.

2091 | Famous Women in Medicine

Philip J. Goscienski, M.D.
Mon., May 13 | 1:00 PM | \$15

Since ancient Egypt, women have challenged the dominance of men in medicine. Their courage, initiative and leadership have yielded some of the most important advances in medical science.

Social
Media

STAY IN TOUCH!

See back
page for
the links.

 **2196 | Jews in Photography: Alter Kacyzne (1888-1945)**

Yale Strom, Ethnographer, Author, Professor,
Documentarian & Klezmer Musician (Hot Pstromi)
Wed., June 5 | 1:30 PM | \$15

Students will learn about and see some of the images from Alter Kacyzne, a Jewish writer, poet, and photographer.

 **2073 | Supreme Court Election Intervention: Meddling or Protecting?**

Glenn Smith, J.D., LL.M.,
Professor of Constitutional Law (ret.)
Fri., May 24 | 10:00 AM | \$15

Analyze the big questions about judicial legitimacy when the Supreme Court is called to intervene in partisan election disputes like the Colorado ballot exclusion case.

 **2210 | The Great Philosophers: Karl Marx**

Peter Bolland, M.A., Professor of Philosophy and
Humanities at Southwestern College
Fri., June 14 | 1:00 PM | \$16

While for some “Marxist” is a dirty word, we would be hard-pressed to find a more impactful philosopher than Karl Marx. Let’s explore his life and philosophical legacy.

 **2209 | The Great Philosophers: Kierkegaard**

Peter Bolland, M.A., Professor of Philosophy and
Humanities at Southwestern College
Fri., May 31 | 1:00 PM | \$16

Danish philosopher Soren Kierkegaard pioneered Existentialism by focusing on subjective, personal realms over grand metaphysical systems, influencing thinkers like Nietzsche, Sartre, and Camus in challenging 19th-century European culture.

 **2208 | The Great Philosophers: Bentham and Mill**

Peter Bolland, M.A., Professor of Philosophy and
Humanities at Southwestern College
Fri., May 10 | 1:00 PM | \$16

Jeremy Bentham (1748-1832) and his protégé John Stuart Mill (1806-1873) are synonymous with Utilitarianism, a consequentialist ethical theory shaping governance, legislation, and personal moral calculations, fueling modern rights movements for women, animals, and LGBTQ+ individuals.

 **2211 | The Great Philosophers: Nietzsche**

Peter Bolland, M.A., Professor of Philosophy and
Humanities at Southwestern College
Fri., June 28 | 1:00 PM | \$16

Learn about the man whose infamous utterance “God is dead” and his notoriously misused notion of the Übermensch (superior human) changed philosophy forever.

 **2069 | The History of Progress**

Henry George, Engineer, Archaeologist and Geologist
Thu., June 20 | 10:00 AM | \$15

This lecture will summarize the five transformations in the history of human society.

 **2056 | The Lindbergh Kidnapping - The Simple Truth**

Mark Carlson, Historian and Author
Wed., May 15 | 1:00 PM | \$15

In 1932, after Charles Lindbergh’s celebrated flight to Paris, the kidnapping and murder of his infant son thrust him and his wife, Anne, into intense public scrutiny, leading to Bruno Richard Hauptmann’s controversial trial.

2057 | Titanic - The Liner, the Legend, the Legacy

Mark Carlson, Historian and Author
Wed., June 12 | 1:00 PM | \$15

Delve into the enduring fascination of the Titanic’s tragic story, uncovering hidden facts about the passengers, crew, and officers, while exploring the events of that fateful April night in 1912 and its legacy.

2384 | Viva Italia! Stories from Beautiful Italy

Marilyn McPhie, President, Storytellers of San Diego;
TEDx Speaker
Wed., May 29 | 1:00 PM | \$15

Explore classic Italian tales of love, transformation, family, fortune, and intrigue. No pizza, but rich narratives await!

 **2006 | Wine Regions of Baja California, Mexico**

Matilda Parente, MD, Certified Specialist of Wine
Fri., June 28 | 1:00 PM | \$15

History of Mexican wine from the 1500s to the exciting wines of today from Baja California’s Valle de Guadalupe.

**Subscribe to our YouTube channel for weekly
Instructor Preview videos:
youtube.com/user/SanDiegoOasis**

**Our facilities are available to rent for your
special event or meeting: see page 43.**

2004 | Wine Regions of California

Matilda Parente, MD, Certified Specialist of Wine
Fri., May 17 | 1:00 PM | \$15

This class will familiarize you with the six major California grape-growing regions to aid you in making the best choices when purchasing California wines.

2092 | Women and Migration

Olivia M. Espín, PhD
Fri., June 7 | 10:00 AM | \$15

Explore the impact of migration on women's lives, addressing questions on gender differences in migration experiences and reviewing United Nations perspectives, especially pertinent amidst current discussions on immigration policies globally.

2391 | Women Artists from 1960 to the Present

Julia Fister, MA, Studio ACE Executive Director
Mon., June 17 | 11:30 AM | \$15

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

2013 | Beginning Italian II

Dora Bonaventura, M.A., Italian Instructor at UCSD Ext.
Tue., May 21 - July 9 | 12:00 PM | 7 Sessions | \$105

Learn the basics of the Italian language through fun, interactive activities.

2014 | Low-Intermediate Italian

Dora Bonaventura, M.A., Italian Instructor at UCSD Ext.
Tue., May 21 - July 9 | 1:15 PM | 7 Sessions | \$105

Already speak Italian? Fun and interactive activities will help you refresh and improve your language skills.

2015 | Beginning Spanish

Rene Caracoza, M.A., Professor of Spanish and Portuguese at Grossmont College
Thu., May 23 - July 11 | 12:30 PM | 7 Sessions | \$105

For students who have no background in Spanish. We will focus on building vocabulary, grammar, and common phrases.

2016 | Intermediate Spanish

Rene Caracoza, M.A., Professor of Spanish and Portuguese at Grossmont College
Thu., May 23 - July 11 | 2:15 PM | 7 Sessions | \$105

This course will help you develop oral, listening, reading, and writing skills.

LANGUAGE

2010 | Beginning French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., May 22 - July 10 | 10:00 AM | 6 Sessions | \$90

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

2011 | Intermediate French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., May 22 - July 10 | 11:30 AM | 6 Sessions | \$90

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

2012 | Advanced French

Danielle Deaton, Adv. Teacher, Credentialed Instructor
Wed., May 22 - July 10 | 1:00 PM | 6 Sessions | \$90

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

LITERATURE

2204 | Bitter Sweet:

A Wartime Journal and Heirloom Recipes from Occupied France

Kitty Morse, Author, Teacher, Journalist, Food Tour Leader
Tue., June 4 | 1:00 PM | \$15

Bitter Sweet is a poignant memoir, born from Kitty's discovery of family artifacts after her mother's death, including translated journals and recipes, honoring her ancestors' legacy and bearing witness to their hidden grief.

2064 | Fun with Doctor Grammar Guy

Richard Lederer, Union-Tribune Language Columnist
Thu., June 13 | 10:00 AM | \$15

Richard Lederer, best-selling language author will illuminate essential grammar, usage, and punctuation. Come prepared to laugh and learn!

2202 | Introduction to Writing Your Memoir

Sid Shapira, Author, Public Relations, and Corporate Communications Specialist

Tue., June 25 - July 16 | 1:00 PM | 4 Sessions | \$60

In this presentation by Sid Shapira, founder of Stories Be Told, you'll discover how to bring your unique experiences to life through memoir writing, preserving family history, traditions, and life lessons for future generations.

2050 | Jack London's Novel, The Iron Heel

Joe Nalven, PhD Cultural Anthropology, J.D., and Digital Artist

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

Exploring Jack London's love for adventure and societal critique, envisioning his novel The Iron Heel set in today's context prompts intriguing speculation.

Preview & Review: Non-Fiction Book Group

Barbara J Salice, Ed.D

Join as we discuss a different book each month. All are welcome, even if you haven't read the book yet.

2155 | Thu., May 2 | 10:00 AM | \$10

Fever in the Heartland: KKK's Plot to Take Over America

2156 | Thu., June 6 | 10:00 AM | \$10

The Wager: A Tale of Shipwreck, Mutiny and Murder

2385 | Shakespearean Roots: Folktales that Inspired the Bard

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

Fri., June 7 | 1:00 PM | \$15

Did you know that Shakespeare read all the blockbusters of the day? Ecology-minded playwright that he was, he immediately recycled the plots into his own work.

2063 | The Gift of Age

Richard Lederer, Union-Tribune Language Columnist

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

Richard Lederer will share wit, wisdom and inspiration about the incredible journey to maturity. He'll emphasize that being mature is an acquisition, not a loss.

GET TO KNOW OUR INSTRUCTORS

Visit the website, click on Classes
and select "Instructor Bios"

PERSONAL ENRICHMENT

2075 | Ask and It is Given: A Three Step Process

Gigi Howard, M.A. Ed., Law of Attraction Specialist

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

In this discussion group, you'll explore how to access your wants and desires faster and easier using the Law of Attraction's three step process.

2256 | Beginners American Mah Jongg

Nancy Velick Smith, Mah Jongg Instructor

Tue. & Thu., June 11 - 20 | 1:00 PM | 4 Sessions | \$60

Bam! Crack! Dot! Join the fun and learn to play American Mah Jongg, an exciting tile game of strategy and luck.

2393 | Bereavement Support Group

Sharon L. Bryant, Chaplain, VITAS Healthcare

2nd & 4th Wed., May 8 - August 28 | 10:30 AM | 8 Sessions | FREE

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

2005 | Birthstones and a June Trio

Matilda Parente, MD,

Certified Specialist of Wine, Gemologist

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

Join us for a comprehensive exploration of birthstones, focusing on June's gems including alexandrites, moonstones, and pearls, with insights into quality, care, and stunning examples.

2441 | Bridge Basics 1

Hazel Turner, ACBL Certified Teacher; Ruby Life Master

Thu., May 16 - June 13 | 9 AM | 5 Sessions | \$60

This is the perfect introduction to bridge. Starting with the basics, the course progresses through modern bidding, opening bids and responses.

