

**Summer  
2023**



UPSTATE  
**Oasis**

**Lifelong Adventure**

**Course Catalog**

Sponsored by

**UPSTATE**  
MEDICAL UNIVERSITY

**Register online: [upstate.oasisnet.org](https://upstate.oasisnet.org)**  
**Join us for in-person and online Zoom classes!**

## Dear Oasis friends,

Although it may not yet feel like it, summer is just around the corner, and with it comes our newest Oasis class brochure to help you make connections and enjoy older adulthood! We are excited to highlight some new classes along with returning classes for this summer. We are ready to travel with our newest trip that highlights several beautiful gardens on the Connecticut Garden Ramble. Maybe you would like to take a tour of the Stickley Museum, or maybe you would like to learn more about music and enlivening your singing voice with a concert and class with internationally acclaimed vocalist-violinist composer and educator, Iva Bittova. Maybe you've always wanted to learn how to play Bridge. Whatever your interest, chances are Upstate Oasis can connect you with other like-minded friends to help you live your best life.



To keep you up-to-date on the latest class happenings, I urge you to review all e-blasts coming from Oasis, as that will be our means of delivering the MOST up-to-date information regarding any pending changes to your classes or our infection prevention protocols as we are guided by Upstate Medical University, our sponsor. Thank you for helping us help you make meaningful connections as we 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

## 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 May 1.** 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](http://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](http://oasiseverywhere.org).

# IN-PERSON COURSES

Full class descriptions are on our website.  
Registration will begin on May 1 online at:  
[upstate.oasisnet.org](http://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 Summer in the Country

*Evelyn Fiorenza*

Tuesdays May 16 - Jun 13 9:30 - 11:30  
Fee: \$61 Oasis Studio 5 sessions

### 102 Wildlife Drawing and Painting Workshop

*Jean B. Somlo*

Tuesdays May 16 - Jun 20 1:00 - 3:30  
Fee: \$88 Oasis Studio 6 sessions

### 103 Pastels Studio

*Jean B. Somlo*

Wednesdays Jun 28 - Aug 2 1:00 - 3:30  
Fee: \$88 Oasis Studio 6 sessions

### 104 DIY Wood Sign

*Board and Brush staff*

Wednesday Aug 2 10:30 - 12:30  
Fee: \$35 Board and Brush 1 session  
Fayetteville

### 105 Art in the American Cemetery

*Frank Calidonna*

Mondays Jul 10 - Aug 14 10:00 - 11:30  
Fee: \$55 HealthLink Room 6 sessions

### 106 The Basics of Music Theory 6

*Lynn Moroz*

Thursdays May 18 - Aug 10 11:20 - 12:30  
Fee: \$141 Artist Pianos 12 sessions  
No class 7/6

### 107 Re-Enlivening the Human Voice Workshop

*Iva Bittová and Timothy Hill*

Fri & Sat May 19 - May 20 9:00 - 4:00  
Fee: \$150 Offsite 2 sessions

### 108 Fluttering Wings Concert

*Iva Bittová and Timothy Hill*

Thursday May 18 3:00 - 4:30  
Fee: \$10 Oasis Lecture Hall 1 session

### 109 Duoplicity

*Duoplicity: Robert Auler and Trevor Jorgensen*

Wednesday May 24 11:00 - 12:00  
Free Oasis Lecture Hall 1 session

### 110 Beyond Laughter: Couples Comedy in Hollywood, 1935-1938

*Susan Edwards Harvith assisted by John Harvith*

Fridays May 19 - Jun 30 9:30 - 12:30  
Fee: \$65 Oasis Lecture Hall 7 sessions

### 111 Screen Essentials: Searching for the Perfect Mate—The Shop Around the Corner & You've Got Mail

*Susan Edwards Harvith assisted by John Harvith*

Tue & Wed Jul 11 - Jul 12 1:15 - 4:30  
Fee: \$30 Oasis Lecture Hall 2 sessions

### 112 Great Silent Movies II: The Roaring Twenties

*David Hollenback*

Thursdays May 18 - Jun 8 1:30 - 4:30  
Fee: \$33 Healthlink Room 4 sessions

### 113 "All Quiet on the Western Front"

*David E. Pasinski*

Thursdays Jun 29 - Jul 20 10:00 - 12:00  
Fee: \$46 HealthLink Room 4 sessions



## Art Walls

is a continuous art exhibit program that displays the work of Oasis artists on the walls of the Oasis hallways and classrooms. Artwork to be displayed in the summer trimester should be dropped off at Oasis by Wednesday, May 3.

