

Course Catalog

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



Enriching Lives, Strengthening Communities

Sponsored by
UPSTATE
MEDICAL UNIVERSITY



A Message from Your Oasis Director

Dear Friends,

It gives me great pleasure to present to you our new Summer 2020 Oasis catalog! Share our excitement, sign up for classes and explore the many learning opportunities we have designed especially for today's generation of mature adults. In this issue you can delve into intriguing academic subjects or enjoy lighter classes on a variety of fun topics. We have so many opportunities to help keep your mind and body active – including volunteer activities that allow you to give back to the community, making an impact for years to come.

And as always, we welcome your feedback about ideas for new programs. The Oasis staff – Jen, Shelly, Sandy and I – strive to bring an excellent experience to all of you.

Improving the vitality of life in our later years is central to the Oasis mission, and we hope you'll find ways to learn, be physically active and build new relationships within the pages of this catalog.

Warmly,

A handwritten signature in black ink that reads "Cindy".

Cynthia Woods
and the Upstate Oasis Staff



From Left to right,
Cynthia Woods,
Jennifer Michella,
Sandra Roberts,
Shelly Lee

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 Vigliotl@upstate.edu
or call (315) 464-4827

www.Upstate.edu/Livinghealthy



The Advocates for
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Lifelong Adventure

WELCOME TO OASIS



ATTENTION: At the time of printing there are still many unknowns related to COVID-19. For the most up-to-date information about your Oasis classes, please be sure to "opt in" (see information on page 13) to receive email notifications about your classes and any special offers that may come your way for Oasis members.



Our Mission

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

Oasis

6333 State Route 298

East Syracuse, NY 13057

Telephone: (315) 464-6555

Fax: (315) 464-6564

Internet: www.oasisnet.org/Syracuse-NY

GPS address: 6333 Carrier Parkway
East Syracuse, NY 13057

Oasis Staff

Cynthia Woods, Director, Upstate Oasis

(315) 464-4426

CaryC@upstate.edu

Jennifer Michella, Program and Volunteer Manager

(315) 464-1745

MichellJ@upstate.edu

Lisa Vigliotti-Bane, Outreach and

Women's Health Manager

(315) 464-4827

VigliotL@upstate.edu

Shelly Lee, Tutoring Coordinator

(315) 464-1746

LeeShe@upstate.edu

Sandy Roberts, Administrative Assistant

(315) 464-4568

RoberSan@upstate.edu

Joining Oasis

Join Oasis by completing and mailing in the new member application on page 37, in person at the Oasis center, by phone (315-464-6555), or online at 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

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

Oasis will be closed May 25 and July 3.

Sponsors

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

Volunteers are the key ingredient in the success of Oasis. Opportunities include office staff, class coordinator, intergenerational tutor, instructor and more. Please see page 28 for details.

Registration

Please see registration procedures on page 39.

Class Evaluation

We welcome feedback on all classes and activities.

Please complete class evaluation forms available at the reception desk.

Fees

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

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

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 www3.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

Ceramic Wheel Throwing Off-Site 101

YMCA arts instructor to present

Learn the basic techniques of wheel throwing or improve the skills you already possess. The class focus will be on personalized instruction to ensure growth. We will cover centering, opening, pulling and trimming. Different styles of handle construction and glazing methods will be explored. Projects created are food, microwave and dishwasher safe. All materials provided. **Note: Class meets at Northwest Family YMCA, 8040 River Road, Baldwinsville 13027.**

Tuesdays	May 19 - Jun 23	1:30 - 4:00
Fee: \$140	6 sessions	Northwest YMCA

Glass Jewelry Making Off-Site 102

YMCA arts instructor to present

Create beautiful jewelry as you learn about basic glass fusing techniques. Projects will be fired in a kiln and then findings will be added to make them completely wearable jewelry pieces for you or for gifts! Possible projects include a pendant, earrings, brooch and bracelet. No experience needed, all materials provided! **Note: Class meets at Hal Welsh East Area Family YMCA, 200 Towne Drive, Fayetteville 13066.**

Fridays	May 22 - Jun 26	1:30 - 2:25
Fee: \$95	6 sessions	Hal Welsh East Area Family YMC

Multi-Strand Bracelet with Gemstones and Leather 103

Carol Tischenko, retired computer teacher and computer coordinator, Syracuse Diocese, and jewelry hobbyist

Anyone who loves jewelry and enjoys learning new ways to create it will enjoy this class. This bracelet is multi-strand with gemstones and leather. You will be guided with step-by-step instructions and will be using jewelry-making tools. At the end of class every participant will go home with a bracelet and the confidence of making it. A picture of the bracelet will be on display at Oasis before class starts. **Note: A materials fee of \$12 is payable to the instructor at the time of class. Beads will be available in different color choices on a first-come, first-served basis.**

Tuesday	May 26	10:00 - 11:45
Fee: \$21	1 session	Oasis Studio

**ONLINE REGISTRATION
BEGINS MAY 4**

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

**SIGN UP
TODAY!**



Single-Strand Necklace With Gemstone Beads, Charms and Adornments 104

Carol Tischenko: see bio for class #103

Anyone who loves jewelry and would like to learn different techniques to make it will enjoy this class. To make this necklace we will be using a length of chain that we will be adorning with various beads, charms and assorted decorations. We will learn various ways to attach these adornments. At the end of class every participant will go home with a beautiful necklace and the confidence of making it. A picture of the necklace will be on display before the class starts. **Note: A materials fee of \$13 is payable to the instructor at the time of class. Adornments will be available in different colors and style choices on a first-come, first-served basis.**

Thursday	Jun 11	1:00 - 2:45
Fee: \$21	1 session	Oasis Studio

Wildlife Drawing and Painting Workshop 105

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

Take an artistic walk on the wild side as we tackle fish, birds and other animals, along with plants and flowers in nature. Using photographs of wildlife subjects, you will work in your choice of media to render your subjects. Persons at all skill levels are welcome, as attention will be given to individual needs. Supplies needed: eight photos of subjects from newspapers, magazines, books or photographs. Select the media, paper, necessary tools or instruments to accomplish your goals and bring to first class.

Tuesdays	May 26 - Jun 30	1:00 - 3:30
Fee: \$87	6 sessions	Oasis Studio

ARTS & HUMANITIES

Abstract Drawing and Painting Studio 106

Jean Somlo: see bio for class #105

Using color, form and line, we will create new and exciting abstract paintings in the media of your choice. Instructor will offer helpful suggestions on an individual basis, so people of all skill levels are welcome. In a relaxed and encouraging atmosphere you will be guided on your creative path to self-expression. **Note: Bring necessary media and support surface of your choice to the first class so the fun can begin.**

Thursdays	Jul 9 - Aug 13	1:00 - 3:30
Fee: \$84	6 sessions	Oasis Studio

Notan Meets Zentangle 107

Sandra Philips, retired educator, Liverpool Central School District, and Professional Artist

Notan is a Japanese word for light and dark harmony. In this class participants will use black and white papers to create unique one-of-a-kind black and white designs. Onto these designs participants will use a white gel pen to add Zentangle patterns to the black areas and black microns to add Zentangle patterns to the white spaces. Finished projects will be suitable for framing. This is a class for beginners as well as advanced "Zentanglers." Sample designs will be available in the Oasis lobby during registration. Google Notan images for more samples of Notan art.

The instructor will provide papers, glue and scissors. A small supply list of pens, pencils, gel markers and pencils will be available before the class or can be purchased the first day of class.

Wednesdays	Jun 3 - Jul 1	9:30 - 11:30
Fee: \$70	5 sessions	HealthLink Room

Colored Pencil Rose 108

Sandra Philips: see bio for class #107

Participants will learn to use their colored pencils!

- Create a faux marbled background.
- Create a life-like stemmed rose.
- Add water and dew drops to leaves and petals.

This class is for students with some experience with color pencil painting. Blending medium and papers will be provided. A list of other materials will be available before class begins.

Fridays	Jun 5 - Jul 10	10:00 - 12:00
Fee: \$62	4 sessions	HealthLink Room
No class 6/12, 7/3		

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.

Reverse Color Pencil Painting 109

Sandra Philips: see bio for class #107

In this class participants will work from light to dark on black paper. Learn to undercoat your entire painting with values of white before adding color. Two color pencil paintings will be completed in the class. Beginners as well as advanced color pencil artists are welcome. Black papers will be provided and a supply list will be available before the class.

Fridays	Jun 5 - Jul 10	1:00 - 3:00
Fee: \$73	5 sessions	HealthLink Room
No Class 7/3		

Private Piano Lessons 110

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

Wednesdays	May 20 - Aug 5	10:30 - 1:30
Fee: \$330	12 sessions	Artist Pianos

Piano Lessons (Level 1-A) Off-Site 111

James Vatter, BM College of St. Rose, MM/MS Syracuse University, post graduate study at Eastman School of Music, certified piano instructor for children and adults
This class is for those who have completed the New Beginners piano lessons. **Note: Meets at Artist Piano, 5780 Celi Drive, East Syracuse 13057.**

Wednesdays	May 20 - Aug 12	12:45 - 1:30
Fee: \$148	11 sessions	Artist Pianos
No class 6/24 & 7/29		

Piano Lessons (Level 2)

Off-Site 112

James Lee Vatter: see bio for class #111

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	May 21 - Aug 13	9:15 - 10:00
Fee: \$148	11 sessions	Artist Pianos
No class 6/25 & 7/30		

Piano Lessons (Level 2-A)

Off-Site 113

James Lee Vatter: see bio for class #111

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	May 18 - Aug 10	9:15 - 10:00
Fee: \$138	10 sessions	Artist Pianos
No class 5/25, 6/22 & 7/27		

Piano Lessons (Level 2-B)

Off-Site 114

James Lee Vatter: see bio for class #111

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	May 18 - Aug 10	10:00 - 10:45
Fee: \$138	10 sessions	Artist Pianos
No class 5/25, 6/22 & 7/27		

Piano Lessons (Level 2-C)

Off-Site 115

James Lee Vatter: see bio for class #111

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	May 18 - Aug 10	11:00 - 11:45
Fee: \$138	10 sessions	Artist Pianos
No class 5/25, 6/22 & 7/27		

**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 summer trimester should be dropped off at Oasis between May 1 and May 13, 2020.

REMINDER

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

Piano Lessons (Level 2-D)

Off-Site 116

James Lee Vatter: see bio for class #111

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	May 21 - Aug 13	11:00 - 11:45
Fee: \$148	11 sessions	Artist Pianos
No class 6/25 & 7/30		

Piano Lessons (Advanced Level 2)

Off-Site 117

James Lee Vatter: see bio for class #111

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	May 19 - Aug 11	11:00 - 12:00
Fee: \$154	11 sessions	Artist Pianos
No class 6/23 & 7/28		

Piano Lessons (Level 3)

Off-Site 118

James Lee Vatter: see bio for class #111

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.

Thursdays	May 21 - Aug 13	1:30 - 2:30
Fee: \$165	11 sessions	Artist Pianos
No class 6/25 & 7/30		

Piano Lessons (Level 3)

Off-Site 119

James Lee Vatter: see bio for class #111

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	May 20 - Aug 12	1:30 - 2:30
Fee: \$165	11 sessions	Artist Pianos
No class 6/24 & 7/29		

ARTS & HUMANITIES

The Basics of Music Theory 3 Off-Site 120

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

Tuesdays	May 19 - Aug 4	11:20 - 12:30
Fee: \$128	12 sessions	Artist Pianos

The Basics of Music Theory 5 Off-Site 121

Lynn Moroz: see bio for class #120 Music Theory 5 further explores the concepts of key, intervals, chords, cadences, ear training, rhythmic and melodic dictation, musical form and some music history. Broaden your musical horizons in this relaxed, informative and interactive class setting! **Prerequisite: Music Theory 4 or permission of the instructor. Note: Meets at Artist Piano, 5780 Celi Drive, East Syracuse 13057.**

Tuesdays	May 19 - Aug 4	10:00 - 11:10
Fee: \$141	12 sessions	Artist Pianos

Mozart at the End 122

Frank Macomber, PhD, emeritus professor of fine arts Syracuse University By 1788, the 32-year-old Mozart had written close to 600 musical compositions. In the following three years, until his death in 1791, he added about 15 more, making them were the final three years of his life. In 1791, the last piano concerto, the Requiem Mass, all of these were presented as representatives of how the young, yet incredibly mature composer viewed the major musical genres at the end of his life.

Wednesdays	May 20	12:30 - 2:30
Fee: \$47	6 sessions	Oasis Lecture Hall

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!



To Honor Military Veterans

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



"Jazz on Demand" Interactive Jazz Experience 123

Jazz on Demand members: Joe Carello, Larry Luttinger and Jimmy Cox

Always wanted to tell the band what to play, in what style, and what tempo? This is your chance! "Jazz On Demand," a program of the CNY Jazz arts-in-education service, performs a unique, audience-interactive show that reveals the framework of songs and demonstrates how improvising musicians rely on that to perform successfully with minimal or no written music on hand. Audiences are empowered to participate by echoing call-and-response figures, and by "ordering" the trio to perform specific titles in tempos and styles chosen by shuffling flash cards. The atmosphere is fun and friendly throughout this enjoyable, welcoming presentation.

