Summer 2023

Register online: 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,

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, 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.
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

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.
116 I’ve Always Wanted to Write a Story About...  
Carol Madar  
Tuesdays Jun 20 - Aug 15  
Fee: $70  
Jamesville Dewitt Library

117 Creative Writers Workshop  
Carol Madar  
Thursdays Jun 29 - Aug 24  
Fee: $70  
Oasis Studio

118 Metaphysics 101  
Lisa McCall  
Thursdays Jun 22 - Jul 6  
Fee: $45  
HealthLink Room

119 Past Lives, Karma & Reincarnation  
Lisa McCall  
Thursdays Jul 20 - Aug 3  
Fee: $45  
HealthLink Room

120 Symphony of Sacred Sound-  
June Session  
Lorri Mathewson  
Wednesday Jun 21  
Fee: $20  
Oasis Fitness Room

121 Symphony of Sacred Sound-  
July Session  
Lorri Mathewson  
Monday July 24  
Fee: $20  
Oasis Fitness Room

122 Religions of the World  
Richard Pilgrim  
Wednesdays May 24 - Jun 28  
Fee: $70  
Oasis Studio

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.
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.
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
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

Full class descriptions are on our website. Registration will begin on May 1 online at: upstate.oasisnet.org.
IN-PERSON COURSES

Full class descriptions are on our website. Registration will begin on May 1 online at: 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 4 sessions Room
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

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 for this Oasis Everywhere class.
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 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Instructor</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Type</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>509B</td>
<td>Hatha Yoga with Pam</td>
<td>Pam LeBlanc</td>
<td>Thursdays May 18 - Aug 10</td>
<td>10:30 - 11:45</td>
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<tr>
<td>510</td>
<td>T-N-T: Tight and Tone</td>
<td>Tammy Panzironi</td>
<td>Tuesdays May 16 - Aug 8</td>
<td>9:00 - 9:40</td>
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<tr>
<td>511</td>
<td>T-N-T: Tight and Tone</td>
<td>Tammy Panzironi</td>
<td>Thursdays May 18 - Aug 10</td>
<td>9:00 - 9:40</td>
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<td>Online Course</td>
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<td>512</td>
<td>Low-Impact Aerobics</td>
<td>Tammy Panzironi</td>
<td>Tuesdays May 16 - Aug 8</td>
<td>9:45 - 10:15</td>
<td>$60</td>
<td>Online Course</td>
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<tr>
<td>513</td>
<td>Low-Impact Aerobics</td>
<td>Tammy Panzironi</td>
<td>Thursdays May 18 - Aug 10</td>
<td>9:45 - 10:15</td>
<td>$65</td>
<td>Online Course</td>
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<td>514</td>
<td>Power Sculpt</td>
<td>Tammy Panzironi</td>
<td>Wednesdays May 17 - Aug 9</td>
<td>9:00 - 9:45</td>
<td>$72</td>
<td>Online Course</td>
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<td>515</td>
<td>Yoga-Lates</td>
<td>Tammy Panzironi</td>
<td>Fridays May 19 - Aug 11</td>
<td>9:00 - 10:00</td>
<td>$85</td>
<td>Online Course</td>
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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.

Don’t miss out on the latest news from Oasis!

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.