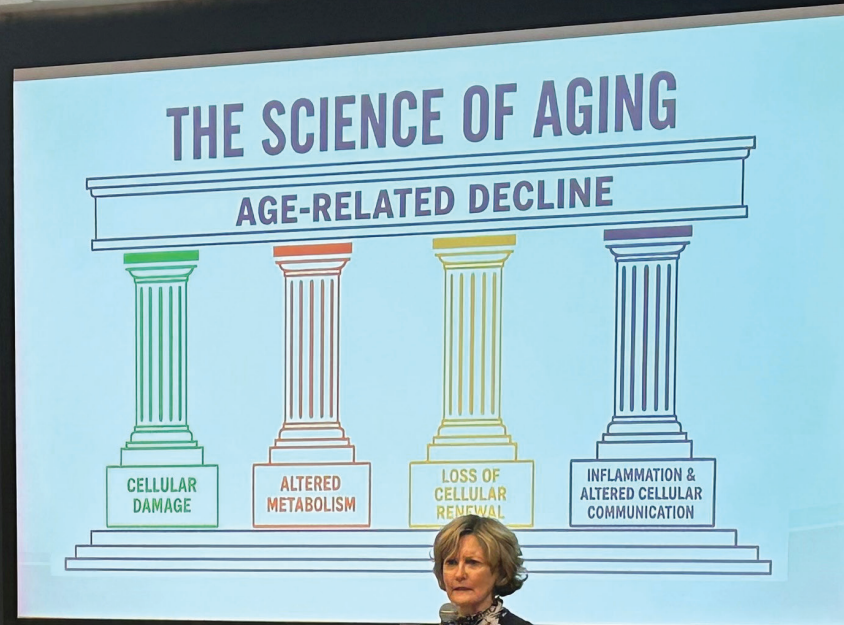
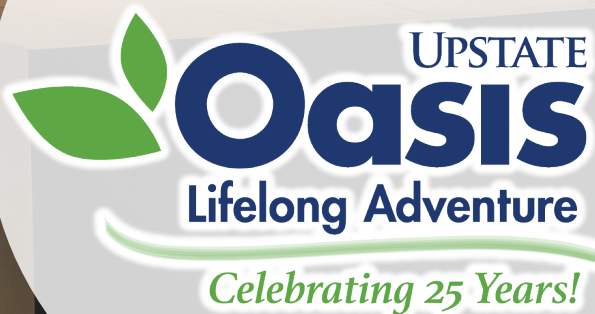




FALL 2026

COURSE CATALOG

Sponsored by
UPSTATE
MEDICAL UNIVERSITY

Registration Opens **August 31 at 9:00am** upstate.oasisnet.org

Join us for in-person and online Zoom classes!



Dear Upstate Oasis Members and Friends,

Welcome to the Fall 2026 trimester! As we begin another exciting season of lifelong learning, wellness, and connection, we're especially grateful to celebrate 25 years of Upstate Oasis serving the Central New York community. Your enthusiasm and participation have made Oasis a place where adults 50+ continue to learn, grow, and build meaningful friendships.

This fall also marks an important change. Beginning with this trimester, class fees will increase for the first time in seven years. While no one welcomes higher costs, this adjustment will help us continue offering outstanding instructors, engaging programs, enhanced classroom technology, and the exceptional learning experience you've come to expect. We remain committed to keeping Oasis affordable while investing in the quality of our programs for years to come.

As we celebrate this milestone anniversary, we invite you to help us grow our Oasis family. Bring a friend to experience a class, attend an event, or discover everything Oasis has to offer. There's no better way to celebrate 25 years than by welcoming new faces into our community.

Thank you for being part of the Upstate Oasis family. We look forward to learning, laughing, and celebrating with you throughout this special season.

Warmly,

Cathy James
Director, Upstate Oasis

On The Cover

Dr. Robert Corona and Dr. Amy Tucker presented Human Longevity: Aging Smarter-Science-Backed Strategies to Add Life to Your Years to Upstate Oasis members on Friday, August 7. Key takeaways include: move 30-45 minutes daily, strength train 2-3 days per week, eat protein and colorful vegetables at meals, sleep 7-8 hours, stay social, keep learning, manage blood pressure, avoid smoking and limit alcohol.

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 31.** 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.



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



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 7am
- 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.



