

# Course Catalog

Art, Current Events, Exercise, Technology, Tours, Volunteering and more!



Enriching Lives, Strengthening Communities

Sponsored by

**UPSTATE**  
MEDICAL UNIVERSITY



## A Message from Your Oasis Director

Dear Friends,

More and more research proves that participation in lifelong learning is one of the keys to successful aging, and so it gives me great pleasure to present our Fall 2019 Oasis catalog. You'll see some familiar fitness classes repeated as well as some new topics like the History of Green Lakes, Amazing Women in History, and The Digital Safety Seminar (in collaboration with AT&T) to help keep you safe on the internet.

You may also notice the return of our nationally recognized State of the Union series. We are proud of this series and forever grateful to the series founder, Annette Guisbond. For that reason, we are honoring Annette by updating the series name to "State of the Union: The Annette Guisbond Legacy Series." For years Annette developed the series using her many connections throughout the community to deliver current and informative programming to standing-room-only crowds. We hope this series will be reflective of that quality and continue the tradition while honoring Annette for all that she has done for Upstate Oasis.



These are exciting times at Oasis, and I hope you will share in our excitement as well as take advantage of ALL that we have to offer to help you remain active, engaged and aging well. Whether you take a class, tutor a child or volunteer at the center, this is YOUR time to continue your lifelong adventure at Oasis!

Looking forward to seeing you,

Cynthia Woods  
Executive Director

## National News

The Oasis Institute • Fall 2019



If you participate in lifelong learning classes, health and wellness programs or engage in volunteer opportunities with Oasis, you're in good company! Nationwide, Oasis is a resource for thousands of older adults who are looking for ways to keep learning, stay active and healthy and give back. Oasis reaches a broad audience of **more than 250 communities** through **nine education centers** and a national network of **over 700 partners in 23 states**.



### Check out our national impact in 2018:



**32,000**  
adults



**140,000**  
class enrollments



**6,100**  
volunteers



**332,100**  
volunteer hours

Learn more about Oasis national and local impact in our 2018 Annual Report online at [annualreport.oasisnet.org](http://annualreport.oasisnet.org).

*Click on your city to read great stories about what's happening locally!*

# WELCOME TO OASIS

## Our Mission

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Oasis is a national education organization dedicated to enriching the lives of mature adults. Offering challenging programs in the arts, humanities, health, science, technology and volunteer service, Oasis creates opportunities for people to continue their personal growth and serve their communities.

## Our Address

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### Oasis

6333 State Route 298

East Syracuse, NY 13057

**Telephone:** (315) 464-6555

**Fax:** (315) 464-6564

**Internet:** [www.oasisnet.org/Syracuse-NY](http://www.oasisnet.org/Syracuse-NY)

**GPS address:** 6333 Carrier Parkway  
East Syracuse, NY 13057

## Oasis Staff

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**Sandy Roberts, Administrative Assistant**

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## Joining Oasis

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Join Oasis by completing and mailing in the new member application on page 46, in person at the Oasis center, by phone (315-464-6555), or online at [www.oasisnet.org/Syracuse-NY](http://www.oasisnet.org/Syracuse-NY). There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, gender, race, religion or background. The spouse of an Oasis member may join Oasis regardless of age.

## Hours

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**Monday-Friday 9 a.m.-5 p.m.**

Oasis will be closed September 2, 30, October 9, 14 and November 27-29, 2019.

## Sponsors

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Oasis is a non-profit education organization locally sponsored by Upstate Medical University. Syracuse Oasis is affiliated with the Oasis Institute, the national Oasis headquarters in St. Louis.

## Volunteer Opportunities

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Volunteers are the key ingredient in the success of Oasis. Opportunities include office staff, class coordinator, intergenerational tutor, instructor and more. Please see page 39 for details.

## Registration

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Please see registration procedures on page 51.

## Class Evaluation

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We welcome feedback on all classes and activities.

Please complete class evaluation forms available at the reception desk.

## Fees

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There is no charge to become a member of Oasis. There is a \$15 processing fee for class registration each trimester. Class and material fees vary and are listed under each course description. Fees are due at the time of registration and are non-refundable unless Oasis cancels a class. If you have jury duty or a medical reason that prevents you from attending class, you may be eligible for an Oasis credit. Cancellation requests must be made 48 hours prior to the start of class. Please note: Military Veterans are always exempt from the \$15 processing fee. Thank you for your service.

## Disclaimer Notice

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Opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations or partners.

## Ear Buds

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Difficulty hearing in class? Ear buds are available at the reception desk for member use.

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## Benefits of Oasis Membership

Oasis offers members many opportunities to learn, try something new, volunteer, make friends and have fun. In addition to hundreds of courses each year, diverse volunteer options, and healthy social engagement, your free membership provides many more specific benefits. Did you know about the following perks and programs?

- **Free concerts and other free or low-cost classes:** All music concerts are now free and open to everyone; dozens of other classes from \$0-\$9 are also exempt from the registration processing fee.
- **Guests:** Many classes welcome guests (non-members), who pay only the designated class fee. So find a class and bring a friend! Not applicable for fitness classes or fully enrolled classes.
- **Community partnerships:** Information on our partners (e.g., resources for seniors, arts & cultural organizations) is posted on our bulletin board and free to take from the tables in our front lobby. Symphoria and the Redhouse offer Oasis members discounts on performances; check details at the front desk.
- **Off-site locations:** A growing list of off-site locations in our community provide space and sometimes instruction for Oasis classes, to broaden our reach and diversity so more people can attend our programs.
- **Travel:** More day trips and longer outings to more distant destinations (including foreign countries) are scheduled each trimester, with tour guides.
- **Connection to Upstate:** Our main sponsor provides information on health topics and medical treatments through Oasis classes, HealthLink seminars, and *Upstate Health* and *Cancer Care* magazines, plus invitations to participate in research and clinical trials.
- **Veterans:** In honor of their military service, the registration processing fee is waived for veterans.
- **Scholarship assistance to qualified applicants:** Check with Executive Director Cynthia Woods.
- **Art Walls:** A continuous art exhibit program displays the work of Oasis artists.
- **Gift Certificates:** Oasis Gift Certificates, which do not expire, may be purchased in person or online via a registration form.



## ARTS & HUMANITIES

### The Best of Step-by-Step Painting 101

*Evelyn Fiorenza, MS education, Syracuse University, teaching artist*

Over the past ten years you have probably missed a step-by-step painting class that you really wanted to take. This is your chance to paint that picture. There is a large selection of favorites for you to choose from on display in the Art Room. Some are very good for beginners and others are challenging. You decide! There may even be time to paint more than one. A materials list will be available upon registration.

Tuesdays	Sep 17 - Oct 22	1:00 - 3:00
Fee: \$65	6 sessions	Oasis Studio

### Acrylic/Oil Painting Workshop 102

*Jean B. Somlo, MA art education, Syracuse University, retired art teacher, exhibiting artist*

Join us in rendering representational or abstract subjects using your choice of photo reference, imagination or actual still-life arrangements. Participants at all skill levels are welcome. Attention will be given to individual needs in a relaxed and encouraging atmosphere. **Note: Bring available supplies, and supplement if needed after the first class. Include paints, brushes, palette, solvent container and support (stretched primed canvas, canvas panel or canvasette paper) in the size of your choice.**

Fridays	Sep 20 - Oct 25	1:00 - 3:30
Fee: \$78	6 sessions	Oasis Studio

### Floral Painting with Alcohol Inks and Acrylics 103

*Off-Site*

*Evelyn Fiorenza, MS education, Syracuse University, teaching artist*

Alcohol inks are vivid and lend themselves beautifully to mixed media applications. In this class you will learn how to create a vibrant floral painting. You can follow along with the instructor or create your own design. Stencils will also be available for those who prefer not to draw. We will use a method best described as "negative painting" to highlight the vibrancy of the inks. A sample will be on display this summer. A materials list will be available upon registration. **Note: Class meets at the Everson Museum Education Center, Lower Level, 401 Harrison Street, Syracuse, 13202. At the bottom of the stairs take a right and then another right. Free parking is available to visitors in the Harrison Street lot. Reduced parking (\$2.50) is available in the Oncenter open lot and garage across from the Museum on Harrison Street. Tickets can be validated at the Visitor Services Desk.**

Wednesdays	Oct 30 - Nov 13	1:00 - 3:00
Fee: \$35	3 sessions	Everson Museum of Art

## ONLINE REGISTRATION BEGINS AUGUST 26!

### Pastels Studio 104

*Jean B. Somlo, MA art education, Syracuse University, retired art teacher and exhibiting artist*

Chalk pastels are a vibrant and beautiful medium providing immediate results. In this class we will work from photo reference material, imagination or still life set-ups as we explore the exciting possibilities of chalk pastel art. Join the fun in this encouraging, supportive and relaxed atmosphere. Attention will be given to individual needs, and participants at all skill levels are welcome. **Note: Bring what you have in chalk pastels and appropriate paper. Recommendations for materials will be given at the first class, after which you may wish to supplement your supplies.**

Tuesdays	Oct 29 - Dec 3	1:00 - 3:30
Fee: \$78	6 sessions	Oasis Studio

### Four-Season Framed Sampler 105

*Phyllis Haenichen and Alice Putzer, paper crafts instructors*  
Follow a very special tree through the four seasons. We will use stamping techniques with wonderful and rich colored inks to create a sampler suitable to hang in a special place. Four individual pieces will be created to go into a matted frame. No experience necessary. All supplies including matted frame provided. Sample in Oasis lobby by 9/1/19.

Monday	Sep 23	9:30 - 12:30
Fee: \$60	1 session	Oasis Studio

### Gobble Time 106

*Rosanne Guidera, decorative painting instructor*

This project is sure to bring you joy! We will paint a whimsical turkey just in time for Thanksgiving! In this class you will learn many new techniques with acrylic paint. Some painting experience is helpful but not necessary. This project will be on display prior to registration. **Note: a fee of \$8 is payable to the instructor at the first session for the surfaces and paint needed to complete the project.**

Tuesdays	Oct 22 - Nov 12	3:30 - 6:00
Fee: \$50	4 sessions	Oasis Studio

**CHECK IN**  
at the front desk for all classes

## ARTS & HUMANITIES

### Art History for You

107

Jacqueline Belfort-Chalat, emeritus professor and chair of Fine Arts Department, Le Moyne College, figurative artist and writer in the field of visual arts

Join us for a discussion that compares Baroque artists Rembrandt and Velazquez. Discover the difference between Mannerism and the Baroque periods. The instructor will also explore abstract artists Picasso and Mondrian and how they arrived at their visions.

Wednesdays	Oct 23 - Nov 20	10:00 - 11:30
Fee: \$40	4 sessions	Oasis Lecture Hall
No class 11/13		

### Private Piano Lessons

Off-Site 108

Lynn Moroz, BM SUNY Oswego, MM Cincinnati Conservatory of Music, certified Suzuki piano instructor, 30 years experience teaching piano, music theory and history  
This is for those who want private piano lessons! Instructor Lynn Moroz is offering 12 private piano lessons in 45-minute segments. Lessons are available from beginner through advanced levels and will be offered on a first-come first-served basis. Enrolled students are allowed one make-up lesson. Lessons cancelled by a student on a lesson day will not be made up. Please inform the instructor of any conflicts in advance, so lessons will run smoothly.  
**Note: Instructor has four 45-minute openings available on Wednesdays 10:30-11:15 a.m., 11:15 a.m.-12:00 p.m., 12:00-12:45 p.m. and 12:45-1:30 p.m. Please call instructor for a lesson time at (315) 529-6565. Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Wednesdays	Sep 18 - Dec 11	10:30 - 1:30
Fee: \$320	12 sessions	Artist Pianos
No class 11/27		

### Piano Lessons (Level 2)

Off-Site 109

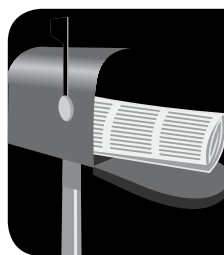
James Vatter, BM College of St. Rose, MM/MS Syracuse University, post graduate study at Eastman School of Music, certified piano instructor for children and adults

This class is for those who have finished Book 1 of Faber Adult method. **Prerequisite: Level 1-B or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Thursdays	Sep 19 - Dec 12	9:15 - 10:00
Fee: \$150	12 sessions	Artist Pianos
No class 11/28		

## WAITING LIST REMINDER

If you are placed on a wait list, do not come to attend class unless called by Oasis to do so. Please call if you are in doubt.



## HAVE A SEASONAL ADDRESS?

Notify the front desk so that you can receive Oasis catalogs even when you are away.

### Piano Lessons (Level 2-A)

Off-Site 110

James Lee Vatter: see bio for class #109

This class is for those who have finished Book 1 of Faber Adult method. **Prerequisite: Level 2 or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Mondays	Sep 16 - Dec 9	9:15 - 10:00
Fee: \$150	12 sessions	Artist Pianos
No class 10/14		

### Piano Lessons (Level 2-B)

Off-Site 111

James Lee Vatter: see bio for class #109

This is a beginning-intermediate level class. We will continue working in Book 2 and cover solos and ensembles with music from various periods. **Prerequisite: Level 2-A or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Mondays	Sep 16 - Dec 9	10:00 - 10:45
Fee: \$150	12 sessions	Artist Pianos
No class 10/14		

### Piano Lessons (Level 2-C)

Off-Site 112

James Lee Vatter: see bio for class #109

This is a beginning-intermediate level class. We will continue working in Book 2 and cover solos and ensembles with music from various periods. **Prerequisite: Level 2-B or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Mondays	Sep 16 - Dec 9	11:00 - 11:45
Fee: \$150	12 sessions	Artist Pianos
No class 10/14		

### Piano Lessons (Level 2-D)

Off-Site 113

James Lee Vatter: see bio for class #109

This is a beginning-intermediate level class. We will continue working in Book 2 and cover solos and ensembles with music from various periods. **Prerequisite: Level 2-C or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Thursdays	Sep 19 - Dec 12	11:00 - 11:45
Fee: \$150	12 sessions	Artist Pianos
No class 11/28		

## Piano Lessons (Advanced Level 2) Off-Site 114

James Lee Vatter: see bio for class #109

This class covers more advanced reading and ensembles. This is a great class for those who have played before and want to play again. **Prerequisite: Advanced Level 1 or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Tuesdays	Sep 17 - Dec 10	11:00 - 12:00
Fee: \$180	13 sessions	Artist Pianos

## Piano Lessons (Level 3) Off-Site 115

James Lee Vatter: see bio for class #109

This is an intermediate level class that will focus on developing reading and technical skills. Solo and ensemble music of various styles will be learned. **Prerequisite: Level 2-B or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Wednesdays	Sep 18 - Dec 11	1:30 - 2:30
Fee: \$170	12 sessions	Artist Pianos
No class 11/27		

## Piano Lessons (Level 3) Off-Site 116

James Lee Vatter: see bio for class #109

See description for class #115. **Prerequisite: Level 2-B or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Thursdays	Sep 19 - Dec 12	10:00 - 11:00
Fee: \$170	12 sessions	Artist Pianos
No class 11/28		

## The Basics of Music Theory 1 Off-Site 117

Lynn Moroz, MM, Cincinnati Conservatory of Music, private piano instructor

In this course you will learn the basic rudiments of music, including musical notation, scales, chords, key signatures, rhythm, etc. Whether you're a singer, instrumentalist or avid music listener, you will gain the knowledge needed to better understand the big picture of the language of music. **Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Tuesdays	Sep 17 - Dec 3	10:00 - 11:10
Fee: \$111	12 sessions	Artist Pianos

## LOCATION, LOCATION, LOCATION

We have several off-site class locations, so please check the location of each class you register for, and remember to go to that location for that class!

## REMINDER

Due to the overwhelming popularity of Oasis concerts, please be sure to pre-register to ensure your seat.

## The Basics of Music Theory 3 Off-Site 118

Lynn Moroz, BM SUNY Oswego, MM Cincinnati Conservatory of Music, certified Suzuki piano instructor, 30 years experience teaching piano, music theory and history  
Music Theory 3 further explores the concepts of key, intervals, chords, cadences, ear training, musical form and some music history. Broaden your musical horizons in this relaxed, informative and interactive class setting!  
**Prerequisite: Music Theory 2 or permission of the instructor. Note: Meets at Artist Piano, 5780 Celi Drive, East Syracuse 13057.**

Tuesdays	Sep 17 - Dec 3	11:20 - 12:30
Fee: \$111	12 sessions	Artist Pianos

## Duoplicity 119

Robert Auler, pianist; and Trevor Jorgensen, clarinetist  
Duoplicity features two performers and two musical styles in a delightfully diverse concert. Trevor Jorgensen performs classically as a clarinetist and as a jazz artist on the saxophone. Robert Auler appears as pianist as the musicians tackle jazz standards, new compositions, and classical chamber music favorites. Duoplicity has performed throughout the world, including appearances in Korea, South Africa and Argentina. **Note: Concerts are open to both members and non-members of all ages and are free and exempt from the \$15 processing fee.**

Thursday	Oct 17	1:30 - 2:30
Free	1 session	Oasis Lecture Hall

## Robert Auler, Piano 120

Robert Auler, pianist

Robert Auler, an award-winning pianist, has performed on six continents. Professor of piano and department chair at SUNY Oswego, Auler also coordinates the Oasis concert series. This concert includes commentary from the stage and lighthearted conversation with the audience afterwards. **Note: Concerts are open to both members and non-members of all ages and are free and exempt from the \$15 processing fee.**

Thursday	Nov 14	1:30 - 2:30
Free	1 session	Oasis Lecture Hall

## ARTS & HUMANITIES

### Oasis String Ensemble 121

Steve Frackenhohl, *BM music education Ithaca College, MM music theory Crane School of Music, SUNY Potsdam, retired music teacher, writer and arranger*

This is a group of string players who play music of Bach, Vivaldi, Mozart and others, as well as Celtic tunes and holiday music. It is open to anyone who plays violin, viola, cello or string bass, both those who have recently started and those who may have played in the past and wish to start again. Join others to play the music you love!

<b>Tuesdays</b>	<b>Sep 17 - Dec 10</b>	<b>1:00 - 2:30</b>
<b>Fee: \$78</b>	<b>13 sessions</b>	<b>Oasis Lecture Hall</b>

### Men of Note 122

Frank Ricciardiello, *director Men of Note*

Attention, men: Are you interested in singing songs of the 50s, 60s and 70s? We have a wonderful opportunity for you! Join us and sing some favorites of the past decades. Reading music is helpful, but not required for this course.

<b>Fridays</b>	<b>Sep 27 - Dec 13</b>	<b>1:30 - 3:00</b>
<b>Fee: \$33</b>	<b>11 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 11/29</b>		

### Oasis Mixed Chorus (SATB) 123

Linda Williams, *Oasis Chorus director*

Have fun singing in harmony—join the Oasis mixed chorus! In addition to learning songs and having a good time, we will focus on vocal techniques for the mature voice. Prior choral experience and some musical reading skills preferred but not required. We will be singing at events in the community.

<b>Mondays</b>	<b>Oct 7 - Dec 9</b>	<b>1:00 - 2:30</b>
<b>Fee: \$32</b>	<b>9 sessions</b>	<b>Oasis Lecture Hall</b>

### Community Spotlight Series (124, 125 & 126)

Diana Biro and Eric Rogers, *Oasis Advisory Council and Education Committee members*

This series focuses on issues and resources affecting our community and its quality of life, exploring challenges and opportunities shaping the Central New York of tomorrow.

## CLASSROOM ETIQUETTE

- Please arrive on time for your class.
- Please TURN OFF your cell phone.
- Please avoid colognes and perfumes.
- Please refrain from conversing with your neighbor during class.

### The Redhouse: the 2019-20 Season and On-Site Tour Off-Site 124

Samara Hannah, *executive director, and Hunter Foster, artistic director, Redhouse Arts Center*

Our Redhouse hosts will introduce the 2019-20 season at this new arts complex, explaining how the plays were selected and cast, describing what the center has to offer, and sharing stories about their theater experiences. A recent community partner of Oasis, the Redhouse gives our members discounts on select shows. After the lecture and Q&A, a guided tour will offer a first-hand look at the newly renovated facility. **Note: Class is exempt from the \$15 processing fee. Meets at the Redhouse, 400 South Salina Street, Syracuse. A parking garage is available at the Center.**

<b>Wednesday</b>	<b>Sep 18</b>	<b>1:00 - 3:00</b>
<b>Fee: \$9</b>	<b>1 session</b>	<b>Redhouse Arts Center</b>

### Syracuse Stage: the 2019-20 Season 125

Robert Hupp, *artistic director, Syracuse Stage*

Bob Hupp will preview the 47th season of Syracuse Stage for us. Now in his 4th year at the helm, Bob will discuss the specific plays on the schedule along with play selection and casting, production design, and his various roles at Stage including directing two plays this spring. Join us for an insider's view of how our local professional theater company creates its stage magic. "Show-Biz" Bob always has some interesting behind-the-scenes stories to share, and there will be time throughout for Q&A. **Note: Class is exempt from the \$15 processing fee.**

<b>Wednesday</b>	<b>Oct 2</b>	<b>10:00 - 11:30</b>
<b>Fee: \$9</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

### Syracuse Stage Tour Off-Site 126

*Syracuse Stage staff*

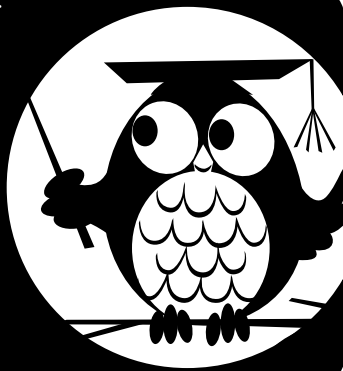
Join us for a guided tour behind the curtain at Central New York's premier professional theater! Everything you see onstage is made by Syracuse artists—costumes, lights, set and sound. Discover where the magic happens and see the art of theater from a "backstage" perspective. **Note: Class is exempt from the \$15 processing fee. Meets at Syracuse Stage, 820 East Genesee Street, Syracuse, located at the corner of East Genesee and Irving Avenue.**

<b>Wednesday</b>	<b>Oct 23</b>	<b>2:00 - 3:30</b>
<b>Fee: \$9</b>	<b>1 session</b>	<b>Syracuse Stage</b>



Whooo... will miss out if they don't register early? You will — because the class you want may be filled OR it could be cancelled due to low enrollment.

**SIGN UP TODAY!**



### Rediscovering Arturo Toscanini: 127 A Profile in Courage, Integrity and Musical Revolution

*John Harvith, BA, music history, JD, coauthor, Edison, Musicians, and the Phonograph, former professional music critic; interviewer of legendary musicians. Assisted by Susan Harvith, MMP museum practice, former SU faculty member, and interviewer of historic media figures*

Active as a conductor from 1886 to 1954, Arturo Toscanini ignited a musical revolution. Though diminutive in physical stature, in the opinion of most musicians of his time, he towered over other conductors in the quality of his performances. Born in Italy in 1867 during the age of Verdi, Wagner, and Brahms, he changed the course of performance style in ways that reverberate today. His white-hot intensity brought music to blazing life, electrifying audiences. Known as an autocrat on the podium, Toscanini symbolized political freedom in the West as a fearless anti-Fascist, defying Mussolini, refusing to conduct in Nazi Germany, and leading the first concerts of the all-Jewish-refugee Palestine Symphony [now the Israel Philharmonic] in 1936.

This course will trace the conductor's career from his days at La Scala through his NBC Symphony years with fresh information gleaned from John Harvith's interviews with Toscanini musicians. It will re-examine the Maestro's legacy by comparing and contrasting rare Toscanini concert and rehearsal recordings and video footage with performances by other renowned musicians of his time and ours. It will explore Toscanini's role in the history of recording and radio, as well as the corporate mentality and machinations that were at work behind the scenes [and behind his back] during his NBC years. And, most importantly, it will teach students to discern those qualities that made Toscanini a uniquely transformative figure in musical, cultural, and political history.

<b>Tuesdays</b>	<b>Sep 17 - Oct 22</b>	<b>3:00 - 5:00</b>
<b>Fee: \$40</b>	<b>5 sessions</b>	<b>Oasis Lecture Hall</b>

### Six Classic "Warhorses" 128

*Frank Macomber, PhD, emeritus professor of fine arts, Syracuse University*

Revisit six classical instrumental compositions that have achieved an authentic cult status with performers and audiences: symphonies by Dvorak and Tchaikovsky, concertos by Mendelssohn and Rachmaninov, a symphony poem by Debussy, and a string quartet by Ravel, plus a sprinkling of special shorter works.

<b>Wednesdays</b>	<b>Oct 23 - Dec 4</b>	<b>12:30 - 2:30</b>
<b>Fee: \$42</b>	<b>6 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 11/27</b>		

### Wagner: His Life and the Musical Drama *Gotterdammerung* 129

*Kaye Lindauer, MS, MLS, MDIV, former instructor, Syracuse University, workshop leader, freelance storyteller, Special Studies faculty, Chautauqua Institution*

Richard Wagner was a very complex man as well as a genius at composing music and writing librettos for his operas. We will address the question: "Can art transcend prejudice?" A close study of the last opera in the Ring Cycle will include a retelling of the story of Siegfried and Brunnhilde with a commentary based on Jungian psychology. This opera is also known as *Twilight of the Gods*. Excerpts from multiple productions will be included, as well as an introduction to the leitmotifs used in the Ring Cycle.

<b>Thursdays</b>	<b>Nov 14 - Dec 12</b>	<b>9:30 - 12:00</b>
<b>Fee: \$64</b>	<b>4 sessions</b>	<b>HealthLink Room</b>
<b>No class 11/28</b>		

### The Ghost in the Movies 130

*Frank Calidonna, MS, photographer, retired art teacher, media production and IT specialist and instructor, Mohawk Valley Learning in Retirement program*

Are you intrigued by things that go bump in the night? Do you enjoy a chilly tale well told? This will be more a discussion group than a class. We often go to the theater and watch films in silence and then go home. If we do talk about movies it tends to be in the form of either wild approval or disappointed disapproval. Eight classic ghost films will be shown. Participants bring their own feelings and beliefs to the subject and hopefully will share their reactions to the films with the group. Films to be discussed include *The Uninvited*, *The Haunting*, *The Changeling*, *The Woman in Black (1983)*, *The Woman in Black (2012)*, *The Orphanage*, *The Innocents* and *Burnt Offerings*.

<b>Thursdays</b>	<b>Sep 19 - Nov 7</b>	<b>1:00 - 3:00</b>
<b>Fee: \$56</b>	<b>8 sessions</b>	<b>HealthLink Room</b>

**Through the Movie Lens: Views on Aging** Off-Site 131

*Judith Huober, director of Syracuse Jewish Family Service at Menorah Park, clinical mental health counselor*

Like movies? Interested in aging and how society looks at it? Got some questions and quandaries of your own about aging that you'd like fresh insight on? Join this class to view and discuss films that raise useful and interesting issues and offer some thoughts, a bit of wisdom, and even gentle critiques on the usual portrayals of aging. Enjoy group discussions about the depiction and contribution of aging in intergenerational and family relationships. Films to be presented are *A Mid-August Lunch*, *Monsieur Ibrahim*, *The Whales of August*, and *The Trip to Bountiful*.

**Note: Course meets 9/22, 10/20, 11/17, 12/15. Class location is the Anne and Hy Miller Theater in the Arts and Minds Community Room at Menorah Park. Students can park free in the lot in front of the Menorah Park main entrance. Please be aware that Menorah Park is a kosher facility and no food or drink can be brought into the site. Food and beverages can be purchased at Menorah Park.**

<b>Sundays</b>	<b>Sep 22 - Dec 15</b>	<b>3:00 - 5:30</b>
<b>Fee: \$40</b>	<b>4 sessions</b>	<b>Menorah Park</b>

**LOCATION, LOCATION, LOCATION**

We have several off-site class locations, so please check the location of each class you register for, and remember to go to that location for that class!

**Looking for Silver Linings on the Silver Screen: Sterling Films that Lifted the Spirit of Depression-Era America, 1931-1934** 132

*Susan Edwards Harvith, MMP museum practice, University of Michigan, former Syracuse University faculty member, and interviewer of legendary film and television figures. Assisted by John Harvith, BA & JD, U-M, former exec. dir., National Media Relations, SU*

In the depths of the Great Depression, American filmmakers offered suffering audiences relief from the daily deprivations of life in the early 1930s by producing some of the most creative, original films to emerge from Hollywood's Golden Age—screen works bristling with energy, verve, superb camerawork, art direction, and editing; sharp screenwriting; and unforgettable performances. This course will present in large-format screenings eight of these masterful cinema creations in genres ranging from musical, crime, and comedy to mystery, adventure, and domestic drama. The films include Ernst Lubitsch's *The Smiling Lieutenant* with Maurice Chevalier, Claudette Colbert and Miriam Hopkins; Josef von Sternberg's *Shanghai Express* with Marlene Dietrich, Clive Brook and Anna May Wong; William Dieterle's *Jewel Robbery* with William Powell and Kay Francis; Jack Conway's *Arsene Lupin* with John and Lionel Barrymore; Lowell Sherman's *She Done Him Wrong* with Mae West and Cary Grant; John Cromwell's *Ann Vickers* with Irene Dunne and Walter Huston; William Wellman's *Midnight Mary* with Loretta Young and Franchot Tone; and Richard Boleslawski's *Men in White* with Clark Gable, Myrna Loy, and Jean Hersholt. Instructor Susan Edwards Harvith will offer PowerPoint lectures that will analyze the style and technique of the films and the contributions of the artistic teams both in front of and behind the camera, and discuss the social and political atmosphere in which these classic works were made.

<b>Thursdays</b>	<b>Sep 26 - Nov 21</b>	<b>9:30 - 12:30</b>
<b>Fee: \$65</b>	<b>8 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 10/17</b>		



**SEVERE WEATHER OR EMERGENCIES**

In the event of severe weather or emergencies, Oasis class cancellations will be announced on a recorded message. Call (315) 464-6555 after 7 a.m. for details. Announcements will also be made on TV Channels 3, 5, 9, 10 and major radio stations.

