



Sponsored by
UPSTATE
MEDICAL UNIVERSITY

**FALL
2022**

UPSTATE
Oasis
Lifelong Adventure
Course Catalog

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

Dear Oasis Friends,



Research shows that participation in ongoing learning opportunities may be one of the keys to successful aging, and so it gives me great pleasure to present our Fall 2022 Oasis class catalog. With more in-person classes than we've held in the past several years, 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.

You'll notice the return of our "*State of the Union: The Annette Guisbond Legacy Series*." This year, the series will offer a traditional "series" of classes as well as several "stand-alone" classes giving participants more flexibility in choosing which classes resonate with them.

At the time of this brochure printing, masks are optional to attend in-person classes at the Oasis site, **but proof of vaccination is still required**. Please note, these guidelines are subject to change based on the local infection rates and the guidance of the Upstate Medical University Infection Prevention department.

Keeping our members as safe as possible is paramount as this pandemic continues, however we look forward to actually seeing more of you very soon. Stay updated 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 (315) 464-6555 with any questions you may have.

These are exciting times at Upstate Oasis, and I hope you will share in our excitement as well as take advantage of ALL that we have to offer – in-person and online – to help you remain active, engaged and aging well. Whether you take a class, tutor a child or volunteer at the center, this is YOUR time to continue your lifelong adventure at Oasis!

Looking forward to seeing you,

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

Cynthia Woods, Executive Director at Upstate Oasis

REGISTRATION MATTERS!

- **Please** be mindful when registering as some classes are being held both in-person **AND** online on 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 August 29.** We encourage you to register online if possible. Paper registrations are available upon request.
- **Please** be sure to register for our 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.
- **If you are unable** to attend class due to religious holiday observances, please contact staff.

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.
- Masks recommended at time of printing but subject to change in the future.
- If you are feeling sick, please stay home.
- No eating or drinking in class.



Arts & Humanities

101 Five New Easy Pieces: Beginning Acrylic Painting

Evelyn Fiorenza

Wednesdays Sep 14 - Oct 12 9:30 - 11:30
Fee: \$61 Oasis Studio 5 sessions

102 Acrylic/Oil Painting Workshop

Jean B. Somlo

Thursdays Sep 15 - Oct 20 1:00 - 3:30
Fee: \$88 Oasis Studio 6 sessions

103 Collage/Assemblage Studio

Jean B. Somlo

Tuesdays Oct 25 - Nov 29 1:00 - 3:30
Fee: \$88 Oasis Studio 6 sessions

104 Create a Mandala

Diane Lansing

Thursdays Nov 3 - Nov 17 1:30 - 3:30
Fee: \$45 Oasis Studio 3 sessions

105 DIY Wood Sign

Board and Brush staff

Wednesday Oct 5 1:00 - 3:00
Fee: \$35 Board & Brush Fayetteville 1 session

107 Mithila Folk Artists from Rural India Challenge Patriarchy

Susan Wadley

Thursday Nov 3 2:00 - 3:30
Fee: \$15 Oasis Lecture Hall 1 session

109 The Basics of Music Theory 1

Lynn Moroz

Thursdays Sep 15 - Dec 8 10:10 - 11:10
Fee: \$126 Artist Pianos 12 sessions
No class 11/24

110 The Basics of Music Theory 3-5 Review

Lynn Moroz

Thursdays Sep 15 - Dec 8 11:20 - 12:30
Fee: \$141 Artist Pianos 12 sessions
No class 11/24

