

# Course Catalog

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



Enriching Lives, Strengthening Communities

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MEDICAL UNIVERSITY



## A Message from Your Oasis Director

Dear Oasis Members,

Welcome to a new decade that brings with it excitement and opportunity for growth! For starters, when you register for classes for the winter/spring term you will notice some exciting enhancements to the registration process and class pricing. We are moving to a simpler pricing structure that will keep membership free and eliminate the \$15 processing fee every trimester. As a best practice, we are moving to a transparent pricing model by eliminating the "surprise" processing fee that appears at check out, and instead we will be minimally adjusting class prices to replace this processing fee that Oasis has traditionally charged every term.

In keeping with our current practice, we will continue to offer a \$15 credit (in lieu of a processing fee credit) for our military veterans and for those who volunteered more than 20 hours in the previous trimester.

We appreciate your commitment to Oasis and hope that this small change will streamline your registration process providing even more opportunity to try a new class, join a discussion group, or explore our volunteer options.

We look forward to seeing you in the New Year.

Sincerely,



Cynthia Woods  
Executive Director

## National News

The Oasis Institute • Spring 2020



### Oasis is a national leader on issues that impact older adults.



**Are you safe online?** Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at [connections.oasisnet.org/techwise](https://connections.oasisnet.org/techwise).



**Are you a caregiver?** Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.



Find out more by contacting Sara Paige at [spaige@oasisnet.org](mailto:spaige@oasisnet.org) or 314.862.2933, ext. 245.

# 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 December 24, 25, 26, January 1, January 20 and April 10.

## **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 49.

## **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. 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 should contact Oasis to have a \$15 non-cumulative credit applied to their account. 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 free and open to everyone; dozens of other classes from \$0-\$10.
- **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, broadening 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, veterans should contact Oasis to have a \$15, non-cumulative credit applied to their account.
- **Scholarship assistance to qualified applicants:** Check with Executive Director Cynthia Woods.
- **MyOasis:** Oasis members can register with ease online by creating a MyOasis account. Visit [www.oasisnet.org/User-Register](http://www.oasisnet.org/User-Register) to set up a MyOasis account.
- **Gift Certificates:** Oasis gift certificates, which do not expire, may be purchased in person or online via a registration form.

## ARTS & HUMANITIES

### Step-by-Step Acrylic Painting: *Off-Site* 101 Sunset Silhouette

*Evelyn Fiorenza, MS education, teaching artist*

This is the painting class everyone has been asking for! Join us in painting a magnificent sunset with the land rendered as a silhouette of trees and fields. Each class will provide guided step-by-step instruction as we all paint along together. Emphasis will be placed on understanding how to create breathtaking atmospheric effects. Evelyn, a docent at the Everson Museum, will be including mini-tours of "A Legacy of Firsts: The Everson Collects" exhibit as part of the class. All skill levels are welcome. The class painting will be on display during 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	Jan 22 - Feb 19	1:00 - 3:00
Fee: \$62	5 sessions	Everson Museum of Art

### Step-by-Step Acrylic Painting: *Off-Site* 102 Garden Butterfly

*Evelyn Fiorenza, MS education, teaching artist*

This class will guide you through the process of creating a beautiful garden painting. It will help all of us cope with the chill of winter to spend time together painting the lush colors of spring. We will focus on the importance of picking the right palette and the versatility of acrylic paints. All skill levels are welcome. The painting will be on display during registration. **Note: Meets in the Carman Community Room of the Liverpool Public Library, 310 Tulip Street, Liverpool, NY 13088.**

Tuesdays	Mar 3 - Apr 7	10:00 - 12:00
Fee: \$73	6 sessions	Liverpool Library



## 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 winter/spring trimester should be dropped off at Oasis between January 2 and January 15, 2020.

## ONLINE REGISTRATION BEGINS JANUARY 2!

### Winter Day at the Barn 103

*Rosanne Guidera, decorative painting instructor*

We will be painting a beautiful winter scene with a barn using oil paints. No drawing skills are necessary for this class. Some painting experience is helpful but not necessary. The teacher will demonstrate how to use oil paints to achieve a soft yet vibrant painting. Bring an 8 x 10 stretched canvas to the first class along with any oil painting brushes that you may own. You will be using bristle brushes for this project, a small and large flat, a bristle fan brush and a liner brush. The instructor has brushes to borrow. The paint will be provided.

Mondays	Jan 27 - Feb 17	12:00 - 2:30
Fee: \$56	4 sessions	Oasis Studio

### Azalea Path 104

*Rosanne Guidera, decorative painting instructor*

This beautiful summer landscape will be painted using oil paints. This painting is geared for the novice and will be taught step-by-step, teaching the students how to work with this medium. The teacher will demonstrate how to use oil paints to achieve a soft yet vibrant painting. Bring an 11 x 14 stretched canvas to the first class along with any oil painting brushes that you may own. The instructor has brushes to borrow. The paint will be provided.

Mondays	Mar 9 - Mar 30	10:00 - 12:30
Fee: \$56	4 sessions	Oasis Studio

### Watercolor Painting Studio 105

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

If you enjoy painting with tube or pan watercolors, using watercolor pencils or watercolor crayons, or diluting acrylics, join us for a fun class in a relaxed atmosphere. Participants at all skill levels are welcome as attention will be given to individual needs. Working from photo, imagination, actual objects or abstractly, create paintings in your choice of water media. **Note: Bring appropriate supplies—including paints, brushes, paper and water container—to the first class. Other materials may be added later if needed.**

Fridays	Mar 6 - Apr 17	1:00 - 3:30
Fee: \$88	6 sessions	Oasis Studio
No class 4/10		

**Mixed Media Workshop 106**

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

Participants will try mixing various media, exploring, and experimenting using two or more media in the same original artwork. This process will be fun and interesting. In a relaxed and welcoming atmosphere, your instructor will encourage and support your efforts individually as needed, so all skill levels are welcome. For the first class please bring your idea, the art media of choice, a support (paper, or canvas), any equipment needed (brushes, drawing tools, etc.) to accomplish your creative effort.

<b>Tuesdays</b>	<b>Mar 3 - Apr 7</b>	<b>1:00 - 3:30</b>
<b>Fee: \$88</b>	<b>6 sessions</b>	<b>Oasis Studio</b>

**Repoussé 107**

Diane Lansing, MA expressive therapies, retired art teacher, exhibiting artist

Repoussé is made by drawing images or creating textures on a thin sheet of metal that is then "antiqued" to make the relief show up better. You can use this technique to make a mirror or picture frame, cover sides of a box, create jewelry, a 3-D picture, etc. No artistic skill needed. Instruction will be individualized and supportive so that you will enjoy both the process of creating original repoussé art as well as the finished products. **Note: A small fee will be collected at the first class to cover the cost of the art supplies.**

<b>Tuesdays</b>	<b>Mar 24 - Apr 7</b>	<b>10:00 - 12:00</b>
<b>Fee: \$34</b>	<b>3 sessions</b>	<b>Oasis Studio</b>

**Create a Mandala Off-Site 108**

Diane Lansing, MA expressive therapies, retired art teacher, exhibiting artist

Come prepared to be delighted by your creation of a beautiful mandala — colored patterns within a circle format. No artistic skill needed. Some people use the drawing and coloring of a mandala as a form of meditation. As they focus on coloring in the patterns they've created, they relax, their minds grow quiet, and they may enter into a spiritual space. **Note: A small fee will be collected at the first class to cover the cost of the art supplies.**

<b>Thursdays</b>	<b>Mar 26 - Apr 16</b>	<b>2:00 - 4:00</b>
<b>Fee: \$34</b>	<b>3 sessions</b>	<b>Fayetteville Free Library</b>
<b>No class 4/9</b>		

**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.

**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.

**HOME with the Holidays 109**

Phyllis Haenichen, paper crafts instructor

Create a fun piece to display your celebration of the year's seasons and holidays. We will create multiple pieces to go into a frame spelling out HOME. You can change the pieces as the seasons change. No experience necessary. All supplies provided including frame. Sample in Oasis lobby by 1/6/20.

<b>Tuesdays</b>	<b>Feb 25</b>	<b>9:30 - 12:30</b>
<b>Fee: \$56</b>	<b>1 session</b>	<b>Oasis Studio</b>

**Greeting Cards for Spring Celebrations 110**

Phyllis Haenichen, paper crafts instructor

Personalized and beautiful handmade cards can bring great pleasure to your family and friends. In this class you will make at least four cards including a graduation card, an anniversary/wedding card, a Father's Day/masculine birthday card and a spring card to be used for any occasion. Imagine the pleasure you will get from giving a handmade card and the delight there will be in receiving one. No previous experience necessary. Class fee includes all supplies, card stock and embellishments.

<b>Tuesday</b>	<b>Mar 10</b>	<b>9:30 - 12:30</b>
<b>Fee: \$45</b>	<b>1 session</b>	<b>Oasis Studio</b>

**The Gift of Handmade Cards 111**

Phyllis Haenichen, paper crafts instructor

A handmade card is a joy to give and receive. So, let's make a gift set of cards to give to someone special. We will make four cards and package them beautifully as a set. We will use stamping techniques to make these cards special and unique. No previous experience necessary. Class fee includes card stock, envelopes and embellishments

<b>Monday</b>	<b>Apr 13</b>	<b>9:30 - 12:30</b>
<b>Fee: \$45</b>	<b>1 session</b>	<b>Oasis Studio</b>

## Art and the Creative Imagination 112

*Kaye Lindauer, MS, MLS, MDIV, workshop leader, freelance storyteller, Special Studies faculty, Chautauqua Institution*  
After defining creativity from the point of view of Jungian psychology, this course will explore the manifestations of the creative force through multiple examples of self portraits painted by various artists. The autonomous, inherited creative predisposition is uniquely expressed in each self-portrait. New insights into old masterpieces are promised. Concluding question: How do you know if you are living out your creative potential?

Wednesdays	Feb 26 - Mar 11	12:00 - 2:30
Fee: \$54	3 sessions	HealthLink Room

## Art in the American Cemetery 113

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

Are cemeteries places you would normally avoid or fear? Would you ever consider walking through a cemetery just for the sheer enjoyment of the art and nature? Are graves something for the living to enjoy? This is a course that will change your perspective. Art, often of museum quality, is found in many cemeteries. This beauty languishes unseen and unappreciated by most people. The wonderful visual pleasures left by people from colonial times through the 21st century as they have decorated for their dead are the subject of this class. We will also cover the cultural, social and practical influences that inform what you see in a cemetery. We will concentrate on American cemeteries, but will also cover some memorial art from Italy. **Note: The final class will be a field tour to Oakwood Cemetery.**

Wednesdays	Mar 11 - Apr 1	10:00 - 12:00
Fee: \$63	4 sessions	Oasis Lecture Hall

### DID YOU KNOW...?

If you have a smartphone you can sign up for weather cancellation text alerts from NewsChannel 9.

Go to

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



### 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 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](mailto:LeeShe@upstate.edu).

## Private Piano Lessons Off-Site 114

*Lynn Moroz, BM, MM, 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	Jan 22 - Apr 8	10:30 - 1:30
Fee: \$330	12 sessions	Artist Pianos
No class 4/6		

## Piano Lessons (Fresh Beginners) Off-Site 115

*James Vatter, BM, MM, MS, certified piano instructor for children and adults*

This class is for those who have not had piano lessons—or have had just a few in the past. **Note: For more information, contact James Vatter by phone at (315) 882-1909, or by email at [cjameslee88@aol.com](mailto:cjameslee88@aol.com). Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Mondays	Jan 20 - Apr 13	12:45 - 1:30
Fee: \$160	12 sessions	Artist Pianos
No class 4/6		

## Piano Lessons (Level 2) Off-Site 116

*James Lee Vatter: see bio for class #115*

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	Jan 23 - Apr 16	9:15 - 10:00
Fee: \$160	12 sessions	Artist Pianos
No class 4/9		

## ARTS & HUMANITIES

### Piano Lessons (Level 2-A) Off-Site 117

*James Lee Vatter: see bio for class #115*

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	Jan 20 - Apr 13	9:15 - 10:00
Fee: \$160	12 sessions	Artist Pianos
No class 4/6		

### Piano Lessons (Level 2-B) Off-Site 118

*James Lee Vatter: see bio for class #115*

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	Jan 20 - Apr 13	10:00 - 10:45
Fee: \$160	12 sessions	Artist Pianos
No class 4/6		

### Piano Lessons (Level 2-C) Off-Site 119

*James Lee Vatter: see bio for class #115*

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	Jan 20 - Apr 13	11:00 - 11:45
Fee: \$160	12 sessions	Artist Pianos
No class 4/6		

### Piano Lessons (Level 2-D) Off-Site 120

*James Lee Vatter: see bio for class #115*

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	Jan 23 - Apr 16	11:00 - 11:45
Fee: \$160	12 sessions	Artist Pianos
No class 4/9		

### Piano Lessons (Advanced Level 2) Off-Site 121

*James Lee Vatter: see bio for class #115*

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	Jan 21 - Apr 14	11:00 - 12:00
Fee: \$180	12 sessions	Artist Pianos
No class 4/7		

## 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.

### Piano Lessons (Level 3) Off-Site 122

*James Lee Vatter: see bio for class #115*

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	Jan 22 - Apr 15	1:30 - 2:30
Fee: \$180	12 sessions	Artist Pianos
No class 4/8		

### Piano Lessons (Level 3) Off-Site 123

*James Lee Vatter: see bio for class #115*

See description for class #122. **Prerequisite: Level 2-B or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Thursdays	Jan 23 - Apr 16	10:00 - 11:00
Fee: \$180	12 sessions	Artist Pianos
No class 4/9		

### The Basics of Music Theory 2 Off-Site 124

*Lynn Moroz, BM, MM, certified Suzuki piano instructor, 30 years experience teaching piano, music theory and history*  
Music Theory 2 continues to explore the language of music through a broader understanding of intervals, scales, chords, key signatures, the circle of fifths, etc. Sharpen your skills in a fun, relaxed, interactive class environment! **Prerequisite: Music Theory 1, unless you already have a strong music theory background. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Tuesdays	Jan 21 - Apr 7	11:20 - 12:30
Fee: \$126	12 sessions	Artist Pianos

### The Basics of Music Theory 4 Off-Site 125

*Lynn Moroz: see bio for class #124*

This course continues to explore the complex, yet fascinating, language of music. Expand your understanding of intervals, seventh chords, cadences, chord progressions, harmonization and transposition, form and analysis, ear training, etc. Whether you play an instrument, sing and/or enjoy listening to music, this course will give you more tools to conceptualize the HOW and WHY of music construction. **Prerequisite: Music Theory 3 or permission of the instructor. Note: Meets at Artist Pianos, 5780 Celi Drive, East Syracuse 13057.**

Tuesdays	Jan 21 - Apr 7	10:00 - 11:10
Fee: \$147	12 sessions	Artist Pianos



**Jazz Listening Parties****Off-Site 126**

Dick Carr, host of the syndicated "Big Bands, Ballads & Blues" radio show, former VP APC Radio Network, Mutual Broadcasting System and WNEW

Don't let the winter blues get you down! Explore the finest jazz of the past and present, culled from the Dick Carr archives. Dick will provide insights on the Great American Songbook and how jazz interpretations have invigorated the songs of Jerome Kern, Rodgers and Hart, the Gershwins, and other Broadway and Hollywood composers. "Theme Shows" will present the music of the greats on every instrument, the famous singers of the 20th century, and the best of the big bands. Dick will narrate and mix it up with class members for lively give and take during each session.

**Note: Course meets 1/29, 2/12, 2/26, 3/11 and 3/25 at Empire State College, Central Arts Gallery, 3rd floor, 6333 State Route 298, East Syracuse, 13057.**

<b>Wednesdays</b>	<b>Jan 29 - Mar 25</b>	<b>3:00 - 5:00</b>
<b>Fee: \$28</b>	<b>5 sessions</b>	<b>Empire State College</b>
<b>No class 2/5, 2/19, 3/4, 3/18</b>		

**An Evening with Kim Nazarian & The CNY Jazz Orchestra****Off-Site 127**

Kim Nazarian & the CNY Jazz Orchestra

For the past 25 years, singer, lyricist, and educator Kim Nazarian has been harmonizing all over the world as a member of the New York Voices, as well as singing with the Smithsonian Jazz Masterworks Orchestra, Count Basie Orchestra, Boston Pops, and countless others, in venues such as Carnegie Hall, Lincoln Center, the Kennedy Center, the Montreal Jazz Fest, and others spanning the globe. She and music director/trombonist Jay Ashby will mix it up with the entire CNY Jazz Orchestra under the baton of music director Bret Zvacek in a rousing concert.

<b>Sunday</b>	<b>Apr 19</b>	<b>4:00 - 7:00</b>
<b>Fee: \$30</b>	<b>1 session</b>	<b>Drumlins Country Club</b>

**Chris Spinelli, Piano solo, and Lana Stafford/Chris Spinelli Flute/Piano duo****128**

Chris Spinelli, pianist; and Lana Stafford, flutist

Chris Spinelli and Lana Stafford share the Oasis stage in a return engagement. One half of the show features Lana and Chris' expert flute/piano collaboration, while the other features piano solo masterworks by Chris. Be sure to attend this celebration of some of CNY's best talent. **Note: Concerts are open to both members and non-members of all ages and are free but require registration.**

<b>Thursday</b>	<b>Feb 20</b>	<b>1:30 - 2:30</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**Kaelem Michel, Piano****129**

Kaelem Michel, pianist

Syracuse pianist Kaelem Michel returns to the Oasis stage, performing masterworks from some of the world's most revered composers. An award-winning student of Patricia DeAngelis, Kaelem is back by popular demand! **Note:**

**Concerts are open to both members and non-members of all ages and are free but require registration.**

<b>Thursday</b>	<b>Apr 16</b>	<b>1:30 - 2:30</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**Men of Note****130**

Frank Ricciardiello and Vincent Ciccarino, co-directors, Men of Note

Attention! Looking for a few good men who enjoy singing! Men of Note is a friendly, welcoming group of men who enjoy singing together. We sing songs from the '60s, '70s and some doo-wop. Come and join us and be a part of a great, cordial group of men.

<b>Fridays</b>	<b>Feb 21 - Jun 5</b>	<b>1:30 - 3:00</b>
<b>Fee: \$51</b>	<b>15 sessions</b>	<b>Oasis Fitness Room</b>

**Oasis Mixed Chorus (SATB)****131**

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>Mar 9 - Jun 8</b>	<b>12:30 - 2:30</b>
<b>Fee: \$73</b>	<b>12 sessions</b>	<b>Oasis Lecture Hall</b>
<b>No class 4/13 and 5/25</b>		

**Oasis String Ensemble****132**

Steve Frackenpohl, BM music education, MM music theory, retired music teacher, writer and arranger

This is a group of string players who play the 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>Mar 10 - Apr 14</b>	<b>1:00 - 2:30</b>
<b>Fee: \$41</b>	<b>6 sessions</b>	<b>Oasis Lecture Hall</b>

**REMINDER**

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

## ARTS & HUMANITIES

### Community Spotlight Series (133 & 134)

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.

### Playing Music for You: Get to Know Symphoria 133

Lawrence Loh, music director, and Pamela Murchison, executive director, Symphoria

Join us as Lawrence Loh and Pamela Murchison share a behind-the-scenes glimpse into Symphoria's spring concert season. With upcoming concerts like *Ellis Island: The Dream of America*, *All Italian*, and *Prohibition*, Symphoria's innovative programming strives to reflect the community in which we live. Come with your questions and enjoy an insider's look into symphonic music

Wednesday Jan 22 1:00 - 2:30  
Fee: \$10 1 session Oasis Lecture Hall

### More Theatrical Magic at Syracuse Stage 134

Robert Hupp, artistic director, Syracuse Stage

Artistic Director Bob Hupp returns to share more insider "secrets" behind the current season of Syracuse Stage. Though questions about earlier productions are welcome, Bob will focus on the final three shows, two of which he is directing. The first, *Amadeus*, stars Mickey Rowe, who received rave reviews for his 2017 performance here in *The Curious Incident of the Dog in the Night-Time*. Come learn how Stage plays are brought to life to create the special magic of the theater.

Monday Jan 27 10:00 - 11:30  
Fee: \$10 1 session Oasis Lecture Hall

#### Offer to Members from Symphoria

Oasis members can receive a 25% discount on single tickets to any 2019-2020 concert.

Contact Oasis at (315) 464-6555 for the discount code. Symphoria season brochures are available in the Oasis reception area.

### Beginners Acting Workshop: *Off-Site* 135 Connections, Choices, Actions

Gerard Moses, co-director of Studio24, professional actor, director and professor emeritus of drama, Syracuse University  
Acting is a process of self-discovery for artist and audience. This intensive workshop will explore basic acting elements beginning with breathing, relaxation and concentration exercises, followed by monologue and scene work both personal and scripted. These exercises involve extensive use of the voice and body through personal connections and specific personal choices, resulting in actions to help inhabit each moment in a character's life.

In scene work the focus will be on the "other," to give and take, listen and receive. In all work you will respond to the given circumstances, the situation and event, the who, where, what, why and how of each moment. LISTENING to everything around you will be the key to all of your acting work; it will provide a momentary cue about how and when to respond truthfully to inhabit the moment.

