

**Summer
2021**



UPSTATE
Oasis
Lifelong Adventure

Course Catalog

Join us for online Zoom classes

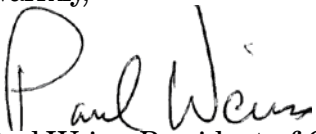
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MEDICAL UNIVERSITY

Register online: upstate.oasisnet.org

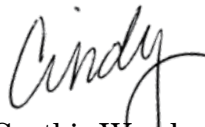
Dear Oasis Friends,

It is natural to talk about renewal and reinvigoration in the spring as the weather grows milder. The symbolism of green shoots is an obvious metaphor for growth. However, this spring and summer feel more acutely like an opportunity to re-engage after a particularly harsh year of pandemic life. As we maintain our commitment to offering online programs this summer, we also think about the fall and the possibility of returning to in-person engagement. We want Oasis to be a part of your continued growth and return to normal! Stay tuned for information in the near future about our timeline for resuming physical classroom programs and the policies and procedures we are putting in place to keep all of our talented instructors, staff, and participants safe. The losses, loneliness, and restrictions of the pandemic have made the Oasis mission of successful aging through lifelong adventure more important than ever. Hopefully, the transition from spring to summer will mark our migration back to in-person connection as well!

Warmly,



Paul Weiss, President of Oasis



Cynthia Woods, Executive Director
Upstate Oasis

Take a class on Oasis Everywhere:

- **Our Oasis Everywhere classes, noted in green, are also being listed on Oasis Everywhere; please register on the Upstate Oasis website at: upstate.oasisnet.org.**
- Oasis Everywhere offers live online content provided by Oasis instructors from all nine centers across the country. For a full list of Oasis Everywhere (OE) classes, visit: store.oasiseverywhere.org.

Upstate Oasis update:

- Staff continues to work from home through July 2. The best way to contact us is through email, roberson@upstate.edu.
- All classes are being held online on Zoom. (See Zoom box for further information.)
- Registration will begin on May 3 and will be online only at: upstate.oasisnet.org.

Full class descriptions are on our website. Registration will begin on May 3 and will be online only at: upstate.oasisnet.org

SUMMER 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: 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.
- Arriving to class on time will prevent you from being held in the waiting room for an extended 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.

Arts & Humanities

101 Winslow Homer *

Laura Nicholls
Wednesday May 26 1:00 - 2:30
Fee: \$15 1 session

102 Mary Cassatt *

Laura Nicholls
Wednesday Jun 23 1:00 - 2:30
Fee: \$15 1 session

103 Edward Hopper *

Laura Nicholls
Wednesday Jul 21 1:00 - 2:30
Fee: \$15 1 session

104 Jacob Lawrence *

Laura Nicholls
Wednesday Aug 11 1:00 - 2:30
Fee: \$15 1 session

105 Oasis Book Group

Wendy Davenport
Tuesdays May 18 - Aug 10 10:00 - 11:00
Fee: \$20 4 sessions

106 Meet the Artists

Wendy Davenport
Mondays Jun 14 - Jul 19 2:00 - 3:00
Fee: \$25 5 sessions

107 Sex, Drugs and Rock 'n Roll: Writing the Coming of Age Story

Linda Lowen
Tuesdays May 18 - Jun 22 10:00 - 11:00
Fee: \$68 6 sessions

108 Your Writing is Your Business

Timothy Jacobs
Wednesday June 9 3:00 - 5:00
Fee: \$15 1 session

109 Rumpelstiltskin: A Jungian Interpretation *

Kaye Lindauer
Mondays May 17 - Jun 14 1:00 - 2:30
Fee: \$43 4 sessions
No class 5/31

*Register at Upstate Oasis for this
Oasis Everywhere class.