111 Oasis Chamber Orchestra

Victor Vallo

Tuesdays Sep 20 - Dec 6 1:00 - 2:30
Fee: \$90 Oasis Lecture Hall 12 sessions

112 Oasis Chamber Orchestra Performance

Victor Vallo

Tuesday Dec 6 1:30 - 2:00
Free Oasis Theater Room 1 session

113 Bare Bones Trombone Quartet

Bare Bones Trombone Quartet

Thursday Oct 13 2:00 - 3:00
Free Oasis Lecture Hall 1 session

116A Syracuse Stage: A Fall 2022-23 Preview and the Impact of Covid

Robert Hupp and Melissa Crespo

Friday Oct 7 10:00 - 11:30
Fee: \$10 Oasis Lecture Hall 1 session

117 Laughter on the Home Front: Carole Lombard, Jean Arthur, and Irene Dunne in Three Classic Wartime Film Comedies

Susan Edwards Harvith assisted by John Harvith

Fridays Oct 21 - Nov 4 9:30 - 12:30
Fee: \$35 Oasis Lecture Hall 3 sessions

118 Roc Docs 2

Frank Calidonna

Tuesdays Oct 4 - Nov 22 10:00 - 12:00
Fee: \$72 HealthLink Room 8 sessions

122 Writing Secret Syracuse: Hidden Stories in Your Backyard

Linda Lowen

Thursday Sep 29 1:00 - 3:00
Fee: \$10 Oasis Lecture Hall 1 session

123 100 Things to Do in Syracuse, Holiday Edition: Talk and Book Signing

Linda Lowen

Thursday Nov 17 1:00 - 3:00
Fee: \$10 Oasis Lecture Hall 1 session

124 I've Always Wanted to Write a Story About...

Carol Madar

Tuesdays Sep 13 - Nov 8 3:30 - 6:30
Fee: \$70 Fayetteville Senior Center 5 sessions

125 Creative Writers Workshop

Carol Madar

Thursdays Sep 22 - Nov 17 9:30 - 12:30
Fee: \$70 Oasis Studio 5 sessions

127 Magic with Angels and Fairies

Lisa McCall

Mondays Oct 17 - Oct 31 1:00 - 3:00
Fee: \$45 HealthLink Room 3 sessions

128 Angel Therapy

Lisa McCall

Thursdays Nov 3 - Nov 17 1:00 - 3:00
Fee: \$45 HealthLink Room 3 sessions

129 The Ying and Yang of Drunkenness

Frank Calidonna

Tuesdays Nov 1 - Nov 22 1:00 - 2:00
Fee: \$36 HealthLink Room 4 sessions

130 Religion, Religions, and Contemporary Spiritualities

Richard Pilgrim

Wednesdays Nov 2 - Nov 16 10:00 - 12:00
Fee: \$46 Oasis Studio 3 sessions

131 Five Modern Prophetic Voices and How They Challenge Us

David E. Pasinski

Thursdays Oct 27 - Dec 1 10:00 - 12:00
Fee: \$51 HealthLink Room 5 sessions
No class 11/24

132 Sisypheus: Owning Our Stories

Kaye Lindauer

Thursday Sep 22 1:00 - 3:00
Fee: \$18 HealthLink Room 1 session

134 Heracles: A Hero For Our Times

Kaye Lindauer

Thursdays Sep 29 - Oct 6 10:00 - 12:00
Fee: \$36 HealthLink Room 2 sessions

138A Hidden History: Revolts, Resistance, Rebellion, and the Abolitionists and the End of Slavery in the Americas

Charles R. Coon

Wednesdays Oct 19 - Nov 16 12:00 - 1:30
Fee: \$56 Oasis Lecture Hall 5 sessions

141A The Presidency VI: Dynamic Changes

Tom Henry

Mondays Nov 21 - Dec 12 3:00 - 5:00
Fee: \$46 Oasis Lecture Hall 4 sessions

142A Supreme Court Review 2022

Tom Henry

Wednesday Nov 2 3:00 - 5:00
Fee: \$15 Oasis Lecture Hall 1 session

143 Modern American Politics Through Film

Margaret Susan Thompson

Thursdays Sep 8 - Dec 8 3:30 - 4:20
Fee: \$50 SU Whitman School 13 sessions

No class 11/23

148A Travels with Tom: The California Coast

Tom Henry

Wednesday Nov 30 3:00 - 5:00
Fee: \$10 Oasis Lecture Hall 1 session

Full class descriptions are on our website. Registration will begin on August 29 online at: upstate.oasisnet.org

Science

201A The Year in the Environment 2022

Stuart J. Spiegel

Thursdays Dec 1 - Dec 8 1:00 - 3:00
Fee: \$20 Oasis Lecture Hall 2 sessions

Personal Development & Enrichment

303 Understanding Narcissists

Dr. Felicia F. Romeo

Tuesdays Oct 4 - Oct 25 10:00 - 11:15
Fee: \$30 Oasis Studio 4 sessions

304 Intermediate/Advanced Conversational Italian

Frank Ricciardiello

Wednesdays Sep 14 - Nov 30 10:30 - 12:00
Fee: \$42 HealthLink Room 7 sessions
No class 10/19, 10/26, 11/2, 11/9 & 11/23

305 Advanced Conversational Italian

Frank Ricciardiello

Wednesdays Sep 14 - Nov 30 2:00 - 3:30
Fee: \$42 HealthLink Room 7 sessions
No class 10/19, 10/26, 11/2, 11/9 & 11/23