*Note: It will be helpful to keep a journal observing experiences, people, nature, animals, art, music, theatre, etc. and how these encounters affect you. Meets at Studio24, 433 Hawley Ave, Syracuse 13203. Use parking lot directly across from the studio.*

Thursdays Mar 5 - Apr 9 1:00 - 3:00  
Fee: \$73 6 sessions Studio24

### Intermediate Acting Workshop: *Off-Site* 136 Connections, Choices, Actions

Gerard Moses: see bio for class #135

Honing in on fundamentals of beginning acting, this workshop will provide more problems to solve such as advanced text work and character work to deepen the chances taken as an actor. *Note: Meets at Studio24, 433 Hawley Ave, Syracuse 13203. Use parking lot directly across from the studio.*

Tuesdays Mar 3 - Apr 7 1:00 - 3:00  
Fee: \$73 6 sessions Studio 24

## 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.**

## Sanditon- A Series Premier and Special Event With WCNY Off-Site 137

Mike Goode, BA, economics, MA and Ph.D., English, instructor, Syracuse University, specializing in late-18th and early-19th-century British literature and culture including Jane Austen-based fan fiction

Join us for the exclusive premiere screening event which will include an interactive discussion with Jane Austen scholar Mike Goode, as well as time for Q&A. *Sanditon*, a new series based on an unfinished novel by Jane Austen, is a lavish production for PBS Masterpiece set in a seaside town in England that stretches from the West Indies to London. When Austen was chronically ill in early 1817, she started a witty and delightful novel now brought to the screen by the writer who adapted *War and Peace* and *Les Misérables*. Love, money and intrigue, it hits all Austen's classic themes and adds to the novelist's pantheon of work. Light refreshments will be served. **Note: Meets at WCNY Studio, 415 W. Fayette St, Syracuse, 13204**

Wednesday	Jan 8	4:00 - 6:00
Free	1 session	WCNY Studios

## From the Small Screen to the Silver Screen: How TV Revolutionized Hollywood 138

Susan Edwards Harvith, BA, theater; MMP museum practice; former SU film history faculty member. Assisted by John Harvith, BA, JD, interviewer, with Susan Edwards Harvith, of film, TV, and sound recording pioneers

When early TV experiments took place in 1929, ripples of concern spread throughout Hollywood, but the Great Depression forestalled any threat from the competing medium. However, once World War II ended, television loomed ever larger on the entertainment horizon. By the early 1950s, with TV in the ascendancy and the imminent breakup of the classic studio system, the faltering Hollywood film industry concentrated on gimmicks—widescreen formats, different color processes, 3-D. Just in time, a new aesthetic arrived from New York in the form of television writers (Rod Serling and Paddy Chayefsky), directors (Delbert Mann, Sidney Lumet, Arthur Penn, John Frankenheimer, and John Cassavetes), and actors. The directors' black-and-white films had an immediacy and spontaneity derived from their live TV work that would revolutionize film technique. The writers adapted their gutsy TV dramas (often social critiques) for the large screen. This course will contrast the TV and film work of this group of stellar directors and writers complemented by never-before-aired Edwards-Harvith interviews with TV pioneers who worked in the movies. Among the works to be screened in large-format in conjunction with PowerPoint lectures are *Marty*, *Requiem for a Heavyweight*, *Fail-Safe*, *Patterns*, and *Seconds* with such stars as Ed Begley, Betsy Blair, Ernest Borgnine, Henry Fonda, Jackie Gleason, Van Heflin, Rock Hudson, Kim Hunter, Walter Matthau, Jack Palance, Anthony Quinn, Mickey Rooney, and Rod Steiger.

Thursdays	Feb 20 - Apr 9	9:30 - 12:30
Fee: \$73	8 sessions	Oasis Lecture Hall

## To Honor Military Veterans

Veterans should contact Oasis to have a \$15, non-cumulative credit applied to their account.

## Through the Movie Lens: Views on Aging Off-Site 139

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 some useful and interesting issues and offer some thoughts, a bit of wisdom, and even some gentle critiques on the usual portrayals of aging. This semester, enjoy a group discussion revolving around the tension between living forward into older age vs living backward once in old age. Films to be presented are: *Harry and Tonto*, *The Second Time Around*, *The Trip to Bountiful*, and *Big Fish*.

**Note: Course meets 1/19, 2/16, 3/22 and 4/26. 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.**

Sundays	Jan 19 - Apr 26	3:00 - 5:30
Fee: \$45	4 sessions	Menorah Park

## "Two Heads Are Better Than None." The Coen Brothers 140

Peter Moller, MA, emeritus professor, film and television, Newhouse School of Public Communications, Syracuse University  
The Coen brothers, Ethan and Joel, have defined independent filmmaking since their first project *Blood Simple* (1984). Each of their films dives deep into the American psyche and culture with innovative visual and sound styles that are inextricable and idiosyncratic. Their characters and plots are woven into our popular culture. You know "the dude" even if you haven't seen *The Big Lebowski*. If you didn't see *Fargo*, you still know the implications of "the wood chipper." This class will feature six films and documentary footage that celebrate "The Boys" and their 13 Academy Award nominations.

Wednesdays	Jan 22 - Feb 26	10:00 - 12:30
Fee: \$51	6 sessions	Oasis Lecture Hall

## Feature Film: *Hunt for the Wilderpeople* (Viewing with Subtitles and Discussion) 141

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

As its title suggests, this 2016 New Zealand film is an adventure comedy-drama—and that country's highest grossing film ever. The plot involves a mischievous city kid (Ricky) who is brought by Child Welfare to live with foster parents (Bella and Hec) on a remote farm. After a few missteps the new family begins to bond, but tragedy strikes and Hec and Ricky end up on the run from authorities with their faithful canine companions. In the wild bush they share a series of (mis)adventures as they elude capture, meet diverse strangers (some strange indeed!), endure hardships, make surprising discoveries, challenge and change one another. Charmingly offbeat, well-acted, and highly entertaining, this film also has some serious content and heartfelt power. Directed by Taika Waititi; stars Sam Neill, Julian Dennison, Rima Te Wiata, and Rachel House.

<b>Wednesday</b>	<b>Mar 4</b>	<b>9:30 - 12:30</b>
<b>Fee: \$10</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

## CNY Reads Presents *There There* 142

*Wendy Davenport, MA British and American Literature, high school and college English teacher and Oasis leadership team member*

"Tommy Orange's wondrous and shattering novel follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize. Among them is Jacquie Red Feather, newly sober and trying to make it back to the family she left behind. Dene Oxendene [is] pulling his life together after his uncle's death... Fourteen-year-old Orvil [is] coming to perform traditional dance for the very first time. Together, this chorus of voices tells of the plight of the urban Native American—grappling with a complex and painful history, with an inheritance of beauty and spirituality, with communion and sacrifice and heroism" [book jacket].

Join us for a discussion of this powerful work, which will provide insights into the urban Native American life. This class will provide background on CNY Reads, its current programming, as well as our featured book. Those who have read the book are welcome to join the discussion, and those who have not are welcome to preview this significant piece of literature.

<b>Monday</b>	<b>Feb 24</b>	<b>1:00 - 2:30</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

## CNY Reads Presents *Smoke Signals* 143

*Wendy Davenport: see bio for class #142*

Based on his short story "This Is What It Means to Say Phoenix, Arizona" from *The Lone Ranger and Tonto Fistfight in Heaven*, Sherman Alexie wrote the screenplay for *Smoke Signals*. The winner of several awards, including the Independent Spirit Award for Best Debut Performance, this 1998 movie focuses on Native American families and two young men on a road trip. Thomas Builds-the-Fire, who was saved by Arnold Joseph years before, and Victor, Arnold's estranged son, take a bus trip to Phoenix to pick up the late Arnold's ashes. The reserved Victor accuses Thomas of having learned about his Native background from the movies, although Thomas in some ways is more traditional than Victor. Reviewers called this film "unpretentious, funny, elegant, and written with beautiful imagery."

Connecting with our 2020 selection, Tommy Orange's *There There*, this presentation of indigenous people will provide insight into some of the problems and contemporary issues of Native culture. A discussion will follow the showing.

<b>Wednesday</b>	<b>Mar 4</b>	<b>2:30 - 5:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

## CNY Reads Presents *An Introduction to Native American Song and Dance* 144

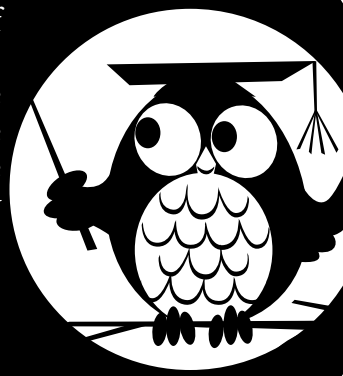
*Laurence Tallman, BM, MM in music education, an avid composer who has written over 200 works for various ensembles and performers*

This hands-on, active workshop will take you on a journey across the United States and Canada through the songs, dances, and storytelling of Native Americans. Emphasis will be placed on the music of indigenous peoples living outside New York State. Participants will learn the songs and dances through actually DOING them! No prior musical experience is needed. Come join us in experiencing the beautiful music of several Native North American cultures and tribes. If you prefer, you may just observe.

<b>Thursday</b>	<b>Mar 12</b>	<b>1:30 - 3:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

Who... 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!**



**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.


**CNY Reads Presents** **145**  
**An Interface between the Native American and the European: Accounts from the 17th Century French Mission Ste. Marie at Onondaga Lake**

Lt. Jon Anderson, former historic site manager, Ste. Marie Among the Iroquois

The 17th century French Mission Ste. Marie at Onondaga Lake served as a cultural intersection crossing the Native American and the European. The French missionaries who were invited by the Haudenosaunee (Iroquois) to establish the mission site were very astute at maintaining records "relations" of their experience among the Native people. Those accounts reveal fascinating details of the interface between the Native people and the European. This presentation will present aspects of that cultural interface and explore why the Haudenosaunee invited the French Jesuit Missionaries to establish the mission at Onondaga Lake, and etiquette differences practiced between the two cultures.

<b>Thursday</b>	<b>Mar 26</b>	<b>1:00 - 2:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**Oasis Book Group** **146**

Wendy Davenport, MA British and American Literature, 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

January 21: *The Tender Land* by William Kent Kruger  
 February 18: *The Book Woman of Troublesome Creek* by Kim Michelle Robinson

March 17: *Faithful* by Alice Hoffman

April 14: *The Library Book* by Susan Orlean

**Note: Class meets 1/21, 2/18, 3/17 and 4/14. Bring suggestions for next trimester's titles to the first meeting.**

<b>Tuesdays</b>	<b>Jan 21 - Apr 14</b>	<b>10:00 - 11:00</b>
<b>Fee: \$18</b>	<b>4 sessions</b>	<b>Oasis Studio</b>

**Joyce Carol Oates—** **147**  
**Prolific American Author**

Wendy Davenport: see bio for class #146

Syracuse University graduate, four-time Pulitzer Prize finalist, Oates is a recipient of (among others) the National Medal of the Humanities, National Book Award in Fiction, National Book Critics Circle Lifetime Achievement Award, PEN/America Lifetime Achievement Award, PEN/Malamud Award for Excellence in Short Fiction and, most recently, the 2019 Jerusalem Prize. With 58 novels published, as well as plays, novellas and numerous short stories, this writer was honored by President Obama in 2010 in recognition of her myriad contributions to American literature.

Some of Oates' works include *Them* (third of the *Wonderland Quartet*), *Blonde*, *The Falls*, *The Gravedigger's Daughter*, *A Widow's Story*, *The Accursed*, and *Carthage*.

Using a variety of genres, including psychological thrillers under two pseudonyms, her body of work is indeed impressive. With informal lectures, seminar discussions and film excerpts, we will examine four novels: *We Were the Mulvaney's*, *Black Water*, *Foxfire: Confessions of a Girl Gang*, and *I'll Take You There* (in order of publication), and several short stories. **Note: Please read *We Were the Mulvaney's* for the first session.**

<b>Mondays</b>	<b>Mar 2 - Mar 30</b>	<b>1:00 - 3:00</b>
<b>Fee: \$41</b>	<b>5 sessions</b>	<b>Oasis Studio</b>

**Emily Dickinson: Her Life and Poetry** **148**

Kaye Lindauer, MS, MLS, MDIV, workshop leader, freelance storyteller, Special Studies faculty, Chautauqua Institution

Dickinson was a deep thinker and her poetry challenges readers to explore their own beliefs and understandings about the human experience in new ways. Selected poems presented with commentary allow these most creative and intelligent writings to become easily accessible. Many of her "flood topics" will be included: immortality, solitude, self-understanding, soul, books, etc. Commentary will also situate the poet in her 19th century New England historic era.

<b>Wed/ Thur</b>	<b>Apr 8 - Apr 9</b>	<b>12:00 - 2:30</b>
<b>Fee: \$38</b>	<b>2 sessions</b>	<b>HealthLink Room</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!

## ARTS & HUMANITIES

### Creative Writers Workshop 149

*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 2/13, 2/27, 3/12, 3/26 and 4/9.**

**Thursdays** Feb 13 - Apr 9 9:30 - 12:30  
**Fee: \$70** 5 sessions Oasis Conference Room

### I've Always Wanted to Write *Off-Site* a Story About... 150

*Carol Madar: see bio for class #149*

This creative writing workshop offers an opportunity to try your hand at crafting a written story of either fiction or memoir. Exercises and lessons will gently encourage development of writing technique, style and structure. Both new and seasoned writers will enjoy the creative process of this workshop. **Note: Class meets 2/18, 3/3, 3/17, 3/31 and 4/14. Meets at Fayetteville Senior Center, 584 East Genesee Street, Fayetteville 13066.**

**Tuesdays** Feb 18 - Apr 14 3:30 - 6:30  
**Fee: \$56** 5 sessions Fayetteville Senior Center

### Creative Writing Forms: The Hermit Crab Essay 151

*Linda Lowen, freelance writer, writing instructor at the Downtown Writer's Center, book reviewer for Publisher's Weekly, and contributor to The Writer magazine*  
Imagine telling your story through an unexpected form: recipes, receipts, rejection letters, an accident report, a prescription label. This is the hermit crab essay — creative writing using an unexpected structure to shape a story. It takes its name from the hermit crab: born without a hard exterior and therefore soft and unprotected, compelled to find a shell or other container to survive. We'll read examples to understand how it works; then you'll spend the next two weeks experimenting with different containers.

**Wednesdays** Jan 15 - Jan 29 9:30 - 11:30  
**Fee: \$45** 3 sessions Oasis Conference Room

### Opening Doors to Characters and Choices 152

*Linda Lowen: see bio for class #151*

As writers, we direct the stories we want to tell. But if you're willing to open yourself up to the subconscious and write about what comes through, sometimes what arises is something completely unanticipated that gives you renewed purpose and direction. Through in-class guided meditation – and a back-and-forth Q & A process – we'll tap into the stories we didn't know we needed to tell, and spend the full six weeks fleshing out the characters that arise and the choices they make. Suitable for both fiction and memoir writers.

**Tuesdays** Mar 10 - Apr 14 12:30 - 2:30  
**Fee: \$45** 6 sessions Oasis Conference Room

### Freud and Jung 153

*Kaye Lindauer, MS, MLS, MDIV, workshop leader, freelance storyteller, Special Studies faculty, Chautauqua Institution*  
Once very close colleagues, the dramatic split in their friendship resulted in a further development of the understanding of the human psyche. The story of this historic relationship will be recounted along with commentary on their contributions to our understanding of the human condition, including dreams. DVD excerpts from multiple documentaries and other films will be included.

**Wednesdays** Jan 29 - Feb 12 12:00 - 2:30  
**Fee: \$54** 3 sessions HealthLink Room

### Meditation for Beginners 154

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

The first stage of meditation is to reduce mental distractions and make our minds clear and calm. This can be accomplished by simple breathing meditation. If we practice patiently, gradually we will find it easy and natural to let go of the stress of daily routine and move to an inner peace and calmness. Beginners learn how to breathe and relax. Even this preliminary stage can be quite powerful. Much of the stress and tension we experience come from our minds, and problems we experience, including ill health, are caused or aggravated by the stress. By practicing slow breathing meditation for a few minutes each day, we are able to improve quality of life and health.

**Tuesday** Feb 11 10:00 - 12:00  
**Fee: \$27** 1 session HealthLink Room

**Reincarnation and Karma 155**

Virginia R. Waldron: see bio for class #154

Many cultures throughout human history have held beliefs in the concepts of reincarnation and karma. In this class we will explore these concepts, including historical as well as philosophical views in Eastern and Western cultures, and how these beliefs and ideas have changed. One aspect of reincarnation is the reuniting with loved ones over many lifetimes. The overall message is about love — how we experience it together in many ways and in various lifetimes. Who was with you in a previous lifetime that is with you today? What is a soul mate? If we have lived before, how do our past lives affect our current ones? How are the challenges and lessons we face today connected to our past?

<b>Tuesday</b>	<b>Feb 25</b>	<b>10:00 - 12:00</b>
<b>Fee: \$27</b>	<b>1 session</b>	<b>HealthLink Room</b>

**Soul Journeys 156**

Virginia R. Waldron: see bio for class #154

Today many authors and researchers are talking about the idea of the afterlife. Where do we go and what do we do when we leave this body? This class explores the Interim State of Existence from the perspective of researchers, doctors, and near-death experiencers, based on the work of Dr. Michael Newton, author of *Journey of Souls* and *Destiny of Souls*, as well as the work of Dr. Raymond Moody, Dr. Kenneth Ring, and Bruce Goldberg. We will discuss such issues and questions as: Will I meet my loved ones again? Am I on my path and how do I know? The presenter is certified in Dr. Newton's spiritual regression techniques, and she will share what she has learned through many spiritual regressions about what happens to our soul when we leave the frail human body behind!

<b>Tuesday</b>	<b>Mar 17</b>	<b>12:30 - 2:30</b>
<b>Fee: \$27</b>	<b>1 session</b>	<b>HealthLink Room</b>

**Mediumship for Beginners Level 1 157**

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

This class is for anyone who is interested in Mediumship. Mediumship is connecting to the spirit world to receive messages and prove that life continues after death. You will learn about Spiritualists, the history of mediums, and techniques to use to develop and enhance your natural-born gift of connecting to spirit.

<b>Mondays</b>	<b>Jan 27 - Feb 10</b>	<b>3:00 - 5:00</b>
<b>Fee: \$68</b>	<b>3 sessions</b>	<b>Oasis Studio</b>

**Angel Therapy 158**

Lisa McCall: see bio for class #157

Are you interested in meeting your angels? In this course participants will learn different techniques to do just that. Explore meditation and the skill of listening so you will hear guidance from heaven and have a personal relationship with your angels, different religious masters and saints. We will discuss the ways and beliefs of Buddha, Jesus, the Dalai Lama and Mother Theresa. Leave this class with a sense of peace and a knowledge of how to center yourself as we allow spirit to lead us.

<b>Thursdays</b>	<b>Feb 13 - Feb 27</b>	<b>10:00 - 12:00</b>
<b>Fee: \$68</b>	<b>3 sessions</b>	<b>HealthLink Room</b>

**Spiritual Insight Level 1 159**

Lisa McCall: see bio for class #157

In this class we will be learning not only basics but some deeper levels of meditation through advanced techniques. Discover the insight, clarity and lasting peace that comes from practicing these deep meditative states. We will learn ways to open our hearts to love and divine guidance and experience and practice healing using healing energy with other people. Feel the joy and satisfaction of being an instrument as well as a receiver of spiritual insight and healing. This class requires only a notebook, a pen, love, compassion and kindness.

<b>Thursdays</b>	<b>Feb 13 - Feb 27</b>	<b>12:30 - 2:30</b>
<b>Fee: \$68</b>	<b>3 sessions</b>	<b>HealthLink Room</b>

**Shamanic Journey and Meditation 160**

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

This workshop invites you to discover the benefits of shamanic meditation, also known as Shamanic Journey. You are led in this meditation by rhythmic drumming similar to a heartbeat that provides you with a chance to feel supported and relaxed. You will also have the opportunity to connect with guides, ancestors, higher wisdom or power animals. **Note: February 13 class will be in the studio.**

<b>Thursdays</b>	<b>Jan 23 - Feb 13</b>	<b>12:00 - 1:30</b>
<b>Fee: \$45</b>	<b>3 sessions</b>	<b>HealthLink Room</b>
<b>No class 2/6</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.

## American Religious History- Columbus to the Civil War 161

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

"America is a nation with the soul of a Church."

— G. K. Chesterton

To understand the American psyche it is important to understand American religious history. Whatever one's beliefs, it is helpful to appreciate native spiritualities, those brought by early Spanish, French, Dutch, and English explorers and colonists. As we come to know the effects of various religious "awakenings," the development of religious freedom, the many homegrown religious movements — from Shakers to Latter Day Saints to perfectionist communities — the early waves of immigration, divisions over slavery, and the pivotal Civil War, we realize how religious history affected our culture and political life.

