

**FALL
2021**



Course Catalog

Join us for in-person and online Zoom classes!

Sponsored by

UPSTATE
MEDICAL UNIVERSITY

Register online: upstate.oasisnet.org

Dear Oasis Friends,

By the time you're reading this, it will have been 17 long months since we have last seen each other in person.

To say these are strange times may be perhaps the understatement of a lifetime. For many of you, we know this past year has been especially difficult, and we hope that Oasis's online presence has provided you with some sense of "normalcy" and connection to your routine and the Oasis lifelong-learning community.

As we look forward to resuming some in-person classes in September, we are relying on the results of our "reopening survey" conducted this past spring. We were encouraged to hear that over 92% of our participants are fully vaccinated, and while many of you can't wait to return to in-person classes, there are many others who wish to continue participating in online classes. Keeping that in mind, we have done our best to accommodate both groups while giving "in-person" priority to those classes that may not have been able to transition to the online format and therefore were unable to meet since March 2020. We will also continue to offer classes online along with sharing information about Oasis Everywhere online classes.

We also learned from the survey that in order to attend in person, many members wanted reasonable assurance that others in the room were fully vaccinated. Using that information along with the guidance from our Infection Control Dept. at Upstate Medical University, we will be requiring that those who attend in person are fully vaccinated, and proof will be required. Masks will also be required per the Upstate Medical policy for the public entering any Upstate building. Because we are part of a health care facility, we are held to more stringent guidelines that the Public Health mandates as we strive to create the safest environment possible for our members and staff. *This guidance is changing rapidly, but at the time of the catalog printing, these will be the requirements to attend in-person classes.*

Keeping our members as safe as possible is paramount, and we look forward to actually seeing you in person soon. Stay tuned for any updates by ensuring that you have "opted in" on your MyOasis account profile to receive email correspondences, or feel free to reach out to the Oasis office by phone with any questions you may have.

Thank you in advance for helping us help you stay safe! Here's to many more lifelong adventures together,



Cynthia Woods, Executive Director
Upstate Oasis



Take a class on Oasis Everywhere:

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

Upstate Oasis update:

- Classes are being held either online on Zoom **OR** in-person.
Please be very mindful when registering.
- **Registration will begin on August 30. We encourage you to register online if possible, as we'll be working with minimal volunteers this trimester.** Paper registrations are available upon request.

Contact us: (315) 464-6555
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These classes will be held in-person:

Because our sponsor is Upstate Medical University, we are held to stricter gathering guidelines in an effort to provide the safest experience possible for our in-person classes. Thank you for your anticipated cooperation and understanding.

In-person guidelines:

- Must be fully vaccinated and show proof of vaccination at first class.
- Must wear a mask at all times.
- If you are feeling sick, please stay home.
- No eating or drinking in class.



Arts & Humanities

101 Step-by-Step Acrylic Painting: Sunflower Fields Forever

Evelyn Fiorenza

Wednesdays Sep 15 - Oct 13 9:30 - 11:30
Fee: \$60 5 Sessions Oasis Studio

102 Watercolor Painting Studio

Jean B. Somlo

Tuesdays Sep 14 - Oct 19 1:00 - 3:30
Fee: \$88 6 Sessions Oasis Studio

103 Mixed Media Workshop

Jean B. Somlo

Tuesdays Oct 26 - Nov 30 1:00 - 3:30
Fee: \$88 6 Sessions Oasis Studio

104 Give Thanks Banner

Rosanne Guidera

Mondays Sep 13 - Oct 4 9:00 - 12:00
Fee: \$56 4 Sessions Oasis Studio

109 Art in the American Cemetery

Frank Calidonna

Thursdays Sep 23 - Nov 4 10:00 - 11:00
Fee: \$55 7 Sessions Oasis
Lecture Hall

112 Writing Stories from Your Life

Carol Madar

Tuesdays Sep 14 - Nov 9 3:30 - 6:30
Fee: \$70 5 Sessions Fayetteville
Senior Center

