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

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.
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.
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

---

**Science**

120  **Amber: The Natural Time Capsule**  
*Susan Sharp*

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

124  **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
## Personal Development & Enrichment

### 301 Comparative Mysticisms 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

---

Contact us: (315) 464-6555 | Oasis Course Catalog – Fall 2023
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Instructors</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>318A</td>
<td>Beginning Conversational Italian (In-Person)</td>
<td>Frank Ricciardiello</td>
<td>Mondays Oct 2–Nov 27</td>
<td>10:30–12:00</td>
<td>Oasis Studio</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No class 10/9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>319</td>
<td>Advanced Conversational Italian</td>
<td>Frank Ricciardiello</td>
<td>Wednesdays Sep 27–Nov 15</td>
<td>2:00–3:30</td>
<td>HealthLink Rm.</td>
<td>8</td>
</tr>
<tr>
<td>320</td>
<td>Russian I</td>
<td>Patricia A Erickson</td>
<td>Thursdays Sep 14–Oct 5</td>
<td>10:00–11:30</td>
<td>HealthLink Rm.</td>
<td>4</td>
</tr>
<tr>
<td>321</td>
<td>Russian II</td>
<td>Patricia A Erickson</td>
<td>Thursdays Oct 12–Dec 7</td>
<td>10:00–11:30</td>
<td>HealthLink Rm.</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No class 11/23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>401</td>
<td>iPhone: The Basics</td>
<td>Al Somlo</td>
<td>Tuesdays Nov 28–Dec 5</td>
<td>10:00–12:00</td>
<td>Oasis Computer Lab</td>
<td>2</td>
</tr>
<tr>
<td>402</td>
<td>Smartphone Photography</td>
<td>Pamela Lipe Revercomb</td>
<td>M/W/F Nov 13–17</td>
<td>10:00–12:00</td>
<td>Oasis Computer Lab</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No class 10/9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>403</td>
<td>Google Photos</td>
<td>Pamela Lipe Revercomb</td>
<td>M/W/F Nov 27–Dec 1</td>
<td>10:00–12:00</td>
<td>Oasis Computer Lab</td>
<td>3</td>
</tr>
<tr>
<td>404</td>
<td>Beginners Guide to the Cloud</td>
<td>Al Somlo</td>
<td>Wednesday Sep 27</td>
<td>1:00–3:00</td>
<td>Oasis Computer Lab</td>
<td>1</td>
</tr>
<tr>
<td>405</td>
<td>Going Wireless: How to Use Wi-Fi</td>
<td>Al Somlo</td>
<td>Tuesday Oct 24</td>
<td>1:00–3:00</td>
<td>Oasis Computer Lab</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fee: $26</td>
<td></td>
<td>Lab</td>
<td></td>
</tr>
<tr>
<td>501</td>
<td>Mindful Breathing Exercises for Health and Well-being</td>
<td>Ted Pietrzak</td>
<td>Tuesdays Oct 10–17</td>
<td>10:30–12:00</td>
<td>HealthLink Rm.</td>
<td>2</td>
</tr>
<tr>
<td>502</td>
<td>September Symphony of Sacred Sound</td>
<td>Lorri Mathewson</td>
<td>Wednesday Sep 27</td>
<td>1:00–2:00</td>
<td>HealthLink Rm.</td>
<td>1</td>
</tr>
<tr>
<td>503</td>
<td>October Symphony of Sacred Sound</td>
<td>Lorri Mathewson</td>
<td>Tuesday Oct 24</td>
<td>1:00–2:00</td>
<td>Oasis Fitness Rm.</td>
<td>1</td>
</tr>
<tr>
<td>504</td>
<td>November Symphony of Sacred Sound</td>
<td>Lorri Mathewson</td>
<td>Tuesday Nov 21</td>
<td>1:00–2:00</td>
<td>Oasis Fitness Rm.</td>
<td>1</td>
</tr>
<tr>
<td>505</td>
<td>December Symphony of Sacred Sound</td>
<td>Lorri Mathewson</td>
<td>Thursday Dec 7</td>
<td>1:00–2:00</td>
<td>Oasis Fitness Rm.</td>
<td>1</td>
</tr>
<tr>
<td>506</td>
<td>Yoga and a Sound Journey</td>
<td>Yvonne Martin and Lorri Mathewson</td>
<td>Wednesday Oct 18</td>
<td>1:00–2:30</td>
<td>Oasis Fitness Rm.</td>
<td>1</td>
</tr>
</tbody>
</table>
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 Sanctuary 10 sessions
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**

*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:** $12 Online Course 1 session

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

---

**Contact us: (315) 464-6555 | Oasis Course Catalog – Fall 2023**
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

Full class descriptions are on our website. Registration will begin on August 28 online at: upstate.oasisnet.org.
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 9:00–9:45
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

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

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.