Through PowerPoint presentations, the PBS video *God in America*, and the Smithsonian Institute's *Objects of Devotion*, we will discuss what brought our nation to the mid-19th century and set the stage for future challenges.

**Wednesdays Feb 5 - Mar 4 9:30 - 11:30**

**Fee: \$51 5 sessions HealthLink Room**

## American Religious History- Reconstruction Era through the Present 162

David E. Pasinski: see bio for class #161

"When I do good, I feel good. When I do bad, I feel bad. That's my religion."

— Abraham Lincoln

"The Americans combine the notions of religion and liberty so intimately in their minds, it is impossible to have them conceive of one without the other."

— Alexis de Tocqueville

The Reconstruction years, the Gilded Age and the rise of corporations, the Progressive Era and the waves of immigration all yielded decisive moments that led to reformulation of older beliefs and introduction of some distinctly new ones. The disillusionment of the Great War, the Depression, World War II and the dawning of America as a Superpower challenged traditional values and religious expressions. The Civil Rights Era, Cold War tensions, inter-religious movements, '60s cataclysms, the "Moral Majority" and 9/11 all set the stage for the last 15 years — which have seen religious history evolve into the era of the "nones."

With PowerPoint, videos and opportunity to discuss today's complex religious phenomena, this course will bring us to the present in appreciating American religious expression.

**Wednesdays Mar 11 - Apr 8 9:30 - 11:30**

**Fee: \$51 5 sessions HealthLink Room**

## Landmark Freedom of Speech and Press Supreme Court Cases 163

James J. Carroll, PhD, research associate professor Syracuse University Maxwell School of Citizenship and Public Affairs and former high school social studies teacher

The First Amendment states that Congress shall make no laws that abridge our freedom of speech and press. But is freedom of speech really an absolute right? Professor Jim Carroll developed a national program on landmark Supreme Court cases that has been studied in 34 states. The class will begin with an introductory survey to help participants formulate their own attitudes toward the issues to be discussed involving freedom of speech and press landmark cases. We will engage in interactive discussions and analyses of issues such as "Should the colonists have the right to criticize their colonial governor?" "Should speech be an absolute right?" "How has the Court balanced free speech/press with national security?" "Should 'fighting words' be protected speech?" "Do students have freedom of speech and press in public schools?" "Should the First Amendment protect 'hate speech'?"

Through open-ended visuals of landmark speech cases and Carroll's unique internet application, complex legal issues will be presented so that everyone can fully participate in the discussions.

**Fridays Feb 7 - Mar 20 10:00 - 12:00**

**Fee: \$57 6 sessions HealthLink Room**

**No class 3/13**

## Daily Life in Ancient Egypt 164

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

This course will examine the everyday lives of ordinary Egyptians, drawing from ancient sources and excavations near the pyramids, at villages and cities such as Kahun, Tell el-Amarna, and Deir el-Medina. The instructor will meander down the Nile addressing topics such as: the construction and layout of homes, daily activities, personal religion, food, clothes, arts and games, crime and punishment, medicine, birth, death, and more. Step back in time and connect with ancient Egyptians through love poetry, the pain of divorce, scandals, labor strikes, and laundry lists, giving you an intimate glimpse into the remote past.

**Wednesdays Mar 25 - Apr 8 1:30 - 3:30**

**Fee: \$51 3 sessions Oasis Lecture Hall**

## 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.



**The Treasures of Tutankhamun 165**

*Daniel Warne: see bio for class #164*

Nearly 100 years have passed since the discovery of King Tut's tomb, with its exquisite burial goods and mysterious curse, which captured the imagination and interest of popular culture like no other archaeological find. This course follows the career of Howard Carter and major figures leading up to and after the discovery, the tomb as a media sensation, the work to remove treasures from the tomb, brief studies of several of the pieces, and the story of the objects and boy-king over the last century. The last part of the course will address popular culture, 'Tutmania,' 'Egyptomania,' and the legacy of 'Tut's curse.'

<b>Wednesdays</b>	<b>Jan 29 - Feb 5</b>	<b>1:00 - 3:00</b>
<b>Fee: \$34</b>	<b>2 sessions</b>	<b>Oasis Lecture Hall</b>

**Reading Ancient Egyptian Coffins: Symbolism and Magic for Eternity 166**

*Daniel Warne: see bio for class #164*

This course will examine the hieroglyphic formulas and iconographic symbolism associated with the texts and images found on ancient Egyptian coffins. Explore the realm of the dead, Egyptian constructs of the cosmos, life after death, funerary culture, and some of the major religious symbols needed for resurrection. These evocative objects or "chests of life" will provide a window into the Egyptian universe, examining elements from the Book of the Dead, gods and goddesses, the major titles of officials, and the decorative trends that appear over time. Learn about fundamental attitudes, the purpose of coffins as containers of human remains, and funerary traditions and industry in ancient Egypt.

<b>Wednesday</b>	<b>Mar 18</b>	<b>1:30 - 3:30</b>
<b>Fee: \$17</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**17th Century Onondaga Lake 167**

*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.

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

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

**What You've Always Wanted to Know about Syracuse Parks But Didn't Know Whom to Ask (Part 3) 168**

*Paul Pflanz, former director, Onondaga Historical Association, author of "Exploring Green in the 'Cuse," and board member, Syracuse Parks Conservancy*  
Join Paul Pflanz for Part 3 of his lecture series about Syracuse parks. Paul will take you on an armchair tour of some beautiful parks of Syracuse, highlighting more of the 71 parks in his book. Not to be revealed here, but there will be parks discussed that almost no one knows about, plus history, mystery and fascinating stories to add to your outdoor bucket list. Paul's book *Exploring Green in the 'Cuse* will be available for sale with all profits going to the Syracuse Parks Conservancy to enhance our Parks.

<b>Wednesday</b>	<b>Apr 15</b>	<b>1:00 - 3:00</b>
<b>Fee: \$10</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**Walking Tour of Onondaga Park *Off-Site* 169**

*Paul Pflanz: see bio for class #168*

Join Paul Pflanz for a gentle walking tour of Upper Onondaga Park. Onondaga Park is a beautiful 120 year old wonder listed on the National Register of Historic Places. We will stroll through the park to admire its lush beauty and its centerpiece, Hiawatha Lake. During the tour, you will learn about the park's history, how and why the park came to be and a few interesting stories. **Note: The tour will begin at 1:00 p.m. at the corner of Clairmonte and Crossett Avenues in the Strathmore Neighborhood on the City's Southwest Side.**

<b>Thursday</b>	<b>Apr 16</b>	<b>1:00 - 3:00</b>
<b>Fee: \$10</b>	<b>1 session</b>	<b>Onondaga Park</b>

**19th Century Railroading Prior to the Civil War *Off-Site* 170**

*Ron Beavers, former docent, Robert E. Lee Memorial House, administered by the National Park Service at Arlington National Cemetery*

Since before recorded time, man's mode of travel on land was on foot, mounted on an animal, or in a vehicle pulled by an animal. Suddenly, at the beginning of the 19th century (early 1800s), an explosion of innovations started replacing animals as a means of land transportation. The horse was no longer needed for long-distance travel as it was displaced by the "Iron Horse." Eventually shorter distances of travel succumbed to the Iron Horse as well. Attendees will be amazed at how naïve this country was regarding the Iron Horse as it came of age. Learn how our ancestors adapted to this new technology and how our way of life changed to accommodate it. What we take for granted now was a major change that continues to shape how we live even today.

<b>Wednesday</b>	<b>Apr 1</b>	<b>10:00 - 11:30</b>
<b>Fee: \$10</b>	<b>1 session</b>	<b>Jordan Elbridge Senior Center</b>

## ARTS & HUMANITIES

### Arlington House, The Last Battle of the Civil War 171

*Ron Beavers: see bio for class #170*

Americans know that the Arlington National Cemetery is an honored, sacred place where deceased veterans and persons of national importance are buried, remembered and respected. But that big house on the hill in the Cemetery, why was it built and who built it? And why did this pre-Civil War plantation become the final resting place for many of the Union soldiers? Did you know that the Cemetery also has a section dedicated to Confederate soldiers? And why is Arlington House referred to as the last battle of the Civil War? Of local interest, two citizens from the Auburn area figured prominently in the outcome of this last Civil War battle. This presentation covers the history of Arlington House and the National Cemetery as well as their future.

<b>Wednesday</b>	<b>Feb 12</b>	<b>1:00 - 2:30</b>
<b>Fee: \$10</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

### Presidents XXIII: The Modern Presidents 172

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

Barack Obama's 2008 election brought a new sense of excitement to the Presidency. He was young, our first President of color, and started with a favorable public hoping for change. There were successes and challenges both home and abroad in the face of rising partisanship and a changing world. Come join us for a look into the Obama Presidency and beyond. You do not have to have been in prior classes to enjoy this one!

<b>Mondays</b>	<b>Jan 27 - Feb 17</b>	<b>1:00 - 3:00</b>
<b>Fee: \$46</b>	<b>4 sessions</b>	<b>Oasis Lecture Hall</b>

### Presidents XXII: After 9/11 *Off-Site* 173

*Tom Henry: see bio for class #172*

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!

<b>Tuesdays</b>	<b>Jan 28 - Feb 18</b>	<b>10:00 - 12:00</b>
<b>Fee: \$46</b>	<b>4 sessions</b>	<b>The Nottingham</b>

## CHECK IN at the front desk for all classes

### From Korea to Vietnam: America, Asia and the Cold War, 1953-1962 *Off-Site* 174

*Tom Henry: see bio for class #172*

As the Korean War wound down to its uncertain conclusion, the US 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.

<b>Tuesdays</b>	<b>Mar 3 - Mar 24</b>	<b>10:00 - 12:00</b>
<b>Fee: \$46</b>	<b>4 sessions</b>	<b>The Nottingham</b>

### Vietnam Phase II: Johnson's War, 1963-1969 175

*Tom Henry: see bio for class #172*

As the political and military stability of South Vietnam faltered, the US stepped up its combat and support role. The "light at the end of the tunnel" grew increasingly elusive as LBJ committed more men and money to the struggle with few visible results. With growing discontent at home, LBJ's commander-in-chief role peaked with the Tet Offensive, the significant turning point of the war in many ways. Join us as we continue to look at this controversial period in our history. There is no need to have been in prior classes to join this one.

<b>Mondays</b>	<b>Mar 9 - Mar 30</b>	<b>3:00 - 5:00</b>
<b>Fee: \$46</b>	<b>4 sessions</b>	<b>Oasis Lecture Hall</b>

### Travels with Tom: Normandy, Great Cathedrals and a Little Bit of Paris *Off-Site* 176

*Tom Henry: see bio for class #172*

Come join Caitlin and me on our latest venture, this time in France! We will visit the key sites of the D-Day invasion including Sainte-Mère-Église, 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!

<b>Tuesday</b>	<b>Apr 7</b>	<b>10:00 - 12:00</b>
<b>Fee: \$6</b>	<b>1 session</b>	<b>The Nottingham</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!

**Travel Treks: New Zealand Odyssey 177**

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

In April of 2017, Diana and Eric went on a 3-week odyssey to the other side of the world: “down under” New Zealand. They spent a few days with wonderful hosts they’d met on their travels in 2009, then toured the South and North Islands with cameras and notepads. From mountains and glaciers to oceans and seashores, primeval forest to modern cities, cultural and historical sites to recreational playgrounds and wildlife parks, ideal weather to earthquakes and cyclones, this country is truly diverse and full of surprises (not all of them welcome). Join us as we explore New Zealand’s scenic wonders: strange, exotic birds (kiwis, keas, fantails, albatross, penguins); playful sea creatures (dolphins, seals, sea lions); contemporary Christchurch (a cardboard cathedral) and Auckland (first-class museum and zoo)—with some history and culture along the way.

<b>Friday</b>	<b>Feb 7</b>	<b>10:00 - 12:00</b>
<b>Fee: \$6</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**My Adventures in Moscow and St. Petersburg, USSR 178**

*Len Sharp, MS, CAS, retired earth science teacher, adjunct professor of education, Le Moyne College, presidential awardee in science teaching and NSTA distinguished teacher*

Len was fortunate to have been invited to do a presentation in the USSR (based on his Christa McAuliffe Fellowship experience doing field studies in Antarctica, Greenland, and Iceland) at the Joint Conference for American and Russian Science Teachers at Moscow University during the summer of 1991. And what an incredible adventure it was! He will share his experiences at Moscow University, the Moscow marketplace, explain what it was like to be present as communism fell in the old USSR, his chance to read an authentic ancient Galileo manuscript, as well as attend a gala dinner at the Kremlin for the American teachers. This presentation is loaded with pictures and experiences of what the USSR was really like. Len will also share adventures in St. Petersburg at the Hermitage Museum, the palaces, river cruise and train ride from Moscow to St. Petersburg. There’s also the tale of getting lost in Moscow and his experience with the KGB!

<b>Wednesday</b>	<b>Feb 26</b>	<b>1:00 - 3:00</b>
<b>Fee: \$20</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**Mysterious and Curious Places: Part 3 179**

*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*

Join us as we share our trips to some of the most curious and mysterious places on Earth. The regions we visited were often related to our respective teaching credentials such as ancient history, social studies, and earth science (geology, environment, and geography). We will also discuss several places that are on our “bucket list.” Sites we will cover include: Antarctica, Erik The Red’s Greenland homesite, Cahokia Mounds, Iceland, Pyramids of Teotihuacan, Olduvai Gorge, Tanzania (ascent of humankind), and more regions of interest as time permits.

<b>Tuesdays</b>	<b>Jan 21 - Jan 28</b>	<b>1:00 - 3:00</b>
<b>Fee: \$34</b>	<b>2 sessions</b>	<b>Oasis Lecture Hall</b>

**It's All About Spices 180**

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

If you were asked: What is the king of spices, what would you say? Imagine your meals without herbs or your desserts without vanilla or cinnamon. Pretty bland, right? Spices have affected our palattes and wallets since the beginning of time. Find out how they have influenced the world's conquests, how to use their differences in your cooking, and even their healing capacities.

<b>Thursdays</b>	<b>Mar 12 - Mar 26</b>	<b>1:00 - 2:30</b>
<b>Fee: \$37</b>	<b>3 sessions</b>	<b>Oasis Studio</b>

**Investing During Retirement 181**

*Jon Smith, investment adviser representative, PFS*

In retirement, income management and wealth preservation are critical. In this class we will cover topics such as the 3 Ds to investing, the 3 accounts everyone needs, and much more. No matter where you are, armed with this simple yet powerful retirement information, you can learn how to avoid the mistakes many others make.

<b>Friday</b>	<b>Feb 21</b>	<b>10:00 - 12:00</b>
<b>Fee: \$10</b>	<b>1 session</b>	<b>Oasis Lecture Hall</b>

**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.

## ARTS & HUMANITIES/SCIENCE

### Top 5 Financial Strategies for Seniors 182

*Jon Smith: see bio for class #181*

We work a lifetime to build a retirement that helps us care for ourselves and those we love the most. This workshop will help equip you with 5 powerful strategies that can alleviate financial stress and worry for both you and your loved ones. Learn in this interactive workshop how to avoid common pitfalls many seniors fall into.

**Wednesday Mar 11 1:00 - 3:00**  
**Fee: \$10 1 session Oasis Lecture Hall**

### What's Up With Real Estate? 183

*Patsy Scala, licensed associate broker, team leader of the Scala team, Hunt Real Estate, Manlius office*

This course will highlight all that is going on in the local real estate market, and is appropriate for anyone, but especially informative for anyone who is thinking of buying and selling a home. At the first class Patsy will be joined by Lorrie White, "The Secret Weapon," and they will have a lively conversation about how to de-clutter and fix up a home for sale. In the second class, home inspector Ross Relyea will join Patsy to discuss what a home inspector looks for and the importance of having a home inspection prior to listing a home. Robert Carter, Esq. will join Patsy during the third session to explain all the legal intricacies of selling and buying a home. The class is highly interactive and questions are welcome!

**Tuesdays Mar 24 - Apr 7 1:00 - 3:00**  
**Fee: \$17 3 sessions HealthLink Room**

## SCIENCE

### Introduction to Cosmology: Views of the Universe across Time 201

*Donald Bridy, Ph.D. theoretical physics; former high school physics teacher, former adjunct instructor of physics, Syracuse University and Le Moyne College*

This course will look at our conceptions of the universe from primal chaos in ancient times through the Big Bang to the present era of precision cosmology. It will explore the Big Bang, the expansion of the universe, dark matter, dark energy, cosmic inflation and the ultimate fate of the universe, along with the discovery of exoplanets and the search for life on other worlds. It will introduce some lesser-known individuals including a mule-team driver and a high school dropout who was given a coveted scientific staff position at Mt. Wilson observatory and made many key observations that helped to establish the expansion of the universe. **Note: This course is being presented on a general level and the only requirement is curiosity about the universe we live in. No particular science or math background is needed.**

**Tuesdays Mar 10 - Apr 14 10:30 - 12:00**  
**Fee: \$47 6 sessions HealthLink Room**

### Australia: The First 4 Billion Years 202

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

Of all the continents on Earth, none preserves a more spectacular story of Earth's origins than Australia. Join us as we share pictures of our firsthand experiences in the Land Down Under, as well as delve into its amazing geologic and evolutionary history. View on the big screen titanic dinosaurs and giant kangaroos, sea monsters and prehistoric crustaceans that once inhabited this mysterious continent. Learn why this is the place where early life exploded and strange creatures followed. We'll explore what makes Australia the lowest, flattest and oldest landmass on Earth, and look at its unique wildlife and the curious world of the indigenous aborigines.

**Tues/Wed Jan 21 - Jan 22 10:00 - 12:00**  
**Fee: \$34 2 sessions HealthLink Room**

### A Trip Through Death Valley's Geologic Past 203

*Susan and Len Sharp: see bio for class #202*

Probably no other desert region in the United States is as well known as Death Valley; certainly no other desert is so extreme. During an estimated 2.5 billion years, the unique Death Valley (California) area was torn apart, submerged beneath the seas, crushed by onrushing tectonic plates, and torn apart again. It witnessed rising and falling sea levels, major geologic events from mountain building to volcanoes, the birth of ancient supercontinents, and a wide range of climates. Now considered one of the hottest places on Earth, it is also the driest spot in North America. Find out why so many people from all over the world, including us, have gone there to experience the amazing vistas and wondrous beauty of this extraordinary place.

**Wednesday Jan 29 9:30 - 11:30**  
**Fee: \$20 1 session HealthLink Room**

### Explore Famous Ruins of the Ancient World: Italy, Crete, Turkey, and Greece 204

*Len Sharp: MS, CAS, retired earth science teacher, adjunct professor of education at Le Moyne College, and world traveler; and Susan Sharp, MS, retired earth science teacher with extensive travel and scientific study, both at home and abroad*  
This past December, we took part in a Viking Cruise to some famous ruins of the Ancient World. We observed these places through our interests in archeology, ancient history, mythology and the earth sciences. Share our experiences as we explore Pompeii, Knossos Palace in Crete, Ephesus, Turkey, and the following sites in Greece: Athens, Mycenae, and Delphi.

**Mon/Tues Mar 2 - Mar 3 1:00 - 3:00**  
**Fee: \$34 2 sessions Oasis Lecture Hall**

## Ring of Fire, Part 1 and 2 205 (AKA Earthquakes, Volcanic Eruptions and Tsunamis)

*Len Sharp: MS, CAS, retired earth science teacher, adjunct professor of education at LeMoyné College. presidential awardee in science teaching and NSTA distinguished teacher.*

Over 450 active volcanoes and 90% of all earthquakes on Earth characterize Earth's most unstable area, the Ring of Fire. Geographically, the Ring of Fire stretches from the tip of South America to North America, crosses over to Asia, then southward to New Zealand, representing roughly some 25,000 sq. miles. Join me on my hikes into Mt. St. Helen's crater and Hawaii's Haleakala and Kilauea volcanoes. Technically, Hawaii is within the Ring but let's explore why Kilauea is one of the most active volcanoes in the world. We will also explore the San Andreas Fault in California, and discuss historic earthquakes (Chile, Japan, Indonesia, China, Alaska, California), volcanic eruptions (Mt. St. Helens, Krakatoa, Poas, Pinatubo), and tsunamis (Indonesia, Japan, Alaska).

<b>Tues/ Thurs</b>	<b>Feb 4 - Feb 6</b>	<b>1:00 - 3:00</b>
<b>Fee: \$34</b>	<b>2 sessions</b>	<b>Oasis Lecture Hall</b>

## Environmental Currents 206

*Stuart J. Spiegel, retired vice president, O'Brien & Gere, environmental currents series creator and facilitator*  
Human and natural environments play an important part in the health and quality of life of Central New York residents, the state, our country and the world. In the 4th year of this 5-week series, a completely new slate of speakers will make presentations on environmental topics with the potential to impact our community.

### February 3: The Challenge of Solid Waste Management

*Dereth Glance, executive director, Onondaga County Resource Recovery Agency (OCRRA), Syracuse, NY*  
Onondaga County's solid waste management program is one of the most successful in the country. However, OCRRA's operation is subject to national and international material needs and recycled material values, making resiliency planning a must. Hear about OCRRA and the challenges it faces in the global economy.