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 31
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 Acrylic/Oil Painting Workshop

Jean B. Somlo

Tuesdays Sep 15–Oct 20 1:00–3:30
Fee: \$94 Oasis Studio 6 sessions

102 Assorted Pencil Drawing Workshop

Jean B. Somlo

Tuesdays Oct 27–Dec 1 1:00–3:30
Fee: \$94 Oasis Studio 6 sessions

103 Stunning Florals with Alcohol Ink and Acrylic Paint

Evelyn Fiorenza

Wednesdays Oct 7–Oct 21 10:00–12:00
Fee: \$42 Oasis Studio 3 sessions

104 Three New Easy Pieces: Acrylic Painting for Beginners

Evelyn Fiorenza

Tuesdays Nov 17–Dec 1 10:00–12:00
Fee: \$42 Oasis Studio 3 sessions

105 Winter Holiday Painting

Evelyn Fiorenza

Monday Dec 7 1:00–3:30
Fee: \$30 Oasis Studio 1 session

106 Pumpkin Planter Workshop

Sweet Succulence Staff

Tuesday Sep 22 10:00–12:00
Fee: \$32 Oasis Studio 1 session

107 Acrylic Pour Paint: Wooden Tray

Madalyn Ledesma

Tuesday Sep 29 10:00–12:00
Fee: \$45 Oasis Studio 1 session

108 Acrylic Pour Paint: Glass Ornaments

Madalyn Ledesma

Wednesday Nov 18 1:00–3:00
Fee: \$45 Oasis Studio 1 session

109 Autumn Flowers

Jeanne Ulrich

Tuesday Oct 6 10:00–12:00
Fee: \$40 Oasis Studio 1 session

110 Winter Cardinals

Jeanne Ulrich

Wednesday Nov 18 10:00–12:00
Fee: \$40 Oasis Studio 1 session

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

Al Somlo

Wednesdays Oct 7–Oct 14 1:00–3:00
Fee: \$41 Oasis Computer Lab 2 sessions

112 Journal Edge Painting Workshop

Elizabeth Camardo

Wednesday Oct 28 10:00–12:00
Fee: \$35 Oasis Studio 1 session

113 Introduction to Calligraphy: Beautiful Writing

Diane Lansing

Tuesdays Sep 29–Oct 13 2:00–4:00
Fee: \$45 Oasis Lecture Hall 3 sessions

114 Advanced Calligraphy

Diane Lansing

Tuesdays Nov 3–Nov 17 2:00–4:00
Fee: \$45 Oasis Lecture Hall 3 sessions

115 Learn to Make Origami Peace Cranes

Diane Lansing

Monday Dec 7 1:00–4:00
Fee: \$30 Oasis Lecture Hall 1 session

116 The Art of Paper Folding: German Bells & Gift Envelopes

Melissa Sheremeta

Wednesday Nov 4 10:00–11:30
Fee: \$17 Oasis Studio 1 session

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 Monday, September 7.



IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: update.oasisnet.org.

117 Oasis Chamber Ensemble

Kristen Kopf

Tuesdays Sep 15–Dec 8 1:00–2:30
Fee: \$117 Oasis Fitness 13 sessions
Room

118 Oasis Chamber Ensemble Performance

Kristen Kopf

Tuesday Dec 8 2:00–2:30
Free Oasis Fitness 1 session
Room

119 String Quartet Concert with the Syracuse Orchestra

Peter Rovit, Amy Christian, Michael Halbrook, and Heidi Hoffman

Thursday Oct 8 1:00–2:00
Free Oasis Lecture 1 session
Hall

120 Blues Shout

Ronnie Leigh

Thursday Nov 12 2:00–3:30
Free Oasis Lecture 1 session
Hall

121 Songs of the Christmas Holiday Season

Geoffrey Clough

Monday Dec 7 2:30–4:00
Fee: \$17 HealthLink 1 session
Room

122A The Syracuse Orchestra's 2026-27 Season: the Next Chapter Begins (In-Person)

Austin Chanu

Wednesday Oct 14 1:30–3:00
Fee: \$12 Oasis Lecture 1 session
Hall

123A Listening with New Ears: Rhythm in Copland's Appalachian Spring (In-Person)

Alan Kolsky

Thursday Nov 12 2:00–3:15
Fee: \$12 Oasis Lecture 1 session
Hall

124A Syracuse Stage's 2026-27 Season: A Preview & A Fond Farewell (In-Person)