**Please note: Oasis does not automatically close following the closure of a local school district.**

## There Ought to Be a Law: Justice and the Legal Profession in American Film, 1932-2002 133

Susan Edwards Harvith: see bio for #132

Lawyers as heroes, shysters, detectives, lone wolves or pioneers, and justice held hostage to prejudice, corporate greed or misogyny—Hollywood screenwriters have cast a wide net when portraying the legal profession, producing thrillers, mysteries, comedies, musicals and dramas. This course encompasses all of these genres in classic films that have stood the test of time, including Warren William as an immoral attorney in *The Mouthpiece* (1932) and as Perry Mason in *The Case of the Curious Bride* (1935; shown in class with the 1958 TV remake starring Raymond Burr), Spencer Tracy and Katharine Hepburn as dueling husband-and-wife lawyers in *Adam's Rib* (1949), James Stewart as a common-sense small-town lawyer in *Anatomy of a Murder* (1959), Joe Pesci (co-starring with Marisa Tomei) as a dim-witted defense attorney in *My Cousin Vinny* (1992), Henry Fonda and Lee J. Cobb as opposing jurors in *12 Angry Men* (1957), Julia Roberts as environmental activist and legal clerk Erin Brockovich in *Erin Brockovich* (2000), and slick song-and-dance lawyer Richard Gere (co-starring with Catherine Zeta-Jones, Renee Zellweger and Queen Latifah) in *Chicago* (2002). This course will feature large-format screenings and insightful, informal PowerPoint lectures that will discuss in detail the style, technique, and production of individual films while placing them within the cultural and political contexts of their times.

<b>Fridays</b>	<b>Sep 27 - Nov 22</b>	<b>9:30 - 12:30</b>
<b>Fee: \$65</b>	<b>8 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 10/18</b>		

## To Honor Military Veterans

The registration processing fee is waived for military veterans. Please indicate on your registration form that you are a veteran by checking off the veteran box at the top portion of the form. If registering online please let the front desk know.

## Golden Age of Sci-Fi Films: 1950s, Part 3 134

Len Sharp, MS, CAS, retired earth science teacher, recipient of a Creator Grant: *Sci-Fi in the Movies*, collector of sci-fi movies, adjunct professor, Le Moyne College; and Susan Sharp, MS, retired earth science teacher, visiting professor, SUNY ESE, Woodrow Wilson Fellow, Princeton

Join the instructors as they share fond memories of the 1950s Golden Age of science-fiction movies. Moviegoers of the period were treated to a plethora of classic sci-fi films in which the universe seemed inhabited by aliens bent on taking over Earth, enslaving its people and robbing its resources! Gems of the era include *The Day the Earth Stood Still* (1951), *Invasion of the Body Snatchers* (1956), *Journey to the Center of the Earth* (1959), and *The Blob* (1958). Some films, such as *This Island Earth* and *20 Million Miles to Earth*, were precursors of actual scientific developments. Some, *Abbot and Costello Go to Mars* and *The Three Stooges' Have Rocket Will Travel*, were classic sci-fi comedy. The class will view a full-length sci-fi film and then briefly discuss its positive and negative aspects, its scientific accuracy and its correlation with world events of the time. The first film will be *Invasion of the Body Snatchers*, followed by *Tarantula*. Participants will assist in selecting the films that follow. Take a journey through science fiction's Golden Age!

<b>Fridays</b>	<b>Oct 25 - Nov 8</b>	<b>1:00 - 3:00</b>
<b>Fee: \$38</b>	<b>3 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 10/25</b>		

## Feature Film: Into the Arms of Strangers: Stories of the Kindertransport 135

Diana Biro and Eric Rogers, Oasis Advisory Council and Education Committee members

This 2000 UK-US film, which won the Academy Award for Best Documentary, focuses on the unique British rescue mission just prior to the outbreak of WWII that saved the lives of over 10,000 mostly Jewish children. Known as the Kindertransport, this operation brought youngsters living in Nazi-held territory to Britain, where they were taken into foster homes and hostels to await the outcome of the war. Though expecting to be reunited with their families, most of these children never saw them again. Made in cooperation with the US Holocaust Memorial Museum, this powerful film weaves extensive rare footage, photographs, and artifacts with first-hand interviews of child survivors, rescuers and parents to tell their remarkable stories. Written and directed by Mark Jonathan Harris, narrated by Judi Dench. **Note: Class is exempt from the \$15 processing fee.**

<b>Thursday</b>	<b>Oct 17</b>	<b>9:30 - 12:30</b>
<b>Fee: \$9</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>



## ARTS & HUMANITIES

### Oasis Book Group

136

Wendy Davenport, MA, retired drama coach, high school and college English teacher, and Oasis leadership team member

Join our Oasis book group! This ongoing group meets monthly. Share and discuss your opinions with others. Books should be read prior to the meeting date. Books selected for this trimester are:

September 17: *The Silent Patient* by Alex Michaelides

October 15: *Transcription* by Kate Atkinson

November 12: *Where the Crawdads Sing* by Delia Owens

December 10: *Nora Webster* by Colm Tobin

**Note: Class meets 9/17, 10/15, 11/12 and 12/10. Bring suggestions for next trimester's titles to the first meeting.**

Tuesdays Sep 17 - Dec 10 10:00 - 11:00

Fee: \$16 4 sessions Oasis Studio

### Literary Satire

137

Wendy Davenport, MA British and American literature, retired drama coach, high school and college English teacher, and Oasis leadership team member

Satire: "A poem or prose work holding up human vices, follies...to ridicule or scorn." (Webster's Dictionary)

Authors throughout the ages have used satire to expose human vices and follies. Cervantes' *Don Quixote*, Swift's *Gulliver's Travels*, and Voltaire's *Candide* are some early exposés that still warrant study. Works by Mark Twain, Sinclair Lewis and Kurt Vonnegut, as well as exposés on manners and wars, comprise some of the myriad looks at topics that ridicule and reveal scandals and vices.

Examining a series of novels and highlighting essays and films, we will interpret how diverse and often entertaining satire can be. We will discuss Evelyn Waugh's *The Loved One*, Richard Hooker's *Mash*, John Kennedy Toole's *A Confederacy of Dunces*, Christopher Buckley's *Thank You for Smoking*, and Richard Russo's *Straight Man*. The variety of authors will illustrate the span of the genre and provide 20th century outlooks on irony and exaggeration of topical issues. With brief lectures, seminar discussions and film excerpts, we will explore the world of parody and caricature. **Note: Please read Waugh's *The Loved One* for the first session.**

Mondays Sep 16 - Oct 28 1:00 - 3:00

Fee: \$36 5 sessions Oasis Studio

No class 9/30 & 10/14

### Writing Stories from Your Life Off-Site 138

Carol Madar, creative writing instructor Onondaga Community College, CNS School District and North Syracuse community education programs, and writer

Explore the journey of writing about some vivid memories of your life. Re-discover events, experiences and images as an approach to creating pieces of narrative or fiction. Both new and experienced writers will gain ideas, techniques and structure to guide them in the process of personal writing. Members will be encouraged to share their writings with the group in this positive and supportive environment. **Note: Meets at Fayetteville Senior Center, 584 East Genesee Street, Fayetteville 13066. Meets 9/17, 10/1, 10/15, 10/29 and 11/12.**

Tuesdays Sep 17 - Nov 12 3:30 - 6:30

Fee: \$62 5 sessions Fayetteville Senior Center

### Creative Writers Workshop 139

Carol Madar, creative writing instructor Onondaga Community College, CNS School District and North Syracuse community education programs, and writer

Sometimes creative writing flows on the wings of your muse. Sometimes it is a struggle to put words to the page. The process can differ day to day, person to person. "In the end, we'll all become stories" (Margaret Atwood). A supportive environment in the presence of other artists is a good place to begin or continue in the here and now. This class provides exercises and techniques in a variety of genres to help you on your writer's journey. "Creativity is intelligence having fun" (Albert Einstein). Join us as you are guided by your muse with your steps on the path. **Note: Meets 9/26, 10/10, 10/24, 11/7 and 11/21.**

Thursdays Sep 26 - Nov 21 9:30 - 12:30

Fee: \$62 5 sessions Oasis Conference Room

No class 10/3, 10/17, 10/31, 11/14

### Signs and Symbols from Heaven 140

Lisa McCall, certified reiki practitioner, certified angel card reader, and trained certified spiritual intuitive

Learn the many ways our angels, guides and loved ones in spirit communicate with us on a daily basis. Discover the meaning of colors, numbers and symbols used by the spirit world to give us messages. Create your own journal of symbols to begin communicating. You will notice messages all around and will confidently interpret them not only for yourself but also for others. We will have interactive exercises and games to make learning simple. This course is for beginners as well as advanced readers. **Note: Students will need to bring a pen and notebook.**

Mondays Sep 16 - Oct 7 3:30 - 5:30

Fee: \$60 3 sessions Oasis Studio

No class 9/30

**CHECK IN**  
at the front desk for all classes



**Symbolism of the Tarot 141**

*Lisa McCall, certified reiki practitioner, certified angel card reader, and trained certified spiritual intuitive*

Whether you are new to Tarot, an advanced reader, or just curious, this class is for you. Participants will look at the many symbols on the cards of the Tarot deck. We will discover together many hidden meanings and signs. This class will help you to give meaning to symbols that you may find in everyday life as well. **Note: Students will need to purchase Tarot cards for class (Rider-Waite recommended) and bring a pen and notebook. October 10 session meets in the Lecture Hall.**

<b>Thursdays</b>	<b>Oct 10 - Oct 24</b>	<b>3:30 - 5:30</b>
<b>Fee: \$60</b>	<b>3 sessions</b>	<b>HealthLink Room</b>

**Understanding the Journey of Our Souls 142**

*Lisa McCall, certified reiki practitioner, certified angel card reader, and trained certified spiritual intuitive*

Learn about the journey of our souls. Where did we come from? Why are we here? Discover the different levels of souls and realms of heaven. We will have a discussion on life in the spirit world and what souls do there. Find out why “souls” sign up for this journey in the physical world. A past life guided meditation allows participants to glimpse into one of their own past lives. A guided meditation helps connect with higher self-spirit guides. **Note: Students will need to bring a pen and notebook.**

<b>Mondays</b>	<b>Nov 11 - Nov 25</b>	<b>1:00 - 3:00</b>
<b>Fee: \$60</b>	<b>3 sessions</b>	<b>Oasis Studio</b>

**Shamanic Journey and Meditation 143**

*Monique Lang, LCSW-R, psychotherapist and practitioner of shamanic traditions for over 15 years*

Discover the benefits of shamanic meditation, also known as shamanic journey. This practice allows you to connect with your inner guidance and receive information about questions or concerns you have. Participants will have the opportunity to connect with guides, ancestors, higher wisdom or power animals. Meditation will be accompanied by rhythmic drumming, similar to a heart beat, that provides support for your inner journey. Leave the class feeling relaxed and clear-minded. No experience necessary. Long-time meditators are welcome.

<b>Mondays</b>	<b>Sep 23 - Oct 7</b>	<b>3:15 - 4:30</b>
<b>Fee: \$30</b>	<b>2 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 9/30</b>		

**Meditation for Beginners 144**

*Virginia R. Waldron, MS transpersonal psychology, certified hypnotist, certified instructor in hypnosis*

The goal of meditation's first stage is to reduce mental distractions and create the opportunity for our minds to become clear and calm. This can be accomplished by practicing a simple breathing meditation. Patient practice will allow us to let go of the stress and focus of daily routine and move our concentration to inner peace and calm. This level of quiet breathing is a preliminary stage of meditation, but a powerful one. Much stress and tension we experience come from the mind, and many problems we have, including ill health, are caused or aggravated by stress. By practicing slow breathing meditation for a few minutes each day, we are able to reduce stress and tension and improve quality of life and health. No special tools are needed—just a few moments of time and the intent to find a better way to live.

<b>Tuesday</b>	<b>Sep 17</b>	<b>10:00 - 12:00</b>
<b>Fee: \$24</b>	<b>1 session</b>	<b>HealthLink Room</b>

**What Really Is and Really Matters: Linking Compatible Truths of Science and Religion 145**

*Ronald Cavanagh, ThD, professor emeritus, Department of Religion, Syracuse University*

This course considers the admonition: know reality now, that you may understand and realize its significance for life. We will explore how linking the compatible truths of science and religion, knowledge and wisdom, can yield a more just and healthy future.

<b>Tuesdays</b>	<b>Sep 17 - Oct 22</b>	<b>1:00 - 3:00</b>
<b>Fee: \$48</b>	<b>6 sessions</b>	<b>HealthLink Room</b>

**Religions of Interiority: Selected Mysticism East and West 146**

*Richard Pilgrim, PhD, professor emeritus religious studies, Syracuse University*

This will be a course on comparative mysticism featuring selected examples from the West (primarily Christianity) and from the East (primarily Buddhism). Some attention will be given at the end of the course to contemporary spirituality movements (e.g., yoga and mindfulness) as reflecting these earlier contemplative traditions.

<b>Fridays</b>	<b>Oct 11 - Nov 15</b>	<b>10:00 - 12:00</b>
<b>Fee: \$62</b>	<b>6 sessions</b>	<b>Oasis Studio</b>

**ONLINE REGISTRATION  
BEGINS AUGUST 26!**

**WAIT LIST REMINDER**

If you are placed on a wait list, do not come to attend class unless called by Oasis to do so. Please call if you are in doubt.

**Soul Searching in Secular Society: Eight Contemporary Books for Our Quest** 147

*David E. Pasinski, M.Div., MA theology, MA marriage and family therapy, MA public administration*

“These are the times that try men’s souls.”

–Thomas Paine, 1776

There are many lenses through which to look at what we need to do to find our way in this soul-trying time. This course will use the following eight books in this order to assist in this task: *The Soul of America* (John Meacham), *Them* (Ben Sasse), *The New Jim Crow* (Michelle Alexander), *The Second Mountain* (David Brooks), *The Moment of Lift* (Michelle Gates), *Love One Another* (Arthur Brooks), *Let Love Have the Last Word* (Common), and one yet to be named. These works cut across the conservative-liberal spectrum and address some of our major societal divides. Participants do not need to read all of them but are encouraged to pick at least one. Summaries will be provided and each book will be discussed for an hour. There will be an unstructured hour in the middle of the course and at its end, if desired, for a presentation or brief discussion of other relevant books being read by participants. If not, we will compare these different approaches to how to live our lives.

<b>Tuesdays</b>	<b>Nov 12 - Dec 10</b>	<b>10:00 - 12:00</b>
<b>Fee: \$45</b>	<b>5 sessions</b>	<b>HealthLink Room</b>

**Rebecca: A Bride for Isaac** 148

*Kaye Lindauer, MS, MLS, MDIV, former instructor Syracuse University, workshop leader, freelance storyteller, Special Studies faculty, Chautauqua Institution*

The course will focus on the biblical story of how Rebecca came to be Isaac’s wife. The account from Genesis will be reviewed along with commentary from multiple sources. Additional topics include Rebecca’s early years, her motherhood and the betrayal of her husband. We will also discuss famous paintings inspired by this notable matriarch.

<b>Fridays</b>	<b>Dec 6 - Dec 13</b>	<b>1:00 - 4:30</b>
<b>Fee: \$45</b>	<b>2 sessions</b>	<b>HealthLink Room</b>

**The History and Archaeology of Ancient Egypt** 149

*Daniel Warne, MA, ancient Egyptian culture, archaeologist and Egyptologist, adjunct professor of history and anthropology, Onondaga Community College*

This course will provide students with a brief historical overview of ancient Egypt from the late Neolithic through the early Roman period. The instructor will address the major social, political, economic and religious developments that shaped the Nile Valley and surrounding cultures for 3,000 years. Topics will include: state formation, the age of pyramid building, the Middle Kingdom renaissance, rise of imperial Egypt, the tomb of Tutankhamun and Alexander the Great.

<b>Wednesdays</b>	<b>Oct 16 - Nov 13</b>	<b>3:30 - 5:30</b>
<b>Fee: \$48</b>	<b>5 sessions</b>	<b>HealthLink Room</b>

**Death, Burial and Mummification in Ancient Egypt** 150

*Daniel Warne, MA, ancient Egyptian culture, archaeologist and Egyptologist, adjunct professor of history and anthropology, Onondaga Community College*

This course will examine the ancient Egyptian cultural practices and religious beliefs associated with the afterlife. We will explore mummification, tombs and their construction and decoration, material culture and rituals. The instructor’s expertise in working with mummies and coffins, along with his past experimental research and knowledge of cutting-edge technologies, will inform a provocative cultural narrative of Egypt.

<b>Wednesdays</b>	<b>Dec 4 - Dec 11</b>	<b>3:30 - 5:30</b>
<b>Fee: \$30</b>	<b>2 sessions</b>	<b>HealthLink Room</b>

**Art Walls**

is a continuous art exhibit program that displays the work of Oasis artists on the walls of the Oasis hallways and classrooms.

Artwork to be displayed in the fall trimester should be dropped off at Oasis between August 26 and September 9.

### Donate to Our Scholarship Fund to Share Your Love of Oasis with Others.

Contact Oasis to donate at (315) 464-6555, or donate using your registration form and indicate scholarship donation next to the tax-deductible gift donation box.

### 1066: The Battle of Hastings and the Norman Conquest of England 151

*Carol Puschaver, MA English, former composition instructor and English/ESL tutor; public speaker, world traveler and amateur historian with a particular interest in Medieval and Renaissance Europe*

October 14 in the year 1066 proved to be a Saturday unlike any other before—or frankly, since. The battle and bloodletting that day radically changed the destiny not only of a kingdom-nation, but also a fledgling Europe. This course delves into the “hows” and “whys” that culminated in 1066: the Year of the Three Kings, the ominous “hairy star” and the tide-turning feigned retreat. Here is an opportunity to study the improbable-seeming victory that caused the sun to rise on one kingdom and set on another in one day. As Domesday Book and the Bayeux Tapestry attest, a new kingdom was in the ascendant and profound, lasting change descended on the peoples of Medieval Europe. **Please note: Students are encouraged to acquire the following book as a complement to course lectures: 1066: The Battle of Hastings: 2017 Medieval Warfare Special Edition by Kelly DeVries (ISBN 13-978-9490258177.) Used copies available online. A course-related bibliography will be available to students upon registration.**

Fridays	Sep 20 - Oct 4	10:00 - 11:00
Fee: \$24	3 sessions	Oasis Studio

### The Middle Ages I: Notable Women 152

*Terrence McGovern, PhD, emeritus faculty SUNY Cortland*  
This course is a brief overview of the major political, theological, and sociological movements of the Middle Ages in Western Europe, with a focus on the deeds and/or writings of famous (sometimes infamous) women of the period. The deeds and/or writings of these historical figures will be excerpted from primary sources. **Note: Class is exempt from the \$15 processing fee.**

Tuesdays	Oct 8 - Nov 5	10:00 - 12:00
Fee: \$40	5 sessions	Oasis Studio

### Amazing Women in History 153

*Susan Sharp, MS, retired earth science and astrobiology teacher, visiting instructor of astrobiology, SUNY ESF; and Len Sharp, MS, retired earth science teacher, adjunct instructor of education, Le Moyne College*

From powerful, ancient rulers such as Nefertiti and Zenobia and historical giants such as Anne Frank and Rosa Parks, to great pioneers of scientific endeavors like Marie Curie and Rosalind Franklin, women in history have led amazing lives that still influence women today. This course explores great women from ancient to modern times who have changed the course of history. Some were overlooked by scholars, and rarely remembered by the public. Yet these women had an impact on the world-changing laws, breaking scientific ground, and shattering gender barriers. Join us as we share their stories and celebrate their contributions.

Wednesdays	Nov 6 - Nov 13	9:30 - 11:30
Fee: \$28	2 sessions	HealthLink Room

### 17th Century Onondaga Lake 154

*Lt. Jon Anderson, Onondaga County Sheriff's Office historian; former historic site manager, Ste. Marie Among the Iroquois*

This presentation focuses on a description of Onondaga Lake and its environs by the 17th Century Jesuit missionaries that established the Ste. Marie mission there in 1656. The “Jesuit Relations” chronicles by these missionaries are some of the earliest written accounts of the lake. **Note: Class is exempt from the \$15 processing fee.**

Monday	Nov 4	1:00 - 2:00
Fee: \$9	1 session	Oasis Studio

### DON'T BE LATE!

Oasis classes start on time. Please be courteous to others and arrive early enough to check in and find a seat before class begins.





## ARTS & HUMANITIES

### The American Revolution OffSite 155

David Wright, MA American history, adjunct professor, Onondaga Community College and Columbia College; past living-historian, Brigade of the American Revolution – Butler’s Rangers, Frey’s Co.

This course will provide an analysis of the American Revolution during the 18th century. We will consider the causes and consequences of the colonial rebellion against the British Empire in North America, with a focus on the cultural, economic, military and political issues shaping the struggle for independence. Attention will also be given to the major Revolutionary War events that occurred in New York State and Central New York. **Note: Class meets in Le Moyne College’s Curtin Special Events Room, located in the lower level of Le Moyne’s Campus Center building. Free parking is available in parking lot C near the back entrance to the Campus Center building, near the intersection of Springfield Road and Fayette Blvd. A campus map is available online at <https://www.lemoyne.edu/Visit/Campus-Map>. Campus Center building is labeled with a number 8, and parking lot is labeled with a letter C on the online map. Class is being offered in collaboration with Center for Aging Resources and Enrichment (CARE) at Le Moyne College.**

<b>Fridays</b>	<b>Oct 11 - Nov 1</b>	<b>1:00 - 3:00</b>
<b>Fee: \$40</b>	<b>4 sessions</b>	<b>LeMoyne College</b>

### Opportunity Gained and Lost: 156 Black History 1840-1875

Charles Coon, retired social studies teacher; adjunct professor of history Onondaga Community College and SUNY Cortland

Join us for this series focusing on black history from 1840 through 1875. Session 1 will examine the resistance to an inherently immoral system: opposition to slavery from within and without. Session 2 will delve into protecting the “Peculiar Institution.” The law was on the slave owners’ side as supporters of slavery worked hard to come up with legal, social, moral and religious justifications for slavery. Session 3 will explore abolition and Dred Scott. The 1850s was “make or break” time for the institution of slavery, and everyone knew it, especially slave owners. In session 4, hear how the Civil War turned out to be a really bad idea for a slave owner. By the 1860s most of the Western world—with a couple of singular exceptions—had eliminated legal slavery, and no matter how you twist the facts, the Civil War would decide its future in the United States, notwithstanding the modern day myth of the “lost cause.” In the final session we will discuss the events that occurred from 1865 to 1875. Reconstruction ended up being “a bridge too far” for most white Americans, and newly freed black Americans saw the opportunities presented by Reconstruction go up in a puff of smoke.

<b>Tuesdays</b>	<b>Oct 29 - Dec 10</b>	<b>1:00 - 2:30</b>
<b>Fee: \$40</b>	<b>5 sessions</b>	<b>HealthLink Room</b>

No class 11/12 & 11/19

### The History of Railroads 157 and Railroading in North America

David Wright, MA American history, adjunct professor, Onondaga Community College and Columbia College; past special agent with the CSX Corporation and the NYSW Railway

Railroad history in the United States is almost as old as the country itself, dating back to the 1820s. This great nation—and our neighbors—would not have grown and prospered as they did without the railroads. After numerous ups and downs in the industry since the early 1900s, railroads today are making a comeback and are witnessing a renaissance. In this course we will look at the history of our nation’s—and continent’s—involvement with trains from their earliest beginnings until today.

<b>Fridays</b>	<b>Sep 20 - Oct 4</b>	<b>1:00 - 3:00</b>
<b>Fee: \$32</b>	<b>3 sessions</b>	<b>Oasis Lecture Hall</b>

### America’s Civil War 158 Ironclads: Revolutionizing the Way Naval Battles Were Fought

Len Sharp, MS, Civil War buff and collector of Civil War stories and facts; and Susan Sharp, MS, Civil War interests including medical practices utilized in battlefield hospitals March of 1862, during the American Civil War, saw battles on the world’s seas change forever! This class tells the story of the ironclads, beginning with the two celebrated ships: the Confederate CSS *Merrimac* and the Federal USS *Monitor*. Learn about their design and construction, crews, earlier battles, their famous naval engagement and its outcome. While the *Merrimac* was later destroyed by the Confederates, one can still observe the remains of the *Monitor* in the Mariner’s Museum, Newport News, Virginia.

Another Civil War development was the design, construction and deployment of the first ironclad submarine used in battle: the *Hunley*. The goal was for this sub to attach a torpedo to an enemy ship, producing a devastating explosion that would sink the vessel. Hear about the *Hunley*’s unique design, construction, crew, test dives, first and only battle, as well as the mystery of why the entire crew died on February 17, 1864, with all traces of the sub disappearing for 136 years. The submarine can be observed in its preserved state at the Hunley Exhibit in Charleston, South Carolina. (The *Hunley* was not officially designated a Confederate States Ship until 1999. Find out why.)

<b>Friday</b>	<b>Sep 20</b>	<b>10:00 - 12:00</b>
<b>Fee: \$20</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>



**Who Was Jack the Ripper?** Off-Site 159

*Norm Weiner, PhD, distinguished service professor emeritus of sociology, SUNY Oswego*

After over 130 years Jack the Ripper continues to fascinate us. So, who was Jack the Ripper? How many Ripper murders were there? Who were the victims? Whom did the police suspect? Was Jack a member of the royal family? Why wasn't anyone charged with the murders? Was there a cover-up? We'll discuss all this and more, including the Victorian police, the investigations, and recently suggested suspects. Dr. Weiner is a criminologist who has served as a consultant to police agencies in England and the U.S. He has been a member of the faculty at Bramshill, the British police staff college, and has had access to the Ripper files. **Note: Class meets in Community Room 1 at the Community Library of DeWitt & Jamesville, 5110 Jamesville Rd., Jamesville 13078. Class is exempt from the \$15 processing fee.**

Wednesdays	Oct 16 - Nov 20	10:30 - 12:30
Fee: \$42	6 sessions	Community Library DeWitt/Jamesville

**Kristallnacht: Herschel Grynszpan: The Forgotten Assassin** 160

*Alan Goldberg, PhD, professor emeritus, Syracuse University, coordinator, Regional Holocaust and Genocide Initiative and Spector/Warren Fellowship for future educators*

On November 7, 1938, Herschel Grynszpan entered the German embassy in Paris and assassinated Foreign Service officer Ernst vom Rath. The event provided the pretext for Kristallnacht, the Night of Broken Glass. This session will explore Herschel Grynszpan, what motivated his actions, what happened to him and what moral issues were raised by his act. We will also look at new information about the instigation and scope of Kristallnacht. **Note: Class is exempt from the \$15 processing fee.**

Friday	Nov 15	9:00 - 12:00
Fee: \$27	1 session	HealthLink Room

**From Korea to Vietnam: America, Asia and the Cold War, 1953-1962** Off-Site 161

*Tom Henry, MS, retired social studies/history teacher and historian*

As the Korean War wound down to its uncertain conclusion, the U.S. found itself challenged around the world by communist threats real and perceived. In the decade following Korea, Indochina would gain importance in our global view, but not in isolation. We will look at U.S. international policy after Korea and place the looming conflict in Vietnam in the perspective of the Cold War during the Eisenhower and Kennedy years. **Note: Meets at the Nottingham, 1301 Nottingham Road, Jamesville 13078.**

Tuesdays	Nov 12 - Dec 3	10:00 - 12:00
Fee: \$41	4 sessions	The Nottingham

**The U.S. and Vietnam: Phase I, the Build Up** 162

*Tom Henry, MS, retired social studies/history teacher and historian*

As the Eisenhower administration struggled with the Cold War, another Asian conflict challenged containment policy. Still trying to keep with Europe first, Ike was faced with growing problems in far-off Vietnam and closer to home in Cuba. American commitment to an independent, democratic South Vietnam in a changing world would slowly move toward the center of U.S. policy through the JFK administration. Join us as we examine the first phase of the Vietnam War through 1963.

Mondays	Nov 18 - Dec 9	3:15 - 5:15
Fee: \$41	4 sessions	Oasis Lecture Hall

**Presidents XXI: Into the New Century: Clinton and Bush (43)** Off-Site 163

*Tom Henry, MS, retired social studies/history teacher and historian*

The 1990s saw the blossoming of the internet, economic recovery and new global and domestic concerns. The first baby boomer president, Bill Clinton, brought exuberance and inexperience to the White House, leading to both policy victories and an embarrassing impeachment. His successor would face the worst terrorist attack in our history. George W. Bush would try to keep an economic boom growing while waging a war on terrorism. Join us as we look back at the '90s and into the early days of the new century, and examine how the presidency grew and responded to new challenges. **Note: Meets at the Nottingham, 1301 Nottingham Road, Jamesville 13078.**

Tuesdays	Oct 15 - Nov 5	10:00 - 12:00
Fee: \$41	4 sessions	The Nottingham

**Presidents XXII: After 9/11** 164

*Tom Henry, MS, retired social studies/history teacher and historian*

The Bush 43 presidency started under a cloud but the new president moved right on with his agenda until September 11, 2001. Suddenly America was in a different kind of war placing the president and the presidency in new territory. We will examine the George W. Bush presidency and begin the Obama presidency in this session. There is no need to have been in previous classes to enjoy this one!

Mondays	Oct 21 - Nov 11	3:15 - 5:15
Fee: \$41	4 sessions	Oasis Lecture Hall

**ONLINE REGISTRATION  
BEGINS AUGUST 26!**

## ARTS & HUMANITIES

### Policing the Erie Canal 165

*Lt. Jon Anderson, Onondaga County Sheriff's Office historian and author of "Orphan Canal Boys," American Jails Magazine*

This presentation focuses on law and order on the storied Erie Canal. Topics include the impact that the Erie Canal had on crime along its route, the orphaned canal boys, the Sabatarian Movement, canal code laws, and the canal's relationship with the Underground Railroad. **Note: Class is exempt from the \$15 processing fee.**

<b>Tuesday</b>	<b>Nov 19</b>	<b>10:30 - 11:30</b>
<b>Fee: \$9</b>	<b>1 session</b>	<b>Oasis Studio</b>

### Christmas at Ste. Marie 166

*Lt. Jon Anderson, Onondaga County Sheriff's Office historian; former historic site manager, Ste. Marie Among the Iroquois*

This presentation focuses on Old World French-European and New World practices associated with celebrating Christmas at the 17th Century French Jesuit mission Ste. Marie at Onondaga Lake. The presentation provides insights as to how Christmas might have been celebrated at the mission site, and in the native villages. Topics include the nativity story, the Christmas masses, the yule log tradition, the Reveillon, the crèche, the noels, the Christmas tree and the epiphany. **Note: Class is exempt from the \$15 processing fee.**

<b>Tuesday</b>	<b>Dec 3</b>	<b>10:30 - 11:30</b>
<b>Fee: \$9</b>	<b>1 session</b>	<b>Oasis Studio</b>

### A History of Green Lakes State Park 167

*David Wright, MA, American history, adjunct professor, Onondaga Community College and Columbia College; currently working on a manuscript on Nazi POWs in Central NY*

Green Lakes in Fayetteville, New York, has existed since the retreat of an ice age glacier many centuries ago. The two "plunge pool" lakes, Green Lake and Round Lake, are marvels of evolution, geology, limnology and chemistry. Alongside the scientific wonders of the lakes is the scenic beauty and the remarkable history of the area. This course will explore the past, present and future of Green Lakes from its historic use as a military tract following the American Revolution to a vibrant state park encompassing over 2,100 acres including camping, cabins and swimming.