### February 10: Regional Energy Management

*Chris Carrick, energy program manager, Central New York Regional Planning and Development Board (CNYRPDB), Syracuse, NY*

In June 2018, the UN's International Panel on Climate Change released a report describing what it would take to keep global temperatures from rising more than 1.5 degrees Celsius, a goal of the Paris Climate Agreement. With the passage of the Climate Leadership and Community Protection Act in June 2019, New York has committed to nation-leading policies that will have a profound impact on families, communities and businesses in the state. In CNY, a group of volunteers led by the

CNYRPDB has organized the HeatSmart CNY campaign to promote the use of geothermal and air source heat pumps, which are critical to reducing our carbon footprint. Mr. Carrick will describe the HeatSmart CNY campaign, and the role of heat pumps, electric vehicles, and solar and wind power to address the climate change crisis.

### February 17: Invasive Species in the Finger Lakes Region: How to "Know, Observe and Report."

*Patricia Wakefield-Brown, invasive species outreach and volunteer coordinator, Finger Lakes Partnership for Regional Invasive Species Management (PRISM), Geneva, NY*  
The Finger Lakes Institute and the Finger Lakes PRISM will be introduced, describing what their roles are in the Finger Lakes region, the programs offered and how they work with numerous partners and organizations to raise awareness about invasive species. Also to be discussed are some basics of invasive species: ID, pathways, and prevention; and a description of some of the high-priority invasive species in the Finger Lakes region.

### February 24: SEQRA – A Unique Way to Stay Engaged in Community Development Decisions

*Wendy Marsh, Esq., partner, Hancock Estabrook Law Firm, Syracuse, NY*

The New York State Environmental Quality Review Act (SEQRA) was a nationally groundbreaking state statute when it was passed and became effective in the 1970s. This presentation will review the basic legal aspects of SEQRA to allow engaged participation in the public review process for development projects. In our local community, these projects have included Carousel Center, the Route 81 redevelopment, the OCRRA trash-to-energy facility, and the Carrier Dome, from which a landmark SEQRA case resulted.

### March 2: Why Wind and Solar Cannot Make a Difference Globally to Change Climate Disruption

*Donald Siegel, Ph.D. emeritus Meredith professor, earth sciences, SU; president, Geological Society of America; partner, Independent Environmental Scientists, Manlius, NY*  
Self-induced climate disruption constitutes the biggest global challenge humanity has had to face in its brief history on earth. The combination of geological, political, economic, and societal constraints makes it impossible to scale wind and solar energy to control future hell-or-high water locales where tens of millions of people live. Only modern modular nuclear energy, large-scale adaptation strategies, and geoengineering the atmosphere provide alternatives for civilization as we know it to persist as we continue to consume fossil fuels.

<b>Mondays</b>	<b>Feb 3 - Mar 2</b>	<b>10:00 - 12:00</b>
<b>Fee: \$47</b>	<b>5 sessions</b>	<b>Oasis Lecture Hall</b>

Whooh... 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!**

**Jewel of the Earth: Amber 207**

*Susan Sharp, MS, retired earth science and astrobiology teacher and adjunct instructor of astrobiology, SUNY ESF; Len Sharp, MS, retired earth science teacher*  
 During the Age of Dinosaurs, trees began producing a sticky, protective resin that trapped and entombed everything it touched. This hardened, honey-colored resin, known as amber, opens a unique window into a lost world of vanished animals and plants, often preserved in exquisite detail. Explore a fascinating world 40 million years ago and peer into authentic amber fossils. Among the highlights of this journey of discovery is a piece of amber that is evidence of the supercontinent Pangaea, that once united most of Earth's early landmasses.

Friday	Jan 31	10:00 - 12:00
Fee: \$20	1 session	HealthLink Room

**Spring Wildflowers of Central New York 208**

*Joseph McMullen, MS, PWS, environmental consultant/botanist*  
 Each spring there is a beautiful display of wildflowers in our forests and other habitats in Central New York. If you are interested in learning what these spring flowering plants are, their identifying characteristics and habitat requirements, join Joe McMullen for a classroom presentation and a field trip. The classroom portion on April 16 will consist of a review of flower parts and features used to identify plants, as well as a PowerPoint presentation with photographs of our common spring wildflower species. We will also have a field trip to Long Branch Park on April 30 to see spring wildflowers in their natural habitat. This class is for beginners and more knowledgeable individuals alike. **Note: April 30 session meets 9:30 am-12:00 pm at Long Branch Park. Members will be responsible for their own transportation and any applicable admission fees at the park.**

Thursdays	Apr 16 - Apr 30	10:00 - 12:00
Fee: \$27	2 sessions	HealthLink Room
No class 4/23		

**PERSONAL DEVELOPMENT & ENRICHMENT**

**Zen and The Art of Graceful Aging *Off-Site* 301**

*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 Fayetteville Free Library, Community Room B located at 300 Orchard St. Fayetteville, 13066.**

Wednesdays	Feb 26 - Apr 1	1:30 - 3:00
Fee: \$79	6 sessions	Fayetteville Free Library

**Building Resilience to Stress 302**

*Penny Baron, PhD, ATR-BC, LCAT, registered and board-certified art therapist and licensed creative arts therapist*  
 Would you like to bounce back more easily from stressful life situations connected to health, relationships, work, and other personal or professional challenges? Learn how a hopeful and optimistic attitude as well as a stress-hardy personality contribute to building resilience. Through guided imagery, writing and creative experiences participants will identify a number of strengths and positive qualities they possess which have resulted in past successes and can be utilized to meet future goals with resiliency and confidence.

Wednesday	Mar 25	2:00 - 4:00
Fee: \$27	1 session	HealthLink Room

**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!

**Organizing 101 303**

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

Are you struggling with how to get and stay organized? If your goal is to declutter and get organized at work, home, or both, this workshop is for you! We will discuss how to organize and simplify your surroundings and how to address common challenges, including dealing with paper. You will also learn some tips to increase efficiency and productivity in today's too busy world. Learning about organizing will help you jump start your journey to a less stressful life.

<b>Thursday</b>	<b>Mar 26</b>	<b>10:00 - 11:30</b>
<b>Fee: \$27</b>	<b>1 session</b>	<b>HealthLink Room</b>

**Volunteering with Your Pet 304**

*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.petpartnerscny.org](http://www.petpartnerscny.org). **Note: Please — no pets are allowed at this meeting.**

<b>Thursday</b>	<b>Mar 12</b>	<b>3:30 - 5:30</b>
<b>Free</b>	<b>1 session</b>	<b>HealthLink Room</b>

**AARP Smart Driver™ Course 305**

*Larry Argiro, PE, AARP Instructor*

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. Drivers benefit from a discount on their auto insurance premium upon completing the course, and will learn something new along the way.

By taking the Smart Driver course you will:

- receive a 3 year, 15% discount on your auto insurance
- receive some points reduction
- refresh your driving skills and your knowledge of the rules — and hazards — of the road
- reduce your chances of receiving a traffic violation or getting into an accident

Classroom course is \$20 for AARP members and \$25 for non-members. Course fees will be collected at the first class session.

<b>Fridays</b>	<b>Feb 21 - Feb 28</b>	<b>1:00 - 4:00</b>
	<b>2 sessions</b>	<b>HealthLink Room</b>

**French for Beginners 306**

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

Parlez-vous Français? 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>Jan 23 - Apr 16</b>	<b>10:00 - 11:30</b>
<b>Fee: \$81</b>	<b>13 sessions</b>	<b>Oasis Studio</b>

**French Intermediate Level 307**

*Veronique Bennett: see bio for class #306*

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>Jan 22 - Apr 15</b>	<b>1:00 - 2:30</b>
<b>Fee: \$81</b>	<b>13 sessions</b>	<b>Oasis Studio</b>

**French Advanced Level 308**

*Veronique Bennett: see bio for class #306*

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>Wednesdays</b>	<b>Jan 22 - Apr 15</b>	<b>2:45 - 4:15</b>
<b>Fee: \$81</b>	<b>13 sessions</b>	<b>Oasis Studio</b>

**Introduction to Irish 309**

*John LaParo, Esq., Irish language teacher for CNY Irish American Cultural Institute*

With the introduction of all-Irish schools in Ireland, the number of native speakers is growing every day. There are active groups of Irish speakers and learners in each of the 50 states and Canada. This course will enable the diligent student to carry on a basic conversation in simple modern Irish. The class emphasis will be on reading and speaking with simple explanations of necessary grammar.

<b>Fridays</b>	<b>Jan 24 - Apr 17</b>	<b>9:30 - 11:00</b>
<b>Fee: \$41</b>	<b>12 sessions</b>	<b>Oasis Studio</b>
<b>No class 4/10</b>		

**ONLINE REGISTRATION BEGINS JANUARY 2!**

**Irish Level 2 310**

*John LaParo: see bio for class #309*

Continue learning simple grammatical constructions, concentrating on everyday conversation in order to expand vocabulary, fluency and comprehension. Students will read newspaper articles, stories, poems and anecdotes written in simple modern Irish, and may learn a song or two. This class will be open to all students who have completed Introduction to Irish or any other person familiar with basic Irish grammar.

<b>Fridays</b>	<b>Jan 24 - Apr 17</b>	<b>11:15 - 12:45</b>
<b>Fee: \$41</b>	<b>12 sessions</b>	<b>Oasis Studio</b>
<b>No class 4/10</b>		

**Spanish 1F 311**

*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 1E course in fall 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, future tense and some past tense verbs. 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>Mar 5 - May 14</b>	<b>4:00 - 5:00</b>
<b>Fee: \$32</b>	<b>11 sessions</b>	<b>Oasis Studio</b>

**Spanish 2L 312**

*Cathy Bryant: see bio for class #311*

This course is designed for people who have been studying Spanish and is a continuation of the Spanish 2K course which was taught in fall 2019. Students should be familiar with the present, past and future tenses of both regular and irregular verbs. Students 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>Mar 5 - May 14</b>	<b>2:00 - 3:30</b>
<b>Fee: \$37</b>	<b>11 sessions</b>	<b>Oasis Studio</b>

**Spanish 3 313**

*Cathy Bryant: see bio for class #311*

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>Mar 5 - May 14</b>	<b>12:00 - 1:30</b>
<b>Fee: \$37</b>	<b>11 sessions</b>	<b>Oasis Studio</b>

**Spanish 4 314**

*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.

<b>Wednesdays</b>	<b>Jan 22 - Apr 15</b>	<b>11:00 - 12:30</b>
<b>Fee: \$44</b>	<b>13 sessions</b>	<b>Oasis Studio</b>

**Spanish 5 315**

*Carolyn Stark: see bio for class #314*

This class is for advanced Spanish students and is conducted entirely in Spanish.

<b>Wednesdays</b>	<b>Jan 22 - Apr 15</b>	<b>9:00 - 10:30</b>
<b>Fee: \$44</b>	<b>13 sessions</b>	<b>Oasis Studio</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

## Windows Performance and Maintenance (for Windows 10) 401

*Al Somlo, owner Able Al'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. **Note: If you have a laptop computer or tablet with Windows 10, bring it to class. However, this is not required. Class fee includes course workbook.**

Wednesday	Feb 12	1:00 - 3:00
Fee: \$26	1 session	Oasis Computer Lab

## Cybercrime Fighters: Using Password Managers 402

*Eric Stein, computer instructor, CompTIA certified*  
Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it's so hard to keep track of them? This class will show you how to ramp up your online safety easily by using a password manager app. You'll learn what popular apps to look for, and how to install and use one of the most popular apps — LastPass — on your desktop and mobile device. **Note: Class fee includes course workbook.**

Wednesday	Apr 8	10:00 - 12:00
Fee: \$26	1 session	Oasis Computer Lab

## Going Wireless: How to Use Wi-Fi 403

*Eric Stein: see bio for class #402*

Want Internet access on the go? Wi-Fi is the wireless Internet connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course you will learn all about Wi-Fi—where and how to get it and important safety precautions. **Note: If you have a laptop computer or cell phone with Wi-Fi Internet access, you can bring it to class. However, this is not required.**

Monday	Feb 24	10:00 - 12:00
Fee: \$26	1 session	Oasis Computer Lab

## Beginners Guide to the Cloud

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

## Beginners Guide to the Cloud 404

Wednesday	Jan 22	10:00 - 12:00
Fee: \$26	1 session	Oasis Computer Lab

## Beginners Guide to the Cloud 405

Thursday	Mar 12	10:00 - 12:00
Fee: \$26	1 session	Oasis Computer Lab

## Productivity with Your iPad 406

*Peter Moller, MA, emeritus professor, film and television, Newhouse School of Public Communications, Syracuse University*

You and millions of others have one of those slabs of glass called iPad. You may wonder "What the heck do I do with this?" What you have is a powerful device that could replace that bulky desktop in your study or the laptop that's become too cumbersome to take on an airplane. This course will introduce you to the productive and creative potential of the Apple iPad. Each class will deal with a different aspect--such as meeting and getting to know your iPad; using the built-in iWork software for reading, writing and arithmetic; taking and editing photographs; cruising the web and watching videos. **Note: No prior experience with your iPad is required, BUT you must have a working iPad and bring it fully charged to each class.**

Mondays	Jan 27 - Mar 2	10:00 - 11:30
Fee: \$41	6 sessions	Oasis Studio

**HAVE A SEASONAL ADDRESS?**  
Notify the front desk so that you can receive Oasis catalogs even when you are away.

## COMPUTERS & TECHNOLOGY

### Android Essentials: For Tablets and Smart Phones 407

Al Somlo: see bio for class #401

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	Mar 19 - Mar 26	1:00 - 3:00
Fee: \$41	2 sessions	Oasis Computer Lab

### Buying and Selling on eBay (for PCs or Macs) 408

Al Somlo: see bio for class #401

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 website you will find out about buying and selling online. **Prerequisite: basic computer skills, some knowledge of using Internet and how to send and receive email messages.**

Thursdays	Jan 23 - Jan 30	1:00 - 3:00
Fee: \$41	2 sessions	Oasis Computer Lab

### Buying and Selling Online with Craigslist 409

Al Somlo: see bio for class #401

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	Mar 4 - Mar 11	1:00 - 3:00
Fee: \$41	2 sessions	Oasis Computer Lab

## DID YOU KNOW...?

If you have a smartphone you can sign up for weather cancellation text alerts from NewsChannel 9.

Go to

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



### How to Create a Free Website 410

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	Mar 23 - Mar 27	1:00 - 3:00
Fee: \$49	3 sessions	Oasis Computer Lab

### Facebook 1: The Starter Kit 411

Pamela Lipe Revercomb: see bio for class #404

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	Jan 24 - Jan 29	10:00 - 12:00
Fee: \$48	3 sessions	Oasis Computer Lab

### Facebook 2: I'm on Facebook. Now What? 412

Pamela Lipe Revercomb: see bio for class #404

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	Jan 31 - Feb 5	10:00 - 12:00
Fee: \$48	3 sessions	Oasis Computer Lab

**Smartphone Photography 413**

*Pamela Lipe Revercomb: see bio for class #404*

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 Feb 17 - Feb 21 10:00 - 12:00**  
**Fee: \$48 3 sessions Oasis Computer Lab**

**Photo Editing Basics: Picasa and Other Free Photo Editing Software 414**

*Pamela Lipe Revercomb: see bio for class #404*

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.**

**Mon/Wed/Fri Mar 18 - Mar 27 10:00 - 12:00**  
**Fee: \$81 5 sessions Oasis Computer Lab**

**Google Photos 415**

*Pamela Lipe Revercomb: see bio for class #404*

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.**

**Mon/Wed/Fri Mar 30 - Apr 3 10:00 - 12:00**  
**Fee: \$38 3 sessions Oasis Computer Lab**

**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!

**HEALTH & FITNESS****Living Healthy with a Chronic Condition**

*TBD, co-peer leaders certified in CDSMP by Stanford University*  
 The Chronic Disease Self-Management Program (CDSMP) is a six-session, peer-led health program for adults 18+ with any ongoing health condition (asthma, COPD, arthritis, etc.). CDSMP 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.

**Note: You must pre-register. Class size is limited to 20. If you attend at least four out of the six sessions, you will receive a \$10 gift certificate toward future Oasis classes.**

**Living Healthy with a Chronic Condition Off-Site 501**

*Class meets at Brighton Towers Community Room, 821 Brighton Ave., Syracuse, 13205.*

**Tuesdays Jan 21 - Feb 25 1:30 - 4:00**  
**Free 6 sessions Brighton Towers**

**Living Healthy with a Chronic Condition Off-Site 502**

*Class meets at Toomey Abbott Towers, 207 Montgomery St. Syracuse, NY 13202.*

**Thursdays Jan 25 - Feb 27 1:15 - 3:15**  
**Free 6 sessions Toomey Abbott Towers**

**Living Healthy with a Chronic Condition Off-Site 503**

*Class meets at Manlius Senior Activity Center, 1 Arkie Albanese Ave, Manlius, 13104.*

**Fridays Mar 13 - Apr 17 9:30 - 12:00**  
**Free 6 sessions Manlius Senior Centre**

**Living Healthy with a Chronic Condition Off-Site 504**

*Class meets at Upstate Community Campus, POB South, 2nd Floor, Room 2A.*

**Thursdays Mar 19 - Apr 23 1:00 - 3:30**  
**Free 6 sessions Upstate at Community Campus**

**Living Healthy with a Chronic Condition Off-Site 505**

*Class meets at Fayetteville Senior Center, 584 East Genesee St., Fayetteville, 13066.*

**Wednesdays Apr 1 - May 6 1:00 - 3:30**  
**Free 6 sessions Fayetteville Senior Center**

## HEALTH & FITNESS

### Living Healthy with a Chronic Condition

Off-Site 506

Class meets at Fairmount Community Library, 406 Chapel Drive, Syracuse, 13219.

Thursdays	Apr 16 - May 21	5:30 - 8:00
Free	6 sessions	Fairmount Community Library

### Chronic Pain Self-Management Program

507

TBD, Co-peer leaders certified in CDSMP by Stanford University

The Chronic Pain Self-Management Program (CPSMP) is a FREE six-session, peer-led health program for adults 18+ years of age. CDSMP is an evidence-based workshop running six weeks for 2 1/2 hours per week. The program has been proven to:

- Improve energy and mental health
- Decrease pain levels and dependence on others
- Increase involvement in everyday activities
- Improve overall life satisfaction

Who should consider taking the Chronic Pain Self-Management Program?

People who have a primary or secondary diagnosis of chronic pain, and would like to improve their condition. This program enhances a person's ability to manage his/her health, chronic pain and maintain an active and fulfilling lifestyle. All class participants receive a FREE book and CD. **Note: You must pre-register. Class size is limited to 20. If you attend at least four out of the six sessions, you will receive a \$10 gift certificate towards future Oasis classes.**

Mondays	Mar 2 - Apr 6	12:30 - 3:00
Free	6 sessions	HealthLink Room

**ONLINE REGISTRATION  
BEGINS JANUARY 2!**

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

### Peer Support for Adults with Type 2 Diabetes

508

TBD, Co-peer leaders certified in CDSMP by Stanford University

Peer Support for Adults with Type 2 Diabetes is a FREE six-session, peer-led health workshop for adults 18+ years of age. The Diabetes Self-Management program (DSMP) is presented 2 1/2 hours once a week for six weeks; people with Type 2 diabetes attend the workshop.

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 FREE book and CD.

**Note: You must pre-register. Class size is limited to 20. If you attend at least four out of the six sessions, you will receive a \$10 gift certificate towards future Oasis classes.**

Mondays	Apr 20 - Jun 1	12:30 - 3:00
Free	6 sessions	HealthLink Room
No class 5/25		

### A Taste of Mind Aerobics™

Off-Site 509

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

Interested in our 12-week Mind Aerobics™ program but unsure what this is about? Come to this free introductory session and have a taste of this award-winning, evidence-based program and the science behind it. The New England Cognitive Center designed Mind Aerobics™ to provide a comprehensive mental workout across six cognitive domains and maximize mental functioning. At this session, you will learn more about these domains, how Mind Aerobics™ taps into them, and what research shows the impact to be. You will also participate in a live demonstration of some of the cognitive exercises that are part of this fun and innovative program. This session is appropriate for individuals with no cognitive impairment or mild cognitive decline. **Note: Class meets in the Treinen Social Center 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.**

Tuesday	Jan 28	3:30 - 4:30
Free	1 session	Menorah Park

**Mind Aerobics™***Off-Site* **510***Ellen Somers: see bio for class #509*

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 2/18/20) to schedule the screening.

**Note: Meets in the Treinen Social Center 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.**

<b>Tues /Thur</b>	<b>Feb 25 - May 1</b>	<b>3:30 - 5:00</b>
<b>Fee: \$260</b>	<b>24 sessions</b>	<b>Menorah Park</b>

**Understanding Alzheimer's and Dementia****511**

*Alzheimer's Association, Central New York Staff to present*  
This program covers the basics of Alzheimer's and dementia. We'll explore the relationship between both, examine what happens in the brain, detail the risk factors for three general stages of the disease, identify FDA-approved treatments available for symptom management, look ahead to what's on the horizon for Alzheimer's research and offer helpful Alzheimer's Association resources.

