

Dear Oasis Friends,

As 2022 comes to a close, we look with anticipation to all that 2023 will bring, and it gives me great pleasure to present our Winter/Spring 2023 Oasis class brochure.

We continue to emerge from a post-pandemic world with renewed appreciation for the opportunities to gather and connect both in-person and online—and in some cases both simultaneously as we continue to offer classes in all three formats.



In addition to traditional classes, we are thrilled to highlight the return of our Oasis Mixed Chorus AND Men of Note singing group as well as several new travel opportunities that will allow multiple options for older adults to connect with others who share their interests.

You'll also notice the return of world-renown astrophysicist and excellent instructor, Duncan Brown, who is a member of the team that won the Nobel Prize in Physics in 2017 as he enlightens participants in the class, "Star Smash II: The Latest Results for the Cosmos."

At the time of this brochure printing, masks are *optional* to attend in-person classes at the Oasis site and offsite class locations, *and we are no longer checking vaccine status*. Please note, these guidelines are subject to change at any time and are based on the local infection rates and the guidance of the Upstate Medical University Infection Prevention department, as keeping our members as safe as possible is paramount.

Stay current on any updates by ensuring that you have "opted in" on your MyOasis account profile to receive email correspondence. And of course, always feel free to reach out to the Oasis office by phone at (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 and 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 in 2023!

Cynthia Woods, Executive Director at Upstate Oasis

REGISTRATION MATTERS!

- **Please** be mindful when registering as some classes are being held both inperson **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 January 3.** 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.

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.

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:

- Masks recommended at time of printing but subject to change in the future.
- If you are feeling sick, please stay home.



Arts & Humanities

101 Dynamic Still Life Acrylic Painting

Evelyn Fiorenza

Tuesdays Jan 17 - Feb 14 9:30 - 11:30 Fee: \$61 Oasis Studio 5 sessions

102 Drawing Workshop

Jean B. Somlo

Wednesdays Jan 18 - Feb 22 1:00 - 3:30 Fee: \$88 Oasis Studio 6 sessions

103 Watercolor Painting Studio

Jean B. Somlo

Tuesdays Feb 28 - Apr 4 1:00 - 3:30 Fee: \$88 Oasis Studio 6 sessions

104 Pass the Cartoon

Diane Lansing

Monday Jan 23 1:00 - 2:30 Fee: \$15 Oasis Studio 1 session

105 DIY Wood Sign

Board and Brush staff

Wednesday Apr 5 1:00 - 4:00 Fee: \$73 Board and Brush 1 session Fayetteville

106 The Basics of Music Theory 3-5 Review

Lynn Moroz

Thursdays Jan 19 - Apr 13 11:20 - 12:30 Fee: \$141 Artist Pianos 12 sessions

No class 4/6

107 Jazz on Demand Interactive Jazz Experience

Jazz on Demand members: Joe Carello, Larry Luttinger and Rick Montalbano

Monday Feb 13 12:30 - 2:00 Fee: \$6 Oasis Lecture 1 session Hall

108 Oasis Chamber Orchestra

Victor Vallo

Tuesdays Jan 17 - Apr 4 1:00 - 2:30 Fee: \$90 Oasis Lecture 12 sessions

Hall

109 Oasis Chamber Orchestra Performance

Victor Vallo

Tuesday Apr 4 2:00 - 2:30
Free Oasis 1 session
Theater Room

110 Men of Note

Susan Soboleski Owens

Thursdays Feb 2 - Mar 23 10:00 - 11:00 Fee: \$56 Oasis Lecture 8 sessions Hall

111 Oasis Mixed Chorus

Susan Soboleski Owens

Thursdays Feb 2 - Mar 23 11:15 - 12:45 Fee: \$70 Oasis Lecture 8 sessions Hall



Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.

