

SUMMER 2024

The Future of Healthcare

Robert Corona, DO, MBA
Amy Tucker, MD, MHCM

UPSTATE
Oasis
Lifelong Adventure
Course Catalog

Sponsored by

UPSTATE
MEDICAL UNIVERSITY

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

Dear Oasis friends,



This year marks my seventeenth year as an Oasis instructor and volunteer. Oasis has not only provided me with the opportunity to continue to research and teach, which I love, but also to enjoy friendships and a community that are making my own senior years a delight. While it is true that we have decided to move closer to the grandchildren, the good news is that it is possible to continue teaching and serving at Oasis via our Zoom connection. I don't think Zoom is a complete replacement for in-person classes, but most of us have adjusted well and even enjoy the convenience of good courses in the relaxed setting of our own homes, wherever those homes may be. I do plan on returning occasionally to both offer some in-person classes and catch up on the many friendships Oasis has provided. I am grateful to all of you for your continued support of our Oasis community. I look forward to sharing new adventures with you all in the days and years to come.

With Warm Regards,



Tom Henry

Oasis instructor, Advisory Council chair, and Education Committee chair

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 April 29.** We encourage you to register online if possible. Paper registrations are available upon request.
- **Please** be sure to register for our Oasis Everywhere classes **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 April 29
online at: upstate.oasisnet.org.

These classes will be held in-person:

- If you are feeling sick, please stay home.

Arts & Humanities

101 Everson Museum of Art Tour

Everson Museum of Art staff

Wednesday Jun 5 10:00–11:00

Fee: \$15 Everson Museum of Art 1 session

102 Pastels Studio

Jean B. Somlo

Tuesdays May 14–Jun 18 1:00–3:30

Fee: \$88 Oasis Studio 6 sessions

103 Open Art Studio

Jean B. Somlo

Tuesdays Jun 25–Jul 30 1:00–3:30

Fee: \$88 Oasis Studio 6 sessions

104 A Tree, A Rock, A Cloud: Beginning Acrylic Landscape Painting

Evelyn Fiorenza

Thursdays May 30–Jun 27 10:00–12:00

Fee: \$48 Oasis Studio 4 sessions

No class 6/13

105 Five Easy Pieces: Beginning Acrylic Landscape Painting

Evelyn Fiorenza

Tuesdays Jul 2–Jul 30 10:00–12:00

Fee: \$60 Oasis Studio 5 sessions

106 Repoussé: Textured Metal Art

Diane Lansing

Thursdays Jul 11–Jul 25 1:00–3:00

Fee: \$45 Oasis Studio 3 sessions

107 Learn to Make Origami Peace Cranes

Diane Lansing

Mondays Jul 15–Jul 22 1:00–3:00

Fee: \$30 Oasis Studio 2 sessions

108 Alcohol Ink Earrings

Kelly Diamond

Tuesday May 28 10:00–11:00

Fee: \$50 Oasis Studio 1 session

109 Acrylic Pour Paint: Flower Pot

Madalyn Ledesma

Thursday Aug 1 10:30–12:30

Fee: \$45 Oasis Studio 1 session

110 Macramé Plant Hangers

Tatianna Moragne

Thursday Jul 11 10:00–12:00

Fee: \$30 Oasis Studio 1 session

111 Open Knit & Stitch

Mondays May 20–Aug 12 10:00–12:00

Free Oasis Studio 4 sessions

112 Beginner Healthy Brain Music Ensemble–May/June

Lynn Moroz

Mondays May 13–Jun 17 11:00–12:00

Fee: \$90 Artist Pianos 5 sessions

No class 5/27

113 Intermediate Healthy Brain Music Ensemble–May/June

Lynn Moroz

Mondays May 13–Jun 17 12:15–1:15

Fee: \$90 Artist Pianos 5 sessions

No class 5/27



Art Walls

“Art Walls at Oasis” 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 winter/spring trimester should be dropped off at Oasis by Wednesday, May 8.

