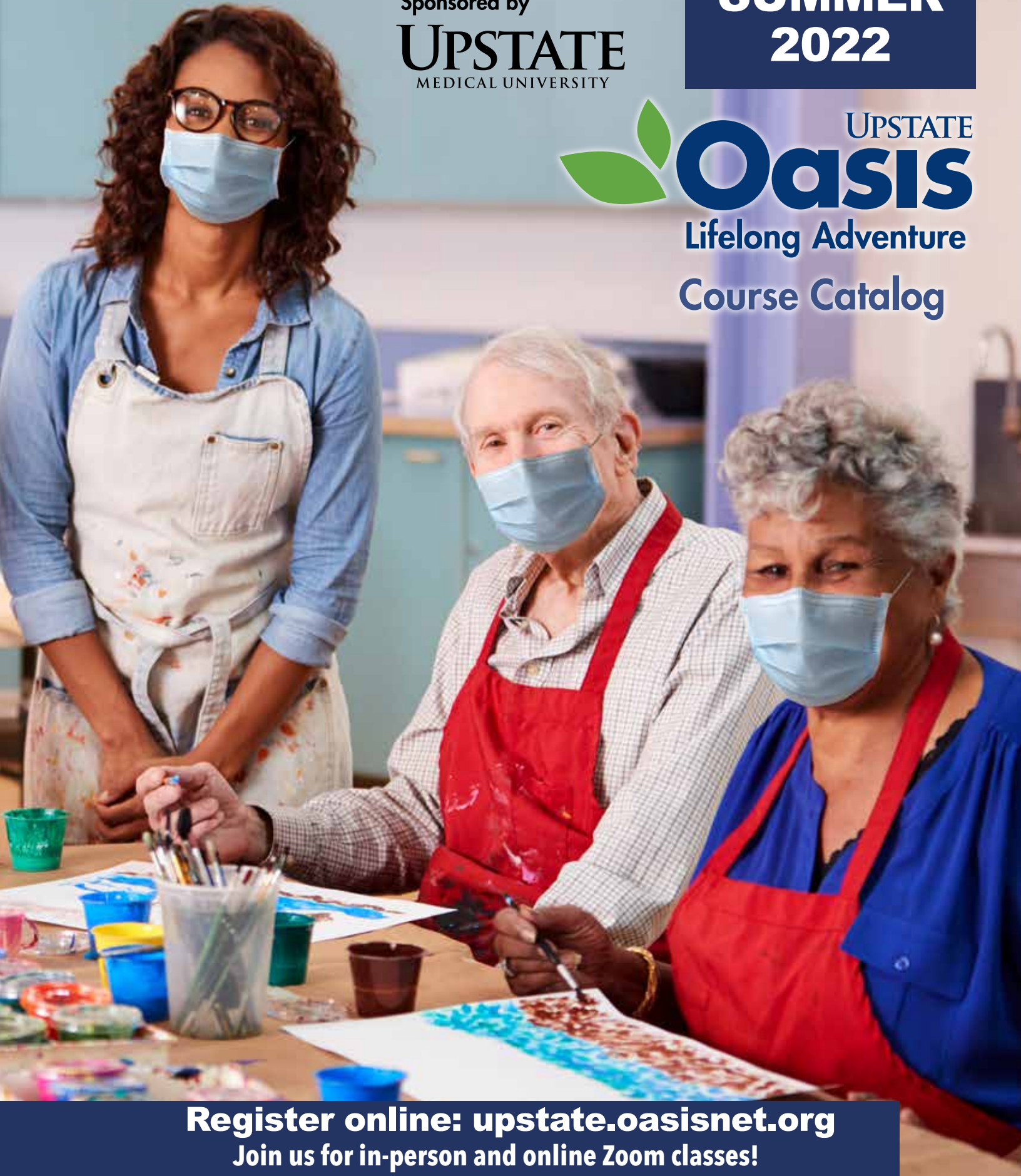


Sponsored by
UPSTATE
MEDICAL UNIVERSITY

**SUMMER
2022**

UPSTATE
Oasis
Lifelong Adventure
Course Catalog



**Register online: upstate.oasisnet.org
Join us for in-person and online Zoom classes!**

Dear Oasis Friends,



Believe it or not, spring is here, and summer is just around the corner. As we enter year three of the pandemic, we continue to redefine what “normal” looks like. With that being said, we are moving in a very hopeful and hope-filled direction. I am pleased to announce the plan to return to more in person classes for those participants who are vaccinated. You will notice fitness classes are resuming on-site, and we even have a concert planned as part of the summer trimester. In each of these small steps forward we strive to keep our participants as safe as possible while delivering robust content. With that in mind, at the time of this catalog printing, masks will still be required for participants. Additionally, I urge you to review any and all eBlasts coming from Oasis, as that will be our means of delivering the MOST up-to-date information regarding any pending changes in our infection prevention protocols per Upstate Medical University, our sponsor. Thank you for staying the course as we continue to redefine what normal is and get back to enjoying our lifelong adventures at Oasis.

Warmly and with gratitude,

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

Cynthia Woods, Executive Director
Upstate Oasis

REGISTRATION MATTERS!

- **Please** be mindful when registering as some classes are being held both in-person **AND** online via Zoom (simulcast). These simulcast classes have the same class number but in-person classes are using the suffix “A” and online classes are using the suffix “B.” **You should be registering for one or the other, not both.**