Robert Hupp

Wednesday Sep 23 10:00–11:30
Fee: \$12 Oasis Lecture 1 session
Hall

125 Modern American Politics Through Film

Margaret Susan Thompson

Tue/Thur Sep 3–Dec 8 3:30–4:50
Fee: \$55 SU Whitman 13 sessions
School

126 Great Films of the 1990s

David Hollenback

Tuesdays Sep 15–Nov 3 12:30–3:30
Fee: \$48 HealthLink 8 sessions
Room

127 Movie Monday: Best Picture Oscar Winners

Jennifer Michella

Mondays Sep 28–Nov 23 1:00–3:30
Fee: \$18 HealthLink 3 sessions
Room

128 Creative Writers Workshop

Carol Madar

Thursdays Sep 17–Nov 12 9:30–12:30
Fee: \$75 Oasis 5 sessions
Conference Room

129 I've Always Wanted to Write a Story About...

Carol Madar

Tuesdays Sep 22–Nov 17 3:30–6:30
Fee: \$75 Comm Library 5 sessions
DeWitt/Jamesville

130A The Wendy Davenport Memorial Book Group (In-Person)

Jennifer Michella

Tuesdays Sep 15–Dec 8 10:00–11:30
Fee: \$24 Oasis Studio 4 sessions

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: upstate.oasisnet.org.

131 Books & Banter: September

Jennifer Michella

Wednesday Sep 23 10:30–12:00
Free Oasis 1 session
Conference Room

132 Books & Banter: October

Jennifer Michella

Wednesday Oct 21 10:30–12:00
Free Oasis 1 session
Conference Room

133 Books & Banter: November

Jennifer Michella

Wednesday Nov 18 10:30–12:00
Free Oasis 1 session
Conference Room

134A State of the City and County (In-Person)

Sharon Owens and Ryan McMahon

Monday Sep 14 10:00–11:30
Fee: \$15 Oasis Lecture 1 session
Hall

135A The United States Border Patrol: The Inside Story (In-Person)

Foster Rubinstein

Monday Oct 5 10:00–11:30
Fee: \$15 Oasis 1 session
Conference Room

138A 2026 Supreme Court Review (In-Person)

Tom Henry

Monday Dec 7 2:30–4:30
Fee: \$17 Oasis Lecture 1 session
Hall

139 Le Marquis de LaFayette

Veronique Bennett

Wednesdays Oct 28–Nov 4 1:00–2:30
Fee: \$34 Oasis Studio 2 sessions

140 History of the Declaration of Independence

Timothy LaGoy

Wednesdays Sep 30–Oct 7 1:00–3:00
Fee: \$34 Oasis Studio 2 sessions

142 The Pilgrim Legacy: Their Story and Actions that Shaped a Nation

Susan Sharp

Thursdays Nov 12–Nov 19 10:00–12:00
Fee: \$34 HealthLink 2 sessions
Room

143 The American Miracle: Our Nation is No Accident

Susan Sharp

Thursday Oct 29 1:00–3:30
Free HealthLink 1 session
Room

144 Life in a Civil War POW Camp

Len Sharp

Monday Oct 5 1:00–2:30
Fee: \$17 HealthLink 1 session
Room

146 What Does The Pope's Encyclical "Magnifica Humanitas" Mean For Us?

David E. Pasinski

Mondays Nov 16–Dec 7 10:00–12:00
Fee: \$56 HealthLink 4 sessions
Room



147 A Beginners Guide to Wills & Trusts

Emilee Lawson Hatch

Thursday Oct 15 1:00–2:30
Fee: \$12 HealthLink 1 session
Room

EXPLORE WITH US!

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.

149 Syracuse Salt Tour

Friday Oct 16 11:00–12:00
Fee: \$7 1 session

150 A Day in Canandaigua: Canandaigua Lady Boat Tour

Friday Sep 25 2:00–4:00
Fee: \$35 1 session

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: update.oasisnet.org.