<b>Mon. &amp; Wed.</b>	<b>Sep 16 - Sep 18</b>	<b>1:00 - 3:00</b>
<b>Fee: \$24</b>	<b>2 sessions</b>	<b>Oasis Lecture Hall</b>

### Some of the World's Most Curious and Mysterious Places: Part 2 168

*Len Sharp, MS, CAS, retired earth science teacher, presidential awardee in science teaching, adjunct professor Le Moyne College; and Susan Sharp, MS, retired earth science teacher, visiting professor SUNY ESF, Woodrow Wilson fellow, Princeton University*

This course is a continuation of Part 1 of the instructors' travels to some of the most curious and mysterious places on Earth. Regions visited were often related to Len's or Susan's domains— ancient history, social studies, geology, environment and geography. The instructors will also discuss several places on their travel "bucket list." Exotic sites to be covered include the Great Wall of China, Uluru, Dead Sea Scrolls cave, Roswell (UFO Incident 1947), Roman Colosseum, Cahokia Mounds and culture, King Arthur's Camelot, Moiche Pyramids of Peru, the Forbidden City of China, Pyramids of Teotihuacan, Anasazi of America's Southwest, Chichen Itza, Mesa Verde NP, Chaco Canyon NM, Olduvai Gorge, Tanzania (ascent of humankind), Spook Hill in Florida, Temple at Palenque, and more as time permits.

<b>Wednesdays</b>	<b>Sep 18 - Sep 25</b>	<b>10:00 - 12:00</b>
<b>Fee: \$30</b>	<b>2 sessions</b>	<b>Oasis Lecture Hall</b>

### History of Chocolate 169

*Veronique Bennett, French tutor, instructor for Planet French Association, native French speaker*

Chocolate, chocolate, mon amour. Where is it from? Who found it first? When did we find out about chocolate? Is it good or bad for your health? How is it made today? Which one is the best—French, Belgian, Swiss, English, Austrian or American? Discover its history and the facts about chocolate.

<b>Fridays</b>	<b>Nov 15 - Nov 22</b>	<b>12:30 - 2:30</b>
<b>Fee: \$22</b>	<b>2 sessions</b>	<b>Oasis Studio</b>

#### DID YOU KNOW...?

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**Would you like to be a tutor?**

Join the Oasis Intergenerational Tutoring Program. Tutors spend one or more days a week reading, writing and talking with students in grades K-3 at the Central Square, Jordan-Elbridge, Liverpool, Marcellus and Syracuse City Schools.

For more information contact Shelly Lee at (315) 464-1746 or at LeeShe@upstate.edu.

**Travels with Tom: Normandy, Great Cathedrals and a Little Bit of Paris** 170

*Tom Henry, MS, retired social studies/history teacher and historian*

Come join Caitlin and me on our latest venture, this time in France! We will visit some key sites of the D-Day invasion including Saint Mere Eglise, Utah, Gold and Omaha beaches, and many local sites. We then continue on to visit nine of the great cathedrals of northern France and some of the treasures in the towns that house these marvelous structures. We will end our time in Paris, especially enjoying Notre Dame just before the fire and a great day at the Louvre. Have some fun with us as we share highlights of another wonderful trip! **Note: Class is exempt from the \$15 processing fee.**

Thursday	Dec 5	10:00 - 12:00
Fee: \$5	1 session	Oasis Lecture Hall

**State of the Union: the Annette Guisbond Legacy Series** 171

*Hosted by Diana Biro and Eric Rogers, Oasis Advisory Council and Education Committee members*

Now in its 12th year, this program on national and regional issues continues in honor of Annette Guisbond, series creator and long-time facilitator. **Note: Accommodations cannot be made to attend single sessions of this course.**

**September 16: Onondaga County and the City of Syracuse: A Proud History, a Proud People, and a Promising Future**

*Ben Walsh, mayor of Syracuse, and Ryan McMahon, Onondaga County executive*

Our county and city now have an unprecedented alignment of leadership at the top. Ryan McMahon and Ben Walsh are working together to establish our region as a national leader in several important industries, make Syracuse the flagship "smart city" in New York State, and address poverty, infrastructure and economic development to transform our area for the 21st century. Guided by a common vision for our future, they will discuss their specific plans to move us toward a more prosperous, inclusive, and sustainable community.

**September 23: The U.S. Health Care System: Nearly Ten Years Post Obamacare**

*Tom Dennison, Ph.D., professor of practice emeritus, public administration, Maxwell School, Syracuse University*

It has been nearly 10 years since the Affordable Care Act (Obamacare) was enacted. It was intended to increase access to care, particularly for those most vulnerable, but has been the subject of politically-driven tinkering, which has eroded its intended impact. We will explore how Obamacare has fared and what is next for our health care system.

**October 7: UAVs and You: What is Happening in CNY and the Industry**

*Mike Hertzendorf, CEO, NUAIR, Jon Parry, director, GENIUS NY, and Jon Thies, CEO, Skyop*

This session describes the background of NUAIR (Northeast UAS Airspace Integration Research), the NY UAS (Unmanned Aerial Systems) Test Site at Griffiss International Airport, and the UAS ecosystem in Central New York. We will also learn about GENIUS NY, the world's largest business accelerator program in the UAS industry, which gives away \$3 million a year to different companies looking to move to CNY and to advance the UAS industry. Finally, we will hear about Skyop, a company that offers certification test prep and flight training for drones and small unmanned aircraft systems.

**October 21: Our Energy System: Now and Into the Future**

*Alberto Bianchetti, regional executive, and Chris Gorman, community and customer management, National Grid*

As the region's utility, National Grid's mission is to bring energy to life. This presentation will include an overview of the roles of the utility, independent generators, regulators and customers. Representatives will also explain National Grid's role in the transition to a clean energy economy, including renewable energy and electric vehicles.

**CLASSROOM ETIQUETTE**

- Please arrive on time for your class.
- Please TURN OFF your cell phone.
- Please avoid colognes and perfumes.
- Please refrain from conversing with your neighbor during class.



**October 28: Regional Economic Development: Moving Forward Together**

*Andrew Fish, senior VP, business development, Center State CEO, and other speakers TBD*  
 Center State CEO (Corporation for Economic Opportunity) is a not-for-profit, independent economic development strategist, business leadership organization, and chamber of commerce dedicated to the success of its members and the prosperity of the region. Speakers will provide an update on the Upstate Revitalization Initiative and discuss overall economic development in Central New York. They will also talk specifically about their work on innovation and entrepreneurship, and on economic inclusion.

**November 4: Providing Healthcare and Housing for the Homeless**

*Dr. David Lehmann, SUNY Distinguished Service professor and "Housecalls" founder, and Andrew Lunetta, executive director, A Tiny Home for Good*  
*Housecalls for the Homeless* is an Upstate program started by Dr. David Lehmann and Mia Ruiz-Salvador in 2018. Developed within the framework of other US urban initiatives, it provides medical, psychiatric and addiction care safety-net services directly on the street (alongside John Tumino of *In My Father's Kitchen*) and in three shelters to those experiencing homelessness in Onondaga County. *A Tiny Home for Good* builds and manages homes for individuals facing homelessness. The homes, ~300 square feet, come completely furnished and are rented to individuals referred to the organization by several homeless service providers in the city of Syracuse. We will hear why this enterprise was founded, how it functions, some of its struggles, and its audacious plans for the future.

**November 11: The State of Print Journalism**

*Stan Linhorst, former senior managing editor, Katrina Tulloch, reporter, The Post-Standard and Syracuse.com; and Joel Kaplan, associate dean and professor, Newhouse, SU*  
 Three successful Syracuse journalists with newspaper, digital-media, and teaching experience will discuss challenges and directions of newspaper-style journalism. They'll show how political, technological, and marketplace forces changed print journalism, and how print-style journalism adapted. They'll also explore underlying values of newspaper-style journalism and what threatens or supports that kind of reporting.

**Donate to our Scholarship Fund to Share Your Love of Oasis with Others.**

Contact Oasis to donate at (315) 464-6555, or donate using your registration form and indicate scholarship donation next to the tax-deductible gift donation box.

**DID YOU KNOW...?**

The Onondaga County Office for the Aging offers many programs and services to older adults regardless of income.

Call (315) 435-2362 for more information.

**November 18: Ivory Tower Panel**

*David Chanatry, moderator of the "Ivory Tower Half Hour"*  
 Back by popular request, the Ivory Tower panelists weigh in on current politics and public affairs on the local, state and national scene, exchanging information, analysis and insights with us and with one another. No matter the topics, these experts always enlighten and entertain. Second part will be devoted to Q&A.

<b>Mondays</b>	<b>Sep 16 - Nov 18</b>	<b>10:00 - 12:00</b>
<b>Fee: \$56</b>	<b>8 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 9/30 and 10/14</b>		

**Landmark Supreme Court Cases Involving Freedom of Religion and the Establishment Clause 172**

*James J. Carroll, PhD, research associate professor Syracuse University Maxwell School*

The First Amendment contains two clauses on religion—the “free exercise” clause and the “establishment” clause. Both involve issues that are relevant to our daily lives as we come into contact with people with diverse religious beliefs, and as our public schools continue to confront questions regarding prayer, clergy at graduations, and the appropriateness of religious songs or displays at holiday assemblies. How should the Supreme Court have ruled on a law that banned Mormons from practicing polygamy, one of their religious obligations? Should there be limits on freedom of religion? Should children of Jehovah’s Witnesses be forced to say the Pledge of Allegiance under state laws even though their religion forbids it? Should a Seventh Day Adventist be denied unemployment benefits because she refuses to accept jobs that require her to work on Saturdays, which is against her religion? Should Native Americans be denied unemployment benefits when they are fired for using peyote at religious services? Should a Christian bakery be able to refuse to make a wedding cake for a gay couple? These are just a few of the free exercise and establishment clause issues we will discuss as Professor Carroll uses his nationally recognized Internet applications to analyze many of the landmark U.S. Supreme Court decisions that continue to impact our lives today.

<b>Fridays</b>	<b>Sep 20 - Nov 8</b>	<b>10:00 - 12:00</b>
<b>Fee: \$51</b>	<b>6 sessions</b>	<b>HealthLink Room</b>
<b>No class 9/27 and 11/1</b>		



## Alzheimer's Association Legal and Financial Planning 173

*Katrina Kapustay, associate program director, Alzheimer's Association, Central New York chapter*

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Concerns about care provision and programs that can help offset costs mean that families need accurate legal and financial planning information specific to the disease. Legal and Financial Planning for Alzheimer's Disease is an interactive program where you will learn about important issues to consider, how to put plans in place and how to access legal and financial resources near you. **Note: Class is free and exempt from the \$15 processing fee.**

Tuesday	Oct 15	5:00 - 7:00
Free	1 session	HealthLink Room

## How to Avoid Becoming a Victim of Investment Fraud 174

*Cornell Law School Securities Law Clinic*

Investment fraud has plagued residents of upstate New York for years, targeting everyone from retirees to those saving for retirement. This presentation by the Cornell Law School Securities Law Clinic will cover common investment scams, unsuitable investment products, obligations of financial professionals, and how to protect yourself from becoming a victim.

The Cornell Securities Law Clinic provides legal services to investors in central and western New York State who have suffered losses due to fraud or other improper conduct. Tel: (607) 254-8270. Website: <http://securities.lawschool.cornell.edu>. **Note: Class is free and exempt from the \$15 processing fee.**

Tuesday	Nov 19	2:00 - 3:30
Free	1 session	HealthLink Room

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<http://www.localsyr.com/alerts> to sign up for weather alerts, enter your mobile # and choose Oasis Center



## SCIENCE

### The Science of Science Fiction 201

*Donald Bridy, PhD theoretical physics; former high school physics teacher and adjunct instructor of physics, SU and Le Moyne; worked for GE, Bell Labs, MIT Lincoln Labs and Lockheed Martin*

This course discusses the underlying science of prominent science fiction themes, ranging from solidly established science to the frontiers of physics. Depictions in science fiction will be examined for each topic.

1. Scaling in biology and physics: Are giant insects/microbes and miniature/microscopic humans possible?
2. Interstellar travel: Can spacetime geometry be engineered to overcome speed-of-light limitations? Wormholes, warp drives, time travel.
3. Are we alone? Exoplanets, SETI and the search for life.
4. Consciousness, AI, The Matrix: Can a machine be conscious? Can consciousness be uploaded? Do we live in a simulation (includes proposed experiments)?
5. Parallel universes: Do other universes exist? The four multiverse types

This is a general-level course: no particular science background is needed.

Tuesdays	Oct 1 - Nov 5	10:30 - 12:00
Fee: \$38	5 sessions	HealthLink Room
No class 10/15		

### In Search of Ancient Astronauts: The Theories and Ideas of Eric von Däniken 202

*Len Sharp, MS, CAS, retired earth science teacher; adjunct professor of education Le Moyne College; Presidential Awardee in Science Teaching and NSTA Distinguished Teacher*

In his 1968 book, *Chariots of the Gods*, Eric von Daniken posits hypotheses suggesting the possibility of extraterrestrial beings influencing ancient technology worldwide. Certain structures and artifacts appear to represent higher technological knowledge than was presumed to have existed at that time. Van Daniken maintains the works were created by extraterrestrials or by humans trained by them. Such structures include the pyramids of Egypt, Stonehenge and the Moai of Easter Island. Other examples are the medieval Piri Resi map and the Nazca lines in Peru. *In Search of Ancient Astronauts*, a 1970 film based on *Chariots of the Gods*, will be viewed in session one. The second class will consider sites and structures. Science fact...or fiction? **Note: Session two meets in HealthLink Room.**

Thurs. & Fri.	Nov 7 - Nov 8	1:00 - 3:00
Fee: \$30	2 sessions	Oasis Lecture Hall

**Space Spin-Offs: Beneficial Impact of Space Technology 203**

*Susan Sharp, MS, retired earth science and astrobiology teacher, adjunct instructor of astrobiology, SUNY ESF; and Len Sharp, MS, retired earth science teacher, and adjunct instructor of education at Le Moyne College*  
 Since 1976, NASA has developed nearly 2000 space technologies benefiting life on Earth. In outer space survival is key, as demonstrated in the film *The Martian*. With limited resources, an astronaut must use his cleverness and resourcefulness to survive. People on Earth use NASA technology—products and processes called “space spin-offs”—to improve our lives as well. Join us for an exciting look at space spin-offs, with particular attention to four main areas necessary for survival: habitat, food, water and air. You will be intrigued to learn how much of your daily life derives from NASA technology.

**Friday Nov 22 9:30 - 11:30**  
**Fee: \$18 1 session HealthLink Room**

**Global Climate Change Altering Earth’s Future 204**

*Len Sharp, MS, CAS, retired earth science teacher, presidential awardee in science teaching, adjunct professor, Le Moyne College; and Susan Sharp, MS, retired earth science teacher, visiting professor, SUNY ESF, Woodrow Wilson fellow, Princeton University*

What do you think? Do the severe tornado outbreaks of this past spring have anything to do with climate change? Are the droughts devastating China and Eastern Africa associated with worldwide climate pattern changes? Did you know that 2014 was the warmest year on record for Earth? Is there evidence that sea level is rising? Is the sea becoming more acidic? What are the connections to these events and global climate change? Is global climate change caused by humankind or simply a function of natural cycles? Let’s explore some of the issues:

1. What is global climate change?
2. What causes global climate change?
3. What is the evidence of human impact on climate?
4. What can we do individually and collectively to reverse and/or stabilize the warming trend?
5. How can we become more energy efficient at home or work?
6. How can we challenge the deniers?

Under the tutelage of former Vice President and Nobel Laureate Al Gore and staff, the instructors have completed rigorous national/global training programs, to spread the message about the threat of and solutions to global climate change.

**Wednesdays Oct 2 - Oct 16 1:00 - 3:00**  
**Fee: \$30 2 sessions Oasis Lecture Hall**  
**No class 10/9**

**The Year in the Environment 2019 205**

*Stuart J. Spiegel, former vice president O’Brien & Gere*  
 Join us for a review of key environmental issues of importance during the last year. While the policies of the Trump administration will again take center stage, we will learn about the progress of PFAS-Per- and Polyfluoroalkyl Substances (Scotchguard, stain repellants) regulation, possible changes to offshore drilling safety rules, Republicans favoring climate change legislation, what microplastics are and why we care, NYC buildings and greenhouse gas limits, and judicial decisions on environmental issues. **Note: Class is exempt from the \$15 processing fee.**

**Wednesday Dec 11 1:00 - 3:00**  
**Fee: \$9 1 session Oasis Lecture Hall**

**The History of Medicine 206**

*Susan Sharp: See bio #203.*  
 The history of medicine is full of amazing, eye-opening innovations that may surprise, delight, shock and startle you. We will look at some of the most revolutionary medical developments and the pioneers behind them, as well as the social aspects of diagnosis and treatment. We will explore intriguing cures prescribed by ancient physicians in early Rome and Greece, as well as introduce the groundbreaking work of notable men and women in the field of medical treatment. We will also discuss the impacts of some of the worse disease plagues in the world. Lastly, we will examine the curious innovations in healthcare that emerged from the Civil War, when doctors were not prepared to deal with the staggering number and nature of wounds inflicted. Absolute necessity mothered many new medical inventions. Join us for an interesting historical perspective as we trace 12 millennia of developments in diagnosis, healthcare, and surgery.

**Wed. & Fri. Oct 16 - Oct 18 10:00 - 12:00**  
**Fee: \$28 2 sessions Oasis Lecture Hall**

Whooo... will miss out if they don't register early? You will — because the class you want may be filled OR it could be cancelled due to low enrollment.



**SIGN UP TODAY!**

**ONLINE REGISTRATION  
BEGINS AUGUST 26!**

**Cremona Violins: A Physicist's Quest for the Secrets of Stradivari 207**

*Kameshwar C. Wali, PhD, distinguished research professor emeritus, department of physics, Syracuse University*  
 Cremona violins occupy a unique and storied place in violin history. This talk will first provide a brief account of that history: the rise and fall of the Cremonese art of violin-making that dominated over two centuries. But it will focus primarily on the physics behind the violin acoustics, based on decades of study and research by Jack Fry. The gradual evolution of his ideas led to a holistic approach, in sharp contrast to the conventional "reductionist" analysis. With rare insights, Fry has come closer than anyone before in reproducing the tonal qualities of the great Italian masters. This historic achievement is valuable for violin makers and violin researchers, enabling young and aspiring violinists to own instruments with the acoustical marvels and excellent sound of the old Cremona technique at affordable prices.

Thursday	Oct 24	1:00 - 2:30
Fee: \$18	1 session	Oasis Lecture Hall

**PERSONAL  
DEVELOPMENT  
& ENRICHMENT**

**Creatively Coping with Stress 301**

*Penny Baron, PhD, ATR-BC, LCAT, registered and board-certified art therapist and licensed creative arts therapist*  
 Come ready to relieve tension and explore the stress in your life from a creative and innovative perspective. Learn how stress affects us physically, mentally, emotionally and behaviorally. This program will integrate information on how to reduce and effectively manage stress at work or home using deep breathing and relaxation exercises. Participants will experience a nourishing and energizing environment where learning to cope with stress takes place in an atmosphere of laughter, play and creativity.

Tuesday	Nov 12	2:30 - 4:30
Fee: \$24	1 session	HealthLink Room

**Zen and The Art of Graceful Aging**

*Off-Site* 302

*Peg Miller, LMSW, BeWell Initiative coordinator, Syracuse Jewish Family Service*

The gift of long life provides us with a unique journey filled with change, opportunity and challenge. What most of us wish for is to make the journey gracefully. While we have little control over what the aging experience brings us, we have a great deal of control over what we think and how we choose to respond to each change. Scientists have begun to recognize the healing and health-promoting properties of mindfulness. This class will introduce a variety of Zen concepts that can be useful in supporting a graceful aging experience. These concepts, while spiritual, have nothing to do with religion and everything to do with health and happiness. Using humor, storytelling and simple exercises, this class will provide a new take on ancient wisdom as a way to prepare your heart and mind for the journey ahead.

**Note: This class will be taught at Menorah Park in the Arts and Minds Community Room. 4101 E. Genesee St. Syracuse**

Mondays	Sep 9 - Oct 28	2:30 - 4:00
Fee: \$70	6 sessions	Menorah Park
No class 9/30, 10/14		

**Zen and The Art of Caregiving *Off-Site* 303**

*Peg Miller, LMSW, BeWell Initiative coordinator, Syracuse Jewish Family Service*

The complicated experience of being a caregiver engages us in body, mind and spirit. It can be enriching and depleting, joyful and frustrating, intimate and isolating all at the same time! This class will introduce Zen concepts that can be useful in supporting a calm, mutually rewarding caregiving experience. Using humor, storytelling and group discussion, this class provides a new take on ancient wisdom as a way to support your caregiving experiences.

**Note: This class will be taught at Menorah Park in the Arts and Minds Community Room. 4101 East Genesee St. Syracuse.**

Mondays	Nov 4 - Nov 25	2:30 - 4:00
Fee: \$50	4 sessions	Menorah Park

**CHECK IN  
at the front desk for all classes**



## PERSONAL DEVELOPMENT & ENRICHMENT

### Syracuse VA Medical Center Volunteer In-Home Visitor Program 304

Lisa Gualtieri, in-home respite caregiver support coordinator, Syracuse VA Medical Center

Learn how you can volunteer to help a veteran and a veteran's family in your community. Volunteers are matched with a veteran and the veteran's family and go to their home once a week for a two-four hour period as a friendly visitor. The caregiver then gets some time away. Schedules are set up according to the veteran's/caregiver's needs as well as the volunteer's availability. Volunteers will talk, play cards, watch TV, etc. with the veteran. There's no hands on or medical care. This is a great opportunity to express to a veteran, "Thank you for your service." **Note: Class is free and exempt from the \$15 processing fee.**

Tuesday	Sep 24	10:00 - 11:00
Free	1 session	HealthLink Room

### Syracuse VA Medical Center Volunteer In-Home Visitor Program 305

Lisa Gualtieri: see bio for class #304

See description for class #304. **Note: Class is free and exempt from the \$15 processing fee.**

Tuesday	Nov 12	1:00 - 2:00
Free	1 session	HealthLink Room

### New York State Citizen Disaster Preparedness Program 306

New York State Citizen Preparedness Corps

With severe weather events becoming more frequent and extreme, it is more important than ever that New Yorkers be prepared for disasters. The NYS Citizen Preparedness Training Program provides residents the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

**Note: Class is free and exempt from the \$15 processing fee.**

Monday	Sep 23	1:00 - 3:00
Free	1 session	Oasis Lecture Hall

### New York State Citizen Disaster Preparedness Program 307

New York State Citizen Preparedness Corps

See description for class #306. **Note: Class is free and exempt from the \$15 processing fee.**

Wednesday	Nov 13	10:00 - 12:00
Free	1 session	Oasis Lecture Hall

### Your Cushy Life 308

Frank Calidonna, MS, photographer, retired art teacher, media production and IT specialist, and instructor, Mohawk Valley Learning in Retirement program

Question: If you drank a glass of water this morning, are you even remotely worried that you will die of cholera by bedtime? OK. You have troubles of your own: assorted difficulties, health problems, making ends meet. Yet, to be alive in 2019 and living in any of the modern cultures you do indeed have a cushy life. How this came about is a fascinating story and is the subject of this class.

Thursdays	Sep 19 - Nov 7	11:00 - 12:00
Fee: \$32	8 sessions	HealthLink Room

### It's Never Just about the Stuff! 309

Liz Bremer, certified professional organizer® at Put it Simply Organizing

Let's face it; it's never just about the stuff! Whether you struggle with acquisition or have difficulties with letting go, we will discuss why you can't seem to get a handle on the clutter. Having a deeper understanding of what your relationship is with the stuff in your home can help you overcome behaviors that are not serving your goals for getting and staying organized.

Friday	Nov 1	10:00 - 11:30
Fee: \$24	1 session	HealthLink Room

### Volunteering with Your Pet 310

Sue Gilberti and Susan Pedrosa, Pet Partners of Central New York  
Volunteering with your pet is rapidly gaining popularity in health care and beyond. Learn what it takes to be a part of this growing trend. This session provides information about how you can give back to your community by volunteering with your dog, cat, horse or other pet! Pet Partners is a 501(c)(3) non-profit organization that helps people become healthier and happier by incorporating therapy animals into their lives, and the only national program that registers nine different species. It does not establish pets as service or emotional support animals. Pet Partners of Central New York is a registered Community Partner of the national organization. Interested? Find out more at: [www.petpartnersny.org](http://www.petpartnersny.org). Please—no pets are allowed at this meeting. **Note: Class is free and exempt from the \$15 processing fee.**

Tuesday	Sep 17	3:30 - 5:30
Free	1 session	HealthLink Room

**Beginning Conversational Italian 311**

Frank Ricciardiello, retired foreign language director ESM school district

This course is designed for those who took the Beginning Conversational Italian 2 class in fall 2018. Participants will focus on listening, speaking and reading in Italian. Basic phrases for everyday activities such as numbers, telling time, weather expressions, foods and drinks, etc., will be included. This class will be helpful for those who wish to travel to Italy, and those interested in Italian culture. The textbook, *ITALIAN NOW!* will be used again.

<b>Mondays</b>	<b>Oct 7 - Nov 25</b>	<b>11:00 - 12:30</b>
<b>Fee: \$36</b>	<b>7 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/14</b>		

**Intermediate Conversational Italian 312**

Frank Ricciardiello, retired foreign language director ESM school district

This course is designed for those who have already taken the beginning conversational Italian class in fall 2018. Participants will focus on listening, speaking and reading in Italian. Basic phrases for everyday activities, such as numbers, telling time, weather expressions, foods and drinks, etc., will be included. This class will be helpful for those who wish to travel to Italy and those interested in Italian culture. The textbook, *ITALIAN NOW!* will be used again.

<b>Wednesdays</b>	<b>Oct 2 - Nov 20</b>	<b>12:00 - 1:30</b>
<b>Fee: \$36</b>	<b>7 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/9</b>		

**Advanced Conversational Italian 313**

Frank Ricciardiello, retired foreign language director ESM school district

This course is intended for those students who have previously studied Italian at the intermediate level. Students in this course will be strengthening their skills in listening, speaking, reading and writing in Italian at the intermediate level. Various cultural topics and current events will also be discussed in Italian during this course. The textbook, *SENTIERI*, either the 1st or 2nd edition will be used.

<b>Wednesdays</b>	<b>Oct 2 - Nov 20</b>	<b>2:00 - 3:30</b>
<b>Fee: \$36</b>	<b>7 sessions</b>	<b>HealthLink Room</b>
<b>No class 10/9</b>		

**French for Beginners 314**

Veronique Bennett, French tutor, instructor for Planet French Association, native French speaker

Parlez-vous francais? Join us in this first-level conversational French class, in which you will learn about the culture and rich history of the areas where French is spoken around the world. Help prepare yourself for a trip to Quebec, France, Belgium or Switzerland. This class will be taught in the French immersion style. You will need to purchase a couple of books at minimal cost. Instructor will provide details at the first class.

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>10:00 - 11:30</b>
<b>Fee: \$67</b>	<b>12 sessions</b>	<b>Oasis Studio</b>
<b>No class 11/28</b>		

**French Intermediate Level 315**

Veronique Bennett, French tutor, instructor for Planet French Association, native French speaker

This is a continuation of the beginning conversational French class. The majority of this class will be taught in French. You will need to purchase a couple of books at minimal cost. Instructor will provide details at the first class.

<b>Wednesdays</b>	<b>Sep 18 - Dec 11</b>	<b>1:00 - 2:30</b>
<b>Fee: \$61</b>	<b>11 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/9 &amp; 11/27</b>		

**French Advanced Level 316**

Veronique Bennett, French tutor, instructor for Planet French Association, native French speaker

This course will be a continuation of the beginning and intermediate conversational French classes and is also intended for those who already have a good foundation in speaking the French language. This class will be taught entirely in French. You will need to purchase a couple of books at minimal cost. Instructor will provide details at the first class.

<b>Wednesday</b>	<b>Sep 18 - Dec 11</b>	<b>2:45 - 4:15</b>
<b>Fee: \$61</b>	<b>11 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/9 &amp; 11/27</b>		

Whooo... will miss out if they don't register early? You will — because the class you want may be filled OR it could be cancelled due to low enrollment.

**SIGN UP TODAY!**



**ONLINE REGISTRATION  
BEGINS AUGUST 26!**

**Spanish 1E 317**

*Cathy Bryant, retired Spanish teacher Liverpool High School*  
This course is designed for people who have some knowledge of Spanish or have taken the Spanish 1D course in winter/spring 2019. Students should be familiar with basic vocabulary, greetings and some general concepts and need to have a working knowledge of regular verb and irregular conjugations in the present tense. Participants will be expected to speak Spanish as much as possible and will be using the text, *Spanish Now, Level 1* (eighth edition) by Ruth Silverstein and Heywood Wald, Ph.D. In this class, all four language abilities will be touched upon: speaking, listening, reading and writing. Materials will come from the text, websites and teacher-generated worksheets. Small group discussions will give students an opportunity to use their acquired vocabulary and ample review of basic concepts is included in this course. A Spanish-English dictionary is recommended in addition to the textbook.

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>4:00 - 5:00</b>
<b>Fee: \$28</b>	<b>11 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/3 &amp; 11/28</b>		

**Spanish 2K 318**

*Cathy Bryant, retired Spanish teacher Liverpool High School*  
This course is designed for people who have been studying Spanish and is a continuation of the Spanish 2 J course which was taught in winter/spring 2019. Students should be familiar with the present, past and future tenses of both regular and irregular verbs and will be expected to speak in Spanish as much of the class is taught in Spanish. Students will continue to build their competency in all four language areas: speaking, writing, reading and listening. Class materials come from their textbook, *Spanish Now Level 1* by Ruth Silverstein and Heywood Wald, Ph.D, magazines, newspapers, websites and teacher-generated worksheets. Small group discussions and class participation will give students an opportunity to use their vocabulary and increase their speaking skills. Students will need the textbook, and a Spanish-English dictionary is also recommended.