Tuesday	May 19	2:00 - 3:30
Fee: \$6	1 session	Oasis Lecture Hall

Bare Bones Trombone Quartet 124

Bare Bones Trombone Quartet

Join the Bare Bones Trombone Quartet as they perform lively selections from different genres of jazz, including Tin Pan Alley, Ragtime, Blues, Dixieland, Swing, Roaring Twenties and Big Band. **Note: Concerts are open to both members and non-members of all ages and are free but require registration.**

Thursday	May 21	1:30 - 2:30
Free	1 session	Oasis Lecture Hall

Robert Auler, Piano 125

Robert Auler, pianist

Join SUNY Oswego Piano Professor and Oasis Concert Coordinator Robert Auler, pianist for an engaging afternoon of piano performance with commentary and Q&A with the audience. **Note: Concerts are open to both members and non-members of all ages and are free but require registration.**

Thursday	Aug 13	1:30 - 2:30
Free	1 session	Oasis Lecture Hall

Oasis Mixed Chorus Performance 126

Linda Verni Williams, Oasis Mixed Chorus director, and Bill Verity, Oasis Mixed Chorus accompanist

Join us for a fun-filled performance by our 33-member talented choral group led by Linda Verni Williams and accompanied by Bill Verity.

Tuesday	Jun 9	6:00 - 7:30
Free	1 session	Oasis Lecture Hall

Oasis Men of Note Chorus Concert 127

Oasis Men of Note Chorus co-directed by Frank Ricciardello and Vincent Ciccarino and accompanist, Bill Verity

Join us for a performance by a dedicated and gifted group of men who perform throughout the year at community organizations around Central New York.

Note: Performance will be held in the third-floor theater room, located in the same building as Upstate's Oasis Program.

Thursday	Jun 11	4:00 - 5:00
Free	1 session	Oasis Theater Room

Beginners Acting Workshop: Off-Site 128 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.

Tuesdays	May 19 - Jun 23	1:00 - 3:00
Fee: \$73	6 sessions	Studio24

Intermediate Acting Workshop: Connections, Choices, Actions Off-Site 129

Gerard Moses: see bio for class #128

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.**

Thursdays	May 21 - Jun 25	1:00 - 3:00
Fee: \$73	6 sessions	Studio24

Cinema and Psyche 130

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

Excerpts from many different films, recent and not so recent, will be viewed accompanied by commentary based on Jungian psychology. Do films help us to know the depths of ourselves better? What do films teach us about the human psyche? Are good films psychologically true?

Tues. & Thurs.	Jun 2 - Jun 4	1:00 - 3:30
Fee: \$36	2 sessions	HealthLink Room



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 and 10.

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

Moral Challenges and Moral Heroes in Contemporary Cinema 2019-2020 131

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

While many movies deal with moral issues and dilemmas, these films – based on true stories – stand out for issues that demand exceptional strength of character: in other words, “moral heroism.” Some “heroes” are very apparent and some are more ambiguous. Some are the protagonists and others play supporting roles. We will view and discuss films as time permits. The last session will focus on the individual personal dynamics and structural challenges and also review other insightful clips.

1. *Dark Waters*- PG-13, 2h 6m- A tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, his family and his own life.
2. *Just Mercy*- PG-13, 2h 17m- After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.
3. *Harriet*- PG-13, 2h 6m- From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, this film tells the story of heroic abolitionist Harriet Tubman.
4. *A Hidden Life*- PG-13, 3h- Austrian farmer Franz Jägerstätter faces the threat of execution for refusing to fight for the Nazis during World War II.
5. *Richard Jewell*- R, 2h, 11m- During the 1996 Summer Olympics in Atlanta, security guard Richard Jewell discovers a suspicious backpack under a bench in Centennial Park. With little time to spare, he helps to evacuate the area until the incendiary device inside the bag explodes. Hailed as a hero who saved lives, Jewell's own life starts to unravel when the FBI names him the prime suspect in the bombing.

Note: June 2 class will meet in the Lecture Hall, June 9 class will end at 4:30 pm. Films subject to change if not yet available for purchase.

Tuesdays	May 19 - Jun 23	1:00 - 4:00
Fee: \$47	6 sessions	HealthLink Room

**ONLINE REGISTRATION
BEGINS MAY 4**

CHECK IN at the front desk for all classes

Through the Movie Lens: *Off-Site* 132 Views on Aging

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 ongoing 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 dynamics between old age and youth, in their nature as allegories as well as in the down-and-dirty details. Films to be presented are: *Sweet Bean*, *Tokyo Story*, *Youth* and a class dedicated to animated and documentary shorts.

Note: Course meets 5/17, 6/14, 7/12 and 8/9. 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	May 17 - Aug 9	3:00 - 5:30
Fee: \$45	4 sessions	Menorah Park

Through the Movie Lens: *Off-Site* 133 Views on Aging- "Mini-Festival" of Animated and Documentary Shorts

Judith Huober: see bio for class #132

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 in to view and discuss a “mini-festival” of animated and documentary shorts 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 is the final, stand-alone event in a semester-long class whose theme revolves around dynamics between old age and youth, in their nature as allegories as well as in the down-and-dirty details. **Note: 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.**

Sunday	Aug 9	3:00 - 5:30
Fee: \$12	1 session	Menorah Park

Keep the Home Fires Burning: Hollywood's Focus on the Family, 1933-1950 134

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

Nothing determines people's wellbeing or lack of it more than the basic social unit: the family. And never was there more stress placed on families than in the 1930s and '40s. This course will take an in-depth look at how Hollywood handled familial issues during that time, from honest portrayals of the dark side of family dynamics to screwball comedies, nostalgic coming-of-age tales, and, in 1950, a gently humorous treatment of multi-generational conflict. Screened in large format, the films will range from the rarely seen pre-Code gem *The Silver Cord* to the classic *You Can't Take It With You*. Among the stars featured will be Jean Arthur, Bette Davis, Irene Dunne, Olivia de Havilland, Helen Hayes, Katharine Hepburn, Joel McCrea, Robert Montgomery and James Stewart. PowerPoint lectures will discuss the issues addressed in the films and analyze the creative content of each production.

Thursdays	May 21 - Jul 2	9:30 - 12:30
Fee: \$66	7 sessions	Oasis Lecture Hall

Brace Yourself for a Fantastic Voyage into The Twilight Zone 135

Len Sharp, presidential awardee in science teaching and recipient of a Creator Grant for sci-fi in the movies for the classroom, avid collector of sci-fi films

In 1959, *The Twilight Zone* television series was launched and would go on to air 156 episodes. The viewer would be thrilled, awed, and engaged in topics concerning time travel, space travel, superheroes, alien invasions, monsters, and other exciting, mysterious, psychological stories that abound in the *Twilight Zone*.

This program will show at least three full-length *Twilight Zone* episodes such as "To Serve Man" or "Time Enough at Last" with time allotted to discuss the story's "twist," science accuracy, and what was going on in the world at the time of production (NASA, the cold war, mutations, space travel, aliens, etc.).

Fridays	May 22 - Jun 5	1:00 - 3:30
Fee: \$50	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.

Toni Morrison: The Pieces I Am - A Special Event with WCNY Off-Site 136

An evening celebrating the life and work of Toni Morrison at WCNY will feature a premiere of the new film, *Toni Morrison: The Pieces I Am*, set to air on PBS later in the summer. An artful and intimate portrait of the legendary storyteller and Nobel Laureate, the film examines her life, her works and the powerful themes she has confronted throughout her literary career. Join us for a talk from a local literature professor, a Q&A after the film and light refreshments. **Note: Meets at WCNY Studios, 415 W. Fayette St, Syracuse, 13204.**

Tuesday	Jun 16	4:00 - 6:30
Free	1 session	WCNY Studios

Oasis Book Group 137

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

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

May 19: *The Dutch House* by Ann Patchett
 June 16: *Olive, Again* by Elizabeth Strout
 July 14: *A Long Petal of the Sea* by Isabel Allende
 August 11: *Dear Edward* by Ann Napolitano

Note: Class meets 5/19, 6/16, 7/14 and 8/11. Bring suggestions for next trimester's titles to the first meeting.

Tuesdays	May 19 - Aug 11	10:00 - 11:00
Fee: \$18	4 sessions	Oasis Studio

Hercule Poirot and His Heirs 138

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

One of the most popular of all literary genres, the detective novel has found its place in English letters. From its inception with Edgar Allan Poe through travels to nearly every country in the world, this entertaining and often intellectually challenging genre has fascinated readers for more than two-and-a-half centuries. With diverse authors such as Sir Arthur Conan Doyle, G. K. Chesterton, Dorothy Sayers, Dashiell Hammett, P. D. James, Elizabeth George, Lee Child, and Patricia Cornwell, the public's thirst for adventure and intrigue is constantly addressed. Focusing on North American and UK writers, this course will examine five such works (in order of publication):

From Doon to Death by Ruth Rendell

The Doorbell Rang by Rex Stout

Curtain by Agatha Christie

Death in a Tenured Position by Amanda Crossa

The Yiddish Policeman's Union by Michael Chabon

While the public library has some copies, they can be purchased on Amazon, Barnes and Noble, Thriftbooks or Abebooks.com [very cheap!].

With brief lectures, seminar discussions and film excerpts, we will explore the world of the English-speaking detective. **Note: Please read *From Doon to Death* for the first class.**

Mondays	Jun 1 - Jun 29	1:00 - 3:00
Fee: \$41	5 sessions	Oasis Studio

ARTS & HUMANITIES

Contemporary American Drama 139

Robert Moore, BA, MA and PhD, professor emeritus of American Literature, SUNY Oswego

Drama has sometimes been treated as the “bastard child” of American literature, dismissed as “entertainment” and as “more commercial than intelligent.” That changed with the work of modernist playwrights such as Eugene O’Neill, Arthur Miller, Lillian Hellman and Tennessee Williams. In the past forty-five years, the works of such playwrights as Lorraine Hansberry, Edward Albee, David Mamet, Amiri Baraka, Neil Simon, Marsha Norman, Sam Shepard, Wendy Wasserstein, A.R. Gurney, August Wilson, David Henry Hwang, Tony Kushner, Neil LaBute and John Patrick Shanley have solidified drama’s place in the literary canon.

In this course we will read and discuss a selection of American plays written and produced over the last 25 years. Because drama is designed to be experienced in performance, reading plays challenges our imagination. When films of the plays are available, we will watch selected scenes to enhance our discussions.

Thursdays	May 21 - Jun 25	10:00 - 12:00
Fee: \$47	6 sessions	Oasis Studio

Writing Stories From Your Life *Off-Site* 140

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

Explore the journey of writing about some vivid memories of your life. Re-discover events, experiences and images as an approach to creating pieces of narrative or fiction. Both new and experienced writers will gain ideas, techniques and structure to guide them in the process of personal writing. Members will be encouraged to share their writings with the group in this positive and supportive environment. **Note: Meets at Fayetteville Senior Center, 584 East Genesee Street, Fayetteville 13066. Meets 6/23, 7/7, 7/21, 8/4 and 8/18.**

Tuesday	Jun 23 - Aug 18	9:30 - 12:30
Fee: \$70	5 sessions	Fayetteville Senior Center

Creative Writers Workshop 141

Carol Madar: see bio for class #140

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 6/18, 7/2, 7/16, 7/30 and 8/13.**

Thursdays	Jun 18 - Aug 13	9:30 - 12:30
Fee: \$70	5 sessions	Oasis Conference Room

Creative Writing Exercise: Prompt and Circumstance 142

Linda Lowen, freelance writer, writing instructor at the Downtown Writer’s Center, book reviewer for Publisher’s Weekly, and contributor to The Writer magazine

In this 6-week course, each session is a non-cumulative, stand-alone class. The first half hour we’ll study some aspect of craft and how to apply it to a writing prompt—an image, quote, situation or sensory challenge. The next half hour is open writing based on the prompt. Finally, we’ll spend the remainder reading our pieces aloud, learning from each other as to what works and what could be strengthened. This is a generative class, meaning you’ll generate new writing and new ideas to take home for further development.

Tuesdays	May 19 - Jun 23	9:30 - 11:30
Fee: \$68	6 sessions	Oasis Conference Room

How to Write an Award-Winning Picture Book 143

Kathleen Jacobs, founder, Northern Lights Book Awards, co-owner, JWC Publishing

Have you ever dreamed of writing an award-winning picture book? Learn how in this unique course where we examine beloved children books and discover their timeless qualities. We will use fun writing exercises as we cover such topics as: developing characters readers will care about, empowering children with a satisfying ending, and much more. This interactive class is for novice and seasoned writers alike.

Tues. & Thur.	Aug 4 - Aug 11	10:00 - 12:00
Fee: \$35	3 sessions	HealthLink Room

Your Writing Is Your Business *Off-Site* 144

Tim Jacobs, owner, JWC Publishing, author, founder and former editor, Patriots of the American Revolution magazine
Want to earn income as a writer? Then you need to treat your writing as a business. This course is not a “how-to” on the process of setting up a business; it’s designed to get you thinking about your writing as a business. It includes out-of-the-box ways to market your book; standing out; knowing your competition; and developing a clear mission and vision statement. If you’re ready to get serious about your writing and develop a business mindset for it, this course is for you. **Note: Class meets at Fayetteville Free Library, 300 Orchard St, Fayetteville, 13066.**

Thursday	May 21	2:00 - 4:00
Fee: \$15	1 session	Fayetteville Free Library

Your Writing Is Your Business 145

Tim Jacobs: see bio for class #144
See description for class #144.