- **Registration will open May 2.** We encourage you to register online if possible. Paper registrations are available upon request.
- **Please** be sure to register for our Syracuse produced Oasis Everywhere classes (noted in green) **locally** at upstate.oasisnet.org, not through the Oasis Everywhere website. This ensures that your class fee stays local.
- **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: oasiseverywhere.org.

Contact us (315) 464-6555
Oasis Course Catalog - Summer 2022

IN-PERSON COURSES

Register online: upstate.oasisnet.org
Oasis Course Catalog - Summer 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 Acrylic Painting: The Forest in a Limited Palette**
Evelyn Fiorenza
Tuesdays May 17 - Jun 14 9:30 - 11:30
Fee: \$61 5 sessions Oasis Studio
- 102 Pastels Studio**
Jean B. Somlo
Tuesdays May 17 - Jun 21 1:00 - 3:30
Fee: \$88 6 sessions Oasis Studio
- 103 Open Art Studio**
Jean B. Somlo
Wednesdays Jul 6 - Aug 10 1:00 - 3:30
Fee: \$88 6 sessions Oasis Studio
- 104 Create a Mandala**
Diane Lansing
Thursdays May 26 - Jun 9 1:30 - 3:30
Fee: \$45 3 sessions Oasis Studio
- 106 Oasis Chamber Orchestra**
Victor Vallo
Tuesdays May 17 - Jun 21 1:00 - 2:30
Fee: \$50 6 sessions Oasis Fitness Room
- 107 A Concert With The Highland Winds Clarinet Quartet**
Highland Winds Clarinet Quartet
Wednesday Jun 29 11:00 - 12:00
Free 1 session Oasis Lecture Hall
- 110 The Story of Language**
Terrence McGovern
Wednesdays Jun 1 - Jun 29 10:00 - 11:30
Fee: \$39 5 sessions Oasis Studio
- 111 Creative Writers Workshop**
Carol Madar
Thursdays Jun 16 - Aug 11 9:30 - 12:30
Fee: \$70 5 sessions Oasis Studio

