

Sponsored by
UPSTATE
MEDICAL UNIVERSITY

SUMMER 2026
COURSE CATALOG



Registration Opens May 4 at 9:00am upstate.oasisnet.org
Join us for in-person and online Zoom classes!



Hello Oasis Friends,

As we welcome the Summer 2026 trimester, I am filled with both gratitude and excitement. This year marks a remarkable milestone for Upstate Oasis - our 25th anniversary! For a quarter century, Oasis has been a place where curiosity is celebrated, connections are formed, and lifelong learning thrives. Thanks to you, our members, instructors, volunteers, and supporters, we continue to grow as a vibrant community.

This season's catalog reflects the very heart of Oasis: a diverse and engaging array of programs designed to inspire, challenge, and connect. Whether you are exploring a new hobby, prioritizing your health and wellness, engaging in meaningful discussions, or simply enjoying the camaraderie of fellow learners, there is something here for everyone. We are especially excited to introduce new courses such as gelli printing and attracting monarchs alongside returning favorites like yoga and the cheese classes, as well as expanded opportunities to engage in our community and outreach efforts. If you have an idea for a course or an instructor, we would love to hear from you!

As we celebrate 25 years, we also look ahead. Our commitment remains strong - to expand access, reach more individuals across our community, and continue offering high-quality programs that enrich lives. We are proud to serve adults 50+ from all walks of life, and we are continually inspired by the energy, wisdom, and enthusiasm you bring to Oasis each day. Thank you for being part of this journey. Your participation and support make Upstate Oasis what it is...a welcoming place to learn, grow, and belong. I encourage you to explore the catalog, try something new and bring a friend to experience Oasis!

Cathy James, *Oasis Director*



If you see this symbol,
the class has a
New Instructor

REGISTRATION MATTERS!

- **Please** be mindful when registering as some classes are being held both in-person **AND** online on Zoom (simulcast). These simulcast classes have the same class number but in-person classes are using the suffix "A" and online classes are using the suffix "B." **You should be registering for one or the other, not both.**
- **Registration will open May 4.** 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.



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 May 4
at 9am online at: upstate.oasisnet.org.

These classes will be held in-person:

- If you are feeling sick, please stay home.

