

FALL 2020



UPSTATE
Oasis
Lifelong Adventure

Course Catalog
Join us for online
Zoom classes

Sponsored
by

UPSTATE
MEDICAL UNIVERSITY

Register online: upstate.oasisnet.org

Dear Oasis Friends,

I hope this greeting finds you well. Thank you for staying the course during this time. As we continue to navigate the “new normal” in the midst of the global COVID-19 pandemic, you will notice like many things these days, our catalog looks different. We continue to strive to bring you the robust content you are accustomed to, however out of an abundance of caution for the health and safety of our participants, we will continue to deliver our Oasis classes via the online Zoom video format. This mini catalog will highlight the class titles, dates and times for our Fall 2020 trimester. You can go online at upstate.oasisnet.org to review a more in-depth description of each class.

In addition to our local class content, you can also go to Oasis Everywhere at store.oasiseverywhere.org where each Oasis center across the nation provides content to this platform to enrich your Oasis experience.

Despite all that seems to be changing, we are pleased to continue some of your favorite classes like State of the Union, fitness classes, languages, art classes, and more! It's so encouraging to us to hear that for some members, these classes are helpful as a way to manage their mental health during this pandemic. There are so many opportunities to help keep your mind and body active and healthy during this unprecedented time—including another premier event in partnership with WCNY.

As always, we welcome your feedback about ideas for new classes and will strive to deliver an excellent Oasis experience while protecting the health of the aging community through the safe delivery of programming until a time that it is deemed appropriate to return to in-person classes.

Warmly,



Cynthia Woods, Executive Director

Upstate Oasis



Take a class on Oasis Everywhere:

- Oasis Everywhere offers live online content from instructors from all nine Oasis centers across the country.
- **Our own instructors are offering classes both locally and on Oasis Everywhere. If you are interested in an Oasis Everywhere class being taught by one of our Upstate instructors, please be sure to register locally at: upstate.oasisnet.org**
- For more classes from other centers outside of Syracuse please register at store.oasiseverywhere.org
- Registration closes 1 day prior to the class start date.
- Classes are consistently being added to Oasis Everywhere so be sure to check in periodically.

Upstate Oasis update:

- Staff continues to work from home through October 2, however this may be extended.
- All classes are being held online on Zoom. (See Zoom box for further information.)
- Registration will begin on August 31 and will be online only at: upstate.oasisnet.org
- Scholarships available on a case by case basis

Full class descriptions are on our website. Registration will begin on August 31 and will be online only at: upstate.oasisnet.org.

Register online: upstate.oasisnet.org

Contact us: roberson@upstate.edu

FALL 2020 COURSE CATALOG



All classes will be held on Zoom:

- How to join- you will need to download the Zoom app to your device prior to class. Please visit: <https://zoom.us/download>
- Zoom meeting information will be included in registration receipts. Please be sure to save your receipt or conveniently file Zoom meeting ID and passcode for easy use.
- We will continue to use the waiting room feature and allow members into the meeting based on the class roster.
- To ensure admittance into the class, please be sure to change your device name to reflect who is enrolled in the class.
- To minimize distractions, please keep yourself muted at all times unless otherwise instructed.
- Due to storage space constraints and copyright issues, we will no longer record classes.

- 101 Step-by-Step Acrylic Painting: Sunflower Fields Forever**
Evelyn Fiorenza
Tuesdays Sep 22 - Oct 27 10:00 - 12:00
\$73 6 sessions
- 102 The Basics of Music Theory 6**
Lynn Moroz
Tuesdays Sep 15 - Dec 1 10:00 - 11:10
\$141 12 sessions
- 103 Music in the Time of COVID**
Lawrence Loh and Pamela Murchison
Wednesday Sep 23 10:30 - 12:00
\$10 1 session
- 104 Syracuse Stage: The 2020-2021 Season**
Robert Hupp
Wednesday Oct 7 10:00 - 11:30
\$10 1 session
- 105 Not Done: Women Remaking America - A Special Event with WCNY**
Wednesday Oct 21 4:00 - 6:00
Free 1 session
- 106 Through the Movie Lens: Views on Aging ***
Judith Huober
Tuesdays Oct 13 - Dec 8 3:00 - 5:30 \$34
3 sessions
- 107 Oasis Book Group**
Wendy Davenport
Tuesdays Sep 15 - Dec 8 10:00 - 11:00
\$18 4 sessions
- 108 Hercule Poirot and His Heirs**
Wendy Davenport
Mondays Sep 14 - Oct 26 2:00 - 3:00
\$25 5 sessions
- 109 The Magic Trick of Writing**
Linda Lowen
Tuesdays Sep 15 - Oct 6 10:00 - 12:00
\$46 4 sessions
- 110 More Micro Memoir**
Linda Lowen
Tuesdays Oct 13 - Nov 3 10:00 - 12:00
\$46 4 sessions

