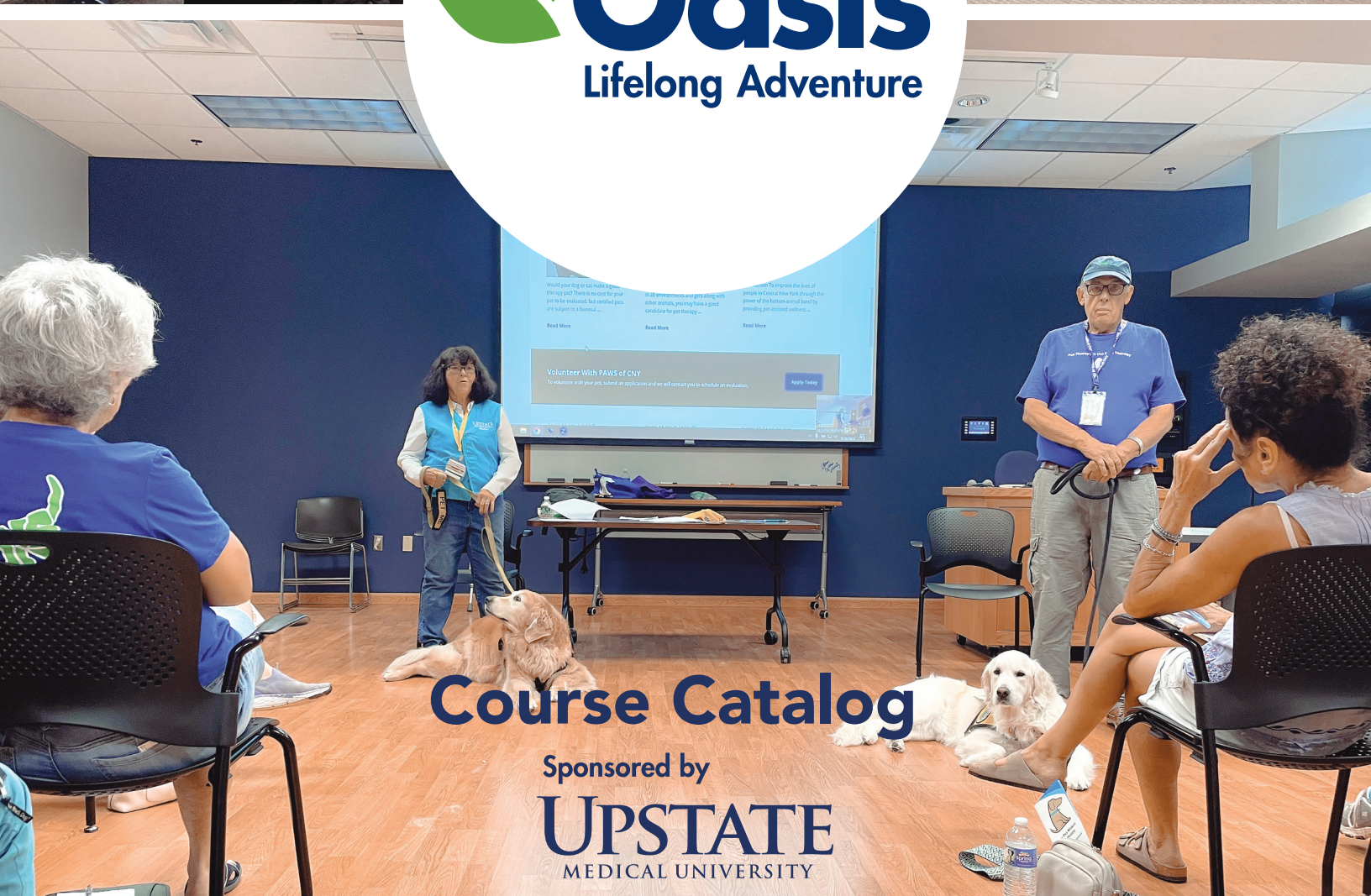


FALL 2023



Course Catalog

Sponsored by

UPSTATE
MEDICAL UNIVERSITY

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



Dear Oasis friends,

Every so often I have the opportunity to write the catalog letter for one of the centers in the Oasis National Network, and I am thrilled to share my thoughts with members of your Syracuse Oasis family. I know through the Syracuse Oasis classes that are shared with our national audience through www.oasiseverywhere.org that the quality, depth, and instructional talent offered by the team at Syracuse Oasis stands out among the centers in our national network. My mother is one of the most active Oasis class takers, and she is a “frequent flyer” in Syracuse Oasis online classes, and I am immensely grateful for the places, ideas, and experiences she gets to share with other participants in her Syracuse Oasis classes.