Calming the Clutter: Discussion and Solutions Group

Jami Shapiro, CSM Founder, Silver Linings Transitions

Join Jami in a monthly conversation to tackle clutter and to-do lists, receiving guidance and support to stay accountable and make progress, making it the perfect starting point for those unsure of where to begin.

2250 | Tue., May 28 | 10:00 AM | \$10

2251 | Tue., June 25 | 10:00 AM | \$10

 **2096 | Chronic Clutter:**

Hoarding Disorder, Adult ADHD and Collectibles

Jami Shapiro, CSM Founder, Silver Linings Transitions
Tue., May 21 | 2:00 PM | \$15

Discover strategies and solutions for addressing chronic clutter and its impact on daily living and social interactions.

2032 | Collette - Travel Destinations in 2024 & 2025

Jonathan Cerreta, Collette Travel,
Business Development Manager
Thu., May 16 | 1:00 PM | FREE

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

 **Permission to Choose:**

Creating an Empowered End of Life Experience

Dr. Bob Uslander, M.D., Co-Founder of Empowered Endings, Palliative and End of Life Care

2199 | Thu., May 23 | 10:00 AM | \$10

Let's discuss how to transform the way our society approaches the final chapter of life, from healthcare systems to politics and personal beliefs.

2434 | Thu., June 20 | 10:00 AM | \$10

We will review the laws, process involved and discuss the nuances of the patient and family needs throughout the process and beyond.

  **2041 | Cutting Loose:**

Why Women Who End Their Marriages Do So Well

Gwen Evans, M.S., Clinical & Mental Health Counseling
Thu., May 2 - 23 | 1:00 PM | 4 Sessions | \$48

Contemplate post-divorce personal experiences framed by Ashton Applewhite's popular book Cutting Loose.

2095 | Do You Own Your Stuff or Does Your Stuff OWN You?

Jami Shapiro, CSM Founder, Silver Linings Transitions
Tue., May 14 | 10:00 AM | \$15

Discover insights into downsizing, organization, and senior moves, drawing on Jamie's personal experience and humor to differentiate decluttering from organizing.

 **2267 | Exploring the Camino de Santiago:**

A 500 Mile Trek Across Spain

Melissa Routh, MS (Cellular & Molecular Biology),
Registered/Licensed Occupational Therapist, PWR! Moves
Certified Therapist, Certified Dementia Care Practitioner
Thu., May 9 | 1:00 PM | \$15

Join Mia for travel inspiration and to learn more about the iconic 500-mile Camino de Santiago pilgrimage across Spain.

 **2258 | Fire Your Fairy Godmother and Give Yourself Her Job**

Arthur Hammons, Infotainer, Motivational Speaker,
Published Author, Band Singer
Mon., June 10 | 10:00 AM | \$15

This is about how to stop wishing and start achieving your goals using your W.A.N.D. and your W.I.S.H. Complimentary wand and wish list are included.

 **2290 | How Do I Create Positive Results?**

Laura Diaz, Board Certified Coach (BCC)
Fri., May 10 | 10:00 AM | \$15

Creating positive results is about examining old thought patterns and finding ways to create new patterns and practices.

 **2284 | Introduction to American Mah Jongg**

Sheryl Chesivoir, B.A., 19 years of playing/teaching
Mah Jongg
Tue. & Fri., May 21 - 31 | 1:00 PM | 4 Sessions | \$60

We will help you to learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play.

 **Let's Play Trivia! How Much Do You Know?**

Alan Zacharin, Trivia Enthusiast

Come play Trivia! You will be surprised at how much you know and how much you learn while having lots of fun. Winner receives a coupon for next month's Trivia class.

2080 | Mon., May 6 | 1:00 PM | \$10

2081 | Mon., June 3 | 1:00 PM | \$10

 **2296 | Living the Good Life Deliberately**

Gigi Howard, M.A. Ed., Law of Attraction Specialist
Wed., June 26 | 10:00 AM | \$15

Come participate in this engaging law of attraction class to learn the practice of deliberate thinking in order to experience more joy and purpose every day.

LOVE OASIS?

**If you love being a part of Oasis,
share it with your friends and family!**

2285 | Mah Jongg Strategies, Beyond the Basics
Sheryl Chesivoir, B.A., 19 years of playing/teaching Mah Jongg
Tue. & Thu., June 4 - 13 | 1:00 PM | 4 Sessions | \$60
Continue to improve your Mah Jongg skills. Designed for players with some experience.

2252 | My Kids Don't Want My Stuff. Now What?
Jami Shapiro, CSM Founder, Silver Linings Transitions
Tue., June 11 | 10:00 AM | \$15
Explore options for unwanted belongings and gain family buy-in through open communication, compromise, and understanding each other's perspectives.

2085 | Navigating Retirement: How to Make a Smooth Transition
Virginia B. Berger, M.A., Certified Professional Coach
Tue., May 21 | 11:00 AM | \$15
Participants will become familiar with the stages in transition and apply them to their retirements, learning tools for facing the challenges/opportunities of each stage.

2086 | Navigating Retirement: Repacking Relationships with Family and Friends
Virginia B. Berger, M.A., Certified Professional Coach
Wed., June 5 | 11:00 AM | \$15
We'll explore which relationships we cherish and which are toxic, how we deal with changing roles in families, and how to reconnect with family and friends.

2399 | Not the Brightest Bulb: How I Improved My Memory
Judy Applebaum, M.A. Ed., Oasis Program Manager
Fri., May 3 | 11:00 AM | \$8
Join Judy as she models an ancient systems approach to memorize a randomly shuffled deck of cards in under 10 minutes. Bring a full deck of playing cards to class.

2395 | On Your Own in Japan: Travel without a Tour
James Reid, PhD, President of the Rancho Bernardo Rotary Club
Mon., June 17 | 1:00 PM | \$15
Dr. James Reid will show you how to have more fun in Japan by skipping a guided tour and traveling on your own.

Permission to Whine (with Wine)!
Judy Applebaum, M.A. Ed., Oasis Program Manager
Let your misery, fears, and frustrations flow freely in this fun and friendly get-it-off-your-chest forum. No unsolicited advice or solutions will be given. Wine is included.

2277 | Wed., May 1 | 1:00 PM | \$12
2278 | Mon., June 17 | 1:00 PM | \$12

2042 | Reading People with DISC
Barbara Gunning, MBA,
Master Personality Type Practitioner
Mon., June 24 | 10:00 AM | \$15
Unlock the power of reading people through the DISC framework to identify communication styles effectively and enhance interpersonal interactions. An interactive and enjoyable workshop is promised.

2195 | Return to Travel: Domestic and International Destinations to Visit in 2024
Will Reece, AFC Vacations
Fri., June 21 | 10:00 AM | FREE
Join Will Reece from AFC Vacations for an informative presentation. We will cover new travel trends and what locations are taking off!

2051 | Secret Anniversaries
Joe Nalven, PhD Cultural Anthropology, J.D., and Digital Artist
Mon., June 3 | 10:00 AM | \$15
Is it ever appropriate to keep a secret from your spouse? Learn how some secrets can actually improve your relationship.

2291 | Self-Sabotage No More!
Laura Diaz, Board Certified Coach (BCC)
Tue., June 4 | 10:00 AM | \$15
In this class, we'll explore what self-sabotaging behavior is, as well as how to overcome it.

Senior 101
Bryan Devore, Realtor, Berkshire Hathaway Home Services California Properties
An introduction to the many resources available to seniors and their families.

2400 | Sat., May 25 | 10:00 AM | FREE
2401 | Sat., June 22 | 10:00 AM | FREE



Simple and Social

Christine Yoakley, San Diego Oasis Events Manager

Simple and Social is a monthly meet and greet for new and returning Oasis members.

2440 | Thu., May 23 | 2:00 PM | FREE

2368 | Wed., June 12 | 2:00 PM | FREE

2074 | Smart Aging For Men: Discussions/Support Group

Dr. Joe Casciani, Geropsychologist,

Host of the Living to 100 Club

Thu., June 13 - Aug 22 | 10:00 AM | 6 Sessions | \$90

Our discussions will center on retirement/post-retirement, relationships and adapting to mental and physical changes. Register for the series or for individual sessions.

2388 | Tiny House Living: Explore the World of Minimalism

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

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

Does size really matter? Bring your questions to ask Tiny Home designer, builder & owner/occupant, Lee Yater, during this first-person perspective packed presentation.

SCIENCE

2084 | American Women in Space

Neil Farber, NASA/JPL Solar System Ambassador
Mon., June 3 | 1:00 PM | \$15

This talk traces the journey of women aspiring to be NASA astronauts, from the Mercury 13 to the present-day women preparing for missions to the moon and beyond.

2077 | The James Webb Space Telescope:

Looking Out, Looking Back

Neil Farber, NASA/JPL Solar System Ambassador
Mon., May 13 | 10:00 AM | \$15

Explore the James Webb Space Telescope, the largest telescope ever built, from planning to groundbreaking discoveries, unveiling mesmerizing images of the cosmos.

SHAMILY'S KITCHEN

The beautiful teaching kitchen in Rancho Bernardo, named after Bonnie and Krishna Arora's daughter Shamily, is a tribute gift to honor the spirit of Shamily and her love of cooking as a lifelong chef. Cooking classes include samples to enjoy!



"This is how they know I love them: by adding garlic." - Shamily

Blue Zone Cooking

Sonya Caruso, M.A., CFRM, MCHC, NBC-HWC:
Health and Wellness Coaching

We'll explore Blue Zones, regions where people live long, healthy lives. Recipes and samples included.

 **2246** | Fri., May 10 | 10:00 AM | \$25

Sardinian Fregola Salad with Roasted Red Pepper

 **2247** | Fri., May 17 | 10:00 AM | \$25

Aranzada: Sardinian Dessert made with Orange Peel

Chinese Cooking

Rose To, M.R. Ed., M.S. Ed (TESOL) with Intercultural Communication Training

This series consists of Chinese cooking demonstrations intertwined with cooking hints and cultural stories.

Samples to taste in class and recipes to practice at home.