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>2:00 - 3:30</b>
<b>Fee: \$33</b>	<b>11 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/3 &amp; 11/28</b>		

**Spanish 3 319**

*Cathy Bryant, retired Spanish teacher Liverpool High School*  
This course is designed for people who have been studying Spanish and are familiar with all the verb tenses. Students will be expected to speak in Spanish, and the class is taught in Spanish. Students will read articles taken from magazines, newspapers, websites and Spanish literature. Small group discussions will give the students an opportunity to use a wide range of vocabulary while exploring current topics as well as cultural themes. Emphasis is on class participation and interaction. A Spanish-English dictionary is recommended.

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>12:00 - 1:30</b>
<b>Fee: \$36</b>	<b>12 sessions</b>	<b>Oasis Studio</b>
<b>No class 11/28</b>		

**Spanish 4 320**

*Carolyn Stark, retired Spanish teacher, Liverpool High School*  
This is an intermediate/advanced Spanish course, conducted entirely in Spanish. Emphasis is on reading, conversation and culture. **Note: Class is exempt from the \$15 processing fee.**

<b>Wednesdays</b>	<b>Sep 18 - Dec 11</b>	<b>11:00 - 12:30</b>
<b>Fee: \$33</b>	<b>11 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/9 &amp; 11/27</b>		

**Spanish 5 321**

*Carolyn Stark, retired Spanish teacher, Liverpool High School*  
This class is for advanced Spanish students and is conducted entirely in Spanish. **Note: Class is exempt from the \$15 processing fee.**

<b>Wednesdays</b>	<b>Sep 18 - Dec 11</b>	<b>9:00 - 10:30</b>
<b>Fee: \$33</b>	<b>11 sessions</b>	<b>Oasis Studio</b>
<b>No class 10/9 &amp; 11/27</b>		



**SEVERE WEATHER  
OR EMERGENCIES**

In the event of severe weather or emergencies, Oasis class cancellations will be announced on a recorded message. Call (315) 464-6555 after 7 a.m. for details. Announcements will also be made on TV Channels 3, 5, 9, 10 and major radio stations.

**Please note: Oasis does not automatically close following the closure of a local school district.**



# COMPUTERS & TECHNOLOGY



Oasis Connections courses are sponsored by the AT&T Foundation.

**AT&T**

## Digital Safety Seminar with AT&T 401

*AT&T staff*

Use of the internet and connected devices increases each year. Most internet apps create benefits for people who want vital information and want to stay engaged with their loved ones. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. AT&T and Oasis will teach you strategies and resources that can help you and your loved ones navigate the internet safely and confidently. **Note: Class is free and exempt from the \$15 processing fee.**

Friday	Oct 18	1:30 - 3:00
Free	1 session	Oasis Lecture Hall

## Cybercrime Fighters: Phishing and Identity Theft 402

*Eric Stein, computer instructor, CompTIA certified*

If you have email, use social media, or even text on your mobile device, you are a target for phishing. Phishing is an attempt to trick you into divulging personal confidential information a cybercriminal can use to steal money or even your identity. This course will teach you to recognize the hallmark signs of phishing and how to stay safer online. **Note: Class is exempt from the \$15 processing fee. Class fee includes course workbook.**

Friday	Nov 8	10:00 - 12:00
Fee: \$22	1 session	Oasis Computer Lab

## Windows Performance and Maintenance (for Windows 10) 403

*Al Somlo, owner, Able AI's Computer Help and certified Oasis Connections instructor*

Does your computer seem slower than when it was new? Does it take longer to start up? Do you have questions about backing up your system and how Windows 10 installs updates? If the answer to any of these questions is yes, then this class can help answer your questions and set you on the path to understanding how to clean up unnecessary files, optimize your hard drive and maintain your computer for peak performance. This class is specifically for Windows 10. If you have a laptop computer or tablet with Windows 10, bring it to class. However, this is not required. **Note: Class fee includes course workbook.**

Wednesday	Nov 13	1:00 - 3:00
Fee: \$23	1 session	Oasis Computer Lab

## Beginners Guide to the Cloud 404

*Eric Stein, computer instructor, CompTIA certified*

Increasingly we are relying on services in "the cloud" for our entertainment, file storage, and backup. This module will introduce the cloud and some of the popular services for file storage and backup, entertainment, and productivity. Services covered include Dropbox, Pandora, Evernote, iHeartRadio and Stitcher. **Note: Class is exempt from the \$15 processing fee.**

Friday	Oct 18	10:00 - 12:00
Fee: \$23	1 session	Oasis Computer Lab

## Google Photos 405

*Pamela Lipe Revercomb, PhD, information science and technology consultant, former Syracuse University faculty member, and certified Oasis Connections instructor*

Google Photos offers free, unlimited backup of your mobile phone's pictures. It's automatic and comes with a host of features. Google Photos' Assistant will create collages, animations and albums you will enjoy. And that's only the beginning! This class will teach you to install and use the app on your mobile device as well as on your desktop or laptop. Class is a perfect follow-up to the Photo Editing Basics course and a good introduction to Google Photos. **Note: You must have a Google or Gmail account and bring your user name, password and cell phone to class. Class fee includes course workbook.**

Wed/Thur/Fri	Oct 2 - Oct 4	10:00 - 12:00
Fee: \$34	3 sessions	Oasis Computer Lab

## Photo Editing Basics: Picasa and Other Free Photo Editing Software 406

*Pamela Lipe Revercomb, PhD, information science and technology consultant, former Syracuse University faculty member, and certified Oasis Connections instructor*

Want to enhance, organize and share your digital photos? In this course you will learn to edit and crop photos, organize them and create beautiful albums, collages and slideshows. Plus, you'll learn how to share digital photos with family and friends via email and the Internet. **Prerequisite: basic knowledge of using a computer. Note: You will need to have a Google Gmail account and bring your login name and password to class. Class fee includes course workbook. Class meets 9/18, 9/20, 9/23, 9/25 and 9/27.**

Mon/Wed/Fri	Sep 18 - Sep 27	10:00 - 12:00
Fee: \$72	5 sessions	Oasis Computer Lab

## COMPUTERS & TECHNOLOGY

### Smartphone Photography 407

*Pamela Lipe Revercomb, PhD, information science and technology consultant, former Syracuse University faculty member, and certified Oasis Connections instructor*

Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, but they have features not found anywhere else. If you want to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. Bump your smartphone skills up a notch and learn to use the full complement of camera features for fun and creative photography and videography. **Note: Class fee includes course workbook.**

Mon/Wed/Fri	Nov 18 - Nov 22	10:00 - 12:00
Fee: \$43	3 sessions	Oasis Computer Lab

### Android Essentials: For Tablets and Phones with the Oreo Operating System 408

*Al Somlo, owner, Able Al's Computer Help and certified Oasis Connections instructor*

This course will teach you the basic skills of using your Android tablet or smart phone including initial setup, gestures, organizing apps and home screens, finding and installing useful apps, and using maps and the camera functions. **Note: Class fee includes course workbook. Please bring your fully charged Android tablet or Android smart phone to class. This course is not applicable for Apple iPhones or iPads.**

Thursdays	Oct 31 - Nov 7	1:00 - 3:00
Fee: \$36	2 sessions	Oasis Computer Lab

### Facebook 1: The Starter Kit 409

*Pamela Lipe Revercomb, PhD, information science and technology consultant, former Syracuse University faculty member, and certified Oasis Connections instructor*

Facebook is the most popular social networking website in the world, with over one-billion active users. It's a great way to stay in touch with family and friends. In this course you will learn all about Facebook, become a member of this free website, and post messages and photos online. After attending the class, you will be able to make friends and use Facebook on your own. The program covers Facebook as currently found on desktop and laptop PCs. **Prerequisite: basic knowledge using a computer or participation in Oasis Introduction to Computers class. Note: If you already have a Facebook account, bring your user name and password to class. If you do not have a Facebook account, you must have an online email account (Yahoo, Gmail, Juno or Hotmail), and bring your user name and password for that account to class. Class fee includes course workbook.**

Mon/Wed/Fri	Oct 21 - Oct 25	10:00 - 12:00
Fee: \$43	3 sessions	Oasis Computer Lab

### Facebook 2: I'm on Facebook. Now What? 410

*Pamela Lipe Revercomb, PhD, information science and technology consultant, former Syracuse University faculty member, and certified Oasis Connections instructor*

Are you one of the millions of Facebook users saying to themselves, "I'm on Facebook. Now what?" In this course you will learn to customize your Facebook profile, create important life event posts, work with Facebook chat, photo albums, groups and more. **Prerequisite: Facebook 1: The Starter Kit.** Be sure to bring your Facebook login information to class. This workshop covers Facebook as currently found on desktop and laptop PCs, not mobile devices. **Note: Class fee includes course workbook.**

Mon/Wed/Fri	Oct 28 - Nov 1	10:00 - 12:00
Fee: \$43	3 sessions	Oasis Computer Lab

### How to Create a Free Website 411

*Bonnie Strunk, small business and not-for-profit instructor for more than 25 years and Internet technology and website creation instructor*

Do you have something you would like to have published on the web? Whether you want to create a family page, a site for your organization or need a website to promote your hobby or small business, you can be on the web at the end of this class! Students are able to create two websites with unlimited pages and unlimited broadband, and receive information on free online resources that can be used to create a professional looking website. **Note: Students MUST have basic computer skills, and need to bring a three-ring binder for handouts.**

Mon/Wed/Fri	Nov 4 - Nov 8	1:00 - 3:00
Fee: \$44	3 sessions	Oasis Computer Lab

### Buying and Selling on eBay (for PCs or Macs) 412

*Al Somlo, owner, Able Al's Computer Help and certified Oasis Connections instructor*

Get what you want at a good price. Learn how to earn by selling things you no longer want through the Internet. Utilizing the eBay web site you will find out about buying and selling on-line. **Pre-requisite: basic computer skills, some knowledge of using Internet and how to send and receive email messages.**

Wednesdays	Oct 16 - Oct 23	1:00 - 3:00
Fee: \$36	2 sessions	Oasis Computer Lab

**CHECK IN**  
at the front desk for all classes

## Buying and Selling Online with Craigslist 413

*Al Somlo, owner, Able Al's Computer Help and certified Oasis Connections instructor*

Craigslist provides local classifieds and forums for jobs, housing, merchandise, personals, services, community affairs and events. Craigslist is like a free version of eBay, without oversight. This course will cover how to set up a Craigslist account and then use it to research, buy and sell items safely. Craigslist can be a great way to sell unwanted items locally at no cost to list. This course is geared for those with little or no knowledge of Craigslist.

**Prerequisite:** *some knowledge of using the Internet, email and digital photography.*

Wednesdays	Dec 4 - Dec 11	1:00 - 3:00
Fee: \$36	2 sessions	Oasis Computer Lab

## Introduction to Online Greeting Cards 414

*Al Somlo, owner, Able Al's Computer Help, and certified Oasis Connections instructor*

Learn how to create and send through the Internet free greeting cards from a variety of web sites. **Prerequisite:** *basic computer skills, some knowledge of the Internet and email.* **Note:** *Class is exempt from the \$15 processing fee.*

Thursday	Nov 21	1:00 - 3:00
Fee: \$23	1 session	Oasis Computer Lab

## HEALTH & FITNESS

### Peer Support for Adults with Type 2 Diabetes 501

*Lisa Vigliotti-Bane*

Peer Support for Adults with Type 2 Diabetes is a FREE six-session, peer-led health program for adults 18+ years of age. The Diabetes Self-Management program (DSMP) is given 2½ hours once a week for six weeks.

Subjects covered include:

1. Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
  2. Appropriate exercise for maintaining and improving strength and endurance.
  3. Healthy eating.
  4. Appropriate use of medication.
  5. Working more effectively with health care providers.
- DSMP enhances a person's ability to manage his/her health and maintain an active and fulfilling lifestyle. All class participants receive a book and CD.

Voluntary contributions of any amount to the Office for Aging are welcome and used to expand services. No one will be denied services if unable or unwilling to contribute. Please make checks payable to Chief Fiscal Officer @ OOA. Thank you.

Mondays	Nov 11 - Dec 16	12:30 - 3:00
Free	6 sessions	HealthLink Room

## Vitality! Fitness Program at Upstate Medical University

Vitality! is an inclusive fitness program located at the Institute for Human Performance designed to improve the health and wellness of adults in our community.

- The aquatics program is held in a temperature regulated pool (86 degrees) led by Kinesiologists and Exercise Physiologists. Classes are specifically designed for participants who have difficulty with traditional exercise, weight-bearing activity, or for those who have chronic pain, or limited range of motion.  
*50 minutes; Tuesdays & Thursdays; class times are 9:00, 11:00, 2:00, or 4:30*
- The land program has a cushioned indoor track with a wide variety of exercise equipment. In the land program, Kinesiologists and Exercise Physiologists specializing in chronic diseases and conditions create individualized fitness plans and supervise participants to ensure safe and effective training.  
*1 hour; Mondays, Wednesdays, & Fridays; choose from 8:15, 9:30, 11:00, 3:00 or 4:15*

To learn more, visit our website: [Upstate.edu/Vitality](http://Upstate.edu/Vitality) or contact our Program Director, Carol Sames, PhD, at (315) 464-9992 or [SamesC@upstate.edu](mailto:SamesC@upstate.edu).

Fees: \$50 for initial assessment, \$45 per month for single program, \$70 per month for land & aquatics programs

*Enroll anytime!*



**Mind Aerobics™**Off-Site **502**

Ellen Somers, MA, LMHC, assistant director, Syracuse Jewish Family Service

When most people think about aerobics, they think of vigorous exercises, such as swimming or walking, designed to strengthen the heart and lungs. We all know that it's important to keep your body active, but what about your mind? Mind Aerobics™ is a three-month program (24 one-hour sessions offered twice per week) designed to keep your brain actively challenged. Developed by the New England Cognitive Center, this is an evidence-based, award-winning program designed to provide a comprehensive mental workout across six cognitive domains to maximize mental functioning. This program is appropriate for individuals with no cognitive impairment or with very mild cognitive decline. All potential participants must participate in a 30-minute, in-person screening in advance of the start date to determine whether this is the right program for them. Individuals should contact Ellen Somers at SJFS at (315) 446-9111 ext. 225 as soon as possible (and no later than 9/11/19) to schedule the screening. **Note: Meets in the board room at Menorah Park, 4101 East Genesee Street, Syracuse 13214. Students can park free in the lot in front of the Menorah Park main entrance. Please be aware that Menorah Park is a kosher facility and no food or drink can be brought into the site. Food and beverages can be purchased at Menorah Park.**

<b>Tues. &amp; Thurs.</b>	<b>Sep 17 - Dec 10</b>	<b>3:30 - 5:00</b>
<b>Fee: \$250</b>	<b>24 sessions</b>	<b>Menorah Park</b>
<b>No class 11/28</b>		

**Mental Health First Aid****503**

Kathy Miller, M Ed, and Jeanne Elmer, LMSW

According to the National Institute on Mental Health, about one in five adults in the U.S. lives with mental illness, so many of us regularly interact with family and friends who might need our help. Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance-use disorders. This eight-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance-use problem and help connect them to appropriate care. This interactive class provides time for discussion and answering specific questions. **Note: Registration ends 11/7 so that class materials may be ordered in advance of the class.**

<b>Thursdays</b>	<b>Nov 14 - Nov 21</b>	<b>12:30 - 5:00</b>
<b>Fee: \$58</b>	<b>2 sessions</b>	<b>HealthLink Room</b>

**Effective Communication Strategies (for Caregivers of Individuals Living with Alzheimer's or Dementia)****504**

Katrina Kapustay, associate program director, Alzheimer's Association, Central New York chapter

Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties connect and communicate in meaningful ways. This course explores how communication takes place when someone has Alzheimer's disease. This interactive presentation explains the communication changes that occur throughout the course of the disease, offers tips on decoding verbal and behavioral messages delivered by someone with dementia, and considers responses that are helpful. **Note: Class is free and exempt from the \$15 processing fee.**

<b>Monday</b>	<b>Sep 23</b>	<b>1:00 - 2:00</b>
<b>Free</b>	<b>1 session</b>	<b>HealthLink Room</b>

**Outbreak! Flu Season is Here— How Will you Respond?****505**

Susan Sharp, MS, retired earth science and astrobiology teacher, adjunct instructor of astrobiology, SUNY ESF; and Len Sharp, MS, retired earth science teacher, and adjunct instructor of education at Le Moyne College

Nobel Prize Winner Joshua Lederberg once said "the single biggest threat to man's continued dominance on this planet is the virus." Influenza is an extremely contagious respiratory illness caused by influenza A or B viruses. Review the difference between a cold and the flu. Explore how scientists investigate viruses and learn the four different biosafety levels of infectious diseases, with the flu at level 2. In the past, outbreaks such as the Bubonic Plague and Black Plague in Europe, and the 1918 Spanish Flu pandemic killed millions of people. Could this happen again? What if there were an uncontrolled strain that had no cure? In this session, we will analyze how viruses can spread and what you should know to keep yourself safe. In addition, participants will view a film about prevention of a global biological epidemic disaster. **Note: class is free and exempt from the \$15 processing fee.**

<b>Wednesday</b>	<b>Sep 18</b>	<b>1:00 - 4:00</b>
<b>Free</b>	<b>1 session</b>	<b>HealthLink Room</b>

## Drum Fun and Fit: Just Add Rhythm 506

*Jimbo Talbot, founder/owner of DrumQuest, Adventures in Rhythm, serving educational, business, sacred, therapeutic, senior and recreational communities*

Simple as 1-2-3, drumming is the fun and easy way to play music, create instant community, make meaningful connections to self and discover the musical genius in each person. Jimbo Talbot of DrumQuest has drummed with over 10,000 people and supports your musical journey to health and happiness. No matter your experience or condition, you will learn to flex your musical muscles, increase your awareness/listening skills/musical play and have loads of fun while improving your breathing, heart rate and overall health. All drums, percussion and instruction provided. **Note: No class 9/24, 10/8, 10/22, 11/12, 11/26, 12/10.**

Tuesdays	Sep 17 - Dec 17	1:30 - 3:00
Fee: \$95	8 sessions	Oasis Fitness Room

## Rhythms of Life Director's Cut and Drum Circle 507

*Jimbo Talbot, please see bio #506*

The first documentary of its kind, this feature-length film explores the spirit and many benefits of community drumming in America. Long-time professional filmmaker/photographer Craig Norton spent over three years in collaboration with John Fitzgerald of Remo Drums Recreational Music Making Activities to produce this ground-breaking work. Meet Craig and hear his stories about this project. Preview the film, which includes drum circles from various communities, as well as interviews with professional drum circle facilitators and drummers alike as they reveal centuries-old secrets and personal triumphs. Then join us for our own spontaneously-created community drum circle. From the classroom to the corporate board room, in churches, hospitals, community centers and in nature, drumming may well be the most widely accessible and important transformational tool in coming together as a global community concerned with our way of living and future existence on the planet. **Note: The movie, which will be the first part of the class, will be shown in the 3rd floor theatre. The drum circle will be held in the Oasis Lecture Hall.**

Friday	Oct 11	4:00 - 6:00
Fee: \$20	1 session	Oasis Lecture Hall

## Autumn Equinox Sound Healing: Harvesting Health 508

*Jimbo Talbot, please see bio #506*

This captivating meditation experience harnesses the innate power of sound to heal your body, clear your mind, and renew your spirit. Every day of our lives we are exposed to sounds. Yet we are generally unaware of the power of sound to impact our overall well being. Harvest the gifts of profound relaxation, better breathing, improved circulation and heart rate. Gain a greater awareness via sound play of the gong, drum, singing bowls and pyramids, chimes, and voice crafted to maximize letting go. Wear comfortable clothing. Sit comfortably in a chair or, if you wish to lie on the floor, bring a yoga mat, cushion/pillow, and/or blanket for your comfort. **Note: Class is exempt from the \$15 processing fee.**

Tuesday	Sep 24	2:00 - 3:30
Fee: \$15	1 session	Oasis Fitness Room

## Winter Solstice Sound Healing: The Sounds of Silence 509

*Jimbo Talbot, please see bio #506*

Herman Melville once wrote: "The default (silent) mode helps you think about profound things in an imaginative way." A 2013 study published in the journal *Brain, Structure and Function* reveals the regenerative effect that silence plays in the development of new cells in the hippocampus, the region of the brain associated with memory, emotion and learning. A follow-up study, published in *Frontiers in Human Neuroscience*, shows the default mode is also used in the process of self reflection. Joseph Moran, et. al, wrote: "When the brain rests it is able to integrate internal and external information into 'a conscious workspace.'" Mark the entrance to winter by experiencing profound silence and self-contemplation with sounds to heal your body, clear your mind, and renew your spirit. See course #508 (Autumn Equinox Sound Healing) for a further list of effects and sounds used. Comfortable clothing and water bottle suggested. Bring a yoga mat, blanket and/or pillow if you wish to lie on the floor. **Note: Class is exempt from the \$15 processing fee.**

Wednesday	Dec 18	11:00 - 12:30
Fee: \$15	1 session	Oasis Lecture Hall

## WAIT LIST REMINDER

If you are placed on a wait list, do not come to attend class unless called by Oasis to do so. Please call if you are in doubt.

## HEALTH & FITNESS

### Oasis Hikers for Health 510

*Dick Lightcap, hike leader for the Adirondack Mountain Club, trail steward, Adirondack 46er, former outdoor guide, Finger Lakes Trail End-To-End*

We will visit Forest Park in Camden (September 24), Sherburne Environmental Center (October 22), Marcellus Park (October 29) Labrador Hollow (November 12). Meet at Oasis at 9:00 a.m. for orientation, carpooling arrangements and directions. On September 24 and October 22 we depart at 9:15 a.m. and expect to return in the late afternoon, so bring a lunch and water. On October 29 and November 12 we will depart at 9:15 a.m. and expect to return around noon. **Note: Hikes will be held 9/24, 10/22, 10/29, 11/12.**

Tuesdays	Sep 24 - Nov 12	9:00 - 9:15
Fee: \$15	4 sessions	Oasis Studio
No class 10/1, 10/8, 10/15, 11/5		

### Improving Your Balance Skills with Exercise 511

*Tina Castle, instructor certified by The Arthritis Foundation*

The exercises will take place in both the chair position and standing position. Concentration will be on range of motion, stretching, and developing a stronger core. Developing a strong core can help alleviate lower back pain, improve posture, increase endurance and make you less susceptible to falling. **Note: Stretch bands and light hand weights will be incorporated.**

Mondays	Sep 16 - Dec 16	10:45 - 11:45
Fee: \$57	12 sessions	Oasis Fitness Room
No class 10/14		

### Improving Your Balance Skills with Exercise 512

*Tina Castle, instructor certified by The Arthritis Foundation*  
See description for class #511.

Thursdays	Oct 3 - Nov 21	12:00 - 1:00
Fee: \$38	8 sessions	Oasis Fitness Room

#### Would you like to be a tutor?

Join the Oasis Intergenerational Tutoring Program. Tutors spend one or more days a week reading, writing and talking with students in grades K-3 at the Central Square, Jordan-Elbridge, Liverpool, Marcellus and Syracuse City Schools.

For more information contact Shelly Lee at (315) 464-1746 or at LeeShe@upstate.edu.

### Balance Your Body; Exercise Your Brain 513

*Patricia Urban, MS education, licensed Brain Gym® instructor/consultant, retired teacher, Syracuse City School District*

Work your brain and improve your balance! Research has shown that the brain and body must work together to achieve optimal functioning and improved focus, concentration and memory. Enjoy some fun, easy and effective movements that help activate the brain and the entire nervous system for improved performance. The program's gentle movements are designed to develop neural connections to energize you and improve the communication between your brain and body. In addition, this course offers balance exercises to help prevent falls and fun activities to assist in greater eye-hand coordination. We will work to release stress and tension in your neck, shoulders and eyes which affects hearing and vision. **Note: Please bring water and wear comfortable footwear.**

Tuesdays	Oct 15 - Nov 19	10:45 - 12:00
Fee: \$45	6 sessions	Oasis Fitness Room

### Taijiquan (T'ai Chi) 514

*David Dolbear, owner White Crane Spreads Its Wings Martial Arts*

Taijiquan is an ancient Chinese form of self-cultivation which originated as a martial art and is now studied primarily to develop and maintain physical and psychological well-being. The practice of Taijiquan offers many benefits, including relaxation, improved balance, increased ability to concentrate, increased strength in the whole body, a supple spine, flexible joints and an overall feeling of well-being. **Prerequisite: Qigong Level I and/or some prior experience with Taijiquan.**

Mondays	Sep 16 - Dec 2	1:30 - 2:30
Fee: \$60	10 sessions	Oasis Fitness Room
No class 9/30 & 10/14		

### Qigong I (Chi-kung) 515

*David Dolbear, owner White Crane Spreads Its Wings Martial Arts*

Qigong is a generic term which refers to many different types of Chinese exercises. In general, Qigong exercises are much easier to learn and remember than T'ai Chi, and will bring more immediate positive results. It is possible to modify many of these exercises to meet specific needs or limitations. The types of Qigong offered are breathing exercises, general stretching, upper back and neck exercises, lower back exercises and balance improvement. **Note: Because the exercises are learned in sequence, it is important to attend as many class sessions as possible.**

Thursday	Sep 19 - Nov 21	3:20 - 4:20
Fee: \$50	10 sessions	Oasis Fitness Room



**Hatha Yoga****516**

*Pam LeBlanc, certified Nia black belt instructor, 500+-hr professional-level Kripalu Yoga teacher, KYAA registered, Cardiac & Cancer Yoga certified, owner, Fitness Business* Whether you come to Hatha Yoga in search of greater flexibility, balance, strength and physical healing or for a deeper understanding of life, this path has something to offer. Reflected in the class are the wisdom, knowledge and uniqueness of the renowned teachers who have guided Pam along her Yoga journey. The practice is sequenced so that you move from one gentle posture to the next in a mindful, intelligent and safe manner. Breathing techniques further calm and revitalize the mind, body and spirit. A relaxation piece at the end leaves you renewed and refreshed. Experience the joy of Yoga in community! **Note: Please wear comfortable clothing and bring a Yoga sticky mat. Please arrive by 10:25 a.m. to set up the classroom, so that class can begin promptly at 10:30 a.m.**

<b>Tuesdays</b>	<b>Sep 17 - Dec 10</b>	<b>10:25 - 11:45</b>
<b>Fee: \$71</b>	<b>13 sessions</b>	<b>Oasis Lecture Hall</b>

**Hatha Yoga***Off-Site* **517**

*Pam LeBlanc, certified Nia Black Belt instructor, 500+-hr professional-level Kripalu Yoga teacher, KYAA registered, Cardiac & Cancer Yoga certified, owner Fitness Business* See description for class #516. **Note: Meets at Life-Force Sanctuary, 6181 Thompson Road, Suite 101, Syracuse 13206. Entrance is located at side of building. Free parking in front of and behind building.**

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>10:30 - 11:45</b>
<b>Fee: \$66</b>	<b>12 sessions</b>	<b>Life-Force Sanctuary</b>
<b>No class 11/28</b>		

**Kripalu Yoga with Yvonne****518**

*Yvonne Martin, RYT-500; Kripalu Center for Yoga & Health 500+-hr certified; Chair Yoga instructor; owner YLMyoga, LLC* Kripalu Yoga is a gentle and calming Hatha Yoga practice. With its emphasis on compassionate self-acceptance and mindfulness, this style is adaptable to most: perfect for beginners looking to soothe daily aches and pains, yet appropriate for all levels of experience. Intrigued by the jargon? Yvonne teaches the fundamentals of Yoga in a relaxed, supportive, and joyful environment. De-stress and improve mental focus with healthful, guided, breath and meditation techniques. Gently warm-up as you ease into a sequence of postures. Improve your balance, strength, and range of motion with slow stretches and movements. Take home a greater sense of awareness and Yoga's tools designed to bring ease into your every-day life. **Note: Please dress comfortably and bring a Yoga mat. Some chair Yoga instruction is given in this class—all are welcome!**

<b>Wednesdays</b>	<b>Sep 18 - Dec 11</b>	<b>9:55 - 11:10</b>
<b>Fee: \$57</b>	<b>11 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 10/19 &amp; 11/27</b>		

**Kripalu Yoga with Yvonne****519**

*Yvonne Martin, RYT-500; Kripalu Center for Yoga & Health, 500+-hr certified; chair Yoga Instructor; owner YLMyoga, LLC*

Kripalu Yoga is a gentle and calming Hatha Yoga practice. With its emphasis on compassionate self-acceptance and mindfulness, this style is adaptable to most: perfect for beginners looking to soothe daily aches and pains, yet appropriate for all levels of experience. Intrigued by the jargon? Yvonne teaches the fundamentals of Yoga in a relaxed, supportive, and joyful environment. De-stress and improve mental focus with healthful, guided, breath and meditation techniques. Gently warm-up as you ease into a sequence of postures. Improve your balance, strength, and range of motion with slow stretches and movements. Take home a greater sense of awareness and Yoga's tools designed to bring ease into your every-day life. **Note: Please dress comfortably and bring a Yoga mat.**

<b>Fridays</b>	<b>Sep 20 - Dec 13</b>	<b>9:55 - 11:10</b>
<b>Fee: \$57</b>	<b>11 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 10/18 &amp; 11/29</b>		

**T-N-T: Tight and Tone****520**

*Tammy Panzironi, Zumba Gold & Zumba certified, PiYo certified, P90X certified, Insanity certified, and owner Pulse Fitness Studio*

Get your body in the best shape ever! This class has been designed to target stubborn problem areas. You will concentrate on the thighs, hips, stomach and buttocks. The upper body, chest, arms and back will be targeted as well, through the use of hand-held weights. Participants at every fitness level are welcome. There will be no complicated movements or choreography. **Note: An exercise or Yoga sticky mat and hand weights are recommended.**

<b>Tuesdays</b>	<b>Sep 17 - Dec 10</b>	<b>9:00 - 9:40</b>
<b>Fee: \$67</b>	<b>13 sessions</b>	<b>Oasis Fitness Room</b>

**T-N-T: Tight and Tone****521**

*Tammy Panzironi, please see bio #520*

See description for class #520. **Note: An exercise or Yoga sticky mat and hand weights are recommended.**

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>9:00 - 9:40</b>
<b>Fee: \$67</b>	<b>12 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 11/28</b>		

**Donate to our Scholarship Fund to Share Your Love of Oasis with Others.**

Contact Oasis to donate at (315) 464-6555, or donate using your registration form and indicate scholarship donation next to the tax-deductible gift donation box.