Arts & Humanities

101 Pastels Studio

Jean B. Somlo

Tuesdays May 19–Jun 23 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

102 Wildlife Drawing and Painting Studio

Jean B. Somlo

Tuesdays Jun 30–Aug 4 1:00–3:30
Fee: \$88 Oasis Studio 6 sessions

103 Gelli Printing

Evelyn Fiorenza

Tuesdays May 19–Jun 9 10:00–12:00
Fee: \$48 Oasis Studio 4 sessions

104 Collaborative Art

Evelyn Fiorenza

Mondays May 18–Jun 1 10:00–12:30
Fee: \$20 Oasis Studio 2 sessions

105 Acrylic Pour Paint: Flower Pot

Madalyn Ledesma

Monday Jun 8 10:00–12:00
Fee: \$45 Oasis Studio 1 session

106 Acrylic Dutch Pour Painting

Madalyn Ledesma

Tuesday Jul 7 10:00–12:00
Fee: \$45 Oasis Studio 1 session

107 Cat/Dog Planter Painting

Sweet Succulence

Wednesday Jun 3 10:00–12:00
Fee: \$30 Oasis Lecture Hall 1 session

108 Book Edge Painting Workshop

Elizabeth Camardo

Wednesday Jun 17 10:00–12:00
Fee: \$25 Oasis Studio 1 session

109 Understanding the Blues: From Roots to Songwriting

Hannah Pietra

Wednesday Jun 24 10:00–12:00
Fee: \$20 Oasis Studio 1 session

110 Summer Songs of the 60's

Geoffrey Clough

Thursday Jun 18 3:00–4:30
Fee: \$15 HealthLink Room 1 session

111 Trivium Trio Concert

Trivium Trio

Tuesday Jul 7 2:00–3:00
Free Oasis Lecture Hall 1 session

112 Opus Black Concert

Opus Black

Wednesday Jul 8 11:00–12:00
Free Oasis Lecture Hall 1 session

113 Movie Monday: Individual vs. Society

Jennifer Michella

Mondays Jun 1–Jul 27 1:00–3:30
Fee: \$15 HealthLink Room 3 sessions

114 Creative Writers Workshop

Carol Madar

Thursdays Jun 11–Aug 6 9:30–12:30
Fee: \$70 Oasis Conference Room 5 sessions

115 Writing Stories From Your Life

Carol Madar

Tuesdays Jun 16–Aug 11 3:30–6:30
Fee: \$70 Jamesville Dewitt Library 5 sessions

117A The Wendy Davenport Memorial Book Group

Jennifer Michella

Tuesdays May 19–Aug 11 10:00–11:30
Fee: \$20 Oasis Studio 4 sessions

IN-PERSON COURSES

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118 Books & Banter: May

Jennifer Michella

Wednesday May 27 10:30–12:00
Free Oasis Studio 1 session

119 Books & Banter: July

Jennifer Michella

Wednesday Jul 22 10:30–12:00
Free Oasis Studio 1 session

120 Books & Banter: August

Jennifer Michella

Wednesday Aug 5 10:30–12:00
Free Oasis Studio 1 session

122 Forum on the U.S. Constitution

Timothy LaGoy

Tuesdays Jun 16–Jun 23 2:15–4:15
Fee: \$30 The Nottingham 2 sessions

123 The Story of Civil War Medicine and Post-War Survival

Susan Sharp

Wednesdays May 20–May 27 10:00–11:30
Fee: \$30 HealthLink 2 sessions
Room

126 Getting Your Home Ready to Sell

Patsy Scala and William Rich

Wednesday May 20 1:00–3:00
Fee: \$10 HealthLink 1 session
Room

127 Food Bank of Central New York Tour

Food Bank of Central NY staff

Thursday May 28 3:00–4:00
Fee: \$12 Food Bank 1 session
of Central NY

128 Wolf Mountain Nature Center Tour

Wolf Mountain Nature Center staff

Friday Jul 24 12:00–3:00
Fee: \$15 Wolf Mountain 1 session
Nature Center

We are pleased to offer our new travel series “A Day in...” where we spend a few hours (or more) exploring a local CNY destination. Transportation is not provided. If you’d like to carpool, you may meet at Oasis first to meet up with fellow carpoolers.

129 A Day in Seneca Falls: Lights, Legacy and Liberty

Wednesday Jun 3 11:00–4:00
Fee: \$20 1 session

130 A Day in Cooperstown: Baseball, Breweries and Art

Friday Jun 26 10:00–5:00
Fee: \$50 1 session



Science

201 Earthquakes, Volcanoes, and Wildlife: A Natural History of Alaska

Len Sharp

Thursdays Jun 25–Jul 2 1:00–2:30
Fee: \$30 HealthLink 2 sessions

202 Mysteries of Easter Island: Culture, Moai Statues, and the Mysterious “Birdman” Cult

Len Sharp

Thursday Jun 11 1:00–3:00
Fee: \$15 HealthLink 1 session

203 Attracting Monarchs

Laura Hand

Tuesday May 19 1:00–3:00
Fee: \$15 HealthLink 1 session
Room

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Personal Development & Enrichment