This fall in Syracuse looks particularly exciting, with so many opportunities to connect, learn, and share experiences with others! We are thrilled to welcome back our French and Irish classes, as we embrace the benefits associated with learning a new language. In addition, we will also be offering two levels of Healthy Brain Music Ensemble which promotes brain plasticity and cognitive reserve. We are also pleased to offer the opportunity to take tours at two longstanding CNY businesses—Syracuse Stage and New Hope Mills. These new classes combined with returning favorites are sure to connect you with other like-minded folks 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 Syracuse Oasis, as that will be our means of delivering the MOST up-to-date information regarding any new classes, changes to your classes or any community events you might be interested in. 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,

Paul Weiss, Oasis National President

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 28.** 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.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.

These classes will be held in-person:

- If you are feeling sick, please stay home.
- We will no longer send class reminders for in-person classes.

Arts & Humanities

101 Acrylic/Oil Painting Workshop

Jean B. Somlo

Tuesdays Sep 12–Oct 17 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

102 Collage/Assemblage Studio

Jean B. Somlo

Tuesdays Oct 24–Nov 28 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

103 Pick Your Painting

Evelyn Fiorenza

Thursdays Oct 26–Nov 30 1:30–3:30
Fee: \$48 Oasis Studio 4 sessions
No class 11/9 & 11/23

104 Dynamic Floral: Fast & Easy

Evelyn Fiorenza

Tuesdays Oct 31–Nov 21 10:00–12:00
Fee: \$48 Oasis Studio 4 sessions

105 Holiday Acrylic Painting

Evelyn Fiorenza

Tuesday Nov 7 1:30–4:00
Fee: \$25 Oasis Studio 1 session

106 Acrylic Pour & Paint

Madalyn Ledesma

Thursday Oct 26 10:00–12:00
\$45 Oasis Studio 1 session



107 Computer Art: Let Your Mind Roam Free and Your Hands Will Follow

Al Somlo

Wednesdays Oct 11–18 10:00–12:00
Fee: \$41 Oasis 2 sessions
Computer Lab

108 The Basics of Music Theory 7

Lynn Moroz

Thursdays Sep 14–Dec 7 11:20–12:30
Fee: \$141 Artist Pianos 12 sessions
No class 11/23

109 Healthy Brain Music Ensemble–Beginner

Lynn Moroz

Mondays Sep 11–Dec 4 11:00–12:00
Fee: \$175 Artist Pianos 11 sessions
No class 9/25 & 10/9

110 Healthy Brain Music Ensemble–Intermediate

Lynn Moroz

Mondays Sep 11–Dec 4 12:15–1:15
Fee: \$175 Artist Pianos 11 sessions
No class 9/25 & 10/9

111 Oasis Chamber Orchestra

Victor Vallo

Tuesdays Sep 12–Dec 5 1:00–2:30
Fee: \$90 Oasis Lecture Hall 12 sessions
No class 11/21



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 Fall trimester should be dropped off at Oasis by Thursday, September 14.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.