<b>Tuesday</b>	<b>Feb 18</b>	<b>4:00 - 5:00</b>
<b>Free</b>	<b>1 session</b>	<b>HealthLink Room</b>

**Dementia Conversations****512**

*Alzheimer's Association, Central New York Staff to present*  
This program is a workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. This reinforces the need to plan ahead and build a care team that communicates well in order to reduce stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.

<b>Thursday</b>	<b>Mar 19</b>	<b>3:00 - 4:00</b>
<b>Free</b>	<b>1 session</b>	<b>HealthLink Room</b>

**Drum Fun and Fit: Just Add Rhythm****513**

*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: 2/11, 2/18, 2/25 sessions will meet in the Lecture Hall.**

<b>Tuesdays</b>	<b>Jan 21 - Feb 25</b>	<b>1:00 - 2:00</b>
<b>Fee: \$79</b>	<b>6 sessions</b>	<b>Oasis Fitness Room</b>

**Tools for Healing: Rhythm, Sound and Silence****514**

*Jimbo Talbot: see bio for class #513*

In this three-part series, we explore elemental and ancient sources for healing physical and emotional ailments in achieving a deeper sense of calm and clarity. In a recent world online summit for sound healing, leading experts in the field of sound healing and therapy agree the future of medicine is sound. Long-time practitioners, authors/speakers alike, draw from source — the human voice, drum and overtone-producing instruments — to effect profound states of health, clarity and wisdom. We engage each week with instruction, practice and play with gong, bowls, crystals, chimes, voice, drums and other similar tools. Each session concludes with group-led sound meditations. This class will help you develop your own sound meditation and healing practice, as well as develop a CNY network for vibrational healing.

<b>Tuesdays</b>	<b>Feb 11 - Feb 25</b>	<b>2:30 - 4:00</b>
<b>Fee: \$62</b>	<b>3 sessions</b>	<b>Oasis Lecture Hall</b>

**Aqua Brain Dance Party***Off-Site* **515**

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

How about dancing in the water?! This class is made up of three parts: the aqua brain dance warm-up which will include exercises that help wire the central nervous system and brain; a dance party in the water with folk dances, party dances, disco, etc.; and a conclusion with gentle aqua stretches to soothing music. So much FUN!

<b>Thursdays</b>	<b>Jan 30 - Mar 12</b>	<b>2:00 - 2:45</b>
<b>Fee: \$44</b>	<b>6 sessions</b>	<b>The Nottingham Pool</b>
<b>No Class 2/20</b>		

## HEALTH & FITNESS

### Improving Your Balance Skills with Exercise 516

*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.

**Thursdays** Jan 23 - Feb 27 12:00 - 1:00  
**Fee: \$34** 6 sessions Oasis Fitness Room

### Improving Your Balance Skills with Exercise 517

*Tina Castle: see bio for class #516*  
See description for class #516.

**Mondays** Jan 27 - Feb 24 10:45 - 11:45  
**Fee: \$28** 5 sessions Oasis Fitness Room

### Hatha Yoga 518

*Pam LeBlanc, certified Nia black belt instructor, 500+-hr professional-level Kripalu Yoga teacher, KYAA registered, Cardiac & Cancer Yoga certified, instructor, 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.**

**Tuesdays** Jan 21 - Apr 14 10:25 - 11:45  
**Fee: \$80** 13 sessions Oasis Lecture Hall

### Hatha Yoga Off-Site 519

*Pam LeBlanc: see bio for class #518*  
See description for class #518. **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.**

**Thursdays** Jan 23 - Apr 16 10:30 - 11:45  
**Fee: \$80** 13 sessions Life-Force Sanctuary



### Kripalu Yoga with Yvonne 520

*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!**

**Wednesdays** Jan 22 - Apr 15 9:55 - 11:10  
**Fee: \$70** 12 sessions Oasis Fitness Room  
No class 3/25

### Kripalu Yoga with Yvonne 521

*Yvonne Martin: see bio for class #520*  
See description for class #520. **Note: Please dress comfortably and bring a Yoga mat.**

**Fridays** Jan 24 - Apr 17 9:55 - 11:10  
**Fee: \$64** 11 sessions Oasis Fitness Room  
No class 3/27 & 4/10

### T-N-T: Tight and Tone 522

*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 handheld 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.**

**Tuesdays** Jan 21 - Apr 14 9:00 - 9:40  
**Fee: \$75** 13 sessions Oasis Fitness Room

**T-N-T: Tight and Tone 523**

*Tammy Panzironi, please see bio #522*

See description for class #522. **Note: An exercise or Yoga sticky mat and hand weights are recommended.**

<b>Thursdays</b>	<b>Jan 23 - Apr 16</b>	<b>9:00 - 9:40</b>
<b>Fee: \$75</b>	<b>13 sessions</b>	<b>Oasis Fitness Room</b>

**Low-Impact Aerobics 524**

*Tammy Panzironi, please see bio #522*

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>Jan 21 - Apr 14</b>	<b>9:45 - 10:15</b>
<b>Fee: \$64</b>	<b>13 sessions</b>	<b>Oasis Fitness Room</b>

**Low-Impact Aerobics 525**

*Tammy Panzironi, please see bio #522*

See description for class #524. **Note: Please wear comfortable closed-toe athletic shoes.**

<b>Thursdays</b>	<b>Jan 23 - Apr 16</b>	<b>9:45 - 10:15</b>
<b>Fee: \$64</b>	<b>13 sessions</b>	<b>Oasis Fitness Room</b>

**Power Sculpt 526**

*Tammy Panzironi, please see bio #522*

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. The workout changes every few weeks so you will achieve phenomenal results both physically and mentally. You don't want to miss this exciting class!

<b>Wednesdays</b>	<b>Jan 22 - Apr 15</b>	<b>9:00 - 9:40</b>
<b>Fee: \$72</b>	<b>13 sessions</b>	<b>Oasis Fitness Room</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!

**Zumba™ with Tammy 527**

*Tammy Panzironi, please see bio #522*

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>Jan 24 - Apr 17</b>	<b>9:00 - 9:45</b>
<b>Fee: \$81</b>	<b>12 sessions</b>	<b>Oasis Fitness Room</b>
<b>No Class 4/10</b>		

**Nia 528**

*Pam LeBlanc, certified Nia black belt instructor, 500+hr. professional-level Kripalu Yoga teacher, KYAA registered, cardiac & cancer Yoga certified, instructor, 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.**

<b>Mondays</b>	<b>Jan 27 - Apr 13</b>	<b>9:30 - 10:30</b>
<b>Fee: \$73</b>	<b>12 sessions</b>	<b>Oasis Fitness Room</b>

**Nia Off-Site 529**

*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>Jan 22 - Apr 15</b>	<b>10:30 - 11:30</b>
<b>Fee: \$63</b>	<b>13 sessions</b>	<b>Life-Force Sanctuary</b>

## HEALTH & FITNESS

### Dance for Parkinson's Off-Site 530

*Robin Ormsby, BA Psychology, Le Moyne College, completed Dance for PD (Parkinson's Disease) introductory and advanced workshops with 15+ years of dance experience*  
 Are you interested in learning to dance or in improving your dance skills? Do you have Parkinson's? This class is perfect for you! Based on Dance for PD®; theory and practice, this free class is designed for people with Parkinson's at any stage, and with any level of dance experience (including none). Studies have found that dance is very beneficial to people with Parkinson's, especially because it addresses different physical and cognitive symptoms from those current drugs target. Dance improves balance, gait, mobility and quality of life by maximizing brain stimulation through music, creativity and unique movement. However, the focus of this class will be to help participants grow as dancers, rather than to improve on therapeutic goals. Meet new people, have fun and learn professional repertoire from the Mark Morris Dance Group! Caregivers and partners are welcome to participate as well. This class is sponsored by SUNY Upstate Medical University and Quadrant Biosciences®. **Note: If you can attend only one class per week, feel free to register for the class anyway! Class meets at The Ballet and Dance Center, 3470 Erie Blvd. East, Suite 300, Dewitt 13214. Free parking on site.**

Mons. & Wed.	Jan 27 - Apr 8	11:00 - 12:00
Free	22 sessions	The Ballet and Dance Center

### Dance Smorgasbord 531

*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, line dances and American square 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!

Friday	Feb 7 - Mar 27	11:30 - 12:45
Fee: \$61	7 sessions	Oasis Fitness Room
No class 2/21		

**ONLINE REGISTRATION  
 BEGINS JANUARY 2!**

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

### Dance Exercise Rock and Roll, Etc. 532

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

Add a little rock and roll to your exercise routine! In this class we will move to some great tunes from the Beach Boys, David Bowie and Toto to artists such as The 5th Dimension, Rolling Stones and other rock-and-roll and pop artists from the 60s and 70s. The combinations will be easy, fun and expressive. This dance exercise workout can be paced to your individual comfort and fitness level. **Note: Participants must be able to stand alone.**

Wednesdays	Jan 22 - Mar 11	12:00 - 1:00
Fee: \$61	8 sessions	Oasis Fitness Room

### Dance Exercise Broadway 533

*Jeanneanne Ketchum: see bio for class #532*

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	Feb 10 - Apr 6	12:00 - 1:00
Fee: \$68	9 sessions	Oasis Fitness Room

### Advanced 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. 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	Jan 22 - Apr 15	3:10 - 4:10
Fee: \$90	13 sessions	Oasis Fitness Room

### Intermediate Tap 535

*Cathy Strong: see bio for class #534*

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.

Wednesdays	Jan 22 - Apr 15	2:00 - 3:00
Fee: \$90	13 sessions	Oasis Fitness Room



**Intermediate Tap****536**

*Cathy Strong: see bio for class #534*  
See description for class #534

**Mondays**      **Jan 27 - Apr 13**      **3:00 - 4:00**

**Fee: \$84**      **12 sessions**      **Oasis Fitness Room**

**TRAVEL**
**Informational Session: 601**  
**Cape Cod-Provincetown and Plymouth**

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

Join us for an informational session on the 5-day trip to Cape Cod-Provincetown and Plymouth June 1-5, 2020. Detailed information and handouts will be available. See class #602 for the itinerary and trip registration details.

**Thursday**      **Feb 20**      **1:00 - 2:00**

**Free**      **1 session**      **Oasis Studio**

**Cape Cod- Provincetown and 602**  
**Plymouth 400th Anniversary**

*Travel Choice International*

2020 is the 400th anniversary of the Mayflower voyage and the founding of Plymouth Colony. This 400th Anniversary Provincetown and Plymouth trip will highlight the cultural contributions and American traditions that began with the interaction of the Wampanoag and English peoples, a story that shaped the building of America.

**June 1 (Monday)**

Depart Oasis at 8:30 a.m. and travel by motorcoach from East Syracuse to beautiful Cape Cod in Massachusetts. Check into Hampton Inn and enjoy dinner at a local restaurant. (D)

**June 2 (Tuesday)**

After breakfast at the hotel, we will meet our local guide and travel historic Route 6A, the Old King's Highway, that winds past hundreds of historic structures that characterize its early development. Sites include Cape Cod National Seashore and Visitor's Center, "Land's End," Pilgrim Monument and Provincetown Museum, with time for lunch on your own. We'll then travel to the "south side" of the Cape to the seaside village of Chatham, including a stop at the Atwood House Museum followed by dinner at a local restaurant. (B, D)

**June 3 (Wednesday)**

After breakfast at the hotel, we will meet our local guide for a day spent touring the first Cape towns, Hyannis and Sandwich. We'll then travel a short distance to America's Hometown: Plymouth, Home of our Pilgrim Fathers and one of the country's first settlements. We'll stop for a photo opportunity at Forefather's Monument, the largest, solid granite monument in the US, followed by free time for lunch on your own on the waterfront. Once back on the coach, we'll tour the area viewing historical sites such as the Pilgrim Mother Statue, Immigrant Monument, Spooner House and the Mayflower Society. We'll end the day with a visit to the Plymouth Plantation, including a traditional turkey dinner with all the fixings. (B, D)

**June 4 (Thursday)**

After breakfast at the hotel, we will travel to Plymouth with our local guide. Photo stops will be made at Plymouth Rock and the Mayflower II, a reproduction of the original. We'll then board a Lobster Tales Cruise boat for a "hands on" approach to lobster harvesting before free time for lunch on your own. In the afternoon we'll visit the Pilgrim Hall Museum, the nation's oldest continuously operating public museum, built in 1824. Dinner will be on your own back in Hyannis. (B)

**June 5 (Friday)**

After breakfast at the hotel, we'll spend the morning exploring the John F. Kennedy Hyannis Museum and learn how the seas and shores of Hyannis Port greatly inspired our 35th President. We then leave Cape Cod, returning to Syracuse at approximately 7:00 p.m. (B)

This trip includes Travel Choice International and Tom Henry escorts, bus transportation, 7 meals, hotel, taxes and gratuities.

Double occupancy – \$1,055.00

Single occupancy – \$1,355.00

**DEPOSITS AND FINAL PAYMENTS:** A deposit of \$100.00 per person is due with your registration. Final payment is due by May 8, 2020.

**CANCELLATION PENALTIES:** Prior to May 8, 2020-FULLY REFUNDABLE less a \$10 refund processing fee. AFTER MAY 8, 2020-NON-REFUNDABLE.

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

**Monday, June 1 - Friday, June 5, 2020**

**Informational Session: 603**  
**Massachusetts/Connecticut**  
**Garden Ramble**

*Richard O'Neil, Travel Choice International, and Alan NaPier, CNY Reads trip escort and long-time gardener*  
 This informational session is a preview of a trip to see five inspirational gardens in Massachusetts and Connecticut. Scheduled for July 7-9, 2020, this CNY Reads Garden Ramble includes guided tours and time on your own to explore White Flower Farm, Hollister House Garden, Naumkeag, The Berkshire Botanical Garden, and The Mount, home and estate of author Edith Wharton. This trip also includes accommodations at the Great Barrington Fairfield Inn as well as two breakfasts, two lunches and dinner at the Red Lion Inn and Great Barrington Brewery and Restaurant.

Join us for trip details and handouts, and a slide show of the gardens. Go to [CNYReads.org](http://CNYReads.org) for additional information and pricing.

<b>Tuesday</b>	<b>Feb 11</b>	<b>10:00 - 11:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>

**Informational Session: Canada 604**  
**and New England Cruise**

*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 #605 for additional information and trip registration details.

<b>Tuesday</b>	<b>Feb 4</b>	<b>10:00 - 11:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>

**Canada and New England 605**  
**Cruise Vacation on Holland**  
**America's Amsterdam**

*Travel Choice International*  
 Join Oasis for 10 days and 9 nights July 30-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. Please see Fall 2019 Oasis catalog for itinerary.

**CITIZENSHIP TRAVEL INFORMATION:** United States Customs 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:**

<b>Days Prior to Departure</b>	<b>Cancellation Fee</b>
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**

## Informational Session: Barcelona

606

*Sandy Roberts, Upstate Oasis*

Get to know Spain on this 10-day trip September 3-12, 2020. Make yourself at home in Barcelona for 3 nights where you explore Barcelona's Gothic Quarter and Modernist landmarks such as Gaudi's LaSagrada Familia and the "House of Bones." Find out why the capital of Catalonia is touted for its unparalleled architectural landmarks, many of which are UNESCO World Heritage sites. Then travel by high-speed train to Madrid where you will spend 3 nights wandering past Madrid's imperial palaces, exploring the Prado, a world-renowned art museum that is home to works by Goya and Velasquez. Get acquainted with Spain's cosmopolitan capital city with a local guide before traveling to Cordoba to explore the Mezquita and an olive farm, then head on to Seville where you will spend 2 nights. In Seville, take a guided tour of the historic Andalusian capital where Moorish architecture shines. View the tiled pavilion of the plaza de Espana, pass the white washed homes of Barrio de Santa Cruz and see the third largest church in the world. Enter the Royal Alcazar, a palace that was once home to King Ferdinand and Queen Isabella. Enjoy leisure time to explore on your own or choose from multiple options available for side excursions throughout the trip. The excursions will be covered in the information session.

<b>Thursday</b>	<b>Jan 30</b>	<b>1:00 - 2:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>

## Travel to Barcelona, Madrid and Seville

607

*Go Ahead Tours*

Join us for a spectacular tour of Spain September 3-12, 2020. Barcelona, Madrid, and Seville display intriguing distinctions. From Andalusian architecture to Catalan castells, explore Barcelona's Gothic Quarter and Modernist landmarks, wander past Madrid's imperial palaces, and cap off your trip in Seville, where Moorish architecture shines.

**September 3 (Thursday):** Take an overnight flight to Barcelona, the capital of Catalonia.

**September 4 (Friday):** Meet your Tour Director for transportation to your hotel. Later that evening you and your fellow travelers will meet for a welcome dinner.

**September 5 (Saturday):** Discover the many architectural landmarks that are UNESCO World Heritage sites. Step inside LaSagrada Familia, Gaudi's famous masterwork-in-progress. Drive along Passeig de Gràcia, and past Gaudi's "House of Bones." Stop at Montjuic, where the 1992 Olympic Games took place, and take in the panoramic views at Mirador de l'Alcalde park. Pass Placa d'Espanya, one of the city's most important squares, and stroll past the soaring Columbus Monument, dedicated to the legendary explorer. Enjoy a free afternoon in Barcelona or add an excursion.

**September 6 (Sunday):** Free day in Barcelona or add excursions.

**September 7 (Monday):** Journey by high-speed train to Madrid, and arrive in time for an included dinner.

**September 8 (Tuesday):** Enjoy sightseeing in Madrid; get acquainted with Spain's cosmopolitan capital city with the help of a local guide. View the Royal Palace, Spain's largest royal residence. Pass by the Temple of Debod, a reassembled temple from ancient Egypt. View the city's many squares, including Plaza de Espana, Plaza Mayor, and the bustling Puerta del Sol. Explore the Prado, a world-class art museum that began as the private collection of the Spanish monarchy and is home to the works of Goya and Velasquez, and more. Enjoy a free evening in Madrid or add an excursion

**September 9 (Wednesday):** Spend the day exploring Madrid on your own or add an excursion.

**September 10 (Thursday):** Travel by train to the town of Cordoba and explore the Mezquita, a UNESCO World Heritage-protected cathedral, on a guided tour. Then stop at an olive farm for a tasting before continuing on to Seville.

**September 11 (Friday):** Uncover the beauty of Seville on a sightseeing tour, including the historic Andalusian capital. View the tiled pavilion of the Plaza de Espana. Pass the whitewashed homes of Barrio de Santa Cruz. See the Gothic Seville Cathedral, the third largest church in the world. Enter the Royal Alcazar, a palace that was once home to King Ferdinand and Queen Isabella. That evening, celebrate your trip with your group members at a farewell dinner.

**September 12 (Saturday):** Transfer to the Malaga airport for your flight home.

**Rates for double occupancy \$2649.00 ea.**  
**Departing from Syracuse Hancock International Airport \$645.00**  
**Returning to Syracuse Hancock International Airport \$645.00**  
**Price including airfare from Hancock International Airport \$3939.00**

**Single supplement \$400.00**

For more information or to join this tour, visit [www.grouptoursite.com/oasis](http://www.grouptoursite.com/oasis), or contact Go Ahead Tours at 800-438-7672 and use our group reference number: 70139151.

**Thursday, Sep 3 – Saturday, Sep 12**

## South Pacific Wonders

608

## 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: Trip pamphlets including additional details are available at Oasis.**

Sep 8 - Sep 22

## Spotlight on the French Riviera

609

## AAA Member Choice Vacations

Join us October 24-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 attracts 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: Trip pamphlets including additional details are available at Oasis.**

Oct 24 - Nov 1

## 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.

## DON'T MISS OUT on the latest news from Oasis!

If you want to receive the latest information about Oasis classes, volunteer opportunities and events that matter to you, **it's important that you give us permission to communicate with you through bulk email.**

All you have to do is "opt in," a simple process that lets us know you want to receive bulk email from Oasis.

This is time sensitive. If you don't opt in, you will no longer receive communications from Oasis through our bulk email system. There are three easy ways to opt in:

- 1 **Call us at 315.464.6555** and let someone help you opt in.
- 2 **Stop by the Oasis front desk** and tell a staff member you'd like to be opted in.
- 3 **Sign into MyOasis** and click on the Opt In button.



Thanks for letting us stay in touch with you!

# 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!

<b>Thursday</b>	<b>Jan 23</b>	<b>2:00 - 3:00</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>

## Class Coordinator Training 702

*Jennifer Michella, Oasis program and volunteer manager*  
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!

<b>Tuesday</b>	<b>Jan 28</b>	<b>2:30 - 3:45</b>
<b>Free</b>	<b>1 session</b>	<b>Oasis Studio</b>

## Volunteer Meeting 703

*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 1/31 and 3/6.**

<b>Fridays</b>	<b>Jan 31 - Mar 6</b>	<b>1:00 - 2:00</b>
<b>Free</b>	<b>2 sessions</b>	<b>HealthLink Room</b>

## Leadership Team Meeting 704

*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 1/15, 2/19, 3/18 and 4/15.**

<b>Wednesdays</b>	<b>Jan 15 - Apr 15</b>	<b>1:00 - 2:30</b>
<b>Free</b>	<b>4 sessions</b>	<b>Oasis Conference Room</b>



**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.**

# CNY READS - 2020 EVENTS

## ***There There***

by Tommy Orange

(All events are free.)