# IN-PERSON COURSES

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[upstate.oasisnet.org](http://upstate.oasisnet.org).

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

Carol Madar

Tuesdays Jun 20 - Aug 15 3:30 - 6:30  
Fee: \$70 Jamesville Dewitt 5 sessions  
Library

## 117 Creative Writers Workshop

Carol Madar

Thursdays Jun 29 - Aug 24 9:30 - 12:30  
Fee: \$70 Oasis Studio 5 sessions

## 118 Metaphysics 101

Lisa McCall

Thursdays Jun 22 - Jul 6 1:30 - 3:30  
Fee: \$45 HealthLink Room 3 sessions

## 119 Past Lives, Karma & Reincarnation

Lisa McCall

Thursdays Jul 20 - Aug 3 1:30 - 3:30  
Fee: \$45 HealthLink Room 3 sessions

## 120 Symphony of Sacred Sound- June Session

Lorri Mathewson

Wednesday June 21 11:30 - 12:30  
Fee: \$20 Oasis Fitness Room 1 session

## 121 Symphony of Sacred Sound- July Session

Lorri Mathewson

Monday July 24 11:30 - 12:30  
Fee: \$20 Oasis Fitness Room 1 session

## 122 Religions of the World

Richard Pilgrim

Wednesdays May 24 - Jun 28 10:00 - 12:00  
Fee: \$70 Oasis Studio 6 sessions

*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](http://upstate.oasisnet.org/about-us/#donors)*

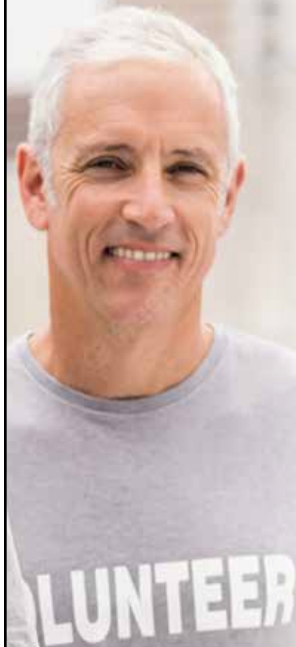
## Looking for Rewarding Volunteer Opportunities?

### Share your experiences and talents!

Oasis offers meaningful opportunities for connection, and one of the best ways to feel connected to Oasis is through volunteering. We cannot do it without you! Join our friendly and vital group of volunteers to help keep our center vibrant!

**To learn more about how you can  
volunteer at Oasis, call Jen at  
(315) 464-1745 or attend the new  
volunteer overview session,  
Class # 701.**

Please join us in expressing our appreciation to all of our volunteers for donating their valuable time and energy, including the following individuals on our Volunteer Leadership Team: Debbie Cianciolo, Wendy Davenport, Eileen Deuell, Rona Edlund, Sue Foster, Gary Hartman, Mary Jernigan, and Melissa Sheremeta.



# IN-PERSON COURSES

Full class descriptions are on our website.  
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## 123 Famous Civil War Battlefields

*Len Sharp*

Monday Jun 26 1:00 - 3:30  
Fee: \$15 HealthLink Room 1 session

## 124A The Presidency VIII: Into the New World

*Tom Henry*

Mondays May 15 - Jun 12 2:30 - 4:30  
Fee: \$46 Oasis Lecture Hall 4 sessions  
No class 5/29

## 125A Our First Ladies V: Today's First Ladies

*Tom Henry*

Tuesdays May 16 - Jun 6 2:30 - 4:30  
Fee: \$46 Oasis Lecture Hall 4 sessions

## 126A Hidden History: The Impact of Third Parties on US History

*Charles R. Coon*

Wednesdays Jun 7 - Jun 28 1:00 - 2:30  
Fee: \$45 Oasis Lecture Hall 4 sessions

## 127 Court is in Session with the Honorable Judge Rosemary S. Pooler

*Judge Rosemary S. Pooler and law clerks*

Wednesday Jul 19 11:00 - 12:30  
Fee: \$15 Oasis Lecture Hall 1 session

## 128 Journey Through Paris and the Heart of Normandy

*Susan and Len Sharp*

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

## 129A Travels with Tom: Portugal and a Bit of France

*Tom Henry*

Tuesday Jun 13 2:30 - 4:30  
Fee: \$10 Oasis Lecture Hall 1 session

## 130 Stickley Museum Tour

*Amanda Clifford*

Wednesday Jul 19 10:00 - 11:30  
Free Stickley Museum 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.