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114 Beginner Healthy Brain Music Ensemble–June/July

Lynn Moroz

Mondays Jun 24–Jul 22 11:00–12:00
Fee: \$90 Artist Pianos 5 sessions

115 Intermediate Healthy Brain Music Ensemble–June/July

Lynn Moroz

Mondays Jun 24–Jul 22 12:15–1:15
Fee: \$90 Artist Pianos 5 sessions

116 The Role Of Music In Human Culture

Hannah Pietra

Tuesdays Jul 16–Jul 30 1:00–3:00
Fee: \$45 HealthLink Room 3 sessions

117 Movie Monday: Exploring Today's Adolescents

Jennifer Michella

Mondays 6/3, 7/1 & 7/29 1:00–3:00
Fee: \$15 Oasis Lecture Hall 3 sessions

118 Spiritualities to Ponder in Some Contemporary Films

David E. Pasinski

Thursdays Jun 6–Jul 11 9:30–12:30
Fee: \$40 HealthLink Room 5 sessions
No class 7/4

123 Creative Writers Workshop

Carol Madar

Thursdays Jun 13–Aug 8 9:30–12:30
Fee: \$70 Oasis Conference Room 5 sessions

124 Writing Stories From Your Life

Carol Madar

Tuesdays Jun 18–Aug 13 3:30–6:30
Fee: \$70 Jamesville Dewitt Library 5 sessions

125 Studies in Comparative Religion: Jesus the Christ and Gautama the Buddha

Richard Pilgrim

Tuesdays Jun 4–Jul 2 10:00–12:00
Fee: \$58 HealthLink Room 5 sessions



IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on April 29
online at: upstate.oasisnet.org.

126 Classic China, the Yangtze River, and the Terracotta Soldiers

Susan Sharp and Len Sharp

Wednesday Jul 17 10:00–12:00
Fee: \$15 HealthLink Room 1 session

127 The Ste Marie Mission Story

Jon Anderson

Tuesday May 21 10:00–12:00
Fee: \$15 Oasis Studio 1 session

129 Québec: Our French-Speaking Neighbor

Terrence McGovern

Tuesdays Jun 4–Jun 25 9:30–11:30
Fee: \$46 Oasis Studio 4 sessions

130 Villages of France: The Heart and Soul of This Magnificent Country

Veronique Bennett

Thursdays Jun 13–Jun 27 1:30–3:00
Fee: \$45 HealthLink Room 3 sessions

131 The Real Estate Market Today/Getting Your Home Ready to Sell

Patsy Scala

Wednesday May 15 1:00–3:00
Fee: \$15 Oasis Lecture 1 session
Hall

201 Clark Reservation State Park: A Central New York Geologic Treasure!

Len Sharp

Wednesday May 29 1:00–3:00
Fee: \$15 The Nottingham 1 session



Science



Personal Development & Enrichment

301 Everyday Situational Awareness & Diffusing Techniques

Jon Anderson

Tuesday May 28 10:00–11:30
Free Oasis Lecture 1 session
Hall

302 Your Cushy Life

Frank Calidonna

Mondays Jun 3–Jul 22 1:00–2:00
Fee: \$60 HealthLink Room 8 sessions

303 Everything You Always Wanted to Know About Becoming a Snowbird

Linda Lowen

Thursday Jul 18 1:00–2:30
Fee: \$10 Oasis Lecture 1 session
Hall

305 Communicating with your Animal

Pamela Lipe Revercomb

Thursday Jun 13 10:00–12:00
Fee: \$15 HealthLink Room 1 session

306 Creating an Earth-Friendly Landscape

Janet Allen

Thursday May 30 1:00–2:30
Fee: \$10 HealthLink Room 1 session

307 What to Do This Summer: Syracuse/CNY Edition

Linda Lowen

Thursday Jun 13 1:00–2:30
Fee: \$10 Oasis Lecture 1 session
Hall

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.