Wednesday	Jul 22	10:00 - 12:00
Fee: \$15	1 session	HealthLink Room

Talking to Heaven**146**

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

This class is for anyone interested in discussing angels, heaven, spirit and the importance of meditation as well as mediumship and our journey here. This class is based on renowned medium James Van Praagh as well as other famous mediums. There will be time for specific questions and discussions.

Thursdays	May 21 - Jun 4	12:30 - 2:30
Fee: \$68	3 sessions	Oasis Studio

Angel Therapy**147**

Lisa McCall: see bio for class #146

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.

Thursdays	Jun 18 - Jul 2	1:00 - 3:00
Fee: \$68	3 sessions	Oasis Studio

**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.

Angel Tarot**148**

Lisa McCall: see bio for class #146

This class is for beginners with no knowledge of tarot as well as experienced readers. Learn the meanings of cards and playing games to make reading cards as easy as possible. You will learn how the tarot greatly increases your intuition as well as connects you to angels, guides and loved ones in spirit.

Thursdays	Jul 9 - Jul 23	10:00 - 12:00
Fee: \$68	3 sessions	HealthLink Room

Introduction to Spiritual Development Circle Part 2**149**

Lisa McCall: see bio for class #146

This class is a continuation of Introduction to Spiritual Development Circle. Even if you missed the first development circle class, you can jump right in. Every week we discuss a new topic with meditation and messages to fit.

Mondays	Jul 27 - Aug 10	10:00 - 12:00
Fee: \$68	3 sessions	Oasis Studio

Understanding the Journey of Our Souls**150**

Lisa McCall: see bio for class #146

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

Students will need to bring a pen and notebook.

Mondays	Jul 27 - Aug 10	12:30 - 2:30
Fee: \$68	3 sessions	Oasis Studio

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:

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

Thanks for letting us stay in touch with you!



The End of Life in the Time of COVID 151

Gregory L. Eastwood, MD, University Professor, State University of New York, former president and interim president, Upstate Medical University

The process of dying - what happens during those days, months, even years before we die - has changed in recent decades. We die for different reasons, we are less likely to die at home, we receive astonishing treatments, and our dying costs more.

Now, the COVID-19 pandemic has added its imprint on the end of life in a matter of weeks, not decades. It will touch everyone in some manner. It has raised critical concerns about the allocation of resources, threatens to disrupt established practices of respecting individual autonomy and decision-making, and may affect not only a person and their loved ones at the end of life, but also how that person is honored after death.

The questions we might have asked before COVID-19 seem even more relevant now. Should my life be extended at all cost - financial, social, and emotional? How do my values relate to my end-of-life decisions? Who can make decisions if I am unable to make them? Can I control aspects of my dying, such as whether I am resuscitated if my heart stops?

Dr. Eastwood draws on his experience as a physician, a teacher of bioethics, and an ethics consultant who has helped patients, families, and health professionals deal with end-of-life questions. His book, *Finishing Our Story. Preparing for the End of Life*, Oxford University Press, was published in 2019.

Tuesdays	Jun 2 - Jun 9	10:00 - 11:15
Fee: \$23	2 sessions	HealthLink Room

Introduction to Buddhism: Classical Traditions of Thought and Practice 152

Richard Pilgrim, PhD, professor emeritus, Religious Studies, Syracuse University

This course will feature highlights in the evolution of Buddhist thought and practice from its beginnings in India (ca. 500 BCE) to its flowering in the Far East, with brief stops along the way in SE Asia, Tibet, and our own backyard. The phrase "classical traditions" (in the title) points to scriptural foundations and monastic contexts rather than the multiple instances of more "popular" forms of Buddhism in a variety of Asian cultures (though these will be referenced). It also points to several of the types of Buddhism that have come to the West in the last 75 years: e.g., Mindfulness (or Insight) Buddhism, Tibetan Buddhism, and Zen.

This will be an 'ideas' course set within a roughly historical context, but it will take seriously what the Buddha said about ideas (views, concepts, namings, distinctions): namely, that on the one hand, ideas are only as good and necessary as they help one get "across the river" to awakening or nirvana, and on the other hand, ideas (views, namings, etc.) can get seriously in the way of the positive or successful pursuit of the "Middle Way." Indeed, we will see that Buddhist meditation (yoga in either the mindfulness or the concentrative form) necessarily works 'deconstructively' on the very reality that is a function of our ideas as a precondition for progress on the way! Please join us on this excursion into the religio-spiritual depths of this highly respected tradition. **Note: July 14 class will meet in the HealthLink Room.**

Tuesdays	Jun 23 - Jul 28	9:30 - 12:00
Fee: \$65	6 sessions	Oasis Studio

The Iconography and Symbolism in Ancient Egyptian Art and Architecture 153

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

This course will explore the symbolism and meaning behind the statuary, ritual objects, personal possessions, and decorative scenes and inscriptions found on temple and tomb walls. How do these objects reflect social and cultural changes in Egypt over time? How are art and architecture impacted by influences from the outside world? These evolving artistic styles and architectural characteristics represent an immensely creative and vibrant culture along the Nile from the fourth millennium BC to the conquest of Alexander the Great. The instructor will examine objects of Egyptian culture—the tombs and scenes depicted on walls, temples, royal palaces, sculpture and stelae, coffins and funerary objects, papyri, amulets— and elite and common architecture.

Thursdays	May 28 - Jun 4	1:00 - 3:00
Fee: \$34	2 sessions	Oasis Lecture Hall

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 and 10.

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

Building the Pyramids of Egypt 154

Daniel Warne: see bio for class #153

This course will provide an overview of the most recent archaeological excavations, architectural theories and religious function of those ancient funerary monuments—the pyramids of Egypt. Members will examine the development of funerary architecture in ancient Egypt, quarrying and movement of stone, the organization of labor, workmen's villages, and the symbolic and religious function of the pyramid in the king's rebirth.

Thursdays	Jun 11 - Jun 25	1:00 - 3:00
Fee: \$51	3 sessions	HealthLink Room

The History and Archaeology of Ancient Egypt 155

Daniel Warne: see bio for class #153

This course will provide students with a historical and archaeological overview of Egypt from the late Neolithic to the Greco-Roman Period. The instructor will address the major social, political, economic, and religious developments that shaped the Nile Valley and surrounding cultures for three millennia. Topics covered will include: state formation, the age of pyramid building, culture and literature, rise of imperial Egypt, the tomb of Tutankhamun, and the reigns of Hatshepsut, Thutmose III, Akhenaten, Ramses the Great, Alexander the Great, and more.

Thursdays	Jul 2 - Jul 23	1:00 - 3:00
Fee: \$68	4 sessions	HealthLink Room

Explore Famous Ruins of the Ancient World: Italy, Crete, Turkey, and Greece 156

Len Sharp, MS, CAS, retired earth science teacher, adjunct professor of education at LeMoyne College, and world traveler; Susan Sharp, MS, retired earth science teacher with extensive travel and scientific study

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.	Jun 15 - Jun 16	1:00 - 3:00
Fee: \$34	2 sessions	Oasis Lecture Hall

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.

**CHECK IN
at the front desk for all classes****Civil War History: Prisons of War Camps in the North and South, 1861-1865 157**

Len Sharp, Civil War enthusiast, presidential awardee in science teaching and NSTA distinguished teacher; and Susan Sharp, retired earth science teacher, Woodrow Wilson fellow, Civil War medicine enthusiast

Civil War prison camps were operated by both the Union and the Confederacy to handle the hundreds of thousands of soldiers captured during the 1861-1865 war. Of the 200,000 plus Northerners captured, most were immediately paroled. The parole exchange system broke down in 1863, and from that point imprisonment was the rule. Some inmates attempted escape but rarely succeeded. Close to twice as many Confederate soldiers were imprisoned. Both northern and southern prisons, including Elmira and Andersonville, saw tens of thousands of deaths in captivity. Join us to learn more about Civil War prison history.

Wednesday	May 20	10:00 - 12:00
Fee: \$20	1 session	Oasis Lecture Hall

Black History, Part II- The Rise of the Jim Crow South, the Harlem Renaissance, and the Great Migration 158

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

Part I of this 3-part program dealt with the period between 1840 and 1875 and focused on slavery in the antebellum South and on the failures of Reconstruction.

This course will focus on the period between 1890 and 1940, beginning with the "fruits" of Reconstruction's failures – the Jim Crow South (cf. Billie Holiday's haunting song "Strange Fruit"). But segregation, discrimination, and violence were not limited to the South, as Blacks throughout the United States suffered at the hands of a very racist society. But it's a bleak world that has no sunshine, and for African Americans that "sunshine" could be summarized in a series of events collectively called The Harlem Renaissance and the first glimmer of a civil rights movement. Finally, while most Americans suffered during the Great Depression, for African Americans it would be an extraordinarily trying time.

Wednesdays	Jun 3 - Jul 1	10:00 - 11:30
Fee: \$45	5 sessions	Oasis Lecture Hall

ARTS & HUMANITIES

Vietnam Phase III: Nixon's War 159

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

Tet brought down the Johnson administration, opening the way for Nixon's election in 1968. "Peace with Honor" would prove just as elusive as winning the war. In Vietnam, the war continued unabated. Ho Chi Minh died in 1969 but the new leadership continued the struggle. Peace talks were frustrating and the anti-war movement at home continued to grow. Join us as we continue our look into the Vietnam years. You do not need to have been in prior sessions to enjoy this one.

Wednesdays	Jun 10 - Jul 1	3:00 - 5:00
Fee: \$46	4 sessions	Oasis Lecture Hall

Presidents XXIV: The Presidency Today 160

Tom Henry: see bio for class #159

Barack Obama's second term was full of frustration as Republicans swept into Congressional majorities in 2014, pledging to reverse his key programs. With Obama out due to term limits, both parties fought surprising primary battles, leading to the Donald Trump upset in 2016. The Trump Presidency has been interesting and among the most scrutinized in Presidential history. We will examine the end of the Obama years and the beginning of the Trump era as we wind up our history of the Presidents series.

Mondays	Jun 8 - Jun 29	10:00 - 12:00
Fee: \$46	4 sessions	Oasis Lecture Hall

Presidents XXIII: The Modern Off-Site 161 Presidents

Tom Henry: see bio for class #159

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! **Note: Meets at the Nottingham, 1301 Nottingham Road, Jamesville 13078.**

Tuesdays	Jun 9 - Jun 30	10:00 - 12:00
Fee: \$46	4 sessions	The Nottingham

Offer to Members from Symphoria

Oasis members can receive a 25% discount on single tickets to any 2020-2021 concert.

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

An Election Update: Where Off-Site We Are, How We Got Here and a Look Ahead 162

Tom Henry: see bio for class #159

With the primaries over and convention season upon us, the drive to November is gearing up. It is worth looking at what is happening now, how we got to this point and how the Presidential and local races are shaping up here in early summer. This is an information session, not a debate, but we'll still have some fun looking at Election 2020 as it heads toward its climax in November. **Note: Meets at the Nottingham, 1301 Nottingham Road, Jamesville 13078.**

Tuesday	Jul 7	10:00 - 12:00
Fee: \$6	1 session	The Nottingham

History of a House 163

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

Discover the history of a house that was uncovered during the remodeling and preserving of a historic 1832 house in Skaneateles. Local historical records, Onondaga County land records, and census records were researched to develop the full ownership from the original land grants New York State awarded to Revolutionary soldiers for their service. One family owned the house for 116 years. The current owners are the 22nd owners of the property and the 12th owners of the house as the land was farmed for over 40 years before the house was built. Further, we'll discuss how you can research your own house including requesting an abstract, and how to go about researching the local museum files, deed books, and information on file at the Onondaga Historical Association.

Wednesday	Jul 8	10:00 - 11:30
Fee: \$15	1 session	Oasis Lecture Hall

What You've Always Wanted to Know about Syracuse Parks, But Didn't Know Whom to Ask (Part 1) 164

Paul Pflanz, former director, Onondaga Historical Association, author of "Exploring Green in the 'Cuse," and board member, Syracuse Parks Conservancy

This course highlights some of the 71 parks discussed in *Exploring Green in the 'Cuse*. Enjoy majestic Upper and Lower Onondaga Park with the beautiful greenhouse and gazebo, site of many wedding photographs. Other parks include Elmwood, the Necklace of Parks designed by George Kessler in 1910, as well as the "big ones": Kirk, Schiller, Lincoln, Thornden and Burnet, with some details and other parks that you probably don't know. Join us to add history, mystery and fascinating stories to your outdoor bucket list.