# IN-PERSON COURSES

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[upstate.oasisnet.org](http://upstate.oasisnet.org).



## Science

### 202 Famous Earthquakes That Have Shaken and Devastated Humankind From 1811 to Present

*Len Sharp*

Tuesday Jun 6 1:00 - 3:00  
Fee: \$15 HealthLink Room 1 session

### 203 Conservation in Action at the Rosamond Gifford Zoo

*Rosamond Gifford Zoo staff*

Monday Jun 12 11:00 - 12:00  
Fee: \$10 Rosamond Gifford Zoo 1 session

## Personal Development & Enrichment

### 302 Nutritious and Delicious Heart-Healthy Meals

*Chef Patrick Leibacher*

Tuesday Jul 11 1:00 - 3:00  
Fee: \$59 Cayuga Community College 1 session

### 303 Beginning Bridge

*Elaine Ryan*

Mondays May 15 - Jun 26 10:30 - 12:00  
Fee: \$45 HealthLink Room 5 sessions  
No class 5/29 & 6/19

### 304 Open Chess

Thursdays May 18 - Jun 22 10:00 - 12:00  
Fee: \$30 Oasis Studio 6 sessions

### 305 Flower Pot Workshop

*Crazy Daisies staff*

Thursday Jun 1 10:00 - 12:00  
Fee: \$35 Crazy Daisies 1 session

### 306A Beginning Conversational Italian

*Frank Ricciardiello*

Mondays May 15 - Jul 24 10:30 - 12:00  
Fee: \$48 Oasis Studio 8 sessions  
No class 5/29, 6/19 & 7/3

### 307 Intermediate/Advanced Conversational Italian

*Frank Ricciardiello*

Wednesdays May 17 - Jul 12 10:30 - 12:00  
Fee: \$54 HealthLink Room 9 sessions

### 308 Advanced Conversational Italian

*Frank Ricciardiello*

Wednesdays May 17 - Jul 12 2:00 - 3:30  
Fee \$54 HealthLink Room 9 sessions

## Technology

### 404 Smartphone Photography

*Pamela Lipe Revercomb*

M/W/F Jun 12 - Jun 16 10:00 - 12:00  
Fee: \$48 Oasis Computer Lab 3 sessions

# IN-PERSON COURSES

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[upstate.oasisnet.org](http://upstate.oasisnet.org).



## 405 Google Photos

*Pamela Lipé Revercomb*

M/W/F Aug 7 - Aug 11 10:00 - 12:00  
Fee: \$48 Oasis Computer Lab 3 sessions

## 406 Android Essentials: for Tablets and Smart Phones

*Al Somlo*

Wednesdays Jun 21 - Jun 28 1:00 - 3:00  
Fee: \$41 Oasis Computer Lab 2 sessions

## 407 Buying and Selling on Craigslist

*Al Somlo*

Tuesday Jul 18 - Jul 25 10:00 - 12:00  
Fee: \$41 Oasis Computer Lab 2 sessions

## 408 Electric Vehicle/EV and Future You

*Al Somlo*

Thursday Jun 1 10:00 - 12:00  
Fee: \$15 HealthLink Room 1 session

## Health & Fitness

## 501 Living Healthy with a Chronic Condition

*Co-peer leaders certified in CDSMP by Stanford University*

Tuesdays May 23 - Jun 27 1:00 - 3:30  
Free Camillus 6 sessions  
Senior Center

## 502 Living Healthy with a Chronic Condition

*Co-peer leaders certified in CDSMP by Stanford University*

Tuesdays Aug 8 - Sep 12 1:00 - 3:30  
Free Fayetteville 6 sessions  
Senior Center