112 Sound and Vision

Al Somlo

Thursday Feb 16 1:00 - 3:00 Fee: \$15 HealthLink Room 1 session

113 Great Silent Movies

David Hollenback

Thursdays Feb 2 - Mar 23 1:30 - 4:30 Fee: \$65 Oasis Lecture 8 sessions

Hall

114 Marriages From Broadway to Hollywood, 1933-1952: The Good, the Bad and the Ugly

Susan Edwards Harvith; assisted by John Harvith

Fridays Mar 3 - Mar 31 9:30 - 12:30 Fee: \$46 Oasis Lecture 5 sessions

Hall

115 Feature Film: The Other Son

Diana Biro and Eric Rogers

Wednesday Mar 29 9:30 - 12:15 Fee: \$10 Oasis Lecture 1 session

Hall

119 Writers: Welcome the Muse!

Carol Madar

Thursdays Feb 9 - Apr 6 9:30 - 12:30 Fee: \$70 Oasis Studio 5 sessions

120 Writing Stories From Your Life

Carol Madar

Tuesdays Feb 14 - Apr 11 3:30 - 6:30 Fee: \$70 Fayetteville 5 sessions

Senior Center



122 Life & Beyond

Lisa McCall

Thursdays Mar 16 - Mar 30 1:00 - 3:00 Fee: \$45 HealthLink Room 3 sessions

124 Traces of Enlightenment: Zen Buddhism Then and Now

Richard Pilgrim

Wednesdays Feb 1 - Mar 8 10:00 - 12:00 Fee: \$70 Oasis Studio 6 sessions

125 Crete: Mythology, Minoans, Mycenaea, and Mystery

Susan Savion

Wednesday Feb 1 2:00 - 3:30 Fee: \$15 HealthLink Room 1 session

126A More American Tales: Things that Go Bump in the Night

Tom Henry

Mondays Feb 20 - Mar 13 3:00 - 5:00 Fee: \$46 Oasis Lecture 4 sessions Hall

127A The Monroe Doctrine at 200

Tom Henry

Wednesday Mar 8 3:00 - 5:00 Fee: \$15 Oasis Lecture 1 session Hall

128A The Presidency: Modern Times

Tom Henry

Mondays Jan 23 - Feb 13 3:00 - 5:00 Fee: \$46 Oasis Lecture 4 sessions

131 Hiking with Len through America's National Parks and Monuments Series: Mt. St. Helens National Monument

Len Sharp assisted by Susan Sharp

Tuesday Jan 31 1:00 - 3:00 Fee: \$15 HealthLink Room 1 session

A special thank you to those who support Oasis through their gifts and their time.

For a list of current donors please visit: upstate.oasisnet.org/about-us/#donors

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.

132 Hiking with Len through America's National Parks and Monuments Series: Yosemite

Len Sharp assisted by Susan Sharp

Wednesday Feb 22 1:00 - 3:00 Fee: \$15 HealthLink Room 1 session

134 The Real Estate Market Today

Patsy Scala

Tuesday Mar 7 1:00 - 3:00 Fee: \$15 HealthLink Room 1 session

135 Getting Your Home Ready to Sell

Patsy Scala

Tuesdays Mar 14 - Mar 21 1:00 - 3:00 Fee: \$30 HealthLink Room 2 sessions

136A How to Attract a Fortune 500 Company to Our Pinpoint on the Planet: A Micron Case Study