Science

201 Earth Impacts: Not If, But When

Susan Sharp

Monday Sep 14 1:00–3:30
Fee: \$17 HealthLink 1 session
Room

202A The Year in the Environment 2026 (In-Person)

Stuart J. Spiegel

Tuesday Dec 1 1:00–2:30
Fee: \$17 Oasis Lecture 1 session
Hall

206 E.T., Are You Here?

Len Sharp

Thursdays Nov 12–Nov 19 1:30–4:00
Fee: \$34 HealthLink 2 sessions
Room



Personal Development & Enrichment

301 Zen and The Art of Graceful Aging

Peg Miller

Thursdays Oct 15–Nov 19 10:00–11:30
Fee: \$60 Oasis Lecture 6 sessions
Hall

302 Embracing the Joys of Elderhood

Ted Pietrzak

Wednesday Oct 7 10:00–12:15
Fee: \$17 HealthLink 1 session
Room

303 Connection Cafe-September

Nancy Gallagher

Wednesday Sep 30 10:30–12:00
Free HealthLink 1 session
Room

304 Connection Cafe-November

Nancy Gallagher

Wednesday Nov 4 10:30–12:00
Free HealthLink 1 session
Room

305 Leaving a Legacy: Preserve and Share Your Life Story

Ted Pietrzak and David E. Pasinski

Wednesdays Oct 14–Oct 28 10:00–12:00
Fee: \$51 HealthLink 3 sessions
Room

306 Death Cafe–October

Kristin Barrett-Anderson

Monday Oct 19 2:00–3:30
Free HealthLink 1 session
Room

307 Death Cafe–December

Kristin Barrett-Anderson

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

308 Communicating with your Animal

Pamela Lipe Revercomb

Wednesday Dec 2 1:00–3:00
Fee: \$17 HealthLink 1 session
Room

309 Guides, Guardians & Companions: Exploring Spirit Guides, Animal Wisdom, and the Everlasting Bond with Our Pets

Lisa McCall

Mondays Sep 14–Oct 5 1:00–3:00
Fee: \$51 Oasis Studio 3 sessions
No class 9/21

310 Spiritual Exploration Circle

Lisa McCall

Thursdays Sep 17–Oct 1 1:00–3:00
Fee: \$51 HealthLink 3 sessions
Room

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: update.oasisnet.org.

311 Spiritual Development Circle

Lisa McCall

Mondays Oct 19–Nov 2 1:00–3:00
Fee: \$51 HealthLink 3 sessions
Room

312 Tarot for Every Stage: An All-Levels Journey

Lisa McCall

Mondays Nov 9–Nov 23 1:00–3:00
Fee: \$51 Oasis Studio 3 sessions

313 Bridge for Beginners

Elaine Ryan

Mondays Sep 28–Nov 9 10:00–11:30
Fee: \$40 HealthLink 5 sessions
Room
No class 10/12 & 10/19

314 Mah Jong for Beginners

Wendy Christopher

Mondays Sep 28–Oct 26 10:00–12:00
Fee: \$56 Oasis Studio 4 sessions

315 Learn to Play: Ransom Notes

Jennifer Michella

Thursday Oct 8 1:30–3:00
Free HealthLink 1 session
Room

316 Learn to Play: Presidents

Jennifer Michella

Tuesday Dec 1 1:30–3:00
Free HealthLink 1 session
Room

317 The Curd Nerd's Cheese Picks

Sarah Simiele

Monday Sept 14 4:00–5:30
Free Oasis Lecture 1 session
Hall

318 Cheese and Candy Pairing

Sarah Simiele

Monday Oct 5 4:00–5:30
Free Oasis Lecture 1 session
Hall

319 Dining Out with Oasis: Plaza Grande, Syracuse

Friday Sep 25 12:00–1:30
Free

320 Dining Out with Oasis: Brewer Union Cafe, Brewerton

Wednesday Oct 21 12:00–1:30
Free

321 Dining Out with Oasis: Zaman Coffee House, Syracuse

Monday Nov 30 1:30–3:00
Free

322 French for Beginners

Veronique Bennett

Thursdays Sep 17–Dec 10 10:00–11:30
Fee: \$84 Oasis Studio 12 sessions
No class 11/26

323 French Intermediate Level

Veronique Bennett

Thursdays Sep 17–Dec 10 12:30–2:00
Fee: \$84 Oasis Studio 12 sessions
No class 11/26

324 French Advanced Level

Veronique Bennett

Thursdays Sep 17–Dec 10 2:15–3:45
Fee: \$84 Oasis Studio 12 sessions
No class 11/26

325 Beginning Conversational Italian

Laura Hand

Tuesdays Sep 15–Oct 27 10:30–12:00
Fee: \$49 HealthLink 7 sessions
Room

326 Intermediate Conversational Italian

Peter Punzo

Thursdays Sep 17–Nov 5 10:00–11:30
Fee: \$56 HealthLink 8 sessions
Room

327 Advanced Conversational Italian

Avi Barsheshat

Wednesdays Sep 16–Nov 18 2:00–3:30
Fee: \$10 HealthLink 5 sessions
Room

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: update.oasisnet.org.