306 Beginning Conversational Russian

Patricia A Erickson

Mondays Sep 26 - Dec 5 11:00 - 12:30
Fee: \$60 HealthLink Room 10 sessions
No class 10/10

Technology

401 The Oasis Guide to Internet Safety

Al Somlo

Tuesdays Oct 4 - Oct 18 1:30 - 3:30
Fee: \$48 Oasis Computer Lab 3 sessions

405 Buying and Selling on eBay

Al Somlo

Wednesdays Sep 21 - Sep 28 1:30 - 3:30
Fee: \$41 Oasis Computer Lab 2 sessions

406 Android Essentials: for Tablets and Smart Phones

Al Somlo

Wednesdays Nov 2 - Nov 9 1:30 - 3:30
Fee: \$41 Oasis Computer Lab 2 sessions



407 Smartphone Photography

Pamela Lipe Revercomb

Mon/Wed/Fri Oct 3 - Oct 7 10:00 - 12:00

Fee: \$48 Oasis Computer Lab 3 sessions

408 Google Photos

Pamela Lipe Revercomb

Mon/Wed/Fri Nov 14 - Nov 18 10:00 - 12:00

Fee: \$48 Oasis Computer Lab 3 sessions



Health & Fitness

504 Managing Money: A Caregiver's Guide to Finances

Alzheimer's Association, Central New York Chapter to present

Monday Sep 19 3:00 - 4:00

Free HealthLink Room 1 session

505 Dementia Conversations

Alzheimer's Association, Central New York Chapter to present

Wednesday Oct 19 3:00 - 4:00

Free HealthLink Room 1 session

506 Understanding Alzheimer's & Dementia

Alzheimer's Association, Central New York Chapter to present

Monday Nov 14 1:00 - 2:00

Free HealthLink Room 1 session

507 Effective Communication Strategies

Alzheimer's Association, Central New York Chapter to present

Wednesday Dec 7 1:00 - 2:00

Free HealthLink Room 1 session

508 Let's Talk About Ticks

Elizabeth Balfour

Tuesday Sep 27 10:00 - 11:30

Free HealthLink Room 1 session

510A Kripalu Yoga with Yvonne

Yvonne Martin

Mondays Sep 12 - Dec 5 10:30 - 11:30

Fee: \$66 Oasis Fitness Room 11 sessions

No class 10/10 & 11/28

511A Kripalu Yoga with Yvonne

Yvonne Martin

Wednesdays Sep 14 - Dec 7 10:30 - 11:30

Fee: \$66 Oasis Fitness Room 11 sessions

No class 10/12 & 11/23

512A Hatha Yoga with Pam

Pam LeBlanc

Tuesdays Sep 13 - Dec 6 10:30 - 11:45

Fee: \$78 Oasis Fitness Room 13 sessions

513A Hatha Yoga with Pam

Pam LeBlanc

Thursdays Sep 15 - Dec 8 10:30 - 11:45

Fee: \$72 Oasis Fitness Room 12 sessions

No class 11/24

520A Nia: Movement & Lifestyle Practice

Elaine Wolf

Mondays Sep 12 - Dec 5 10:30 - 11:30

Fee: \$72 Life-Force Sanctuary 12 sessions

No class 10/10

521 Balance Your Body; Exercise Your Brain

Patricia Urban

Tuesdays Oct 11 - Nov 15 12:15 - 1:30

Fee: \$51 Oasis Fitness Room 6 sessions



Volunteer Opportunities

701 New Volunteer Overview

Jennifer Michella and Shelly Lee

Tuesday Sep 13 10:00 - 11:00

Free Oasis Studio 1 session

702 Volunteer Meeting

Jennifer Michella

Mondays Sep 19 & Nov 7 1:00 - 2:00

Free HealthLink Room 2 sessions

703 Leadership Team Meeting

Jennifer Michella

Wednesdays Sep 7 - Dec 7 1:00 - 2:00

Free Oasis Conference Room 4 sessions

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

106 One Paris; Three Photographers*

Laura Nicholls

Thursday	Oct 13	1:00 - 2:30
Fee: \$15	Online Course	1 session

108 Am I Blue?: Pablo Picasso's Blue Period*

Laura Nicholls

Thursday	Dec 15	1:00 - 2:30
Fee: \$15	Online Course	1 session

114 In Search of... Redhouse Arts Center Moves Forward

Temar Underwood

Monday	Sep 19	2:00 - 3:00
Fee: \$10	Online Course	1 session

115 Symphoria: Celebrating 10 Years and Looking Ahead

Lawrence Loh, Sean O'Loughlin and Pamela Murchison

Wednesday	Sep 28	1:30 - 3:00