113 Creative Writers Workshop

Carol Madar

Thursdays Sep 23 - Nov 18 9:30 - 12:30
Fee: \$70 5 Sessions HealthLink
Room

117 Oasis String Ensemble

Steve Frackenpohl

Tuesdays Sep 14 - Dec 7 1:00 - 2:30
Fee: \$77 12 Sessions Oasis
No class 11/23 Lecture Hall

118 Beauty is in the Ear of the Beholder

Frank Macomber

Wednesdays Sep 15 - Oct 6 10:00 - 12:00
Fee: \$32 4 Sessions Oasis
Lecture Hall

119 Present at the Creation: Pioneering Performers of the Great American Songbook

John Harvith

Mondays Oct 18 - Nov 1 1:00 - 3:00
Fee: \$32 3 Sessions Oasis
Lecture Hall

123 Triumph in an Age of Racism: The Extraordinary Career of Hollywood Cinematographer James Wong Howe

Susan Edwards Harvith

Fridays Oct 1 - Nov 5 9:30 - 12:30
Fee: \$55 6 Sessions Oasis
Lecture Hall

124 The Jazz Singer: Its Premakes and Remakes

Alan Goldberg

Wednesdays Oct 13 - Oct 27 9:30 - 12:00
Fee: \$30 3 Sessions Oasis
Lecture Hall

126 Living Between Two Worlds

Lisa McCall

Thursdays Sep 23 - Oct 7 1:30 - 3:30
Fee: \$45 3 Sessions HealthLink
Room

127 Awakened Living

Lisa McCall

Mondays Oct 18 - Nov 1 1:30 - 3:30
Fee: \$45 3 Sessions Oasis Studio

129 The Role of Religion in America's Wars: Part 1-Colonial, Revolution, War of 1812, Mexican and Civil Wars

David E. Pasinski

Tuesdays Sep 14 - Oct 5 10:00 - 12:00
Fee: \$46 4 Sessions HealthLink
Room

130 The Pilgrim Legacy: Their Story and Actions that Shaped a Nation

Susan Sharp

Wednesday Oct 6 1:00 - 4:00
Fee: \$24 1 Session HealthLink
Room

Full class descriptions are on our website. Registration will begin on August 30 online at: upstate.oasisnet.org

IN-PERSON COURSES

Contact us: (315) 464-6555
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139 Our Protected Heritage: America's Natural and Historical Parks & Monuments

Len Sharp
Tuesday Oct 19 9:30 - 12:30
Fee: \$24 1 Session HealthLink Room

140 Alaska: The Great Frontier

Len Sharp
Wednesday Oct 27 1:00 - 4:00
Fee: \$24 1 Session HealthLink Room



Personal Development & Enrichment

303 Cultivating an Attitude of Gratitude

Diane Lansing
Wednesdays Oct 20 - Nov 10 11:00 - 1:00
Fee: \$45 4 Sessions Oasis Studio

313 Spanish 1

Cathy Bryant
Thursdays Sep 23 - Dec 9 4:00 - 5:00
Fee: \$50 10 Sessions Oasis Studio
No class 11/11 & 11/25

314 Spanish 2

Cathy Bryant
Thursdays Sep 23 - Dec 9 2:00 - 3:30
Fee: \$50 10 Sessions Oasis Studio
No class 11/11 & 11/25

315 Spanish 3

Cathy Bryant
Thursdays Sep 23 - Dec 9 12:00 - 1:30
Fee: \$50 10 Sessions Oasis Studio
No class 11/11 & 11/25



Computers & Technology

401 Windows 10

Al Somlo
Tuesdays Sep 28 - Oct 12 9:30 - 11:30
Fee: \$41 3 Sessions Oasis Computer Lab