## HEALTH & FITNESS

### Low-Impact Aerobics

522

*Tammy Panzironi, please see bio #520*

Join Tammy for a traditional low-impact aerobic class. We will have 30 minutes of fun! Easy-to-follow routines that incorporate moves such as grapevines, step touches and heel and toe taps are set to a variety of music. This class will help you build cardiovascular and pulmonary endurance and help to improve your balance, reflexes, overall strength and body appearance. **Note: Please wear comfortable closed-toe athletic shoes.**

<b>Tuesdays</b>	<b>Sep 17 - Dec 10</b>	<b>9:45 - 10:15</b>
<b>Fee: \$57</b>	<b>13 sessions</b>	<b>Oasis Fitness Room</b>

### Low-Impact Aerobics

523

*Tammy Panzironi, please see bio #520*

See description for class #522. **Note: Please wear comfortable closed-toe athletic shoes.**

<b>Thursdays</b>	<b>Sep 19 - Dec 12</b>	<b>9:45 - 10:15</b>
<b>Fee: \$57</b>	<b>12 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 11/28</b>		

### Get Ripped

524

*Tammy Panzironi, please see bio #520*

This is a masterfully energetic workout that combines easy, yet effective, cardiovascular routines interlaced with weights and resistance. This fun workout will produce results everyone is looking for and is appealing to both men and women of all fitness levels. Please bring a set of light 1-3-lb hand weights. (It's also ok to begin without weights.) You will build more strength and endurance as the weeks progress, and then you may want to increase the weights. Please keep in mind that the same routine will be offered for the entire trimester, so you will master it and achieve phenomenal results both physically and mentally. You don't want to miss this exciting class!

<b>Wednesdays</b>	<b>Sep 18 - Dec 11</b>	<b>9:00 - 9:40</b>
<b>Fee: \$64</b>	<b>11 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 10/9 &amp; 11/27</b>		

### Zumba™ with Tammy

525

*Tammy Panzironi, please see bio #520*

Join licensed Zumba instructor Tammy Panzironi for 45 minutes of high energy Zumba. "Exercise in Disguise" is back... the Zumba that many of you have been missing! Sweat, laugh and move to vintage class favorites, hot international and Latin-based music as well as current recognizable songs. Beginners and seasoned Zumba enthusiasts are welcome!

<b>Fridays</b>	<b>Sep 20 - Dec 13</b>	<b>9:00 - 9:45</b>
<b>Fee: \$72</b>	<b>12 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 11/29</b>		

### Nia

526

*Pam LeBlanc, certified Nia black belt instructor, 500+hr. professional-level Kripalu Yoga teacher, KYAA registered, Cardiac & Cancer Yoga certified, owner Fitness Business*  
Nia is a joyful, transformational fitness practice that offers cardiovascular whole-body conditioning and stress reduction, along with increased strength, flexibility and balance. Empowering music inspires the expressiveness of dance, the precision of martial arts and the functionality of Yoga. Creative mat work and a final relaxation piece are included in our practice. Leave class feeling refreshed, relaxed and renewed. No experience is needed. **Note: Please bring a Yoga mat for floor work. Also, please note earlier class starting time.**

<b>Mondays</b>	<b>Sep 16 - Dec 16</b>	<b>9:15 - 10:25</b>
<b>Fee: \$65</b>	<b>12 sessions</b>	<b>Oasis Fitness Room</b>
<b>No class 9/30 &amp; 10/14</b>		

### Nia

Off-Site 527

*Elaine Wolf, MA, MSW, LMFT, certified black belt Nia instructor, certified Yoga instructor, psychotherapist in private practice, and wellness center owner*

Nia is a joyful, safe, non-impactful and transformational fitness practice that offers cardiovascular whole-body conditioning and stress reduction, along with increased strength, flexibility and balance. Empowering music inspires the expressiveness of dance, the precision of martial arts and the functionality of Yoga. Creative mat work and a final relaxation piece are included in our practice. Leave class feeling good in your body, refreshed, relaxed and renewed. No experience is needed. **Note: Please bring a Yoga mat for floor work. Meets at Life-Force Sanctuary, 6181 Thompson Road, Suite 101, East Syracuse 13206. Entrance is located at side of building. Free parking in front of and behind building.**

<b>Wednesdays</b>	<b>Sep 18 - Dec 18</b>	<b>10:30 - 11:30</b>
<b>Fee: \$56</b>	<b>12 sessions</b>	<b>Life-Force Sanctuary</b>
<b>No class 10/9 &amp; 11/27</b>		

### Nia Floor Play

Off-Site 528

*Elaine Wolf, MA, MSW, LMFT, certified black belt Nia instructor, certified Yoga instructor, psychotherapist in private practice, and wellness center owner*

This class is all about getting up and down from the floor with play. It will free people of the fear of falling and getting hurt as well as increase strength, stability, and balance. Unlike yoga, Nia floor play does not require static poses, which can reactivate old injuries.

<b>Tuesdays</b>	<b>Sep 17 - Dec 3</b>	<b>10:30 - 11:30</b>
<b>Fee: \$56</b>	<b>12 sessions</b>	<b>Life-Force Sanctuary</b>

**Nia in a Chair****OffSite 529**

*Elaine Wolf, MA, MSW, LMFT, certified black belt Nia instructor, certified Yoga instructor, psychotherapist in private practice, and wellness center owner*

Nia in a chair (the art of conditioning your core with joy) is for folks who are afraid of falling or have limited mobility in their base. This class focuses on core and upper extremity conditioning and builds confidence, as well.

**Thursdays Sep 19 - Dec 12 9:15 - 10:15****Fee: \$56 12 sessions Life-Force Sanctuary****No class 11/28****Dance Exercise Motown, Etc. 530**

*Jeanneanne Ketchum, former adjunct professor at Syracuse University Drama Department-Aerobics for Actors, former teacher at The Dance Studio*

Do you want to add a little funk to your exercise routine? In this class we will use some of the wonderful Motown songs of Stevie Wonder, Diana Ross, The Temptations, etc. in the combinations. These combinations will be easy, fun and expressive. We will also use some of the hits of Earth, Wind & Fire, Kool & the Gang, etc. This dance exercise workout can be paced to your individual comfort and fitness level. **Note: Participants must be able to stand alone.**

**Wednesdays Sep 18 - Nov 13 11:45 - 12:45****Fee: \$54 8 sessions Oasis Fitness Room****No class 10/9****Dance Exercise Broadway 531**

*Jeanneanne Ketchum, former adjunct professor at Syracuse University Drama Department-Aerobics for Actors, former teacher at The Dance Studio*

Do you want to be a dancing queen? In this class we will dance to songs from *Chicago*, *Hairspray*, and other Broadway musical tunes. The combinations will involve basic jazz and theatre dance sequences, similar to those used in my other dance exercise classes.

**Mondays Oct 21 - Dec 9 12:00 - 1:00****Fee: \$54 8 sessions Oasis Fitness Room****Dance Smorgasbord Trial 532**

*Eileen Corlett, former Franklin School of the Arts dance educator and presently Clay Recreation dance teacher*  
Yes, EVERYBODY can dance! In this class you will experience many forms of dance: New England contra dances, world folk dances, American square dances and line dances. All dances are at a beginner level. No prior experience necessary and no partner needed. Scientific research has proven dancing to be the best form of exercise for your brain. You will build relationships, get exercise and most of all have fun! So get your dancing shoes on and join us!

**Friday Oct 4 11:30 - 12:45****Free 1 session Oasis Fitness Room****Dance Smorgasbord****533**

*Eileen Corlett, former Franklin School of the Arts dance educator and presently Clay Recreation dance teacher*

Yes, EVERYBODY can dance! In this class you will experience many forms of dance: New England contra dances, world folk dances, American square dances and line dances. All dances are at a beginner level and will be thoroughly taught. No prior experience necessary and no partner needed. Scientific research has proven dancing to be the best form of exercise for your brain. You will build relationships, get exercise and most of all have fun! So get your dancing shoes on and join us!

**Fridays Oct 11 - Nov 22 11:30 - 12:45****Fee: \$54 7 sessions Oasis Fitness Room****Beginning Tap 534**

*Cathy Strong, former Radio City Music Hall Rockette and life-long hooper*

Do you miss a good old-fashioned tap routine? From Gene Kelly and Vera Allen to Fred Astaire and Ginger Rogers, fancy footwork has delighted us for years. Come and learn some fundamental building blocks. Then start to string them together to experience your own slice of Hollywood's Golden Age. Instructor Cathy Strong will introduce you to basic steps and rhythms and help you join them together into phrases and short routines. People at all experience levels are welcomed and encouraged to attend. Come and make music with your feet within a warm and encouraging atmosphere! **Note: Tap shoes are preferred, but not necessary. If you do not have tap shoes, please wear leather-soled shoes. Do not wear rubber-soled shoes.**

**Wednesdays Sep 18 - Dec 11 3:10 - 4:10****Fee: \$70 11 sessions Oasis Fitness Room****No class 10/9 & 11/27****Intermediate Tap 535**

*Cathy Strong, former Radio City Music Hall Rockette and life-long hooper*

Building on fundamentals taught in Beginning Tap, Intermediate Tap provides you with the opportunity to build your repertoire with varied tap routines and more complex rhythms and steps. Instructor Cathy Strong will help you advance your mastery with her quintessential warmth and encouragement. Students who have studied tap in the past for two or more years and are familiar with the tap basics, are welcome to begin with this level.

**Mondays Sep 16 - Dec 9 3:00 - 4:00****Fee: \$70 11 sessions Oasis Fitness Room****No class 9/30 & 10/14**



**Intermediate Tap****536**

*Cathy Strong, former Radio City Music Hall Rockette and life-long hooper*

See description for class #535.

**Wednesdays Sep 18 - Dec 11 2:00 - 3:00**

**Fee: \$70 11 sessions Oasis Fitness Room**

**No class 10/9 & 11/27**

**TRAVEL****Canada and New England  
Cruise Informational Session****601**

*Richard O'Neil, Travel Choice International*

Join us for an informational session on a 10-day/9-night trip to Montreal and cruise through Eastern Canada and the New England coast, scheduled for July 30-August 8, 2020. Detailed information and handouts will be available. See class #602 for the itinerary and trip registration details. Note: Class is free and exempt from the \$15 processing fee.

**Tuesday Oct 1 10:00 - 11:00**

**Free 1 session Oasis Studio**

**Canada and New England  
Cruise Vacation on Holland America's  
Amsterdam from Montreal to Boston****602**

*Travel Choice International*

Join Oasis for 10 days and 9 nights from July 30 through August 8, 2020, as we travel by motorcoach from Syracuse to Montreal, then set sail on a cruise to Boston. After two nights and a day exploring Montreal, we board Holland America's *Amsterdam* for a 7-day cruise to Boston, Massachusetts. Holland America offers "As You Wish Dining," flexible times and seating at six restaurants and cafes. After arriving in Boston, travel back to Syracuse by motorcoach. Montreal visit includes dinner both evenings and breakfast each morning. Here is the itinerary:

**July 30 (Thursday):** Depart Oasis at 8:30 a.m. and travel by motorcoach from East Syracuse to Montreal. Check into Holiday Inn Centerville, Downtown Montreal. Enjoy some free time and then dinner at Restaurant Keste. (D)

**July 31 (Friday):** After breakfast at the hotel, we will meet our guide for a full day touring the city of Montreal. Sites include Notre-Dame Basilica, Ste-Catherine Street, St. Helen's Island, Mont-Royal, St. Joseph's Oratory, the Old Port and more. Lunch is on your own. In the afternoon visit the Olympic Tower and the Montreal Botanical Gardens. Dinner is included at Auberge Saint-Gabriel. (B,D)

**August 1 (Saturday):** After breakfast at the hotel, board the motorcoach for Holland America's *Amsterdam* at the Montreal Cruise Ship Terminal. (B)

The ports of eastern Canada and New England bear witness to fascinating histories and vibrant cultures that continue to this day. Approaching these cities from the sea offers a memorable perspective. For many immigrants to North America, their first glimpse of their new lives would be from the decks of ships sailing into these harbors. While the fishing villages of New England and Canada's Atlantic Provinces embody a long seafaring tradition, neither region is frozen in time. World-class museums and celebrated restaurants sit side by side with historic sites. Today, enjoy cruising on the St. Lawrence River.

**August 2 (Sunday):** Quebec City, Quebec.

**August 3 (Monday):** Gulf of St Lawrence.

**August 4 (Tuesday):** Charlottetown, Prince Edward Island.

**August 5 (Wednesday):** Sydney, Nova Scotia.

**August 6 (Thursday):** Halifax, Nova Scotia.

**August 7 (Friday):** Bar Harbor, Maine.

**August 8 (Saturday):** Arrive in Boston and travel by motorcoach from Boston to East Syracuse. There will be a rest stop and a dinner stop (on your own) along the way. Planned arrival at Oasis in East Syracuse is approximately 5:00 p.m.

**CITIZENSHIP TRAVEL INFORMATION:** The U.S. Customs Agency dictates that each traveler **MUST** carry proof of U.S. Citizenship. **THE ACCEPTABLE DOCUMENT IS A VALID PASSPORT.** Anyone without documentation will not be allowed to board the bus.

**Trip Prices from \$2,359.00\***

\*Rates are per person based on double occupancy and include all port charges, government fees, trip escort, and roundtrip motorcoach from East Syracuse.

**Your Special Cruise Rates For Double Occupancy:**

**INTERIOR ACCOMMODATIONS - J - \$2,359.00**

**OCEANVIEW ACCOMMODATIONS - C - \$2,659.00**

**LANAI - OCEANVIEW PROMENADE DECK - CA - \$3,309.00**

Offering sliding glass doors leading onto the walk-around Lower Promenade Deck.

**OCEANVIEW WITH BALCONY - \$3,969.00**

**Your Special Cruise Rates For Single Occupancy:****INTERIOR ACCOMMODATIONS – FROM \$3,459.00****OCEANVIEW ACCOMMODATIONS – FROM \$3,979.00****LANAI - OCEANVIEW PROMENADE DECK - CA \$5,169.00**

Offering sliding glass doors leading onto the walk-around Lower Promenade Deck.

**OCEANVIEW WITH BALCONY - \$6,869.00**

**DEPOSITS AND FINAL PAYMENTS:** A \$350.00 per person deposit payable to Travel Choice International is required with your reservation. To make a reservation, contact Travel Choice International at (315) 445-1400. Final payment is due by April 17, 2020. No deposits will be taken by Oasis.

**CRUISE CANCELLATION POLICIES:**

<u>Days Prior to Departure</u>	<u>Cancellation Fee</u>
Up to 75 days	NONE
57-75 days	\$175.00 per guest
56-29 days	50% of gross fare
28-16 days	75% of gross fare
Within 15 days	100% of gross fare

**CANCELLATION INSURANCE IS AVAILABLE AND RECOMMENDED THROUGH TRAVEL CHOICE INTERNATIONAL AT TIME OF REGISTRATION.**

**Thursday, Jul 30 - Saturday, Aug 8, 2020**

**Informational Session: 603**  
**Spotlight on the French Riviera**

*Kevin Ferguson, Business Development Manager, AAA Member Choice Vacations*

From October 24 to November 1, 2020, unpack for a leisurely multi-night stay, embracing the luxury and breathtaking beauty of the French Riviera. Discover the chic resorts, sun-soaked beaches and elegant allure that attract the rich and famous. Spend time in the fairy-tale principality of Monaco. Discover the opulence of the Villa Ephrussi de Rothschild and Gardens. Watch artisans create fragrant perfumes. Get a glimpse into the lives of the rich and famous in Cannes and St. Tropez. Shop like a local at Nice's colorful flower market. Enjoy leisure time to explore on your own! It's time you lived a little bit of the good life. Trip cost: \$3,349 for double occupancy (air-inclusive from Syracuse with early booking incentive and includes 8 meals). **Note: This class is exempt from the \$20 registration fee.**

<b>Tuesday</b>	<b>Sep 24</b>	<b>11:30 – 12:30</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>

**Informational Session: 604**  
**South Pacific Wonders**

*Kevin Ferguson, Business Development Manager, AAA Member Choice Vacations*

Explore the two great countries of Australia and New Zealand September 8-22, 2020! From the tropical splendor of the Great Barrier Reef on Australia's northeast coast to the ethereal beauty of glacial fjords on New Zealand's South Island, this journey to the lands "Down Under" brings you the best of both countries at an enjoyable pace. Cruise Sydney Harbour and New Zealand's Milford Sound. Meet Australia's wildlife up close. Discover the wonders of Aboriginal culture. Indulge in regional flavors during lunch at a family-run merino sheep farm and experience Queenstown, the adventure capital of the world. And much more awaits!

Trip cost: \$6,849 for double occupancy (air-inclusive from Syracuse with early booking incentive and includes 21 meals).

**Note: This class is exempt from the \$15 processing fee.**

<b>Friday</b>	<b>Oct 4</b>	<b>11:30 – 12:30</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>



## VOLUNTEERING

### New Volunteer Overview 701

Jennifer Michella, Oasis program and volunteer manager and Shelly Lee, Oasis tutoring coordinator

Become a valued member of the Oasis volunteer family. Remain active, involved and enjoy the companionship of others who share similar interests. Put your computer knowledge, office skills, teaching experience, hobbies and other talents to good use. This informal session will provide you with information about a multitude of volunteer opportunities at Oasis! **Note: Class is exempt from the \$15 processing fee.**

**Tuesday Sep 24 10:00 - 11:00**

**Free 1 session Oasis Studio**

### Volunteer Meeting 702

Jennifer Michella, Oasis program and volunteer manager

This important meeting is scheduled for all Oasis volunteers to attend. Updates on volunteer initiatives, registration procedures, programs, policies and center operations will be provided. Attending these meetings regularly will keep volunteers well informed and will provide them the opportunity to make suggestions, share concerns and have questions answered. Volunteer feedback is highly valued! **Note: Meets 9/20 and 11/1. 11/1 meeting to be held in the Studio. Meeting is exempt from the \$15 processing fee.**

**Fridays Sep 20 - Nov 1 1:00 - 2:00**

**Free 2 sessions HealthLink Room**

### Leadership Team Meeting 703

Jennifer Michella, Oasis program and volunteer manager

This monthly meeting is for those volunteers who are serving as members of the leadership team. **Note: Meets 9/11, 10/16, 11/13 and 12/11. Meeting is exempt from the \$15 processing fee.**

**Wednesdays Sep 11 - Dec 11 1:00 - 2:30**

**Free 4 sessions Oasis Conference Room**

### Class Coordinator Training 704

Wendy Davenport, Oasis volunteer leadership team member, and Diana Biro, Oasis Advisory Council member, both class coordinator volunteers

Become an Oasis volunteer class coordinator. Attend this important training session to learn how to assist with various class activities and operate audio visual equipment. Oasis class coordinators may attend classes they coordinate free of charge! **Note: Training is exempt from the \$15 processing fee.**

**Tuesday Oct 1 11:30 - 12:30**

**Free 1 session Oasis Studio**

### Oasis Volunteer Holiday Gathering 705

Join in the annual Oasis holiday lunch and optional gift exchange! Bring a favorite dish to share with other volunteers. If interested, bring a wrapped (\$10-\$15 value) gift to exchange. **Note: Please register by December 9 and call the Oasis front desk at (315) 464-6555 to let us know what dish you will be sharing.**

**Monday Dec 16 12:00 - 2:00**

**Free 1 session Oasis Lecture Hall**

## Looking for Rewarding Volunteer Opportunities?

### Share your experiences and talents!

Oasis offers meaningful opportunities for volunteerism and one of the best ways to feel connected to Oasis is through volunteering. We cannot do it without you! Join our friendly and vital group of volunteers to help keep our center vibrant!

**To learn more about how you can volunteer at Oasis, call Jen at (315) 464-1745 or attend the new volunteer overview session, class # 701.**



# VOLUNTEER OPPORTUNITIES

## Looking for Rewarding Volunteer Opportunities?

*Jennifer Michella, Oasis program & volunteer manager*

Share your experiences and talents! Oasis offers meaningful opportunities for volunteerism and one of the best ways to feel connected to Oasis is through volunteering. We cannot do it without you! Join our friendly and vital group of volunteers to help keep our center vibrant!

- Participate in an exciting and innovative national program while contributing to the successful aging of mature adults.
- Be honored at the annual Oasis Volunteer Recognition event.
- Receive a waiver of registration processing fee for volunteering 20 hours in a specific 4-month period.

To learn more about how you can volunteer at Oasis, call Jen at (315) 464-1745 or attend the new volunteer overview session, class # 701.

## Catalog Delivery

Three times a year, deliver new Oasis catalogs to various locations throughout Onondaga County.

## Class Coordinator

Assist with various class activities such as introducing the instructor, assisting with A/V equipment and distributing class evaluations. Class coordinators will have the opportunity to attend select classes free.

## Computer Lab Assistant

Are you experienced when it comes to using a personal computer? Oasis is looking for volunteers to assist in the computer lab.

## Instructor

Offer a class or classes in your favorite subject area. Work with Oasis staff to determine teaching opportunities and course content.

## Intergenerational Tutoring

Connect with younger generations through tutoring. Oasis tutors volunteer in elementary schools. To learn more about this meaningful volunteer opportunity, call Shelly Lee at (315) 464-1746.

## Reception Desk

As a desk volunteer, you will be greeting members, assisting instructors, answering questions, processing registrations, and generally making the center a cheerful and welcoming place. Oasis could not offer all the classes and events that it does without the support of desk volunteers. Computer skills are helpful, but not required.

**Please join us in expressing our appreciation to all our volunteers for donating their valuable time and energy, including the following individuals on our Volunteer Leadership Team:**

*Wendy Davenport  
Eileen Deuell  
Rona Edlund  
Sue Foster  
Gary Hartman*

*Mary Jernigan  
Doreen Murphy  
Tom Murphy  
Craig Peets  
Melissa Sheremeta*

## In Remembrance

*To acknowledge Oasis  
instructors and members  
who have recently passed away*

Judith L. Alderman

Charlotte Burbank

Abby Eggert

Stephan Everly

Patricia (Pat) Masten

Stephen Meltzer

Ethel Robinson

Philip Resch

Horst Schwinge

Olga Suholet

# OASIS VOLUNTEER APPLICATION

## Free Training Provided!

- CATALOG DELIVERY** Deliver Oasis catalog to various locations at the beginning of each trimester.
- CLASS COORDINATOR** Assist with various class activities including operation of AV equipment, and have the opportunity to attend select classes free.
- COMPUTER LAB** Assist in our computer lab with computer classes.
- INSTRUCTOR** Teach Oasis classes in your area of expertise/experience.
- INTERGENERATIONAL TUTORING** Connect with younger generations (grades K-3) through reading, tutoring and/or oral-history activities.
- RECEPTION DESK** Greet members, answer general Oasis questions, assist with various office projects. If computer-able, enter information into database. **Time commitment: 4-hour shifts, one or more times per month.**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email address \_\_\_\_\_

**CURRENT MEMBER?** \_\_\_Yes \_\_\_No Date \_\_\_\_\_

### **CHECK YOUR AREA(S) OF VOLUNTEER INTEREST:**

- |  |   |
|--|---|
| <input type="checkbox"/> Catalog delivery  | <input type="checkbox"/> Instructor/Topic: _____    |
| <input type="checkbox"/> Class coordinator | <input type="checkbox"/> Intergenerational tutoring |
| <input type="checkbox"/> Computer lab      | <input type="checkbox"/> Reception desk             |

### **INDICATE YOUR AVAILABILITY BELOW.**

- Preferred days: \_\_\_M \_\_\_Tu \_\_\_W \_\_\_Th \_\_\_F
- Preferred time: \_\_\_am \_\_\_pm
- Frequency per month: \_\_\_once \_\_\_twice \_\_\_more often

### **CHECK YOUR SKILLS AND RELEVANT EXPERIENCES BELOW.**

- |   |   |
|---|---|
| <input type="checkbox"/> Computer data entry/word processing  | <input type="checkbox"/> Fund raising                     |
| <input type="checkbox"/> Familiar with basic office equipment | <input type="checkbox"/> Teaching experience              |
| <input type="checkbox"/> Operate a video recorder             | <input type="checkbox"/> Public speaking experience       |
| <input type="checkbox"/> Meeting/function arrangements        | <input type="checkbox"/> Health screenings (BP's etc.)    |
| <input type="checkbox"/> Grant writing                        | <input type="checkbox"/> Operating audio visual equipment |
| <input type="checkbox"/> Blogging                             |   |

**PART TIME COMMITMENT, FULL TIME REWARDS!**

# DIRECTIONS TO OASIS



The Oasis Learning Center is located in the former Telergy building, next door to the Double Tree Hotel, East Syracuse.

## THE ADDRESS:

6333 State Route 298, East Syracuse, NY 13057  
(GPS address: 6333 Carrier Parkway,  
East Syracuse, NY)

Oasis is conveniently located on State Route 298, a short distance east of Carrier Circle (Thruway Exit 35) in a modern building of blue glass, known to many as the former Telergy building.

Ample free parking is available in the front, side and back of the building. (Handicapped accessible parking is in front.) Enter through the main entrance in the front of the building.

## FROM I-481 NORTH or SOUTH

Take I-481 to Exit 5W, Kirkville Road. Go west on Kirkville Road about 1-½ miles, turn right onto Kinne Street. Take Kinne Street to its end at Route 298, continue across 298 onto Weighlock Drive and enter parking lot at second driveway on the left.

## FROM I-81 SOUTHBOUND (North of the Thruway)

Take I-81 southbound to I-481 southbound. Go south on I-481 to Exit 5W, Kirkville Road. Go west on Kirkville Road about 1-½ miles, turn right onto Kinne Street. Take Kinne Street to its end at Route 298, continue across 298 onto Weighlock Drive and enter parking lot at second driveway on the left. **OR** Take I-81 southbound to the NYS Thruway, travel on the Thruway east to Exit 35 (Carrier Circle), go east on State Route 298, turn left at first traffic light onto Weighlock Drive. Enter parking lot at second driveway on the left.



## FROM I-81 NORTHBOUND (South of Syracuse)

Take I-81 northbound to I-481 (Exit 16A). Take I-481 to Exit 5W, Kirkville Road. Go west on Kirkville Road about 1-½ miles, turn right onto Kinne Street. Take Kinne Street to its end at Route 298, continue across 298 onto Weighlock Drive and enter parking lot at second driveway on the left.

## FROM NYS THRUWAY (I-90) East or West

Exit Thruway at Exit 34-A (I-481). Take I-481 southbound to Exit 5W, Kirkville Road. Go west on Kirkville Road about 1-½ miles, turn right onto Kinne Street. Take Kinne Street to its end at Route 298, continue across 298 onto Weighlock Drive and enter parking lot at second driveway on the left. **OR** Leave Thruway at Exit 35 (Carrier Circle), go east on State Route 298 to the first traffic light, turn left onto Weighlock Drive and enter parking lot at second driveway on the left.

## FROM I-690

Exit at Thompson Road (Exit 16N), go north, turn right onto James Street. Go one block, bear left at fork at traffic light, continue to four-way stop. Turn left onto Kinne Street. Take Kinne Street to its end at Route 298, continue across 298 onto Weighlock Drive and enter parking lot at second driveway on the left. **OR** continue on Thompson Road to Route 298 East (do not enter Carrier Circle), proceed to first traffic light, turn left onto Weighlock Drive and enter parking lot at second driveway on the left.

## FROM NORTHERN BOULEVARD

Go south on Northern Boulevard to end at State Route 298 and turn right heading west. In about a quarter of a mile, just after passing over the Thruway, turn right at second traffic light onto Weighlock Drive and enter parking lot at second driveway on the left.



# SYRACUSE OASIS DONORS

We are grateful to all of our donors for their loyalty and generosity. Gifts reported below were received *between 8/1/18 and 7/8/19*. Your support enables us to strengthen our legacy of lifelong learning and service to the community. Thank you!

## **GOLD: Legacy Fund**

Diana Biro  
David and  
Lauren Feiglin  
Dr. and Mrs.  
Harold Jones  
Elinor Spring-Mills  
Glenys and Jack Tobin

### **Matisse Benefactor (\$2500 and above)**

John and Glenys Tobin

### **Matisse Fellow (\$1000-2499)**

Diana Biro and Eric Rogers  
James C. Bresnahan  
David and Lauren Feiglin  
John and Elizabeth  
McKinnell  
Jeffrey G. Smith  
Elinor Spring-Mills

### **Sustaining Scholar (\$500-999)**

Evelyn and Nicholas Fiorenza  
Thomas Henry  
Cynthia Woods

### **Contributing Scholar (\$250-499)**

Anonymous  
Elaine and Joe Coppola  
Virginia DeBenedictis  
David C. Dickinson  
Grace and Michael Flusche  
Tom and Pam LeBlanc  
Dick Lightcap  
John and Candace Marsellus  
Frederick and Virginia Marty

Ms. Donna Z. Miller  
Rachel Netzbund  
Barbara Paradise  
Michael and Rissa Ratner  
Mark and Nancy Wadopian

### **Supporting Scholar (\$150-249)**

Francine Boutet  
Millar and Barbara Brace  
Donald and Anna Bridy  
Anne Dupont and Mary  
Robinson  
Gary Hartman  
Sandra Kinsella  
JoAnn B. Loren  
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Drs. Myra Shayevitz  
Joe and Carolyn Smith  
Cynthia D. Stevenson  
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Mark Watkins and Brenda  
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### **Scholar (\$100-149)**

Katherine Adelson  
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Marvin Bodley  
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Anita and Howard  
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Kenneth and Nancy Wilson  
Paul Weiss

### **Associate Scholar (\$75-99)**

Elaine Abrams  
Lynn and Mary Joy Carlson  
Sunnyside Care Center

Diane Dimond  
Marion M. Greene  
Richard and Neva Pilgrim  
Margery Pinet  
Christine Porter

### **Friend (\$50-74)**

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Ona Cohn Bregman  
Carol Brigida  
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Gustav Engbretson  
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Terry and Robert Flower  
Allen and Nirelle Galson  
Dr. and Mrs. Daniel L. Harris  
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Rudolph Tarolli	Howard Friedman		
Cynthia G. Tracy	George and Halina Gagne		
Dick Tuttle	Jo Ann Manuel Galuppo		

## OASIS TRIBUTE FUND GIFTS

*Received between 4/4/19 and 7/8/19*

**In Appreciation of Tracie Alexander**  
Rev. Marcia J. Wickert

**In Memory of Bob Davenport**  
Wendy Davenport

# THE OASIS TRIBUTE FUND



- to celebrate a birthday, anniversary or special occasion
- to honor the memory of a friend or loved one

You can honor a friend or loved one while supporting the mission of Oasis to enrich lives and strengthen communities with a gift to the Oasis Tribute Fund.