112 Oasis Chamber Orchestra Performance

Victor Vallo

Tuesday Dec 5 2:00–2:30
Free Oasis Theater Rm. 1 session

113 Men of Note

Susan Soboleski Owens

Wednesdays Sep 13–Dec 6 10:00–11:15
Fee: \$72 Oasis Lecture Hall 12 sessions

114 Oasis Mixed Chorus

Susan Soboleski Owens

Wednesdays Sep 13–Dec 6 11:30–1:00
Fee: \$84 Oasis Lecture Hall 12 sessions

115 “Another Openin’, Another Show” by Oasis Mixed Chorus & Men of Note

Susan Soboleski Owens

Wednesday Dec 6 12:00–1:00
Free Oasis Lecture Hall 1 session

116 Rob Auler’s Pops Piano

Robert Auler

Wednesday Oct 18 2:00–3:00
Free Oasis Lecture Hall 1 session



117A Syracuse Stage 2023–24: Celebrating 50 Years (In-Person)

Robert Hupp

Wednesday Sep 20 10:00–11:30
Fee: \$10 Oasis Lecture Hall 1 session

118 Syracuse Stage Tour

Syracuse Stage staff

Friday Sep 22 1:00–2:30
Fee: \$10 Syracuse Stage 1 session

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, and Melissa Sheremeta.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.

120 Great Films of the 1930s The Formative Years

David Hollenback

Thursdays Sep 14–Oct 19 1:30–4:30
Fee: \$48 HealthLink Rm. 6 sessions

121 Screen Essentials: History, Myth, & The Human Condition–The Landmark Films of Master Director John Ford, 1935–1946

Susan Edwards Harvith assisted by John Harvith

Fridays Sep 15–Nov 3 9:45–12:45
Fee: \$73 Oasis Lecture Hall 8 sessions

122 Screen Essentials: Searching for the Perfect Mate–The Shop Around the Corner & You've Got Mail

Susan Edwards Harvith assisted by John Harvith

Thursdays Oct 19–26 1:15–4:30
Fee: \$30 Oasis Lecture Hall 2 sessions

123 Writing Stories From Your Life

Carol Madar

Tuesdays Sep 12–Nov 7 3:30–6:30
Fee: \$70 Jamesville 5 sessions
Dewitt Library

124 Creative Writers Workshop

Carol Madar

Thursdays Sep 21–Nov 16 9:30–12:30
Fee: \$70 Oasis Studio 5 sessions

125 Honestly Julia By Ava Zacardi Book Talk & Signing

Evelyn Fiorenza

Thursday Sep 14 1:00–2:00
Free Oasis Lecture Hall 1 session

126 Secret Syracuse: A Guide to the Weird, Wonderful, and Obscure By Linda Lowen Book Talk & Signing

Linda Lowen

Monday Oct 2 1:00–3:00
Free Oasis Lecture Hall 1 session

129 Who was Jack the Ripper?

Norm Weiner

Wednesdays Oct 4–25 10:00–12:00
Fee: \$46 HealthLink Rm. 4 sessions



130 1066: The Battle of Hastings & The Norman Conquest of England

Carol Puschaver

Mondays Oct 16–30 1:00–2:00
Fee: \$30 Oasis Studio 3 sessions

137 Alaska: A Grand Tour of its Natural Wonders

Len Sharp

Monday Sep 18 1:00–3:00
Fee: \$15 HealthLink Rm. 1 session

138 The History of Packaging and How it Changed Our Lives

Frank Calidonna

Mondays Oct 16–Nov 6 11:00–12:00
Fee: \$30 Oasis Studio 4 sessions

139 New Hope Mills Tour

New Hope Mills staff

Tuesday Oct 17 10:00–11:00
Fee: \$12 New Hope Mills 1 session

140 History of Chocolate

Veronique Bennett

Thursdays Nov 30–Dec 7 1:00–3:00
Fee: \$30 HealthLink Rm. 2 sessions



202 Amber: The Natural Time Capsule

Susan Sharp

Thursday Nov 2 1:00–3:00
Fee: \$15 HealthLink Rm. 1 session

204A The Year in the Environment 2023 (In-Person)

Stuart J. Spiegel

Thursdays Nov 30–Dec 7 1:00–3:00
Fee: \$20 Oasis Lecture Hall 2 sessions

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.