Thursday	Jun 11	1:00 - 3:00
Fee: \$10	1 session	Oasis Lecture Hall

REMINDER

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

Walking Tour of Elmwood Park Off-Site 165

Paul Pflanz: see bio for class #164

Join Paul Pflanz for an amble through tranquil Elmwood Park, which is hidden deep in a valley on the south side of Syracuse. It has been called "Syracuse's most bewitching and least developed city park" and "Syracuse's Yellowstone." We will stroll through the park to admire its lush beauty and the centerpiece, Furnace Creek. During the stroll, you will learn its history, and how and why the park came to be, along with a few interesting stories. **Note: The tour will begin at 1:00 p.m. at the park entrance on Glenwood Avenue just west of Elmwood Ave on the city's southwest side.**

Friday	Jun 12	1:00 - 3:00
Fee: \$10	1 session	Elmwood Park

Travels with Tom: Utah and Arizona National Parks Off-Site 166

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

Come along with Tom and Karl on this year's trip through the spectacular landscapes in Bryce Canyon, Zion National Park and the North Rim of the Grand Canyon. Along the way are incredible vistas, dizzying heights, unique wildlife and a lot of fun. We'll also stop at Canyon de Chelly and a unique petroglyph site in New Mexico on our way. Join us for some great pictures and a good time! **Note: Meets at the Nottingham, 1301 Nottingham Road, Jamesville 13078.**

Tuesday	May 26	10:00 - 12:00
Fee: \$6	1 session	The Nottingham

Travel Treks Encore: Glorious Off-Site 167 Glacier National Park

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

In July of 2018, Diana and Eric spent 10 days in Glacier National Park at the peak of wildflower season, joined by their good friends and frequent travel companions Rebecca and Bob. The profusion of floral colors and varieties were spectacular, but the wildlife also showed up, posing nicely against a splendid landscape of rugged mountains, snow fields and glaciers, forests and meadows, lakes and waterfalls. Come join us to see what the east side of this glorious national park on our northern border has to offer in the summer. **Note: Meets at the Nottingham, 1301 Nottingham Road, Jamesville 13078.**

Wednesday	Jun 10	10:00 - 12:00
Fee: \$6	1 session	The Nottingham

SCIENCE

Big Thaw: How Does Permafrost 201 Hold the Key to Our Planet's Future?

Susan Sharp, MS, retired earth science and astrobiology teacher, adjunct instructor of astrobiology, SUNY ESF; Len Sharp, MS, retired earth science teacher, research assistant, Permafrost Field Lab, University of Alaska

Around the world for thousands of years, one-fifth of our planet's surface has remained frozen. But today scientists are alarmed that Earth's rising temperatures are destabilizing the frozen ground that has remained intact for millennia, which could have devastating consequences for the future. Join us as we describe what those consequences may be, as well as some unexpected surprises that thawing permafrost reveals. Climate change is occurring, and thawing permafrost is one of its key influences.

Monday	May 18	10:00 - 12:00
Fee: \$20	1 session	Oasis Lecture Hall

Hawaii: Its Geology, History and Culture 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 astrobiology, SUNY ESF

Hawaii is one of the most beautiful and amazing places in the world, but what do you really know about its evolution? Settled around 300 CE, it has had a long, complicated history. Join us as we take you on a fascinating journey through the islands of Hawaii and explore its flora and fauna, its wondrous volcanic geology, its unique culture and legends, its conquering king Kamehameha and his clash with Captain James Cook and others.

Wed. & Fri.	May 27 - May 29	10:00 - 12:00
Fee: \$34	2 sessions	Oasis Lecture Hall

PERSONAL DEVELOPMENT & ENRICHMENT

The Art of Relaxation - Part I 301

Penny Baron, PhD, ATR-BC, LCAT, registered and board certified art therapist and licensed creative arts therapist
Discover the relaxation response and how our natural, inborn physiological mechanisms help counteract the fight or flight response and negative effects of stress. Participants will explore multiple ways to elicit this relaxation response through deep breathing, guided imagery and a variety of creative experiences. In addition, information and suggestions will be shared on integrating leisure activities and easy-to-use time-management tools to allow for an overall sense of balance throughout the day.

Tuesday	Jun 30	2:00 - 4:00
Fee: \$27	1 session	HealthLink Room

The Art of Relaxation - Part II 302

Penny Baron: see bio for class #301

Deepen and expand your knowledge of ways to elicit the relaxation response and counteract the negative effects of stress. Participants learn additional breathing and relaxation techniques such as alternate-nostril breathing, especially helpful for calming and rebalancing energy during the day at work or home. Through a guided imagery exercise you also have the opportunity to experience mental imagery to assist in coping with troubling thoughts, worries and anxious feelings. **Note: It is not required for individuals to have attended Part I to fully participate in this class.**

Tuesday	Jul 7	2:00 - 4:00
Fee: \$27	1 session	HealthLink Room

French for Beginners 303

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.

Wednesdays	May 20 - Aug 12	10:00 - 11:30
Fee: \$81	13 sessions	Oasis Studio

French Intermediate Level 304

Veronique Bennett: see bio for class #303

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.

Wednesdays	May 20 - Aug 12	1:00 - 2:30
Fee: \$81	13 sessions	Oasis Studio

French Advanced Level 305

Veronique Bennett: see bio for class #303

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.

Wednesdays	May 20 - Aug 12	2:45 - 4:15
Fee: \$81	13 sessions	Oasis Studio

Introduction to Irish 306

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.

Fridays	May 22 - Aug 14	9:30 - 11:00
Fee: \$41	12 sessions	Oasis Conference Room
No class 7/3		

Irish Level 2 307

John LaParo: see bio for class #306

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.

Fridays	May 22 - Aug 14	11:15 - 12:45
Fee: \$41	12 sessions	Oasis Conference Room
No class 7/3		

Beginning Conversational Italian 308

Frank Ricciardiello, retired foreign language director ESM school district

This course is a BEGINNER — level conversational Italian course. Students in this course will be studying basic conversational skills such as listening, speaking, reading, and writing at the beginning level. Students will learn basic vocabulary, telling time, numbers, weather expressions, etc. Various cultural topics will be discussed in class as well. Students will be using the text, *ITALIAN NOW!* which can be purchased from OASIS.

Mondays	May 18 - Jul 13	11:00 - 12:30
Fee: \$46	8 sessions	Oasis Studio
No class 5/25		

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.

ONLINE REGISTRATION BEGINS MAY 4

Intermediate/Advanced Conversational Italian 309

Frank Ricciardiello: see bio for class #308

This course is a continuation of the Intermediate Conversational Italian course from Fall 2019. Students in this course should be proficient in basic conversational skills such as listening, speaking, reading, and writing at the intermediate level. Various cultural topics will be discussed in class with emphasis on current events and Italian culture. Students will be using the text, *ITALIAN NOW!* (available for purchase at Oasis) and *SENTIERI*, either the 1st or 2nd edition (should be purchased used from Amazon or another bookseller).

Wednesdays	May 20 - Jul 8	12:30 - 2:00
Fee: \$46	8 sessions	HealthLink Room

Advanced Conversational Italian 310

Frank Ricciardiello: see bio for class #308

This course is a continuation of the Advanced Conversational Italian course from Fall 2019. Students in this course should be proficient in basic conversational skills such as listening, speaking, reading, and writing at the advanced level. Various cultural topics will be discussed in class with emphasis on current events and Italian culture. Students will be using the text, *SENTIERI*, either the 1st or 2nd edition.

Wednesdays	May 20 - Jul 8	2:15 - 3:45
Fee: \$46	8 sessions	HealthLink Room

COMPUTERS & TECHNOLOGY



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

AT&T

Meet the Computer 401

Eric Stein, Computer instructor, CompTIA certified

Ready to take that first step and learn about computers? This course will introduce the new user to computers, beginning with the components that make up a computer system and how to use a mouse and keyboard. This course also covers basic Windows 10 skills including starting apps, the Start menu, and working with the desktop and windows.

Thursdays	Jun 4 - Jun 11	10:00 - 12:00
Fee: \$40	2 sessions	Oasis Computer Lab

Windows Performance and Maintenance (for Windows 10) 402

Al Somlo, BA, owner Able Al's Computer Help and Able Al's Electronic Services, certified electronics technician, 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.**

Thursday	Aug 6	1:00 - 3:00
Fee: \$26	1 session	Oasis Computer Lab

Introduction to Word 365 403

Gary Hartman, retired supervising engineer, NBC3/CW6, certified Oasis Connections instructor, Oasis volunteer leadership team member

This course focuses on the basics of creating Word documents. You'll learn how to navigate the Word window, add text and pictures with formatting, and the basics of tables, charts and text boxes. This course also covers the basics of preparing a document for publishing as a Word or PDF document, including proofing tools and an introduction to the powerful Find and Replace tools. You should have some experience with Windows and basic computer skills prior to taking this course. **Note: Class fee includes course workbook.**

Mon/ Wed/ Fri	Jun 29 - Jul 13	1:00 - 3:00
Fee: \$86	6 sessions	Oasis Computer Lab
No Class 7/3		

Wellness on the Web 404

Pamela Lipe Revercomb, PhD, Information Science and Technology Consultant, former faculty member, Syracuse University, and certified OASIS Connections instructor

The web is a phenomenal resource for health information. This course will introduce you to the types of websites you can use to learn about health issues, blogs that you can follow to learn what's new, online resources you can work out with, and mobile apps that can help you in your journey toward a healthier tomorrow.

Mon. & Wed.	May 18 - May 20	10:00 - 12:00
Fee: \$40	2 sessions	Oasis Computer Lab

Beginners Guide to the Cloud 405

Eric Stein: see bio for class #401

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.

Monday	Jun 22	10:00 - 12:00
Fee: \$26	1 session	Oasis Computer Lab

Buying and Selling on eBay for Android Phones / iPhones / Tablets / PCs / Macs 406

Al Somlo: see bio for class #402

Get what you want at a good price shopping on eBay. Learn how to earn by selling things you no longer want on the Internet. Utilizing the website eBay you will find out about buying and selling online. **Prerequisite: Basic computer skills, some knowledge of using Internet, and how to use email.**

Thursdays	May 21 - May 28	10:00 - 12:00
Fee: \$41	2 sessions	Oasis Computer Lab

Intro To Selling On eBay for Android Phones / iPhones / Tablets / PCs / Macs 407

Al Somlo: see bio for class #402

Learn the process of selling things you no longer want on eBay. This course will help you to develop your online selling skills for eBay. **Prerequisite: Already have an eBay account and have shopped on eBay. Basic computer skills, some knowledge of using Internet, and how to use email.**

Wednesdays	Jun 17 - Jun 24	1:00 - 3:00
Fee: \$41	2 sessions	Oasis Computer Lab

Android Essentials: For Tablets and Smart Phones 408

Al Somlo: see bio for class #402

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	Jul 9 - Jul 16	10:00 - 12:00
Fee: \$41	2 sessions	Oasis Computer Lab

Storytelling Workshop with Video and Sound 409

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

Tell your story in images and sound. In this class you become the shooter, director, editor and sound mixer for your own film. The means for doing this is that slab of glass you can hold in your hand: an iPad or iPhone and an app called iMovie. You'll learn to capture and edit video as well as mix sound and music and match them to your stream of images. In four weeks, you will have created a movie you can share with the world.

Thursdays	Jul 9 - Jul 30	10:00 - 12:00
Fee: \$36	4 sessions	Oasis Studio

Photo Editing Basics 410

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	May 29 - Jun 10	10:00 - 12:00
Fee: \$81	6 sessions	Oasis Computer Lab

Google Photos 411

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	Jul 6 - Jul 10	10:00 - 12:00
Fee: \$38	3 sessions	Oasis Computer Lab

REMINDER

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

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!

Smartphone Photography 412

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	Aug 3 - Aug 7	10:00 - 12:00
Fee: \$48	3 sessions	Oasis Computer Lab

HEALTH & FITNESS**Chronic Pain Self-Management Program** *Off-Site* **501**

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: Class meets in the AM&M Conference room at Syracuse VA Medical Center, 800 Irving Avenue, Syracuse 13210. 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.

Tuesdays	May 19 - Jun 23	9:30 - 12:00
Free	6 sessions	Syracuse VA Medical Center

A Matter of Balance: Managing Concerns About Falls 502

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

A Matter of Balance helps adults realize that falls — and the fear of falling — are controllable. The program provides information on ways to change your environment to limit risk factors that contribute to falling, and will help you learn strength and balance exercises to reduce your chances of falling.

A Matter of Balance class consists of eight weeks, two-hour sessions and uses a variety of activities to address the fear of falling and teach fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videotapes and exercise training. This award-winning program may be for you if you:

- Are concerned about falls
 - Have fallen in the past
 - Restrict activities because you're worried about falling
 - Are interested in improving your flexibility, balance and strength
 - Are at least 60 years old, ambulatory and able to problem solve
- 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	Jun 15 - Aug 3	10:00 - 12:00
Free	8 sessions	HealthLink Room

Understanding and Responding to Dementia-Related Behavior 503

Alzheimer's Association, Central New York Staff to Present

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. Understanding and Responding to Dementia-Related Behavior assists caregivers in deciphering behaviors and determining how best to respond. Identify common triggers for behaviors associated with dementia. Recognize challenging behaviors. And list strategies to address common dementia-related behaviors.

Tuesday	Jul 14	2:00 - 3:30
Free	1 session	HealthLink Room

HEALTH & FITNESS

Understanding Alzheimer's and Dementia 504

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.

Tuesday	Aug 11	3:00 - 4:00
Free	1 session	HealthLink Room

Drum Fun and Fit: Just Add Rhythm 505

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.

Tuesdays	May 19 - Jun 23	12:30 - 1:30
Fee: \$84	6 sessions	Oasis Fitness Room

Tools for Healing: Rhythm, Sound and Silence 506

Jimbo Talbot: see bio for class #505
In this six-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 all agree the future of medicine is sound. Long-time practitioners, authors/speakers alike, draw from sources - 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 w/gong, bowls, crystals, chimes, voice, drums and other similar tools. Each session concludes w/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.