2259 | Thu., May 2 | 11:00 AM | \$25

Pork/Shrimp Vegetable Wontons

2260 | Thu., May 9 | 11:00 AM | \$25

Tofu & Egg Drop Seafood Soup

2261 | Thu., May 16 | 11:00 AM | \$25

BBQ Pork Chinese Style

2262 | Thu., May 23 | 11:00 AM | \$25

Chicken Chow Fun Noodles

2293 | Chocolate Babka

Allison Weisman, Owner, Allison's Custom Confections
Thu., June 27 | 1:00 PM | \$25

Chocolate babka is a sweet, buttery, braided bread interlaced with semi-sweet chocolate. Join Chef Allison Weisman as she demonstrates her take on this melt-in-your-mouth Jewish treat.



= NEW!



= HYBRID



= SOCIAL CLUB

 **2044 | Healthy Cooking with a Twist: Grilled Chicken Shawarma and More!**

Dr. Sruti Lam-Fletcher; Naturopathic Doctor,
Functional Medical Practitioner
Fri., May 31 | 10:30 AM | \$25

Healthy doesn't have to be boring! Dr. Sruti Lam will demonstrate how to prepare grilled chicken shawarma, saffron rice, and Shirazi salad with tasty samples for everyone to enjoy!

 **Indian Cooking**

Preet Works, Artist and Experienced Chefess at Formerly Family-Owned Cafe India

Join Preet to learn how to prepare delicious Indian dishes for a scrumptious culinary experience.

2273 | Wed., May 8 | 1:00 PM | \$30
Samosas (Appetizers)

2274 | Wed., May 15 | 1:00 PM | \$30
Dal (Lentil Soup)

2275 | Wed., May 22 | 1:00 PM | \$30
Indian Vegetable Curry (Entree)

2276 | Wed., May 29 | 1:00 PM | \$30
Naan (Bread)

 **2369 | Italian Braciola from the Bronx**

Barbara J. Salice, Ed.D
Thu., May 30 | 11:00 AM | \$25

Want to add more taste to your gravy (East Coast)/sauce (West Coast)? Learn how to create this stuffed meat -- a staple of Sunday dinner back east.

 **2292 | Jewish/Italian Rainbow Cookies**

Allison Weisman, Owner, Allison's Custom Confections
Thu., June 13 | 1:00 PM | \$25

Come to this baking demonstration and learn why and how American Jews adopted and altered this delicious, colorful Italian flag cookie.

 **2432 | Summertime Cooking**

Carol Zaleta, Ceramic Artist
Thu., June 20 | 11:00 AM | \$30

Join Armenian Chef Carol for a demonstration of the perfect summertime meal: chicken kebabs, rice pilaf, and tabouli.

TECHNOLOGY

All Technology classes will be taught by Eamen Hameed, MS, IT & Engineering Consultant; Founder, EHTechBits, unless otherwise noted.

 **2414 | AI for All: Interacting with ChatGPT**

Fri., May 31 | 11:30 AM | \$15

Learn the fundamentals, capabilities and usage of ChatGPT, a state-of-the-art AI chatbot. Practice engaging effectively with ChatGPT by creating effective prompts and explore practical applications.

 **2423 | AI for All: Interacting with Google Gemini**

Fri., June 28 | 10:00 AM | \$15

We'll practice engaging with Google Gemini by creating effective prompts, and explore practical applications as we navigate ethical considerations in AI usage.

Android 101

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.

2408 | Fri., May 17 | 11:00 AM | \$15

2417 | Mon., June 17 | 10:00 AM | \$15

Android 102

Do more with your smartphone! We will practice customizing the phone settings, use GPS, photos, camera, and voice activation, browse the internet, and reach out to troubleshoot.

2412 | Wed., May 29 | 10:00 AM | \$15

2421 | Tue., June 25 | 10:00 AM | \$15

 **Cut the Cable Cost: Fundamentals of Streaming**

This dynamic class offers a comprehensive understanding of the various streaming platforms, services, and devices available so you can make informed decisions about your entertainment options.

2407 | Wed., May 15 | 11:30 AM | \$15

2416 | Fri., June 14 | 11:30 AM | \$15

2411 | Exploring Change:

Learn to Use Excel's "What If" Workbook

Mon., May 13 - 20 | 12:30 PM | 2 Sessions | \$30

Learn the fundamentals of Excel's "What If" Worksheet, and leverage this powerful tool to analyze the impact of macro and micro changes to your personal finance strategy.

2424 | Facebook Marketplace:

Find Treasures, Declutter, and Monetize!

Fri., June 28 | 11:30 AM | \$15

This class will introduce you to Facebook Marketplace, a user-friendly platform where you can find amazing deals, declutter your home, and even make some money!

iPhone 101

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.

2406 | Wed., May 15 | 10:00 AM | \$15

2415 | Fri., June 14 | 10:00 AM | \$15

iPhone 102

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

2410 | Mon., May 20 | 11:00 AM | \$15

2419 | Fri., June 21 | 11:30 AM | \$15

Mastering Passwords: Best Security Practices

This vital training session will help you determine if your security practices need some tweaking or a complete overhaul. We'll also discuss the benefits of a password manager and show you how to establish yours.

2413 | Fri., May 31 | 10:00 AM | \$15

2422 | Tue., June 25 | 11:30 AM | \$15

Scam Recognition and Prevention

Stay safe in the digital age. Empower yourself with the knowledge and skills to protect your personal information from increasingly sophisticated scams.

2409 | Fri., May 17 | 12:30 PM | \$15

2420 | Fri., June 21 | 1:00 PM | \$15

THEATRE & MUSIC



2433 | Double Take

Nathan Fry & Janet Hammer, Double Take
Tue., May 28 | 2:00 PM | \$20

For nearly 30 years, Nathan Fry and Janet Hammer have wowed audiences in Southern California with their diverse musical repertoire and dynamic performances.

2062 | Martin Luther King Jr. Community Choir

Gospel Concert

Martin Luther King Jr. Community Choir
Sat., June 8 | 2:00 PM | \$20

The Martin Luther King Jr. Community Choir of San Diego specializes in gospel music, blending traditional and contemporary styles with unique vocal arrangements.

2425 | Acting Workshop

Jo-Darlene Reardon, M.Ed

Thu., May 9 - July 18 | 1:00 PM | 10 Sessions | \$120

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

2394 | Debussy:

Poverty, Celebrity, Scandal-The Life and Music of a Genius

James Reid, PhD, President- RB Rotary Club; Board Vice President- Poway Symphony Orchestra
Mon., May 6 | 1:00 PM | \$15

One of the great geniuses of 20th Century music, Debussy lived a tumultuous life of trouble, triumph, and tragedy.

2008 | Jews and American Folk Music

Yale Strom, Ethnographer, Author, Professor, Documentarian & Klezmer Musician (Hot Pstromi)
Wed., May 8 | 1:00 PM | \$15

Explore how Jewish folk musicians galvanized the youth of America making a better society.

2009 | Jews and Latin Music in the Catskills

Yale Strom, Ethnographer, Author, Professor,
Documentarian & Klezmer Musician (Hot Pstromi)
Wed., May 22 | 1:00 PM | \$15

From Miriam to Mendelsohn to Gershwin and Dylan, Jews have expressed themselves, their history, their faith, their culture, and their place in society through instrumental music and song.

Love Piano? Let's Learn

Jeanne Neilson, Certified Piano Teacher & Composer

Learn to play piano or improve your skills in these 1-on-1 sessions tailored to your level and your personal goals.

- 2426** | Mon., May 6 - 20 | 12:00 PM | 3 Sessions | \$180
- 2427** | Mon., May 6 - 20 | 1:00 PM | 3 Sessions | \$180
- 2428** | Mon., May 6 - 20 | 2:00 PM | 3 Sessions | \$180
- 2429** | Mon., Jun 3 - 24 | 12:00 PM | 4 Sessions | \$240
- 2430** | Mon., Jun 3 - 24 | 1:00 PM | 4 Sessions | \$240
- 2431** | Mon., Jun 3 - 24 | 2:00 PM | 4 Sessions | \$240

2003 | Poway Symphony Orchestra:

Sneak Peek and Pre-Performance Conversation

James Reid, PhD, President- RB Rotary Club; Board Vice
President- Poway Symphony Orchestra
Mon., May 20 | 1:00 PM | \$15

Celebrate Poway Symphony's 20th anniversary! Join PSO Boardmember Jim Reid for a peek at the 2024 season including highlights of the upcoming May 26 concert.

2097 | The Long and Winding Road:

The Incomplete Story of the Beatles

Chuck Gunderson, Owner of Gunderson Media, LLC,
Author of Some Fun Tonight!: The Backstage Story of
How the Beatles Rocked America
Tue., May 14 | 1:00 PM | \$15

The story of the Beatles in two hours. The pre-fame period, rising to prominence and world conquerors to the studio years and breakup.

Save the Date!



Art AT OASIS



Aurelia & Jim Temenak Art Gallery San Diego Oasis at Rancho Bernardo

Art has always been an integral part of the Oasis culture, and we are pleased to continue this tradition in both of our La Mesa and Rancho Bernardo locations. **Oasis is grateful for the generosity of Aurelia & Jim Temenak who share our vision and love for art and who have overseen the procurement of our permanent and rotating gallery at Rancho Bernardo.** We appreciate their investment of time, resources and joy in bringing art to our beautiful new space.

Vision Statement for the Oasis Art Gallery:

To enhance the visual beauty of Oasis at Rancho Bernardo and to make the entire space cheerful and inspiring for all who visit and work at Oasis.

Come browse! We currently have several artists featured in both locations, including Lisa Elley, Mike Lafata, Ingrid Hoffmeister-Hoy, Iris Scott, Rosemary KimBal, Eddie Omens, Cynthia Haney, Leonid Afremov, and more. **All artwork in our rotating exhibits are for sale, with all or a portion of proceeds going to support the mission of San Diego Oasis.** We accept all forms of payment (cash, check, Visa, and Mastercard). If you are interested in making a purchase, please visit the reception desk at either location and we'll be happy to work with you!

We are planning a Live and Silent Auction to benefit San Diego Oasis!

Saturday, November 2, 2024 | 4:00 PM
Rancho Bernardo Location

Mark your calendars and prepare to bid on beautiful works of art and other exciting items in support of San Diego Oasis! All proceeds from the event will benefit Oasis programs. Enjoy an evening of wine, hors d'oeuvres, and excitement as you bid on your favorite items. Stay tuned for more information to come!