* This is an Oasis Everywhere class



Full class descriptions are on our website. Registration will begin on August 31 and will be online only at: upstate.oasisnet.org.

- 111 Discovering/Rediscovering "The Artist's Way" Part 1**
Linda Lowen
Tuesdays Nov 10 - Dec 1 10:00 - 12:00
\$46 4 sessions
- 112 Angel Therapy**
Lisa McCall
Thursdays Oct 1 - Oct 15 1:00 - 3:00
\$68 3 sessions
- 113 Karma and Reincarnation – How Do They Work?**
Virginia R. Waldron
Wednesday Oct 21 10:00 - 12:00
\$27 1 session
- 114 Soul Journeys**
Virginia R. Waldron
Wednesday Oct 28 10:00 - 12:00
\$27 1 session
- 115 Shamanic Meditation**
Monique Lang
Fridays Nov 6 - Nov 20 11:00 - 12:00
\$30 3 sessions
- 116 Jungian Psychology and the False Bride**
Kaye Lindauer
Thursdays Oct 1 - Nov 5 1:00 - 2:30
\$65 6 sessions
- 117 American Religious History- Reconstruction Era through the Present ***
David E. Pasinski
Wednesdays Oct 14 - Nov 18 1:00 - 3:00
\$51 5 sessions
- 118 Statuary Hall ***
Charles Coon
Wednesdays Sep 2 - Sep 9 1:00 - 2:30
\$15 2 sessions
- 119 Black History 1945- Present ***
Charles Coon
Tuesdays Oct 13 - Nov 10 2:00 - 3:30
\$45 5 sessions
- 120 Landmark Supreme Court Cases on Equal Protection: Race, Gender and Sexual Orientation**
James Carroll
Tuesdays Sep 22 - Oct 27 10:00 - 12:00
\$57 6 sessions
- 121 Landmark Supreme Court Cases on Equal Protection: Race, Gender and Sexual Orientation ***
James Carroll
Tuesdays Sep 22 - Oct 27 1:00 - 3:00
\$57 6 sessions
- 122 Vietnam Phase III: Nixon's War**
Tom Henry
Wednesday Oct 28 - Dec 2 10:00 - 12:00
\$46 4 sessions
- 123 Second Chance Replay of Vietnam Phase II: Johnson's War, 1963-1969**
Tom Henry \$30 (Previously recorded class)
- 124 Presidents XXV**
Tom Henry
Mondays Oct 26 - Nov 16 3:00 - 5:00
\$46 4 sessions
- 125 2020 Election & Social Media**
Margaret S. Thompson
Thursdays Aug 27 - Nov 19 3:30 - 4:50
\$30 13 sessions
- 126 Election Wrap Up**
Tom Henry
Tuesday Nov 10 10:00 - 12:00
\$6 1 session

* This is an Oasis Everywhere class



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 (our eBlast system).
- Sign into **MyOasis** and click on the Opt In button or call us at **315.464.6555** and we'll help you opt in to receive eBlasts and stay up to date on the latest class & center updates.

