

FALL 2024

Sponsored by

UPSTATE
MEDICAL UNIVERSITY



UPSTATE
Oasis
Lifelong Adventure
Course Catalog

Register online: upstate.oasisnet.org

Join us for in-person and online Zoom classes!

Dear Oasis friends,



We hope this summer has been an enjoyable one full of fun and adventure. Before you know it, the leaves will start to change color and the air will get a little cooler, which means fall is on its way. The fall season is a time of rejuvenation, relaxation and grounding. For many, it also starts the beginning of a new school year full of learning and growth. As we know, it's never too late to learn something new, so we are proud to present our fall course catalog! We have some exciting new classes this trimester including 17th Century Onondaga Lake, The American Revolution at 250, the Erie Canal Museum and Walking Tour, Ayurveda Basics, plus

the return of State of the Union: the Annette Guisbond Legacy Series. We are also eager to participate in a travel opportunity heading to Normandy, Paris and a Seine River Cruise with fellow Oasis members from San Antonio, San Diego, Washington Metro and Rochester.

We recognize the importance of connection as well, which is why we are starting a new "Dining Out with Oasis" group that will visit a different restaurant around CNY monthly for a casual lunch. We hope this group will offer the opportunity to meet new friends and share a delicious meal together. In addition, we also host a free biweekly "Makers' Meetup" for camaraderie and crafting. And, of course, we offer volunteer opportunities, another great way to connect with like-minded folks.

Whatever it is you're looking for, we hope you will find lots of classes that recharge your mind, heart and soul this fall. Wishing you a beautiful fall season!

With Warm Regards,

A handwritten signature in black ink that reads "Jennifer". The script is fluid and cursive.

Jennifer Michella

Oasis Program and Volunteer Manager

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 26.** 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 August 26
online at: upstate.oasisnet.org.

These classes will be held in-person:

- If you are feeling sick, please stay home.

Arts & Humanities

101 Neurographic Art Workshop

Jean B. Somlo

Thursdays Sep 12–Oct 24 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions
No class 10/3

102 Wildlife Drawing and Painting Studio

Jean B. Somlo

Tuesdays Oct 22–Nov 26 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

103 Easel-y October

Evelyn Fiorenza

Wednesday Oct 2 10:00–12:30
Fee: \$30 Oasis Studio 1 session

104 Easel-y November

Evelyn Fiorenza

Wednesday Nov 13 10:00–12:30
Fee: \$30 Oasis Studio 1 session

105 Easel-y December

Evelyn Fiorenza

Wednesday Dec 4 10:00–12:30
Fee: \$30 Oasis Studio 1 session

106 Acrylic Pour Paint: Ceramic Pumpkins

Madalyn Ledesma

Thursday Oct 10 10:00–12:00
Fee: \$40 Oasis Studio 1 session

107 Acrylic Pour Paint: Glass Ornaments

Madalyn Ledesma

Thursday Dec 5 10:00–12:00
Fee: \$45 Oasis Studio 1 session

108 Makers' Meetup

Wednesdays Sep 11–Nov 20 10:00–12:00
Free Oasis Studio 6 sessions

109 Healthy Brain Music Ensemble–Beginner

Lynn Moroz

Mondays Sep 9–Dec 2 11:00–12:00
Fee: \$175 Artist Pianos 11 sessions
No class 10/14 & 11/11



110 Healthy Brain Music Ensemble–Intermediate

Lynn Moroz

Mondays Sep 9–Dec 2 12:15–1:15
Fee: \$175 Artist Pianos 11 sessions
No class 10/14 & 11/11



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 Tuesday, September 3.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