402 Cybercrime Fighters: What's the Best Browser for Me?

Al Somlo
Wednesday Oct 27 1:00 - 3:00
Fee: \$26 1 Session Oasis Computer Lab

403 Introduction to Online Greeting Cards

Al Somlo
Tuesday Nov 9 9:30 - 11:30
Fee: \$26 1 Session Oasis Computer Lab

404 Smartphone Photography

Pamela Lipe Revercomb
Mon/Wed/Fri Nov 15 - Nov 19 10:00 - Noon
Fee: \$48 3 Sessions Oasis Computer Lab



Travel

601 Food and Wine Tour: France through Burgundy & Champagne

Go Ahead Tours
Apr 29-May 09, 2022
11 days/ 14 days with
Aix-en-Provence Extension

We begin in Paris where you will discover the ingredients of French culture. Here we treat our taste buds to a mouthwatering array of local specialties in the neighborhoods of Paris. We will also take a sightseeing tour and enjoy some free time in Paris.

Sip and savor the best of French cuisine as you travel through rustic vineyards, historic cities, and charming villages in Champagne and Burgundy on your way to Lyon, the food capital of France. For a full itinerary and pricing visit <https://www.grouptoursite.com/oasis> (be sure to scroll all the way down).

Contact Sandy Roberts, group coordinator with additional questions at robersan@upstate.edu.



Full class descriptions are on our website.
Registration will begin on August 30
online at: upstate.oasisnet.org

These 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.** You may also view your receipt at any time on your MyOasis account dashboard by clicking "view/print class term receipt."
- 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 the 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

105 Édouard Manet*

Laura Nicholls
Wednesday Sep 22 1:00 - 2:30
Fee: \$15 1 Session Online

106 Lee Krasner—or Mrs. Jackson Pollock*

Laura Nicholls
Wednesday Oct 20 1:00 - 2:30
Fee: \$15 1 Session Online

107 James Abbott McNeill Whistler: And It's Not Just About His Mother!*

Laura Nicholls
Wednesday Nov 3 1:00 - 2:30
Fee: \$15 1 Session Online

108 Frida Kahlo—or Mrs. Diego Rivera*

Laura Nicholls
Wednesday Dec 1 1:00 - 2:30
Fee: \$15 1 Session Online

110 Oasis Book Group

Wendy Davenport
Tuesdays Sep 14 – Dec 7 10:00 - 11:00
Fee: \$20 4 Sessions Online

111 The Incomparable E. M. Forster

Wendy Davenport
Mondays Sep 13 – Oct 18 2:00 - 3:00
Fee: \$25 5 Sessions Online
No class 10/11

114 Writer's Toolbox: The First Draft

Linda Lowen
Tuesdays Sep 14 – Oct 19 10:00 - 12:00
Fee: \$68 6 Sessions Online

115 Opening Doors to Stories from the Subconscious

Linda Lowen
Tuesdays Nov 16 – Dec 7 10:00 - 12:00
Fee: \$46 4 Sessions Online

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

Lisa Alzo
Tuesday Sep 14 1:00 - 4:00
Fee: \$40 1 Session Online

120 Symphoria's 2021-22 Season: Back to Live Performances

Lawrence Loh & Pamela Murchison
Wednesday Sep 15 10:00 - 11:30
Fee: \$10 1 Session Online

121 Together Again: Syracuse Stage Returns to Live Performance

Robert Hupp
Wednesday Sep 29 10:00 - 11:30
Fee: \$10 1 Session Online

122 Sandra Day O'Connor: The First - A Special Event with WCNY

Thursday Sep 9 4:30 - 6:00
Free 1 Session Online

125 Spirituality 101—Finding Your Spiritual Path

Virginia R. Waldron
Tuesdays Oct 19 – Oct 26 10:00 - 12:00
Fee: \$32 2 Sessions Online

128 Connecting with Angels and Spirit Guides*

Lisa McCall
Monday Nov 15 1:30 - 3:30
Fee: \$15 1 Session Online

131 Hidden History: The Five Civilized Tribes*

Charles Coon
Wednesdays Oct 13 – Oct 27 1:00 - 2:30
Fee: \$45 3 Sessions Online

132 American Tales: Myths, Legends, Tall Tales and Characters*

Tom Henry
Tuesdays Nov 16 – Dec 7 3:00 - 5:00
Fee: \$46 4 Sessions Online

*Register at Upstate Oasis for this Oasis Everywhere class.

