

**Winter/  
Spring  
2022**

Sponsored by

**UPSTATE**  
MEDICAL UNIVERSITY

 **UPSTATE  
Oasis**  
Lifelong Adventure  
Course Catalog

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

**Join us for in-person and online Zoom classes!**

## Dear Oasis Friends,



As we welcome in 2022, it gives me great pleasure to present our Winter/Spring 2022 Oasis class brochure. I hope you share in our excitement as we strive to offer programming that keeps you safe and allows you to connect with your Oasis lifelong learning community both online and in person.

The New Year will continue with a similar class structure as the recent fall offerings. Many of our classes will be offered online, eliminating the need for snow days while allowing flexibility for our “snow birds” to participate from warmer weather. Additionally, we will have some in-person classes for those who prefer the connectedness of a face-to-face setting.

As we continue to use the latest guidance from our Infection Control Dept. at Upstate Medical University, we will still be requiring that those who attend in person are fully vaccinated, and proof will be required. Masks will also be required at all times. This guidance is changing rapidly, but at the time of the catalog printing, these are the requirements to attend in-person classes.

Keeping our members as safe as possible is paramount as this pandemic continues, however 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.

Here’s to many more lifelong adventures together in the New Year,

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

Cynthia Woods, Executive Director  
Upstate Oasis

### ***In the event of severe weather or emergencies, in-person Oasis and Vitality class cancellations will be announced via the following:***

- A recorded message on our voicemail (Oasis classes 315-464-6555 and Vitality classes 315-464-9939) after 7 a.m.
- A status update on our Facebook page: Syracuse Oasis
- Announcements on TV channels: 3, 5, 9 and 10.

***Online learning will continue as scheduled even though in-person classes may be canceled.***

## 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](http://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](http://store.oasiseverywhere.org).**

## Upstate Oasis update:

- Classes are being held either online on Zoom **OR** in-person. Please be very mindful when registering.
- Registration for classes will begin on **January 3** and will continue to be online. However, if you need assistance, please contact us or visit our center.

**Contact us: (315) 464-6555 Oasis Course Catalog - Winter/Spring 2022**

# IN-PERSON COURSES

Register online: [upstate.oasisnet.org](http://upstate.oasisnet.org)  
Oasis Course Catalog - Winter/Spring 2022

## *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 Butterfly Garden Plus!

Evelyn Fiorenza

Wednesdays Jan 19 - Feb 23 9:30 - 11:30

Fee: \$73 6 sessions Oasis Studio

### 102 Abstract Drawing and Painting Studio

Jean B. Somlo

Tuesdays Mar 1 - Apr 5 1:00 - 3:30

Fee: \$88 6 sessions Oasis Studio

### 103 Wildlife Drawing and Painting Workshop

Jean B. Somlo

Wednesdays Mar 9 - Apr 13 1:00 - 3:30

Fee: \$88 6 sessions Oasis Studio

### 108 Roc Docs

Frank Calidonna

Thursdays Feb 3 - Mar 24 10:00 - 12:00

Fee: \$72 8 sessions HealthLink Room

### 109 Oasis String Ensemble (Chamber Orchestra)

Victor Vallo

Tuesdays Jan 18 - Apr 12 1:00 - 2:30

Fee: \$98 13 sessions Oasis Lecture Hall

### 117 The Story of Language

Terrence McGovern

Wednesdays Mar 2 - Apr 6 10:00 - 11:30

Fee: \$47 6 sessions Oasis Studio

### 119 Creative Writing for Reflection, Insight and Fun

Carol Madar

Thursdays Feb 10 - Apr 7 9:30 - 12:30

Fee: \$70 5 sessions Oasis Studio

### 120 I've Always Wanted to Write a Story About...

Carol Madar

Tuesdays Feb 15 - Apr 12 3:30 - 6:30

Fee: \$70 5 session Fayetteville Senior Center

### 123 100 Things, 100 Days: Writing and Researching Syracuse's First Travel Guidebook

Linda Lowen

Wednesday Apr 6 1:00 - 2:30

Fee: \$15 1 session Oasis Lecture Hall

### 126 Shamanic Meditation

Monique Lang

Friday Feb 18 10:00 - 12:00

Fee: \$15 1 session HealthLink Room

### 127 Tarot/Angel Tarot for Beginners

Lisa McCall

Thursdays Feb 3 - Feb 17 1:30 - 2:30

Fee: \$45 3 sessions HealthLink Room

### 128 On the Other Side of the Veil

Lisa McCall

Mondays Mar 7 - Mar 21 1:30 - 3:30

Fee: \$45 3 sessions HealthLink Room

### 130 The Role of Religion in America's Wars: Post Civil War-Present

David E. Pasinski

Wednesdays Feb 16 - Mar 9 10:30 - 12:30

Fee: \$46 4 sessions HealthLink Room

Full class descriptions are available on our website. Registration will begin on January 3 online at: [upstate.oasisnet.org](http://upstate.oasisnet.org)