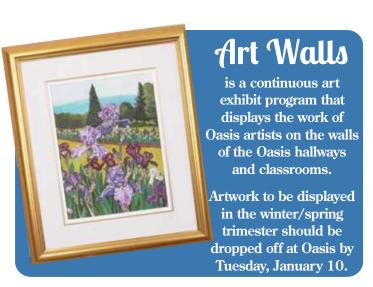
Steve Eckler

Wednesday Feb 22 1:30 - 3:30 Free Oasis Lecture 1 session Hall

137 How to Avoid Becoming a Victim of Investment Fraud

Cornell Law School Securities Law Clinic
Tuesday Mar 28 1:00 - 2:00

Free HealthLink Room 1 session





201 Geologic History and Ancient Life of New York

Susan Sharp and Len Sharp

Monday Jan 30 1:00 - 3:00 Fee: \$15 HealthLink Room 1 session

203A Star Smash II: The Latest Results from the Cosmos

Duncan Brown

Wednesday Mar 15 1:30 - 3:00 Fee: \$15 Oasis Lecture 1 session

204 Frank Drake and The Search for Extraterrestrial Intelligence

Donald Bridy

Wednesday Feb 8 1:00 - 2:30 Fee: \$15 HealthLink Room 1 session



Personal Development & Enrichment

301 New York State Citizen Disaster Preparedness Program

Staff Sergeant Duane Morgan

Wednesday Jan 25 1:00 - 2:00 Free Oasis Lecture 1 session

Hall

303 Growing Older: Three Viewpoints for Our Journey

David E. Pasinski

Mondays Mar 6 - Mar 27 10:00 - 12:00 Fee: \$46 HealthLink Room 4 sessions

304 Communicating with Your Animal

Pamela Lipe Revercomb

Mon/Wed Mar 27 - Mar 29 1:00 - 3:00 Fee: \$30 Oasis Studio 2 sessions

305 Beginning Chess

Anton Ninno

Mondays Feb 6 - Feb 20 10:00 - 11:30 Fee: \$30 Oasis Studio 3 sessions

306 Beginning Conversational Russian

Patricia A Erickson

Mondays Jan 23 - Feb 27 11:00 - 12:30 Fee: \$45 HealthLink Room 6 sessions

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.



401 Windows Performance and Maintenance (for Windows 10)

Al Somlo

Wednesday Mar 8 1:00 - 3:00 Fee: \$26 Oasis 1 session Computer Lab

402 Cybercrime Fighters: Phishing and Identity Theft

Al Somlo

Tuesday Feb 21 1:00 - 3:00 Fee: \$26 Oasis 1 session Computer Lab

406 Smartphone Photography

Pamela Lipe Revercomb

Mon/Wed/Fri Jan 23 - Jan 27 10:00 - 12:00 Fee: \$48 Oasis 3 sessions Computer Lab

407 Google Photos

Pamela Lipe Revercomb

Mon/Wed/Fri Feb 6 - Feb 10 10:00 - 12:00 Fee: \$48 Oasis 3 sessions

Computer Lab

Health & Fitness

503 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University

Tuesdays Feb 7 - Mar 14 1:00 - 3:30 Free Brighton Towers 6 sessions

504 Symphony of Sacred Sound

Lorri Mathewson

Monday Mar 20 11:30 - 12:30 Fee: \$20 Oasis Lecture 1 session Hall

505A Kripalu Yoga with Yvonne

Yvonne Martin

Wednesdays Jan 18 - Apr 5 10:30 - 11:30 Fee: \$66 Oasis 11 sessions

No class 3/29 Fitness Room

506A Kripalu Yoga with Yvonne

Yvonne Martin

Mondays Jan 23 - Apr 10 10:30 - 11:30 Fee: \$66 Oasis 11 sessions No class 3/27 Fitness Room

507A Hatha Yoga with Pam

Pam LeBlanc

Tuesdays Jan 17 - Apr 11 10:30 - 11:45 Fee: \$78 Oasis 13 sessions Fitness Room

508A Hatha Yoga with Pam

Pam LeBlanc

Thursdays Jan 19 - Apr 13 10:30 - 11:45 Fee: \$78 Oasis 13 sessions Fitness Room

515A Nia: Movement & Lifestyle Practice

Elaine Wolf

Mondays Jan 23 - Apr 10 10:30 - 11:30 Fee: \$72 Life-Force 12 sessions Sanctuary

516 Balance Your Body; Exercise Your Brain

Patricia Urban

Tuesdays Jan 31 - Mar 14 12:15 - 1:30 Fee: \$51 Oasis 6 sessions No class 2/21 Fitness Room

517 Introduction to Line Dancing

Eileen Corlett

Thursdays Feb 2 - Mar 30 12:15 - 1:15 Fee: \$48 Oasis 8 sessions No class 2/23 Fitness Room



Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.