- 111 Oasis Mixed Chorus**
Susan Soboleski Owens
Wednesdays Sep 11–Dec 4 11:30–1:00
Fee: \$108 Oasis Lecture Hall 12 sessions
No class 11/27
- 112 Oasis Mixed Chorus Holiday Concert**
Susan Soboleski Owens
Wednesday Dec 4 12:30–1:00
Free Oasis Lecture Hall 1 session
- 113 Oasis Chamber Orchestra**
Victor Vallo
Tuesdays Sep 17–Dec 3 1:00–2:30
Fee: \$94 Oasis Fitness Room 12 sessions
- 114 Oasis Chamber Orchestra Annual Holiday Concert**
Victor Vallo
Tuesday Dec 3 2:00–2:30
Free Oasis Fitness Room 1 session
- 116A Behind the Scenes with Syracuse Stage's 51st season: 2024-25**
Robert Hupp
Wednesday Oct 23 10:00–11:30
Fee: \$10 Oasis Lecture Hall 1 session
- 117 Syracuse Stage Tour**
Syracuse Stage staff
Thursday Oct 24 2:30–4:00
Fee: \$10 Syracuse Stage 1 session
- 118 Feature Film: *Hunt for the Wilderpeople* (Viewing with subtitles, and Discussion)**
Diana Biro and Eric Rogers
Wednesday Oct 30 1:00–3:45
Fee: \$12 Oasis Lecture Hall 1 session
- 119 Movie Monday: Exploring Love Later in Life**
Jennifer Michella
Mondays Sep 16–Dec 16 1:00–3:00
Fee: \$15 HealthLink Room 3 sessions
- 122 I've Always Wanted to Write a Story About...**
Carol Madar
Tuesdays Sep 10–Nov 5 3:30–6:30
Fee: \$70 Comm Library DeWitt/Jamesville 5 sessions
- 123 Writers: Welcome the Muse!**
Carol Madar
Thursdays Sep 19–Nov 14 9:30–12:30
Fee: \$70 Oasis Studio 5 sessions
- 124 Is the Bible a Reliable Book?**
Veronique Bennett
Thursday Nov 21 10:00–12:00
Fee: \$15 Oasis Studio 1 session
- 125 Modern American Politics Through Film**
Margaret Susan Thompson
Thursdays Sep 5–Dec 5 3:30–4:50
Fee: \$50 SU Whitman School 13 sessions
No class 11/28

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

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

126 A Tale of Two Cities Destroyed by Catastrophic Volcanic Eruptions: Santorini and Pompeii

Len and Susan Sharp

Thursday Nov 21 1:00–3:00
Fee: \$15 HealthLink 1 session
Room

127 Royal Sobriquets and Anecdotes of Medieval and Tudor England

Carol Puschaver

Wednesday Oct 23 10:30–12:00
Fee: \$15 Oasis Studio 1 session

128 17th Century Onondaga Lake “Gannentaha”

Lt. Jon Anderson

Tuesday Oct 8 10:00–11:00
Fee: \$15 HealthLink 1 session
Room

129 Christmas at Ste. Marie

Lt. Jon Anderson

Thursday Dec 12 10:00–11:00
Fee: \$15 HealthLink 1 session
Room

130 Le Marquis de LaFayette

Veronique Bennett

Wednesdays Oct 2–Oct 9 1:00–2:30
Fee: \$30 Oasis Studio 2 sessions

135 Policing the Erie Canal

Lt. Jon Anderson

Wednesday Nov 13 10:00–11:00
Fee: \$15 HealthLink 1 session
Room

136 Erie Canal Museum & Walking Tour

Erie Canal Museum Staff

Tuesday Oct 15 10:00–12:00
Fee: \$15 Erie Canal 1 session
Museum

143 Getting Your Home Ready to Sell

Patsy Scala

Tuesday Sep 17 2:00–4:00
Fee: \$10 HealthLink 1 session
Room



Science

201A The Year in the Environment 2024

Stuart J. Spiegel

Thursday Dec 5 1:00–3:00
Fee: \$15 Oasis Lecture 1 session
Hall



Personal Development & Enrichment

301 Living the Good Life in 2024

Frank Calidonna

Mondays Sep 30–Nov 4 1:00–2:30
Fee: \$56 HealthLink 5 sessions
Room
No class 10/14