301 Personal Safety Series: Situational Awareness

Jon Anderson

Wednesday Jun 10 10:00–11:30
Fee: \$5 HealthLink 1 session
Room

302 Personal Safety Series: Defusing Techniques

Jon Anderson

Wednesday Jul 8 10:00–11:30
Fee: \$5 HealthLink 1 session
Room

303 Personal Safety Series: Active Threat Response

Jon Anderson

Wednesday Aug 12 10:00–12:00
Fee: \$5 HealthLink 1 session
Room



304 Two Brothers, One Journey: A Spiritual Passage on the Appalachian Trail

Rand Timmerman

Tuesday May 26 1:00–2:00
Fee: \$10 HealthLink 1 session
Room

305 Embracing the Joys of Elderhood

Ted Pietrzak

Wednesday Jun 3 10:00–12:30
Fee: \$20 HealthLink 1 session
Room



306 Death Cafe–June

Kristin Barrett-Anderson

Wednesday Jun 3 2:00–3:30
Free HealthLink 1 session
Room



307 Death Cafe–July

Kristin Barrett-Anderson

Monday Jul 27 10:00–11:30
Free HealthLink 1 session
Room

308 Communicating with your Animal

Pamela Lipe Revercomb

Tuesday Jun 9 10:00–12:00
Fee: \$15 HealthLink 1 session
Room

309 Volunteering with Your Pet

Susan Pedrosa

Wednesday Aug 5 10:00–11:30
Free HealthLink 1 session
Room

310 Spirit Circles: From Beginners to Advanced

Lisa McCall

Mondays Jun 8–Jun 22 1:00–3:00
Fee: \$45 HealthLink 3 sessions
Room

311 Spirit Circles for All

Lisa McCall

Mondays Jul 6–Jul 20 1:00–3:00
Fee: \$45 HealthLink 3 sessions
Room

312 Tarot for All

Lisa McCall

Thursdays Jul 30–Aug 13 10:00–12:00
Fee: \$45 HealthLink 3 sessions
Room

313 Dreams & Signs

Lisa McCall

Thursdays Jul 30–Aug 13 1:00–3:00
Fee: \$45 HealthLink 3 sessions
Room

314 Sweet Medicine: Herbal Electuaries

Kelly Tompkins

Thursdays Jun 4–Jun 18 10:00–11:30
Fee: \$100 Blue Moon 3 sessions
Apothecary

IN-PERSON COURSES

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315 Sweet Medicine for Immune Support

