

**Winter/Spring  
2021**



**Course Catalog**  
Join us for online Zoom classes

Sponsored by **UPSTATE**  
MEDICAL UNIVERSITY

**Register online: [upstate.oasisnet.org](http://upstate.oasisnet.org)**

## Dear Oasis Friends,

I hope this greeting finds you well. Thank you for continuing to stay the course during this time. We strive to safely deliver the robust content you are accustomed to as the COVID-19 pandemic continues. Therefore, 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 Winter/Spring 2021 trimester. You can go online at <https://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 <https://store.oasiseverywhere.org/> where each Oasis center across the nation provides content to this platform to enrich your Oasis experience.

There are so many opportunities to help keep your mind and body active and healthy during this unprecedented time, and we are thrilled to be able to bring them to you in the comfort of your own home. And with online Zoom programs, we never have to worry about “snow days” again! As always, we welcome your feedback about ideas for new programs and we will strive to deliver an excellent Oasis experience while protecting the health of the aging community through the safe delivery of programming until 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 Oasis instructors (noted by asterisk), please be sure to register locally at: <https://upstate.oasisnet.org>**

## Upstate Oasis update:

- Staff continues to work from home through January 1, however this may be extended.
- All classes are being held online on Zoom. (See Zoom box for further information.)
- Registration will begin on January 4 and will be online only at: [upstate.oasisnet.org](https://upstate.oasisnet.org).
- The best way to contact us is through email, [roberson@upstate.edu](mailto:roberson@upstate.edu).

Full class descriptions are on our website. Registration will begin on January 4 and will be online only at: [upstate.oasisnet.org](https://upstate.oasisnet.org)

# WINTER/SPRING 2021 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 jot down 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—first/last name.
- Arriving to class on time will prevent you from being held in the waiting room for an extended period of time.
- 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 Introduction to Zentangle**  
Sandra Philips  
Thursdays Feb 11 - Mar 11 1:00 - 3:00  
\$70 5 sessions
- 102 Symphoria: Performing Live Concerts during COVID**  
Lawrence Loh and Pamela Murchison  
Tuesday Jan 19 10:30 - 12:00  
\$10 1 session
- 103 Syracuse Stage: Creating Theater in a Pandemic**  
Robert Hupp  
Wednesday Jan 27 10:00 - 11:30  
\$10 1 session
- 104 Through the Movie Lens: Views on Aging \***  
Judith Huober  
Tuesdays Jan 19 - Apr 20 3:00 - 6:00  
\$45 4 sessions
- 105 Sci-fi Gems During the Golden Age of Sci-Fi: 1950-1959**  
Len Sharp and Susan Sharp  
Wednesdays Feb 10 - Feb 24 1:00 - 3:30  
\$64 3 sessions
- 106 Oasis Book Group**  
Wendy Davenport  
Tuesdays Jan 19 - Apr 13 10:00 - 11:00  
\$20 4 sessions
- 107 Emily Dickinson: Her Life and Poetry \***  
Kaye Lindauer  
Thursdays Mar 11 - Apr 8 1:00 - 2:30  
\$54 5 sessions
- 108 John Hersey: Iconic American Author**  
Wendy Davenport  
Mondays Feb 22 - Mar 22 2:00 - 3:00  
\$25 5 sessions
- 109 Ten Lessons for a Post-Pandemic World \***  
David E. Pasinski  
Mondays Jan 25 - Feb 15 12:00 - 1:30  
\$41 4 sessions

\*Register at Upstate Oasis for this Oasis Everywhere class.