Personal Development & Enrichment

301 Comparative Mysticism in Global Contexts

Richard Pilgrim

Wednesdays Sep 13–Oct 4 10:00–12:00

Fee: \$46 Oasis Studio 4 sessions

302 Issues at Life's Beginning and End: A Conversation on Abortion and Medical Assistance in Dying

David E. Pasinski

Tuesdays Nov 21–Dec 19 10:00–11:30

Fee: \$52 HealthLink Rm. 5 sessions

303 SuperAging: Continue Thriving and Growing Before and Beyond Retirement

David E. Pasinski and Ted Pietrzak

Tuesdays Oct 24–Oct 31 10:00–11:30

Fee: \$30 HealthLink Rm. 2 sessions

304 Understanding Narcissists

Dr. Felicia F. Romeo

Tuesdays Oct 3–24 10:00–11:30

Fee: \$30 Oasis Studio 4 sessions

305 Signs from Heaven

Lisa McCall

Thursdays Oct 5–19 1:00–3:00

Fee: \$45 Oasis Studio 3 sessions

306 Angel Therapy

Lisa McCall

Mondays Nov 6–20 1:00–3:00

Fee: \$45 Oasis Studio 3 sessions

307 Beginning Bridge

Elaine Ryan

Mondays Oct 16–Nov 13 1:00–2:30

Fee: \$45 HealthLink Rm. 5 sessions

308 The Real Estate Market Today

Patsy Scala

Tuesday Sep 12 1:00–3:00

Fee: \$15 HealthLink Rm. 1 session

309 Getting Your Home Ready to Sell

Patsy Scala

Tuesday Sep 19 1:00–3:00

Fee: \$15 HealthLink Rm. 1 session

310 New York State Cheese Tasting

Sarah Simiele

Thursday Oct 12 4:00–5:30

Fee: \$25 Oasis Lecture Hall 1 session

311 History of the French Language

Terrence McGovern

Wednesday Oct 11 10:00–12:00

Fee: \$15 Oasis Studio 1 session

312 History of the French Language

Terrence McGovern

Thursday Nov 9 10:00–12:00

Fee: \$15 Oasis Studio 1 session

313 French for Beginners

Veronique Bennett

Wednesdays Oct 18–Dec 6 10:00–11:30

Fee: \$42 Oasis Studio 7 sessions

No class 11/22

314 French Intermediate Level

Veronique Bennett

Wednesdays Oct 18–Dec 6 12:30–2:00

Fee: \$42 Oasis Studio 7 sessions

No class 11/22

315 French Advanced Level

Veronique Bennett

Wednesdays Oct 18–Dec 6 2:15–3:45

Fee: \$42 Oasis Studio 7 sessions

No class 11/22

316 Beginning Irish

Shannon O'Neill

Tuesdays Sep 26–Nov 14 12:30–2:00

Fee: \$48 HealthLink Rm. 8 sessions

317 Intermediate Irish

Shannon O'Neill

Tuesdays Sep 26–Nov 14 2:15–3:45

Fee: \$48 HealthLink Rm. 8 sessions

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.

318A Beginning Conversational Italian (In-Person)