Twelve characters from Native communities travel to the Big Oakland Powwow—highlighting the plight of the urban Native American.

### **Kick-off event:**

**Saturday, January 11, 3-4 pm.**

Dewitt Barnes and Noble.

There will be a speaker, refreshments and door prizes.

### **Library Book Discussions:**

- **January 6** (Monday), 6:30 - 7:30 p.m.,  
Onondaga Free Library
- **January 8** (Wednesday), 3:00-4:30 p.m.,  
NOPL Brewerton Branch
- **January 9** (Thursday), 6:00-7:00 p.m.,  
Petit Branch Library
- **January 16** (Thursday), 6:30 - 7:30 p.m.,  
Skaneateles Library
- **January 23** (Thursday), 11 a.m.- 12 p.m.,  
Liverpool Library (Sargent Room)
- **March 2** (Monday), 2:00 - 3:00p.m.,  
Maxwell Memorial Library
- **March 25** (Wednesday), 6:30 - 7:30 p.m.,  
Marcellus Free Library

### **Special Event:**

**January 23** (Thursday) Liverpool Library,  
6:30 - 8:30 p.m.

Director of Native American and Indigenous Studies at SU, Scott Manning Stevens will discuss shifts in Federal Indian



## **Syracuse University** *Office of Community Engagement*

policy and the social construction of American Indian identity. Professor Stevens' presentation will include a look at identity struggles and identity politics in relation to blood and descent, community, land and sovereignty.

This program is presented in conjunction with CNY Reads. The CNY Reads book choice for 2020 is *There, There* by Tommy Orange. The novel is a multigenerational story about the history of a nation and its people told through twelve individuals, each of whom have private reasons for traveling to the Big Oakland Powwow.

### **Oasis events:**

**February 24** (Monday) 1-2:30 p.m.,  
discussion of *There There*

**March 4** (Wednesday), 2:30-5 p.m., film *Smoke Signals*—winner of several awards, this focuses on the relationship between two young Native American men on a road trip to pick up the ashes of one's father. Discussion will follow.

**March 12** (Thursday), 1 :30-3 p.m. Composer Laurence Tallman will take us on a musical journey across Canada and the US through the songs, dances, and storytelling of Native Americans.

**March 26** (Thursday), 1-2 p.m. former historic site manager Jon Anderson will present the details of the interface between the Native people and the Europeans who established Ste. Marie at Onondaga Lake and the differences practiced between the two cultures.

**Capstone event:** March: Details TBA



# 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 \$15 credit 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*

# 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:

___ Catalog delivery	___ Instructor/Topic: _____
___ Class coordinator	___ Intergenerational tutoring
___ Computer lab	___ 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.

___ Computer data entry/word processing	___ Fund raising
___ Familiar with basic office equipment	___ Teaching experience
___ Operate a video recorder	___ Public speaking experience
___ Meeting/function arrangements	___ Health screenings (BP's etc.)
___ Grant writing	___ Operating audio visual equipment
___ Blogging	

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



# 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 be 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 winter-spring trimester must be dropped off at Oasis by Wednesday, January 15, 2020.*

## **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.

## **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.



*Syracuse Mayor Ben Walsh and Onondaga County Executive Ryan McMahon present at 2019 State of the Union series.*



# SYRACUSE OASIS DONORS

We are grateful to all of our donors for their loyalty and generosity. Gifts reported below were received *between* 7/9/19-11/18/19. 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)

Elinor Spring-Mills

## Matisse Fellow (\$1000-2499)

Diana Biro

## Sustaining Scholar (\$500-999)

Francine Boutet

John and  
Elizabeth McKinnell

## Contributing Scholar (\$250-499)

Marie Klossner

Richard Lightcap

Mrs. Harriet Mark

Frederick and Virginia  
Marty

Jeffrey Smith

## Supporting Scholar (\$150-249)

Norma Maddy



## Scholar (\$100-149)

Anonymous

Donald and Anna Bridy

Grace and Michael  
Flusche

Allen and Anita Frank

Jan Kaplan

Michael and Jean Loftus

JoAnn Loren

Lora and Patrick  
McCooley

Stephen Nathan

Lawrence and Joan Page

Pierce and Martha Ryan

## Associate Scholar (\$75-99)

Anonymous

Vickie Marie Campany

## Friend (\$50-74)

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Georgia Carvounis

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Kathleen Maloney	Christine Porter	Myra Shayevitz	Henry Zucker
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## OASIS TRIBUTE FUND GIFTS

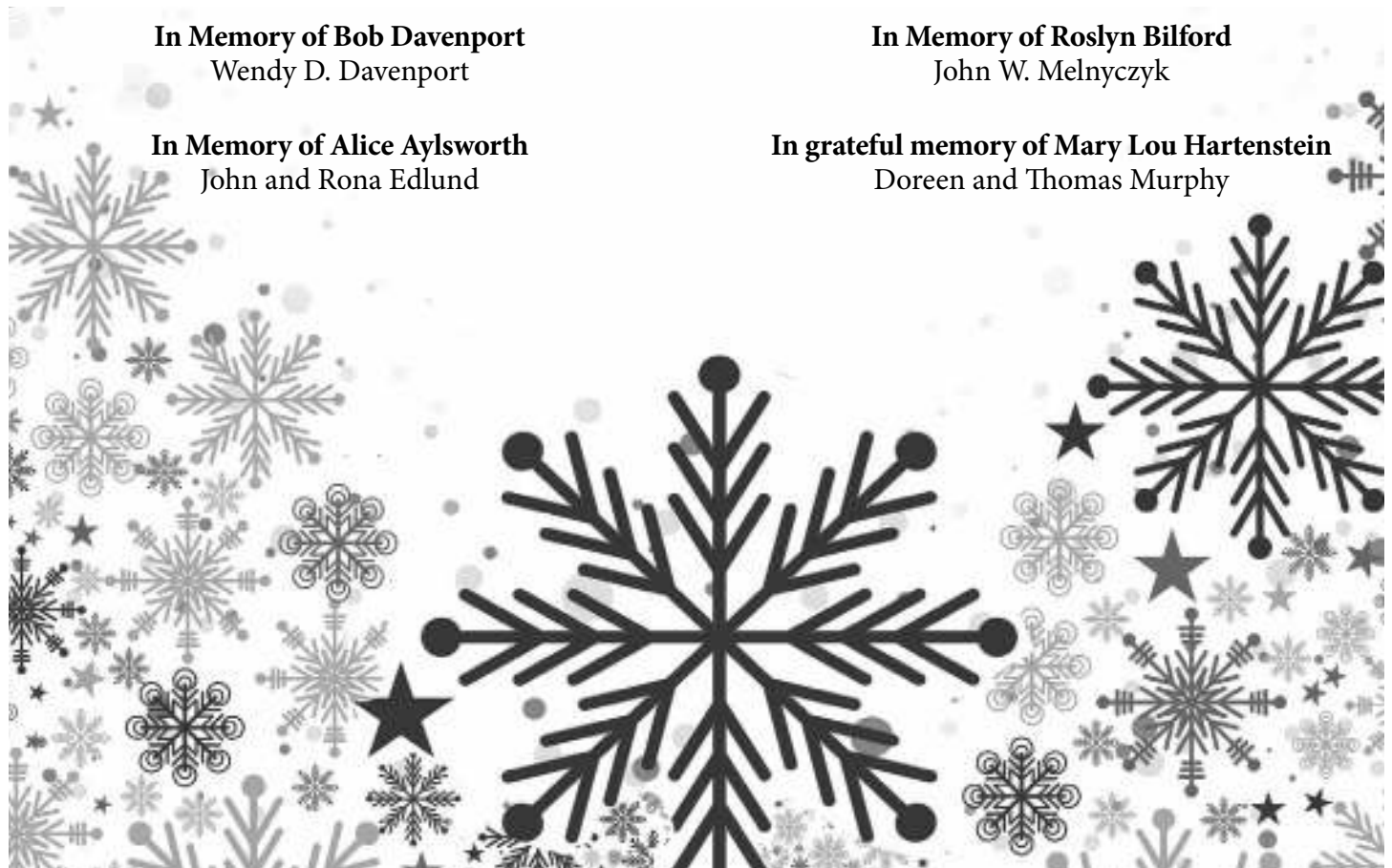
*Received between 7/9/19-11/18/19*

**In Memory of Bob Davenport**  
Wendy D. Davenport

**In Memory of Roslyn Bilford**  
John W. Melnychyk

**In Memory of Alice Aylsworth**  
John and Rona Edlund

**In grateful memory of Mary Lou Hartenstein**  
Doreen and Thomas Murphy



# 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?



**W**e 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 avenues 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.

#### **Elinor 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.

## In Remembrance

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

Alice Aylesworth

Edward Balian

Barry Brown

Nancy Cushman

Mary Lou Hartenstein

William LaManche

Peggy Owens

Charles Reiners

Lorne Runge

Jean Schug

# 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
Rob DiFlorio	Ex-Officio:
Laura Hand	Sharon Brangman, MD
Gary Hartman	Leah Caldwell
Pete Headd	Eileen Pezzi
Cathy James	Cynthia Woods
Michael Ratner, MD	

## Community Partners

AAA of Western and Central New York  
Alzheimer's Associations, Central New York Chapter  
Artist Pianos  
Brighton Towers  
Center for Aging Resources and Enrichment (CARE) at LeMoyne College  
Central Square Central School District  
CNY Jazz Central  
CNY Reads Consortium  
Drumlins Country Club  
Everson Museum of Art  
Fairmount Community Library  
Fayetteville Free Library  
Fayetteville Senior Center  
Go Ahead Tours  
Institute for Caregivers (I-Care)  
Jordan-Elbridge Central School District  
Jordan Elbridge Senior Center  
Liverpool Central School District  
Liverpool Library  
Manlius Art Cinema  
Manlius Senior Centre  
Marcellus Central School District  
Onondaga County Department of Adult and Long-Term Care Services  
Onondaga Historical Association  
Redhouse Arts Center  
RSVP Catholic Charities  
Studio 24  
SUNY Empire State College  
Symphoria  
Syracuse City School District  
Syracuse Housing Authority  
Syracuse Jewish Family Service at Menorah Park  
Syracuse Stage  
Syracuse University  
The Ballet and Dance Center  
The Nottingham  
Travel Choice International  
WCNY Studios

## 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	Mary Pat Oliker
Leah Caldwell, Co-Chair	Eric Rogers
Jim C. Bresnahan	Elinor Spring-Mills
Laura Hand	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

Alzheimer's Association, Central NY	Pamela Murchison
Jon Anderson	Robin Ormsby
Ron Beavers	Susan Pedrosa
Diana Biro	Paul Pflanz
Chris Carrick	Frank Ricciardiello
Vincent Ciccarino	Eric Rogers
Wendy Davenport	Patsy Scala
Sue Gilberti	Donald Siegel
Dereth Glance	Jon Smith
Tom Henry	Ellen Somers
Robert Hupp	Stuart Spiegel
John LaParo	Carolyn Stark
Lawrence Loh	Eric Stein
Wendy Marsh	Lisa Vigliotti-Bane
	Patricia Wakefield-Brown

# 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

- 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.
- You will be notified if you are placed on the wait list for all classes you wanted.
- 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.



# REGISTRATION PROCEDURES

## WAYS TO REGISTER FOR CLASSES

- Prior to January 2, 2020: U.S. mail or drop off in person at Oasis.
- On or after January 2, 2020: U.S. mail or online at [www.oasisnet.org](http://www.oasisnet.org) or drop off in person at Oasis.

Registration processing will begin Thursday, January 2, 2020. Please note that only **complete** registrations will be processed in order of the date received. Your signature on the waiver is 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
- √ 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.
  
- ▲ 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.

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

**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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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>			
<input type="checkbox"/> Cash	<input type="checkbox"/> Check	<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard
<input type="checkbox"/> Discover	Tax-deductible gift to Oasis		+
Credit card # _____	<b>Subtotal</b>		\$
Your name as it appears on your credit card _____	Less credit/coupon		-
Exp. date ____ / ____ Signature _____	<b>Total</b>		\$

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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.

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



# 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.

# OASIS CALENDAR FOR JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>Oasis Closed New Year's Day</b>		
18	6	7	8	9
		137 - *★ Sanditon Premiere Screening 4:00 - 6:00	10	
	13	14	15	16
		151 - ★ The Hermit Crab Essay 9:30 - 11:30 704 - LT Mtg. 1:00 - 2:30	17	

<p>117- *★ Piano 2A 9:15- 10:00                  118- *★ Piano 2B 10:00 - 10:45                  119- *★ Piano 2C 11:00 - 11:45                  115- *★ Piano Beginners 12:45 - 1:30</p> <p style="text-align: center;"><b>20</b></p> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 10px; margin: 20px auto; width: 80%;"> <p>★★  <b>Sunday, January 19</b>                      139 - *★ Through the                      Movie Lens 3:00 - 5:30</p> </div>	<p>522- ★ TNT: Tight and Tone 9:00 - 9:40                  524- ★ Low-Impact Aerobics 9:45 - 10:15                  146- ★ Book Group 10:00 - 11:00                  125- *★ Music Theory 4 10:00 - 11:10                  202- ★ Australia: The First Four Billion Years 10:00 - 12:00                  518- ★ Hatha Yoga 10:25 - 11:45                  121- *★ Piano Advanced 2 11:00 - 12:00                  124- *★ Music Theory 2 11:20 - 12:30                  513- ★ Drum Fun and Fit: Just Add Rhythm 1:00 - 2:00                  179- ★ Mysterious and Curious Places: Part 3 1:00 - 3:00                  501- *★ Living Healthy with a Chronic Condition 1:30 - 4:00</p> <p style="text-align: center;"><b>21</b></p>	<p>526- ★ Power Sculpt 9:00 - 9:40                  315- ★ Spanish 5 9:00 - 10:30                  151- The Hermit Crab Essay 9:30 - 11:30                  520- ★ Kripalu Hatha Yoga 9:55 - 11:10                  202- Australia: The First Four Billion Years 10:00 - 12:00                  404- ★ Guide to the Cloud 10:00 - 12:00                  140- The Coen Brothers 10:00 - 12:30                  529- *★ Nia 10:30 - 11:30                  114- *★ Private Piano Lessons 10:30 - 1:30                  314- ★ Spanish 4 11:00 - 12:30                  532- ★ Dance Rock and Roll 12:00 - 1:00                  133- ★ Get to Know Symphoria 1:00 - 2:30                  307- ★ French Intermediate Level 1:00 - 2:30                  101- *★ Sunset Silhouette 1:00 - 3:00                  122- *★ Piano 3 1:30 - 2:30                  535- ★ Intermediate Tap 2:00 - 3:00                  308- ★ French Advanced Level 2:45 - 4:15                  534- ★ Advanced Beginning Tap 3:10 - 4:10</p> <p style="text-align: center;"><b>22</b></p>	<p>523- ★ TNT: Tight and Tone 9:00 - 9:40                  116- *★ Piano 2 9:15 - 10:00                  525- ★ Low-Impact Aerobics 9:45 - 10:15                  123- *★ Piano 3 10:00 - 11:00                  306- ★ French for Beginners 10:00 - 11:30                  519- *★ Hatha Yoga 10:30 - 11:45                  120- *★ Piano 2-D 11:00 - 11:45                  516- ★ Improving Your Balance Skills 12:00 - 1:00                  160- ★ Shamanic Journey and Meditation 12:00 - 1:30                  408- ★ eBay 1:00 - 3:00                  502- *★ Living Healthy with a Chronic Condition 1:15 - 3:45                  701- ★ Volunteer Overview 2:00 - 3:00</p> <p style="text-align: center;"><b>23</b></p>	<p>527- ★ Zumba™ 9:00 - 9:45                  309- ★ Introduction to Irish 9:30 - 11:00                  521- ★ Kripalu Hatha Yoga 9:55 - 11:10                  411- ★ Facebook 1 10:00 - 12:00                  310- ★ Irish Level 2 11:15 - 12:45</p> <p style="text-align: center;"><b>24</b></p>
<p>117- *Piano 2A 9:15 - 10:00                  528- ★ Nia 9:30 - 10:30                  118- *Piano 2B 10:00 - 10:45                  134- ★ Syracuse Stage 10:00 - 11:30                  406- ★ Productivity with Your iPad 10:00 - 11:30                  411- Facebook 1 10:00 - 12:00                  517- ★ Improving Your Balance Skills 10:45 - 11:45                  119- *Piano 2C 11:00 - 11:45                  530- *★ Dance for Parkinson's 11:00 - 12:00                  103- ★ Gobble Time 12:00 - 2:30                  115- *Piano Beginners 12:45 - 1:30                  172- Presidents XXIII: Modern Presidents 1:00 - 3:00                  536- Intermediate Tap 3:00 - 4:00                  157- ★ Mediumship for Beginners 3:00 - 5:00</p> <p style="text-align: center;"><b>27</b></p>	<p>522- TNT: Tight and Tone 9:00 - 9:40                  524- Low-Impact Aerobics 9:45 - 10:15                  125- *Music Theory 4 10:00 - 11:10                  173- *★ Presidents XXII: After 9/11 10:00 - 12:00                  518- Hatha Yoga 10:25 - 11:45                  121- *Piano Advanced 2 11:00 - 12:00                  124- *Music Theory 2 11:20 - 12:30                  513- Drum Fun and Fit: Just Add Rhythm 1:00 - 2:00                  179- Mysterious and Curious Places: Part 3 1:00 - 3:00                  501- *Living Healthy with a Chronic Condition 1:30 - 4:00                  702- ★ Class Coordinator 2:30 - 3:45                  509- *★ Mind Aerobics 3:30 - 4:30</p> <p style="text-align: center;"><b>28</b></p>	<p>526- Power Sculpt 9:00 - 9:40                  315- Spanish 5 9:00 - 10:30                  151- The Hermit Crab Essay 9:30 - 11:30                  203- ★ A Trip Through Death Valley's Geologic Past 9:30 - 11:30                  520- Kripalu Hatha Yoga 9:55 - 11:10                  411- Facebook 1 10:00 - 12:00                  140- The Coen Brothers 10:00 - 12:30                  529- *Nia 10:30 - 11:30                  114- *Private Piano Lessons 10:30 - 1:30                  530- *Dance for Parkinson's 11:00 - 12:00                  314- Spanish 4 11:00 - 12:30                  532- Dance Rock and Roll 12:00 - 1:00                  153- ★ Freud and Jung 12:00 - 2:30                  307- French Intermediate Level 1:00 - 2:30                  101- *Sunset Silhouette 1:00 - 3:00                  165- ★ The Treasures of Tutankhamun 1:00 - 3:00                  122- *Piano 3 1:30 - 2:30                  535- Intermediate Tap 2:00 - 3:00                  308- French Advanced Level 2:45 - 4:15                  126- *★ Jazz Listening Parties 3:00 - 5:00                  534- Advanced Beginning Tap 3:10 - 4:10</p> <p style="text-align: center;"><b>29</b></p>	<p>523- TNT: Tight and Tone 9:00 - 9:40                  116- *Piano 2 9:15 - 10:00                  525- Low-Impact Aerobics 9:45 - 10:15                  123- *Piano 3 10:00 - 11:00                  306- French for Beginners 10:00 - 11:30                  519- *Hatha Yoga 10:30 - 11:45                  120- *Piano 2-D 11:00 - 11:45                  516- Improving Your Balance Skills 12:00 - 1:00                  160- Shamanic Journey and Meditation 12:00 - 1:30                  606- ★ Barcelona 1:00 - 2:00                  408- eBay 1:00 - 3:00                  502- *Living Healthy with a Chronic Condition 1:15 - 3:45                  515- *★ Aqua Brain Dance Party 2:00 - 2:45</p> <p style="text-align: center;"><b>30</b></p>	<p>527- Zumba™ 9:00 - 9:45                  309- Introduction to Irish 9:30 - 11:00                  521- Kripalu Hatha Yoga 9:55 - 11:10                  412- ★ Facebook 2 10:00 - 12:00                  207- ★ Jewel of the Earth: Amber 10:00 - 12:00                  310- Irish Level 2 11:15 - 12:45                  703- ★ Volunteer Mtg. 1:00 - 2:00</p> <p style="text-align: center;"><b>31</b></p>