INNOVATION CENTER

Oasis Innovation Center Workshops at our Rancho Bernardo Location are led by David Beevers, Digital Divide Program Manager

Apple Photos Workshop

This class will offer tips for organizing the photos on your smartphone. Learn about favorites, creating folders, saving photos from texts, emails, and more.

- 2614 | Thu., May 2 | 2:00 PM | FREE
- 2300 | Tue., May 7 | 11:00 AM | FREE
- 2301 | Thu., May 9 | 2:00 PM | FREE
- 2302 | Tue., May 21 | 2:00 PM | FREE
- 2303 | Thu., May 23 | 11:00 AM | FREE
- 2304 | Tue., June 4 | 11:00 AM | FREE
- 2305 | Thu., June 6 | 2:00 PM | FREE
- 2306 | Tue., June 18 | 2:00 PM | FREE
- 2307 | Thu., June 20 | 11:00 AM | FREE

Bluetooth Basics Workshop

We'll review how Bluetooth technology works, including how to pair your device to wireless speakers, headsets, computers, cars, and more.

- 2332 | Thu., May 9 | 11:00 AM | FREE
- 2333 | Tue., May 14 | 11:00 AM | FREE
- 2334 | Thu., May 23 | 2:00 PM | FREE
- 2335 | Tue., May 28 | 11:00 AM | FREE
- 2336 | Thu., June 6 | 11:00 AM | FREE
- 2337 | Tue., June 11 | 11:00 AM | FREE
- 2338 | Thu., June 20 | 2:00 PM | FREE
- 2339 | Tue., June 25 | 11:00 AM | FREE

Cloud Services Workshop

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

- 2628 | Thu., May 2 | 11:00 AM | FREE
- 2316 | Tue., May 7 | 2:00 PM | FREE
- 2317 | Thu., May 16 | 11:00 AM | FREE
- 2318 | Tue., May 21 | 11:00 AM | FREE
- 2319 | Thu., May 30 | 11:00 AM | FREE
- 2320 | Tue., June 4 | 2:00 PM | FREE
- 2321 | Thu., June 13 | 11:00 AM | FREE
- 2322 | Tue., June 18 | 11:00 AM | FREE
- 2323 | Thu., June 27 | 11:00 AM | FREE

Google Photos App Workshop

This workshop will give you tips for organizing the photos on your smartphone. Learn about favorites, creating folders, searching pictures, and more.

- 2348 | Tue., May 14 | 2:00 PM | FREE
- 2349 | Thu., May 30 | 2:00 PM | FREE
- 2350 | Tue., June 11 | 2:00 PM | FREE
- 2351 | Thu., June 27 | 2:00 PM | FREE

UBER/Lyft App Workshop

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

- 2356 | Thu., May 16 | 2:00 PM | FREE
- 2357 | Thu., June 13 | 2:00 PM | FREE

Web Cookies Workshop

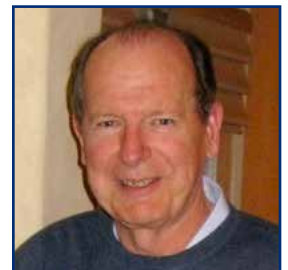
Learn the basics about web cookies, how they are used, and how to delete them.

- 2360 | Tue., May 28 | 2:00 PM | FREE
- 2361 | Tue., June 25 | 2:00 PM | FREE

These FREE technology workshops are brought to you by Arlene and Michael Bardin, the McCarthy Family, and the Rancho Bernardo Community Foundation



Arlene and Michael Bardin



Tim McCarthy



A proud affiliate of San Diego Foundation



OASIS AT THE LIBRARY

BALBOA BRANCH LIBRARY

4255 Mt. Abernathy Ave., San Diego, CA 92117

721 | Safety for Seniors at Home

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Sat., May 4 | 11:00 AM | FREE

Discover how you can age in place longer by incorporating specific home safety tips and checklists.

CARMEL VALLEY LIBRARY

3919 Townsgate Dr, San Diego, CA 92130

715 | The Power of Plant Based Nutrition

Charlene Correia, Plant-Based Lifestyle Health Coach
Fri., May 17 | 11:30 AM | FREE

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

CLAIREMONT LIBRARY

2920 Burgener Blvd, San Diego, CA 92110

712 | Aging in Place:

Home Modifications for Successful and Independent Living

Jacqueline A. Silverman, CSA®, CAPS
Tue., May 14 | 6:00 PM | FREE

Discover ways to enhance the safety, comfort, and livability of your home through fixes and renovations, aimed at minimizing accidents and promoting well-being and independence.

LINDA VISTA LIBRARY

2160 Ulric St, San Diego, CA 92111

719 | Safety for Seniors at Home

Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Tue., May 7 | 6:00 PM | FREE

Discover how you can age in place longer by incorporating specific home safety tips and checklists.

720 | Social Security

Anthony Camara, CFP®, MBA
Wed., May 8 | 11:00 AM | FREE

When should I apply? What is the best way to maximize my benefits? Also learn how to manage key risks all retirees face: outliving income, inflation, and unpredictable events.

MISSION HILLS / KNOX LIBRARY

215 W Washington St, San Diego, CA 92103

706 | Music of Southeast Asia

Bernard Ellorin, Ph.D.
Sat., May 18 | 2:30 PM | FREE

From gong ensembles to improvisatory singing, we'll focus on music from diverse communities that reflects the landscape and belief systems of the people.

MISSION VALLEY BRANCH LIBRARY

2123 Fenton Pkwy, San Diego, CA 92108

711 | Critical Documents: Your Signature Here

Julie Derry, MBA, Certified Senior Advisor
Tue., May 7 | 1:00 PM | FREE

We will discuss the critical documents to have readily available as we age.

741 | Matisse - Early Years: 1869-1906

Aniko Makranczy, MFA
Tue., June 25 | 1:00 PM | FREE

Discover the journey of Henri Matisse, from his humble beginnings in northern France to his artistic awakening in Paris, exploring his influences, challenges, marriage, and initial success in highlighting and selling his work.

NORTH CLAIREMONT LIBRARY

4616 Clairemont Dr, San Diego, CA 92117

708 | Will Your Taxes Affect Your Retirement?

Anthony Camara, CFP®, MBA
Wed., May 15 | 3:00 PM | FREE

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

NORTH PARK LIBRARY

3795 31st Street, San Diego, CA 92104

746 | Retirement & Estate Strategies

Anthony Camara, CFP®, MBA
Tue., May 14 | 3:00 PM | FREE

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

OAK PARK LIBRARY
2802 54th St, San Diego, CA 92105

722 | The Importance of Water and Fiber to Prevent Chronic Disease
Nadin Benrey, MA, NBC-HWC
Wed., May 22 | 10:30 AM | FREE

Learn about hydrating our bodies to keep our metabolism balanced, and the benefits of eating fiber to lower cholesterol and maintain a healthy blood glucose level.

POINT LOMA BRANCH LIBRARY
3701 Voltaire St, San Diego, CA 92107

747 | Ancient Athens and the Hellenic world: Art & Architecture
Gwenyth Mapes, Professor of Humanities
Wed., May 29 | 1:00 PM | FREE

Although besieged by war, 5th century BCE Athens created some of the most enduring art and architecture

705 | Eleanor Roosevelt – “First Lady of the World”
Blaine Davies, MA, Professor of U.S. History
Wed., May 1 | 1:00 PM | FREE

Activist and humanitarian, Eleanor Roosevelt was known as the “First Lady of the World.” We’ll explore her life and legacy.

RANCHO PEÑASQUITOS LIBRARY
13330 Salmon River Rd, San Diego, CA 92129

**713 | Aging in Place:
Home Modifications for Successful and Independent Living**
Jacqueline A. Silverman, CSA®, CAPS
Wed., May 15 | 11:00 AM | FREE

Enhance the safety, comfort, and livability of your home through tailored fixes and renovations, aimed at minimizing accidents and promoting well-being and independence.

703 | Do You Own Your Stuff or Does Your Stuff OWN You?
Jami Shapiro, CSM Founder, Silver Linings Transitions
Wed., May 1 | 11:00 AM | FREE

Discover insights into downsizing, organization, and senior moves from Jami Shapiro, founder of Silver Linings Transitions, drawing on personal experience and humor to differentiate decluttering from organizing.

724 | Mindfulness Awareness
Sofia Puerta Webber, BA Communication Science and Journalism, Certified Yoga Therapist, Mindfulness Instructor
Wed., June 26 | 11:00 AM | FREE

In this class, we will learn how mindfulness can reduce stress, anxiety, and suffering.

SKYLINE HILLS BRANCH LIBRARY
7900 Paradise Valley Rd, San Diego, CA 92139

710 | Critical Documents: Your Signature Here
Julie Derry, MBA, Certified Senior Advisor
Tue., May 21 | 6:00 PM | FREE

We will discuss the critical documents to have readily available as we age.

714 | Intriguing Italy
Linda Hawley, Ed.M., Author, Teacher & World Traveler
Mon., May 20 | 5:30 PM | FREE

Enjoy a two-hour adventure as we travel to various sites and cities in Italy to explore the archaeology, architecture, and art of this amazing country.

709 | The Importance of Movement
Sonia Cervantes, Certified Health Coach, Nutritionist, & Therapeutic Chef
Wed., May 15 | 10:45 AM | FREE

Learn how movement and exercise are essential to preventing chronic disease.

UNIVERSITY COMMUNITY BRANCH
4155 Governor Dr, San Diego, CA 92122

700 | Browsing Around A Bountiful Garden
Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Tue., May 21 | 12:30 PM | FREE

Zoo visitors often miss the importance of the plant material provided to support wildlife. Learn from a browse expert how it all happens.

729 | How to Prep Your House For Sale
Farima Tabrizi, Sr. Citizen Specialist Real Estate Advisor
Tue., May 14 | 12:30 PM | FREE

Discover the essential steps to prepare your home for sale, ensuring it makes an impression, attracts buyers, and garners great offers.

717 | Introduction to American Mah Jongg
Sheryl Chesivoir, B.A., 19 years of playing/teaching Mah Jongg
Sat., June 1 - 22 | 9:30 AM | 4 Sessions | FREE

We will help you learn the rules and nuances of American Mah Jongg and give you plenty of time for real game play.