Frank Ricciardiello

Mondays Oct 2–Nov 27 10:30–12:00

Fee: \$48 Oasis Studio 8 sessions

No class 10/9

319 Advanced Conversational Italian

Frank Ricciardiello

Wednesdays Sep 27–Nov 15 2:00–3:30

Fee: \$54 HealthLink Rm. 8 sessions

320 Russian I

Patricia A Erickson

Thursdays Sep 14–Oct 5 10:00–11:30

Fee: \$24 HealthLink Rm. 4 sessions

321 Russian II

Patricia A Erickson

Thursdays Oct 12–Dec 7 10:00–11:30

Fee: \$48 HealthLink Rm. 8 sessions

No class 11/23

Technology

401 iPhone: The Basics

Al Somlo

Tuesdays Nov 28–Dec 5 10:00–12:00

Fee: \$41 Oasis Computer 2 sessions

Lab

402 Smartphone Photography

Pamela Lipe Revercomb

M/W/F Nov 13–17 10:00–12:00

Fee: \$48 Oasis Computer 3 sessions

Lab

403 Google Photos

Pamela Lipe Revercomb

M/W/F Nov 27–Dec 1 10:00–12:00

Fee: \$48 Oasis Computer 3 sessions

Lab

404 Beginners Guide to the Cloud

Al Somlo

Wednesday Sep 27 1:00–3:00

Fee: \$26 Oasis Computer 1 session

Lab

405 Going Wireless: How to Use Wi-Fi

Al Somlo

Tuesday Oct 24 1:00–3:00

Fee: \$26 Oasis Computer 1 session

Lab

*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*

Health & Fitness

501 Mindful Breathing Exercises for Health and Well-being

Ted Pietrzak

Tuesdays Oct 10–17 10:30–12:00

Fee: \$30 HealthLink Rm. 2 sessions

502 September Symphony of Sacred Sound

Lorri Mathewson

Wednesday Sep 27 1:00–2:00

Fee: \$20 Oasis Fitness Rm. 1 session

503 October Symphony of Sacred Sound

Lorri Mathewson

Tuesday Oct 24 1:00–2:00

Fee: \$20 Oasis Fitness Rm. 1 session

504 November Symphony of Sacred Sound

Lorri Mathewson

Tuesday Nov 21 1:00–2:00

Fee: \$20 Oasis Fitness Rm. 1 session

505 December Symphony of Sacred Sound

Lorri Mathewson

Thursday Dec 7 1:00–2:00

Fee: \$20 Oasis Fitness Rm. 1 session

506 Yoga and a Sound Journey

Yvonne Martin and Lorri Mathewson

Wednesday Oct 18 1:00–2:30

Fee: \$25 Oasis Fitness Rm. 1 session

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.

507 Yoga Pose Workshop with Yvonne *Yvonne Martin*

Wednesday Oct 4 1:00–3:00
Fee: \$15 Oasis Fitness Rm. 1 session

508A Kripalu Yoga with Yvonne (In-Person) *Yvonne Martin*

Mondays Sep 11–Dec 4 10:30–11:30
Fee: \$66 Oasis Fitness Rm. 11 sessions
No class 9/25 & 10/9

509A Kripalu Yoga with Yvonne (In-Person) *Yvonne Martin*

Wednesdays Sep 13–Dec 6 10:30–11:30
Fee: \$66 Oasis Fitness Rm. 11 sessions
No class 10/11 & 11/22

510A Hatha Yoga with Pam (In-Person) *Pam LeBlanc*

Tuesdays Sep 12–Dec 5 10:30–11:45
Fee: \$78 Oasis Fitness Rm. 13 sessions

511A Hatha Yoga with Pam (In-Person) *Pam LeBlanc*

Thursdays Sep 14–Dec 7 10:30–11:45
Fee: \$72 Oasis Fitness Rm. 12 sessions
No class 11/23

512 Balance Your Body; Exercise Your Brain

Patricia Urban

Mondays Oct 2–Nov 13 12:00–1:15
Fee: \$51 Oasis Fitness Rm. 6 sessions
No class 10/9

513A Nia: Move, Feel, Heal (In-Person) *Elaine Wolf*

Mondays Sep 18–Dec 4 10:30–11:30
Fee: \$60 Life-Force 10 sessions
Sanctuary
No class 9/25 & 10/9