133 The U.S. and Vietnam: Phase I, The Build Up
Tom Henry
Tuesdays Oct 12 – Nov 2 10:00 - 12:00
Fee: \$46 4 Sessions Online

134 The Presidency III: Trouble and Change—The Mid-19th Century*
Tom Henry
Mondays Oct 18 – Nov 8 3:00 - 5:00
Fee: \$46 4 Sessions Online

135 Supreme Court Review, 2020-21*
Tom Henry
Thursday Oct 21 3:00 - 5:00
Fee: \$15 1 Session Online

136 State of the Union: the Annette Guisbond Legacy Series
Mondays Sep 13 – Nov 8 10:00 - 12:00
Fee: \$72 8 Sessions Online
No class 10/11

137 What's Up With Real Estate?
Patsy Scala
Tuesdays Oct 5 – Oct 19 1:00 - 3:00
Fee: \$30 3 Sessions Online

138 How to Avoid Becoming a Victim of Investment Fraud
Cornell Law School Securities Law Clinic
Wednesday Nov 10 2:00 - 3:30
Free 1 Session Online

141 Travels with Tom: Colorado*
Tom Henry
Thursday Nov 18 3:00 - 5:00
Fee: \$10 1 Session Online



Science

201 Introduction to Cosmology: Views of the Universe Across Time*
Donald Bridy
Tuesdays Oct 19 – Nov 23 1:00 - 2:30
Fee: \$47 6 Sessions Online

202 The History and Evolution of Communication*
Susan Sharp
Wednesday Nov 17 1:00 - 3:00
Fee: \$15 1 Session Online

203 The Year in the Environment 2021*
Stuart J. Spiegel
Fridays Dec 3 – Dec 10 1:00 - 3:00
Fee: \$20 2 Sessions Online



Personal Development & Enrichment

301 Internet Genealogy*
Lisa Alzo
Tuesday Sep 14 9:30 - 12:30
Fee: \$40 1 Session Online

302 Facing Adversities, Navigating Transitions and Using Resilience in Our Life's Journey
Ted Pietrzak
Monday Nov 8 10:00 - 11:15
Fee: \$15 1 Session Online

304 Organizing 101*
Liz Bremer
Tuesday Oct 5 3:00 - 4:00
Fee: \$15 1 Session Online

305 French for Beginners
Veronique Bennett
Wednesdays Sep 15 – Dec 8 9:30 - 10:30
Fee: \$75 12 Sessions Online
No class 11/24

306 French Intermediate Level
Veronique Bennett
Wednesdays Sep 15 – Dec 8 11:00 - 12:00
Fee: \$75 12 Sessions Online
No class 11/24

307 French Advanced Level
Veronique Bennett
Wednesdays Sep 15 – Dec 8 1:00 - 2:00
Fee: \$80 12 Sessions Online
No class 11/24

308 Introductory Irish
John LaParo
Fridays Sep 17 – Dec 10 9:30 - 11:00
Fee: \$52 12 Sessions Online
No class 11/26

309 Advanced Irish
John LaParo
Fridays Sep 17 – Dec 10 11:15 - 12:45
Fee: \$52 12 Sessions Online
No class 11/26

*Register at Upstate Oasis for this Oasis Everywhere class.