Fee: \$10	Online Course	1 session

116B Syracuse Stage: A Fall 2022-23 Preview and the Impact of Covid

Robert Hupp and Melissa Crespo

Friday	Oct 7	10:00 - 11:30
Fee: \$10	Online Course	1 session

119 Oasis Book Group

Wendy Davenport

Tuesdays	Sep 13 - Dec 6	10:00 - 11:00
Fee: \$20	Online Course	4 sessions

120 Breaking the Glass Ceiling: Tales of Extraordinary Women

Wendy Davenport

Mondays	Sep 12 - Oct 17	2:00 - 3:00
Fee: \$25	Online Course	5 sessions
No class 10/10		

121 The World of Sherlock Holmes*

Donald Bridy

Tuesdays	Oct 18 - Nov 1	1:00 - 2:30
Fee: \$35	Online Course	3 sessions

126 Crystal Flower Power*

Lisa McCall

Thursday	Oct 13	1:00 - 3:00
Fee: \$15	Online Course	1 session

133 Sisyphus: Owning Our Stories*

Kaye Lindauer

Wednesday	Sep 21	1:00 - 3:00
Fee: \$18	Online Course	1 session

135 Heracles: A Hero For Our Times*

Kaye Lindauer

Tuesdays	Sep 27 - Oct 4	1:00 - 3:00
Fee: \$36	Online Course	2 sessions

136 Narcissism*

Kaye Lindauer

Wednesdays	Oct 12 - Oct 19	2:00 - 4:00
Fee: \$36	Online Course	2 sessions

137 Crete: An Island of Ancient Stories*

Kaye Lindauer

Fridays	Dec 2 - Dec 9	1:00 - 3:00
Fee: \$36	Online Course	2 sessions



138B Hidden History: Revolts, Resistance, Rebellion, and the Abolitionists and the End of Slavery in the Americas*

Charles R. Coon

Wednesdays Oct 19 - Nov 16 12:00 - 1:30
Fee: \$56 Online Course 5 sessions

139 Vietnam: Legacies

Tom Henry

Tuesdays Oct 25 - Nov 15 10:00 - 12:00
Fee: \$46 Online Course 4 sessions

140 The First Ladies III*

Tom Henry

Tuesdays Oct 25 - Nov 15 3:00 - 5:00
Fee: \$46 Online Course 4 sessions

141B The Presidency VI: Dynamic Changes*

Tom Henry

Mondays Nov 21 - Dec 12 3:00 - 5:00
Fee: \$46 Online Course 4 sessions

142B Supreme Court Review 2022*

Tom Henry

Wednesday Nov 2 3:00 - 5:00
Fee: \$15 Online Course 1 session

State of the Union (144 Series, 145, 146 & 147 Single Sessions)

Hosted by Diana Biro and Eric Rogers

144 State of the Union: the Annette Guisbond Legacy Series

Mondays Oct 3 - Nov 14 10:00 - 12:00

Fee: \$48 Online Course 4 sessions

- **October 3:** Climate Action: How to Save Our Planet
- **October 17:** US Foreign Affairs: Russia and China
- **October 31:** Welcoming Refugees into Our Community
- **November 14:** The Ivory Tower Panel

145 SotU Single Session: State of the City and County

Ben Walsh and Ryan McMahon

Monday Sep 19 11:00 - 12:30

Fee: \$12 Online Course 1 session

146 SotU Single Session: Truths and Myths About Guns in America*

Grant Reeher

Monday Oct 24 1:30 - 3:00

Fee: \$12 Online Course 1 session

147 SotU Single Session: Behind the Scenes at Our National Parks*

National Parks Conservation Association Staff

Wednesday Nov 9 1:00 - 2:30

Fee: \$12 Online Course 1 session

148B Travels with Tom: The California Coast*

Tom Henry

Wednesday Nov 30 3:00 - 5:00

Fee: \$10 Online Course 1 session



Science

201B The Year in the Environment 2022*

Stuart J. Spiegel

Thursdays Dec 1 - Dec 8 1:00 - 3:00

Fee: \$20 Online Course 2 sessions



Personal Development & Enrichment

301 Researching Your Roots*

Lisa Alzo

Tuesday Oct 4 9:30 - 12:30

Fee: \$40 Online Course 1 session

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

Lisa Alzo

Tuesday Oct 4 1:00 - 04:00
Fee: \$40 Online Course 1 session

307 Spanish 1

Cathy Bryant

Thursdays Sep 15 - Dec 8 4:00 - 5:00
Fee: \$60 Online Course 12 sessions
No class 11/24