Tuesdays	May 19 - Jun 23	2:30 - 4:00
Fee: \$113	6 sessions	Oasis Fitness Room

Summer Solstice Sound Healing 507

Jimbo Talbot: see bio for class #505

Celebrate the return of summer! Delight in sounds curated to caress and nourish you like a soft summer rain, while awakening your life-force energies like a distant nighttime thunder storm. Celebrate the seasonal change, a time to feel deeply-rooted in Mother Earth w/arms outstretched to Father Sky. Set personal intentions, then experience the light, sound and vibration meditation. The frequencies of the gong, singing bowls, chimes, drums, voice and others work in concert w/your own natural frequencies in creating a parasympathetic response, along w/brain entrainment. Feel tension, stress, and thoughts as well as chronic pain melt away. Your immune system is strengthened and you may even experience altered (awakened) consciousness. **Note: For your comfort, it's recommended to bring a yoga mat and/or sleeping pad, blanket, pillow and water bottle. Dress in loose, warm, comfortable clothing.**

Monday	Jun 22	2:00 - 3:30
Fee: \$15	1 session	Oasis Fitness Room

Improving Your Balance Skills with Exercise 508

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.

Mondays	May 18 - Jun 29	10:45 - 11:45
Fee: \$34	6 sessions	Oasis Fitness Room

Improving Your Balance Skills with Exercise 509

Tina Castle: see bio for class #508

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.

Mondays	Jul 6 - Aug 10	10:45 - 11:45
Fee: \$34	6 sessions	Oasis Fitness Room

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.

Taijiquan (T'ai Chi)**510**

David Dolbear, owner White Crane Spreads Its Wings Martial Arts

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

Mondays	May 18 - Aug 10	1:30 - 2:30
Fee: \$81	12 sessions	Oasis Fitness Room
No class 5/25		

Qigong I (Chi-kung)**511**

David Dolbear: see bio for class #510

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

Thursdays	May 21 - Aug 13	3:15 - 4:15
Fee: \$73	13 sessions	Oasis Fitness Room

Kripalu Yoga with Yvonne**512**

Yvonne Martin, RYT-500; Kripalu Center for Yoga & Health 500+hr certified; Chair Yoga instructor; Cancer Yoga certified, 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.**

Fridays	May 22 - Aug 14	9:55 - 11:10
Fee: \$64	11 sessions	Oasis Fitness Room
No Class 6/26 & 7/3		

Kripalu Yoga with Yvonne**513**

Yvonne Martin: see bio for class #512

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	May 27 - Aug 12	9:55 - 11:10
Fee: \$64	11 sessions	Oasis Fitness Room
No class 6/24		

Hatha Yoga**514**

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	May 19 - Jul 28	10:25 - 11:45
Fee: \$80	11 sessions	Oasis Lecture Hall

Hatha Yoga**OffSite 515**

Pam LeBlanc: see bio for class #514

See description for class #514. **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	May 21 - Jul 30	10:30 - 11:45
Fee: \$80	11 sessions	Life-Force Sanctuary

T-N-T: Tight and Tone**516**

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 May 19 - Aug 11 9:00 - 9:40
Fee: \$75 13 sessions Oasis Fitness Room

T-N-T: Tight and Tone**517**

Tammy Panzironi: see bio for class #516

Thursdays May 21 - Aug 13 9:00 - 9:40
Fee: \$75 13 sessions Oasis Fitness Room

Low-Impact Aerobics**518**

Tammy Panzironi: see bio for class #516

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.**

Tuesdays May 19 - Aug 11 9:45 - 10:15
Fee: \$64 13 sessions Oasis Fitness Room

Low-Impact Aerobics**519**

Tammy Panzironi: see bio for class #516

Thursdays May 21 - Aug 13 9:45 - 10:15
Fee: \$64 13 sessions Oasis Fitness Room

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 and 10.

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

Power Sculpt**520**

Tammy Panzironi: see bio for class #516

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!

Wednesdays May 20 - Aug 12 9:00 - 9:40
Fee: \$72 13 sessions Oasis Fitness Room

Zumba™ with Tammy**521**

Tammy Panzironi: see bio for class #516

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!

Fridays May 22 - Aug 14 9:00 - 9:45
Fee: \$81 12 sessions Oasis Fitness Room
 No class 7/3

**Nia****522**

Pam LeBlanc: see bio for class #514

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.

Monday May 18 - Jul 27 9:15 - 10:25
Fee: \$73 10 sessions Oasis Fitness Room
 No class 5/25

Nia**Off-Site 523**

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.**

Wednesdays	May 20 - Jul 29	10:30 - 11:30
Fee: \$57	11 sessions	Life-Force Sanctuary

Dance for Parkinson's**Off-Site 524**

Robin Ormsby, BA Psychology, LeMoyne College, completed Dance for PD (Parkinson's Disease) introductory and advanced workshop 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.

Mon. & Wed.	May 18 - Aug 12	11:00 - 12:00
Free	25 sessions	The Ballet and Dance Center
No class 5/25		

Dance Exercise Broadway**525**

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

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

Mondays	Jun 1 - Jul 20	12:00 - 1:00
Fee: \$61	8 sessions	Oasis Fitness Room

TRAVEL**Historic Rochester and the Susan B. Anthony Museum and Home****601**

Travel Choice International

Welcome to historic Rochester! This tour will be escorted by Tom Henry, Oasis history instructor. We will begin our tour at the Susan B. Anthony Museum and Home with a lecture and discussion. There will be time to tour the house and visit the Susan B. Anthony Square Park, which features a bronzed sculpture called "Let's Have Tea."

Lunch will be on your own at the Genesee Brew House with time to visit the museum, pilot brewery and gift shop.

Our last stop is Mount Hope Cemetery. Since the cemetery's dedication in 1838, most notable occupants include Susan B. Anthony and Frederick Douglass. Our 90-minute walking tour is led by Friends of Mount Hope Cemetery. For those with mobility issues, we have reserved a tram which will seat 8 people. Reservations for the tram must be made when you register for this trip. For those who prefer not to take part on the tour, a lecture will be available.

Trip departs at 7:30 a.m. from the Oasis back parking lot, and returns at approximately 6 p.m.

CANCELLATION PENALTIES: Prior to July 27, 2020 **FULLY REFUNDABLE** minus a \$10 refund processing fee. On or after July 27, 2020-NON-REFUNDABLE unless a replacement is found.

Tuesday	Aug 11	7:30 - 6:00
Fee: \$82	1 session	Rochester

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.

Travel to Barcelona, Madrid and Seville

602

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 ea.

Returning to Syracuse Hancock International Airport: \$645.00 ea.

Price including airfare from Hancock International Airport: \$3939.00 ea.

Single supplement: \$400.00

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

Thursday, September 3-Saturday, September 12



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!

Tuesday	May 19	2:00 - 3:00
Free	1 session	Oasis Studio

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!

Friday	May 22	10:00 - 11:30
Free	1 session	Oasis Studio

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 5/29 and 7/10.**

Fridays	May 29 - Jul 10	11:00 - 12:00
Free	2 sessions	Oasis Studio

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 5/13, 6/10, 7/8 and 8/12.**

Wednesdays	May 13 - Aug 12	1:00 - 2:30
Free	4 sessions	Oasis Conference Room

Looking for Rewarding Volunteer Opportunities?

Share your experiences and talents!

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

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

VOLUNTEER OPPORTUNITIES

Looking for Rewarding Volunteer Opportunities?

Jennifer Michella, Oasis program & volunteer manager

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

- Participate in an exciting and innovative national program while contributing to the successful aging of mature adults.
- Be honored at the annual Oasis Volunteer Recognition event.
- Receive a \$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.

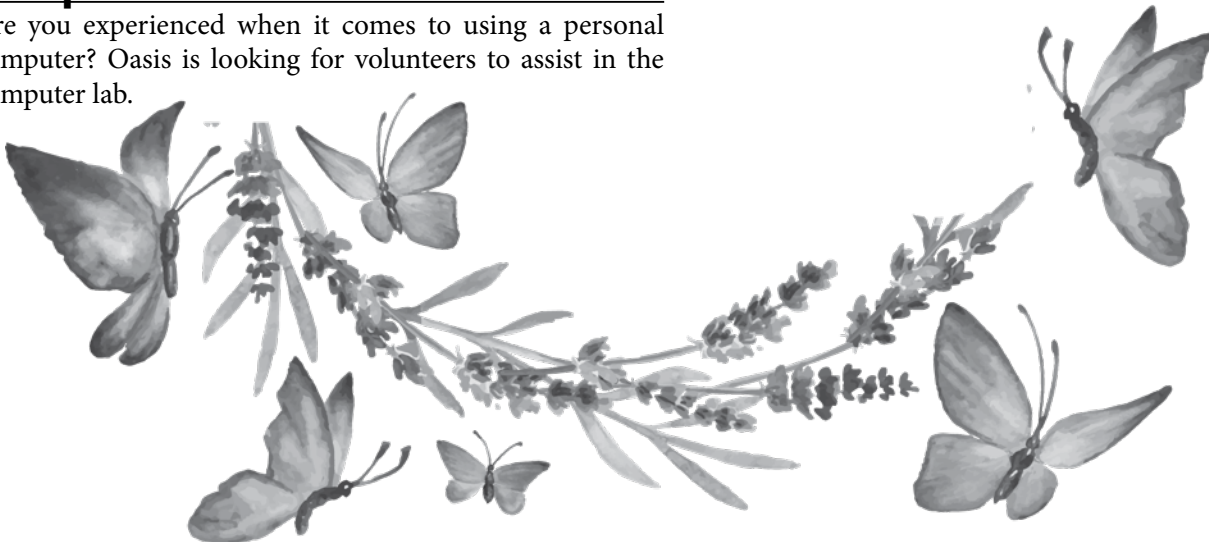
Reception Desk

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 Jean Somlo is coordinating the summer Art Walls.

Note: Art work to be displayed in the summer trimester must be dropped off at Oasis by Wednesday, May 13, 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.



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!

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 CNY Reads Consortium
 Fayetteville Free Library
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 Marcellus Central School District
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 Syracuse Jewish Family Service at Menorah Park
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 The Ballet and Dance Center
 The Nottingham
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SYRACUSE OASIS DONORS

We are grateful to all of our donors for their loyalty and generosity. Gifts reported below were received *between* 7/9/19-3/9/20. Your support enables us to strengthen our legacy of lifelong learning and service to the community. Thank you!

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OASIS TRIBUTE FUND GIFTS

Gifts entered 11/18/2019 - 3/9/2020

In appreciation of Men of Note
Park Rose Estates

In memory of mother Mildred E. Woolley
Carole Bildstein



PLANNED GIFTS

How Would You Like to Be Remembered?



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

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

What is *Planned Giving*? Simply put, it describes the many financial and investment 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 and to develop online courses.

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

Judith Barry

Barbara J. Bates

Hillary Bilford

Elizabeth Espersen

Andrew Godwin

Augustine Hanlon

Letitia Harris

Jacqueline Manier

Joan Sacco

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.

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 _____

DIRECTIONS



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.

NEW MEMBER 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 _____

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 May 4, 2020: U.S. mail or drop off in person at Oasis.
- On or after May 4, 2020: U.S. mail or online at www.oasisnet.org or drop off in person at Oasis.

Registration processing will begin Monday, May 4, 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, CVV Code 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 veteran, and deduct \$15 military veteran credit from class fees (below).

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

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

**Required for class registration each trimester*

*Waiver & Release of Liability



Don't forget to sign the Waiver and 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

Address

Phone _____ Cell _____

Email

Name_____Date_____

Oasis
6333 State Route 298
East Syracuse, NY 13057

Please note: Registrations are not transferable.

☐ Check here if you are a veteran, and deduct \$15 military veteran credit from class fees (below).