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- 110 Tuning in to the Secret Language of Signs**
 Lisa McCall
 Thursday May 27 1:00 - 3:00
 Fee: \$15 1 session
- 111 Living Life with Spirit**
 Lisa McCall
 Thursday Jun 24 1:00 - 3:00
 Fee: \$15 1 session
- 112 Questions and Answers from a Medium**
 Lisa McCall
 Thursdays Jul 15 - Jul 29 1:00 - 3:00
 Fee: \$68 3 sessions
- 113 Death and Burial in Ancient Egypt**
 Daniel Warne
 Thursdays May 20 - May 27 1:00 - 3:00
 Fee: \$34 2 sessions
- 114 Ancient Egyptian Religion and Magic**
 Daniel Warne
 Wednesdays Jun 2 - Jun 9 1:00 - 3:00
 Fee: \$34 2 sessions
- 115 Hidden History: The Buffalo Soldiers ***
 Charles Coon
 Wednesdays Jun 23 - Jun 30 1:00 - 2:30
 Fee: \$30 2 sessions
- 116 Understanding the Holocaust: Before the Beginning**
 Alan Goldberg
 Wednesday Jul 14 1:00 - 2:30
 Fee: \$15 1 session
- 117 Vietnam: Legacies ***
 Tom Henry
 Wednesdays May 19 - Jun 9 10:00 - 12:00
 Fee: \$46 4 sessions
- 118 From Korea to Vietnam: America, Asia and the Cold War, 1953-1962**
 Tom Henry
 Tuesdays Jun 22 - Jul 13 10:00 - 12:00
 Fee: \$46 4 sessions
- 119 The Presidency Part II: Into the 19th Century ***
 Tom Henry
 Mondays Jun 14 - Jul 12 3:00 - 5:00
 Fee: \$46 4 sessions
 No class 7/5
- 120 Presidents XXV: Trump and Beyond**
 Tom Henry
 Tuesdays May 18 - Jun 8 10:00 - 12:00
 Fee: \$46 4 sessions
- 121 Landmark Supreme Court Cases on Freedom of Speech and the Press throughout American History**
 James J. Carroll
 Tuesdays Jun 15 - Jul 20 1:00 - 3:00
 Fee: \$57 6 sessions
- 122 Religious Issues and Challenges for the Biden Administration**
 David E. Pasinski
 Tuesday May 25 1:00 - 3:00
 Fee: \$15 1 session
- 123 Travel Treks: Iconic Iceland Sampler—Faults, Falls, Fire and Ice**
 Diana Biro and Eric Rogers
 Thursday Jun 3 11:00 - 12:00
 Fee: \$10 1 session

*Register at Upstate Oasis for this 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.

124 Travels with Tom: Santa Fe and Northern New Mexico *

Tom Henry
Wednesday Jun 16 3:00 - 5:00
Fee: \$10 1 session



201 The Science of Science Fiction *

Donald Bridy
Mondays Jun 14 - Jul 19 1:00 - 2:30
Fee: \$43 5 sessions
No class 7/5

202 Exploring Hell (Venus) *

Donald Bridy
Monday Aug 2 1:00 - 2:30
Fee: \$17 1 session



301 Getting Beyond "What did you have for lunch?" Engaging Ways to Communicate Virtually with Older Adults

Ellen Somers
Tuesday Jun 22 1:30 - 3:00
Fee: \$15 1 session

302 The 120 Club—Living the Good Life for 120 Years

Philip G. Rose
Thursdays Jul 8 - Jul 29 10:00 - 11:30
Fee: \$52 4 sessions

303 It's Never Just About the Stuff

Liz Bremer
Tuesday Aug 10 3:00 - 4:30
Fee: \$27 1 session

304 French for Beginners

Veronique Bennett
Mondays May 17 - Jul 26 6:00 - 7:00
Fee: \$56 9 sessions
No class 5/31 & 7/5

305 French Intermediate Level

Veronique Bennett
Mondays May 17 - Jul 26 7:15 - 8:15
Fee: \$56 9 sessions
No class 5/31 & 7/5

306 French Advanced Level

Veronique Bennett
Thursdays May 20 - Jul 29 6:00 - 7:00
Fee: \$73 11 sessions

307 Introductory Irish

John LaParo
Fridays May 21 - Aug 13 9:30 - 11:00
Fee: \$52 13 sessions

308 Advanced Irish

John LaParo
Fridays May 21 - Aug 13 11:15 - 12:45
Fee: \$52 13 sessions

*Register at Upstate Oasis for this Oasis Everywhere class.