127 State of the Union: the Annette Guisbond Legacy Series
Hosted by Diana Biro and Eric Rogers
Mondays Sep 14 - Nov 9 10:00 - 12:00
\$47 6 sessions

128 History of Pirates: The Notorious Outlaws of the Sea
Susan and Len Sharp
Thurs. & Fri. Oct 29 - Oct 30 10:00 - 12:00
\$20 2 sessions

129 My Adventures in Moscow and St. Petersburg, USSR
Len Sharp
Thursday Nov 5 1:00 - 3:00
\$20 1 session

Science

201 Introduction to Cosmology: Views of the Universe Across Time *
Donald J. Bridy
Mondays Sep 21 - Nov 9 1:00 - 2:30
\$47 6 sessions

202 Rapa Nui (Easter Island): Geology, Environment, Culture, and the Moai
Len and Susan Sharp
Tuesdays Dec 1 - Dec 8 1:00 - 3:00
\$34 2 sessions

203 The Year in the Environment 2020 *
Stuart J. Spiegel
Mondays Dec 7 - Dec 14 1:00 - 3:00
\$20 2 sessions

Personal Development & Enrichment

301 Zen and The Art of Graceful Aging
Peg Miller
Wednesdays Sep 23 - Oct 28 1:30 - 3:00
\$79 6 sessions

302 Researching Your Roots
Lisa Alzo
Thursday Oct 22 9:30 - 12:30
\$40 1 session

303 Internet Genealogy
Lisa Alzo
Thursday Oct 22 1:00 - 4:00
\$40 1 session

304 Bullet Journaling 101
Liz Bremer
Friday Oct 9 1:00 - 2:30
\$27 1 session

305 Advanced Bullet Journaling
Liz Bremer
Friday Nov 13 1:00 - 2:30
\$27 1 session

306 French for Beginners
Veronique Bennett
Mondays Sep 14 - Dec 7 6:00 - 7:00
\$70 11 sessions

307 French Intermediate Level
Veronique Bennett
Mondays Sep 14 - Dec 7 7:15 - 8:15
\$70 11 sessions

308 French Advanced Level
Veronique Bennett
Thursdays Sep 17 - Dec 10 6:00 - 7:00
\$75 12 sessions

309 Introduction to Irish
John LaParo
Fridays Sep 25 - Dec 11 9:30 - 11:00
\$38 11 sessions

310 Irish Level 2
John LaParo
Fridays Sep 25 - Dec 11 11:15 - 12:45
\$38 11 sessions

311 Beginning Conversational Italian
Frank Ricciardiello
Mondays Oct 19 - Dec 7 11:00 - 12:30
\$46 8 sessions

312 Intermediate/Advanced Conversational Italian
Frank Ricciardiello
Wednesdays Oct 7 - Dec 2 12:30 - 2:00
\$41 7 sessions

313 Advanced Conversational Italian
Frank Ricciardiello
Wednesdays Oct 7 - Dec 2 2:15 - 3:45
\$41 7 sessions

314 Spanish 1
Cathy Bryant
Thursdays Sep 17 - Dec 10 4:00 - 5:00
\$35 12 sessions

315 Spanish 2
Cathy Bryant
Thursdays Sep 17 - Dec 10 2:00 - 3:00
\$40 12 sessions

316 Spanish 3
Cathy Bryant
Thursdays Sep 17 - Dec 10 12:00 - 1:00
\$40 12 sessions

317 Spanish 4
Carolyn Stark
Wednesdays Sep 16 - Dec 9 11:00 - 12:30
\$37 11 sessions

318 Spanish 5
Carolyn Stark
Wednesdays Sep 16 - Dec 9 9:00 - 10:30
\$37 11 sessions

Computers & Technology

401 Cybercrime Fighters: Phishing and Identity Theft
Al Somlo
Wednesday Oct 7 10:00 - 12:00
\$26 1 session

402 Cybercrime Fighters: Using Password Managers
Al Somlo
Wednesday Nov 4 1:00 - 3:00
\$26 1 session

403 Photo Editing Basics
Pamela Lipe Revercomb
Monday, Wednesday, Friday Oct 19 - Oct 28
10:00 - 12:00
\$81 5 sessions



All classes will be held on Zoom:

How to join- you will need to download the Zoom app to your device prior to class.
Please visit: <https://zoom.us/download>





404 Google Photos
 Pamela Lipe Revercomb
 Monday, Wednesday, Friday Nov 30 - Dec 4
 10:00 - 12:00
 \$38 3 sessions

 **Health & Fitness**

501 Chronic Pain Self-Management Program
 TBD, Co-peer leaders certified in CDSMP
 by Stanford University
 Tuesday Sep 15 - Oct 20 10:00 - 12:30
 Free 6 sessions