UNIVERSITY COMMUNITY BRANCH, Continued.

701 | Palmistry – Novice Palm (Tree) Reading

Dan Simpson, Certified Arborist, Professor Emeritus,
San Diego Zoo Horticulture Department (Retired)
Tue., June 18 | 12:30 PM | FREE

Learn what the wrinkles, inches and scars indicate about the palms in our area, visual health assessments, and how to distinguish one palm from another.

726 | The Gospel of John and the Historical Jesus

Bruce McGraw, MA, Retired Professor of Philosophy at
Palomar, Cuyamaca and Southwestern Colleges
Mon., May 6 | 12:30 PM | FREE

In this class, we'll study the Gospel of John, the maverick gospel, because it is so different from the other three gospels and the Historical Jesus.

725 | Vermeer: Girl with a Pearl Earring

Julia Fister, MA, Studio ACE Executive Director
Mon., May 20 | 12:30 PM | FREE

Join us for a look into Johannes Vermeer's most renowned works of art.

727 | Walter Anderson

Aniko Makranczy, MFA
Tue., May 7 | 12:30 PM | FREE

Join us as we learn about Walter Anderson, the American modernist painter who also created prints, murals, pottery, and who wrote with deep respect about nature.

718 | Watercolor Hangout with Eddie Omens

Eddie Omens, Artist
Fri., May 24 - June 14 | 11:00 AM | 4 Sessions | FREE

Using basic watercolor and ink techniques, Eddie will show you how to create a stunning work of art.

UNIVERSITY HEIGHTS BRANCH 4193 Park Blvd, San Diego, CA 92103

707 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Sat., May 11 | 10:00 AM | FREE

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.

LIBRARY AMBASSADORS VOLUNTEER OPPORTUNITY

Library Ambassadors are meaningful Oasis volunteer representatives for library classes throughout San Diego County. They enrich the off-site experience for class attendees by making announcements about current events and program updates, and by answering general program questions.

Contact Kris Anelli, Office & Volunteer Director, to learn more about this fun volunteer opportunity:
Kris@SanDiegoOasis.org | (619) 881-6262

ARE YOU SIGNED UP TO RECEIVE OUR WEEKLY EMAIL?

It includes 3 options for quickly and easily viewing classes for the upcoming week:



View Featured Classes

Click on the **View Featured Classes** button to scroll through upcoming classes specific to that week.



Week at a Glance

Click the **Week at a Glance** button to view classes by location on the home page of the website; updated every Friday.



This Week's Classes

Click the **This Week's Classes** button to view classes happening this week. Use the filter features on the **Classes** page of the website to fine-tune your search.

Sign up for the newsletter on the home page of our website or call us and we'll take care of it for you! (619) 881-6262



ON-LINE CLASSES

Zoom information will be provided at time of registration

EXERCISE & DANCE

Balance, Strength & Movement to Reduce Falling New

Sofia Puerta Webber, BA, Communication Science and Journalism, Certified Yoga Therapist, Mindfulness Instructor

Learn and practice easy movements to improve your balance and reduce the risk of falling.

1291 | Mon., May 6 - 20 | 9:30 AM | 3 Sessions | \$36

1292 | Mon., Jun 17 - Jul 15 | 9:30 AM | 4 Sessions | \$48

Zumba with Lynn for Boomers

Lynn Morgan, Licensed Instructor

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

1134 | Sat., May 4 - 25 | 9:00 AM | 4 Sessions | \$40

1135 | Sat., June 1 - 29 | 9:00 AM | 5 Sessions | \$50

HEALTH

1365 | How to Harness Your Mind to Improve Your Health

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author
Mon., June 24 | 10:00 AM | \$15

Learn exciting neuropsychology discoveries to improve your medication response, expand your health span, and recover more quickly from illness.

1144 | Meditation: Renew Your Life with Health, Vitality & Peace

Melynnique Seabrook, MA
Thu., May 9 - 30 | 1:00 PM | 4 Sessions | \$60

For beginners or advanced meditators, learn meditation methods of peace and mindfulness, mantra, and breathing, and guided and relaxation meditations.

1364 | Super Mindsets for Stronger Relationships

Gina Simmons Schneider, Ph.D., Licensed Psychotherapist, Executive Coach & Author
Thu., May 30 | 10:00 AM | \$15

Discover research-backed strategies for cultivating, strengthening, and maintaining rewarding relationships.

1142 | Your Aging Journey is Unique to You!

Julie Derry, MBA, Certified Senior Advisor
Tue., May 14 | 3:00 PM | FREE

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.

HISTORY & HUMANITIES

1001 | Alcatraz – “The Rock” The Ultimate Prison

Ricky Deutsch, BS, Aerospace Engineering, MS, MBA, Former Captain US Air Force, Space Command
Tue., May 21 | 1:00 PM | \$15

Alcatraz, once a Spanish fortress and later the ultimate Federal Penitentiary, housed infamous criminals near San Francisco for three decades, with no successful escapes.

1400 | An Entertaining History of Your Favorite Food

Sofia Laurein, Ph.D., Professor of History
Tue., May 28 | 10:00 AM | \$15

Discover food facts such as french fries aren't French, Hawaiian pizza wasn't made in Hawaii, and cheese was a weapon. We'll blend history with food for a tantalizing journey, leaving you craving more.

1360 | Astronomers Reveal A Mysterious Galactic Wave Washed Over Earth

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., May 28 | 1:00 PM | \$15

Astronomers discovered the Radcliffe Wave, a vast chain of star-forming clouds spanning nine thousand light-years, raising questions as some suggest our solar system traversed it thirteen million years ago.

1398 | Building the Panama Canal

Mark Carlson, Historian & Author
Thu., June 27 | 1:30 PM | \$8

U.S. engineers, backed by President Teddy Roosevelt, conquered yellow fever, malaria, and harsh conditions to finish the Panama Canal in 1914, thus revolutionizing transcontinental travel.

1397 | D-Day: The Invasion

Blaine Davies, MA, Professor of U.S. History
Thu., June 6 | 1:30 PM | \$8

On June 6, 1944, American, British, and Canadian forces executed the largest seaborne invasion in history, aiming to dismantle the German Nazi regime.

1435 | Henri Matisse

Julia Fister, MA, Studio ACE Executive Director
Wed., May 8 | 1:00 PM | \$15

Delve into Henri Matisse's transformative impact on modern art, from his vibrant colors and forms to his innovative approach to line and space, inspiring generations.

● 1319 | Suzanne Valadon

Aniko Makranczy, MFA
Tue., May 14 | 10:00 AM | \$15

Despite being born into poverty and lacking formal art education, Suzanne Valadon rose to prominence as a renowned artist, known for her diverse subjects and provocative portrayals.

1393 | The Black Death and Other Plagues

Mark Carlson, Historian and Author
Thu., May 30 | 1:30 PM | \$8

Throughout history, invisible bacteria and viruses have claimed more lives than all wars combined, yet pandemics spurred advancements in science, trade, and int'l relations.

● 1401 | The Captivating Story of Spanish Art

Sofia Laurein, Ph.D., Professor of History
Thu., June 6 | 10:00 AM | \$15

Delve into the vibrant world of Spanish painting, from El Greco to Velasquez, Dali, and Picasso, in a presentation weaving colorful imagery and captivating anecdotes, shedding light on their cultural legacy.

1394 | The Day of the Dinosaur

Fred Bercovitch, Ph.D. Biological Anthropology
Wed., June 5 | 1:30 PM | \$8

Trace the evolutionary journey from dinosaurs to birds and ancient apes to Homo sapiens, exploring the transformative impact of the asteroid collision 65 million years ago.

1392 | The History of Prohibition

Matilda Parente, MD, Certified Specialist of Wine
Wed., May 15 | 1:30 PM | \$8

The U.S. Prohibition era (1920-1933) led to a rise in organized crime, contributed to the suffrage movement, and is the only amendment to be repealed, while a modern anti-alcohol movement emerges today.

1396 | The Life of Vincent Van Gogh and His Sunflowers

Julia Fister, MA, Studio ACE Executive Director
Tue., June 11 | 10:00 AM | \$8

Julia Fister explores the deep symbolism and emotional depth of Vincent van Gogh's Sunflowers series, weaving his turbulent life with profound expressions of beauty.

1361 | Uncovered:

A 1708 Sunken Spanish Galleon Loaded With Gold

Lola Sparrowhawk, Int'l Award-Winning Author/Historian
Tue., June 25 | 1:00 PM | \$15

Delve into the rich history and recent discovery of a Spanish galleon laden with gold, silver, and emeralds, lost in 1708 and found 3,100 feet (about 944.88 m) underwater after three centuries.

● 1410 | US. Criminals: You Can Run but You Can't Hide

Robert Ciaffa, Former Federal Prosecutor
Mon., May 13 | 10:00 AM | \$15

Explore the legal intricacies of int'l extraditions, using real-life cases to discuss processes, players, and considerations involved in returning U.S. fugitives from abroad.

1391 | What Happened after Jesus' Death?

John Spencer, Ph.D.
Tue., May 21 | 10:00 AM | \$8

Let's examine variations in the post-Jesus death events across the four New Testament gospels and discusses the significance of the Church of the Holy Sepulcher in Christian tradition.

1436 | Yayoi Kusama: Princess of Polka Dots

Julia Fister, MA, Studio ACE Executive Director
Tue., June 4 | 1:00 PM | \$15

Embark on a captivating journey through Yayoi Kusama's mesmerizing art, exploring her immersive installations, iconic polka dots, and profound influence on contemporary art and themes of identity and infinity.

LANGUAGE

1164 | Conversational Spanish

Danisa Mardones, BA

Tue., May 21 - July 9 | 1:30 PM | 7 Sessions | \$105

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

LITERATURE

1194 | Aspiring and Intermediate Poetry Workshop

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

Fri., May 10 - Aug. 30 | 10:00 AM | 16 Sessions | FREE

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

1432 | How to Write a Blockbuster Novel or Memoir

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

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

Learn to craft captivating characters and settings to enrich your story, understanding that each word choice shapes the narrative's potential success, whether a happy story or a blockbuster.