Kelly Tompkins

Thursday Jun 4 10:00–11:30

Fee: \$40 Blue Moon 1 session

Apothecary

316 Sweet Medicine for Digestive Support

Kelly Tompkins

Thursday Jun 11 10:00–11:30

Fee: \$40 Blue Moon 1 session

Apothecary

317 Sweet Medicine for Nervous System Support

Kelly Tompkins

Thursday Jun 18 10:00–11:30

Fee: \$40 Blue Moon 1 session

Apothecary

318 Grand & Glow Tea Party: Tiny Tea Hosts (Ages 5-10)

Kelly Tompkins

Thursday Jul 16 10:00–11:30

Fee: \$50 Blue Moon 1 session

Apothecary

319 Grand & Glow Tea Party: Tea Blend Artists (Ages 11-15)

Kelly Tompkins

Thursday Jul 23 10:00–11:30

Fee: \$50 Blue Moon 1 session

Apothecary

320 Summer Cheese Pairings

Sarah Simiele

Monday May 18 4:00–5:30

Fee: \$25 Oasis Lecture 1 session

Hall

321 Portuguese Cheese

Sarah Simiele

Monday Jul 27 4:00–5:30

Fee: \$25 Oasis Lecture 1 session

Hall

322 Dining Out with Oasis: Meier's Creek, Cazenovia

Thursday May 28 12:00–1:30

Free

323 Dining Out with Oasis: Wild Horse Bar & Grill, Central Square

Wednesday Jun 24 12:00–1:30

Free

324 Dining Out with Oasis: Emerald Cocktail Kitchen, Tipp Hill

Tuesday Jul 21 12:00–1:30

Free

325 Bridge for Beginners

Elaine Ryan

Mondays Jun 22–Jul 20 10:00–11:30

Fee: \$40 HealthLink 5 sessions

Room

326 Learn to Play: Phase 10

Jennifer Michella

Tuesday Jun 23 10:30–12:00

Free HealthLink 1 session

Room

327 Learn to Play: The Chameleon

Jennifer Michella

Tuesday Jul 21 10:30–12:00

Free HealthLink 1 session

Room

328 Quebec French

Terrence McGovern

Monday Jun 15 10:00–12:00

Fee: \$15 Oasis Studio 1 session

329 French for Beginners

Veronique Bennett

Thursdays May 21–Aug 13 10:00–11:30

Fee: \$78 Oasis Studio 13 sessions

330 French Intermediate Level

Veronique Bennett

Thursdays May 21–Aug 13 12:30–2:00

Fee: \$78 Oasis Studio 13 sessions

IN-PERSON COURSES

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331 French Advanced Level

Veronique Bennett

Thursdays May 21–Aug 13 2:15–3:45
Fee: \$78 Oasis Studio 13 sessions

332 Intermediate Conversational Italian

Peter Punzo

Thursdays May 21–Jun 25 10:00–11:30
Fee: \$56 HealthLink 6 sessions
Room

333 Advanced Conversational Italian

Avi Barsheshat

Wednesdays May 27–Jul 22 2:00–3:30
Fee: \$10 HealthLink 5 sessions
Room

334 Creative Spanish: The Spanish in Our English

Nancy Gallagher

Thursdays May 21–Jun 4 1:00–3:00
Fee: \$45 HealthLink 3 sessions
Room

Technology

401 Smartphone Photography

Pamela Lipe Revercomb

Mon/Wed/Fri Jun 1–Jun 5 10:00–12:00
Fee: \$48 Oasis Computer 3 sessions
Lab

402 Saving and Organizing your Photos and Videos

Al Somlo

Tuesday Aug 4 1:00–3:00
Fee: \$15 Oasis Computer 1 session
Lab

403 Artificial Intelligence (AI)

Al Somlo

Tuesday Jun 9 1:00–3:00
Fee: \$15 Oasis Computer 1 session
Lab

404 Streaming 101

Al Somlo

Tuesday Jul 7 1:00–3:00
Fee: \$15 Oasis Computer 1 session
Lab

Health & Fitness

501 Human Longevity: Aging Smarter—Science-backed Strategies to Add Life to Your Years

Dr. Robert Corona and Dr. Amy Tucker

Friday August 7 10:00–11:30
Free Oasis Lecture 1 session
Hall

502 Healthy Habits for Your Brain & Body

Kerri Green

Wednesday Jun 17 1:00–2:00
Free HealthLink 1 session
Room

503 Understanding Alzheimer's & Dementia

Kerri Green

Wednesday Jul 15 1:00–2:00
Free HealthLink 1 session
Room

504 Know the Ten Warning Signs

Kerri Green

Wednesday Aug 12 1:30–2:30
Free HealthLink 1 session
Room

505 May Symphony of Sacred Sound

Lorri Mathewson

Wednesday May 27 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

506 June Symphony of Sacred Sound

Lorri Mathewson

Wednesday Jun 24 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

IN-PERSON COURSES

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507 July Symphony of Sacred Sound

Lorri Mathewson

Wednesday Jul 22 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

508 August Symphony of Sacred Sound

Lorri Mathewson

Wednesday Aug 12 1:00–2:00
Fee: \$20 Oasis Fitness 1 session
Room

509 Movement is Medicine–May/June

Roberta Strugger

Thursdays May 28–Jul 2 1:00–2:00
Fee: \$42 Oasis Fitness 6 sessions
Room

510 Movement is Medicine–July/August

Roberta Strugger

Thursdays Jul 9–Aug 13 1:00–2:00
Fee: \$42 Oasis Fitness 6 sessions
Room

512 Introduction to Taoist Tai Chi®

Cindy Wren

Monday May 18 2:00–3:00
Fee: \$5 Oasis Fitness 1 session
Room

513 Belly Dancing Demo

Pam McGrath

Monday May 18 1:00–1:30
Free Oasis Fitness 1 session
Room

514 Belly Dancing for Beginners

Pam McGrath

Mondays Jun 15–Jul 27 1:30–2:30
Fee: \$52 Oasis Fitness 7 sessions
Room

515 Beginning Tap

Colleen Ensby

Thursdays Jul 16–Aug 20 2:30–3:15
Fee: \$60 Oasis Fitness 6 sessions
Room

516 Beginning Ballet

Colleen Ensby

Thursdays Jul 16–Aug 20 3:15–4:00
Fee: \$60 Oasis Fitness 6 sessions
Room

517 For the Love of Line Dancing: May/June

Tammy Panzironi

Wednesdays May 20–Jun 24 9:00–10:00
Fee: \$45 Oasis Fitness 6 sessions
Room

518 For the Love of Line Dancing: July/August

Tammy Panzironi

Wednesdays Jul 8–Aug 12 9:00–10:00
Fee: \$45 Oasis Fitness 6 sessions
Room

519A Yoga with Yvonne (In-Person)

Yvonne Martin

Mondays May 18–Aug 10 10:30–11:30
Fee: \$66 Oasis Fitness 11 sessions
Room

No class 5/25 & 7/20

520A Yoga with Yvonne (In-Person)

Yvonne Martin

Wednesdays May 20–Aug 12 10:30–11:30
Fee: \$66 Oasis Fitness 11 sessions
Room

No class 5/27 & 7/22



IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on May 4
at 9am online at: upstate.oasisnet.org.