515 Oasis Hikers for Health: Forest Bathing and Waterfall Gazing

Sigi Schwinge and Barbara Crane

Tuesdays Sep 19–Nov 14 9:00–12:00
Fee: \$15 Oasis Studio 3 sessions

516 Let's Talk About Ticks *Elizabeth Balfour*

Tuesday Oct 3 10:00–11:30
Free HealthLink Room 1 session

Volunteer Opportunities

701 New Volunteer Overview *Jennifer Michella and Shelly Lee*

Tuesday Sep 12 10:00–11:00
Free Oasis Studio 1 session

702 Volunteer Meeting *Jennifer Michella*

Thursdays Sep 14–Nov 9 3:30–4:30
Free Oasis Studio 3 sessions

703 Leadership Team Meeting *Jennifer Michella*

Wednesdays Sep 6–Dec 6 1:00–2:00
Free Oasis Studio 4 sessions

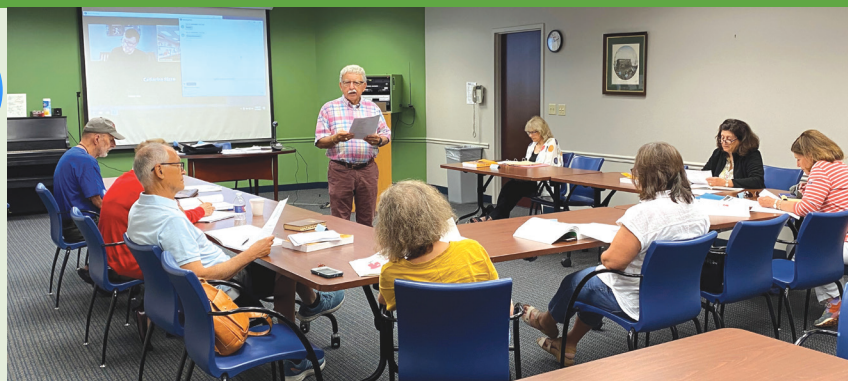
Fees are due at the time of registration
and are nontransferable and non-
refundable unless Oasis cancels a class.
If you have jury duty or a medical reason
that prevents you from attending class,
you may be eligible for an Oasis credit.
Cancellation requests must be made 48
hours prior to the start 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 August 28
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.



Arts & Humanities

117B Syracuse Stage 2023–24: Celebrating 50 Years (Zoom)

Robert Hupp

Wednesday Sep 20 10:00 - 11:30

Fee: \$10 Online Course 1 session

119 Symphoria 2023–24 Preview: Inclusive Music to Make You Feel Good

Lawrence Loh, Sabrian DeVos, Lara Mosby & Andrew Teller

Wednesday Sep 20 1:00 - 2:30

Fee: \$10 Online Course 1 session

127 Oasis Book Group

Wendy Davenport

Tuesdays Sep 12–Dec 5 10:00–11:00

Fee: \$20 Online Course 4 sessions

128 Twentieth-Century American Lit

Wendy Davenport

Mondays Sep 11–Oct 23 2:00–3:00

Fee: \$25 Online Course 5 sessions

No class 9/25 & 10/9

131 Ancient America Revisited

Tom Henry

Tuesdays Oct 31–Nov 21 2:30–4:30

Fee: \$46 Online Course 4 sessions

132 The Presidency IX: The Cold Warriors

Tom Henry

Mondays Oct 30–Nov 20 2:30–4:30

Fee: \$46 Online Course 4 sessions

133 State of the Union: the Annette Guisbond Legacy Series

Hosted by Diana Biro and Eric Rogers

Mondays Oct 2–Nov 13 10:00–12:00

Fee: \$48 Online Course 4 sessions

No class 10/9, 10/23, 11/6

October 2: State of the State: Legislative Report from Albany

October 16: Food, Health Care and Jobs: Serving our Homeless Community

October 30: US National Security: Keeping Us Safe at Home and Abroad

November 13: The Ivory Tower Panel

134 SotU Single Session: State of the County

Ryan McMahon

Monday Sep 18 10:00–11:00

Fee: \$12 Online Course 1 session

135 SotU Single Session Supreme Court Update

Tom Henry

Monday Dec 4 2:30–4:30

Fee: \$12 Online Course 1 session

136 Travels with Tom: Texas!

Tom Henry

Wednesday Nov 29 2:30–4:30

Fee: \$10 Online Course 1 session

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



Science

201 Introduction to Cosmology: Views of the Universe Across Time

Donald Bridy

Tuesdays Oct 3–Nov 7 1:30–3:00
Fee: \$52 Online Course 6 sessions

203 The Enigmatic Lines of Nazca, Peru

Len Sharp

Wednesday Nov 1 1:00–3:00
Fee: \$15 Online Course 1 session

204B The Year in the Environment 2023 (Zoom)

Stuart J. Spiegel

Thursdays Nov 30–Dec 7 1:00–3:00
Fee: \$20 Online Course 2 sessions



Personal Development & Enrichment

318B Beginning Conversational Italian (Zoom)

Frank Ricciardiello

Mondays Oct 2–Nov 27 10:30–12:00
Fee: \$48 Online Course 8 sessions
No class 10/9