# OASIS CALENDAR FOR FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
117 - *Piano 2-A 9:15 - 10:00 <b>3</b> 528 - Nia 9:30 - 10:30 118 - *Piano 2-B 10:00 - 10:45 406 - Productivity with Your iPad 10:00 - 11:30 206 - ★ Environmental Currents 10:00 - 12:00 412 - Facebook 2 10:00 - 12:00 517 - Improving Your Balance Skills 10:45 - 11:45 119 - *Piano 2-C 11:00 - 11:45 530 - *Dance for Parkinson's 11:00 - 12:00 103 - Gobble Time 12:00 - 2:30 115 - *Piano Beginners 12:45 - 1:30 172 - Presidents XXIII: Modern Presidents 1:00 - 3:00 536 - Intermediate Tap 3:00 - 4:00 157 - Mediumship for Beginners 3:00 - 5:00	522 - T-N-T: Tight and Tone 9:00 - 9:40 <b>4</b> 524 - Low-Impact Aerobics 9:45 - 10:15 604 - ★ Canada and New England Cruise 10:00 - 11:00 125 - *Music Theory 4 10:00 - 11:10 173 - *Presidents XXII: After 9/11 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 121 - *Piano Advanced 2 11:00 - 12:00 124 - *Music Theory 2 11:20 - 12:30 513 - Drum Fun and Fit: Just Add Rhythm 1:00 - 2:00 205 - ★ Ring of Fire 1:00 - 3:00 501 - *Living Healthy with a Chronic Condition 1:30 - 4:00	526 - Power Sculpt 9:00 - 9:40 <b>5</b> 315 - Spanish 5 9:00 - 10:30 161 - ★ American Religious History- Columbus to the Civil War 9:30 - 11:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 412 - Facebook 2 10:00 - 12:00 140 - The Coen Brothers 10:00 - 12:30 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 532 - Dance Rock and Roll 12:00 - 1:00 153 - Freud and Jung 12:00 - 2:30 307 - French Intermediate Level 1:00 - 2:30 101 - *Sunset Silhouette 1:00 - 3:00 165 - The Treasures of Tutankhamun 1:00 - 3:00 122 - *Piano 3 1:30 - 2:30 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 534 - Advanced Beginning Tap 3:10 - 4:10	523 - T-N-T: Tight and Tone 9:00 - 9:40 <b>6</b> 116 - *Piano 2 9:15 - 10:00 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 516 - Improving Your Balance Skills 12:00 - 1:00 205 - Ring of Fire 1:00 - 3:00 502 - *Living Healthy with a Chronic Condition 1:15 - 3:45 515 - *Aqua Brain Dance Party 2:00 - 2:45	527 - Zumba™ 9:00 - 9:45 <b>7</b> 309 - Introduction to Irish 9:30 - 11:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 163 - ★ Landmark Freedom of Speech and Press Supreme Court Cases 10:00 - 12:00 177 - ★ New Zealand Odyssey 10:00 - 12:00 310 - Irish Level 2 11:15 - 12:45 531 - ★ Dance Smorgasbord 11:30 - 12:45
117 - *Piano 2-A 9:15 - 10:00 <b>10</b> 528 - Nia 9:30 - 10:30 118 - *Piano 2-B 10:00 - 10:45 406 - Productivity with Your iPad 10:00 - 11:30 206 - Environmental Currents 10:00 - 12:00 517 - Improving Your Balance Skills 10:45 - 11:45 119 - *Piano 2-C 11:00 - 11:45 530 - *Dance for Parkinson's 11:00 - 12:00 533 - ★ Dance Broadway 12:00 - 1:00 103 - Gobble Time 12:00 - 2:30 115 - *Piano Beginners 12:45 - 1:30 172 - Presidents XXIII: Modern Presidents 1:00 - 3:00 536 - Intermediate Tap 3:00 - 4:00 157 - Mediumship for Beginners 3:00 - 5:00	522 - T-N-T: Tight and Tone 9:00 - 9:40 <b>11</b> 524 - Low-Impact Aerobics 9:45 - 10:15 603 - ★ Massachusetts/Connecticut Garden Ramble 10:00 - 11:00 125 - *Music Theory 4 10:00 - 11:10 154 - ★ Meditation for Beginners 10:00 - 12:00 173 - *Presidents XXII: After 9/11 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 121 - *Piano Advanced 2 11:00 - 12:00 124 - *Music Theory 2 11:20 - 12:30 513 - Drum Fun and Fit: Just Add Rhythm 1:00 - 2:00 501 - *Living Healthy with a Chronic Condition 1:30 - 4:00 514 - ★ Drum Fun and Fit: Just Add Rhythm 2:30 - 4:00	526 - Power Sculpt 9:00 - 9:40 <b>12</b> 315 - Spanish 5 9:00 - 10:30 161 - American Religious History- Columbus to the Civil War 9:30 - 11:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 140 - The Coen Brothers 10:00 - 12:30 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 532 - Dance Rock and Roll 12:00 - 1:00 153 - Freud and Jung 12:00 - 2:30 171 - ★ Arlington House, The Last Battle of the Civil War 1:00 - 2:30 307 - French Intermediate Level 1:00 - 2:30 101 - *Sunset Silhouette 1:00 - 3:00 401 - ★ Windows Performance 1:00 - 3:00 122 - *Piano 3 1:30 - 2:30 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 126 - *Jazz Listening Parties 3:00 - 5:00 534 - Advanced Beginning Tap 3:10 - 4:10	523 - T-N-T: Tight and Tone 9:00 - 9:40 <b>13</b> 116 - *Piano 2 9:15 - 10:00 149 - *★ Creative Writers Wkshp 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 158 - *★ Angel Therapy 10:00 - 12:00 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 516 - Improving Your Balance Skills 12:00 - 1:00 160 - Shamanic Journey and Meditation 12:00 - 1:30 159 - ★ Spiritual Insight 12:30 - 2:30 502 - *Living Healthy with a Chronic Condition 1:15 - 3:45 515 - *Aqua Brain Dance Party 2:00 - 2:45	527 - Zumba™ 9:00 - 9:45 <b>14</b> 309 - Introduction to Irish 9:30 - 11:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 163 - Landmark Freedom of Speech and Press Supreme Court Cases 10:00 - 12:00 310 - Irish Level 2 11:15 - 12:45 531 - Dance Smorgasbord 11:30 - 12:45



<p>117 - *Piano 2-A 9:15 - 10:00 <b>17</b>                      528 - Nia 9:30 - 10:30                      118 - *Piano 2-B 10:00 - 10:45                      406 - Productivity with Your iPad 10:00 - 11:30                      206 - Environmental Currents 10:00 - 12:00                      413 - ★ Smartphone Photography 10:00 - 12:00                      517 - Improving Your Balance Skills 10:45 - 11:45                      119 - *Piano 2-C 11:00 - 11:45                      530 - *Dance for Parkinson's 11:00 - 12:00                      533 - Dance Broadway 12:00 - 1:00                      103 - Gobble Time 12:00 - 2:30                      115 - *Piano Beginners 12:45 - 1:30                      172 - Presidents XXIII: Modern Presidents 1:00 - 3:00                      536 - Intermediate Tap 3:00 - 4:00</p> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 10px; background-color: black; color: white; width: fit-content; margin: 20px auto;"> <p>✧ ✧  <b>Sunday, February 16</b>                      139 - *Through the                      Movie Lens 3:00 - 5:30</p> </div>	<p>522 - T-N-T: Tight and Tone 9:00 - 9:40 <b>18</b>                      524 - Low-Impact Aerobics 9:45 - 10:15                      146 - Book Group 10:00 - 11:00                      125 - *Music Theory 4 10:00 - 11:10                      173 - *Presidents XXII: After 9/11 10:00 - 12:00                      518 - Hatha Yoga 10:25 - 11:45                      121 - *Piano Advanced 2 11:00 - 12:00                      124 - *Music Theory 2 11:20 - 12:30                      513 - Drum Fun and Fit: Just Add Rhythm 1:00 - 2:00                      501 - *Living Healthy with a Chronic Condition 1:30 - 4:00                      514 - Drum Fun and Fit: Just Add Rhythm 2:30 - 4:00                      150 - ★ I've Always Wanted to Write 3:30 - 6:30                      511 - ★ Understanding Alzheimer's and Dementia 4:00 - 5:00</p>	<p>526 - Power Sculpt 9:00 - 9:40 <b>19</b>                      315 - Spanish 5 9:00 - 10:30                      161 - American Religious History- Columbus to the Civil War 9:30 - 11:30                      520 - Kripalu Hatha Yoga 9:55 - 11:10                      413 - Smartphone Photography 10:00 - 12:00                      140 - The Coen Brothers 10:00 - 12:30                      529 - *Nia 10:30 - 11:30                      114 - *Private Piano Lessons 10:30 - 1:30                      530 - *Dance for Parkinson's 11:00 - 12:00                      314 - Spanish 4 11:00 - 12:30                      532 - Dance Rock and Roll 12:00 - 1:00                      307 - French Intermediate Level 1:00 - 2:30                      704 - LT Mtg. 1:00 - 2:30                      101 - *Sunset Silhouette 1:00 - 3:00                      122 - *Piano 3 1:30 - 2:30                      535 - Intermediate Tap 2:00 - 3:00                      308 - French Advanced Level 2:45 - 4:15                      534 - Advanced Beginning Tap 3:10 - 4:10</p>	<p>523 - T-N-T: Tight and Tone 9:00 - 9:40 <b>20</b>                      116 - *Piano 2 9:15 - 10:00                      138 - ★ How TV Revolutionized Hollywood 9:30 - 12:30                      525 - Low-Impact Aerobics 9:45 - 10:15                      123 - *Piano 3 10:00 - 11:00                      306 - French for Beginners 10:00 - 11:30                      158 - Angel Therapy 10:00 - 12:00                      519 - *Hatha Yoga 10:30 - 11:45                      120 - *Piano 2-D 11:00 - 11:45                      516 - Improving Your Balance Skills 12:00 - 1:00                      159 - Spiritual Insight 12:30 - 2:30                      601 - ★ Cape Cod-Provincetown and Plymouth 1:00 - 2:00                      502 - *Living Healthy with a Chronic Condition 1:15 - 3:45                      128 - ★ Chris Spinelli and Lana Stafford 1:30 - 2:30</p>	<p>527 - Zumba™ 9:00 - 9:45 <b>21</b>                      309 - Introduction to Irish 9:30 - 11:00                      521 - Kripalu Hatha Yoga 9:55 - 11:10                      163 - Landmark Freedom of Speech and Press Supreme Court Cases 10:00 - 12:00                      181 - ★ Investing During Retirement 10:00 - 12:00                      413 - Smartphone Photography 10:00 - 12:00                      310 - Irish Level 2 11:15 - 12:45                      305 - ★ AARP Smart Driver™ Course 1:00 - 4:00                      130 - ★ Men of Note 1:30 - 3:00</p>
<p>117 - *Piano 2-A 9:15 - 10:00 <b>24</b>                      528 - Nia 9:30 - 10:30                      118 - *Piano 2-B 10:00 - 10:45                      406 - Productivity with Your iPad 10:00 - 11:30                      206 - Environmental Currents 10:00 - 12:00                      403 - ★ Wi-Fi 10:00 - 12:00                      517 - Improving Your Balance Skills 10:45 - 11:45                      119 - *Piano 2-C 11:00 - 11:45                      530 - *Dance for Parkinson's 11:00 - 12:00                      533 - Dance Broadway 12:00 - 1:00                      115 - *Piano Beginners 12:45 - 1:30                      142 - ★ "There There" 1:00 - 2:30                      536 - Intermediate Tap 3:00 - 4:00</p>	<p>522 - T-N-T: Tight and Tone 9:00 - 9:40 <b>25</b>                      109 - ★ Home with the Holidays 9:30 - 12:30                      524 - Low-Impact Aerobics 9:45 - 10:15                      125 - *Music Theory 4 10:00 - 11:10                      155 - ★ Reincarnation and Karma 10:00 - 12:00                      518 - Hatha Yoga 10:25 - 11:45                      121 - *Piano Advanced 2 11:00 - 12:00                      124 - *Music Theory 2 11:20 - 12:30                      513 - Drum Fun and Fit: Just Add Rhythm 1:00 - 2:00                      501 - *Living Healthy with a Chronic Condition 1:30 - 4:00                      514 - Drum Fun and Fit: Just Add Rhythm 2:30 - 4:00                      510 - ★ Mind Aerobics 3:30 - 5:00</p>	<p>526 - Power Sculpt 9:00 - 9:40 <b>26</b>                      315 - Spanish 5 9:00 - 10:30                      161 - American Religious History- Columbus to the Civil War 9:30 - 11:30                      520 - Kripalu Hatha Yoga 9:55 - 11:10                      140 - The Coen Brothers 10:00 - 12:30                      529 - *Nia 10:30 - 11:30                      114 - *Private Piano Lessons 10:30 - 1:30                      530 - *Dance for Parkinson's 11:00 - 12:00                      314 - Spanish 4 11:00 - 12:30                      532 - Dance Rock and Roll 12:00 - 1:00                      112 - ★ Art and the Creative Imagination 12:00 - 2:30                      307 - French Intermediate Level 1:00 - 2:30                      178 - ★ My Adventures in Moscow and St. Petersburg, USSR 1:00 - 3:00                      122 - *Piano 3 1:30 - 2:30                      301 - ★ Zen/Graceful Aging 1:30 - 3:00                      535 - Intermediate Tap 2:00 - 3:00                      308 - French Advanced Level 2:45 - 4:15                      126 - *Jazz Listening Parties 3:00 - 5:00                      534 - Advanced Beginning Tap 3:10 - 4:10</p>	<p>523 - T-N-T: Tight and Tone 9:00 - 9:40 <b>27</b>                      116 - *Piano 2 9:15 - 10:00                      138 - How TV Revolutionized Hollywood 9:30 - 12:30                      149 - Creative Writers Wkshp 9:30 - 12:30                      525 - Low-Impact Aerobics 9:45 - 10:15                      123 - *Piano 3 10:00 - 11:00                      306 - French for Beginners 10:00 - 11:30                      158 - Angel Therapy 10:00 - 12:00                      519 - *Hatha Yoga 10:30 - 11:45                      120 - *Piano 2-D 11:00 - 11:45                      516 - Improving Your Balance Skills 12:00 - 1:00                      159 - Spiritual Insight 12:30 - 2:30                      502 - *Living Healthy with a Chronic Condition 1:15 - 3:45                      515 - *Aqua Brain Dance Party 2:00 - 2:45                      510 - *Mind Aerobics 3:30 - 5:00</p>	<p>527 - Zumba™ 9:00 - 9:45 <b>28</b>                      309 - Introduction to Irish 9:30 - 11:00                      521 - Kripalu Hatha Yoga 9:55 - 11:10                      163 - Landmark Freedom of Speech and Press Supreme Court Cases 10:00 - 12:00                      310 - Irish Level 2 11:15 - 12:45                      531 - Dance Smorgasbord 11:30 - 12:45                      305 - ★ AARP Smart Driver™ Course 1:00 - 4:00                      130 - ★ Men of Note 1:30 - 3:00</p>

# OASIS CALENDAR FOR MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
117 - *Piano 2-A 9:15 - 10:00 528 - Nia 9:30 - 10:30 118 - *Piano 2-B 10:00 - 10:45 406 - Productivity with Your iPad 10:00 - 11:30 206 - Environmental Currents 10:00 - 12:00 119 - *Piano 2-C 11:00 - 11:45 530 - *Dance for Parkinson's 11:00 - 12:00 533 - Dance Broadway 12:00 - 1:00 507 - ★ Chronic Pain Self-Management Program (CPSMP) 12:30 - 3:00 115 - *Piano Beginners 12:45 - 1:30 147 - ★ Joyce Carol Oates 1:00 - 3:00 204 - ★ Ancient Ruins 1:00 - 3:00 536 - Intermediate Tap 3:00 - 4:00	522 - T-N-T: Tight and Tone 9:00 - 9:40 524 - Low-Impact Aerobics 9:45 - 10:15 125 - *Music Theory 4 10:00 - 11:10 102 - * ★ Garden Butterfly 10:00 - 12:00 174 - * ★ From Korea to Vietnam 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 167 - ★ 17th Century Onondaga Lake 10:30 - 11:30 121 - *Piano Advanced 2 11:00 - 12:00 124 - *Music Theory 2 11:20 - 12:30 136 - *★Intermediate Acting Workshop 1:00 - 3:00 204 - Ancient Ruins 1:00 - 3:00 106 - ★ Mixed Media Workshop 1:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 150 - *I've Always Wanted to Write 3:30 - 6:30	526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 161 - American Religious History- Columbus to the Civil War 9:30 - 11:30 141 - ★ Feature Film: Hunt for the Wilderpeople 9:30 - 12:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 532 - Dance Rock and Roll 12:00 - 1:00 112 - Art and the Creative Imagination 12:00 - 2:30 307 - French Intermediate Level 1:00 - 2:30 409 - ★ Craigslist 1:00 - 3:00 122 - *Piano 3 1:30 - 2:30 301 - *Zen/Graceful Aging 1:30 - 3:00 535 - Intermediate Tap 2:00 - 3:00 143 - ★ Smoke Signals 2:30 - 5:00 308 - French Advanced Level 2:45 - 4:15 534 - Advanced Beginning Tap 3:10 - 4:10	523 - T-N-T: Tight and Tone 9:00 - 9:40 116 - *Piano 2 9:15 - 10:00 138 - How TV Revolutionized Hollywood 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 313 - ★ Spanish 3 12:00 - 1:30 135 - *★ Beginners Acting Workshop 1:00 - 3:00 515 - *Aqua Brain Dance Party 2:00 - 2:45 312 - ★ Spanish 2K 2:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 311 - ★ Spanish 1E 4:00 - 5:00	527 - Zumba™ 9:00 - 9:45 309 - Introduction to Irish 9:30 - 11:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 163 - Landmark Freedom of Speech and Press Supreme Court Cases 10:00 - 12:00 310 - Irish Level 2 11:15 - 12:45 531 - Dance Smorgasbord 11:30 - 12:45 703 - Volunteer Mtg. 1:00 - 2:00 105 - ★ Watercolor Painting Studio 1:00 - 3:30 130 - Men of Note 1:30 - 3:00
117 - *Piano 2-A 9:15 - 10:00 528 - Nia 9:30 - 10:30 118 - *Piano 2-B 10:00 - 10:45 104 - ★ Azalea Path 10:00 - 12:30 119 - *Piano 2-C 11:00 - 11:45 530 - *Dance for Parkinson's 11:00 - 12:00 533 - Dance Broadway 12:00 - 1:00 131 - ★ Oasis Chorus 12:30 - 2:30 507 - Chronic Pain Self-Management Program (CPSMP) 12:30 - 3:00 115 - *Piano Beginners 12:45 - 1:30 147 - Joyce Carol Oates 1:00 - 3:00 536 - Intermediate Tap 3:00 - 4:00 175 - ★ Vietnam Phase II: Johnson's War 3:00 - 5:00	522 - T-N-T: Tight and Tone 9:00 - 9:40 110 - ★ Greeting Cards for Spring Celebrations 9:30 - 12:30 524 - Low-Impact Aerobics 9:45 - 10:15 125 - *Music Theory 4 10:00 - 11:10 102 - *Garden Butterfly 10:00 - 12:00 174 - *From Korea to Vietnam 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 201 - ★ Introduction to Cosmology 10:30 - 12:00 121 - *Piano Advanced 2 11:00 - 12:00 124 - *Music Theory 2 11:20 - 12:30 152 - ★ Characters and Choices 12:30 - 2:30 132 - ★ Oasis String Ensemble 1:00 - 2:30 136 - *Intermediate Acting Workshop 1:00 - 3:00 106 - Mixed Media Workshop 1:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00	526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 162 - ★ American Religious History- Reconstruction Era through the Present 9:30 - 11:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 113 - ★ Art in the American Cemetery 10:00 - 12:00 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 532 - Dance Rock and Roll 12:00 - 1:00 112 - Art and the Creative Imagination 12:00 - 2:30 307 - French Intermediate Level 1:00 - 2:30 182 - ★ Top 5 Financial Strategies for Seniors 1:00 - 3:00 409 - Craigslist 1:00 - 3:00 122 - *Piano 3 1:30 - 2:30 301 - *Zen/Graceful Aging 1:30 - 3:00 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 126 - *Jazz Listening Parties 3:00 - 5:00 534 - Advanced Beginning Tap 3:10 - 4:10	523 - T-N-T: Tight and Tone 9:00 - 9:40 116 - *Piano 2 9:15 - 10:00 149 - Creative Writers Wkshp 9:30 - 12:30 138 - How TV Revolutionized Hollywood 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 405 - ★ Guide to the Cloud 10:00 - 12:00 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 313 - Spanish 3 12:00 - 1:30 180 - ★ It's All About Spices 1:00 - 2:30 135 - *Beginners Acting Workshop 1:00 - 3:00 144 - ★ An Introduction to Native American Song and Dance 1:30 - 3:00 515 - *Aqua Brain Dance Party 2:00 - 2:45 312 - Spanish 2K 2:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 304 - ★ Volunteering with your Pet 3:30 - 5:30 311 - Spanish 1E 4:00 - 5:00	527 - Zumba™ 9:00 - 9:45 309 - Introduction to Irish 9:30 - 11:00 503 - *★ Living Healthy with a Chronic Condition 9:30 - 12:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 310 - Irish Level 2 11:15 - 12:45 531 - Dance Smorgasbord 11:30 - 12:45 105 - Watercolor Painting Studio 1:00 - 3:30 130 - Men of Note 1:30 - 3:00