Oasis will send a letter to the honoree or other person designated, with information that a Tribute gift has been received. All Tribute gifts are tax-deductible. For more information, please contact Mady Rubenstein, Oasis Tribute Fund Coordinator at (315) 682-7162. Gifts can be made online at [www.oasisnet.org/supportoasis](http://www.oasisnet.org/supportoasis).

Oasis is a not-for-profit organization that depends on contributions to support its programs.  
Your gift is tax-deductible.

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please make checks payable to Oasis. Indicate Tribute in the memo portion of the check.  
Thank you!

This gift is from \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Telephone ( ) \_\_\_\_\_

The gift is \_\_\_ In Appreciation of \_\_\_ In Honor of \_\_\_ For a Speedy Recovery of \_\_\_ In Memory of  
Name(s) \_\_\_\_\_

Please send card to: Name(s) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

(Amount of gift is not disclosed on card.)

Amount \$ \_\_\_\_\_ Check off form of payment below

\_\_\_ Cash \_\_\_ Check \_\_\_ Visa \_\_\_ Master Card \_\_\_ Discover

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_



# PLANNED GIFTS

## How Would You Like to Be Remembered?



We all want to leave something of lasting importance behind. We

want to leave a legacy. We want those who follow us to be inspired by our example and follow suit. That is how we make the world better for generations to come.

Oasis has a unique opportunity for our supporters. So many people give generously to support the work of Oasis and want to leave something of lasting importance behind. For this reason, Oasis is proud to announce the formation of a Legacy Society...a society of those who have chosen to make a *Planned Gift* to Oasis.

What is *Planned Giving*? Simply put, it describes the many financial and investment vehicles someone can use to make a gift to Oasis in the future! A *planned gift* can be as simple as adding Oasis as a beneficiary of an IRA, 401K, a life insurance policy, or by designating Oasis among the recipients of one's estate. Planned Giving vehicles include bequests, insurance policies, charitable lead trusts and gift annuities, as well as, certain gifts of real estate and artwork, among others.

For more information contact Cynthia Woods at 315-464-4426.

Our current funds include:

### **Oasis GOLD Legacy Fund**

– For planned/legacy gifts. To support and sustain Oasis programming needs.

### **Oasis Music and Education Fund**

– To support Oasis music programs.

### **Eleanor Spring-Mills Tuition Assistance Fund**

– Scholarships to share your love of Oasis with those in need of financial assistance.

### **Roslyn R. Bilford Lifelong Learning Fund**

– To support programming-related operational needs of the Upstate Oasis program.

### **Glenys and John Tobin Oasis Tutoring Fund**

– To promote education and learning through the support of the Upstate Oasis Intergenerational Tutoring Program.

### **Oasis GOLD Infrastructure Fund**

– To support infrastructure updates at the Oasis site.

# NEW MEMBERSHIP APPLICATION

**Membership in Oasis is FREE!**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Today's Date

\_\_\_\_\_  
Name      First                      Middle                      Last

\_\_\_\_\_  
Address

\_\_\_\_\_  
City                                      State/Zip

\_\_\_\_\_  
Home Phone (with area code)      Cell (with area code)

\_\_\_\_\_  
e-mail (by providing, you are giving Oasis permission to communicate with you by e-mail.)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Birth Date

\_\_\_\_\_  
Previous occupation and employer

\_\_\_\_\_  
Current Occupation

\_\_\_\_\_  
Contact for Emergency

\_\_\_\_\_  
Emergency Contact Phone # (with area code)

Please return completed form to  
Oasis  
6333 State Route 298  
East Syracuse, NY 13057

For Office Use:

Date \_\_\_\_\_ Initials \_\_\_\_\_

Entered in computer

Letter and catalog sent

If volunteer area is checked, application copied;  
copy placed in Volunteer Manager's mailbox.

If you would be interested in volunteering with Oasis, please check your interests:

Catalog Delivery                       Intergenerational Tutoring

Class Coordinator                       Reception Desk

Computer Lab                       Other. Please specify: \_\_\_\_\_

Instructor                      \_\_\_\_\_

The information below is **OPTIONAL** and is requested for statistical purposes only. It will be held strictly confidential. Membership information is used in applications for grant funding. Your cooperation is appreciated.

Sex:                       Male                       Female

Marital Status:  Single                       Married

Widowed                       Divorced

Ethnicity:                       Asian                       White

African American       American Indian/  
Native American

Hispanic/Latino       Native Hawaiian  
or Pacific Islander

Multi-Racial

Education:                       High School                       Some College

College Degree                       Graduate Degree

Post Graduate Degree

Military Veteran:  Yes                       No

How did you hear about Oasis?

55 PLUS Magazine                       Health Fair

Friend                       Doctor's Office

Senior Center\*                       Internet

HealthLink                       Library\*

Newspaper\*                       Presentation\*

Catalog                       Other\*

\* Please specify \_\_\_\_\_

# FUNDERS & SUPPORTERS

**The Foundation of our Success.** Oasis' success is built with support provided by community partners, corporations, foundations and individuals. We extend our appreciation to those who contribute their time, talents and resources to Oasis. Thank you!

## Oasis Advisory Council

Mary Pat Oliker, Chair	Eric Rogers
Tom Henry, Vice Chair	Martha Ryan
Diana Biro	Melissa Sheremeta
Jim C. Bresnahan	Cynthia Stevenson
Laura Hand	Ex-Officio:
Gary Hartman	Sharon Brangman, MD
Pete Headd	Leah Caldwell
Michael Ratner, MD	Eileen Pezzi
	Cynthia Woods

## Community Partners

AAA of Western and Central New York  
Alzheimer's Association, Central New York Chapter  
Artist Pianos  
Center for Aging Resources and  
Enrichment (CARE) at Le Moyne College  
CNY Reads Consortium  
Community Library of DeWitt and Jamesville  
Crossroads District UMC  
Everson Museum of Art  
Fayetteville Library  
Fayetteville Senior Center  
Go Ahead Tours  
Institute For Caregivers (I-Care)  
Liverpool Central School District  
Liverpool Library  
Manlius Art Cinema  
Manlius Senior Centre  
Onondaga County Department of Adult  
and Long Term Care Services  
Onondaga Historical Association  
Redhouse Arts Center  
RSVP of Catholic Charities  
Symphoria  
Syracuse City School District  
Syracuse Housing Authority  
Syracuse Jewish Family Service at Menorah Park  
Syracuse Stage  
Syracuse University  
Temple Concord  
The Ballet and Dance Center  
The Nottingham  
Travel Choice International

## Funders

**Upstate Medical University**  
Onondaga County Department of Adult and  
Long Term Care Services  
Quality & Technical Assistance Center (QTAC)  
The Advocates of Upstate Medical University  
The AT&T Foundation

## Oasis Development and Marketing Committee

Michael Ratner, MD, Co-Chair	Laura Hand
Leah Caldwell, Co-Chair	Mary Pat Oliker
Joe Bearman	Eric Rogers
Diana Biro	Elinor Spring-Mills
Jim Bresnahan	Cynthia Stevenson

## Oasis Education Committee

Tom Henry, Chair	Eric Rogers
Diana Biro	Len Sharp
Jim C. Bresnahan	Jeff Smith
Herman Hilleboe	Cynthia Stevenson
Michael Ratner, MD	

## Oasis Volunteer Instructors

Jon Anderson	Harriet Mark
David Archer	Ryan McMahan
Aldrine Ashong-Katai	Terry McGovern
Susan Berry	Jon Parry
Alberto Bianchetti	Tammy Jean Peck
Diana Biro	Susan Pedrosa
Tree Carter	Michael Ritter
David Chanatry	Eric Rogers
Wendy Davenport	Patsy Scala
Andrew Fish	Len Sharp
Hunter Foster	Susan Sharp
Sue Gilberti	Al Somlo
Alan Goldberg	Stu Spiegel
Linda Goodrich	Carol Stark
Chris Gorman	Eric Stein
Samarah Hannah	Susan Stowell
Kathleen Karmand	Syracuse Stage Staff
Mike Hertzendorf	Carol Tischenko
Bob Hupp	Katrina Tulloch
Kim Jackson	Lisa Vigliotti-Bane
Joel Kaplan	Ben Walsh
Anne Marie Kilpeck	Norm Weiner
Dr. David Lehmann	Upstate Medical University Faculty and Staff
Stan Linhorst	
Andrew Lunetta	



# POLICIES

## Guests

- **Guests (non-members) are welcome to attend an Oasis class one time only.** (This does not apply to guests who live out of state or guests attending Oasis concerts.) **A class fee will be required.** Guests must register and pay required fees at the Volunteer Desk before the class begins.
- Guests will not be able to attend classes that are full or have a wait list. Please call ahead to make sure there is room for a guest.
- For the safety and well-being of all our members, we are unable to accommodate guests in fitness classes.

## Refund Policy

- **Processing fees** are **nonrefundable** unless all your classes are cancelled by Oasis.
- Class fees are **nontransferable** and **nonrefundable** unless Oasis cancels your class. If a registrant needs to cancel a class due to jury duty or a medical reason, the registrant will receive a credit for the amount of the class fee, which can be applied toward a future class at Oasis. **Cancellation requests must be made 48 hours prior to the start of class.**
- **Class cancellations** may occur if minimum enrollment is not met. Registrants will be notified and any applicable fees refunded or credited.
- Please allow 4-6 weeks for refunds to be processed.

## Class Attendance Policies

- **Register** only for classes you plan to attend regularly. If you are unable to attend classes for which you've registered, call Oasis at (315) 464-6555 as soon as possible so that individuals on the wait list may participate.
- **Large-Class Check-In System:** For large classes, attendees will be asked to check in alphabetically by last name at a reception check-in table.
- **Registrations are not transferable.** People may not substitute for others who are registered but unable to attend a class.
- **Members' adherence to these policies and cooperation with our dedicated volunteers will be greatly appreciated!**

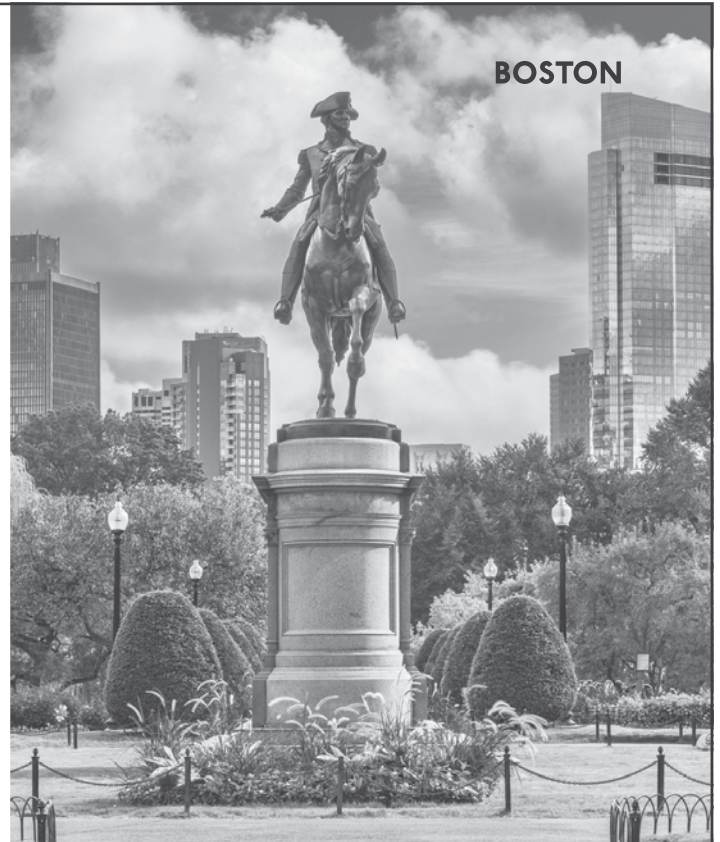
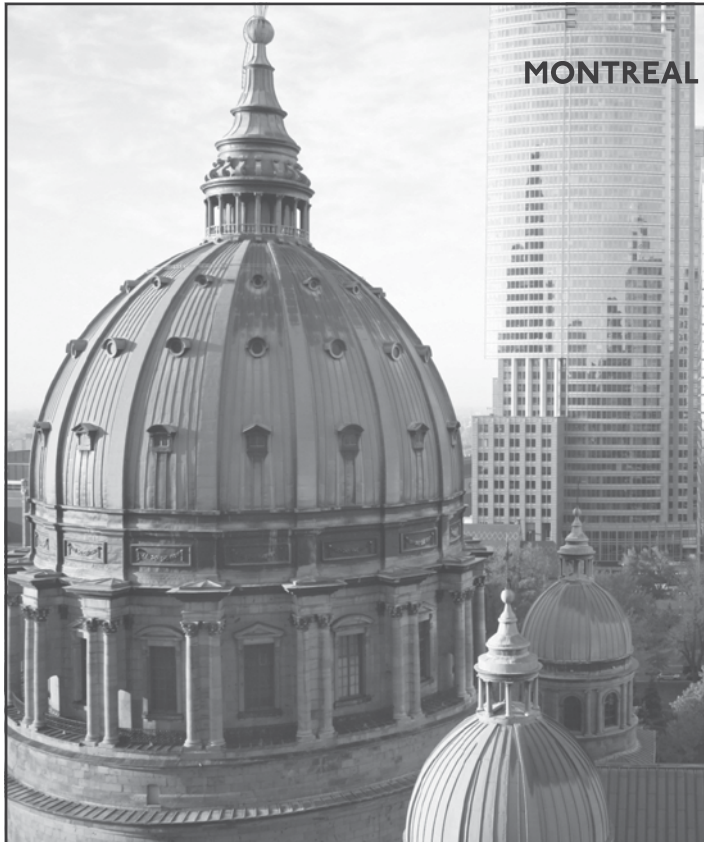
## Severe Weather or Emergencies

- **In the event of severe weather or emergencies,** Oasis class cancellations will be announced on a recorded message. **Call (315) 464-6555 after 7 a.m. for details.**
- Announcements will be made on TV Channels 3, 5, 9, 10 and major radio stations.

## While in Class

- **Cell phones and beepers** must be turned off or set to vibrate mode in classrooms as a courtesy to instructors and classmates.
- **Confidentiality** is respected! Phone numbers, addresses and other personal information about Oasis members, volunteers, instructors and staff are strictly confidential. Oasis policy prohibits distributing this information to any outside person or organization.
- **Climate control** at Oasis. Temperatures vary within the Oasis Center. Please dress in layers for your own comfort while in the center.
- **Members participating in Oasis programs** are expected to conduct themselves in a courteous manner, respecting the rights of all other Oasis members, volunteers, instructors and staff
- **Avoid** wearing colognes or perfumes.

- The class registration form is an application for enrollment in classes and does not guarantee enrollment. Read your class confirmation letter carefully!
- Please do NOT assume you are enrolled in all classes.
- If you have not received a class confirmation letter prior to your first class, call Oasis at (315) 464-6555 before you come in.
- If you are placed on the wait list for all classes you wanted, you will be notified and your \$15 processing fee will be returned.
- If you are placed on a wait list, please do not come to attend that class unless you have been called by Oasis to do so. Please call if you are in doubt.
- Oasis classes, except for concerts, are limited to members and adult guests. For liability reasons Oasis cannot accommodate children.



*Join us for a* **CRUISE VACATION TO  
CANADA AND NEW ENGLAND**

**July 30 – August 8, 2020**

**TWO NIGHTS IN MONTREAL  
EIGHT DAY CRUISE ON HOLLAND AMERICA'S AMSTERDAM TO BOSTON**

The ports of eastern Canada and New England bear witness to fascinating histories and vibrant cultures that continue to this day. Approaching these cities from the sea offers a memorable perspective. For many immigrants to North America, their first glimpse of their new lives would be from the decks of ships sailing into these harbors. While the fishing villages of New England and Canada's Atlantic Provinces embody a long seafaring tradition, neither region is frozen in time. World-class museums and celebrated restaurants sit side by side with historic sites.



**FOR MORE INFORMATION**

Oasis, 315-464-6555

Travel Choice International, 315-445-1400

**COSTS:** \$2,359 – \$6,869

**UPSTATE**  
**Oasis**  
Lifelong Adventure

# SPECIAL PROGRAMS & SERVICES

## **Art Walls at Oasis**

“Art Walls at Oasis” is an opportunity for all Oasis members to display their artwork each trimester. There is a limit of 3 works per participant. We request that all work is framed and in tiptop condition. Also, please remember to pick up your artwork at the end of each trimester. Oasis art instructor Evelyn Fiorenza coordinates the Art Walls.

**Note: Art work to be displayed in the fall trimester must be dropped off at Oasis by Monday, September 9, 2019.**

## **Upstate Connect**

Finding current information and accurate advice about today’s health issues or choosing the right doctor is not always an easy thing to do. Upstate Connect offers a free, confidential service 24 hours a day. Staffed by RNs that have access to the most up-to-date health information on a wide variety of diagnoses and health issues, you can receive information over the phone or mailed to you free of charge. If you have an immediate health problem, the staff can help you decide what to do. Call (315) 464-8668.

## **Vitality! Senior Fitness Program**

*Vitality!* is the senior fitness program at the Institute for Human Performance at Upstate Medical University, specifically designed to improve the health and wellness of adults in our community. Exercise programs include both aquatics and traditional land-based activities. Aquatics programs operate on Tuesdays and Thursdays and land-based programs operate on Mondays, Wednesdays and Fridays. Trained staff members supervise participants and provide assistance as needed. To enroll in the program or request more information, call *Vitality!* Director Carol Sames, PhD, at (315) 464-9992.



## **Reach Out and Read**

This is a program that promotes early literacy by bringing new and gently used books into pediatric exam and waiting rooms and encouraging parents to read aloud to their children. Volunteers read aloud to children, serving as an example to parents of the effectiveness of reading in entertaining children and in helping them learn. Since 1989, *Reach Out and Read* pediatricians have been prescribing books for their young patients at more than 2,000 hospitals and health centers. *Reach Out and Read* has been offered at the Upstate Pediatric and Adolescent Center since 1990. Please consider volunteering your time to read aloud to children in the waiting room at University Hospital, our Oasis sponsor. Training and volunteer support are offered to assure a positive experience for all.

Interested? Call Julie Doody, Nurse Manager, Pediatric and Adolescent Center, Upstate Medical University at (315) 464-4357.





# REGISTRATION PROCEDURES

## WAYS TO REGISTER FOR CLASSES

- Prior to August 26, 2019: U.S. mail or drop off in person at Oasis.
- On or after August 26, 2019: U.S. mail or online at [www.oasisnet.org](http://www.oasisnet.org) or drop off in person at Oasis.

Registration processing will begin Monday, August 26, 2019. Please note that only **complete** registrations will be processed in order of the date received. Your signature on the waiver and payment of the processing fee are required each trimester. **Register early to avoid disappointment.**

### Your complete registration will include

- √ Separate form for each member
- √ Separate payment for each member
- √ Accurate addition of class fees and processing fee
- √ Check correctly written, dated, signed
- √ Credit card information complete with expiration date and your signature
- √ Waiver of liability dated and signed by member registering
- √ Second or third choices for classes, if appropriate
- √ Completed new member form, if appropriate
- √ New volunteer form, if appropriate

### Adding classes to your original registration

- ▲ Write “Add On” on the top of your registration. Do not pay the \$15 registration processing fee again.
- ▲ Note the dates and the Ways to Register at the top of the page.

Questions? Call (315) 464-6555 Monday — Friday between 10:00 am and 4:00 pm.

**Don't be disappointed. Register early to avoid class cancellation due to low enrollment.**



# OASIS REGISTRATION FORM

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone \_\_\_\_\_ Cell \_\_\_\_\_  
 Email \_\_\_\_\_

Office use only	Name _____	Date _____
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Complete a separate form for each member and mail it with your payment to:

Oasis  
 6333 State Route 298  
 East Syracuse, NY 13057

**Please note: Registrations are not transferable.**

**Please print**

Check here if you are a military veteran. Processing fee will be waived.

Class #	Class Title	Fee	Office use
<b>Make check payable to: Oasis</b>		Class Fees	
<b>Returned checks are subject to a \$25 fee.</b>		Processing Fee*	<b>+15.00</b>
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	Tax-deductible gift to Oasis	<b>+</b>
<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<b>Subtotal</b>	<b>\$</b>
<input type="checkbox"/> Discover	Credit card # _____	Less credit/coupon	<b>-</b>
Your name as it appears on your credit card _____	Exp. date ____ / ____	<b>Total</b>	<b>\$</b>
Signature _____			

**Credit card statement will show charge to: Oasis 314-862-2933**

*\*Required for class registration each trimester*



**Don't forget to sign the Waiver and Release of Liability.**

**\*Waiver & Release of Liability**

I release and discharge State University of New York Upstate Medical University (also known as SUNY Health Science Center at Syracuse), a component of which is University Hospital, State University of New York, and the State of New York, and their respective officers, trustees, directors, employees, and agents for any and all claims, demands, actions, losses, expenses, damages, and liabilities whatsoever in any manner related to or arising out of my participation in programs sponsored by Oasis including, but not limited to, educational, cultural, volunteer, physical fitness related programs, and travel in any form.

I attest that I have full and informed knowledge of the risks involved in physical fitness activities and have full and informed knowledge of the risks involved in the programs sponsored by Oasis, and I attest that I have obtained approval from my physician(s) to participate in same.

I understand that the Oasis mailing list may be used by Oasis sponsors for educational mailings. I understand that participants in programs sponsored by Oasis are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers, and staff. I attest that I will conduct myself in a courteous manner and will respect the rights of all other participants, volunteers, and staff. I understand that if, in the sole discretion of State University of New York Upstate Medical University, I fail to conduct myself in a courteous manner and fail to respect the rights of all other participants, volunteers, and staff, I will not be allowed continued participation in the programs sponsored by Oasis.

I give permission for The Oasis Institute to photograph or videotape me and to use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

**Signature required:**   X   **Date:** \_\_\_\_\_

# OASIS REGISTRATION FORM

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone \_\_\_\_\_ Cell \_\_\_\_\_  
 Email \_\_\_\_\_

Office use only	Name _____	Date _____
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Complete a separate form for each member and mail it with your payment to:

Oasis  
 6333 State Route 298  
 East Syracuse, NY 13057

**Please note: Registrations are not transferable.**

**Please print**

Check here if you are a military veteran. Processing fee will be waived.

Class #	Class Title	Fee	Office use
<b>Make check payable to: Oasis</b>		Class Fees	
<b>Returned checks are subject to a \$25 fee.</b>		Processing Fee*	<b>+15.00</b>
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	Tax-deductible gift to Oasis	<b>+</b>
<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<b>Subtotal</b>	<b>\$</b>
<input type="checkbox"/> Discover	Credit card # _____	Less credit/coupon	<b>-</b>
Your name as it appears on your credit card _____	Exp. date ____ / ____	<b>Total</b>	<b>\$</b>
Signature _____			

**Credit card statement will show charge to: Oasis 314-862-2933**

*\*Required for class registration each trimester*



**Don't forget to sign the Waiver and Release of Liability.**

**\*Waiver & Release of Liability**

I release and discharge State University of New York Upstate Medical University (also known as SUNY Health Science Center at Syracuse), a component of which is University Hospital, State University of New York, and the State of New York, and their respective officers, trustees, directors, employees, and agents for any and all claims, demands, actions, losses, expenses, damages, and liabilities whatsoever in any manner related to or arising out of my participation in programs sponsored by Oasis including, but not limited to, educational, cultural, volunteer, physical fitness related programs, and travel in any form.

I attest that I have full and informed knowledge of the risks involved in physical fitness activities and have full and informed knowledge of the risks involved in the programs sponsored by Oasis, and I attest that I have obtained approval from my physician(s) to participate in same.

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I give permission for The Oasis Institute to photograph or videotape me and to use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

Signature required: **X** \_\_\_\_\_ Date: \_\_\_\_\_

# OASIS CALENDAR FOR SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Oasis Closed Labor Day Holiday</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b></p>
<p>302 - *★Zen/Graceful Aging 2:30 - 4:00</p> <p><b>9</b></p> <p>110 - *★Piano 2A 9:15 - 10:00            526 - ★Nia 9:15 - 10:25            171 - ★State of the Union 10:00 - 12:00            111 - *★Piano 2B 10:00 - 10:45            511 - ★Arthritis/Exercise 10:45 - 11:45            112 - *★Piano 2C 11:00 - 11:45            167 - ★Green Lakes 1:00 - 3:00            137 - ★Literary Satire 1:00 - 3:00            514 - ★Tai Chi 1:30 - 2:30            302 - *Zen/Graceful Aging 2:30 - 4:00            535 - ★Intermediate Tap 3:00 - 4:00            140 - ★Signs and Symbols from Heaven 3:30 - 5:30</p>	<p><b>10</b></p> <p>520 - ★FNF: Tight and Tone 9:00 - 9:40            522 - ★Low-Impact Aerobics 9:45 - 10:15            144 - ★Meditation for Beginners 10:00 - 12:00            117 - *★Music Theory 1 10:00 - 11:10            136 - ★Book Group 10:00 - 11:00            516 - ★Hatha Yoga 10:25 - 11:45            528 - *★Nia Floor Play 10:30 - 11:30            114 - *★Piano Advanced 2 11:00 - 12:00            118 - *★Music Theory 3 11:20 - 12:30            121 - ★Oasis Sing Ensemble 1:00 - 2:30            145 - ★What Really is and Really Matters 1:00 - 3:00            101 - ★Step-By-Step Painting 1:00 - 3:00            506 - ★Dum Fun and Fit: Just Add Rhythm 1:30 - 3:00            127 - ★Arturo Toscanini 3:00 - 5:00            502 - *★Mind Aerobics 3:30 - 5:00            310 - ★Volunteering with your Pet 3:30 - 5:30            138 - *★Writing Stories from Your Life 3:30 - 6:30</p>	<p>703 - ★UT Mtg. 1:00 - 2:30</p> <p><b>11</b></p> <p>524 - ★Get Ripped 9:00 - 9:40            321 - ★Spanish 5 9:00 - 10:30            518 - ★Kripalu Hatha Yoga 9:55 - 11:10            168 - ★Most Curious and Mysterious Places 10:00 - 12:00            406 - ★Photo Editing Basics 10:00 - 12:00            527 - *★Nia 10:30 - 11:30            108 - *★Private Piano Lessons 10:30 - 1:30            320 - ★Spanish 4 11:00 - 12:30            530 - ★Dance Exercise 11:45 - 12:45            315 - ★French Intermediate Level 1:00 - 2:30            124 - *★Redhouse Tour 1:00 - 3:00            167 - Green Lakes 1:00 - 3:00            505 - ★Outbreak! The Flu Season is Here 1:00 - 4:00            115 - *★Piano 3 1:30 - 2:30            536 - ★Intermediate Tap 2:00 - 3:00            316 - ★French Advanced Level 2:45 - 4:15            534 - ★Beginning Tap 3:10 - 4:10</p>	<p><b>12</b></p> <p>521 - ★FNF: Tight and Tone 9:00 - 9:40            109 - *★Piano 2 9:15 - 10:00            529 - *★Nia in a Chair 9:15 - 10:15            523 - ★Low-Impact Aerobics 9:45 - 10:15            116 - *★Piano 3 10:00 - 11:00            314 - ★French for Beginners 10:00 - 11:30            517 - *★Hatha Yoga 10:30 - 11:45            113 - *★Piano 2-D 11:00 - 11:45            308 - ★Custly Life 11:00 - 12:00            319 - ★Spanish 3 12:00 - 1:30            130 - ★The Ghost in the Movies 1:00 - 3:00            318 - ★Spanish 2K 2:00 - 3:30            515 - ★Qigong 3:20 - 4:20            502 - *★Mind Aerobics 3:30 - 5:00            317 - ★Spanish 1E 4:00 - 5:00</p>	<p><b>13</b></p> <p>525 - ★Zumba w/Tammy 9:00 - 9:45            519 - ★Kripalu Hatha Yoga 9:55 - 11:10            151 - ★The Battle of Hastings 10:00 - 11:00            406 - ★Photo Editing Basics 10:00 - 12:00            172 - ★Freedom of Religion 10:00 - 12:00            158 - ★America's Civil War 10:00 - 12:00            702 - ★Volunteer Mtg. 1:00 - 2:00            157 - ★Railroads and Railroading in North America 1:00 - 3:00            102 - ★Acrylic/Oil Painting Workshop 1:00 - 3:30</p>
<p><b>16</b></p> <p>110 - *★Piano 2A 9:15 - 10:00            526 - ★Nia 9:15 - 10:25            171 - ★State of the Union 10:00 - 12:00            111 - *★Piano 2B 10:00 - 10:45            511 - ★Arthritis/Exercise 10:45 - 11:45            112 - *★Piano 2C 11:00 - 11:45            167 - ★Green Lakes 1:00 - 3:00            137 - ★Literary Satire 1:00 - 3:00            514 - ★Tai Chi 1:30 - 2:30            302 - *Zen/Graceful Aging 2:30 - 4:00            535 - ★Intermediate Tap 3:00 - 4:00            140 - ★Signs and Symbols from Heaven 3:30 - 5:30</p>	<p><b>17</b></p> <p>520 - ★FNF: Tight and Tone 9:00 - 9:40            522 - ★Low-Impact Aerobics 9:45 - 10:15            144 - ★Meditation for Beginners 10:00 - 12:00            117 - *★Music Theory 1 10:00 - 11:10            136 - ★Book Group 10:00 - 11:00            516 - ★Hatha Yoga 10:25 - 11:45            528 - *★Nia Floor Play 10:30 - 11:30            114 - *★Piano Advanced 2 11:00 - 12:00            118 - *★Music Theory 3 11:20 - 12:30            121 - ★Oasis Sing Ensemble 1:00 - 2:30            145 - ★What Really is and Really Matters 1:00 - 3:00            101 - ★Step-By-Step Painting 1:00 - 3:00            506 - ★Dum Fun and Fit: Just Add Rhythm 1:30 - 3:00            127 - ★Arturo Toscanini 3:00 - 5:00            502 - *★Mind Aerobics 3:30 - 5:00            310 - ★Volunteering with your Pet 3:30 - 5:30            138 - *★Writing Stories from Your Life 3:30 - 6:30</p>	<p><b>18</b></p> <p>524 - ★Get Ripped 9:00 - 9:40            321 - ★Spanish 5 9:00 - 10:30            518 - ★Kripalu Hatha Yoga 9:55 - 11:10            168 - ★Most Curious and Mysterious Places 10:00 - 12:00            406 - ★Photo Editing Basics 10:00 - 12:00            527 - *★Nia 10:30 - 11:30            108 - *★Private Piano Lessons 10:30 - 1:30            320 - ★Spanish 4 11:00 - 12:30            530 - ★Dance Exercise 11:45 - 12:45            315 - ★French Intermediate Level 1:00 - 2:30            124 - *★Redhouse Tour 1:00 - 3:00            167 - Green Lakes 1:00 - 3:00            505 - ★Outbreak! The Flu Season is Here 1:00 - 4:00            115 - *★Piano 3 1:30 - 2:30            536 - ★Intermediate Tap 2:00 - 3:00            316 - ★French Advanced Level 2:45 - 4:15            534 - ★Beginning Tap 3:10 - 4:10</p>	<p><b>19</b></p> <p>521 - ★FNF: Tight and Tone 9:00 - 9:40            109 - *★Piano 2 9:15 - 10:00            529 - *★Nia in a Chair 9:15 - 10:15            523 - ★Low-Impact Aerobics 9:45 - 10:15            116 - *★Piano 3 10:00 - 11:00            314 - ★French for Beginners 10:00 - 11:30            517 - *★Hatha Yoga 10:30 - 11:45            113 - *★Piano 2-D 11:00 - 11:45            308 - ★Custly Life 11:00 - 12:00            319 - ★Spanish 3 12:00 - 1:30            130 - ★The Ghost in the Movies 1:00 - 3:00            318 - ★Spanish 2K 2:00 - 3:30            515 - ★Qigong 3:20 - 4:20            502 - *★Mind Aerobics 3:30 - 5:00            317 - ★Spanish 1E 4:00 - 5:00</p>	<p><b>20</b></p> <p>525 - ★Zumba w/Tammy 9:00 - 9:45            519 - ★Kripalu Hatha Yoga 9:55 - 11:10            151 - ★The Battle of Hastings 10:00 - 11:00            406 - ★Photo Editing Basics 10:00 - 12:00            172 - ★Freedom of Religion 10:00 - 12:00            158 - ★America's Civil War 10:00 - 12:00            702 - ★Volunteer Mtg. 1:00 - 2:00            157 - ★Railroads and Railroading in North America 1:00 - 3:00            102 - ★Acrylic/Oil Painting Workshop 1:00 - 3:30</p>