328 Creative Spanish: The Spanish in Our English

Nancy Gallagher

Tuesdays Oct 20–Nov 3 10:00–12:00
Fee: \$45 Oasis Studio 3 sessions



Technology

401 Smartphone Photography

Pamela Lipe Revercomb

M/W/F Nov 16–Nov 20 10:00–12:00
Fee: \$48 Oasis Computer Lab 3 sessions

402 Intro to Selling on eBay

Al Somlo

Tuesdays Nov 10–Nov 17 1:00–3:00
Fee: \$41 HealthLink Room 2 sessions



Health & Fitness

501 Building Brain-Healthy Habits

Kerri Green

Wednesday Oct 7 1:00–2:00
Free HealthLink Room 1 session

502 The Empowered Caregiver: Communicating Effectively

Kerri Green

Wednesday Sep 23 1:00–2:00
Free HealthLink Room 1 session

503 The Empowered Caregiver: Responding to Dementia-Related Behaviors

Kerri Green

Wednesday Dec 2 1:00–2:00
Free HealthLink Room 1 session

504 Symphony of Sacred Sound for the Fall Equinox

Lorri Mathewson

Wednesday Sep 23 1:00–2:00
Fee: \$25 Oasis Fitness Room 1 session

505 Symphony of Sacred Sound with Crystal and Metal Singing Bowls

Lorri Mathewson

Wednesday Oct 28 1:00–2:00
Fee: \$25 Oasis Fitness Room 1 session

506 Symphony of Sacred Sound To Soothe Holiday Stress

Lorri Mathewson

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

508 Introduction to Taoist Tai Chi®

Cindy Wren

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

509 Balance Your Body; Exercise Your Brain

Patricia Urban

Mondays Sep 28–Nov 9 1:00–2:15
Fee: \$51 Oasis Fitness Room 6 sessions

510A Yoga with Yvonne (In-Person)

Yvonne Martin

Mondays Sep 14–Dec 7 10:30–11:30
Fee: \$77 Oasis Fitness 11 sessions
No class 9/21 & 10/12

511A Yoga with Yvonne (In-Person)

Yvonne Martin

Wednesdays Sep 14–Dec 9 10:30–11:30
Fee: \$70 Oasis Fitness 10 sessions
No class 10/14, 11/11 & 11/25

512A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Tuesdays Sep 15–Dec 8 10:30–11:45
Fee: \$91 Oasis Fitness Room 13 sessions

513A Hatha Yoga with Pam (In-Person)

Pam LeBlanc

Thursdays Sep 17–Dec 10 10:30–11:45
Fee: \$84 Oasis Fitness 12 sessions
No class 11/26

IN-PERSON COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: update.oasisnet.org.

517 For the Love of Line Dancing: September/October

Tammy Panzironi

Wednesdays Sep 16–Oct 21 9:00–10:00
Fee: \$45 Oasis Fitness 6 sessions
Room

518 For the Love of Line Dancing: November/December

Tammy Panzironi

Wednesdays Oct 28–Dec 16 9:00–10:00
Fee: \$45 Oasis Fitness 6 sessions
Room

No class 11/25

519 Belly Dancing for Beginners

Pam McGrath

Wednesdays Sep 30–Oct 21 1:00–2:00
Fee: \$32 Oasis Fitness 4 sessions
Room

Travel with Oasis in 2027!

Sunny Portugal

March 16-25, 2027

From the Portuguese capital, Lisbon, to the sunny cliffs of the Algarve and Portuguese Riviera, venture along Portugal's stunning shoreline.

Great Canadian Cities

June 16-24, 2027

Explore the best of Eastern Canada as you visit vibrant Montreal, historic Quebec City, elegant Ottawa, cosmopolitan Toronto, and spectacular Niagara Falls, with scenic rail travel, a 1000 Islands cruise, and unforgettable sightseeing along the way.

England, Scotland & Wales

November 3-11, 2027

Experience the best of Britain on this unforgettable journey through Scotland, England and Wales, featuring Edinburgh Castle, York, Stratford-upon-Avon, Cardiff, Bath, Stonehenge, and the iconic sights of London.