308 Spanish 2

Cathy Bryant

Thursdays Sep 15 - Dec 8 2:00 - 3:00
Fee: \$60 Online Course 12 sessions
No class 11/24

309 Spanish 3

Cathy Bryant

Thursdays Sep 15 - Dec 8 12:00 - 1:30
Fee: \$60 Online Course 12 sessions
No class 11/24

310 Spanish 4

Carolyn Stark

Wednesdays Sep 14 - Dec 7 11:00 - 12:30
Fee: \$48 Online Course 12 sessions
No class 11/23

311 Spanish 5

Carolyn Stark

Wednesdays Sep 14 - Dec 7 9:00 - 10:30
Fee: \$48 Online Course 12 sessions
No class 11/23



Technology

402 Introduction to Google Calendar & Meet

Teens Teach Technology

Tuesday Sep 27 5:00 - 6:00
Fee: \$10 Online Course 1 session

403 Introduction to Google Translate

Teens Teach Technology

Tuesday Oct 25 5:00 - 6:00
Fee: \$10 Online Course 1 session

404 Introduction to Libby

Teens Teach Technology

Tuesday Nov 22 5:00 - 6:00
Fee: \$10 Online Course 1 session





Health & Fitness

501 Living Healthy with a Chronic Condition—with ASL interpreter

Co-peer leaders certified in CDSMP by Stanford University

Tuesdays Sep 20 - Oct 25 10:00 - 12:30
Free Online Course 6 sessions

502 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University

Thursdays Sep 22 - Oct 27 5:30 - 8:00
Free Online Course 6 sessions

503 Peer Support for Adults with Type 2 Diabetes

Co-peer leaders certified in DSMP by Stanford University

Tuesdays Nov 1 - Dec 6 10:30 - 1:00
Free Online Course 6 sessions

509 Tai Chi for Life

Lee Livermore

Mondays Sep 12 - Dec 5 5:30 - 6:30
Fee: \$72 Online Course 12 sessions
No class 10/10

510B Kripalu Yoga with Yvonne*

Yvonne Martin

Mondays Sep 12 - Dec 5 10:30 - 11:30
Fee: \$66 Online Course 11 sessions
No class 10/10 & 11/28

511B Kripalu Yoga with Yvonne*

Yvonne Martin

Wednesdays Sep 14 - Dec 7 10:30 - 11:30
Fee: \$66 Online Course 11 sessions
No class 10/12 & 11/23

512B Hatha Yoga with Pam*

Pam LeBlanc

Tuesdays Sep 13 - Dec 6 10:30 - 11:45
Fee: \$78 Online Course 13 sessions

513B Hatha Yoga with Pam*

Pam LeBlanc

Thursdays Sep 15 - Dec 8 10:30 - 11:45
Fee: \$72 Online Course 12 sessions
No class 11/24

514 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays Sep 13 - Dec 6 9:00 - 9:40
Fee: \$72 Online Course 13 sessions

515 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays Sep 15 - Dec 8 9:00 - 9:40
Fee: \$66 Online Course 12 sessions
No class 11/24

516 Low-Impact Aerobics

Tammy Panzironi

Tuesdays Sep 13 - Dec 6 9:45 - 10:15
Fee: \$65 Online Course 13 sessions

517 Low-Impact Aerobics

Tammy Panzironi

Thursdays Sep 15 - Dec 8 9:45 - 10:15
Fee: \$60 Online Course 12 sessions
No class 11/24

518 Power Sculpt

Tammy Panzironi

Wednesdays Sep 14 - Dec 7 9:00 - 9:45
Fee: \$66 Online Course 12 sessions
No class 11/23

519 Yoga-Lates

Tammy Panzironi

Fridays Sep 16 - Dec 9 9:00 - 10:00
Fee: \$78 Online Course 11 sessions
No class 11/11 & 11/25

520B Nia: Movement & Lifestyle Practice*

Elaine Wolf

Monday Sep 12 - Dec 5 10:30 - 11:30
Fee: \$72 Online Course 12 sessions
No class 10/10

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

SEVERE WEATHER OR EMERGENCIES

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 cancelled.



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.