# IN-PERSON COURSES

Register online: [upstate.oasisnet.org](http://upstate.oasisnet.org)  
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## 136 The American History of Alcoholic Beverages

Frank Calidonna

Thursdays Feb 3 - Mar 24 1:00 - 2:00  
Fee: \$36 8 sessions HealthLink Room

## 139 Exploring Unique Regions of the World

Len and Susan Sharp

Wednesday Feb 23 1:30 - 4:30  
Fee: \$24 1 session HealthLink Room

## Science

## 202 Dinosaurs in New York!

Susan and Len Sharp

Thursday Apr 7 10:00 - 12:30  
Fee: \$24 1 session HealthLink Room

## Personal Development & Enrichment

## 305 French Conversation for Beginners

Terrence McGovern

Tuesdays Jan 18 - Apr 12 10:00 - 11:30  
Fee: \$52 13 sessions Oasis Studio

## Computer

## 401 Introduction to Computers

Lisa Rigge

Wednesdays Feb 16 - Feb 23 10:00 - 11:00  
Fee: \$26 2 sessions Oasis Computer Lab

## 402 The Oasis Guide to Internet Safety

Al Somlo

Tuesdays Mar 8 - Mar 22 1:30 - 3:30  
Fee: \$48 3 sessions Oasis Computer Lab

## 403 Beginners Guide to the Cloud

Al Somlo

Tuesday Feb 22 1:30 - 3:30  
Fee: \$26 1 session Oasis Computer Lab

## 406 Android Essentials for Tablets and Smart Phones

Al Somlo

Tuesdays Feb 1 - Feb 8 1:30 - 3:30  
Fee: \$41 2 sessions Oasis Computer Lab

## 407 Smartphone Photography

Pamela Lipe Revercomb

Mon/Wed/Fri Feb 7 - Feb 11 10:00 - 12:00  
Fee: \$48 3 sessions Oasis Computer Lab

## 408 Google Photos

Pamela Lipe Revercomb

Mon/Wed/Fri Mar 7 - Mar 11 10:00 - 12:00  
Fee: \$48 3 sessions Oasis Computer Lab

## Health and Fitness

## 502 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University

Thursday Jan 27 - Mar 3 1:15 - 3:45  
Free 6 sessions Brighton Towers



Full class descriptions are available on our website. Registration will begin on January 3 online at: [upstate.oasisnet.org](http://upstate.oasisnet.org)

# ZOOM COURSES

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

- 104 Three Wyeths in Maine (N.C., Andrew and Jamie)\***  
Laura Nicholls  
Wednesday Jan 26 1:00 - 2:30  
Fee: \$15 1 session Online Course
- 105 Henry Osawa Tanner: An American in Paris\***  
Laura Nicholls  
Wednesday Feb 16 11:00 - 12:30  
Fee: \$15 1 session Online Course
- 106 Louise Nevelson: Sculptress\***  
Laura Nicholls  
Wednesday Mar 30 1:00 - 2:30  
Fee: \$15 1 session Online Course
- 107 Piet Mondrian: From Cubism to Broadway Boogie Woogie\***  
Laura Nicholls  
Wednesday Apr 13 1:00 - 2:30  
Fee: \$15 1 session Online Course
- 110 Syracuse Stage Returns to Live Performance (Part 2)**  
Robert Hupp  
Wednesday Jan 26 10:00 - 11:00  
Fee: \$10 1 session Online Course

- 111 Curtain Up!: The Redhouse Returns to Live Theatre**  
Samara Hannah and Tamar Underwood  
Wednesday Feb 16 1:00 - 2:30  
Fee: \$10 1 session Online Course
- 112 Through the Movie Lens: Views on Aging**  
Judith Huober  
Tuesdays Jan 18 - Apr 12 2:30 - 5:30  
Fee: \$45 4 sessions Online Course
- 113 CNY Reads Presents Agatha and the Truth of Murder**  
Wendy Davenport  
Tuesday Mar 8 2:00 - 3:00  
Free 1 session Online Course
- 114 CNY Reads Presents The Mystery of Mrs. Christie**  
Wendy Davenport  
Tuesday Feb 22 2:00 - 3:00  
Free 1 session Online Course
- 115 Oasis Book Group**  
Wendy Davenport  
Tuesdays Jan 18 - Apr 12 10:00 - 11:00  
Fee: \$20 4 sessions Online Course
- 116 Pulitzer Prize Winning Novels**  
Wendy Davenport  
Mondays Mar 7 - Apr 4 2:00 - 3:00  
Fee: \$25 5 sessions Online Course
- 118 Emily Dickinson: My Business is Circumference\***  
Kaye Lindauer  
Thursdays Apr 7 - Apr 21 1:00 - 2:30  
Fee: \$31 3 sessions Online Course
- 121 Fast and Furious: Prompts to Fuel Your Creative Writing-Winter Session**  
Linda Lowen  
Tuesdays Jan 18 - Feb 22 10:00 - 12:00  
Fee: \$68 6 sessions Online Course
- 122 Fast and Furious: Prompts to Fuel Your Creative Writing-Spring Session**  
Linda Lowen  
Tuesdays Mar 8 - Apr 12 10:00 - 12:00  
Fee: \$68 6 sessions Online Course
- 124 Jungian Interpretation of Fairytales: The Three Feathers\***  
Kaye Lindauer  
Tuesdays Jan 18 - Feb 8 1:00 - 2:30  
Fee: \$43 4 sessions Online Course