Class #	Class Title	Fee	Office use
<div> <div>Make check payable to: Oasis</div> <div>Returned checks are subject to a \$25 fee.</div> <div> <div>Cash</div> <div>Check</div> <div>Visa</div> <div>Mastercard</div> <div>Discover</div> </div> </div>		Class Fees	
		Tax-deductible gift to Oasis	+
		Subtotal	\$
		Less credit/coupon	–
		Less veteran credit	– \$15.00
		Total	\$

**Required for class registration each trimester*



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

Signature required: **X** Date: _____

OASIS CALENDAR FOR MAY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13 704 - LT Mtg. 1:00 - 2:30	14	15

* offsite ★ class starts today

<p>113 - ★ *Piano 2-A 9:15 - 10:00</p> <p>522 - ★ Nia 9:15 - 10:25</p> <p>114 - ★ *Piano 2-B 10:00 - 10:45</p> <p>201 - ★ Big Thaw 10:00 - 12:00</p> <p>404 - ★ Wellness on the Web 10:00 - 12:00</p> <p>508 - ★ Improving Your Balance Skills 10:45 - 11:45</p> <p>115 - ★ *Piano 2-C 11:00 - 11:45</p> <p>524 - ★ *Dance for Parkinson's 11:00 - 12:00</p> <p>308 - ★ Beginning Conversational Italian 11:00 - 12:30</p> <p>510 - ★ T'ai Chi 1:30 - 2:30</p>	<p>★ T-N-T: Tight and Tone 9:00 - 9:40</p> <p>★ Creative Writing Exercise 9:30 - 11:30</p> <p>★ *Chronic Pain Self-Management Program (CPSMP) 9:30 - 12:00</p> <p>★ Low-Impact Aerobics 9:45 - 10:15</p> <p>★ Book Group 10:00 - 11:00</p> <p>★ *Music Theory 5 10:00 - 11:10</p> <p>★ Hatha Yoga 10:25 - 11:45</p> <p>★ *Piano Advanced 2 11:00 - 12:00</p> <p>★ *Music Theory 3 11:20 - 12:30</p> <p>★ Drum Fun and Fit 12:30 - 1:30</p> <p>★ *Beginners Acting Workshop 1:00 - 3:00</p> <p>★ Cinema 2019-2020 1:00 - 4:00</p> <p>★ *Ceramic Wheel Throwing 1:30 - 4:00</p> <p>Volunteer Overview 2:00 - 3:00</p> <p>★ Jazz on Demand 2:00 - 3:30</p> <p>★ Tools for Healing 2:30 - 4:00</p>	<p>★ T-N-T: Tight and Tone 9:00 - 9:40</p> <p>★ French for Beginners 10:00 - 11:30</p> <p>★ Civil War History 10:00 - 12:00</p> <p>Wellness on the Web 10:00 - 12:00</p> <p>*Nia 10:30 - 11:30</p> <p>*Private Piano Lessons 10:30 - 1:30</p> <p>*Dance for Parkinson's 11:00 - 12:00</p> <p>★ Intermediate/Advanced Conversational Italian 12:30 - 2:00</p> <p>*Piano Beginners 12:45 - 1:30</p> <p>★ French Intermediate Level 1:00 - 2:30</p> <p>*Piano 3 1:30 - 2:30</p> <p>★ Advanced Conversational Italian 2:15 - 3:45</p> <p>★ French Advanced Level 2:45 - 4:15</p>	<p>★ T-N-T: Tight and Tone 9:00 - 9:40</p> <p>*Piano 2 9:15 - 10:00</p> <p>★ Hollywood's Focus on the Family, 1933-1950 9:30 - 12:30</p> <p>★ Low-Impact Aerobics 9:45 - 10:15</p> <p>★ Contemporary American Drama 10:00 - 12:00</p> <p>★ Buying and Selling on eBay 10:00 - 12:00</p> <p>*Hatha Yoga 10:30 - 11:45</p> <p>*Piano 2-D 11:00 - 11:45</p> <p>Talking to Heaven 12:30 - 2:30</p> <p>*Intermediate Acting Workshop 1:00 - 3:00</p> <p>★ Ancient Egyptian Art and Architecture 1:00 - 3:00</p> <p>*Piano 3 1:30 - 2:30</p> <p>Qigong 3:15 - 4:15</p>	<p>★ T-N-T: Tight and Tone 9:00 - 9:40</p> <p>★ Zumba™ 9:00 - 9:45</p> <p>★ Introduction to Irish 9:30 - 11:00</p> <p>★ Kripalu Hatha Yoga 9:55 - 11:10</p> <p>Class Coordinator 10:00 - 11:30</p> <p>★ Irish Level 2 11:15 - 12:45</p> <p>★ The Twilight Zone 1:00 - 3:30</p> <p>★ *Glass Jewelry Making 1:30 - 2:25</p>
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★
Sunday, May 17
 132 - ★ *Through the Movie Lens
 3:00 - 5:30

**OASIS CLOSED
 MEMORIAL
 DAY**

OASIS CALENDAR FOR JUNE 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1 113 - *Piano 2-A 9:15 - 10:00 522 - Nia 9:15 - 10:25 114 - *Piano 2-B 10:00 - 10:45 410 - Photo Editing Basics 10:00 - 12:00 508 - Improving Your Balance Skills 10:45 - 11:45 115 - *Piano 2-C 11:00 - 11:45 524 - *Dance for Parkinson's 11:00 - 12:00 308 - Beginning Conversational Italian 11:00 - 12:30 525 - ★ Dance Broadway 12:00 - 1:00 138 - ★ Hercule Poirot 1:00 - 3:00 510 - T'ai Chi 1:30 - 2:30	2 516 - T-N-T: Tight and Tone 9:00 - 9:40 142 - Creative Writing Exercise 9:30 - 11:30 501 - *Chronic Pain Self-Management Program (CPSMP) 9:30 - 12:00 518 - Low-Impact Aerobics 9:45 - 10:15 121 - *Music Theory 5 10:00 - 11:10 151 - ★ Preparing for the End of Life 10:00 - 11:15 514 - Hatha Yoga 10:25 - 11:45 117 - *Piano Advanced 2 11:00 - 12:00 120 - *Music Theory 3 11:20 - 12:30 505 - Drum Fun and Fit 12:30 - 1:30 128 - *Beginners Acting Workshop 1:00 - 3:00 105 - Wildlife Art 1:00 - 3:30 130 - ★ Cinema and Psyche 1:00 - 3:30 131 - Cinema 2019/2020 1:00 - 4:00 101 - *Ceramic Wheel Throwing 1:30 - 4:00 506 - Tools for Healing 2:30 - 4:00	3 520 - Power Sculpt 9:00 - 9:40 107 - ★ Notan Meets Zentangle 9:30 - 11:30 513 - Kripalu Yoga with Yvonne 9:55 - 11:10 158 - ★ Black History, Part II 10:00 - 11:30 303 - French for Beginners 10:00 - 11:30 410 - Photo Editing Basics 10:00 - 12:00 523 - *Nia 10:30 - 11:30 110 - *Private Piano Lessons 10:30 - 1:30 524 - *Dance for Parkinson's 11:00 - 12:00 309 - Intermediate/Advanced Conversational Italian 12:30 - 2:00 111 - *Piano Beginners 12:45 - 1:30 304 - French Intermediate Level 1:00 - 2:30 119 - *Piano 3 1:30 - 2:30 310 - Advanced Conversational Italian 2:15 - 3:45 305 - French Advanced Level 2:45 - 4:15	4 517 - T-N-T: Tight and Tone 9:00 - 9:40 112 - *Piano 2 9:15 - 10:00 134 - Hollywood's Focus on the Family, 1933-1950 9:30 - 12:30 519 - Low-Impact Aerobics 9:45 - 10:15 139 - Contemporary American Drama 10:00 - 12:00 401 - ★ Meet the Computer 10:00 - 12:00 515 - *Hatha Yoga 10:30 - 11:45 116 - *Piano 2-D 11:00 - 11:45 146 - Talking to Heaven 12:30 - 2:30 129 - *Intermediate Acting Workshop 1:00 - 3:00 153 - Ancient Egyptian Art and Architecture 1:00 - 3:00 130 - Cinema and Psyche 1:00 - 3:30 118 - *Piano 3 1:30 - 2:30 511 - Qigong 3:15 - 4:15	5 521 - Zumba™ 9:00 - 9:45 306 - Introduction to Irish 9:30 - 11:00 512 - Kripalu Hatha Yoga 9:55 - 11:10 108 - ★ Colored Pencil Rose 10:00 - 12:00 410 - Photo Editing Basics 10:00 - 12:00 307 - Irish Level 2 11:15 - 12:45 109 - ★ Reverse Color Pencil Painting 1:00 - 3:00 135 - The Twilight Zone 1:00 - 3:30 102 - *Glass Jewelry Making 1:30 - 2:25
8 113 - *Piano 2-A 9:15 - 10:00 522 - Nia 9:15 - 10:25 114 - *Piano 2-B 10:00 - 10:45 160 - ★ Presidents XXV: The Presidency Today 10:00 - 12:00 410 - Photo Editing Basics 10:00 - 12:00 508 - Improving Your Balance Skills 10:45 - 11:45 115 - *Piano 2-C 11:00 - 11:45 524 - *Dance for Parkinson's 11:00 - 12:00 308 - Beginning Conversational Italian 11:00 - 12:30 525 - Dance Broadway 12:00 - 1:00 138 - Hercule Poirot 1:00 - 3:00 510 - T'ai Chi 1:30 - 2:30	9 516 - T-N-T: Tight and Tone 9:00 - 9:40 142 - Creative Writing Exercise 9:30 - 11:30 501 - *Chronic Pain Self-Management Program (CPSMP) 9:30 - 12:00 518 - Low-Impact Aerobics 9:45 - 10:15 121 - *Music Theory 5 10:00 - 11:10 151 - Preparing for the End of Life 10:00 - 11:15 161 - ★ Presidents XXIII: Modern Presidents 10:00 - 12:00 514 - Hatha Yoga 10:25 - 11:45 117 - *Piano Advanced 2 11:00 - 12:00 120 - *Music Theory 3 11:20 - 12:30 505 - Drum Fun and Fit 12:30 - 1:30 128 - *Beginners Acting Workshop 1:00 - 3:00 105 - Wildlife Art 1:00 - 3:30 131 - Cinema 2019/2020 1:00 - 4:00 101 - *Ceramic Wheel Throwing 1:30 - 4:00 506 - Tools for Healing 2:30 - 4:00 126 - ★ Oasis Mixed Chorus Performance	10 520 - Power Sculpt 9:00 - 9:40 107 - Notan Meets Zentangle 9:30 - 11:30 513 - Kripalu Yoga with Yvonne 9:55 - 11:10 158 - Black History, Part II 10:00 - 11:30 303 - French for Beginners 10:00 - 11:30 167 - ★ Glacier National Park 10:00 - 12:00 410 - Photo Editing Basics 10:00 - 12:00 523 - *Nia 10:30 - 11:30 110 - *Private Piano Lessons 10:30 - 1:30 524 - *Dance for Parkinson's 11:00 - 12:00 309 - Intermediate/Advanced Conversational Italian 12:30 - 2:00 111 - *Piano Beginners 12:45 - 1:30 119 - *Piano 3 1:30 - 2:30 304 - French Intermediate Level 1:00 - 2:30 704 - LT Mtg. 1:00 - 2:30 310 - Advanced Conversational Italian 2:15 - 3:45 305 - French Advanced Level 2:45 - 4:15 159 - ★ Vietnam Phase III: Nixon's War 3:00 - 5:00	11 517 - T-N-T: Tight and Tone 9:00 - 9:40 112 - *Piano 2 9:15 - 10:00 134 - Hollywood's Focus on the Family, 1933-1950 9:30 - 12:30 519 - Low-Impact Aerobics 9:45 - 10:15 139 - Contemporary American Drama 10:00 - 12:00 401 - Meet the Computer 10:00 - 12:00 515 - *Hatha Yoga 10:30 - 11:45 116 - *Piano 2-D 11:00 - 11:45 104 - ★ Necklace With Gemstone Beads, Charms and Adornments 1:00 - 2:45 129 - *Intermediate Acting Workshop 1:00 - 3:00 154 - ★ Building the Pyramids of Egypt 1:00 - 3:00 164 - ★ Syracuse Parks 1:00 - 3:00 118 - *Piano 3 1:30 - 2:30 511 - Qigong 3:15 - 4:15 127 - Men of Note Concert 4:00 - 5:00	12 521 - Zumba™ 9:00 - 9:45 306 - Introduction to Irish 9:30 - 11:00 512 - Kripalu Hatha Yoga 9:55 - 11:10 307 - Irish Level 2 11:15 - 12:45 109 - Reverse Color Pencil Painting 1:00 - 3:00 165 - *Walking Tour of Elmwood Park 1:00 - 3:00 102 - *Glass Jewelry Making 1:30 - 2:25