302 Creating a Journaling Practice for 2025

Jill Hurst-Wahl

Tuesday Dec 3 10:30–12:30
Fee: \$20 Oasis Studio 1 Session

303 Creatively Coping with Stress

Penny Baron

Thursday Oct 24 2:00–4:00
Fee: \$15 HealthLink 1 session
Room

304 Arts & Minds Workshop

Hannah Pietra

Tuesdays Oct 8–Oct 22 10:00–12:00
Fee: \$45 Oasis Studio 3 sessions

305 More Gifts from the Welcome Wagon of Aging

Philip G. Rose

Tuesdays Oct 22–Nov 26 1:00–2:30
Fee: \$52 HealthLink 6 sessions
Room

306 What “Eightysomethings” Shared About Their Lives

Ted Pietrzak and David Pasinski

Wednesdays Oct 16–Oct 23 10:00–11:30
Fee: \$30 HealthLink 2 sessions
Room

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

307 Chasing Happiness: Uncovering Truths Along the Way

Ted Pietrzak

Wednesday Nov 20 1:00–2:30
Fee: \$15 HealthLink 1 session
Room

308 The Loneliness Epidemic: What Is It and How to Live Through It

David E. Pasinski and Special Guest

Thursdays Oct 3–Nov 7 10:00–11:30
Fee: \$30 HealthLink 2 sessions
Room

309 Communicating with your Animal

Pamela Lipe Revercomb

Wednesday Dec 4 1:00–3:00
Fee: \$15 HealthLink 1 session
Room

310 Dining Out with Oasis: Avicelli's Coal Fire–Fayetteville

Tuesday Sep 24 12:00–2:00
Free 1 session

311 Dining Out with Oasis: Azteca Mexican Grill–Camillus

Wednesday Oct 16 12:00–2:00
Free 1 session

312 Dining Out with Oasis: Thai Village of Liverpool

Thursday Nov 14 12:00–2:00
Free 1 session

313 New Hope Mills Tour

New Hope Mills staff

Thursday Oct 10 9:00–10:00
Fee: \$17 New Hope Mills 1 session

314 Intro to Cheese

Sarah Simiele

Monday Sep 23 4:00–5:30
Fee: \$25 Oasis Lecture 1 session
Hall

315 Holiday Charcuterie Boards

Sarah Simiele

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

316 Developing Your Stand-Up Speaking Skills

Ted Pietrzak

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

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.

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

317 Intermediate Spirit Circles

Lisa McCall

Thursdays Sep 12–Sep 26 1:00–3:00
Fee: \$45 HealthLink 3 sessions
Room

318 Advanced Spirit Circles

Lisa McCall

Mondays Nov 25–Dec 9 1:00–3:00
Fee: \$45 HealthLink 3 sessions
Room

319 Intermediate Tarot

Lisa McCall

Thursdays Oct 31–Nov 14 1:00–3:00
Fee: \$45 Oasis Studio 3 sessions

320 Connecting with Spirit Through Herbs

Christalle Twomey

Wednesday Oct 30 10:00–11:00
Fee: \$40 Oasis Studio 1 session

321 Learn to Play: Mexican Train Dominoes

Tuesday Sep 17 10:00–12:00
Free HealthLink 1 session
Room



IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

322 Learn to Play: Bunco

Tuesday Oct 15 10:00–12:00
Free HealthLink 1 session
Room

323 Learn to Play: LCR (Left Center Right)

Tuesday Nov 19 10:00–12:00
Free HealthLink 1 session
Room

324 Learn to Play: Codenames

Tuesday Dec 17 10:00–12:00
Free HealthLink 1 session
Room

325 French for Beginners

Veronique Bennett
Mondays Sep 9–Dec 2 10:00–11:30
Fee: \$66 Oasis Studio 11 sessions
No class 10/14 & 11/1

326 French Intermediate Level

Veronique Bennett
Mondays Sep 9–Dec 2 12:30–2:00
Fee: \$66 Oasis Studio 11 sessions
No class 10/14 & 11/11

327 French Advanced Level

Veronique Bennett
Mondays Sep 9–Dec 2 2:15–3:45
Fee: \$66 Oasis Studio 11 sessions
No class 10/14 & 11/11

328A Beginning Irish

Shannon O'Neill
Tuesdays Sep 10–Oct 29 12:30–1:30
Fee: \$48 Oasis 8 sessions
Conference Room



IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

329A Intermediate Irish

Shannon O'Neill

Tuesdays Sep 10–Oct 29 2:00–3:30
Fee: \$48 Oasis 8 sessions
Conference Room

330A Intermediate Conversational Italian

Frank Ricciardiello

Mondays Sep 9–Oct 21 10:30–12:00
Fee: \$42 HealthLink 6 sessions
Room

No class 10/14

331 Advanced Conversational Italian

Frank Ricciardiello

Wednesdays Sep 11–Oct 16 2:00–3:30
Fee: \$42 HealthLink 6 sessions
Room

Technology

401 Windows Performance and Maintenance (for Windows 10)

Al Somlo

Tuesday Sep 24 10:00–12:00
Fee: \$26 Oasis Computer 1 session
Lab

402 Buying and Selling on Craigslist

Al Somlo

Wednesdays Oct 9–Oct 16 1:00–3:00
Fee: \$41 Oasis Computer 2 sessions
Lab

403 Introduction to Online Greeting Cards

Al Somlo

Wednesday Oct 30 10:00–12:00
Fee: \$26 Oasis Computer 1 session
Lab

404 AI and Robots

Al Somlo

Tuesday Nov 12 1:00–3:00
Fee: \$15 Oasis Computer 1 session
Lab

405 Smartphone Photography

Pamela Lipe Revercomb

Wed/Fri/Mon Oct 16–Oct 21 10:00–12:00
Fee: \$48 Oasis Computer 3 sessions
Lab

406 Google Photos

Pamela Lipe Revercomb

Mon/Wed/Fri Nov 18–Nov 22 10:00–12:00
Fee: \$48 Oasis Computer 3 sessions
Lab

Health & Fitness

501 Simple Meditation for Everyone

Virginia R. Waldron

Thursday Oct 17 10:00–12:00
Fee: \$15 HealthLink 1 session
Room

502 Different Breaths for Different Reasons

Ted Pietrzak

Tuesdays Nov 5–Nov 12 10:30–12:00
Fee: \$30 HealthLink 2 sessions
Room

503 Biofield Tuning, Another Form of Sound Healing

Lorri Mathewson

Monday Dec 16 1:00–2:30
Fee: \$25 Oasis Fitness 1 session
Room

504 September Symphony of Sacred Sound

Lorri Mathewson

Thursday Sep 19 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

505 October Symphony of Sacred Sound

Lorri Mathewson

Wednesday Oct 16 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

506 November Symphony of Sacred Sound

Lorri Mathewson

Thursday Nov 14 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

507 December Symphony of Sacred Sound

Lorri Mathewson

Wednesday Dec 4 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

508 Yoga and a Sound Journey–The Five Elements of Yoga

Yvonne Martin and Lorri Mathewson

Wednesday Sep 25 1:00–2:30
Fee: \$25 Oasis Fitness 1 session
Room

509 The Sister Science of Yoga–Ayurveda Basics

Yvonne Martin

Tuesday Oct 8 1:00–2:30
Fee: \$20 HealthLink 1 session
Room

510A Yoga with Yvonne

Yvonne Martin

Mondays Sep 9–Dec 2 10:30–11:30
Fee: \$66 Oasis Fitness 11 sessions
Room

No class 10/14 & 11/11

511A Yoga with Yvonne

Yvonne Martin

Wednesdays Sep 11–Dec 4 10:30–11:30
Fee: \$66 Oasis Fitness 11 sessions
Room

No class 10/16 & 11/27

512A Hatha Yoga with Pam

Pam LeBlanc

Tuesdays Sep 10–Dec 3 10:30–11:45
Fee: \$78 Oasis Fitness 13 sessions
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.

513A Hatha Yoga with Pam

Pam LeBlanc

Thursday Sep 12–Dec 5 10:30–11:45
Fee: \$66 Oasis Fitness 11 sessions
Room

No class 10/3 & 11/28



Volunteer Opportunities

701 New Volunteer Overview

Jennifer Michella

Tuesday Sep 10 10:30–11:30
Free HealthLink 1 session
Room

702 Volunteer Meeting

Jennifer Michella

Wednesdays Sep 18–Nov 20 3:00–4:00
Free Oasis Studio 3 sessions

703 Leadership Team Meeting

Jennifer Michella

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

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on August 26
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