\*Register at [upstate.oasisnet.org](http://upstate.oasisnet.org) for this Oasis Everywhere class.

- 125 The Elder Years:  
Fulfilling a Life** Kaye Lindauer\*  
Wednesdays Mar 2 - Mar 16 1:00 - 2:30  
Fee: \$31 3 sessions Online Course
- 129 All About Dreams**  
Lisa McCall  
Monday Apr 11 1:00 - 3:00  
Fee: \$15 1 session Online Course
- 131 Hidden History:  
The 1790's: A New Nation Survived\***  
Charles Coon  
Wednesdays Feb 9 - Feb 23 1:00 - 2:30  
Fee: \$45 3 sessions Online Course
- 132 The First Ladies\***  
Tom Henry  
Mondays Feb 28 - Mar 21 3:00 - 5:00  
Fee: \$46 4 sessions Online Course
- 133 The Presidency IV:  
Lincoln to the Progressives\***  
Tom Henry  
Mondays Jan 24 - Feb 14 3:00 - 5:00  
Fee: \$46 4 sessions Online Course
- 134 Pioneering Social Reformer Matilda  
Joslyn Gage and Her Inspiring Legacy**  
Sally Roesch Wagner  
Monday Feb 28 11:00 - 12:30  
Fee: \$15 1 session Online Course
- 135 Vietnam Phase II: Johnson's War,  
1963-1969**  
Tom Henry  
Tuesdays Feb 1 - Feb 22 10:00 - 12:00  
Fee: \$46 4 sessions Online Course
- 137 The Foreign Policy Association's  
Great Decisions 2022**  
Shelly Lee and Jack Welch  
Thursdays Feb 10 - May 19 3:00 - 4:30  
Fee: \$80 8 sessions Online Course
- 138 Travels with Tom: National Parks\***  
Tom Henry  
Thursday Feb 3 1:00 - 3:00  
Fee: \$10 1 session Online Course
- 140 Travel Treks Encore:  
Enchanting Norway\***  
Diana Biro and Eric Rogers  
Monday Mar 14 11:00 - 12:30  
Fee: \$10 1 session Online Course

- 141 Ireland: Its Beauty and Culture**  
Susan Savion  
Tuesday Mar 15 1:00 - 2:30  
Fee: \$15 1 session Online Course
- 142 Scotland: From Ancient Times  
to the Present**  
Susan Savion  
Tuesday Mar 22 1:00 - 2:30  
Fee: \$15 1 session Online Course



## Science

- 201 The Day Earth Was Almost Destroyed**  
Len and Susan Sharp  
Tuesday Apr 5 1:30 - 4:30  
Fee: \$24 1 session Online Course
- 203 Space Weather: Solar Storms and  
Earthly Hazards\***  
Donald Bridy  
Thursday Mar 31 1:00 - 2:30  
Fee: \$17 1 session Online Course
- 204 Searching for Other Habitable  
Worlds and E.T.**  
Len and Susan Sharp  
Wednesday Mar 2 1:30 - 4:00  
Fee: \$20 1 session Online Course
- 205 The Science of Science Fiction\***  
Donald Bridy  
Mondays Feb 21 - Mar 21 1:00 - 2:30  
Fee: \$43 5 sessions Online Course



## Personal Development & Enrichment

- 301 Researching Your Roots\***  
Lisa Alzo  
Tuesday Mar 8 1:00 - 4:00  
Fee: \$40 1 session Online Course
- 302 Internet Genealogy\***  
Lisa Alzo  
Tuesday Mar 15 1:00 - 4:00  
Fee: \$40 1 session Online Course
- 303 Zen and The Art of Graceful Aging**  
Peg Miller  
Thursdays Mar 3 - Apr 7 2:30 - 4:00  
Fee: \$79 6 sessions Online Course
- 304 Organizing 101\***  
Liz Bremer  
Friday Feb 18 11:00 - 12:00  
Fee: \$15 1 session Online Course