\* offsite ★ class starts today

<p>117 - *Piano 2-A 9:15 - 10:00 528 - Nia 9:30 - 10:30 118 - *Piano 2-B 10:00 - 10:45 104 - Azalea Path 10:00 - 12:30 119 - *Piano 2-C 11:00 - 11:45 530 - *Dance for Parkinson's 11:00 - 12:00 533 - Dance Broadway 12:00 - 1:00 131 - Oasis Chorus 12:30 - 2:30 507 - Chronic Pain Self-Management Program (CPSMP) 12:30 - 3:00  115 - *Piano Beginners 12:45 - 1:30 147 - Joyce Carol Oates 1:00 - 3:00 536 - Intermediate Tap 3:00 - 4:00 175 - Vietnam Phase II: Johnson's War 3:00 - 5:00</p>	<p><b>16</b> 522 - T-N-T: Tight and Tone 9:00 - 9:40 524 - Low-Impact Aerobics 9:45 - 10:15 146 - Book Group 10:00 - 11:00 125 - *Music Theory 4 10:00 - 11:10 102 - *Garden Butterfly 10:00 - 12:00 174 - *From Korea to Vietnam 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 201 - Introduction to Cosmology 10:30 - 12:00 121 - *Piano Advanced 2 11:00 - 12:00 124 - *Music Theory 2 11:20 - 12:30 152 - Characters and Choices 12:30 - 2:30 156 - ★ Soul Journeys 12:30 - 2:30 132 - Oasis String Ensemble 1:00 - 2:30 136 - *Intermediate Acting Workshop 1:00 - 3:00 106 - Mixed Media Workshop 1:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 150 - *I've Always Wanted to Write 3:30 - 6:30</p>	<p><b>17</b> 113 - Art in the American Cemetery 1:00 - 12:00 526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 162 - American Religious History- Reconstruction Era through the Present 9:30 - 11:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 414 - ★ Photo Editing Basics 10:00 - 12:00 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 307 - French Intermediate Level 1:00 - 2:30 704 - LT Mtg. 1:00 - 2:30 122 - *Piano 3 1:30 - 2:30 301 - *Zen/Graceful Aging 1:30 - 3:00 166 - ★ Reading Ancient Egyptian Coffins 1:30 - 3:30 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 534 - Advanced Beginning Tap 3:10 - 4:10</p>	<p><b>18</b> 523 - T-N-T: Tight and Tone 9:00 - 9:40 116 - *Piano 2 9:15 - 10:00 138 - How TV Revolutionized Hollywood 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 313 - Spanish 3 12:00 - 1:30 180 - It's All About Spices 1:00 - 2:30 135 - *Beginners Acting Workshop 1:00 - 3:00 407 - ★ Android Tablet &amp; Smart Phone 1:00 - 3:00 504 - ★ Living Healthy with a Chronic Condition 1:00 - 3:30 312 - Spanish 2K 2:00 - 3:30 512 - ★ Dementia Conversations 3:00 - 4:00 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00</p>	<p><b>19</b> 527 - Zumba™ 9:00 - 9:45 309 - Introduction to Irish 9:30 - 11:00 503 - *Living Healthy with a Chronic Condition 9:30 - 12:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 163 - Landmark Freedom of Speech and Press Supreme Court Cases 10:00 - 12:00 414 - Photo Editing Basics 10:00 - 12:00 310 - Irish Level 2 11:15 - 12:45 531 - Dance Smorgasbord 11:30 - 12:45 105 - Watercolor Painting Studio 1:00 - 3:30 130 - Men of Note 1:30 - 3:00</p>
<p>117 - *Piano 2-A 9:15 - 10:00 528 - Nia 9:30 - 10:30 118 - *Piano 2-B 10:00 - 10:45 414 - Photo Editing Basics 10:00 - 12:00 104 - Azalea Path 10:00 - 12:30 119 - *Piano 2-C 11:00 - 11:45 530 - *Dance for Parkinson's 11:00 - 12:00 533 - Dance Broadway 12:00 - 1:00 131 - Oasis Chorus 12:30 - 2:30 507 - Chronic Pain Self-Management Program (CPSMP) 12:30 - 3:00  115 - *Piano Beginners 12:45 - 1:30 147 - Joyce Carol Oates 1:00 - 3:00 410 - ★ Create a Free Website 1:00 - 3:00 536 - Intermediate Tap 3:00 - 4:00 175 - Vietnam Phase II: Johnson's War 3:00 - 5:00</p>	<p><b>23</b> 522 - T-N-T: Tight and Tone 9:00 - 9:40 524 - Low-Impact Aerobics 9:45 - 10:15 125 - *Music Theory 4 10:00 - 11:10 102 - *Garden Butterfly 10:00 - 12:00 107 - ★ Repoussé 10:00 - 12:00 174 - *From Korea to Vietnam 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 201 - Introduction to Cosmology 10:30 - 12:00 121 - *Piano Advanced 2 11:00 - 12:00 124 - *Music Theory 2 11:20 - 12:30 152 - Characters and Choices 12:30 - 2:30 132 - Oasis String Ensemble 1:00 - 2:30 136 - *Intermediate Acting Workshop 1:00 - 3:00 183 - ★ Real Estate 1:00 - 3:00 106 - Mixed Media Workshop 1:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00</p>	<p><b>24</b> 526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 162 - American Religious History- Reconstruction Era through the Present 9:30 - 11:30 113 - Art in the American Cemetery 10:00 - 12:00 414 - Photo Editing Basics 10:00 - 12:00 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 307 - French Intermediate Level 1:00 - 2:30 410 - Create a Free Website 1:00 - 3:00 122 - *Piano 3 1:30 - 2:30 301 - *Zen/Graceful Aging 1:30 - 3:00 164 - ★ Daily Life in Ancient Egypt 1:30 - 3:30 535 - Intermediate Tap 2:00 - 3:00 302 - ★ Building Resilience to Stress 2:00 - 4:00 308 - French Advanced Level 2:45 - 4:15 126 - *Jazz Listening Parties 3:00 - 5:00 534 - Advanced Beginning Tap 3:10 - 4:10</p>	<p><b>25</b> 523 - T-N-T: Tight and Tone 9:00 - 9:40 116 - *Piano 2 9:15 - 10:00 138 - How TV Revolutionized Hollywood 9:30 - 12:30 149 - Creative Writers Wkshp 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 303 - ★ Organizing 101 10:00 - 11:30 306 - French for Beginners 10:00 - 11:30 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 313 - Spanish 3 12:00 - 1:30 145 - ★ Interface between the Native Americans and the European 1:00 - 2:00 180 - It's All About Spices 1:00 - 2:30 135 - *Beginners Acting Workshop 1:00 - 3:00 407 - Android Tablet &amp; Smart Phone 1:00 - 3:00 504 - *Living Healthy with a Chronic Condition 1:00 - 3:30 312 - Spanish 2K 2:00 - 3:30 108 - ★ Create a Mandala 2:00 - 4:00 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00</p>	<p><b>26</b> 527 - Zumba™ 9:00 - 9:45 309 - Introduction to Irish 9:30 - 11:00 503 - *Living Healthy with a Chronic Condition 9:30 - 12:00 414 - Photo Editing Basics 10:00 - 12:00 310 - Irish Level 2 11:15 - 12:45 531 - Dance Smorgasbord 11:30 - 12:45 410 - Create a Free Website 1:00 - 3:00 105 - Watercolor Painting Studio 1:00 - 3:30 130 - Men of Note 1:30 - 3:00</p>
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★ ★  
**Sunday, March 22**  
139 - \*Through the  
Movie Lens 3:00 - 5:30

\* offsite ★ class starts today

# OASIS CALENDAR FOR APRIL 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 162 - American Religious History- Reconstruction Era through the Present 9:30 - 11:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 170 - * ★ 19th Century Railroadng 10:00 - 11:30 113 - *Art in the American Cemetery 10:00 - 12:00 415 - Google Photos 10:00 - 12:00 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 307 - French Intermediate Level 1:00 - 2:30 505 - * ★ Living Healthy with a Chronic Condition 1:00 - 3:30 122 - *Piano 3 1:30 - 2:30 301 - *Zen/Graceful Aging 1:30 - 3:00 164 - Daily Life in Ancient Egypt 1:30 - 3:30 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 534 - Advanced Beginning Tap 3:10 - 4:10	523 - T-N-T: Tight and Tone 9:00 - 9:40 116 - *Piano 2 9:15 - 10:00 138 - How TV Revolutionized Hollywood 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 313 - Spanish 3 12:00 - 1:30 135 - *Beginners Acting Workshop 1:00 - 3:00 504 - *Living Healthy with a Chronic Condition 1:00 - 3:30 312 - Spanish 2K 2:00 - 3:30 108 - *Create a Mandala 2:00 - 4:00 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00	527 - Zumba™ 9:00 - 9:45 309 - Introduction to Irish 9:30 - 11:00 503 - *Living Healthy with a Chronic Condition 9:30 - 12:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 415 - Google Photos 10:00 - 12:00 310 - Irish Level 2 11:15 - 12:45 105 - Watercolor Painting Studio 1:00 - 3:30 130 - Men of Note 1:30 - 3:00
528 - Nia 9:30 - 10:30 530 - *Dance for Parkinson's 11:00 - 12:00 533 - Dance Broadway 12:00 - 1:00 131 - Oasis Chorus 12:30 - 2:30 507 - Chronic Pain Self-Management Program (CPSMP) 12:30 - 3:00 536 - Intermediate Tap 3:00 - 4:00	522 - T-N-T: Tight and Tone 9:00 - 9:40 524 - Low-Impact Aerobics 9:45 - 10:15 125 - *Music Theory 4 10:00 - 11:10 102 - *Garden Butterfly 10:00 - 12:00 107 - Repoussé 10:00 - 12:00 176 - * ★ Travels with Tom: Normandy, Paris and Great French Cathedrals 10:00 - 12:00 518 - Hatha Yoga 10:25 - 11:45 201 - Introduction to Cosmology 10:30 - 12:00 124 - *Music Theory 2 11:20 - 12:30 152 - Characters and Choices 12:30 - 2:30 132 - Oasis String Ensemble 1:00 - 2:30 136 - *Intermediate Acting Workshop 1:00 - 3:00 183 - Real Estate 1:00 - 3:00 106 - Mixed Media Workshop 1:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00	526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 162 - American Religious History- Reconstruction Era through the Present 9:30 - 11:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 402 - * ★ Using Password Managers 10:00 - 12:00 529 - *Nia 10:30 - 11:30 114 - *Private Piano Lessons 10:30 - 1:30 530 - *Dance for Parkinson's 11:00 - 12:00 314 - Spanish 4 11:00 - 12:30 148 - * ★ Emily Dickinson 12:00 - 2:30 307 - French Intermediate Level 1:00 - 2:30 505 - *Living Healthy with a Chronic Condition 1:00 - 3:30 164 - Daily Life in Ancient Egypt 1:30 - 3:30 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 534 - Advanced Beginning Tap 3:10 - 4:10	523 - T-N-T: Tight and Tone 9:00 - 9:40 138 - How TV Revolutionized Hollywood 9:30 - 12:30 149 - Creative Writers Wkshp 9:30 - 12:30 525 - Low-Impact Aerobics 9:45 - 10:15 306 - French for Beginners 10:00 - 11:30 519 - *Hatha Yoga 10:30 - 11:45 313 - Spanish 3 12:00 - 1:30 148 - Emily Dickinson 12:00 - 2:30 135 - *Beginners Acting Workshop 1:00 - 3:00 504 - *Living Healthy with a Chronic Condition 1:00 - 3:30 312 - Spanish 2K 2:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00	503 - *Living Healthy with a Chronic Condition 9:30 - 12:00

<p>117 - *Piano 2-A 9:15 - 10:00 528 - Nia 9:30 - 10:30 111 - ★ The Gift of Handmade Cards 9:30 - 12:30 118 - *Piano 2-B 10:00 - 10:45 119 - *Piano 2-C 11:00 - 11:45 115 - *Piano Beginners 12:45 - 1:30 536 - Intermediate Tap 3:00 - 4:00</p> <p style="text-align: right;"><b>13</b></p>	<p>522 - T-N-T: Tight and Tone 9:00 - 9:40 524 - Low-Impact Aerobics 9:45 - 10:15 146 - Book Group 10:00 - 11:00 518 - Hatha Yoga 10:25 - 11:45 201 - Introduction to Cosmology 10:30 - 12:00 121 - *Piano Advanced 2 11:00 - 12:00 152 - Characters and Choices 12:30 - 2:30 132 - Oasis String Ensemble 1:00 - 2:30 510 - *Mind Aerobics 3:30 - 5:00 150 - *I've Always Wanted to Write 3:30 - 6:30</p> <p style="text-align: right;"><b>14</b></p>	<p>526 - Power Sculpt 9:00 - 9:40 315 - Spanish 5 9:00 - 10:30 520 - Kripalu Hatha Yoga 9:55 - 11:10 529 - *Nia 10:30 - 11:30 314 - Spanish 4 11:00 - 12:30 307 - French Intermediate Level 1:00 - 2:30 704 - LT Mtg. 1:00 - 2:30 168 - ★ Syracuse Parks 1:00 - 3:00 505 - *Living Healthy with a Chronic Condition 1:00 - 3:30 122 - *Piano 3 1:30 - 2:30 535 - Intermediate Tap 2:00 - 3:00 308 - French Advanced Level 2:45 - 4:15 534 - Advanced Beginning Tap 3:10 - 4:10</p> <p style="text-align: right;"><b>15</b></p>	<p>523 - T-N-T: Tight and Tone 9:00 - 9:40 116 - *Piano 2 9:15 - 10:00 525 - Low-Impact Aerobics 9:45 - 10:15 123 - *Piano 3 10:00 - 11:00 306 - French for Beginners 10:00 - 11:30 208 - ★ Spring Wildflowers of CNY 10:00 - 12:00 519 - *Hatha Yoga 10:30 - 11:45 120 - *Piano 2-D 11:00 - 11:45 313 - Spanish 3 12:00 - 1:30 169 - ★ Syracuse Parks 1:00 - 3:00 504 - *Living Healthy with a Chronic Condition 1:00 - 3:30 129 - ★ Kaelem Michel 1:30 - 2:30 312 - Spanish 2K 2:00 - 3:30 108 - *Create a Mandala 2:00 - 4:00 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00 506 - ★ Living Healthy with a Chronic Condition 5:30 - 8:00</p> <p style="text-align: right;"><b>16</b></p>	<p>527 - Zumba™ 9:00 - 9:45 309 - Introduction to Irish 9:30 - 11:00 503 - *Living Healthy with a Chronic Condition 9:30 - 12:00 521 - Kripalu Hatha Yoga 9:55 - 11:10 310 - Irish Level 2 11:15 - 12:45 105 - Watercolor Painting Studio 1:00 - 3:30 130 - Men of Note 1:30 - 3:00</p> <p style="text-align: right;"><b>17</b></p>
<p>508 - ★ Peer Support for Type 2 Diabetes 12:30 - 3:00 131 - Oasis Chorus 12:30 - 2:30</p> <p style="text-align: right;"><b>20</b></p> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center; background-color: black; color: white; margin: 10px auto; width: 80%;"> <p>★ <b>Sunday, April 19</b> 127 - ★ An Evening with Kim Nazarian &amp; The CNY Jazz Orchestra 4:00 - 7:00</p> </div>	<p>510 - *Mind Aerobics 3:30 - 5:00</p> <p style="text-align: right;"><b>21</b></p>	<p>505 - *Living Healthy with a Chronic Condition 1:00 - 3:30</p> <p style="text-align: right;"><b>22</b></p>	<p>313 - Spanish 3 12:00 - 1:30 504 - *Living Healthy with a Chronic Condition 1:00 - 3:30 312 - Spanish 2K 2:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00 506 - *Living Healthy with a Chronic Condition 5:30 - 8:00</p> <p style="text-align: right;"><b>23</b></p>	<p>130 - Men of Note 1:30 - 3:00</p> <p style="text-align: right;"><b>24</b></p>
<p>508 - Peer Support for Type 2 Diabetes 12:30 - 3:00 131 - Oasis Chorus 12:30 - 2:30</p> <p style="text-align: right;"><b>27</b></p> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center; background-color: black; color: white; margin: 10px auto; width: 80%;"> <p>★ <b>Sunday, April 26</b> 139 - *Through the Movie Lens 3:00 - 5:30</p> </div>	<p>510 - *Mind Aerobics 3:30 - 5:00</p> <p style="text-align: right;"><b>28</b></p>	<p>505 - *Living Healthy with a Chronic Condition 1:00 - 3:30</p> <p style="text-align: right;"><b>29</b></p>	<p>208 - *Spring Wildflowers of CNY 10:00 - 12:00 313 - Spanish 3 12:00 - 1:30 312 - Spanish 2K 2:00 - 3:30 510 - *Mind Aerobics 3:30 - 5:00 311 - Spanish 1E 4:00 - 5:00 506 - *Living Healthy with a Chronic Condition 5:30 - 8:00</p> <p style="text-align: right;"><b>30</b></p>	

\* offsite ★ class starts today

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# SANDITON ON MASTERPIECE

**PREVIEW SCREENING**  
January 8 at WCNY from 4-6 p.m.



*Sanditon*, a new series based on an unfinished novel by Jane Austen, is a lavish production for PBS Masterpiece set in a seaside town in England that stretches from the West Indies to London. When Austen was chronically ill in early 1817, she started a witty and delightful novel now brought to the screen by the writer who adapted *War and Peace* and *Les Misérables*. Love, money and intrigue, it hits all Austen's classic themes and adds to the novelist's pantheon of work.

Call (315) 464-6555 or [www.oasisnet.org](http://www.oasisnet.org) for more information. WCNY

# Spring Theatre @ redhouse



## Romeo & Juliet

This timeless tale is a story so well-known it needs no introduction. Set in Verona where the rival houses of Capulet and Montague have had a long-standing feud, *Romeo and Juliet* is Shakespeare's famous tragedy of star-crossed lovers, filled with all the passion of young love. Underscored by ingenious wit and astonishing beauty, the play pits the bitterness of resentment against the intensity of romance.  
**February 13-23, 2020**



## Fences

*Fences* depicts the life of Troy Maxson, a former Negro League baseball player, thwarted in his dreams of a Major League career, who struggles to provide for his family and break free from the boundaries imposed upon him. But in 1957, his son Cory, an emerging football star, sees the world through very different eyes, and his wife Rose, yearns for an outlet for her love. With the intersection of old prejudices and changing opportunities, *Fences* is a powerful drama filled with passionate love and thundering rage, generous laughter and searing pain.  
**March 26-April 5, 2020**



## Fun Home

When her father dies unexpectedly, graphic novelist Alison dives deep into her past to tell the story of the volatile, brilliant, one-of-a-kind man whose temperament and secrets defined her family and her life. Moving between past and present, Alison relives her unique childhood playing at the family's Bechtel Funeral Home which brings to light her growing understanding of her own sexuality, and the looming, unanswerable questions about her father's hidden desires. *Fun Home* is a refreshingly honest, original musical about seeing your parents through grown-up eyes.  
**May 28-June 7, 2020**

Use Code  
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\$5 off per ticket

Tickets on sale at [www.theredhouse.org](http://www.theredhouse.org)   
Redhouse Arts Center 400 S. Salina Street, Syracuse, NY 13202 | 315.362.2785 | [info@theredhouse.org](mailto:info@theredhouse.org)



**February 1  
7:30PM**  
**SHAKEN NOT  
STIRRED: THE  
MUSIC OF  
JAMES BOND**

From *Russia with Love*, *Skyfall*, *Goldfinger*, and *Thunderball* are just a few of the classics you will hear in this spy-themed performance with tenor David Curry and principal pops conductor Sean O'Loughlin.

**Kids 18 and under are FREE!**  
(excluding special events)



**February 15  
7:30PM**  
**ELLIS ISLAND:  
THE DREAM OF  
AMERICA**

Cellist Julian Schwarz performs Elgar's heartfelt Cello Concerto on this performance, which also features actors from Syracuse Stage performing a new work by composer Peter Boyer which incorporates texts from the Ellis Island Oral History Project.

**2019-20 SEASON**

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# 19/20 SEASON



**JAN 22 - FEB 16**

**THE WOLVES**

**MAR 11 - 29**

**AMADEUS**

**APR 1 - 5**

**COLD READ**

**APR 15 - MAY 3**

**ONCE**

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## CHRONIC DISEASE SELF-MANAGEMENT PEER LEADER TRAINING

**May 11-14, 2020, 8:30 a.m.-4:30 p.m.**

*Attendance at all four days is required for certification.*

Upstate Medical University Oasis is **seeking volunteers to become certified peer leaders** for the Chronic Disease Self-Management Program (Living Healthy with a Chronic Condition).

This is a great opportunity for volunteers who want to give back by helping their peers learn to manage their chronic condition(s).

**Training will be held at Upstate Oasis, 6333 NY Route 298, East Syracuse**

**TO REGISTER:** e-mail Lisa at [Viglioti@upstate.edu](mailto:Viglioti@upstate.edu)  
or call (315) 464-4827

[www.Upstate.edu/Livinghealthy](http://www.Upstate.edu/Livinghealthy)



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