## 503 Tai Chi for Arthritis and Falls Prevention

*Co-peer leaders certified in CDSMP by Stanford University*

Mon & Wed Jun 26 - Aug 21 1:00 - 2:00  
Free DeFrancisco 16 sessions  
Eastwood Senior Center

## 505 Yoga Pose Workshop with Yvonne

*Yvonne Martin*

Wednesday Aug 9 1:00 - 3:00  
Fee: \$15 Oasis Fitness Room 1 session

## 506A Kripalu Yoga with Yvonne

*Yvonne Martin*

Wednesdays May 31 - Aug 9 10:30 - 11:30  
Fee: \$66 Oasis Fitness Room 11 sessions

## 507A Kripalu Yoga with Yvonne

*Yvonne Martin*

Mondays Jun 5 - Aug 14 10:30 - 11:30  
Fee: \$54 Oasis Fitness Room 9 sessions  
No class 6/19 & 7/3

## 508A Hatha Yoga with Pam

*Pam LeBlanc*

Tuesdays May 16 - Aug 8 10:30 - 11:45  
Fee: \$72 Oasis Fitness Room 12 sessions  
No class 7/4

## 509A Hatha Yoga with Pam

*Pam LeBlanc*

Thursdays May 18 - Aug 10 10:30 - 11:45  
Fee: \$78 Oasis Fitness Room 13 sessions

## 516 Oasis Hikers for Health

*Sigi Schwinge*

Mondays May 15 - Jul 17 9:00 - 12:00  
Fee: \$15 Oasis Studio 3 sessions

# IN-PERSON COURSES

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[upstate.oasisnet.org](http://upstate.oasisnet.org).

## 517 Let's Talk About Ticks

*Elizabeth Balfour*

Tuesday Jun 27 10:30 - 12:00  
Free HealthLink Room 1 session

## 518 10 Warning Signs of Alzheimer's

*Alzheimer's Association, Central New York Chapter to present*

Tuesday May 23 10:30 - 11:30  
Free HealthLink Room 1 session

## 519 Understanding Alzheimer's & Dementia

*Alzheimer's Association, Central New York Chapter to present*

Tuesday Jun 13 1:00 - 2:00  
Free HealthLink Room 1 session

## 520 Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning

*Alzheimer's Association, Central New York Chapter to present*

Tuesday Jul 18 10:30 - 11:30  
Free HealthLink Room 1 session

## 521 Understanding and Responding to Dementia Related Behavior

*Alzheimer's Association, Central New York Chapter to present*

Tuesday Aug 8 1:00 - 2:30  
Free HealthLink Room 1 session



## Travel

### 602 Connecticut Garden Ramble Waitlist

*Alan Napier*

Wed & Thu Jul 19 - Jul 20 Overnight

## Volunteer Opportunities

### 701 New Volunteer Overview

*Jennifer Michella and Shelly Lee*

Tuesday May 23 10:00 - 11:00  
Free Oasis Lecture Hall 1 session

### 702 Volunteer Meeting

*Jennifer Michella*

Tuesdays May 16 - Jul 11 1:00 - 2:00  
Free HealthLink Room 2 sessions

### 703 Leadership Team Meeting

*Jennifer Michella*

Wednesday May 3 - Aug 2 1:00 - 2:00  
Free Oasis Conference Room 4 sessions





# ZOOM COURSES

Full class descriptions are on our website.  
Registration will begin on May 1 online at:  
[upstate.oasisnet.org](http://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](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.”
- If you have any questions about Zoom please call the front desk at (315) 464-6555.



## Arts & Humanities

### 114 Oasis Book Group

Wendy Davenport

Tuesdays May 16 - Aug 8 10:00 - 11:00  
Fee: \$20 Online Course 4 sessions

### 115 More Tales of Extraordinary Women

Wendy Davenport

Mondays May 15 - Jun 12 2:00 - 3:00  
Fee: \$20 Online Course 4 sessions  
No class 5/29

### 124B The Presidency VIII: Into the New World\*

Tom Henry

Mondays May 15 - Jun 12 2:30 - 4:30  
Fee: \$46 Online Course 4 sessions  
No class 5/29

### 125B Our First Ladies V: Today's First Ladies\*

Tom Henry

Tuesdays May 16 - Jun 6 2:30 - 4:30  
Fee: \$46 Online Course 4 sessions

### 126B Hidden History: The Impact of Third Parties on US History\*

Charles R. Coon

Wednesdays Jun 7 - Jun 28 1:00 - 2:30  
Fee: \$45 Online Course 4 sessions

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

# ZOOM COURSES

Full class descriptions are on our website.  
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[upstate.oasisnet.org](http://upstate.oasisnet.org).