1192 | The Oasis "Whodunit" Book Club

Lisa Benton, Facilitator

1st & 3rd Fri., May 3 - Aug. 16 | 1:00 PM | 7 Sessions | \$56

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

DO YOU ENJOY ZOOM?

If so, why not sign up to host as a Zoom volunteer? Contact Kris Anelli at Kris@SanDiegoOasis.org to learn more.

PERSONAL ENRICHMENT

1222 | Grief Support Group

Rolandas Kausas, Chaplain

1st & 3rd Wed., May 1 - Aug. 21 | 10:30 AM
7 Sessions | FREE

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

SCIENCE

1303 | Eclipses: Miracles of the Solar System

Neil Farber, NASA/JPL Solar System Ambassador

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

This talk will cover the historical significance and modern understanding of solar eclipses, including their types, occurrence, and safe viewing methods.

1320 | The Voyage of the Beagle

Fred Bercovitch, BA, MS, and Ph.D. Biological Anthropology

Fri., June 28 | 10:00 AM | \$15

Learn how Charles Darwin's five-week expedition to the Galapagos Islands aboard Her Majesty's ship, The Beagle, provided the foundation for his theory of natural selection.

1304 | Venus: Earth's Twin

Neil Farber, NASA/JPL Solar System Ambassador

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

Advancements in space exploration, using orbiter probes and a lander, have revealed Venus' mysteries hidden by its dense cloud layer, prompting discussions on our growing comprehension and NASA's future missions.

SHARE THE GIFT OF LEARNING

We have gift certificates available at both locations.

THEATRE & MUSIC

1224 | Camille Saint-Saens: French Perfection

Chris Burns, Many-Strings
Fri., May 24 | 3:00 PM | \$15

Saint-Saëns, akin to Mozart, displayed prodigious talent from an early age, excelling in piano/composition, earning acclaim as the world's greatest organist.

1395 | Dancing Through the Years

Vincent Young, Pianist
Wed., June 26 | 1:30 PM | \$8

Vincent Young spotlights favorite dance rhythms of composers from classical to pop, using Arthur Fiedler's "Dancing Through the Years" arrangement, featuring works from light classics to iconic dance hits.

1390 | Melodies from Sinatra and Company

Vincent Young, Pianist
Wed., May 22 | 1:30 PM | \$8

Vincent Young performs Sinatra-era classics, including hits by Tony Bennett, Sammy Davis, and Dean Martin, blending up-tempo selections and ballads from Gershwin to Anka, displaying his musical prowess since age three.

1226 | Rachmaninoff: The Profound and Romantic Master

Chris Burns, Many-Strings
Fri., June 21 | 3:00 PM | \$15

Sergei Rachmaninoff, after traveling through Italy and the US, settled in California, captivating global audiences with his expressive piano mastery, and elevating the piano concerto to symphonic levels.

1223 | The Clarinet: A Historical Appreciation

Chris Burns, Many-Strings
Fri., May 10 | 3:00 PM | \$15

A musical hour celebrating the clarinet's evolution from ancient folk instruments to modern times, inspiring renowned musicians like Mozart, Strauss, Benny Goodman, Artie Shaw, and The Beatles.

1225 | The Organ: History-Classic and Jazzy

Chris Burns, Many-Strings
Fri., June 7 | 3:00 PM | \$15

This hour explores the evolution of the modern organ, captivating audiences from ancient Greece to Jimmy Smith and YouTube stars like Anna Lapwood, highlighting its diverse history and enchanting capabilities.

Special Events

Consider either San Diego Oasis location for your Special Event or Business Meeting!

San Diego Oasis facilities in Rancho Bernardo and La Mesa are available for rent outside of our regular business hours. Whether small or large, personal or professional, one-time or on-going, we have a space sure to meet your needs.



NEW! Team-Building Events

Are you or someone you know looking to plan a corporate team building event? San Diego Oasis has many incredible options for team building events. Leadership development is extremely important, and we want to help you plan an engaging and fun team building event. Oasis provides event space that can fit 10-350 people in a beautiful indoor and outdoor setting.

Contact Us

Contact Christine Yoakley, Events Manager, at Events@SanDiegoOasis.org or (858) 240-2880, Ext. 104, for more information, ideas, rates or to schedule a personal tour of either facility.



TRAVEL

Contact Brandon Harding at (619) 881-6262 to book your vacations.

All fees shown are per person. Visit the Travel page on the website for full brochures: Click "Classes" and then select "Travel & Tips"

AFC Vacations

Best of Chicago

August 8 – 13, 2024 | 6 Days • 8 Meals
Double \$2775 | Triple \$2745 | Single \$3455

This trip includes Chicago City Tour, Wrigley Baseball Field, Architectural Chicago River Cruise, "Untouchables" Gangster Tour, Willis Tower Skydeck, Frank Lloyd Wright's Home & Studio, Cantigny Park, Mansion, & 1st Division Museum and more.

Idaho Adventure

September 18 - 24, 2024 | 7 Days • 11 Meals
Double \$3199 | Triple \$3169 | Single \$4249

This trip includes 4 Mountain Ranges, Salmon & Snake River Valleys, Snake River Jetboat Ride, 2 Nights Coeur d'Alene Resort, Rider Ranch Tour & Cookout Dinner, Wallace Silver Mine Tour, Lewis & Clark Discovery Center, Sun Valley Lodge, Ketchum & Bald Mountain and more.

Cape Cod & the Islands

October 5 - 11, 2024 | 7 Days • 9 Meals
Double \$3149 | Triple \$3119 | Single \$3999

This trip includes Boston City Tour & Faneuil Hall, Plymouth Rock, Plimoth Patuxet Museums, & recreated ship Mayflower II, Martha's Vineyard Tour, Provincetown & Cape Cod National Seashore, Cranberry Bog Tour, Newport Tour & The Breakers Mansion, Nantucket Island & Whaling Museum, a Lobster Farewell Dinner, and more.

Collette Vacations

Shades of Ireland

with optional 3-Night London Pre Tour Extension

September 25 – Oct. 4, 2024 | 10 Days • 13 Meals
Double \$3,999 | Single \$4,699 | Triple \$3,969

Dublin, Irish Evening, Choice on Tour: Dublin City Bus or Walking Tour, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, and Castle Stay.

Discover the Colors of New England

September 26 – Oct. 3, 2024 | 8 Days • 12 Meals
Double \$3,999 | Single \$5,499 | Triple \$3,949

Boston, Simon Pearce, Quechee Gorge, Stowe, Cold Hollow Cider Mill, Trapp Family Lodge, Rocks Estate, North Conway, Kancamagus Highway, Choice on Tour: Nature Walk or Free Time in North Conway, Mount Washington, Lake Winnepesaukee Cruise, Ogunquit, Portland, Kennebunkport, and Lobster Dinner.

DETAILED INFORMATION ON EACH TRIP IS AVAILABLE ON THE OASIS WEBSITE!

DayTripper Tours

DayTripper Tours is 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.

www.daytrippertours.com



Use code OASIS0524 to save \$10 per person on any upcoming journey. Daytripper makes a contribution to Oasis when the promo code is used.

Wine Tasting in Mexico's Guadalupe Valley

Sat, June 8 | \$195 PP

Concours D'Elegance in Beverly Hills

Sun, June 16 | \$139 PP

July 4th Hollywood Bowl Fireworks & Harry Connick, Jr.

Tue, Jul 4 | \$198 PP

July 4th Fireworks Cruise on San Diego Bay

Tue, Jul 4 | \$175 PP

Laguna Beach Pageant of the Masters

August 6, 17, 19 & 21 | \$225-249 PP

You've got goals; we'll help keep you right on target

Make an appointment for a free, 30-minute, 1:1 confidential financial consultation, no strings attached, and get your questions answered. Meeting location can be at our offices or either Oasis location.



**THRIVENT
FINANCIAL®**

Offices of Jonathan Doering and Matthew Molstre

Thrivent Financial
445 Marine View Ave. Suite 390
Del Mar, CA 92014 | (858) 455-5227

Join us for these upcoming Thrivent Financial classes with Chuck Etzweiler, Senior Vice President of Global Research for Nepsis Capital Management, MBA, CFP®, CIMA®, CMT and Anthony Camara, CFP®, MBA



**THRIVENT
FINANCIAL®**

Offices of Jonathan Doering
and Matthew Molstre

TWO LOCATIONS TO SERVE YOU!



RANCHO BERNARDO

2000 | Economic Review & Market Outlook
Thu., May 9 | 1:00 PM | FREE

2188 | How Taxes Affect Your Retirement
Tue., May 28 | 1:00 PM | \$5

2190 | Retirement & Estate Strategies
Mon., June 10 | 11:00 AM | \$5

Social Security

2217 | Tue., May 28 | 11:00 AM | \$5

2191 | Mon., June 10 | 1:00 PM | \$5

Thrivent One-on-One

2189 | Fri., May 31 | 10:00 AM | FREE

2192 | Fri., June 14 | 10:00 AM | FREE

LA MESA

1000 | Economic Review and Market Outlook
Thu., May 9 | 10:00 AM | FREE

1344 | How Taxes Affect Your Retirement
Mon., May 13 | 1:00 PM | \$5

1346 | Retirement & Estate Strategies
Mon., June 24 | 11:00 AM | \$5

Social Security

1343 | Mon., May 13 | 11:00 AM | \$5

1347 | Mon., June 24 | 1:00 PM | \$5

Thrivent One-on-One

1345 | Fri., May 24 | 10:00 AM | FREE

1348 | Fri., June 28 | 10:00 AM | FREE

For complete class descriptions and to register,
visit SanDiegoOasis.org or call (619) 881-6262 or (858) 240-2880



Are you House Rich but Cash Poor? Then you should consider a Reverse Mortgage

**A Reverse Mortgage will improve your
"Quality of Life" and give you "Peace of Mind" SM**

Home Owners 62 and older:

- Supplement your retirement income
- Never make a monthly mortgage payment
(Responsible for property taxes and homeowner's insurance)
- Tax-free money
- Lump sum, monthly payments, line of credit; or combo
- Will not affect Social Security or Medicare Benefits

*I do business "The Old Fashion Way",
I will come to your home
and meet with you face to face at your kitchen table.*

760-484-6660

email: owen.coyle@gmail.com

web: www.reversemortgages62.com

8975-403 Lawrence Welk Dr., Escondido CA 92026



Owen Coyle

Reverse Mortgage Specialist

25 years experience

Serving San Diego County since 2003

BRE#01253295 / NMLS#279015



Owen has 15 two-minute videos on his website, www.reversemortgages62.com, that will show you how Reverse Mortgages work and will answer most of your questions.