- 112 Writing Stories From Your Life**
Carol Madar
Tuesdays Jun 21 - Aug 16 3:30 - 6:30
Fee: \$70 5 sessions Fayetteville Senior Center
- 113 Spiritual Insight 2**
Lisa McCall
Thursdays Jun 9 - Jun 23 1:00 - 3:00
Fee: \$45 3 sessions HealthLink Room
- 115 Soul Contract and Spirit Guides**
Lisa McCall
Mondays Jul 11 - Jul 25 1:00 - 3:00
Fee: \$45 3 sessions HealthLink Room
- 116 What Spiritual Themes Have We Missed in Recent Films?**
David E. Pasinski
Wednesdays Jun 1 - Jun 29 9:30 - 12:30
Fee: \$30 5 sessions HealthLink Room
- 117 Genocide: The Genesis of a Concept**
Alan Goldberg
Wednesday Jul 13 9:30 - 12:00
Fee: \$18 1 session HealthLink Room
- 124A Travels with Tom: Sacred Spaces (In-Person)**
Tom Henry
Monday Jun 13 3:00 - 5:00
Fee: \$10 1 session Oasis Lecture Hall
- 125 Len Sharp's National Parks Seminar Series: Yellowstone**
Len Sharp
Tuesday Jun 14 2:00 - 3:30
Fee: \$15 1 session HealthLink Room

Science

- 201 It Came From Outer Space**
Susan Sharp
Wednesday Aug 10 1:00 - 3:00
Fee: \$15 1 session HealthLink Room

Personal Development & Enrichment

- 305 Advanced Conversational Italian**
Frank Ricciardiello
Wednesdays May 18 - Jul 20 2:00 - 3:30
Fee: \$60 10 sessions HealthLink Room



Technology

- 401 Intro to Microsoft Word**
Al Somlo
Tues. & Thurs. Jun 14 - Jun 30 2:00 - 4:00
Fee: \$86 6 sessions Oasis
Computer Lab
- 405 Going Wireless: How to Use Wi-Fi**
Al Somlo
Tuesday May 31 10:00 - 12:00
Fee: \$26 1 session Oasis
Computer Lab
- 406 Beginners Guide to the Cloud**
Al Somlo
Wednesday Jul 20 10:00 - 12:00
Fee: \$26 1 session Oasis
Computer Lab
- 407 iPhone: The Basics**
Pamela Lipe Revercomb
Wed. & Fri. Jun 1 & Jun 3 10:00 - 12:00
Fee: \$32 2 sessions Oasis
Computer Lab
- 410 Smartphone Photography**
Pamela Lipe Revercomb
Mon/Wed/Fri Jun 27 - Jul 1 10:00 - 12:00
Fee: \$48 3 sessions Oasis
Computer Lab
- 411 Google Photos**
Pamela Lipe Revercomb
Mon/Wed/Fri Jul 11 - Jul 15 10:00 - 12:00
Fee: \$48 3 sessions Oasis
Computer Lab



Health & Fitness

- 501 Living Healthy with a Chronic Condition**
Co-peer leaders certified in CDSMP by
Stanford University
Tuesdays Jun 7 - Jul 12 10:00 - 12:30
Free 6 sessions HealthLink
Room
- 502 Understanding Alzheimer's & Dementia**
Alzheimer's Association, Central New York
Chapter to present
Wednesday Jun 29 4:00 - 5:00
Free 1 session HealthLink
Room
- 503 Effective Communication Strategies**
Alzheimer's Association, Central New York
Chapter to present
Wednesday Jul 13 4:00 - 5:00
Free 1 session HealthLink
Room