\* offsite ★ class starts today

<p><b>23</b></p> <p>110 - *Piano 2-A 9:15 - 10:00  526 - Nia 9:15 - 10:25  105 - ★Greeting Cards for Spring Celebrations 9:30 - 12:30  111 - *Piano 2-B 10:00 - 10:45  406 - Photo Editing Basics 10:00 - 12:00  171 - State of the Union 10:00 - 12:00  511 - Arthritis/Exercise 10:45 - 11:45  112 - *Piano 2-C 11:00 - 11:45  504 - ★Effective Communication Strategies 1:00 - 2:00  137 - Literary Satire 1:00 - 3:00  306 - ★NY State Citizen Disaster Preparedness Program 1:00 - 3:00  514 - Tai Chi 1:30 - 2:30  302 - Zen/Graceful Aging 2:30 - 4:00  535 - Intermediate Tap 3:00 - 4:00  143 - ★Shamanic Journey and Meditation 3:15 - 4:30  140 - Signs and Symbols from Heaven 3:30 - 5:30</p>	<p><b>24</b></p> <p>510 - ★Hikers 9:00 - 9:15  520 - T-N-F: Tight and Tone 9:00 - 9:40  522 - Low-Impact Aerobics 9:45 - 10:15  701 - ★Volunteer Overview 10:00 - 11:00  117 - *Music Theory 1 10:00 - 11:10  304 - ★Volunteer In-Home Visitor Program 10:00 - 11:00  516 - Hatha Yoga 10:25 - 11:45  528 - *Nia Floor Play 10:30 - 11:30  114 - *Piano Advanced 2 11:00 - 12:00  118 - *Music Theory 3 11:20 - 12:30  603 - ★French Riviera 11:30-12:30  121 - Oasis String Ensemble 1:00 - 2:30  101 - Step-By-Step Painting 1:00 - 3:00  145 - What Really is and Really Matters 1:00 - 3:00  508 - ★Percussion Party: The Power of Play and Drum Fun 2:00 - 3:30  127 - Arturo Toscanini 3:00 - 5:00  502 - *Mind Aerobics 3:30 - 5:00</p>	<p><b>25</b></p> <p>524 - Get Ripped 9:00 - 9:40  321 - Spanish 5 9:00 - 10:30  518 - Kripalu Hatha Yoga 9:55 - 11:10  168 - Most Curious and Mysterious Places 10:00 - 12:00  406 - Photo Editing Basics 10:00 - 12:00  527 - *Nia 10:30 - 11:30  108 - *Private Piano Lessons 10:30 - 1:30  320 - Spanish 4 11:00 - 12:30  530 - Dance Exercise 11:45 - 12:45  315 - French Intermediate Level 1:00 - 2:30  115 - *Piano 3 1:30 - 2:30  536 - Intermediate Tap 2:00 - 3:00  316 - French Advanced Level 2:45 - 4:15  534 - Beginning Tap 3:10 - 4:10</p>	<p><b>26</b></p> <p>521 - T-N-F: Tight and Tone 9:00 - 9:40  109 - *Piano 2 9:15 - 10:00  529 - *Nia in a Chair 9:15 - 10:15  132 - ★Looking for Silver Linings 9:30 - 12:30  139 - ★Creative Writers Wkshp 9:30 - 12:30  523 - Low-Impact Aerobics 9:45 - 10:15  116 - *Piano 3 10:00 - 11:00  314 - French for Beginners 10:00 - 11:30  517 - *Hatha Yoga 10:30 - 11:45  113 - *Piano 2D 11:00 - 11:45  308 - Cushy Life 11:00 - 12:00  319 - Spanish 3 12:00 - 1:30  130 - The Ghost in the Movies 1:00 - 3:00  318 - Spanish 2K 2:00 - 3:30  515 - Qigong 3:20 - 4:20  502 - *Mind Aerobics 3:30 - 5:00  317 - Spanish TE 4:00 - 5:00</p>	<p><b>27</b></p> <p>525 - Zumba™ 9:00 - 9:45  133 - ★There Ought to Be a Law 9:30 - 12:30  519 - Kripalu Hatha Yoga 9:55 - 11:10  151 - The Battle of Hastings 10:00 - 11:00  406 - Photo Editing Basics 10:00 - 12:00  157 - Railroads and Railroadroading in North America 1:00 - 3:00  102 - Acrylic/Oil Painting Workshop 1:00 - 3:30  122 - ★Men of Note 1:30 - 3:00</p>
<p><b>Oasis Closed 30</b>  <b>Rosh Hashanah</b>  <b>Holiday</b></p> <p>110 - *Piano 2-A 9:15 - 10:00  111 - *Piano 2-B 10:00 - 10:45  112 - *Piano 2-C 11:00 - 11:45</p> <p>★★★  <b>Sunday, September 22</b>  131 - ★Through the  Movie Lens 3:00 - 5:30</p>				

\* offsite ★ class starts today



# OASIS CALENDAR FOR OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>7</b></p> <p>*Piano 2A 9:15-10:00                      526 - Nia 9:15-10:25                      *Piano 2B 10:00-10:45                      511 - Arthritis/Exercise 10:45-11:45                      171 - State of the Union 10:00-12:00                      112 - *Piano 2C 11:00-11:45                      311 - *Beginning Italian 3 11:00-12:30                      123 - *Oasis Chorus 1:00-2:30                      137 - Literary Soiree 1:00-3:00                      514 - Tai Chi 1:30-2:30                      302 - *Zen/Graceful Aging 2:30-4:00                      535 - Intermediate Tap 3:00-4:00                      143 - Shamanic Journey and Meditation 3:15-4:30                      140 - Signs and Symbols from Heaven 3:30-5:30</p>	<p><b>1</b></p> <p>T-N-F: Tight and Tone 9:00-9:40                      520 - Low-Impact Aerobics 9:45-10:15                      601 - *Canada and New England Cruise 10:00-11:00                      *Music Theory 1 10:00-11:10                      516 - Hatha Yoga 10:25-11:45                      528 - *Nia Floor Play 10:30-11:30                      201 - *The Science of Science Fiction 10:30-12:00                      114 - *Piano Advanced 2 11:00-12:00                      118 - *Music Theory 3 11:20-12:30                      704 - *Class Coordinator 11:30-12:30                      121 - Oasis String Ensemble 1:00-2:30                      101 - Step-By-Step Painting 1:00-3:00                      145 - What Really is and Really Matters 1:00-3:00                      506 - Drum Fun and Fit: Just Add Rhythm 1:30-3:00                      127 - Arturo Toscanini 3:00-5:00                      502 - *Mind Aerobics 3:30-5:00                      138 - *Writing Stories from Your Life 3:30-6:30</p>	<p><b>2</b></p> <p>524 - Get Ripped 9:00-9:40                      321 - Spanish 5 9:00-10:30                      518 - Kripalu Hatha Yoga 9:55-11:10                      125 - *Syracuse Stage 10:00-11:30                      405 - *Google Photos 10:00-12:00                      527 - *Nia 10:30-11:30                      108 - *Private Piano Lessons 10:30-1:30                      320 - Spanish 4 11:00-12:30                      530 - Dance Exercise 11:45-12:45                      312 - *Beginning Italian 3 12:00-1:30                      315 - French Intermediate Level 1:00-2:30                      204 - *Global Climate Change Altering Earth's Future 1:00-3:00                      115 - *Piano 3 1:30-2:30                      536 - Intermediate Tap 2:00-3:00                      313 - *Advanced Italian 5 2:00-3:30                      316 - French Advanced Level 2:45-4:15                      534 - Beginning Tap 3:10-4:10</p>	<p><b>3</b></p> <p>T-N-F: Tight and Tone 9:00-9:40                      109 - *Piano 2 9:15-10:00                      529 - *Nia in a Chair 9:15-10:15                      132 - Looking for Silver Linings 9:30-12:30                      523 - Low-Impact Aerobics 9:45-10:15                      116 - *Piano 3 10:00-11:00                      314 - French for Beginners 10:00-11:30                      405 - Google Photos 10:00-12:00                      517 - *Hatha Yoga 10:30-11:45                      113 - *Piano 2-D 11:00-11:45                      308 - Cushy Life 11:00-12:00                      512 - *Arthritis/Exercise 12:00-1:00                      319 - Spanish 3 12:00-1:30                      130 - The Ghost in the Movies 1:00-3:00                      515 - Qigong 3:20-4:20                      502 - *Mind Aerobics 3:30-5:00</p>	<p><b>4</b></p> <p>525 - STRONG by Zumba™ 9:00-9:45                      133 - There Ought to Be a Law 9:30-12:30                      519 - Kripalu Hatha Yoga 9:55-11:10                      151 - The Battle of Hastings 10:00-11:00                      405 - Google Photos 10:00-12:00                      172 - Freedom of Religion 10:00-12:00                      604 - *SouthPacific Wonders 11:30-12:30                      532 - *Dance Smorgasbord 11:30-12:45                      157 - Railroads and Railroading in NorthAmerica 1:00-3:00                      102 - Acrylic/Oil Painting Workshop 1:00-3:30                      122 - Men of Note 1:30-3:00</p>
<p><b>11</b></p> <p>*Piano 2A 9:15-10:00                      526 - Nia 9:15-10:25                      *Piano 2B 10:00-10:45                      511 - Arthritis/Exercise 10:45-11:45                      171 - State of the Union 10:00-12:00                      112 - *Piano 2C 11:00-11:45                      311 - *Beginning Italian 3 11:00-12:30                      123 - *Oasis Chorus 1:00-2:30                      137 - Literary Soiree 1:00-3:00                      514 - Tai Chi 1:30-2:30                      302 - *Zen/Graceful Aging 2:30-4:00                      535 - Intermediate Tap 3:00-4:00                      143 - Shamanic Journey and Meditation 3:15-4:30                      140 - Signs and Symbols from Heaven 3:30-5:30</p>	<p><b>8</b></p> <p>T-N-F: Tight and Tone 9:00-9:40                      522 - Low-Impact Aerobics 9:45-10:15                      117 - *Music Theory 1 10:00-11:10                      152 - *Notable Women 10:00-12:00                      516 - Hatha Yoga 10:25-11:45                      528 - *Nia Floor Play 10:30-11:30                      201 - The Science of Science Fiction 10:30-12:00                      114 - *Piano Advanced 2 11:00-12:00                      118 - *Music Theory 3 11:20-12:30                      121 - Oasis String Ensemble 1:00-2:30                      101 - Step-By-Step Painting 1:00-3:00                      145 - What Really is and Really Matters 1:00-3:00                      502 - *Mind Aerobics 3:30-5:00</p>	<p><b>9</b></p> <p>Oasis Closed                      Yom Kippur                      Holiday</p> <p>108 - *Private Piano Lessons 10:30-1:30                      115 - *Piano 3 1:30-2:30</p>	<p><b>10</b></p> <p>T-N-F: Tight and Tone 9:00-9:40                      109 - *Piano 2 9:15-10:00                      529 - *Nia in a Chair 9:15-10:15                      132 - Looking for Silver Linings 9:30-12:30                      139 - Creative Writers Wkshp 9:30-12:30                      523 - Low-Impact Aerobics 9:45-10:15                      116 - *Piano 3 10:00-11:00                      314 - French for Beginners 10:00-11:30                      517 - *Hatha Yoga 10:30-11:45                      113 - *Piano 2-D 11:00-11:45                      308 - Cushy Life 11:00-12:00                      512 - Arthritis/Exercise 12:00-1:00                      319 - Spanish 3 12:00-1:30                      130 - The Ghost in the Movies 1:00-3:00                      515 - Qigong 3:20-4:20                      502 - *Mind Aerobics 3:30-5:00                      141 - *Symbolism of the Tarot 3:30-5:30                      317 - Spanish TE 4:00-5:00</p>	<p><b>11</b></p> <p>525 - Zumba™ 9:00-9:45                      133 - There Ought to Be a Law 9:30-12:30                      519 - Kripalu Hatha Yoga 9:55-11:10                      146 - *Religions of Intensity 10:00-12:00                      172 - Freedom of Religion 10:00-12:00                      533 - *Dance Smorgasbord 11:30-12:45                      155 - *The American Revolution 1:00-3:00                      102 - Acrylic/Oil Painting Workshop 1:00-3:30                      122 - Men of Note 1:30-3:00                      507 - *Rhythms of Life Director's Cut Film Drum Circle 4:00-6:00</p>
<p><b>14</b></p> <p>Oasis Closed                      Columbus                      Day Holiday</p>	<p><b>15</b></p> <p>T-N-F: Tight and Tone 9:00-9:40                      520 - Low-Impact Aerobics 9:45-10:15                      136 - Book Group 10:00-11:00                      117 - *Music Theory 1 10:00-11:10                      163 - *Presidents XXI 10:00-12:00                      152 - Notable Women 10:00-12:00                      516 - Hatha Yoga 10:25-11:45                      528 - *Nia Floor Play 10:30-11:30                      513 - *Balance Your Body 10:45-12:00</p>	<p><b>16</b></p> <p>524 - Get Ripped 9:00-9:40                      321 - Spanish 5 9:00-10:30                      518 - Kripalu Hatha Yoga 9:55-11:10                      206 - *The History of Medicine 10:00-12:00                      527 - *Nia 10:30-11:30                      159 - *Jack the Ripper 10:30-12:30                      108 - *Private Piano Lessons 10:30-1:30                      320 - Spanish 4 11:00-12:30                      530 - Dance Exercise 11:45-12:45</p>	<p><b>17</b></p> <p>T-N-F: Tight and Tone 9:00-9:40                      109 - *Piano 2 9:15-10:00                      529 - *Nia in a Chair 9:15-10:15                      135 - *Feature Film: Into the Arms of Strangers: Stories of the Kindertransport 9:30-12:30                      523 - Low-Impact Aerobics 9:45-10:15                      116 - *Piano 3 10:00-11:00                      314 - French for Beginners 10:00-11:30</p>	<p><b>18</b></p> <p>525 - STRONG by Zumba™ 9:00-9:45                      146 - Religions of Intensity 10:00-12:00                      172 - Freedom of Religion 10:00-12:00                      206 - The History of Medicine 10:00-12:00                      404 - *Guide to the Cloud 10:00-12:00                      533 - Dance Smorgasbord 11:30-12:45                      155 - *The American Revolution 1:00-3:00                      102 - Acrylic/Oil Painting Workshop 1:00-3:30</p>

\* onsite ★ class starts today

<p>114- *Piano Advanced 2 11:00-12:00 118- *Music Theory 3 11:20-12:30 121- Oasis String Ensemble 1:00-2:30 101- Step-By-Step Painting 1:00-3:00 145- What Really is and Really Matters 1:00-3:00 506- Drum Fun and Fit: Just Add Rhythm 1:30-3:00 127- Arturo Toscanini 3:00-5:00 502- *Mind Aerobics 3:30-5:00 138- *Writing Stories from Your Life 3:30-6:30 173- *Alzheimer's Association Legal and Financial Planning 5:00-7:00</p>	<p>312- Beginning Italian 3 12:00-1:30 315- French Intermediate Level 1:00-2:30 703- IT Mtg. 1:00-2:30 204- Global Climate Change: Altering Earth's Future 1:00-3:00 412- *eBay 1:00-3:00 115- *Piano 3 1:30-2:30 536- Intermediate Tap 2:00-3:00 313- Advanced Italian 5 2:00-3:30 316- French Advanced Level 2:45-4:15 534- Beginning Tap 3:10-4:10 149- *History and Archaeology of Ancient Egypt 3:30-5:30</p>	<p>517- *Hatha Yoga 10:30-11:45 113- *Piano 2D 11:00-11:45 308- Cushi Life 11:00-12:00 512- Arthritis/Exercise 12:00-1:00 319- Spanish 3 12:00-1:30 130- The Ghost in the Movies 1:00-3:00 119- *Duplicity 1:30-2:30 318- Spanish 2K 2:00-3:30 515- Qigong 3:20-4:20 502- *Mind Aerobics 3:30-5:00 141- Symbolism of the Tarot 3:30-5:30 317- Spanish 1E 4:00-5:00</p>	<p>110- *Piano 2A 9:15-10:00 526- Nia 9:15-10:25 111- *Piano 2B 10:00-10:45 171- State of the Union 10:00-12:00 409- *Facebook 1 10:00-12:00 511- Arthritis/Exercise 10:45-11:45 112- *Piano 2C 11:00-11:45 311- Beginning Italian 3 11:00-12:30 531- *Dance Rock and Roll 12:00-1:00 123- Oasis Chorus 1:00-2:30 137- Literary Satire 1:00-3:00 514- T'ai Chi 1:30-2:30 302- *Zen/Graceful Aging 2:30-4:00 535- Intermediate Tap 3:00-4:00 164- *Presidents XXII: After 9/11 3:15-5:15</p>	<p>524- Get Ripped 9:00-9:40 321- Spanish 5 9:00-10:30 518- Kripalu Hatha Yoga 9:55-11:10 107- *Art History for You 10:00-11:30 409- Facebook 1 10:00-12:00 527- *Nia 10:30-11:30 159- *Jack the Ripper 10:30-12:30 108- *Private Piano Lessons 10:30-1:30 320- Spanish 4 11:00-12:30 530- Dance Exercise 11:45-12:45 312- Beginning Italian 3 12:00-1:30 128- *Six Classic "Warhorses" 12:30-2:30 315- French Intermediate Level 1:00-2:30 412- eBay 1:00-3:00 115- *Piano 3 1:30-2:30 536- Intermediate Tap 2:00-3:00 313- Advanced Italian 5 2:00-3:30 126- *Syracuse Stage 2:00-3:30 316- French Advanced Level 2:45-4:15 534- Beginning Tap 3:10-4:10 149- History and Archaeology of Ancient Egypt 3:30-5:30</p>	<p>521- T-N-F: Tight and Tone 9:00-9:40 109- *Piano 2 9:15-10:00 529- *Nia in a Chair 9:15-10:15 132- Looking for Silver Linings 9:30-12:30 139- Creative Writers Wkshp 9:30-12:30 523- Low-Impact Aerobics 9:45-10:15 116- *Piano 3 10:00-11:00 314- French for Beginners 10:00-11:30 517- *Hatha Yoga 10:30-11:45 113- *Piano 2D 11:00-11:45 308- Cushi Life 11:00-12:00 512- Arthritis/Exercise 12:00-1:00 319- Spanish 3 12:00-1:30 207- *Gremova Violins 1:00-2:30 130- The Ghost in the Movies 1:00-3:00 318- Spanish 2K 2:00-3:30 515- Qigong 3:20-4:20 502- *Mind Aerobics 3:30-5:00 141- Symbolism of the Tarot 3:30-5:30 317- Spanish 1E 4:00-5:00</p>	<p>114- *Piano 2A 9:15-10:00 526- Nia 9:15-10:25 111- *Piano 2B 10:00-10:45 171- State of the Union 10:00-12:00 409- *Facebook 1 10:00-12:00 511- Arthritis/Exercise 10:45-11:45 112- *Piano 2C 11:00-11:45 311- Beginning Italian 3 11:00-12:30 531- *Dance Rock and Roll 12:00-1:00 123- Oasis Chorus 1:00-2:30 137- Literary Satire 1:00-3:00 514- T'ai Chi 1:30-2:30 302- *Zen/Graceful Aging 2:30-4:00 535- Intermediate Tap 3:00-4:00 164- *Presidents XXII: After 9/11 3:15-5:15</p>	<p>524- Get Ripped 9:00-9:40 321- Spanish 5 9:00-10:30 518- Kripalu Hatha Yoga 9:55-11:10 107- *Art History for You 10:00-11:30 409- Facebook 1 10:00-12:00 527- *Nia 10:30-11:30 159- *Jack the Ripper 10:30-12:30 108- *Private Piano Lessons 10:30-1:30 320- Spanish 4 11:00-12:30 530- Dance Exercise 11:45-12:45 312- Beginning Italian 3 12:00-1:30 128- *Six Classic "Warhorses" 12:30-2:30 315- French Intermediate Level 1:00-2:30 412- eBay 1:00-3:00 115- *Piano 3 1:30-2:30 536- Intermediate Tap 2:00-3:00 313- Advanced Italian 5 2:00-3:30 126- *Syracuse Stage 2:00-3:30 316- French Advanced Level 2:45-4:15 534- Beginning Tap 3:10-4:10 149- History and Archaeology of Ancient Egypt 3:30-5:30</p>	<p>521- T-N-F: Tight and Tone 9:00-9:40 109- *Piano 2 9:15-10:00 529- *Nia in a Chair 9:15-10:15 132- Looking for Silver Linings 9:30-12:30 139- Creative Writers Wkshp 9:30-12:30 523- Low-Impact Aerobics 9:45-10:15 116- *Piano 3 10:00-11:00 314- French for Beginners 10:00-11:30 517- *Hatha Yoga 10:30-11:45 113- *Piano 2D 11:00-11:45 308- Cushi Life 11:00-12:00 512- Arthritis/Exercise 12:00-1:00 319- Spanish 3 12:00-1:30 207- *Gremova Violins 1:00-2:30 130- The Ghost in the Movies 1:00-3:00 318- Spanish 2K 2:00-3:30 515- Qigong 3:20-4:20 502- *Mind Aerobics 3:30-5:00 141- Symbolism of the Tarot 3:30-5:30 317- Spanish 1E 4:00-5:00</p>	<p>114- *Piano Advanced 2 11:00-12:00 118- *Music Theory 3 11:20-12:30 121- Oasis String Ensemble 1:00-2:30 101- Step-By-Step Painting 1:00-3:00 145- What Really is and Really Matters 1:00-3:00 506- Drum Fun and Fit: Just Add Rhythm 1:30-3:00 127- Arturo Toscanini 3:00-5:00 502- *Mind Aerobics 3:30-5:00 138- *Writing Stories from Your Life 3:30-6:30 173- *Alzheimer's Association Legal and Financial Planning 5:00-7:00</p>	<p>524- Get Ripped 9:00-9:40 321- Spanish 5 9:00-10:30 518- Kripalu Hatha Yoga 9:55-11:10 107- *Art History for You 10:00-11:30 409- Facebook 1 10:00-12:00 527- *Nia 10:30-11:30 159- *Jack the Ripper 10:30-12:30 108- *Private Piano Lessons 10:30-1:30 320- Spanish 4 11:00-12:30 530- Dance Exercise 11:45-12:45 312- Beginning Italian 3 12:00-1:30 128- *Six Classic "Warhorses" 12:30-2:30 315- French Intermediate Level 1:00-2:30 412- eBay 1:00-3:00 115- *Piano 3 1:30-2:30 536- Intermediate Tap 2:00-3:00 313- Advanced Italian 5 2:00-3:30 126- *Syracuse Stage 2:00-3:30 316- French Advanced Level 2:45-4:15 534- Beginning Tap 3:10-4:10 149- History and Archaeology of Ancient Egypt 3:30-5:30</p>	<p>521- T-N-F: Tight and Tone 9:00-9:40 109- *Piano 2 9:15-10:00 529- *Nia in a Chair 9:15-10:15 132- Looking for Silver Linings 9:30-12:30 139- Creative Writers Wkshp 9:30-12:30 523- Low-Impact Aerobics 9:45-10:15 116- *Piano 3 10:00-11:00 314- French for Beginners 10:00-11:30 517- *Hatha Yoga 10:30-11:45 113- *Piano 2D 11:00-11:45 308- Cushi Life 11:00-12:00 512- Arthritis/Exercise 12:00-1:00 319- Spanish 3 12:00-1:30 207- *Gremova Violins 1:00-2:30 130- The Ghost in the Movies 1:00-3:00 318- Spanish 2K 2:00-3:30 515- Qigong 3:20-4:20 502- *Mind Aerobics 3:30-5:00 141- Symbolism of the Tarot 3:30-5:30 317- Spanish 1E 4:00-5:00</p>	<p>110- *Piano 2A 9:15-10:00 526- Nia 9:15-10:25 111- *Piano 2B 10:00-10:45 171- State of the Union 10:00-12:00 409- *Facebook 1 10:00-12:00 511- Arthritis/Exercise 10:45-11:45 112- *Piano 2C 11:00-11:45 311- Beginning Italian 3 11:00-12:30 531- *Dance Rock and Roll 12:00-1:00 123- Oasis Chorus 1:00-2:30 137- Literary Satire 1:00-3:00 514- T'ai Chi 1:30-2:30 302- *Zen/Graceful Aging 2:30-4:00 535- Intermediate Tap 3:00-4:00 164- *Presidents XXII: After 9/11 3:15-5:15</p>	<p>524- Get Ripped 9:00-9:40 321- Spanish 5 9:00-10:30 518- Kripalu Hatha Yoga 9:55-11:10 107- *Art History for You 10:00-11:30 409- Facebook 1 10:00-12:00 527- *Nia 10:30-11:30 159- *Jack the Ripper 10:30-12:30 108- *Private Piano Lessons 10:30-1:30 320- Spanish 4 11:00-12:30 530- Dance Exercise 11:45-12:45 312- Beginning Italian 3 12:00-1:30 128- *Six Classic "Warhorses" 12:30-2:30 315- French Intermediate Level 1:00-2:30 412- eBay 1:00-3:00 115- *Piano 3 1:30-2:30 536- Intermediate Tap 2:00-3:00 313- Advanced Italian 5 2:00-3:30 126- *Syracuse Stage 2:00-3:30 316- French Advanced Level 2:45-4:15 534- Beginning Tap 3:10-4:10 149- History and Archaeology of Ancient Egypt 3:30-5:30</p>	<p>521- T-N-F: Tight and Tone 9:00-9:40 109- *Piano 2 9:15-10:00 529- *Nia in a Chair 9:15-10:15 132- Looking for Silver Linings 9:30-12:30 139- Creative Writers Wkshp 9:30-12:30 523- Low-Impact Aerobics 9:45-10:15 116- *Piano 3 10:00-11:00 314- French for Beginners 10:00-11:30 517- *Hatha Yoga 10:30-11:45 113- *Piano 2D 11:00-11:45 308- Cushi Life 11:00-12:00 512- Arthritis/Exercise 12:00-1:00 319- Spanish 3 12:00-1:30 207- *Gremova Violins 1:00-2:30 130- The Ghost in the Movies 1:00-3:00 318- Spanish 2K 2:00-3:30 515- Qigong 3:20-4:20 502- *Mind Aerobics 3:30-5:00 141- Symbolism of the Tarot 3:30-5:30 317- Spanish 1E 4:00-5:00</p>
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# OASIS CALENDAR FOR NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>110 - *Piano 2-A 9:15 - 10:00</p> <p>526 - Nia 9:15 - 10:25</p> <p>111 - *Piano 2-B 10:00 - 10:45</p> <p>171 - State of the Union 10:00 - 12:00</p> <p>511 - *Arthritis/Exercise 10:45 - 11:45</p> <p>112 - *Piano 2-C 11:00 - 11:45</p> <p>311 - Beginning Italian 3 11:00 - 12:30</p> <p>531 - Dance Rock and Roll 12:00 - 1:00</p> <p>154 - 17th Century Onondaga Lake 1:00 - 2:00</p> <p>123 - Oasis Chorus 1:00 - 2:30</p> <p>411 - Create a Free Website 1:00 - 3:00</p> <p>514 - T'ai Chi 1:30 - 2:30</p> <p>303 - *★Zen/Caregiving 2:30 - 4:00</p> <p>535 - Intermediate Tap 3:00 - 4:00</p> <p>164 - Presidents XXII: After 9/11 3:15 - 5:15</p>	<p>520 - T-N-F: Tight and Tone 9:00 - 9:40</p> <p>522 - Low-Impact Aerobics 9:45 - 10:15</p> <p>117 - *Music Theory 1 10:00 - 11:10</p> <p>152 - Notable Women 10:00 - 12:00</p> <p>163 - *Presidents XXI 10:00 - 12:00</p> <p>516 - Hatha Yoga 10:25 - 11:45</p> <p>528 - *Nia Floor Play 10:30 - 11:30</p> <p>201 - The Science of Science Fiction 10:30 - 12:00</p> <p>513 - Balance Your Body 10:45 - 12:00</p> <p>114 - *Piano Advanced 2 11:00 - 12:00</p> <p>118 - *Music Theory 3 11:20 - 12:30</p> <p>156 - Opportunity Gained and Lost 1:00 - 2:30</p> <p>121 - Oasis String Ensemble 1:00 - 2:30</p> <p>104 - Pastels 1:00 - 3:30</p> <p>506 - Drum Fun and Fit: Just Add Rhythm 1:30 - 3:00</p> <p>502 - *Mind Aerobics 3:30 - 5:00</p> <p>106 - Gobble Time 3:30 - 6:00</p>	<p>524 - Get Ripped 9:00 - 9:40</p> <p>321 - Spanish 5 9:00 - 10:30</p> <p>153 - Amazing Women in History 9:30 - 11:30</p> <p>518 - Kripalu Hatha Yoga 9:55 - 11:10</p> <p>107 - Art History for You 10:00 - 11:30</p> <p>527 - *Nia 10:30 - 11:30</p> <p>159 - *Jack the Ripper 10:30 - 12:30</p> <p>108 - *Private Piano Lessons 10:30 - 1:30</p> <p>320 - Spanish 4 11:00 - 12:30</p> <p>530 - Dance Exercise 11:45 - 12:45</p> <p>312 - Beginning Italian 3 12:00 - 1:30</p> <p>128 - Six Classic "Warhorses" 12:30 - 2:30</p> <p>315 - French Intermediate Level 1:00 - 2:30</p> <p>103 - *Floral Painting 1:00 - 3:00</p> <p>411 - Create a Free Website 1:00 - 3:00</p> <p>115 - *Piano 3 1:30 - 2:30</p> <p>536 - Intermediate Tap 2:00 - 3:00</p> <p>313 - Advanced Italian 5 2:00 - 3:30</p> <p>316 - French Advanced Level 2:45 - 4:15</p> <p>534 - Beginning Tap 3:10 - 4:10</p> <p>149 - History and Archaeology of Ancient Egypt 3:30 - 5:30</p>	<p>521 - T-N-F: Tight and Tone 9:00 - 9:40</p> <p>109 - *Piano 2 9:15 - 10:00</p> <p>529 - *Nia in a Chair 9:15 - 10:15</p> <p>139 - Creative Writers Wkshop 9:30 - 12:30</p> <p>132 - Looking for Silver Linings 9:30 - 12:30</p> <p>523 - Low-Impact Aerobics 9:45 - 10:15</p> <p>116 - *Piano 3 10:00 - 11:00</p> <p>314 - French for Beginners 10:00 - 11:30</p> <p>517 - *Hatha Yoga 10:30 - 11:45</p> <p>113 - *Piano 2-D 11:00 - 11:45</p> <p>308 - Cushty Life 11:00 - 12:00</p> <p>512 - Arthritis/Exercise 12:00 - 1:00</p> <p>319 - Spanish 3 12:00 - 1:30</p> <p>202 - In Search of Ancient Astronauts 1:00 - 3:00</p> <p>130 - The Ghost in the Movies 1:00 - 3:00</p> <p>408 - Android Tablet &amp; Smart Phone 1:00 - 3:00</p> <p>318 - Spanish 2K 2:00 - 3:30</p> <p>515 - Qigong 3:20 - 4:20</p> <p>502 - *Mind Aerobics 3:30 - 5:00</p> <p>317 - Spanish 1E 4:00 - 5:00</p>	<p>525 - STRONG by Zumba™ 9:00 - 9:45</p> <p>133 - There Ought to Be a Law 9:30 - 12:30</p> <p>519 - Kripalu Hatha Yoga 9:55 - 11:10</p> <p>309 - It's Never Just about the Stuff! 10:00 - 11:30</p> <p>146 - Religions of Interoity 10:00 - 12:00</p> <p>410 - Facebook 2 10:00 - 12:00</p> <p>533 - Dance Smorgasbord 11:30 - 12:45</p> <p>702 - Volunteer Mtg. 1:00 - 2:00</p> <p>134 - Sci-Fi Movie Gems 1:00 - 3:00</p> <p>155 - *The American Revolution 1:00 - 3:00</p> <p>122 - Men of Note 1:30 - 3:00</p>
<p>110 - *Piano 2-A 9:15 - 10:00</p> <p>526 - Nia 9:15 - 10:25</p> <p>111 - *Piano 2-B 10:00 - 10:45</p> <p>171 - State of the Union 10:00 - 12:00</p> <p>511 - *Arthritis/Exercise 10:45 - 11:45</p> <p>112 - *Piano 2-C 11:00 - 11:45</p> <p>311 - Beginning Italian 3 11:00 - 12:30</p> <p>531 - Dance Rock and Roll 12:00 - 1:00</p> <p>154 - 17th Century Onondaga Lake 1:00 - 2:00</p> <p>123 - Oasis Chorus 1:00 - 2:30</p> <p>411 - Create a Free Website 1:00 - 3:00</p> <p>514 - T'ai Chi 1:30 - 2:30</p> <p>303 - *★Zen/Caregiving 2:30 - 4:00</p> <p>535 - Intermediate Tap 3:00 - 4:00</p> <p>164 - Presidents XXII: After 9/11 3:15 - 5:15</p>	<p>520 - T-N-F: Tight and Tone 9:00 - 9:40</p> <p>522 - Low-Impact Aerobics 9:45 - 10:15</p> <p>117 - *Music Theory 1 10:00 - 11:10</p> <p>152 - Notable Women 10:00 - 12:00</p> <p>163 - *Presidents XXI 10:00 - 12:00</p> <p>516 - Hatha Yoga 10:25 - 11:45</p> <p>528 - *Nia Floor Play 10:30 - 11:30</p> <p>201 - The Science of Science Fiction 10:30 - 12:00</p> <p>513 - Balance Your Body 10:45 - 12:00</p> <p>114 - *Piano Advanced 2 11:00 - 12:00</p> <p>118 - *Music Theory 3 11:20 - 12:30</p> <p>156 - Opportunity Gained and Lost 1:00 - 2:30</p> <p>121 - Oasis String Ensemble 1:00 - 2:30</p> <p>104 - Pastels 1:00 - 3:30</p> <p>506 - Drum Fun and Fit: Just Add Rhythm 1:30 - 3:00</p> <p>502 - *Mind Aerobics 3:30 - 5:00</p> <p>106 - Gobble Time 3:30 - 6:00</p>	<p>524 - Get Ripped 9:00 - 9:40</p> <p>321 - Spanish 5 9:00 - 10:30</p> <p>153 - Amazing Women in History 9:30 - 11:30</p> <p>518 - Kripalu Hatha Yoga 9:55 - 11:10</p> <p>107 - Art History for You 10:00 - 11:30</p> <p>527 - *Nia 10:30 - 11:30</p> <p>159 - *Jack the Ripper 10:30 - 12:30</p> <p>108 - *Private Piano Lessons 10:30 - 1:30</p> <p>320 - Spanish 4 11:00 - 12:30</p> <p>530 - Dance Exercise 11:45 - 12:45</p> <p>312 - Beginning Italian 3 12:00 - 1:30</p> <p>128 - Six Classic "Warhorses" 12:30 - 2:30</p> <p>315 - French Intermediate Level 1:00 - 2:30</p> <p>103 - *Floral Painting 1:00 - 3:00</p> <p>411 - Create a Free Website 1:00 - 3:00</p> <p>115 - *Piano 3 1:30 - 2:30</p> <p>536 - Intermediate Tap 2:00 - 3:00</p> <p>313 - Advanced Italian 5 2:00 - 3:30</p> <p>316 - French Advanced Level 2:45 - 4:15</p> <p>534 - Beginning Tap 3:10 - 4:10</p> <p>149 - History and Archaeology of Ancient Egypt 3:30 - 5:30</p>	<p>521 - T-N-F: Tight and Tone 9:00 - 9:40</p> <p>109 - *Piano 2 9:15 - 10:00</p> <p>529 - *Nia in a Chair 9:15 - 10:15</p> <p>139 - Creative Writers Wkshop 9:30 - 12:30</p> <p>132 - Looking for Silver Linings 9:30 - 12:30</p> <p>523 - Low-Impact Aerobics 9:45 - 10:15</p> <p>116 - *Piano 3 10:00 - 11:00</p> <p>314 - French for Beginners 10:00 - 11:30</p> <p>517 - *Hatha Yoga 10:30 - 11:45</p> <p>113 - *Piano 2-D 11:00 - 11:45</p> <p>308 - Cushty Life 11:00 - 12:00</p> <p>512 - Arthritis/Exercise 12:00 - 1:00</p> <p>319 - Spanish 3 12:00 - 1:30</p> <p>202 - In Search of Ancient Astronauts 1:00 - 3:00</p> <p>130 - The Ghost in the Movies 1:00 - 3:00</p> <p>408 - Android Tablet &amp; Smart Phone 1:00 - 3:00</p> <p>318 - Spanish 2K 2:00 - 3:30</p> <p>515 - Qigong 3:20 - 4:20</p> <p>502 - *Mind Aerobics 3:30 - 5:00</p> <p>317 - Spanish 1E 4:00 - 5:00</p>	<p>525 - STRONG by Zumba™ 9:00 - 9:45</p> <p>133 - There Ought to Be a Law 9:30 - 12:30</p> <p>519 - Kripalu Hatha Yoga 9:55 - 11:10</p> <p>146 - Religions of Interoity 10:00 - 12:00</p> <p>172 - Freedom of Religion 10:00 - 12:00</p> <p>402 - Phishing and Identity Theft 10:00 - 12:00</p> <p>533 - Dance Smorgasbord 11:30 - 12:45</p> <p>134 - Sci-Fi Movie Gems 1:00 - 3:00</p> <p>202 - In Search of Ancient Astronauts 1:00 - 3:00</p> <p>411 - Create a Free Website 1:00 - 3:00</p> <p>122 - Men of Note 1:30 - 3:00</p>