AND... 28 Google 5-Star Client Reviews that will give you An Overview of how his clients feel about how he helped them set up their Reverse Mortgages.

Loans made or arranged pursuant to Real Estate Corporation License Endorsement, California Bureau of Real Estate Broker #01837820. NMLS #274336 These materials are not from HUD or FHA and were not approved by HUD or a government agency.



Navigating your future may bring uncertainty. Aging Well Partners can help you discover your best path forward by empowering you with the vetted resources and trusted services that meet your specific needs. Your journey has a roadmap and we are here to help you find it.

Your Local Partners. Your Certified Senior Advisors™.

Free Consultation: 619.789.1839

www.agingwellpartners.com

Housekeeping · Transportation · Meal Prep · Physical Therapy · Aging in Place · Assisted Living · Memory Care

Proudly featuring our Certified Business Partners





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 also visit our Resource Directory online at www.SanDiegoOasis.org/Resources.

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 Kelly Johnson if you are interested in being included in our Senior Resource Directory:
Kelly@SanDiegoOasis.org or (619) 881-6262

ADULT DAY HEALTH CARE CENTER



POWAY ADULT DAY
HEALTH CARE CENTER

POWAY ADULT DAY HEALTH CARE CENTER

Bree Charles Evenrud, LMFT | (858) 748-5044
Bree.charlesevenrud@powayadhc.org | powayadhc.org

Poway Adult Day Health Care Center provides a comprehensive program of therapeutic activities to enhance cognitive, physical, and social functioning. We serve primarily older adults experiencing Dementia, Parkinson's, and other health conditions that require daily care. Medi-Cal or Long-Term Care insurance may cover services; low-cost private pay rates are available.

ASSISTED LIVING PLACEMENT SPECIALISTS



AGING123

Julie Derry, MBA, CSA | (619) 378-6895
julie@aging123.com | aging123.com

At Aging123, we specialize in educating, advocating and navigating the placement journey for aging adults and their loved ones. We've toured and inspected all Assisted Living and Memory Care homes and communities we refer our clients to. We are a FREE service as we are compensated by our provider network.



LIVING COASTAL SENIOR RESOURCES

Jacqui Clark, CSA, CPRS | (858) 761-7551
Jacqui@LivingCoastalSR.com | www.ThisIsLivingWell.com

Jacqui Clark, Certified Senior Advisor™, offers NO COST highly personalized assistance when looking for assisted living, memory care, or residential care homes. With a decade of expertise in the senior industry and a wellness specialist, Jacqui is a leader in educating aging adults on how to live and age well.



RESIDENTIAL OPTIONS FOR SENIORS AND THE ELDERLY

Virginia Renker, CSA | (619) 885-0420
virginia@rosecares.com | rosecares.com

Residential Options for Seniors and the Elderly, LLC, is a free placement and referral service providing you or your loved one with personalized service in determining the best fit for your transition into the most optimal senior living environment to suit your budget, and your individual needs and desires.

ASSISTED LIVING: EAST COUNTY



THE MONTERA

Connie Delost | (619) 495-0100
ConnieDelost@mbk.com | www.TheMontera.com

The Montera Senior Living is dedicated to providing person-centered care and life enriching programming, supporting the physical and total well-being of our residents. Whether you are looking for assisted living or memory care, you will find comfort in knowing our trained and compassionate team is here to support you day in and day out.



SUNGARDEN TERRACE

Susan O'Shaughnessy | (619) 508-0931
susan@sungardenterrace.com | sungardenterrace.com

Founded in 2000, Sungarden Terrace is a premier retirement community in Lemon Grove. Featuring both assisted living and memory care, we are dedicated to providing exceptional service in all aspects of daily living. Through compassion and excellence, we create meaningful connections everyday with one another and those we serve.

ASSISTED LIVING: NORTH COUNTY



CASA DE LAS CAMPANAS

Van Cupples | (858) 592-1811

vcupples@casadlc.com | casadelascampanas.com

Casa de las Campanas is the only not-for-profit Type "A" Continuing Care Retirement Community (CCRC) in San Diego, a community that provides an engaging lifestyle and the highest level of senior care. Our 5-Star rated Health Center, numerous amenities and extensive life enrichment programming gives Residents the retirement they desire.



FELICITA VIDA, A SENIOR LIFESTYLE COMMUNITY

Patricia Gunn | (909) 485-4654

pgunn@seniorlifestyle.com

facebook.com/Felicitavidaseniorliving

At Felicita Vida, we offer vibrant assisted living and compassionate memory care in a resort-style setting. Our scenic location, close to beautiful parks and lakes, provides easy access to San Diego amenities. Call today to schedule a personal tour! Mention Oasis San Diego to receive special pricing. #374604269



THE REMINGTON CLUB

Jeanne Selis | (858) 673-6300, Ext. 6325

JSelis@5SSL.com | theremingtonclub.com

The Remington Club offers a unique life experience to current and future residents, allowing you to celebrate life to the fullest. We will further our community redevelopment by bringing memory care later this year! Call to schedule a tour of 43 community and learn more about our easy living environment!

CERTIFIED AGING IN PLACE SPECIALISTS



CASTLE MAVEN, INC.

Darlene Pidgeon, MBA, RN, CAPS | (858) 886-6452

DPidgeon@CastleMaven.com | CastleMaven.com

Castle Maven is a comprehensive Aging In Place Solutions Company. Your home is your Castle. Live There. Age There. We provide solutions to lower the cost of care. Choose between our Self-Directed website of trusted service providers or our onsite Guided Approach with one of our Aging in Place Specialists.



AGING ADVISORY SERVICES

Jacqueline A. Silverman, CSA®, CAPS | (858) 395-7733

jacqueline@agingadvisoryservices.com

www.agingadvisoryservices.com

Meet Jacqueline Silverman, a Certified Senior Advisor and partner dedicated to easing the way for aging in place. With home safety assessments, referrals, and concierge services, Jacqueline offers vital support to assist people in understanding, planning for, and managing the changes that come with aging, wherever they call home.

DEMENTIA SUPPORT



GLENNER CENTERS 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.

Visit the online
version:
<https://bit.ly/43spzlj>

DURABLE MEDICAL EQUIPMENT



HARMONY HOME MEDICAL SUPPLY

Erica Sell, CSA | (858) 560-8177

harmonyhomemedical@gmail.com

harmonyhomemedical.com

Harmony Home Medical Supply, a medical equipment and home accessibility retailer, has been serving San Diego County for 15 years. They provide products and services that help someone live more independently and safely wherever they call home. They are truly a one-stop-shop for Aging-In-Place. Showrooms in Kearny Mesa and Vista.

FIDUCIARY



PROFIDUCIARY

Dan Thale | (619) 493-0019

contact@profiduciary.com | profiduciary.com

Professional Trust and Estate Management in San Diego since 2005. At ProFiduciary, we are a team of experienced fiduciaries who have spent decades building relationships with individuals and families to preserve their wealth and pass it on to loved ones and charitable institutions. Currently serving clients with assets totaling over two million.

FINANCIAL PLANNERS



THRIVENT FINANCIAL

Jonathan Doering/Anthony Camara | (858) 455-5227

Jonathan.Doering@thrivent.com

connect.thrivent.com/la-jolla-gateway-team

Thrivent Financial is a Fortune 500 company represented at Oasis by Jonathan Doering, Matt Molstre and Anthony Camara. Their La Jolla Gateway team brings over 100 years experience helping individuals and families invest wisely during their lifetimes and reduce taxation along the way. There is no cost or obligation to visit with them in person or virtually.

HOSPICE



CABRILLO HOSPICE

Kate Bridgman, Vice President of Business Development
(619) 245-1872

kbridgman@cabrilllogroup.com | cabrillohospice.com

Cabrillo Hospice is a special, comprehensive program designed to support you and your family during a difficult time. In addition to pain and symptom problems, there can be emotional, social and spiritual challenges. Our goals include comfort, family and friends' support, quality of life enhancement, and ongoing support during bereavement. Veteran Owned and Operated.



The Elizabeth Hospice

THE ELIZABETH HOSPICE

Lisa Marcolongo | (800) 797-2050

info@ehospice.org | elizabethhospice.org

As California's largest independent nonprofit hospice, we provide skilled, compassionate care for children and adults facing the challenges associated with advanced, life-limiting illnesses. Since 1978, we've touched the lives of more than 125,000 people in San Diego County and Southwest Riverside County.



VITAS

Eric Ludwig | (858) 616-7495

eric.ludwig@vitas.com | vitas.com

VITAS provides care for patients and families dealing with a life-limiting illness by a team of professionals specially trained to control pain, reduce anxiety, and provide spiritual and emotional comfort. Our professionals are trained to understand the unique needs of veterans. Services can be provided at home, in assisted living/residential care, hospitals or nursing homes.

IN-HOME CARE AGENCIES



COAST CARE PARTNERS

David Chong | (619) 354-2544

david@coastcarepartners.com | coastcarepartners.com

We are a compassionate, non-medical home care agency servicing San Diego County. Our trained caregivers provide personalized assistance, promoting independence and enhancing quality of life empowering exceptional care and peace of mind for families.



NONA'S HOME CARE

Benjamin Barth, Owner | (619) 788-4459

ben@nonashomecare.com | nonashomecare.com

Nona's Home Care, the trusted agency in San Diego and Orange County, offers flexible and reliable home care services. With a focus on caregiver satisfaction, we prioritize both our clients and caregivers' happiness to deliver exceptional service. Trust us to provide trustworthy assistance, promoting independence with respect and loyalty.



RIGHT AT HOME

Melanie Delgado | (619) 937-2330

mdelgado@homecare-sd.com | rightathome.net/el-cajon

Whether you seek independent living support or care for a loved one, we go beyond in-home assistance. As your care partner, we understand your journey and provide guidance. From meals to 24-hour care, our dedicated team prioritizes your safety and well-being, delivering exceptional service honed through years of experience.