310 Intermediate Conversational Italian

Frank Ricciardiello
Mondays Oct 18 – Dec 6 11:00 - 12:30
Fee: \$46 8 Sessions Online

311 Advanced Conversational Italian I

Frank Ricciardiello
Wednesdays Oct 20 – Dec 8 12:30 - 2:00
Fee: \$40 7 Sessions Online
No class 11/24

312 Advanced Conversational Italian 2

Frank Ricciardiello
Wednesdays Oct 20 – Dec 8 2:15 - 3:45
Fee: \$40 7 Sessions Online
No class 11/24

316 Spanish 4

Carolyn Stark
Wednesdays Sep 15 – Dec 8 11:00 - 12:30
Fee: \$48 12 Sessions Online
No class 11/24

317 Spanish 5

Carolyn Stark
Wednesdays Sep 15 – Dec 8 9:00 - 10:30
Fee: \$48 12 Sessions Online
No class 11/24



Health and Fitness

501 Tai Chi for Arthritis and Falls Prevention

Co-peer leaders certified in CDSMP by Stanford University
Mon & Thur Sep 13 – Nov 8 10:30 - 11:30
Free 16 Sessions Online
No class 10/11

502 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University
Tuesdays Sep 28 – Nov 2 5:30 - 8:00
Free 6 Sessions Online

503 Peer Support for Adults with Type 2 Diabetes

Co-peer leaders certified in CDSMP by Stanford University
Wednesdays Nov 10 – Dec 15 10:00 - 12:30
Free 6 Sessions Online

504 Mind Works*

Ellen Somers
Tues & Thur Sep 14 – Dec 14 2:30 - 3:30
Fee: \$260 24 Sessions Online
No class 9/16, 11/11, 11/25

505 Mind Sharpener*

Judith Huober
Tues & Thur Sep 14 – Dec 14 4:00 - 5:00
Fee: \$260 24 Sessions Online
No class 9/16, 11/11, 11/25

506 Mindful Breathing Practices

Ted Pietrzak
Thursday Oct 14 1:00 - 2:15
Fee: \$15 1 Session Online

507 Kripalu Yoga with Yvonne*

Yvonne Martin
Wednesdays Sep 15 – Dec 8 10:00 - 11:00
Fee: \$66 11 Sessions Online
No class 10/6, 11/24

508 Kripalu Yoga with Yvonne*

Yvonne Martin
Fridays Sep 17 – Dec 10 10:00 - 11:00
Fee: \$66 11 Sessions Online
No class 10/1, 11/26

509 Hatha Yoga with Pam

Pam LeBlanc
Tuesdays Sep 14 – Dec 7 10:30 - 11:45
Fee: \$72 12 Sessions Online
No class 11/9

510 Hatha Yoga with Pam

Pam LeBlanc
Thursdays Sep 23 – Dec 9 10:30 - 11:45
Fee: \$60 10 Sessions Online
No class 11/11, 11/25

511 T-N-T: Tight and Tone

Tammy Panzironi
Tuesdays Sep 14 – Dec 7 9:00 - 9:40
Fee: \$72 13 Sessions Online

512 T-N-T: Tight and Tone

Tammy Panzironi
Thursdays Sep 23 – Dec 9 9:00 - 9:40
Fee: \$55 10 Sessions Online
No class 11/11, 11/25

513 Low-Impact Aerobics

Tammy Panzironi
Tuesdays Sep 14 – Dec 7 9:45 - 10:15
Fee: \$65 13 Sessions Online

514 Low-Impact Aerobics

Tammy Panzironi
Thursdays Sep 23 – Dec 9 9:45 - 10:15
Fee: \$50 10 Sessions Online
No class 11/11, 11/25

*Register at Upstate Oasis for this Oasis Everywhere class.



ZOOM COURSES

Contact us: (315) 464-6555
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515 Power Sculpt
Tammy Panzironi
Wednesdays Sep 15 – Dec 8 9:00 - 09:45
Fee: \$66 12 Sessions Online
No class 11/24

516 Yoga-Lates
Tammy Panzironi
Fridays Sep 17 - Dec 10 9:00 - 10:00
Fee: \$72 12 Sessions Online
No class 11/26

517 Nia*
Elaine Wolf
Mondays Sep 13 – Dec 6 10:30 - 11:30
Fee: \$72 12 Sessions Online
No class 10/11

518 Nia*
Elaine Wolf
Wednesdays Sep 15 – Dec 8 10:30 - 11:30
Fee: \$72 12 Sessions Online
No class 11/24

*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.