- 504 Understanding and Responding to Dementia Related Behavior**
Alzheimer's Association, Central New York
Chapter to present
Wednesday Aug 3 3:30 - 5:00
Free 1 session HealthLink
Room
- 506A Kripalu Yoga with Yvonne (In-Person)**
Yvonne Martin
Wednesdays May 18 - Aug 10 10:00 - 11:00
Fee: \$66 11 sessions Oasis
No class 6/15 & 6/22 Fitness Room
- 507A Kripalu Yoga with Yvonne (In-Person)**
Yvonne Martin
Fridays May 20 - Aug 5 10:00 - 11:00
Fee: \$66 11 sessions Oasis
No class 6/17 Fitness Room
- 508A Hatha Yoga with Pam (In-Person)**
Pam LeBlanc
Tuesdays May 17 - Aug 9 10:30 - 11:45
Fee: \$78 13 sessions Oasis
Lecture Hall
- 509A Hatha Yoga with Pam (In-Person)**
Pam LeBlanc
Thursdays May 19 - Aug 4 10:30 - 11:45
Fee: \$72 12 sessions Oasis
Lecture Hall
- 516A Nia Dance: Movement & Lifestyle Practice (In-Person)**
Elaine Wolf
Mondays May 16 - Aug 8 10:30 - 11:30
Fee: \$60 10 sessions Life-Force
No class 5/30, 6/20 & 7/4 Sanctuary
- 517 Dance Exercise Medley**
Jeanneanne Ketchum
Wednesdays May 18 - Jul 13 12:00 - 1:00
Fee: \$48 8 sessions Oasis
No class 6/22 Fitness Room

Full class descriptions are on our website. Online registration will begin on May 2 at: upstate.oasisnet.org

ZOOM COURSES

Register online: upstate.oasisnet.org
Oasis Course Catalog - Summer 2022

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 Learn How to Take Better Photos

Diane Lansing

Mondays May 23 - Jun 6 11:00 - 1:00

Fee: \$30 2 sessions Online Course

No class 5/30

108 Oasis Book Group

Wendy Davenport

Tuesdays May 17 - Aug 9 10:00 - 11:00

Fee: \$20 4 sessions Online Course

109 Nobel Prize Winners

Wendy Davenport

Mondays Jun 6 - Jul 18 2:00 - 3:00

Fee: \$25 5 sessions Online Course

No class 6/20 & 7/4

114 What Do the Dead Want Us to Know?*

Lisa McCall

Thursday Jun 30 1:00 - 3:00

Fee: \$15 1 session Online Course

118 The History and Archaeology of Ancient Egypt

Daniel Warne

Thursdays May 26 - Jun 16 2:00 - 4:00

Fee: \$68 4 sessions Online Course

119 Death and Burial in Ancient Egypt

Daniel Warne

Tues. & Thurs. Jul 12 & Jul 14 1:00 - 3:00

Fee: \$34 2 sessions Online Course

120 The Treasures of Tutankhamun

Daniel Warne

Tues. & Thurs. Jul 26 & Jul 28 1:00 - 3:00

Fee: \$34 2 sessions Online Course

121 The First Ladies II*

Tom Henry

Tuesdays May 17 - Jun 7 3:00 - 5:00

Fee: \$46 4 sessions Online Course

122 The Presidency V: Changes*

Tom Henry

Wednesdays Jun 1 - Jun 22 3:00 - 5:00

Fee: \$46 4 sessions Online Course

123 Vietnam: Nixon's War

Tom Henry

Tuesdays May 17 - Jun 7 10:00 - 12:00

Fee: \$46 4 sessions Online Course

124B Travels with Tom: Sacred Spaces*

(Zoom)

Tom Henry

Monday Jun 13 3:00 - 5:00

Fee: \$10 1 session Online Course

126 What's Up With Real Estate?

Patsy Scala

Tues. & Thurs. Jun 7 & Jun 9 1:30 - 3:30

Fee: \$30 2 sessions Online Course



*Register at upstate.oasisnet.org for this Oasis Everywhere class.