Hyperlinks are provided if viewing electronically.

LONG TERM CARE ADVOCACY



AMADA SENIOR CARE

John Boodhansingh, Owner | (858) 866-9005

john.b@amadaseniorcare.com | AmadaSanDiegoCentral.com

Amada Senior Care provides advocacy for long term care insurance policyholders. We do free policy reviews for everyone, helping seniors overcome the mystery of a policy purchased years ago. We also provide complete claims service for our home care clients affording them piece of mind when they need it most.



JAHNKE CONSULTING & LTC ALLIANCE

Linda Jahnke | (858) 513-8351

linda.jahnke@jltca.com | jltca.com

We advocate for clients who have an LTC insurance policy. We shepherd them through the process of filing a successful claim while monitoring recertifications and payments. Our holistic process secures proof of loss which verifies contractual requirements. We follow our clients for an extended period to ensure continuity. We assure promises are kept.

MEAL DELIVERY



MEALS ON WHEELS
SAN DIEGO COUNTY

MEALS ON WHEELS

Amie Brown, Chief External Affairs Officer

1 (800) 5-SENIOR / (619) 260-6110

financialsecdesigns@gmail.com | meals-on-wheels.org

Since 1960, Meals on Wheels San Diego County has proudly served over 600,000 meals throughout the entire county each year to homebound seniors and disabled veterans. Join our family and be a part of something wonderful by signing up for meals, donating, or becoming a volunteer today!

MEDI-CAL/VA BENEFIT CONSULTANTS



Financial Security Designs

FINANCIAL SECURITY DESIGNS

Tony Bevin | (858) 673-8448

financialsecdesigns@gmail.com | vabenefitsonline.com

We can get you eligible for financial assistance to help pay for those in a nursing home and free assistance (in certain zip code areas) for those at home with In-Home Care, Adult Day Care, Transportation, Medication Management, Therapy, Meal Assistance, and Prescription Delivery.

MEDICARE EXPERTS



AMERICAN RETIREMENT INSURANCE SERVICES, INC.

Catrina Morgan | (858) 449-2209 | (800) 233-2747

catrina@americanretirementca.com

americanretirementca.com

Catrina Morgan is a licensed independent insurance broker with over 14 years of experience helping Medicare beneficiaries navigate the Medicare maze. She can help you impartially compare the leading companies' plan options at no cost to you. Catrina provides service that is unsurpassed in the Medicare Supplement market.



UNITED HEALTH CARE

Fariba Zariéh | (619) 887-6822

Fariba.Zariéh@gmail.com | myuhcagent.com/Fariba.Zariéh

My name is Fariba Zariéh and I've been educating Medicare beneficiaries for 12 years in San Diego County. When it comes to Medicare, it's important to consider all of your options. 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.



JUST US MEDICARE

Amanda Shelley | (858) 302-4234

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.*

PACE PROGRAMS



ST. PAUL'S PACE

Mary Johson | (619) 677-3800

pacenow@stpaulspace.org | stpaulspace.org

St. Paul's Program of All-Inclusive Care for the Elderly (PACE) is a managed health care plan exclusively for seniors. As part of St. Paul's PACE, you receive primary medical care, medication management, physical therapy, specialty services, in-home care, social work assistance, and transportation to and from the medical center.

PHYSICAL THERAPY



ASIS PHYSICAL THERAPY

Kevin Pansky | (858) 217-2496

info@asispt.com | www.AsisPT.com

ASIS Physical Therapy provides Advanced Solutions and Individualized Service to every patient. By combining PT with additional treatments, our medical professionals help you regain range of motion and enhance quality of life. Explore our core services and learn how we customize your PT program with additional modalities for long-lasting results.



LONGEVITY PHYSICAL THERAPY

Casey Waller, San Diego Clinic Director | (619) 501-9037
Casey@longevityphysicaltherapy.com
longevityphysicaltherapy.com

Longevity Physical Therapy is the premier physical therapy clinic in San Diego. We offer one-on-one treatments with a doctor of physical therapy the entire treatment time. We strive to restore function, enhance mobility, and amplify performance. Anyone of every age can benefit from our services. With four locations throughout San Diego County, physical therapy is close by!



PHYSIO ON THE GO: MOBILE PHYSICAL THERAPY & WELLNESS SERVICES

Sean Kuhn | (619) 391-8688
info@kuhnphysicaltherapy.com | physio-on-the-go.com

We bring expert physical therapy and wellness services directly to your doorstep. Our team of physical therapists assess/address mobility issues, chronic pain, balance, and neuromuscular deficits to help you regain and maintain your independence in the comfort of your home. PT and wellness care plans are tailored to meet your specific needs and goals.

PROPERTY MANAGEMENT



HALCYON REAL ESTATE SERVICES AND SENIOR@HOME

Ginger Couvrette | (858) 243-5304
Ginger@HalcyonCA.com | HalcyonCA.com

Halcyon is your full-service real estate company focusing on understanding your needs and providing options. House maintenance and remodel coordination for seniors aging in place, property management for on-going revenue, and selling the property at its highest value, Halcyon works with families to be your trusted real estate resource.

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.



EQUITYSMART HOME LOANS

Laura Strickler | (760) 518-9839
lauras@equitysmartloans.com | laurastrickler.com

A reverse mortgage can turn the value of your home into cash with no monthly mortgage payments required and help you better manage your financial future. It can supplement your monthly income, pay off existing mortgages, make home improvements, or purchase your dream home! Work with a longtime local professional-since 2003!

SENIOR MOVE MANAGERS



CARING TRANSITIONS OF SAN DIEGO EAST

Wade Pantel | (619) 289-8964
CTSDEastinfo@caringtransitions.com
caringtransitionsandiegoeast.com

Caring Transitions makes it easy. We are a total solutions provider for senior move management, downsizing/rightsizing, and full or partial liquidations and estate sales. We help families avoid the stress that accompany these transitions by managing the process from start to finish. CRTS certified and screened, bonded, and insured.



SILVER LINING TRANSITIONS

Jami Shapiro | (760) 522-1624
info@silverliningstransitions.com | silverliningstransitions.com

We are professional move managers handling ALL the logistics of a move. We provide home organization, storage clear outs, downsizing, de-cluttering and photo organization/digitization. Our move services are free when we refer you to one of our Realtor partners. We are licensed, bonded and insured, and members of NASMM and NAPO.

SENIOR REAL ESTATE SPECIALISTS



BERKSHIRE HATHAWAY HOMESERVICES CALIFORNIA PROPERTIES

Bryan Devore | (760) 908-3838 | DRE 01397835
Bryan@DevoreRealtyGroup.com | DevoreRealtyGroup.com

Bryan, a real estate agent since 2003, excels in assisting clients with home buying/selling. He specializes in guiding seniors through transitioning to smaller homes or senior communities. As Director of the Senior Division at Berkshire Hathaway, he partners with professionals to simplify the process. Bryan is involved in two local non-profits benefiting seniors.



COLDWELL BANKER WEST

Melina Rissone | (619) 865-6015 | DRE #01498140
melina@melinarissone.com | melinarissone.com

Since 2005, Melina Rissone, a Seniors Real Estate Specialist and Broker at Coldwell Banker in San Diego, aids active adults and seniors in real estate planning and home sales. Understanding emotional demands, she minimizes stress with a no-pressure approach to retirement home transitions, ensuring seamless experiences for her clients.



PATTI GERKE, REALTOR, DRE# 01386269

Patti Gerke, MBA, CRS, SRES, CAPS | (760) 525-7269
patti@pattigerke.com
agingwellpartners.com/partners/patti-gerke-realtor

Patti Gerke is a seasoned professional with decades of experience specializing in working with seniors and their family members. She utilizes her compassionate perseverance to provide guidance, assistance and expertise when wanting to Age In Place with dignity & independence or selling their home.

**View Resource
Directory on the
the Oasis website:
SanDiegoOasis.org**



Help a Child Today *for a brighter tomorrow*

Questions?

Contact Michelle Irby, Intergenerational
Tutor Program Manager:

Phone | (619) 881-6262

Email | Michelle@SanDiegoOasis.org



You can help a child learn to love reading and learning

By spending an hour each week during the school year with a young child who struggles with reading, you can make a profound impact on that child's future. Through the Oasis Intergenerational Tutoring program, volunteer tutors, school district personnel and Oasis staff work together to help children build reading skills, self-esteem and a positive attitude toward learning. It's a win-win for both the adults who have a passion for helping kids and the children who benefit from a caring, supportive relationship.

To get started, simply sign up online or reach out to Michelle Irby and complete tutoring training. No teaching or tutoring experience is needed; all you need to succeed is provided by Oasis. Every effort is made to pair you with a child at a Title 1 school. The school liaison and teacher will work with you to find a time during the school day for your weekly tutoring sessions.



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.



San Diego Oasis Board of Directors

Julie Derry, *Chair*
 Mark Allan, *Vice Chair*
 Simona Valanciute, *President & CEO*
 Michael Bardin, *Secretary*
 David Chong, *Governance Chair*
 Ginger Couvrette
 Danielle Finch
 Judy Lewis, PhD
 Tracey Stotz
 Paul Weiss, PhD
 Hon. William H. Wise

Awards

2023:

CSO50 Award Winner for AI Edge Security and Thought Leadership

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022

SD500: Simona Valanciute selected as one of the Most Influential People in San Diego

2022

Generations United's Program of Merit

2020

Public Health Champion award by the County of San Diego's Covid19 Leadership.

2019

Two Impact Awards: •North San Diego Business Chamber •Escondido Chamber

2018

NBC Universal Project Innovation Award for Technology Efforts with Older Adults

2017

Program of Distinction Generations United

2016

Excellence Award: •KUSI •Torrey Pines Bank

2014

Charity Navigator | 4 stars out of 4 stars

2013

Gloria Cavanaugh Award for Excellence in Training and Education



San Diego Oasis at La Mesa

5500 Grossmont Center Drive, Suite 269
 La Mesa, CA 91942 | (619) 881-6262

Social Media
STAY IN TOUCH!



Thank You to our Sponsors