308 Free with Your Library Card!

Maggie Foster

Thursday Jun 6 11:00–12:00
Free Oasis Lecture 1 session
Hall

309 Drunkenness—A Positive Note

Frank Calidonna

Mondays Jun 3–Jun 24 2:30–3:30
Fee: \$30 HealthLink Room 4 sessions

310 Summer Cheese and Mocktail Pairings

The Curd Nerd

Monday May 20 4:00–5:30
Fee: \$25 Oasis Lecture 1 session
Hall

311 Experiences of Grief and Loss: a Multicultural Literary Exploration

Jim Brulé and Bonnie S Leff

Monday Jul 29 1:00–3:00
Fee: \$40 HealthLink Room 1 session

312 What the Dying Want to Teach Us

Lisa McCall

Thursdays Jul 11–Jul 25 1:00–3:00
Fee: \$45 HealthLink Room 3 sessions

314 Spirit Circles

Lisa McCall

Thursdays Jun 6–Jun 20 1:00–3:00
Fee: \$45 HealthLink Room 3 sessions

318 Open Games

Wednesdays May 15–Aug 7 10:30–12:30
Free HealthLink Room 4 sessions

319 Beginning Bridge

Elaine Ryan

Tuesdays Jul 9–Jul 16 9:30–11:30
Fee: \$20 HealthLink Room 2 sessions

320 Bridge—Captain of the Hand

Elaine Ryan

Tuesday Aug 6 9:30–11:30
Fee: \$10 HealthLink Room 1 session

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.

321 French for Beginners

Veronique Bennett

Wednesdays May 15–Aug 7 10:00–11:30
Fee: \$72 Oasis Studio 12 sessions
No class 6/19

322 French Intermediate Level

Veronique Bennett

Wednesdays May 15–Aug 7 12:30–2:00
Fee: \$72 Oasis Studio 12 sessions
No class 6/19

323 French Advanced Level

Veronique Bennett

Wednesdays May 15–Aug 7 2:15–3:45
Fee: \$72 Oasis Studio 12 sessions
No class 6/19

324A Beginning Irish (In-Person)

Shannon O'Neill

Tuesdays May 14–Jul 2 12:30–1:30
Fee: \$48 HealthLink Room 8 sessions

325A Intermediate Irish (In-Person)

Shannon O'Neill

Tuesdays May 14–Jul 2 2:15–3:45
Fee: \$48 HealthLink Room 8 sessions

326A Intermediate Conversational Italian (In-Person)

Frank Ricciardiello

Mondays May 13–Jul 15 10:30–12:00
Fee: \$54 HealthLink Room 8 sessions
No class 5/27 & 6/3

IN-PERSON COURSES

Full class descriptions are on our website.
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327 Advanced Conversational Italian
Frank Ricciardiello
Wednesdays May 15–Jul 17 2:00–3:30
Fee: \$48 HealthLink Room 7 sessions
No class 5/29, 6/5 & 6/19

Technology

401 Smartphone Photography
Pamela Lipe Revercomb
Mon/Wed/Fri Jun 28–Jul 3 10:00–12:00
Fee: \$48 Oasis Computer 3 sessions
Lab

402 Google Photos
Pamela Lipe Revercomb
Mon/Wed/Fri Aug 5–Aug 9 10:00–12:00
Fee: \$48 Oasis Computer 3 sessions
Lab

403 Buying and Selling on eBay
Al Somlo
Tuesdays Jul 16–Jul 23 1:00–3:00
Fee: \$41 Oasis Computer 2 sessions
Lab

404 Beginners Guide to the Cloud
Al Somlo
Wednesday Jun 5 1:00–3:00
Fee: \$26 Oasis Computer 1 session
Lab

Health & Fitness

502 Sound Healing: What It Is and Why It's Beneficial
Lorri Mathewson
Wednesday May 22 1:00–3:00
Fee: \$30 Oasis Fitness 1 session
Room