521A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Tuesdays May 19–Aug 11 10:30–11:45
Fee: \$78 Oasis Fitness 13 sessions
Room

522A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Thursdays May 21–Aug 13 10:30–11:45
Fee: \$78 Oasis Fitness 13 sessions
Room

527 Introduction to American Six Wicket Croquet

Liz Morgenthien

Tuesday May 19 11:00–12:00
Free HealthLink 1 session
Room

Travel

601 Informational Session: Sunny Portugal

Kevin Ferguson

Wednesday Jun 3 11:00–12:00
Free Oasis Studio 1 session

Volunteer

701 New Volunteer Overview

Jennifer Michella and Margaret Sweeney

Wednesday May 20 10:00–11:00
Free Oasis Studio 1 session

702 Volunteer Meeting

Jennifer Michella

Wednesdays May 20–Jul 15 3:00–4:30
Free Oasis Studio 3 sessions

703 Leadership Team Meeting

Jennifer Michella

Wednesdays May 6–Aug 5 1:00–2:30
Free Oasis 3 sessions
Conference Room

Oasis Art Show

Wednesday, June 3
4-6 pm

Oasis is pleased to host our first ever art show! Featuring artwork donated by Oasis participants and instructors. Proceeds will go to the scholarship fund to bring art classes to underserved locations in Central NY.

*Please drop off any donations by
Thursday, May 28.*



ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on May 4
at 9am online at: update.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



116 Classic and Contemporary Short Fiction

Patricia Dunn

Mondays Jul 20–Aug 10 10:00–11:30
Fee: \$42 Online Course 4 sessions

117B The Wendy Davenport Memorial Book Group

Jennifer Michella

Tuesdays May 19–Aug 11 10:00–11:30
Fee: \$20 Oasis Studio 4 sessions

121 Ancient America III: America on the Eve of Contact

Tom Henry

Mondays Jun 1–Jun 22 2:30–4:30
Fee: \$46 Online Course 4 sessions

124 A History of Congress Part II: The People’s Branch

Tom Henry

Tuesdays Jun 16–Jul 7 2:30–4:30
Fee: \$46 Online Course 4 sessions

125 The Presidency XV: Where Are We Now?

Tom Henry

Tuesdays May 19–Jun 9 2:30–4:30
Fee: \$46 Online Course 4 sessions



Health & Fitness

511 Tai Chi for Life

Lee Livermore

Mon/Thur May 19–Jun 26 8:30–9:30
Fee: \$72 Online Course 11 sessions

519B Yoga with Yvonne (Zoom)

Yvonne Martin

Mondays May 18–Aug 10 10:30–11:30
Fee: \$66 Online Course 11 sessions
No class 5/25 & 7/20

520B Yoga with Yvonne (Zoom)

Yvonne Martin

Wednesdays May 20–Aug 12 10:30–11:30
Fee: \$66 Online Course 11 sessions
No class 5/27 & 7/22

521B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Tuesdays May 19–Aug 11 10:30–11:45
Fee: \$78 Online Course 13 sessions

522B Hatha Yoga with Pam (Zoom)

Pam LeBlanc

Thursdays May 21–Aug 13 10:30–11:45
Fee: \$78 Online Course 13 sessions

523 T-N-T: Tight and Tone

Tammy Panzironi

Tuesdays May 19–Aug 11 9:00–9:40
Fee: \$72 Online Course 13 sessions

524 Cardio-Xpress

Tammy Panzironi

Tuesdays May 19–Aug 11 9:45–10:15
Fee: \$65 Online Course 13 sessions

525 T-N-T: Tight and Tone

Tammy Panzironi

Thursdays May 21–Aug 13 9:00–9:40
Fee: \$72 Online Course 13 sessions

526 Cardio-Xpress

Tammy Panzironi

Thursdays May 21–Aug 13 9:45–10:15
Fee: \$65 Online Course 13 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.

**Program de autocontrol de enfermedades
 crónicas-Tomando Control de su Salud**

Thursdays May 7- Jun 11 11:30-2:00
 Free Sai Sewa Adult 6 sessions
 Day Care

Living Healthy with a Chronic Condition

Wednesdays Jul 15-Aug 19 10:00-12:30
 Free Oasis Studio 6 sessions

**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.



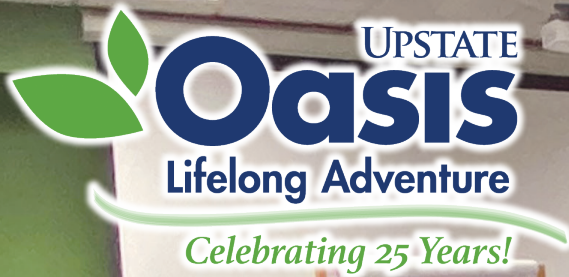
Looking for Rewarding Volunteer Opportunities?

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, Rona Edlund, Sue Foster, Barb Hanson, Lorrie LaDuke, Debra Rouviere and Melissa Sheremeta.



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.

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