601 Informational Session: Spotlight on Tuscany

Kevin Ferguson

Thursday Jan 26 10:00 - 11:00 Free Oasis Studio 1 session

602 Informational Session: America's Music Cities

Kevin Ferguson

Thursday Jan 26 11:15 - 12:15 Free Oasis Studio 1 session

603 Informational Session: South Pacific Wonders

Kevin Ferguson

Thursday Jan 26 1:00 - 2:00 Free Oasis Studio 1 session



Volunteer Opportunitees

701 New Volunteer Overview

Jennifer Michella and Shelly Lee

Tuesday Jan 17 10:00 - 11:00 Free HealthLink Room 1 session

702 Volunteer Meeting

Jennifer Michella

Mondays Jan 23 - Mar 6 1:00 - 2:00 Free HealthLink Room 2 sessions

703 Leadership Team Meeting

Jennifer Michella

Wednesdays Jan 4 - Apr 5 1:00 - 2:00 Free Oasis 4 sessions Conference Room

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org

ZOOM COURSES

Full class descriptions are on our website. Registration will begin on January 3 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."
- If you have any questions about Zoom please call the front desk at (315) 464-6555.
- 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.



116 Oasis Book Group

Wendy Davenport

Tuesdays Jan 17 - Apr 11 10:00 - 11:00 Fee: \$20 Online Course 4 sessions

117 Twentieth-Century Brit Lit

Wendy Davenport

Mondays Mar 6 - Apr 3 2:00 - 3:00 Fee: \$25 Online Course 5 sessions

118 CNY Reads Presents Oh William!

Wendy Davenport

Tuesday Feb 21 2:00 - 3:00 Free Online Course 1 session

121 Signs and Symbols from Heaven*

Lisa McCall

Monday Feb 13 1:00 - 3:00 Fee: \$15 Online Course 1 session



123 Jungian Interpretation of Fairy Tales: Snow White*

Kaye Lindauer

Mondays Jan 30 - Feb 13 1:00 - 3:00 Fee: \$36 Online Course 3 sessions

126B More American Tales: Things that Go Bump in the Night*

Tom Henry

Mondays Feb 20 - Mar 13 3:00 - 5:00 Fee: \$46 Online Course 4 sessions

127B The Monroe Doctrine at 200*

Tom Henry

Wednesday Mar 8 3:00 - 5:00 Fee: \$15 Online Course 1 session

128B The Presidency: Modern Times*

Tom Henry

Mondays Jan 23 - Feb 13 3:00 - 5:00 Fee: \$46 Online Course 4 sessions

129 Our First Ladies: Into Modern Times* Tom Henry

Tuesdays Jan 24 - Feb 14 3:00 - 5:00 Fee: \$46 Online Course 4 sessions

130 The Foreign Policy Association's Great Decisions 2023*

Shelly Lee and Jack Welch

Thursdays Feb 9 - May 18 3:00 - 04:30 Fee: \$80 Online Course 8 sessions

133 Travel Treks Encore: Glorious Glacier National Park*

Diana Biro and Eric Rogers

Wednesday Mar 1 1:00 - 2:30 Fee: \$10 Online Course 1 session

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

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.

ZOOM COURSES

136B How to Attract a Fortune 500 Company to Our Pinpoint on the Planet: A Micron Case Study