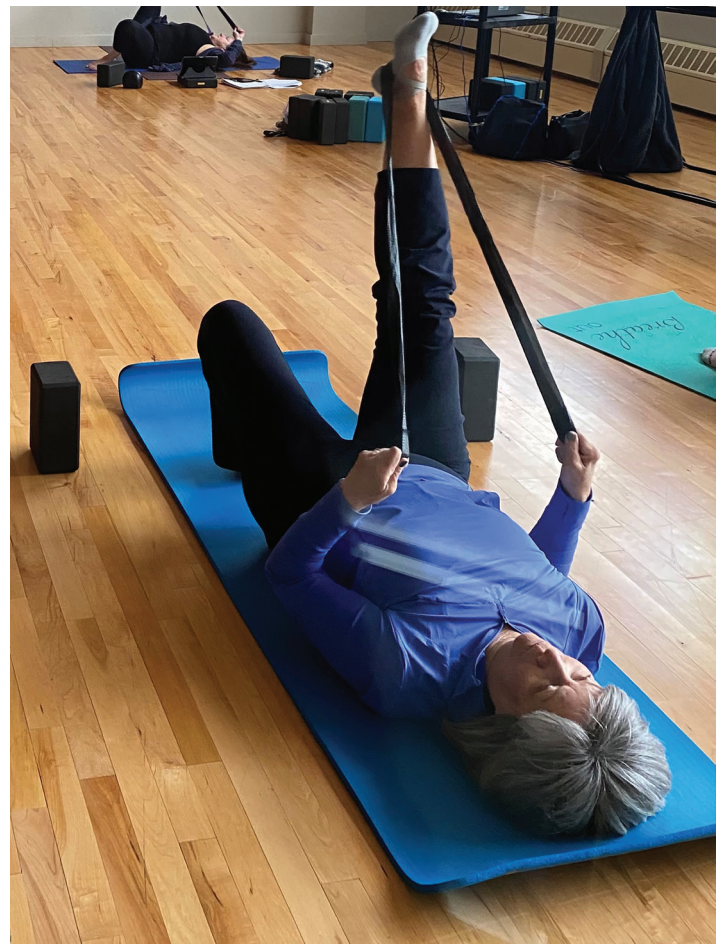
503 May Symphony of Sacred Sound
Lorri Mathewson
Wednesday May 29 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

504 June Symphony of Sacred Sound
Lorri Mathewson
Wednesday Jun 26 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

505 July Symphony of Sacred Sound
Lorri Mathewson
Wednesday Jul 17 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

506 August Symphony of Sacred Sound
Lorri Mathewson
Wednesday Aug 7 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

507 Let's Talk About Ticks
Jonah Cummings
Thursday May 23 1:00–2:30
Free HealthLink Room 1 session



IN-PERSON COURSES

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online at: upstate.oasisnet.org.

508 Green Lakes Guided Hike

Green Lakes State Park staff

Thursday Jun 27 10:00–12:00
Fee: \$5 Green Lakes 1 session
State Park

509 Beaver Lake Nature Center Guided Hike

Beaver Lake Nature Center Naturalist

Tuesday Jul 9 9:30–11:00
Fee: \$8 Beaver Lake 1 session
Nature Center

510 Oasis Hikers for Health: Forest Bathing and Waterfall Gazing

Sigi Schwinge and Barbara Crane

Tuesdays 5/28, 6/25 & 7/23 9:00–12:00
Fee: \$15 Oasis Conference 3 sessions
Room

511A Kripalu Yoga with Yvonne (In-Person)

Yvonne Martin

Mondays May 13–Aug 5 10:30–11:30
Fee: \$72 Oasis Fitness 12 sessions
No class 5/27 Room

512A Kripalu Yoga with Yvonne (In-Person)

Yvonne Martin

Wednesdays May 15–Aug 7 10:30–11:30
Fee: \$72 Oasis Fitness 12 sessions
No class 6/19 Room

513A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Tuesdays May 14–Aug 6 10:30–11:45
Fee: \$78 Oasis Fitness 13 sessions
Room

514A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

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

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.

515 Cardio Drumming

Tammy Panzironi

Mondays May 13–Aug 5 9:00–9:45
Fee: \$75 Oasis Fitness 12 sessions
No class 5/27 Room

Volunteer Opportunities

701 New Volunteer Overview

Jennifer Michella and Tiffany Alvarez Smith

Tuesday May 14 10:00–11:00
Free Oasis Studio 1 session

702 Volunteer Meeting

Jennifer Michella

Thursdays May 16 - Jul 18 3:30–4:30
Free Oasis Studio 3 sessions

703 Leadership Team Meeting

Jennifer Michella

Wednesdays May 1–Aug 7 1:00–2:00
Free HealthLink Room 4 sessions

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on April 29
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