ZOOM COURSES

Register online: upstate.oasisnet.org
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Personal Development & Enrichment

- 301 More Internet Genealogy***
Lisa Alzo
Thursday Jun 2 1:00 - 4:00
Fee: \$40 1 session Online Course
- 302 Organizing 101***
Liz Bremer
Friday May 20 1:00 - 2:00
Fee: \$15 1 session Online Course
- 303 Corral your Paper Chaos***
Liz Bremer
Friday Jul 15 1:00 - 2:00
Fee: \$15 1 session Online Course
- 304 Intermediate/Advanced Conversational Italian**
Frank Ricciardiello
Mondays May 16 - Aug 1 10:30 - 12:00
Fee: \$54 9 sessions Online Course
No class 5/30, 6/20 & 7/4

Technology

- 402 Introduction to Google Drive**
Teens Teach Technology
Tuesday Jun 27 1:00 - 2:00
Fee: \$10 1 session Online Course
- 403 Introduction to Gmail**
Teens Teach Technology
Monday Jul 12 1:00 - 2:00
Fee: \$10 1 session Online Course

- 404 Introduction to Google Maps**
Teens Teach Technology
Monday Jul 25 1:00 - 2:00
Fee: \$10 1 session Online Course
- 408 Music Streaming 101**
Teens Teach Technology
Tuesday Aug 2 1:00 - 2:00
Fee: \$10 1 session Online Course
- 409 TV Streaming 101**
Teens Teach Technology
Tuesday Aug 9 1:00 - 2:00
Fee: \$10 1 session Online Course

Health & Fitness

- 505 Tai Chi for Life**
Lee Livermore
Mondays May 16 - Aug 29 5:30 - 6:30
Fee: \$78 13 sessions Online Course
No class 5/30, 6/20 & 7/4
- 506B Kripalu Yoga with Yvonne* (Zoom)**
Yvonne Martin
Wednesdays May 18 - Aug 10 10:00 - 11:00
Fee: \$66 11 sessions Online Course
No class 6/15 & 6/22
- 507B Kripalu Yoga with Yvonne* (Zoom)**
Yvonne Martin
Fridays May 20 - Aug 5 10:00 - 11:00
Fee: \$66 11 sessions Online Course
No class 6/17
- 508B Hatha Yoga with Pam* (Zoom)**
Pam LeBlanc
Tuesdays May 17 - Aug 9 10:30 - 11:45
Fee: \$78 13 sessions Online Course

*Register at upstate.oasisnet.org for this Oasis Everywhere class.

ZOOM COURSES

Register online: upstate.oasisnet.org
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509B Hatha Yoga with Pam* (Zoom)

Pam LeBlanc

Thursdays May 19 - Aug 4 10:30 - 11:45

Fee: \$72 12 sessions Online Course

510 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays May 17 - Aug 9 9:00 - 9:40

Fee: \$72 13 sessions Online Course

511 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays May 19 - Aug 11 9:00 - 9:40