502 Chronic Disease Self Management Program
 TBD, Co-peer leaders certified in CDSMP
 by Stanford University
 Thursdays Sep 24 - Oct 29 12:30 - 3:00
 Free 6 sessions

503 Chronic Pain Self-Management Program
 TBD, Co-peer leaders certified in CDSMP
 by Stanford University
 Wednesday Oct 21 - Nov 25 10:00 - 12:30
 Free 6 sessions

504 Chronic Disease Self Management Program
 TBD, Co-peer leaders certified in CDSMP
 by Stanford University
 Mondays Nov 9 - Dec 14 5:00 - 7:30
 Free 6 sessions

505 Peer Support for Adults with Type 2 Diabetes
 TBD, Co-peer leaders certified in CDSMP
 by Stanford University
 Tuesday Nov 10 - Dec 15 10:00 - 12:30
 Free 6 sessions

506 Improving Your Balance Skills with Exercise
 Christina Castle
 Mondays Sep 14 - Oct 26 10:45 - 11:45
 \$27 5 sessions

507 Improving Your Balance Skills with Exercise
 Christina Castle
 Mondays Nov 2 - Dec 7 10:45 - 11:45
 \$32 6 sessions

508 Kripalu Yoga with Yvonne
 Yvonne Martin
 Wednesdays Sep 16 - Dec 9 10:00 - 11:15
 \$64 11 sessions

509 Kripalu Yoga with Yvonne
 Yvonne Martin
 Fridays Sep 25 - Dec 11 10:00 - 11:15
 \$64 11 sessions

510 Hatha Yoga with Pam
 Pam LeBlanc
 Tuesdays Sep 15 - Dec 8 10:25 - 11:45
 \$65 13 sessions

511 Hatha Yoga with Pam
 Pam LeBlanc
 Thursdays Sep 17 - Dec 10 10:30 - 11:45
 \$60 12 sessions

512 T-N-T: Tight and Tone
 Tammy Panzironi
 Tuesdays Sep 15 - Dec 8 9:00 - 9:40
 \$75 13 sessions

513 T-N-T: Tight and Tone
 Tammy Panzironi
 Thursdays Sep 17 - Dec 10 9:00 - 9:40
 \$69 12 sessions

Full class descriptions are on our website. Registration will begin on August 31 and will be online only at: upstate.oasisnet.org.



UPSTATE Oasis Lifelong Adventure



Health & Fitness *(continued)*

- 514 Low-Impact Aerobics**
Tammy Panzironi
Tuesdays Sep 15 - Dec 8 9:45 - 10:15
\$64 13 sessions
- 515 Low-Impact Aerobics**
Tammy Panzironi
Thursday Sep 17 - Dec 10 9:45 - 10:15
\$64 12 sessions
- 516 Power Sculpt**
Tammy Panzironi
Wednesdays Sep 16 - Dec 9 9:00 - 9:45
\$41 12 sessions
- 517 Nia Dance: Movement and Lifestyle Practice**
Elaine Wolf
Wednesdays Sep 16 - Dec 9 10:30 - 11:30
\$57 11 sessions
- 518 Nia Dance: Movement and Lifestyle Practice ***
Elaine Wolf
Mondays Oct 19 - Dec 7 10:30 - 11:30
\$41 8 sessions
- 519 Dance for Parkinson's**
Robin Ormsby
Mondays & Wednesdays Sep 14 - Dec 9
11:00 - 12:00
Free 22 sessions



Travel

- 601 Informational Session: Food & Wine Tour of France**
Jordan Anderson
Wednesday Sep 16 1:00 - 2:00
Free 1 session

* This is an Oasis Everywhere class



All classes will be held on Zoom:

- How to join- you will need to download the Zoom app to your device prior to class. Please visit: <https://zoom.us/download>
- Zoom meeting information will be included in registration receipts. Please be sure to save your receipt or conveniently file Zoom meeting ID and passcode for easy use.
- We will continue to use the waiting room feature and allow members into the meeting based on the class roster.
- To ensure admittance into the class, please be sure to change your device name to reflect who is enrolled in the class.
- To minimize distractions, please keep yourself muted at all times unless otherwise instructed.
- Due to storage space constraints and copyright issues, we will no longer record classes.

Sponsored by

UPSTATE
MEDICAL UNIVERSITY