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- 110 CNY Reads Presents  
*Finding Dorothy*  
Wendy Davenport  
Tuesday Feb 9 2:00 - 3:00  
Free 1 session
- 111 CNY Reads Presents *Judy*  
Wendy Davenport  
Tuesday Feb 23 2:00 - 3:00  
Free 1 session
- 112 Opening Doors to Stories  
from the Subconscious  
Linda Lowen  
Tuesdays Jan 19 - Feb 23 10:00 - 12:00  
\$68 6 sessions
- 113 Digging Out the Splinter: Write,  
Release, Let Go  
Linda Lowen  
Tuesdays Mar 2 - Apr 6 10:00 - 12:00  
\$68 6 sessions
- 114 Spiritual Insight Level 1  
Lisa McCall  
Mondays Feb 22 - Mar 8 1:00 - 3:00  
\$68 3 sessions
- 115 Spiritual Insight Level 2  
Lisa McCall  
Mondays Mar 15 - Mar 29 1:00 - 3:00  
\$68 3 sessions
- 116 Religions of the World \*  
Richard Pilgrim  
Mondays Feb 22 - Mar 29 10:00 - 12:00  
\$70 6 sessions
- 117 "Fratelli tutti"—Pope Francis'  
Challenge to a New World \*  
David E. Pasinski  
Tuesdays Feb 23 - Mar 16 1:00 - 2:30  
\$41 4 sessions
- 118 Nietzsche and Jungian Psychology \*  
Kaye Lindauer  
Thursdays Jan 28 - Feb 25 1:00 - 2:30  
\$54 5 sessions
- 119 A Mighty Thunder: Henry II,  
Thomas Becket and the Quarrel of  
Crown and Church  
Carol Puschaver  
Tuesdays Mar 2 - Mar 23 10:00 - 11:00  
\$36 4 sessions
- 120 Vietnam Phase IV: The Wind Down \*  
Tom Henry  
Wednesdays Mar 10 - Mar 31 10:00 - 12:00  
\$46 4 sessions
- 121 Presidents XXIV: The Presidents Today  
Tom Henry  
Tuesdays Mar 9 - Mar 30 10:00 - 12:00  
\$46 4 sessions
- 122 The Presidency: Then and Now \*  
Tom Henry  
Mondays Feb 1 - Feb 22 3:00 - 5:00  
\$46 4 sessions
- 123 Landmark Supreme Court Cases  
on Freedom of Religion and the  
Establishment Clause \*  
James J. Carroll  
Tuesdays Feb 2 - Mar 9 1:00 - 3:00  
\$57 6 sessions
- 124 Knowing my New Neighbors:  
Who is a Refugee?  
InterFaith Works of CNY  
Tuesdays Mar 16 - Mar 23 6:00 - 7:00  
\$12 2 sessions
- 125 The Foreign Policy Association's Great  
Decisions 2021  
Shelly Lee and Jack Welch  
Thursdays Jan 21 - Apr 29 3:00 - 4:30  
\$80 8 sessions

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## 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.

## Science

### 126 Travel Treks Encore: the Black Hills and Badlands of South Dakota

Diana Biro and Eric Rogers  
Wednesday Feb 24 10:00 - 12:00  
\$6 1 session

### 127 Travels with Tom: Death Valley and the Southwest Desert \*

Tom Henry  
Wednesday Mar 3 10:00 - 12:00  
\$6 1 session

### 128 Investing During Retirement

Jon Smith  
Wednesday Jan 20 1:00 - 3:00  
\$10 1 session

### 129 Top 5 Financial Strategies for Seniors

Jon Smith  
Wednesday Feb 3 1:00 - 3:00  
\$10 1 session

### 130 What's Your Legacy?

Carolyn Hendrickson  
Monday Feb 8 10:00 - 11:30  
Free 1 session

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

Patsy Scala  
Tuesdays Mar 9 - Mar 23 1:00 - 3:00  
\$17 3 sessions

### 201 From the Great Influenza to COVID-19: Lessons from a Century of Viral Pandemics \*

Rae-Ellen Kavey  
Thursdays Feb 18 - Mar 25 10:00 - 11:00  
\$30 6 sessions

### 202 EVOLVE: The Constant Challenge To Survive

Susan Sharp and Len Sharp  
Tues. & Thurs. Feb 2 - Feb 11 1:00 - 3:00  
\$45 4 sessions

### 203 The Science Behind Climate Change

Bryce Hand  
Tuesday Jan 19 1:00 - 2:30  
\$10 1 session

### 204 Earth on a Rampage! Notable Past, Present and Future Historical Worldwide Natural Disasters

Len Sharp and Susan Sharp  
Wednesdays Jan 20 - Feb 3 1:00 - 3:00  
\$51 3 sessions

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**Personal Development  
& Enrichment**