## 129B Travels with Tom: Portugal and a Bit of France\*

*Tom Henry*

Tuesday Jun 13 2:30 - 4:30  
Fee: \$10 Online Course 1 session

## Science

### 201 Life in the Universe\*

*Donald Bridy*

Tuesday Jun 6 2:00 - 3:30  
Fee: \$15 Online Course 1 session

## Personal Development & Enrichment

### 301 “Aging with Attitude” Book Study

*Heartlight Center for Inner Peace Facilitators*

Tuesdays May 23 - Jun 27 12:30 - 2:00  
Fee: \$40 Online Course 6 sessions

### 306B Beginning Conversational Italian

*Frank Ricciardiello*

Mondays May 15 - Jul 24 10:30 - 12:00  
Fee: \$48 Online Course 8 sessions  
No class 5/29, 6/19 & 7/3

## Technology

### 401 Introduction to Google Drive

*Teens Teach Technology*

Wednesday Jun 7 4:30 - 5:30  
Fee: \$10 Online Course 1 session

### 402 Introduction to Gmail

*Teens Teach Technology*

Wednesday Jul 5 4:30 - 5:30  
Fee: \$10 Online Course 1 session



### 403 Introduction to Google Maps

*Teens Teach Technology*

Wednesday Aug 9 4:30 - 5:30  
Fee: \$10 Online Course 1 session

## Health & Fitness

### 504 Tai Chi for Life

*Lee Livermore*

Mon & Thu Jun 5 - Jul 13 10:00 - 11:00  
Fee: \$60 Online Course 10 sessions  
No class 6/19 & 7/3

### 506B Kripalu Yoga with Yvonne\*

*Yvonne Martin*

Wednesdays May 31 - Aug 9 10:30 - 11:30  
Fee: \$66 Online Course 11 sessions

### 507B Kripalu Yoga with Yvonne\*

*Yvonne Martin*

Mondays Jun 5 - Aug 14 10:30 - 11:30  
Fee: \$54 Online Course 9 sessions  
No class 6/19 & 7/3

### 508B Hatha Yoga with Pam

*Pam LeBlanc*

Tuesdays May 16 - Aug 8 10:30 - 11:45  
Fee: \$72 Online Course 12 sessions  
No class 7/4

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

# ZOOM COURSES

Full class descriptions are on our website.  
Registration will begin on May 1 online at:  
[upstate.oasisnet.org](http://upstate.oasisnet.org).



## 509B Hatha Yoga with Pam

*Pam LeBlanc*

Thursdays May 18 - Aug 10 10:30 - 11:45  
Fee: \$78 Online Course 13 sessions

## 510 T-N-T: Tight and Tone

*Tammy Panzironi*

Tuesdays May 16 - Aug 8 9:00 - 9:40  
Fee: \$66 Online Course 12 sessions  
No class 7/4

## 511 T-N-T: Tight and Tone

*Tammy Panzironi*

Thursdays May 18 - Aug 10 9:00 - 9:40  
Fee: \$72 Online Course 13 sessions

## 512 Low-Impact Aerobics

*Tammy Panzironi*

Tuesdays May 16 - Aug 8 9:45 - 10:15  
Fee: \$60 Online Course 12 sessions

## 513 Low-Impact Aerobics

*Tammy Panzironi*

Thursdays May 18 - Aug 10 9:45 - 10:15  
Fee: \$65 Online Course 13 sessions

## 514 Power Sculpt

*Tammy Panzironi*

Wednesdays May 17 - Aug 9 9:00 - 9:45  
Fee: \$72 Online Course 13 sessions

## 515 Yoga-Lates

*Tammy Panzironi*

Fridays May 19 - Aug 11 9:00 - 10:00  
Fee: \$85 Online Course 13 sessions



## 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](mailto: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.