* offsite ★ class starts today

<p>113 - *Piano 2-A 9:15 - 10:00</p> <p>522 - Nia 9:15 - 10:25</p> <p>114 - *Piano 2-B 10:00 - 10:45</p> <p>160 - Presidents XXIV: The Presidency Today 10:00 - 12:00</p> <p>502 - ★ A Matter of Balance 10:00 - 12:00</p> <p>508 - Improving Your Balance Skills 10:45 - 11:45</p> <p>115 - *Piano 2-C 11:00 - 11:45</p> <p>524 - ★Dance for Parkinson's 11:00 - 12:00</p> <p>308 - Beginning Conversational Italian 11:00 - 12:30</p> <p>525 - Dance Broadway 12:00 - 1:00</p> <p>138 - Hercule Poirot 1:00 - 3:00</p> <p>156 - ★Ancient Ruins 1:00 - 3:00</p> <p>510 - T'ai Chi 1:30 - 2:30</p>	<p>16</p> <p>T.N.T.: Tight and Tone 9:00 - 9:40</p> <p>Creative Writing Exercise 9:30 - 11:30</p> <p>*Chronic Pain Self-Management Program (CPSPM) 9:30 - 12:00</p> <p>Low-Impact Aerobics 9:45 - 10:15</p> <p>Book Group 10:00 - 11:00</p> <p>*Music Theory 5 10:00 - 11:10</p> <p>*Presidents XXIII: Modern Presidents 10:00 - 12:00</p> <p>Hatha Yoga 10:25 - 11:45</p> <p>*Piano Advanced 2 11:00 - 12:00</p> <p>*Music Theory 3 11:20 - 12:30</p> <p>Drum Fun and Fit 12:30 - 1:30</p> <p>*Beginners Acting Workshop 1:00 - 3:00</p> <p>Ancient Ruins 1:00 - 3:00</p> <p>Wildlife Art 1:00 - 3:30</p> <p>Cinema 2019/2020 1:00 - 4:00</p> <p>*Ceramic Wheel Throwing 1:30 - 4:00</p> <p>Tools for Healing 2:30 - 4:00</p> <p>*Toni Morrison: The Pieces I Am 4:00 - 6:30</p>	<p>17</p> <p>Power Sculpt 9:00 - 9:40</p> <p>Natan Meets Zentangle 9:30 - 11:30</p> <p>Kripalu Yoga with Yvonne 9:55 - 11:10</p> <p>Black History, Part II 10:00 - 11:30</p> <p>French for Beginners 10:00 - 11:30</p> <p>*Nia 10:30 - 11:30</p> <p>*Private Piano Lessons 10:30 - 1:30</p> <p>*Dance for Parkinson's 11:00 - 12:00</p> <p>Intermediate/Advanced Conversational Italian 12:30 - 2:00</p> <p>*Piano Beginners 12:45 - 1:30</p> <p>French Intermediate Level 1:00 - 2:30</p> <p>★Buying and Selling on eBay 1:00 - 3:00</p> <p>*Piano 3 1:30 - 2:30</p> <p>Advanced Conversational Italian 2:15 - 3:45</p> <p>French Advanced Level 2:45 - 4:15</p> <p>Vietnam Phase III: Nixon's War 3:00 - 5:00</p>	<p>18</p> <p>T.N.T.: Tight and Tone 9:00 - 9:40</p> <p>*Piano 2 9:15 - 10:00</p> <p>Hollywood's Focus on the Family, 1933-1950 9:30 - 12:30</p> <p>★Creative Writers Wkshp 9:30 - 12:30</p> <p>Low-Impact Aerobics 9:45 - 10:15</p> <p>Contemporary American Drama 10:00 - 12:00</p> <p>*Hatha Yoga 10:30 - 11:45</p> <p>*Piano 2/D 11:00 - 11:45</p> <p>*Intermediate Acting Workshop 1:00 - 3:00</p> <p>★Angel Therapy 1:00 - 3:00</p> <p>Building the Pyramids of Egypt 1:00 - 3:00</p> <p>*Piano 3 1:30 - 2:30</p> <p>Qigong 3:15 - 4:15</p>	<p>19</p> <p>521 - Zumba™ 9:00 - 9:45</p> <p>306 - Introduction to Irish 9:30 - 11:00</p> <p>512 - Kripalu Hatha Yoga 9:55 - 11:10</p> <p>108 - Colored Pencil Rose 10:00 - 12:00</p> <p>307 - Irish Level 2 11:15 - 12:45</p> <p>109 - Reverse Color Pencil Painting 1:00 - 3:00</p> <p>102 - ★Glass Jewelry Making 1:30 - 2:25</p>
<p>113 - *Piano 2-A 9:15 - 10:00</p> <p>522 - Nia 9:15 - 10:25</p> <p>114 - *Piano 2-B 10:00 - 10:45</p> <p>160 - Presidents XXIV: The Presidency Today 10:00 - 12:00</p> <p>502 - ★ A Matter of Balance 10:00 - 12:00</p> <p>508 - Improving Your Balance Skills 10:45 - 11:45</p> <p>115 - *Piano 2-C 11:00 - 11:45</p> <p>524 - ★Dance for Parkinson's 11:00 - 12:00</p> <p>308 - Beginning Conversational Italian 11:00 - 12:30</p> <p>525 - Dance Broadway 12:00 - 1:00</p> <p>138 - Hercule Poirot 1:00 - 3:00</p> <p>156 - ★Ancient Ruins 1:00 - 3:00</p> <p>510 - T'ai Chi 1:30 - 2:30</p>	<p>23</p> <p>T.N.T.: Tight and Tone 9:00 - 9:40</p> <p>Creative Writing Exercise 9:30 - 11:30</p> <p>★Introduction to Buddhism 9:30 - 12:00</p> <p>*Chronic Pain Self-Management Program (CPSPM) 9:30 - 12:00</p> <p>★Writing Stories From Your Life 9:30 - 12:30</p> <p>Low-Impact Aerobics 9:45 - 10:15</p> <p>*Music Theory 5 10:00 - 11:10</p> <p>*Presidents XXIII: Modern Presidents 10:00 - 12:00</p> <p>Hatha Yoga 10:25 - 11:45</p> <p>*Music Theory 3 11:20 - 12:30</p> <p>Drum Fun and Fit 12:30 - 1:30</p> <p>*Beginners Acting Workshop 1:00 - 3:00</p> <p>Wildlife Art 1:00 - 3:30</p> <p>Cinema 2019/2020 1:00 - 4:00</p> <p>*Ceramic Wheel Throwing 1:30 - 4:00</p> <p>Tools for Healing 2:30 - 4:00</p>	<p>24</p> <p>Power Sculpt 9:00 - 9:40</p> <p>Natan Meets Zentangle 9:30 - 11:30</p> <p>Black History, Part II 10:00 - 11:30</p> <p>French for Beginners 10:00 - 11:30</p> <p>*Nia 10:30 - 11:30</p> <p>*Private Piano Lessons 10:30 - 1:30</p> <p>*Dance for Parkinson's 11:00 - 12:00</p> <p>Intermediate/Advanced Conversational Italian 12:30 - 2:00</p> <p>French Intermediate Level 1:00 - 2:30</p> <p>★Buying and Selling on eBay 1:00 - 3:00</p> <p>*Piano 3 1:30 - 2:30</p> <p>Advanced Conversational Italian 2:15 - 3:45</p> <p>French Advanced Level 2:45 - 4:15</p> <p>Vietnam Phase III: Nixon's War 3:00 - 5:00</p>	<p>25</p> <p>T.N.T.: Tight and Tone 9:00 - 9:40</p> <p>Hollywood's Focus on the Family, 1933-1950 9:30 - 12:30</p> <p>Low-Impact Aerobics 9:45 - 10:15</p> <p>Contemporary American Drama 10:00 - 12:00</p> <p>*Hatha Yoga 10:30 - 11:45</p> <p>*Intermediate Acting Workshop 1:00 - 3:00</p> <p>★Angel Therapy 1:00 - 3:00</p> <p>Building the Pyramids of Egypt 1:00 - 3:00</p> <p>Qigong 3:15 - 4:15</p>	<p>26</p> <p>521 - Zumba™ 9:00 - 9:45</p> <p>306 - Introduction to Irish 9:30 - 11:00</p> <p>108 - Colored Pencil Rose 10:00 - 12:00</p> <p>307 - Irish Level 2 11:15 - 12:45</p> <p>109 - Reverse Color Pencil Painting 1:00 - 3:00</p> <p>102 - ★Glass Jewelry Making 1:30 - 2:25</p>
<p>113 - *Piano 2-A 9:15 - 10:00</p> <p>522 - Nia 9:15 - 10:25</p> <p>114 - *Piano 2-B 10:00 - 10:45</p> <p>160 - Presidents XXIV: The Presidency Today 10:00 - 12:00</p> <p>502 - ★ A Matter of Balance 10:00 - 12:00</p> <p>508 - Improving Your Balance Skills 10:45 - 11:45</p> <p>115 - *Piano 2-C 11:00 - 11:45</p> <p>524 - ★Dance for Parkinson's 11:00 - 12:00</p> <p>308 - Beginning Conversational Italian 11:00 - 12:30</p> <p>525 - Dance Broadway 12:00 - 1:00</p> <p>138 - Hercule Poirot 1:00 - 3:00</p> <p>510 - T'ai Chi 1:30 - 2:30</p> <p>507 - ★ Sound Healing 2:00 - 3:30</p>	<p>29</p> <p>*Piano 2-A 9:15 - 10:00</p> <p>Nia 9:15 - 10:25</p> <p>*Piano 2-B 10:00 - 10:45</p> <p>Presidents XXIV: The Presidency Today 10:00 - 12:00</p> <p>A Matter of Balance 10:00 - 12:00</p> <p>Improving Your Balance Skills 10:45 - 11:45</p> <p>*Piano 2-C 11:00 - 11:45</p> <p>*Dance for Parkinson's 11:00 - 12:00</p> <p>Beginning Conversational Italian 11:00 - 12:30</p> <p>Dance Broadway 12:00 - 1:00</p> <p>Hercule Poirot 1:00 - 3:00</p> <p>Introduction to Word 365 1:00 - 3:00</p> <p>T'ai Chi 1:30 - 2:30</p>	<p>30</p> <p>T.N.T.: Tight and Tone 9:00 - 9:40</p> <p>Introduction to Buddhism 9:30 - 12:00</p> <p>Low-Impact Aerobics 9:45 - 10:15</p> <p>*Music Theory 5 10:00 - 11:10</p> <p>*Presidents XXIII: Modern Presidents 10:00 - 12:00</p> <p>Hatha Yoga 10:25 - 11:45</p> <p>*Piano Advanced 2 11:00 - 12:00</p> <p>*Music Theory 3 11:20 - 12:30</p> <p>Wildlife Art 1:00 - 3:30</p> <p>★Art of Relaxation - Part I 2:00 - 4:00</p>		

★
Sunday, June 14
132 - ★Through the Movie Lens
3:00 - 5:30

OASIS CALENDAR FOR JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>113 - *Piano 2-A 9:15 - 10:00 522 - Nia 9:15 - 10:25 114 - *Piano 2-B 10:00 - 10:45 411 - ★ Google Photos 10:00 - 12:00 502 - A Matter of Balance 10:00 - 12:00 509 - ★ Improving Your Balance Skills 10:45 - 11:45 115 - *Piano 2-C 11:00 - 11:45 524 - *Dance for Parkinson's 11:00 - 12:00 308 - Beginning Conversational Italian 11:00 - 12:30 525 - Dance Broadway 12:00 - 1:00 403 - Introduction to Word 365 1:00 - 3:00 510 - T'ai Chi 1:30 - 2:30</p>	<p>7</p> <p>516 - T-N-T: Tight and Tone 9:00 - 9:40 152 - Introduction to Buddhism 9:30 - 12:00 140 - *Writing Stories From Your Life 9:30 - 12:30 518 - Low-Impact Aerobics 9:45 - 10:15 121 - *Music Theory 5 10:00 - 11:10 162 - ★ An Election Update 10:00 - 12:00 514 - Hatha Yoga 10:25 - 11:45 117 - *Piano Advanced 2 11:00 - 12:00 120 - *Music Theory 3 11:20 - 12:30 302 - ★ Art of Relaxation Part II 2:00 - 4:00</p>	<p>1</p> <p>520 - Power Sculpt 9:00 - 9:40 107 - Nolan Meets Zentangle 9:30 - 11:30 513 - Kripalu Yoga with Yvonne 9:55 - 11:10 158 - Black History, Part II 10:00 - 11:30 303 - French for Beginners 10:00 - 11:30 523 - *Nia 10:30 - 11:30 110 - *Private Piano Lessons 10:30 - 1:30 524 - *Dance for Parkinson's 11:00 - 12:00 309 - Intermediate/Advanced Conversational Italian 12:30 - 2:00 111 - *Piano Beginners 12:45 - 1:30 304 - French Intermediate Level 1:00 - 2:30 403 - Introduction to Word 365 1:00 - 3:00 119 - *Piano 3 1:30 - 2:30 310 - Advanced Conversational Italian 2:15 - 3:45 305 - French Advanced Level 2:45 - 4:15 159 - Vietnam Phase III: Nixon's War 3:00 - 5:00</p>	<p>2</p> <p>517 - T-N-T: Tight and Tone 9:00 - 9:40 112 - *Piano 2 9:15 - 10:00 134 - Hollywood's Focus on the Family, 1933-1950 9:30 - 12:30 141 - Creative Writers Wkshp 9:30 - 12:30 519 - Low-Impact Aerobics 9:45 - 10:15 515 - *Hatha Yoga 10:30 - 11:45 116 - *Piano 2-D 11:00 - 11:45 147 - Angel Therapy 1:00 - 3:00 155 - ★ History and Archaeology of Ancient Egypt 1:00 - 3:00 118 - *Piano 3 1:30 - 2:30 511 - Qigong 3:15 - 4:15</p>	<p>3</p> <p>OASIS CLOSED 4TH OF JULY OBSERVED</p>
<p>6</p> <p>113 - *Piano 2-A 9:15 - 10:00 522 - Nia 9:15 - 10:25 114 - *Piano 2-B 10:00 - 10:45 411 - ★ Google Photos 10:00 - 12:00 502 - A Matter of Balance 10:00 - 12:00 509 - ★ Improving Your Balance Skills 10:45 - 11:45 115 - *Piano 2-C 11:00 - 11:45 524 - *Dance for Parkinson's 11:00 - 12:00 308 - Beginning Conversational Italian 11:00 - 12:30 525 - Dance Broadway 12:00 - 1:00 403 - Introduction to Word 365 1:00 - 3:00 510 - T'ai Chi 1:30 - 2:30</p>	<p>7</p> <p>516 - T-N-T: Tight and Tone 9:00 - 9:40 152 - Introduction to Buddhism 9:30 - 12:00 140 - *Writing Stories From Your Life 9:30 - 12:30 518 - Low-Impact Aerobics 9:45 - 10:15 121 - *Music Theory 5 10:00 - 11:10 162 - ★ An Election Update 10:00 - 12:00 514 - Hatha Yoga 10:25 - 11:45 117 - *Piano Advanced 2 11:00 - 12:00 120 - *Music Theory 3 11:20 - 12:30 302 - ★ Art of Relaxation Part II 2:00 - 4:00</p>	<p>8</p> <p>520 - Power Sculpt 9:00 - 9:40 513 - Kripalu Yoga with Yvonne 9:55 - 11:10 163 - ★ History of a House 10:00 - 11:30 303 - French for Beginners 10:00 - 11:30 411 - Google Photos 10:00 - 12:00 523 - *Nia 10:30 - 11:30 110 - *Private Piano Lessons 10:30 - 1:30 524 - *Dance for Parkinson's 11:00 - 12:00 309 - Intermediate/Advanced Conversational Italian 12:30 - 2:00 111 - *Piano Beginners 12:45 - 1:30 304 - French Intermediate Level 1:00 - 2:30 704 - LT Mtg. 1:00 - 2:30 403 - Introduction to Word 365 1:00 - 3:00 119 - *Piano 3 1:30 - 2:30 310 - Advanced Conversational Italian 2:15 - 3:45 305 - French Advanced Level 2:45 - 4:15</p>	<p>9</p> <p>517 - T-N-T: Tight and Tone 9:00 - 9:40 112 - *Piano 2 9:15 - 10:00 519 - Low-Impact Aerobics 9:45 - 10:15 148 - ★ Angel Tarot 10:00 - 12:00 408 - ★ Android Tablet & Smart Phone 10:00 - 12:00 409 - ★ Storytelling Workshop with Video and Sound 10:00 - 12:00 515 - *Hatha Yoga 10:30 - 11:45 116 - *Piano 2-D 11:00 - 11:45 155 - History and Archaeology of Ancient Egypt 1:00 - 3:00 106 - ★ Abstract Drawing and Painting 1:00 - 3:30 118 - *Piano 3 1:30 - 2:30 511 - Qigong 3:15 - 4:15</p>	<p>10</p> <p>521 - Zumba™ 9:00 - 9:45 306 - Introduction to Irish 9:30 - 11:00 512 - Kripalu Hatha Yoga 9:55 - 11:10 108 - Colored Pencil Rose 10:00 - 12:00 411 - Google Photos 10:00 - 12:00 703 - Volunteer Mtg. 11:00 - 12:00 307 - Irish Level 2 11:15 - 12:45 109 - Reverse Color Pencil Painting 1:00 - 3:00 403 - Introduction to Word 365 1:00 - 3:00</p>