**306 Beginning Irish**  
John LaParo  
Fridays Jan 21 - Apr 8 9:30 - 11:00  
Fee: \$48 12 sessions Online Course

**307 Advanced Irish**  
John LaParo  
Fridays Jan 21 - Apr 8 11:15 - 12:45  
Fee: \$48 12 sessions Online Course

**308 Spanish 1**  
Cathy Bryant  
Thursdays Jan 20 - Apr 14 4:00 - 5:00  
Fee: \$65 13 sessions Online Course

**309 Spanish 2**  
Cathy Bryant  
Thursdays Jan 20 - Apr 14 2:00 - 3:30  
Fee: \$65 13 sessions Online Course

**310 Spanish 3**  
Cathy Bryant  
Thursdays Jan 20 - Apr 14 12:00 - 1:30  
Fee: \$65 13 sessions Online Course

**311 Spanish 4**  
Carolyn Stark  
Wednesdays Jan 19 - Apr 13 11:00 - 12:30  
Fee: \$52 13 sessions Online Course

**312 Spanish 5**  
Carolyn Stark  
Wednesdays Jan 19 - Apr 13 9:00 - 10:30  
Fee: \$52 13 sessions Online Course



## Computers

**404 Social Media 101**  
Teens Teach Technology  
Tuesday Feb 22 4:30 - 5:30  
Fee: \$10 1 session Online Course

**405 Basic Daily Applications**  
Teens Teach Technology  
Tuesday Mar 1 4:30 - 5:30  
Fee: \$10 1 session Online Course



## Health and Fitness

**501 Chronic Pain Self-Management Program**  
Co-peer leaders certified in CDSMP by Stanford University  
Wednesdays Jan 19 - Feb 23 1:00 - 3:30  
Free 6 sessions Online Course

**503 Tai Chi for Arthritis and Falls Prevention**  
Co-peer leaders certified in CDSMP by Stanford University  
Mon & Thur Feb 14 - Apr 7 10:30 - 11:30  
Free 16 sessions Online Course

**504 Mind Sharpener: A Whole Brain Workout!**  
Ellen Somers  
Tues & Thur Jan 25 - Apr 14 4:00 - 5:30  
Fee: \$260 24 sessions Online Course

**505 Kripalu Yoga with Yvonne\***  
Yvonne Martin  
Wednesdays Jan 19 - Apr 6 10:00 - 11:00  
Fee: \$66 11 sessions Online Course  
No class 3/23

**506 Kripalu Yoga with Yvonne\***  
Yvonne Martin  
Fridays Jan 21 - Apr 8 10:00 - 11:00  
Fee: \$66 11 sessions Online Course  
No class 3/25

**507 Hatha Yoga with Pam\***  
Pam LeBlanc  
Tuesdays Jan 18 - Apr 12 10:30 - 11:45  
Fee: \$78 13 sessions Online Course

**508 Hatha Yoga with Pam\***  
Pam LeBlanc  
Thursdays Jan 20 - Apr 14 10:30 - 11:45  
Fee: \$78 13 sessions Online Course

**509 T-N-T: Tight and Tone**  
Tammy Panzironi  
Tuesdays Jan 18 - Apr 12 9:00 - 9:40  
Fee: \$72 13 sessions Online Course

**510 T-N-T: Tight and Tone**  
Tammy Panzironi  
Thursdays Jan 20 - Apr 14 9:00 - 9:40  
Fee: \$72 13 sessions Online Course

**511 Low-Impact Aerobics**  
Tammy Panzironi  
Tuesdays Jan 18 - Apr 12 9:45 - 10:15  
Fee: \$65 13 sessions Online Course

**512 Low-Impact Aerobics**  
Tammy Panzironi  
Thursdays Jan 20 - Apr 14 9:45 - 10:15  
Fee: \$65 13 sessions Online Course





## ZOOM COURSES

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### 513 Power Sculpt

Tammy Panzironi

Wednesdays Jan 19 - Apr 13 9:00 - 09:45

Fee: \$72 13 sessions Online Course

### 514 Yoga-Lates

Tammy Panzironi

Fridays Jan 21 - Apr 8 9:00 - 10:00

Fee: \$88 12 sessions Online Course

### 515 Nia: Movement Medicine and Lifestyle Practice\*

Elaine Wolf

Mondays Jan 24 - Apr 11 10:30 - 11:30

Fee: \$72 12 sessions Online Course

\*Register at [upstate.oasisnet.org](https://upstate.oasisnet.org) 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).
- To do this, 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 information.