**301 Zen and The Art of Graceful Aging**

Peg Miller

Wednesdays Mar 3 - Apr 7 2:00 - 3:30

\$79 6 sessions

**302 Beyond the Pandemic: New perspectives on Social Isolation—Reflections, Recharging and Reconnecting**

Mary Lou Bender

Tuesdays Mar 23 - Mar 30 1:00 - 2:30

\$30 2 sessions

**303 Cultivating an Attitude of Gratitude**

Diane Lansing

Mondays Mar 1 - Mar 22 1:00 - 3:00

\$45 4 sessions

**304 More Internet Genealogy**

Lisa Alzo

Thursday Jan 21 9:30 - 12:30

\$40 1 session

**305 Unpuzzling Your Past: Write Your Family History Step by Step**

Lisa Alzo

Thursday Jan 21 1:00 - 4:00

\$40 1 session

**306 Organizing 101**

Liz Bremer

Tuesday Jan 26 3:00 - 4:00

\$18 1 session

**307 French for Beginners**

Veronique Bennett

Mondays Jan 25 - Apr 12 6:00 - 7:00

\$75 12 sessions

**308 French Intermediate Level**

Veronique Bennett

Mondays Jan 25 - Apr 12 7:15 - 8:15

\$75 12 sessions

**309 French Advanced Level**

Veronique Bennett

Thursdays Jan 21 - Apr 8 6:00 - 7:00

\$80 12 sessions

**310 Introduction to Irish**

John LaParo

Fridays Jan 22 - Apr 16 9:30 - 11:00

\$52 13 sessions

**311 Irish Level 2**

John LaParo

Fridays Jan 22 - Apr 16 11:15 - 12:45

\$52 13 sessions

**312 Spanish 1**

Cathy Bryant

Thursdays Jan 21 - Apr 15 4:00 - 5:00

\$65 13 sessions



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- 313 Spanish 2**  
Cathy Bryant  
Thursdays Jan 21 - Apr 15 2:00 - 3:00  
\$65 13 sessions
- 314 Spanish 3**  
Cathy Bryant  
Thursdays Jan 21 - Apr 15 12:00 - 1:00  
\$65 13 sessions
- 315 Spanish 4**  
Carolyn Stark  
Wednesdays Jan 20 - Apr 14 11:00 - 12:30  
\$52 13 sessions
- 316 Spanish 5**  
Carolyn Stark  
Wednesdays Jan 20 - Apr 14 9:00 - 10:30  
\$52 13 sessions



## Computers & Technology

- 401 Streaming 101: for PC / Mac / tablet / Android / iPhone**  
Al Somlo  
Wednesdays Feb 10 - Feb 17 2:00 - 4:00  
\$21 2 sessions
- 402 iPad Essentials**  
Al Somlo  
Thursdays Mar 4 - Apr 1 10:00 - 12:00  
\$60 5 sessions
- 403 Android Essentials: for Tablets and Smart Phones**  
Al Somlo  
Tuesdays Apr 6 - Apr 13 1:00 - 3:00  
\$41 2 sessions
- 404 Google Photos**  
Pamela Lipe Revercomb  
Mon/Wed/Fri Jan 25 - Jan 29 10:00 - 12:00  
\$38 3 sessions



## Health and Fitness

- 501 Tai Chi for Arthritis and Falls Prevention**  
Tai Chi for Arthritis instructor  
Mon. & Thur. Jan 11 - Mar 8 10:45 - 11:45  
Free 16 sessions

- 502 Chronic Pain Self-Management Program**  
Co-peer leaders certified in CDSMP by Stanford University  
Wednesdays Jan 13 - Feb 17 10:00 - 12:30  
Free 6 sessions
- 503 Living Healthy with a Chronic Condition**  
Co-peer leaders certified in CDSMP by Stanford University  
Tuesdays Feb 16 - Mar 23 10:00 - 12:30  
Free 6 sessions
- 504 Tai Chi for Arthritis and Falls Prevention–Evening Workshop!**  
Tai Chi for Arthritis instructor  
Mon. & Thur. Mar 15 - May 6 5:30 - 6:30  
Free 16 sessions
- 505 Peer Support for Adults with Type 2 Diabetes**  
Co-peer leaders certified in CDSMP by Stanford University  
Thursdays Apr 15 - May 20 10:00 - 12:30  
Free 6 sessions
- 506 Kripalu Yoga with Yvonne**  
Yvonne Martin  
Wednesdays Jan 20 - Apr 14 10:00 - 11:15  
\$72 12 sessions  
No class 3/31
- 507 Kripalu Yoga with Yvonne**  
Yvonne Martin  
Fridays Jan 22 - Apr 16 10:00 - 11:15  
\$72 12 sessions  
No class 4/2
- 508 Hatha Yoga with Pam**  
Pam LeBlanc  
Tuesdays Jan 19 - Apr 13 10:30 - 11:45  
\$78 13 sessions
- 509 Hatha Yoga with Pam**  
Pam LeBlanc  
Thursdays Jan 21 - Apr 15 10:30 - 11:45  
\$78 13 sessions
- 510 T-N-T: Tight and Tone**  
Tammy Panzironi  
Tuesdays Jan 19 - Apr 13 9:00 - 9:40  
\$72 13 sessions

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- 511 T-N-T: Tight and Tone**  
Tammy Panzironi  
Thursdays Jan 21 - Apr 15 9:00 - 9:40  
\$72 13 sessions
- 512 Low-Impact Aerobics**  
Tammy Panzironi  
Tuesdays Jan 19 - Apr 13 9:45 - 10:15  
\$65 13 sessions
- 513 Low-Impact Aerobics**  
Tammy Panzironi  
Thursdays Jan 21 - Apr 15 9:45 - 10:15  
\$65 13 sessions
- 514 Power Sculpt**  
Tammy Panzironi  
Wednesdays Jan 20 - Apr 14 9:00 - 9:45  
\$72 13 sessions
- 515 Yoga-Lates**  
Tammy Panzironi  
Fridays Jan 22 - Apr 16 9:00 - 10:00  
\$88 12 sessions  
No class 4/2
- 516 Nia Dance: Movement and Lifestyle Practice**  
Elaine Wolf  
Wednesdays Jan 20 - Apr 14 10:30 - 11:30  
\$72 13 sessions
- 517 Nia Dance: Movement and Lifestyle Practice \***  
Elaine Wolf  
Mondays Jan 25 - Apr 19 10:30 - 11:30  
\$72 13 sessions

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