115 Previewing the Syracuse Orchestra's 2024-25 Season

Lawrence Loh, Sean O'Loughlin, and Pamela Murchison

Wednesday Sep 18 1:30–3:00
Fee: \$10 Online Course 1 session

116B Behind the Scenes with Syracuse Stage's 51st season: 2024-25

Robert Hupp

Wednesday Oct 23 10:00–11:30
Fee: \$10 Online Course 1 session

120 Oasis Book Group

Wendy Davenport

Tuesdays Sep 17–Dec 10 10:00–11:00
Fee: \$20 Online Course 4 sessions

121 Daphne du Maurier–Gothic Queen

Wendy Davenport

Mondays Sep 23–Nov 18 2:00–3:00
Fee: \$25 Online Course 5 sessions

131 The American Revolution at 250

Tom Henry

Tuesdays Oct 15–Nov 5 2:30–4:30
Fee: \$46 Online Course 4 sessions

132 Civil War Ironclads and their Impact on the Future of Naval Warfare

Len Sharp

Thursdays Nov 7–Nov 14 1:00–2:30
Fee: \$30 Online Course 2 sessions

133 Children of the Civil War

Susan Sharp

Wednesday Nov 13 1:00–3:00
Fee: \$15 Online Course 1 session

134 The Presidency XI: What in the World Is Happening

Tom Henry

Mondays Nov 4–Dec 2 2:30–4:30
Fee: \$46 Online Course 4 sessions
No class 11/11

State of the Union: the Annette Guisbond Legacy Series

Hosted by Diana Biro and Eric Rogers

137 State of the City and County

Ben Walsh and Ryan McMahon

Tuesday Sep 24 11:00–12:00
Fee: \$12 Online Course 1 session

138 Syracuse Hancock International Airport: Storied Past, Dynamic Present, Promising Future

Robert Searing and Jason Terrieri

Monday Oct 7 10:00–11:30
Fee: \$12 Online Course 1 session

139A Supreme Court Review (In-Person)

Tom Henry

Monday Oct 28 2:30–4:30
Fee: \$12 Oasis Lecture 1 session
Hall

139B Supreme Court Review (Zoom)

Tom Henry

Monday Oct 28 2:30–4:30
Fee: \$12 Online Course 1 session

140 The Ivory Tower Panel

David Chanatry

Friday Nov 8 10:00–12:00
Fee: \$12 Online Course 1 session

141 Travel Treks: New Zealand Odyssey

Diana Biro and Eric Rogers

Wednesday Nov 13 1:00–2:30
Fee: \$12 Online Course 1 session

142 Travels with Tom: Texas!

Tom Henry

Tuesday Nov 19 2:30–4:30
Fee: \$12 Online Course 1 session



Science

201B The Year in the Environment 2024

Stuart J. Spiegel

Thursday Dec 5 1:00–3:00
Fee: \$15 Online Course 1 session

202 Forgotten Women and Hidden Figures of Science

Donald Bridy

Tuesdays Oct 1–Oct 15 1:30–3:00
Fee: \$35 Online Course 3 sessions

203 The Science of The Three-Body Problem

Donald Bridy

Thursday Oct 31 1:30–3:00
Fee: \$15 Online Course 1 session

204 The Science of Dune

Donald Bridy

Thursday Nov 14 1:30–3:00
Fee: \$15 Online Course 1 session



Personal Development & Enrichment

328B Beginning Irish

Shannon O'Neill

Tuesdays Sep 10–Oct 29 12:30–1:30
Fee: \$48 Online Course 8 sessions

329B Intermediate Irish

Shannon O'Neill

Tuesdays Sep 10–Oct 29 2:00–3:30
Fee: \$48 Online Course 8 sessions

330B Intermediate Conversational Italian

Frank Ricciardiello

Mondays Sep 9–Oct 21 10:30–12:00
Fee: \$42 Online Course 6 sessions
No class 10/14

332 Spanish 1

Cathy Bryant

Thursdays Sep 12–Dec 5 4:00–5:00
Fee: \$55 Online Course 11 sessions
No class 10/3 & 11/28

333 Spanish 2

Cathy Bryant

Thursdays Sep 12–Dec 5 2:00–3:00
Fee: \$55 Online Course 11 sessions
No class 10/3 & 11/28

334 Spanish 3

Cathy Bryant

Thursdays Sep 12–Dec 5 12:00–1:30
Fee: \$55 Online Course 11 sessions
No class 10/3 & 11/28

335 Spanish 4

Carolyn Stark

Wednesdays Sep 11–Dec 4 11:00–12:30
Fee: \$48 Online Course 12 sessions
No class 11/27

336 Spanish 5

Carolyn Stark

Wednesdays Sep 11–Dec 4 9:00–10:30
Fee: \$48 Online Course 12 sessions
No class 11/27



Health & Fitness

510B Yoga with Yvonne

Yvonne Martin

Mondays Sep 9–Dec 2 10:30–11:30
Fee: \$66 Online Course 11 sessions
No class 10/14 & 11/11

511B Yoga with Yvonne

Yvonne Martin

Wednesdays Sep 11–Dec 4 10:30–11:30
Fee: \$66 Online Course 11 sessions
No class 10/16 & 11/27

512B Hatha Yoga with Pam

Pam LeBlanc

Tuesdays Sep 10–Dec 3 10:30–11:45
Fee: \$78 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 for more information.