\* onsite ★ class starts today

<p><b>11</b></p> <p>110 - *Piano 2A 9:15 - 10:00          526 - Nia 9:15 - 10:25          111 - *Piano 2B 10:00 - 10:45          171 - State of the Union 10:00 - 12:00          511 - Arthritis/Exercise 10:45 - 11:45          112 - *Piano 2C 11:00 - 11:45          311 - Beginning Italian 3 11:00 - 12:30          531 - Dance Rock and Roll 12:00 - 1:00          501 - Peer Support for Adults w/ Type 2 Diabetes 12:30 - 3:00          123 - Oasis Chorus 1:00 - 2:30          142 - Understanding the Journey of our Souls 1:00 - 3:00          514 - Tai Chi 1:30 - 2:30          303 - *Zen/Caregiving 2:30 - 4:00          535 - Intermediate Tap 3:00 - 4:00          164 - Presidents XXII: After 9/11 3:15 - 5:15</p>	<p><b>12</b></p> <p>510 - Hikers 9:00 - 9:15          520 - TNF: Tight and Tone 9:00 - 9:40          522 - Low-Impact Aerobics 9:45 - 10:15          136 - Book Group 10:00 - 11:00          117 - *Music Theory 1 10:00 - 11:10          147 - Soul Searching in Secular Society 10:00 - 12:00          161 - *From Korea to Vietnam 10:00 - 12:00          516 - Hatha Yoga 10:25 - 11:45          528 - *Nia Floor Play 10:30 - 11:30          513 - Balance Your Body 10:45 - 12:00          114 - *Piano Advanced 2 11:00 - 12:00          118 - *Music Theory 3 11:20 - 12:30          305 - Volunteer In-Home Visitor Program 1:00 - 2:00          121 - Oasis String Ensemble 1:00 - 2:30          104 - Pastels 1:00 - 3:30          301 - Creatively Coping with Stress 2:30 - 4:30          502 - *Mind Aerobics 3:30 - 5:00          106 - Gobble Time 3:30 - 6:00          138 - *Writing Stories from Your Life 3:30 - 6:30</p>	<p><b>13</b></p> <p>524 - Get Ripped 9:00 - 9:40          321 - Spanish 5 9:00 - 10:30          153 - Amazing Women in History 9:30 - 11:30          518 - Kripalu Hatha Yoga 9:55 - 11:10          307 - NY State Citizen Dissaster Preparedness Program 10:00 - 12:00          527 - *Nia 10:30 - 11:30          159 - *Jack the Ripper 10:30 - 12:30          108 - *Private Piano Lessons 10:30 - 1:30          320 - Spanish 4 11:00 - 12:30          530 - Dance Exercise 11:45 - 12:45          312 - Beginning Italian 3 12:00 - 1:30          128 - Six Classic "Warhorses" 12:30 - 2:30          315 - French Intermediate Level 1:00 - 2:30          703 - IT Mtg. 1:00 - 2:30          103 - *Floral Painting 1:00 - 3:00          403 - Windows Performance 1:00 - 3:00          115 - *Piano 3 1:30 - 2:30          313 - Advanced Italian 5 2:00 - 3:00          536 - Intermediate Tap 2:00 - 3:00          316 - French Advanced Level 2:45 - 4:15          534 - Beginning Tap 3:10 - 4:10          149 - History and Archaeology of Ancient Egypt 3:30 - 5:30</p>	<p><b>14</b></p> <p>521 - TNF: Tight and Tone 9:00 - 9:40          109 - *Piano 2 9:15 - 10:00          529 - *Nia in a Chair 9:15 - 10:15          129 - Wagner: His life &amp; Gotterdammerung 9:30 - 12:00          132 - Looking for Silver Linings 9:30 - 12:30          523 - Low-Impact Aerobics 9:45 - 10:15          116 - *Piano 3 10:00 - 11:00          314 - French for Beginners 10:00 - 11:30          517 - *Hatha Yoga 10:30 - 11:45          113 - *Piano 2D 11:00 - 11:45          512 - Arthritis/Exercise 12:00 - 1:00          319 - Spanish 3 12:00 - 1:30          503 - Mental Health First Aid 12:30 - 5:00          120 - Robert Auler, Piano 1:30 - 2:30          318 - Spanish 2K 2:00 - 3:30          515 - Qi Gong 3:20 - 4:20          502 - *Mind Aerobics 3:30 - 5:00          317 - Spanish 1E 4:00 - 5:00</p>	<p><b>15</b></p> <p>525 - STRONG by Zumba™ 9:00 - 9:45          160 - Safe Haven: Too Little or Too Late? 9:00 - 12:00          133 - There Ought to Be a Law 9:30 - 12:30          519 - Kripalu Hatha Yoga 9:55 - 11:10          146 - Religions of Interiority 10:00 - 12:00          533 - Dance Smorgasbord 11:30 - 12:45          169 - History of Chocolate 12:30 - 2:30          122 - Men of Note 1:30 - 3:00</p>
<p><b>18</b></p> <p>110 - *Piano 2A 9:15 - 10:00          526 - Nia 9:15 - 10:25          111 - *Piano 2B 10:00 - 10:45          407 - Smartphone Photography 10:00 - 12:00          171 - State of the Union 10:00 - 12:00          511 - Arthritis/Exercise 10:45 - 11:45          112 - *Piano 2C 11:00 - 11:45          311 - Beginning Italian 3 11:00 - 12:30          531 - Dance Rock and Roll 12:00 - 1:00          501 - Peer Support for Adults w/ Type 2 Diabetes 12:30 - 3:00          123 - Oasis Chorus 1:00 - 2:30          142 - Understanding the Journey of our Souls 1:00 - 3:00          514 - Tai Chi 1:30 - 2:30          303 - *Zen/Caregiving 2:30 - 4:00          535 - Intermediate Tap 3:00 - 4:00          162 - The U.S. and Vietnam: Phase I The Build Up 3:15 - 5:15</p>	<p><b>19</b></p> <p>520 - TNF: Tight and Tone 9:00 - 9:40          522 - Low-Impact Aerobics 9:45 - 10:15          117 - *Music Theory 1 10:00 - 11:10          147 - Soul Searching in Secular Society 10:00 - 12:00          161 - *From Korea to Vietnam 10:00 - 12:00          516 - Hatha Yoga 10:25 - 11:45          528 - *Nia Floor Play 10:30 - 11:30          513 - Balance Your Body 10:45 - 12:00          114 - *Piano Advanced 2 11:00 - 12:00          118 - *Music Theory 3 11:20 - 12:30          121 - Oasis String Ensemble 1:00 - 2:30          104 - Pastels 1:00 - 3:30          506 - Drum Fun and Fit: Just Add Rhythm 1:30 - 3:00          174 - Investment Fraud 2:00 - 3:30          502 - *Mind Aerobics 3:30 - 5:00</p>	<p><b>20</b></p> <p>524 - Get Ripped 9:00 - 9:40          321 - Spanish 5 9:00 - 10:30          518 - Kripalu Hatha Yoga 9:55 - 11:10          107 - Art History for You 10:00 - 11:30          407 - Smartphone Photography 10:00 - 12:00          527 - *Nia 10:30 - 11:30          159 - *Jack the Ripper 10:30 - 12:30          108 - *Private Piano Lessons 10:30 - 1:30          320 - Spanish 4 11:00 - 12:30          312 - Beginning Italian 3 12:00 - 1:30          128 - Six Classic "Warhorses" 12:30 - 2:30          315 - French Intermediate Level 1:00 - 2:30          115 - *Piano 3 1:30 - 2:30          536 - Intermediate Tap 2:00 - 3:00          313 - Advanced Italian 5 2:00 - 3:30          316 - French Advanced Level 2:45 - 4:15          534 - Beginning Tap 3:10 - 4:10</p>	<p><b>21</b></p> <p>521 - TNF: Tight and Tone 9:00 - 9:40          109 - *Piano 2 9:15 - 10:00          529 - *Nia in a Chair 9:15 - 10:15          129 - Wagner: His life &amp; Gotterdammerung 9:30 - 12:00          139 - Creative Writers Wkstip 9:30 - 12:30          132 - Looking for Silver Linings 9:30 - 12:30          523 - Low-Impact Aerobics 9:45 - 10:15          116 - *Piano 3 10:00 - 11:00          314 - French for Beginners 10:00 - 11:30          517 - *Hatha Yoga 10:30 - 11:45          113 - *Piano 2D 11:00 - 11:45          512 - Arthritis/Exercise 12:00 - 1:00          319 - Spanish 3 12:00 - 1:30          503 - Mental Health First Aid 12:30 - 5:00          414 - Greeting Cards 1:00 - 3:00          318 - Spanish 2K 2:00 - 3:30          515 - Qi Gong 3:20 - 4:20          502 - *Mind Aerobics 3:30 - 5:00          317 - Spanish 1E 4:00 - 5:00</p>	<p><b>22</b></p> <p>525 - STRONG by Zumba™ 9:00 - 9:45          203 - Space Spin-Offs 9:30 - 11:30          133 - There Ought to Be a Law 9:30 - 12:30          519 - Kripalu Hatha Yoga 9:55 - 11:10          407 - Smartphone Photography 10:00 - 12:00          533 - Dance Smorgasbord 11:30 - 12:45          169 - History of Chocolate 12:30 - 2:30          122 - Men of Note 1:30 - 3:00</p>
<p><b>25</b></p> <p>110 - *Piano 2A 9:15 - 10:00          526 - Nia 9:15 - 10:25          111 - *Piano 2B 10:00 - 10:45          111 - Arthritis/Exercise 10:45 - 11:45          112 - *Piano 2C 11:00 - 11:45          311 - Beginning Italian 3 11:00 - 12:30          531 - Dance Rock and Roll 12:00 - 1:00          501 - Peer Support for Adults w/ Type 2 Diabetes 12:30 - 3:00          123 - Oasis Chorus 1:00 - 2:30          142 - Understanding the Journey of our Souls 1:00 - 3:00          514 - Tai Chi 1:30 - 2:30          303 - *Zen/Caregiving 2:30 - 4:00          535 - Intermediate Tap 3:00 - 4:00          162 - The U.S. and Vietnam: Phase I The Build Up 3:15 - 5:15</p>	<p><b>26</b></p> <p>520 - TNF: Tight and Tone 9:00 - 9:40          522 - Low-Impact Aerobics 9:45 - 10:15          117 - *Music Theory 1 10:00 - 11:10          147 - Soul Searching in Secular Society 10:00 - 12:00          161 - *From Korea to Vietnam 10:00 - 12:00          516 - Hatha Yoga 10:25 - 11:45          528 - *Nia Floor Play 10:30 - 11:30          114 - *Piano Advanced 2 11:00 - 12:00          118 - *Music Theory 3 11:20 - 12:30          121 - Oasis String Ensemble 1:00 - 2:30          104 - Pastels 1:00 - 3:30          502 - *Mind Aerobics 3:30 - 5:00</p>	<p><b>27</b></p> <p>524 - Get Ripped 9:00 - 9:40          321 - Spanish 5 9:00 - 10:30          518 - Kripalu Hatha Yoga 9:55 - 11:10          107 - Art History for You 10:00 - 11:30          407 - Smartphone Photography 10:00 - 12:00          527 - *Nia 10:30 - 11:30          159 - *Jack the Ripper 10:30 - 12:30          108 - *Private Piano Lessons 10:30 - 1:30          320 - Spanish 4 11:00 - 12:30          312 - Beginning Italian 3 12:00 - 1:30          128 - Six Classic "Warhorses" 12:30 - 2:30          315 - French Intermediate Level 1:00 - 2:30          115 - *Piano 3 1:30 - 2:30          536 - Intermediate Tap 2:00 - 3:00          313 - Advanced Italian 5 2:00 - 3:30          316 - French Advanced Level 2:45 - 4:15          534 - Beginning Tap 3:10 - 4:10</p>	<p><b>28</b></p> <p>521 - TNF: Tight and Tone 9:00 - 9:40          109 - *Piano 2 9:15 - 10:00          529 - *Nia in a Chair 9:15 - 10:15          129 - Wagner: His life &amp; Gotterdammerung 9:30 - 12:00          139 - Creative Writers Wkstip 9:30 - 12:30          132 - Looking for Silver Linings 9:30 - 12:30          523 - Low-Impact Aerobics 9:45 - 10:15          116 - *Piano 3 10:00 - 11:00          314 - French for Beginners 10:00 - 11:30          517 - *Hatha Yoga 10:30 - 11:45          113 - *Piano 2D 11:00 - 11:45          512 - Arthritis/Exercise 12:00 - 1:00          319 - Spanish 3 12:00 - 1:30          503 - Mental Health First Aid 12:30 - 5:00          414 - Greeting Cards 1:00 - 3:00          318 - Spanish 2K 2:00 - 3:30          515 - Qi Gong 3:20 - 4:20          502 - *Mind Aerobics 3:30 - 5:00          317 - Spanish 1E 4:00 - 5:00</p>	<p><b>29</b></p> <p style="text-align: center;"><b>Oasis Closed</b></p>



**Oasis Closed Thanksgiving**

**Oasis Closed**

\* onsite ★ class starts today



# OASIS CALENDAR FOR DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>110 - *Piano 2A 9:15 - 10:00                      526 - Nia 9:15 - 10:25                      111 - *Piano 2B 10:00 - 10:45                      511 - Arthritis/Exercise 10:45 - 11:45                      112 - *Piano 2C 11:00 - 11:45                      531 - Dance Rock and Roll 12:00 - 1:00                      501 - Peer Support for Adults w/ Type 2 Diabetes 12:30 - 3:00                      123 - Oasis Chorus 1:00 - 2:30                      514 - T'ai Chi 1:30 - 2:30                      535 - Intermediate Tap 3:00 - 4:00                      162 - The U.S. and Vietnam: Phase I The Build Up 3:15 - 5:15</p>	<p><b>3</b></p> <p>520 - T-N-F: Tight and Tone 9:00 - 9:40                      522 - Low-Impact Aerobics 9:45 - 10:15                      117 - *Music Theory 1 10:00 - 11:10                      147 - Soul Searching in Secular Society 10:00 - 12:00                      161 - *From Korea to Vietnam 10:00 - 12:00                      516 - Hatha Yoga 10:25 - 11:45                      528 - *Nia Floor Play 10:30 - 11:30                      166 - Christmas at Ste. Marie 10:30 - 11:30                      114 - *Piano Advanced 2 11:00 - 12:00                      118 - *Music Theory 3 11:20 - 12:30                      156 - Opportunity Gained and Lost 1:00 - 2:30                      121 - Oasis String Ensemble 1:00 - 2:30                      104 - Pastels 1:00 - 3:30                      506 - Drum Fun and Fit: Just Add Rhythm 1:30 - 3:00                      502 - *Mind Aerobics 3:30 - 5:00</p>	<p><b>4</b></p> <p>524 - Get Ripped 9:00 - 9:40                      321 - Spanish 5 9:00 - 10:30                      518 - Kripalu Hatha Yoga 9:55 - 11:10                      527 - *Nia 10:30 - 11:30                      108 - *Private Piano Lessons 10:30 - 1:30                      320 - Spanish 4 11:00 - 12:30                      128 - Six Classic "Warhorses" 12:30 - 2:30                      315 - French Intermediate Level 1:00 - 2:30                      413 - Craigslit 1:00 - 3:00                      115 - *Piano 3 1:30 - 2:30                      536 - Intermediate Tap 2:00 - 3:00                      316 - French Advanced Level 2:45 - 4:15                      534 - Beginning Tap 3:10 - 4:10                      150 - Death, Burial &amp; Mummification 3:30 - 5:30</p>	<p><b>5</b></p> <p>521 - T-N-F: Tight and Tone 9:00 - 9:40                      109 - *Piano 2 9:15 - 10:00                      529 - *Nia in a Chair 9:15 - 10:15                      129 - Wagner: His life &amp; Gotterdammerung 9:30 - 12:00                      523 - Low-Impact Aerobics 9:45 - 10:15                      116 - *Piano 3 10:00 - 11:00                      314 - French for Beginners 10:00 - 11:30                      170 - *Travels with Tom: Normandy, Paris and Great French Cathedrals 10:00 - 12:00                      517 - *Hatha Yoga 10:30 - 11:45                      113 - *Piano 2-D 11:00 - 11:45                      319 - Spanish 3 12:00 - 1:30                      318 - Spanish 2K 2:00 - 3:30                      502 - *Mind Aerobics 3:30 - 5:00                      317 - Spanish 1E 4:00 - 5:00</p>	<p><b>6</b></p> <p>525 - STRONG by Zumba™ 9:00 - 9:45                      519 - Kripalu Hatha Yoga 9:55 - 11:10                      148 - Rebecca: A Bride for Isaac 1:00 - 4:30                      122 - Men of Note 1:30 - 3:00</p>
<p><b>9</b></p> <p>110 - *Piano 2A 9:15 - 10:00                      526 - Nia 9:15 - 10:25                      111 - *Piano 2B 10:00 - 10:45                      511 - Arthritis/Exercise 10:45 - 11:45                      112 - *Piano 2C 11:00 - 11:45                      531 - Dance Rock and Roll 12:00 - 1:00                      501 - Peer Support for Adults w/ Type 2 Diabetes 12:30 - 3:00                      123 - Oasis Chorus 1:00 - 2:30                      535 - Intermediate Tap 3:00 - 4:00                      162 - The U.S. and Vietnam: Phase I The Build Up 3:15 - 5:15</p>	<p><b>10</b></p> <p>520 - T-N-F: Tight and Tone 9:00 - 9:40                      522 - Low-Impact Aerobics 9:45 - 10:15                      136 - Book Group 10:00 - 11:00                      147 - Soul Searching in Secular Society 10:00 - 12:00                      516 - Hatha Yoga 10:25 - 11:45                      114 - *Piano Advanced 2 11:00 - 12:00                      121 - Oasis String Ensemble 1:00 - 2:30                      156 - Opportunity Gained and Lost 1:00 - 2:30                      502 - *Mind Aerobics 3:30 - 5:00</p>	<p><b>11</b></p> <p>524 - Get Ripped 9:00 - 9:40                      321 - Spanish 5 9:00 - 10:30                      518 - Kripalu Hatha Yoga 9:55 - 11:10                      527 - *Nia 10:30 - 11:30                      108 - *Private Piano Lessons 10:30 - 1:30                      320 - Spanish 4 11:00 - 12:30                      315 - French Intermediate Level 1:00 - 2:30                      703 - IT Mtg. 1:00 - 2:30                      205 - The Year in the Environment 1:00 - 3:00                      413 - Craigslit 1:00 - 3:00                      115 - *Piano 3 1:30 - 2:30                      536 - Intermediate Tap 2:00 - 3:00                      316 - French Advanced Level 2:45 - 4:15                      534 - Beginning Tap 3:10 - 4:10                      150 - Death, Burial &amp; Mummification 3:30 - 5:30</p>	<p><b>12</b></p> <p>521 - T-N-F: Tight and Tone 9:00 - 9:40                      109 - *Piano 2 9:15 - 10:00                      529 - *Nia in a Chair 9:15 - 10:15                      129 - Wagner: His life &amp; Gotterdammerung 9:30 - 12:00                      523 - Low-Impact Aerobics 9:45 - 10:15                      116 - *Piano 3 10:00 - 11:00                      314 - French for Beginners 10:00 - 11:30                      517 - *Hatha Yoga 10:30 - 11:45                      113 - *Piano 2-D 11:00 - 11:45                      319 - Spanish 3 12:00 - 1:30                      318 - Spanish 2K 2:00 - 3:30                      317 - Spanish 1E 4:00 - 5:00</p>	<p><b>13</b></p> <p>525 - STRONG by Zumba™ 9:00 - 9:45                      519 - Kripalu Hatha Yoga 9:55 - 11:10                      148 - Rebecca: A Bride for Isaac 1:00 - 4:30                      122 - Men of Note 1:30 - 3:00</p>

\* onsite ★ class starts today

<p>526 - Nia 9:15 - 10:25  511 - Arthritis/Exercise 10:45 - 11:45  705 - Holiday Gathering 12:00 - 2:00  501 - Peer Support for Adults w/ Type 2 Diabetes 12:30 - 3:00</p> <p><b>16</b></p> <p><b>Sunday,  December 15</b>  131 - *Through the Movie Lens  3:00 - 5:30</p>	<p>506 - Drum Fun and Fit: Just Add Rhythm  1:30 - 3:00</p> <p><b>17</b></p>	<p>527 - *Nia 10:30 - 11:30  509 - Sound Healing/Gong Meditation  11:00 - 12:30</p> <p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>23</b></p>	<p><b>24</b></p> <p><b>Oasis Closed  Christmas Eve</b></p>	<p><b>25</b></p> <p><b>Oasis Closed  Christmas</b></p>	<p><b>26</b></p> <p><b>Oasis Closed</b></p>	<p><b>27</b></p>
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\* offsite ★ class starts today

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