309 Beginning Conversational Italian

Frank Ricciardiello

Mondays May 17 - Jul 19 11:00 - 12:30

Fee: \$46 8 sessions

No class 5/31, 7/5

402 Cybercrime Fighters: Password Managers

Al Somlo

Thursday Jul 8 1:00 - 3:00

Fee: \$26 1 session

310 Intermediate/Advanced Conversational Italian

Frank Ricciardiello

Wednesdays May 19 - Jul 7 12:30 - 2:00

Fee: \$46 8 sessions

403 Beginners Guide to the Cloud

Al Somlo

Wednesday Jul 28 1:00 - 3:00

Fee: \$26 1 session

311 Advanced Conversational Italian

Frank Ricciardiello

Wednesdays May 19 - Jul 7 2:15 - 3:45

Fee: \$46 8 sessions

404 Google Photos

Pamela Lipe Revercomb

Mon/Wed/Fri Jun 21 - Jun 25 10:00 - 12:00

Fee: \$38 3 sessions

312 Intermediate Spanish

Kristine Hannon

Wednesdays May 5 - Aug 11 11:30 - 12:30

Fee: \$75 15 sessions Rochester Oasis Zoom

405 Intro to Selling on eBay

Al Somlo

Tues & Thurs Jun 8 - Jun 10 1:00 - 3:00

Fee: \$41 2 sessions

313 Advanced Spanish

Kristine Hannon

Wednesdays May 5 - Aug 11 10:00 - 11:00

Fee: \$75 15 sessions Rochester Oasis Zoom

Health and Fitness

501 Tai Chi for Arthritis and Falls Prevention

Co-peer leaders certified in CDSMP by Stanford University

Tues & Fri May 18 - Jul 9 11:00 - 12:00

Free 16 sessions

Computers & Technology

401 Cybercrime Fighters: Phishing and Identity Theft

Al Somlo

Tuesday May 25 1:00 - 3:00

Fee: \$26 1 session



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502 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University
Wednesdays May 19 - Jun 23 10:00 - 12:30
Free 6 sessions

503 Chronic Pain Self-Management Program

Co-peer leaders certified in CDSMP by Stanford University
Wednesdays Aug 4 - Sep 8 10:00 - 12:30
Free 6 sessions

504 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University
Tuesdays Aug 17 - Sep 21 10:00 - 12:30
Free 6 sessions

505 Mental Illness—What Families Need to Know

Marla Byrnes
Monday Jun 7 10:00 - 11:30
Free 1 session

506 Understanding Alzheimer's & Dementia

Alzheimer's Association, Central New York Staff to Present
Thursday Jun 24 10:00 - 11:00
Free 1 session

507 Effective Communication Strategies

Alzheimer's Association, Central New York Staff to Present
Thursday Jul 22 9:00 - 10:00
Free 1 session

508 Understanding and Responding to Dementia Related Behavior

Alzheimer's Association, Central New York Staff to Present
Monday Aug 9 9:00 - 10:30
Free 1 session

509 Kripalu Yoga with Yvonne *
Yvonne Martin

Wednesdays May 19 - Aug 11 10:00 - 11:15
Fee: \$72 12 sessions
No class 6/30

510 Kripalu Yoga with Yvonne *
Yvonne Martin

Fridays May 21 - Aug 13 10:00 - 11:15
Fee: \$72 12 sessions
No class 7/2

511 Hatha Yoga with Pam
Pam LeBlanc

Tuesdays May 18 - Aug 10 10:30 - 11:45
Fee: \$78 13 sessions

512 Hatha Yoga with Pam
Pam LeBlanc

Thursdays May 20 - Aug 12 10:30 - 11:45
Fee: \$78 13 sessions

513 T-N-T: Tight and Tone
Tammy Panzironi

Tuesdays May 18 - Aug 10 9:00 - 9:40
Fee: \$72 13 sessions

514 T-N-T: Tight and Tone
Tammy Panzironi

Thursdays May 20 - Aug 12 9:00 - 9:40
Fee: \$72 13 sessions

515 Low-Impact Aerobics
Tammy Panzironi

Tuesdays May 18 - Aug 10 9:45 - 10:15
Fee: \$65 13 sessions

516 Low-Impact Aerobics
Tammy Panzironi

Thursdays May 20 - Aug 12 9:45 - 10:15
Fee: \$65 13 sessions

517 Power Sculpt
Tammy Panzironi

Wednesdays May 19 - Aug 11 9:00 - 09:45
Fee: \$72 13 sessions

518 Yoga-Lates
Tammy Panzironi

Fridays May 21 - Aug 13 9:00 - 10:00
Fee: \$88 3 sessions

519 Nia *
Elaine Wolf

Mondays May 17 - Aug 9 10:30 - 11:30
Fee: \$66 11 sessions
No class 5/31, 7/5

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