Fee: \$72 13 sessions Online Course

512 Low-Impact Aerobics

Tammy Panzironi

Tuesdays May 17 - Aug 9 9:45 - 10:15

Fee: \$65 13 sessions Online Course

513 Low-Impact Aerobics

Tammy Panzironi

Thursdays May 19 - Aug 11 9:45 - 10:15

Fee: \$65 13 sessions Online Course

514 Power Sculpt

Tammy Panzironi

Wednesdays May 18 - Aug 10 9:00 - 9:45

Fee: \$72 13 sessions Online Course

515 Yoga-Lates

Tammy Panzironi

Fridays May 20 - Aug 12 9:00 - 10:00

Fee: \$88 13 sessions Online Course

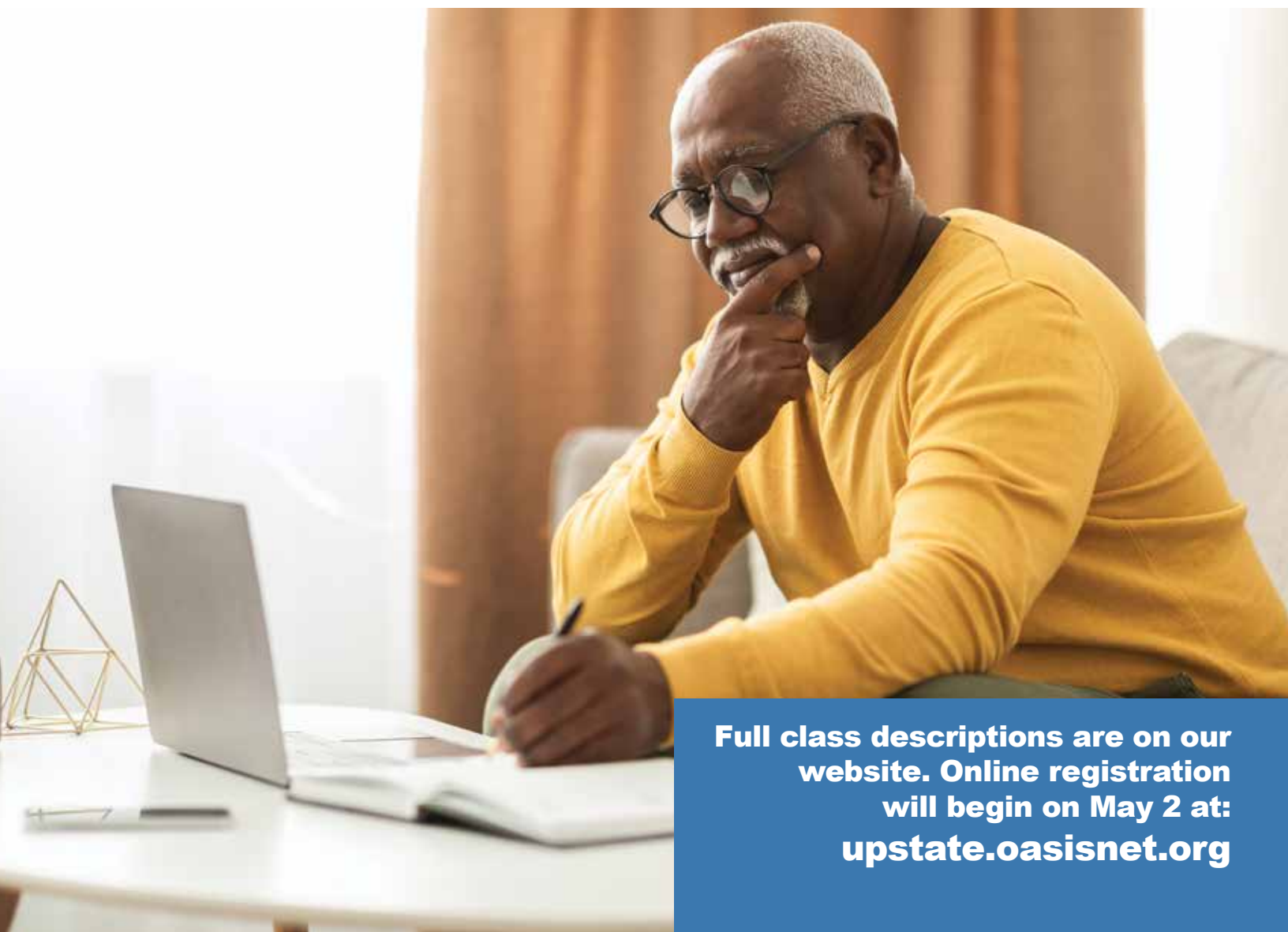
516B Nia Dance: Movement & Lifestyle Practice* (Zoom)

Elaine Wolf

Mondays May 16 - Aug 8 10:30 - 11:30

Fee: \$60 10 sessions Online Course

No class 5/30, 6/20 & 7/4



Full class descriptions are on our website. Online registration will begin on May 2 at: upstate.oasisnet.org



Looking for something new?

We are always looking for new instructors and volunteers to expand our programming. Have a strong interest or passion about a topic? Teach a class! Want to meet new people and give back to your community? Volunteer! Please contact Jennifer Michella at (315) 464-1745 or michellj@upstate.edu for more information.

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.