322 Spanish 1

Cathy Bryant

Thursdays Sep 14–Dec 7 4:00–5:00
Fee: \$60 Online Course 12 sessions
No class 11/23

323 Spanish 2

Cathy Bryant

Thursdays Sep 14–Dec 7 2:00–3:00
Fee: \$60 Online Course 12 sessions
No class 11/23

324 Spanish 3

Cathy Bryant

Thursdays Sep 14–Dec 7 12:00–1:30
Fee: \$60 Online Course 12 sessions
No class 11/23

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

325 Spanish 4

Carolyn Stark

Wednesdays Sep 13–Dec 6 11:00–12:30
Fee: \$48 Online Course 12 sessions
No class 11/22

326 Spanish 5

Carolyn Stark

Wednesdays Sep 13–Dec 6 9:00–10:30
Fee: \$48 Online Course 12 sessions
No class 11/22



Health & Fitness

508B Kripalu Yoga with Yvonne (Zoom)

Yvonne Martin

Mondays Sep 11–Dec 4 10:30–11:30
Fee: \$66 Online Course 11 sessions
No class 9/25 & 10/9

509B Kripalu Yoga with Yvonne (Zoom)

Yvonne Martin

Wednesdays Sep 13–Dec 6 10:30–11:30
Fee: \$66 Online Course 11 sessions
No class 10/11 & 11/22

510B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Tuesdays Sep 12–Dec 5 10:30–11:45
Fee: \$78 Online Course 13 sessions

511B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Thursday Sep 14–Dec 7 10:30–11:45
Fee: \$72 Online Course 12 sessions
No class 11/23

513B Nia: Move, Feel, Heal (Zoom)

Elaine Wolf

Mondays Sep 18–Dec 4 10:30–11:30
Fee: \$60 Online Course 10 sessions
No class 9/25 & 10/9

514 Trauma Conscious Nia Movement Heals

Elaine Wolf

Fridays Sep 22–Nov 10 10:00–11:30
Fee: \$250 Online Course 8 sessions

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on August 28
online at: upstate.oasisnet.org.

517 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays Sep 12–Dec 5 9:00–9:40
Fee: \$72 Online Course 13 sessions

518 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays Sep 14–Dec 7 9:00–9:40
Fee: \$66 Online Course 12 sessions

519 Low-Impact Aerobics

Tammy Panzironi

Tuesdays Sep 12–Dec 5 9:45–10:15
Fee: \$65 Online Course 13 sessions

520 Low-Impact Aerobics

Tammy Panzironi

Thursdays Sep 14–Dec 7 9:45–10:15
Fee: \$60 Online Course 12 sessions

521 Power Sculpt

Tammy Panzironi

Wednesdays Sep 13–Dec 6 9:00–09:45
Fee: \$66 Online Course 12 sessions

522 Yoga-Lates

Tammy Panzironi

Fridays Sep 15–Dec 8 9:00–10:00
Fee: \$85 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.

Online learning will continue as scheduled even though in-person classes may be cancelled.

 **Don't miss these FREE classes for Onondaga County residents!**

For more information and for the registration link, please search “living healthy” at Upstate.edu or email livinghealthy@upstate.edu.

Chronic Pain Self-Management Program

Co-peer leaders certified in CDSMP by Stanford University

Wednesdays Sep 13 - Oct 18 10:00 - 12:30
Free Online Course 6 sessions

Tai Chi for Arthritis and Falls Prevention

Co-peer leaders certified in CDSMP by Stanford University

Mon/Thur Oct 16 - Dec 11 10:00 - 11:00
Free Online Course 16 sessions

Peer Support for Adults with Type 2 Diabetes

Co-peer leaders certified in CDSMP by Stanford University

Tuesdays Nov 14 - Dec 19 10:00 - 12:30 P
Free Online Course 6 sessions

Living Healthy with a Chronic Condition

Co-peer leaders certified in CDSMP by Stanford University

Thursday Oct 12 - Nov 16 5:30 - 8:00
Free ARISE 6 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 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.