Steve Eckler

Wednesday Feb 22 1:30 - 3:30 Free Online Course 1 session



Science

202 Environmental Currents 2023*

Stuart J. Spiegel

Thursdays Feb 2 - Feb 16 1:00 - 3:00 Fee: \$30 Online Course 3 sessions

203B Star Smash II: The Latest Results from the Cosmos*

Duncan Brown

Wednesday Mar 15 1:30 - 3:00 Fee: \$15 Online Course 1 session

205 It Came from Outer Space

Susan Sharp

Wednesday Feb 15 1:00 - 3:00 Fee: \$15 Online Course 1 session



Personal Development & Enrichment

302 Internet Genealogy*

Lisa Alzo

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

307 Spanish 1

Cathy Bryant

Thursdays Jan 19 - Apr 13 4:00 - 5:00 Fee: \$65 Online Course 13 sessions

308 Spanish 2

Cathy Bryant

Thursdays Jan 19 - Apr 13 2:00 - 3:00 Fee: \$65 Online Course 13 sessions

309 Spanish 3

Cathy Bryant

Thursdays Jan 19 - Apr 13 12:00 - 1:30 Fee: \$65 Online Course 13 sessions

310 Spanish 4

Carolyn Stark

Wednesdays Jan 18 - Apr 12 11:00 - 2:30 Fee: \$52 Online Course 13 sessions

311 Spanish 5

Carolyn Stark

Wednesdays Jan 18 - Apr 12 9:00 - 10:30 Fee: \$52 Online Course 13 sessions



Technology

403 Avoid Viruses on the Internet

Teens Teach Technology

Wednesday Feb 15 4:00 - 5:00 Fee: \$10 Online Course 1 session

404 Scam Emails

Teens Teach Technology

Tuesday Mar 7 4:00 - 5:00 Fee: \$10 Online Course 1 session

405 Scam Calls

Teens Teach Technology

Wednesday Mar 22 4:00 - 5:00 Fee: \$10 Online Course 1 session

Fees are due at the time of registration and are nontransferable and non-refundable unless Oasis cancels a class. If you have jury duty or a medical reason that prevents you from attending class, you may be eligible for an Oasis credit. Cancellation requests must be made 48 hours prior to the start of class. Please note: Military Veterans should contact Oasis to have a \$15 non-cumulative credit applied to their account. Thank you for your service.

ZOOM COURSES

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.



501 Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University

Wednesdays Jan 11 - Feb 15 10:00 - 12:30

Free Online Course 6 sessions

502 Tai Chi for Arthritis and Falls Prevention

Co-peer leaders certified in CDSMP by Stanford University

Mon/Thur Jan 23 - Mar 16 10:30 - 11:30 Free Online Course 16 sessions

505B Kripalu Yoga with Yvonne*

Yvonne Martin

Wednesdays Jan 18 - Apr 5 10:30 - 11:30 Fee: \$66 Online Course 11 sessions No class 3/29

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

Contact us: (315) 464-6555

506B Kripalu Yoga with Yvonne*

Yvonne Martin

Mondays Jan 23 - Apr 10 10:30 - 11:30 Fee: \$66 Online Course 11 sessions

No class 3/27

507B Hatha Yoga with Pam

Pam LeBlanc

Tuesdays Jan 17 - Apr 11 10:30 - 11:45 Fee: \$78 Online Course 13 sessions

508B Hatha Yoga with Pam

Pam LeBlanc

Thursdays Jan 19 - Apr 13 10:30 - 11:45 Fee: \$78 Online Course 13 sessions

509 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays Jan 17 - Apr 11 9:00 - 9:40 Fee: \$72 Online Course 13 sessions



ZOOM COURSES

Full class descriptions are on our website. Registration will begin on January 3 online at: upstate.oasisnet.org.

510 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays Jan 19 - Apr 13 9:00 - 9:40 Fee: \$72 Online Course 13 sessions

511 Low-Impact Aerobics

Tammy Panzironi

Tuesdays Jan 17 - Apr 11 9:45 - 10:15 Fee: \$65 Online Course 13 sessions

512 Low-Impact Aerobics

Tammy Panzironi

Thursdays Jan 19 - Apr 13 9:45 - 10:15 Fee: \$65 Online Course 13 sessions

513 Power Sculpt

Tammy Panzironi

Wednesdays Jan 18 - Apr 12 9:00 - 9:45 Fee: \$72 Online Course 13 sessions

514 Yoga-Lates

Tammy Panzironi

Fridays Jan 20 - Apr 14 9:00 - 10:00 Fee: \$85 Online Course 12 sessions No class 4/7

515B Nia: Movement & Lifestyle Practice*

Elaine Wolf

Mondays Jan 23 - Apr 10 10:30 - 11:30 Fee: \$72 Online Course 12 sessions

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.

Simulcast classes
(both in-person and
Zoom sessions) will also
be canceled and
rescheduled in the
event that Oasis closes.

Zoom classes (those only held on Zoom) will continue as scheduled even though in-person classes may be canceled.



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.