119 Oasis Book Group

Wendy Davenport

Tuesdays May 14–Aug 6 10:00–11:00

Fee: \$20 Online Course 4 sessions

120 Let Me Entertain You!

Wendy Davenport

Mondays May 20–Jul 15 2:00–3:00

Fee: \$25 Online Course 5 sessions

No class 5/27, 6/10, 6/24 & 7/8

121 Opening Doors to Stories from the Subconscious

Linda Lowen

Tuesdays Jun 11–Jul 2 11:00–1:00

Fee: \$46 Online Course 4 sessions

122 Five-Minute Lit: Writing 100-Word Stories for Publication

Linda Lowen

Tuesdays Jun 11–Jul 2 11:00–1:00

Fee: \$46 Online Course 4 sessions

128 The Presidency X: New Challenges

Tom Henry

Mondays Jul 8–Jul 29 2:30–4:30

Fee: \$46 Online Course 4 sessions

Personal Development & Enrichment

304 Exploring New Frontiers in Genealogy

Lisa Alzo

Wednesday Jul 17 1:00–4:00

Fee: \$40 Online Course 1 session

313 All About Grief

Lisa McCall

Monday Aug 5 1:00–3:00

Fee: \$15 Online Course 1 session

315 Angels Through the Ages

Virginia R. Waldron

Tuesday Jun 11 1:00–3:00

Fee: \$15 Online Course 1 session

316 Everyday Joy: Prioritize Both Yourself and Your Joy–Introduction

Alexis Pierce

Tuesday May 21 10:00–12:00

Free Online Course 1 Session

317 Everyday Joy: Prioritize Both Yourself and Your Joy–Workshop

Alexis Pierce

Tuesdays Jun 4–Jun 25 10:00–12:00

Fee: \$35 Online Course 4 Sessions



ZOOM COURSES

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online at: upstate.oasisnet.org.

324B Beginning Irish (Zoom)

Shannon O'Neill

Tuesdays May 14–Jul 2 12:30–1:30
Fee: \$48 Online Course 8 Sessions

325B Intermediate Irish (Zoom)

Shannon O'Neill

Tuesday May 14–Jul 2 2:15–3:45
Fee: \$48 Online Course 8 Sessions

326B Intermediate Conversational Italian (Zoom)

Frank Ricciardiello

Mondays May 13–Jul 15 10:30–12:00
Fee: \$54 Online Course 8 sessions
No class 5/27 & 6/3

Health & Fitness

501 Simple Meditation for Everyone

Virginia R. Waldron

Tuesday Jun 25 1:00–3:00
Fee: \$15 Online Course 1 session

511B Kripalu Yoga with Yvonne (Zoom)

Yvonne Martin

Mondays May 13–Aug 5 10:30–11:30
Fee: \$72 Online Course 12 sessions
No class 5/27

512B Kripalu Yoga with Yvonne (Zoom)

Yvonne Martin

Wednesdays May 15–Aug 7 10:30–11:30
Fee: \$72 Online Course 12 sessions
No class 6/19

513B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Tuesdays May 14–Aug 6 10:30–11:45
Fee: \$78 Online Course 13 sessions

514B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

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

516 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays May 14–Aug 6 9:00–9:40
Fee: \$72 Online Course 13 sessions

517 T-N-T: Tight and Tone

Tammy Panzironi

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

518 Low-Impact Aerobics

Tammy Panzironi

Tuesdays May 14–Aug 6 9:45–10:15
Fee: \$65 Online Course 13 sessions

519 Low-Impact Aerobics

Tammy Panzironi

Thursdays May 16–Aug 8 9:45–10:15
Fee: \$60 Online Course 12 sessions
No class 7/4

520 Power Sculpt

Tammy Panzironi

Wednesdays May 15–Aug 7 9:00–9:45
Fee: \$66 Online Course 12 sessions
No class 6/19

521 Yoga-Lates

Tammy Panzironi

Fridays May 17–Aug 9 9:00–10:00
Fee: \$78 Online Course 12 sessions
No class 7/5

*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*

ZOOM COURSES

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 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.

Tai Chi for Arthritis and Falls Prevention

Co-peer leaders certified in CDSMP by Stanford University

Mon/Thur May 6–Jul 1 10:00–11:00
Free Online Course 16 sessions
No class 5/27

Chronic Pain Self-Management Program

Co-peer leaders certified in CDSMP by Stanford University

Thursdays Aug 8–Sep 12 11:30–2:00
Free Online Course 6 sessions



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, Lorrie LaDuke, Debbie Olson, and Melissa Sheremeta.



Looking for something new?

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