* onsite ★ class starts today

<div>113 - *Piano 2-A 9:15 - 10:00</div> <div>522 - Nia 9:15 - 10:25</div> <div>114 - *Piano 2-B 10:00 - 10:45</div> <div>502 - A Matter of Balance 10:00 - 12:00</div> <div>509 - Improving Your Balance Skills 10:45 - 11:45</div> <div>115 - *Piano 2-C 11:00 - 11:45</div> <div>524 - *Dance for Parkinson's 11:00 - 12:00</div> <div>308 - Beginning Conversational Italian 11:00 - 12:30</div> <div>525 - Dance Broadway 12:00 - 1:00</div> <div>403 - Introduction to Word 365 1:00 - 3:00</div> <div>510 - Tai Chi 1:30 - 2:30</div> <div><div>★</div><div>Sunday, July 12</div><div>132 - *Through the Movie Lens</div><div>3:00 - 5:30</div></div>	<div>516 - T-N-T: Tight and Tone 9:00 - 9:40</div> <div>152 - Introduction to Buddhism 9:30 - 12:00</div> <div>518 - Low-Impact Aerobics 9:45 - 10:15</div> <div>137 - Book Group 10:00 - 11:00</div> <div>121 - *Music Theory 5 10:00 - 11:10</div> <div>514 - Hatha Yoga 10:25 - 11:45</div> <div>117 - *Piano Advanced 2 11:00 - 12:00</div> <div>120 - *Music Theory 3 11:20 - 12:30</div> <div>503 - ★ Understanding & Responding to Dementia-Related Behavior 2:00 - 3:30</div>	<div>520 - Power Sculpt 9:00 - 9:40</div> <div>513 - Kripalu Yoga with Yvonne 9:55 - 11:10</div> <div>303 - French for Beginners 10:00 - 11:30</div> <div>523 - *Nia 10:30 - 11:30</div> <div>110 - *Private Piano Lessons 10:30 - 1:30</div> <div>524 - *Dance for Parkinson's 11:00 - 12:00</div> <div>111 - *Piano Beginners 12:45 - 1:30</div> <div>304 - French Intermediate Level 1:00 - 2:30</div> <div>119 - *Piano 3 1:30 - 2:30</div> <div>305 - French Advanced Level 2:45 - 4:15</div>	<div>517 - T-N-T: Tight and Tone 9:00 - 9:40</div> <div>112 - *Piano 2 9:15 - 10:00</div> <div>141 - Creative Writers Wkshp 9:30 - 12:30</div> <div>519 - Low-Impact Aerobics 9:45 - 10:15</div> <div>148 - Angel Tarot 10:00 - 12:00</div> <div>408 - Android Tablet & Smart Phone 10:00 - 12:00</div> <div>409 - Storytelling Workshop with Video and Sound 10:00 - 12:00</div> <div>515 - *Hatha Yoga 10:30 - 11:45</div> <div>116 - *Piano 2-D 11:00 - 11:45</div> <div>106 - Abstract Drawing and Painting 1:00 - 3:30</div> <div>155 - History and Archaeology of Ancient Egypt 1:00 - 3:00</div> <div>118 - *Piano 3 1:30 - 2:30</div> <div>511 - Qigong 3:15 - 4:15</div>	<div>521 - Zumba™ 9:00 - 9:45</div> <div>306 - Introduction to Irish 9:30 - 11:00</div> <div>512 - Kripalu Hatha Yoga 9:55 - 11:10</div> <div>307 - Irish Level 2 11:15 - 12:45</div>
<div>113 - *Piano 2-A 9:15 - 10:00</div> <div>522 - Nia 9:15 - 10:25</div> <div>114 - *Piano 2-B 10:00 - 10:45</div> <div>502 - A Matter of Balance 10:00 - 12:00</div> <div>509 - Improving Your Balance Skills 10:45 - 11:45</div> <div>115 - *Piano 2-C 11:00 - 11:45</div> <div>524 - *Dance for Parkinson's 11:00 - 12:00</div> <div>525 - Dance Broadway 12:00 - 1:00</div> <div>510 - Tai Chi 1:30 - 2:30</div>	<div>516 - T-N-T: Tight and Tone 9:00 - 9:40</div> <div>152 - Introduction to Buddhism 9:30 - 12:00</div> <div>140 - *Writing Stories From Your Life 9:30 - 12:30</div> <div>518 - Low-Impact Aerobics 9:45 - 10:15</div> <div>121 - *Music Theory 5 10:00 - 11:10</div> <div>514 - Hatha Yoga 10:25 - 11:45</div> <div>117 - *Piano Advanced 2 11:00 - 12:00</div> <div>120 - *Music Theory 3 11:20 - 12:30</div>	<div>520 - Power Sculpt 9:00 - 9:40</div> <div>513 - Kripalu Yoga with Yvonne 9:55 - 11:10</div> <div>303 - French for Beginners 10:00 - 11:30</div> <div>145 - ★ Your Writing Is Your Business 10:00 - 12:00</div> <div>523 - *Nia 10:30 - 11:30</div> <div>110 - *Private Piano Lessons 10:30 - 1:30</div> <div>524 - *Dance for Parkinson's 11:00 - 12:00</div> <div>111 - *Piano Beginners 12:45 - 1:30</div> <div>304 - French Intermediate Level 1:00 - 2:30</div> <div>119 - *Piano 3 1:30 - 2:30</div> <div>305 - French Advanced Level 2:45 - 4:15</div>	<div>517 - T-N-T: Tight and Tone 9:00 - 9:40</div> <div>112 - *Piano 2 9:15 - 10:00</div> <div>519 - Low-Impact Aerobics 9:45 - 10:15</div> <div>148 - Angel Tarot 10:00 - 12:00</div> <div>409 - Storytelling Workshop with Video and Sound 10:00 - 12:00</div> <div>515 - *Hatha Yoga 10:30 - 11:45</div> <div>116 - *Piano 2-D 11:00 - 11:45</div> <div>106 - Abstract Drawing and Painting 1:00 - 3:30</div> <div>155 - History and Archaeology of Ancient Egypt 1:00 - 3:00</div> <div>118 - *Piano 3 1:30 - 2:30</div> <div>511 - Qigong 3:15 - 4:15</div>	<div>521 - Zumba™ 9:00 - 9:45</div> <div>306 - Introduction to Irish 9:30 - 11:00</div> <div>512 - Kripalu Hatha Yoga 9:55 - 11:10</div> <div>307 - Irish Level 2 11:15 - 12:45</div>
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OASIS CALENDAR FOR AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 113 - *Piano 2-A 9:15 - 10:00 114 - *Piano 2-B 10:00 - 10:45 149 - Introduction to Spiritual Development Circle Part 2 10:00 - 12:00 412 - ★ Smartphone Photography 10:00 - 12:00 502 - A Matter of Balance 10:00 - 12:00 509 - Improving Your Balance Skills 10:45 - 11:45 115 - *Piano 2-C 11:00 - 11:45 524 - *Dance for Parkinson's 11:00 - 12:00 150 - Understanding the Journey of our Souls 12:30 - 2:30 510 - T'ai Chi 1:30 - 2:30	4 516 - T-N-T: Tight and Tone 9:00 - 9:40 140 - *Writing Stories From Your Life 9:30 - 12:30 518 - Low-Impact Aerobics 9:45 - 10:15 121 - *Music Theory 5 10:00 - 11:10 143 - ★ Award-Winning Picture Book 10:00 - 12:00 117 - *Piano Advanced 2 11:00 - 12:00 120 - *Music Theory 3 11:20 - 12:30	5 520 - Power Sculpt 9:00 - 9:40 513 - Kripalu Yoga with Yvonne 9:55 - 11:10 303 - French for Beginners 10:00 - 11:30 412 - Smartphone Photography 10:00 - 12:00 110 - *Private Piano Lessons 10:30 - 1:30 524 - *Dance for Parkinson's 11:00 - 12:00 111 - *Piano Beginners 12:45 - 1:30 304 - French Intermediate Level 1:00 - 2:30 119 - *Piano 3 1:30 - 2:30 305 - French Advanced Level 2:45 - 4:15	6 517 - T-N-T: Tight and Tone 9:00 - 9:40 112 - *Piano 2 9:15 - 10:00 519 - Low-Impact Aerobics 9:45 - 10:15 143 - Award-Winning Picture Book 10:00 - 12:00 116 - *Piano 2-D 11:00 - 11:45 402 - ★ Windows 10 1:00 - 3:00 106 - Abstract Drawing and Painting 1:00 - 3:30 118 - *Piano 3 1:30 - 2:30 511 - Qigong 3:15 - 4:15	7 521 - Zumba™ 9:00 - 9:45 306 - Introduction to Irish 9:30 - 11:00 512 - Kripalu Hatha Yoga 9:55 - 11:10 412 - Smartphone Photography 10:00 - 12:00 307 - Irish Level 2 11:15 - 12:45
10 113 - *Piano 2-A 9:15 - 10:00 114 - *Piano 2-B 10:00 - 10:45 149 - Introduction to Spiritual Development Circle Part 2 10:00 - 12:00 509 - Improving Your Balance Skills 10:45 - 11:45 115 - *Piano 2-C 11:00 - 11:45 524 - *Dance for Parkinson's 11:00 - 12:00 150 - Understanding the Journey of our Souls 12:30 - 2:30 510 - T'ai Chi 1:30 - 2:30 <div>★ Sunday, August 9 132 - *Through the Movie Lens 3:00 - 5:30</div> <div>★ Sunday, August 9 133 - ★ Animated and Documentary Shorts 3:00 - 5:30</div>	11 601 - ★ Historic Rochester 7:30 - 6:00 516 - T-N-T: Tight and Tone 9:00 - 9:40 518 - Low-Impact Aerobics 9:45 - 10:15 137 - Book Group 10:00 - 11:00 143 - Award-Winning Picture Book 10:00 - 12:00 117 - *Piano Advanced 2 11:00 - 12:00 504 - ★ Understanding Alzheimer's and Dementia 3:00 - 4:00	12 520 - Power Sculpt 9:00 - 9:40 513 - Kripalu Yoga with Yvonne 9:55 - 11:10 303 - French for Beginners 10:00 - 11:30 524 - *Dance for Parkinson's 11:00 - 12:00 111 - *Piano Beginners 12:45 - 1:30 304 - French Intermediate Level 1:00 - 2:30 704 - LT Mtg. 1:00 - 2:30 119 - *Piano 3 1:30 - 2:30 305 - French Advanced Level 2:45 - 4:15	13 517 - T-N-T: Tight and Tone 9:00 - 9:40 112 - *Piano 2 9:15 - 10:00 141 - Creative Writers Wkshop 9:30 - 12:30 519 - Low-Impact Aerobics 9:45 - 10:15 116 - *Piano 2-D 11:00 - 11:45 106 - Abstract Drawing and Painting 1:00 - 3:30 118 - *Piano 3 1:30 - 2:30 125 - ★ Robert Adler, Piano 1:30 - 2:30 511 - Qigong 3:15 - 4:15	14 521 - Zumba™ 9:00 - 9:45 306 - Introduction to Irish 9:30 - 11:00 512 - Kripalu Hatha Yoga 9:55 - 11:10 307 - Irish Level 2 11:15 - 12:45

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toni
morrison
the pieces i am

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