513B Hatha Yoga with Pam

Pam LeBlanc

Thursdays Sep 12–Dec 5 10:30–11:45

Fee: \$66 Online Course 11 sessions

No class 10/3 & 11/28

514 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays Sep 10–Dec 3 9:00–9:45

Fee: \$72 Online Course 13 sessions

515 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays Sep 12–Dec 5 9:00–9:40

Fee: \$60 Online Course 11 sessions

No class 10/3 & 11/28

516 Low-Impact Aerobics

Tammy Panzironi

Tuesdays Sep 10–Dec 3 9:45–10:15

Fee: \$65 Online Course 13 sessions

517 Low-Impact Aerobics

Tammy Panzironi

Thursdays Sep 12–Dec 5 9:45–10:15

Fee: \$55 Online Course 11 sessions

No class 10/3 & 11/28

518 Power Sculpt

Tammy Panzironi

Wednesdays Sep 11–Dec 4 9:00–9:45

Fee: \$66 Online Course 12 sessions

No class 11/27

*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

Full class descriptions are on our website.
Registration will begin on August 26
online at: upstate.oasisnet.org.

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.

Living Healthy with a Chronic Condition Upstate Sage Lunch & Learn

Wednesdays	Sep 11–Oct 16	11:00–1:30
Free	Upstate Sage	6 sessions

Living Healthy with a Chronic Condition John Carno Recreation Center

Thursdays	Sep 19–Oct 24	1:00–3:30
Free	John Carno Recreation Center	6 sessions

Tai Chi for Arthritis and Falls Prevention

Mon/Thur	Sep 23–Nov 18	1:00–2:30
Free	Vinette Towers	16 sessions

No class 10/14

Living Healthy with a Chronic Condition with ASL interpreter

Tuesdays	Oct 1–Nov 5	11:00–1:30
Free	Whole Me, Inc.	6 sessions

Living Healthy with a Chronic Condition

Thursdays	Oct 17–Nov 21	5:30–8:00
Free	Online Course	6 sessions

Tai Chi for Arthritis and Falls Prevention

Mon/Thur	Oct 21–Dec 16	10:00–11:00
Free	Online Course	16 sessions

No class 11/28

Peer Support for Adults with Type 2 Diabetes

Tuesdays	Nov 5–Dec 10	10:00–12:30
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.

Normandy, Paris and The Seine River Cruise

April 1-9, 2025

Join fellow Oasis members from San Antonio, San Diego, Washington Metro and Rochester for an amazing cruise of Europe! We will first take an overnight flight to Paris, France and transfer to the MS Amadeus Diamond river cruise ship for 7 nights. The next day we will visit the village of Auvers-sur-Oise, an inspiration to many of the famous Impressionist masters including Cezanne, Pissarro, and Daubigny. The most famous of these artists is Vincent Van Gogh, whose final resting place is located here and where he was inspired to create nearly 80 canvases. We will also see Auberge Ravoux, where Van Gogh lived, and experience a multimedia museum journey at the Chateau D'Auvers featuring over 500 paintings with sound effects and music. Next, we'll enjoy a Rouen Walking Tour including a visit to the magnificent cathedral that inspired Claude Monet and modern Church of Joan of Arc with its fantastic 16th century stained glass windows. The next day we will visit a UNESCO World Heritage Site and important port, LeHavre, which sits where the Seine River meets the English Channel. This harbor was destroyed in World War II and was rebuilt. We will also enjoy a Etretat tour to walk the famous Normandy coastline featuring cliff-top paths

for views of steep chalk rocks with impressive needle-like formations. The next day we will have a full day tour of Normandy and visit Pointe du Hoc, the site where the U.S. Army climbed 100-foot cliffs. We will stop at Omaha Beach and visit Colleville Sur Mer, an American Cemetery where over 9,000 American troops are laid to rest. The next day brings a visit to a World War II Museum to learn more about the landings, battles and liberation of this region. The following morning, we will visit the little town of Les Andelys in the shadow of Chateau Gaillard, one time home to Richard the Lionheart.

Tour includes round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for tour manager, drivers, and tour guides. Deposit: \$600 per person at the time of booking. Double ranges from \$5,799 to \$7,499 per person, depending on cabin selection. Single rates range from \$7,299 to \$10,199. A two-night London extension is available for an additional cost of \$999 per person double and \$1,499 for single. Final payment is due December 1, 2024. Credit cards accepted. Make checks payable to AFC Vacations. You may register in person or by calling Sandy Roberts at 315-464-4568. This is a Level 4 active trip.





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.