Travel

601 Information Session: Great Canadian Cities and England, Scotland & Wales

Monday Oct 19 10:00–11:00
Free HealthLink 1 session
Room



Volunteer

701 New Volunteer Overview

Jennifer Michella and Margaret Sweeney

Monday Sep 14 10:00–11:00
Free Oasis Studio 1 session

702 Volunteer Meeting

Jennifer Michella

Wednesdays Sep 16–Nov 18 3:00–4:30
Free Oasis Studio 3 sessions

703 Leadership Team Meeting

Jennifer Michella

Wednesdays Sep 2–Dec 2 1:00–2:30
Free Oasis 4 sessions
Conference Room

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.

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on August 31
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

122B The Syracuse Orchestra's 2026-27 Season: the Next Chapter Begins (Zoom)

Austin Chanu

Wednesday Oct 14 1:30-3:00

Fee: \$12 Online Course 1 session

123B Listening with New Ears: Rhythm in Copland's *Appalachian Spring* (Zoom)

Alan Kolsky

Thursday Nov 12 2:00-3:15

Fee: \$12 Online Course 1 session

124B Syracuse Stage's 2026-27 Season: A Preview & A Fond Farewell (Zoom)

Robert Hupp

Wednesday Sep 23 10:00-11:30

Fee: \$12 Online Course 1 session

130B The Wendy Davenport Memorial Book Group (Zoom)

Jennifer Michella

Tuesdays Sep 15 - Dec 8 10:00-11:30

Fee: \$24 Online Course 4 sessions

141 A History of Congress: Part III Slavery, Civil War and a New America

Tom Henry

Tuesdays Oct 6 - Oct 27 2:30 - 4:30

Fee: \$56 Online Course 4 sessions

10

State of the Union:

the Annette Guisbond Legacy Series

Hosted by Diana Biro and Eric Rogers

134B State of the City and County (Zoom)

Sharon Owens and Ryan McMahon

Monday Sep 14 10:00-11:30

Fee: \$15 Online Course 1 session

135B The United States Border Patrol: The Inside Story (Zoom)

Foster Rubinstein

Monday Oct 5 10:00-11:30

Fee: \$15 Online Course 1 session

136 US National Security in a Dynamic World

Sean O'Keefe and Robert Murrett

Monday Oct 19 10:00-12:00

Fee: \$15 Online Course 1 session

137 The Ivory Tower Panel's Annual Assessment

Nina Moore

Friday Nov 6 10:30-12:30

Fee: \$15 Online Course 1 session

138B 2026 Supreme Court Review (Zoom)

Tom Henry

Monday Dec 7 2:30-4:30

Fee: \$15 Online Course 1 session

145 Our Grandparents Lives: A Social History 1919-1932

Tom Henry

Mondays Oct 19 - Nov 9 2:30 - 4:30

Fee: \$56 Online Course 4 sessions

148 Travels With Tom: The Canadian Rockies

Tom Henry

Tuesday Nov 17 2:30 - 4:30

Fee: \$17 Online Course 1 session



Science

202B The Year in the Environment 2026 (Zoom)

Stuart J. Spiegel

Tuesday Dec 1 1:00 - 2:30

Fee: \$17 Online Course 1 session

Contact us: (315) 464-6555 | Oasis Course Catalog – Fall 2026

ZOOM COURSES

Full class descriptions are on our website.
Registration will begin on August 31
at 9am online at: update.oasisnet.org.

203 The Science of Project Hail Mary Donald Bridy

Monday Oct 5 1:00 - 2:30
Fee: \$17 Online Course 1 session

204 Blurring the Line Between Science Fiction and Reality Donald Bridy

Thursday Oct 29 1:00 - 2:30
Fee: \$17 Online Course 1 session

205 War of the Worlds, The 1835 Moon Hoax and Early Ideas of Alien Worlds Donald Bridy

Monday Nov 16 1:00 - 2:30
Fee: \$17 Online Course 1 session

Personal Development & Enrichment

329 Spanish 1 Cathy Bryant

Thursdays Sep 17 - Dec 10 4:00–5:00
Fee: \$66 Online Course 12 sessions
No class 11/26

330 Spanish 2 Cathy Bryant

Thursdays Sep 17 - Dec 10 2:00–3:00
Fee: \$66 Online Course 12 sessions
No class 11/26

331 Spanish 3 Cathy Bryant

Thursdays Sep 17 - Dec 10 12:00–1:30
Fee: \$78 Online Course 12 sessions
No class 11/26

332 Spanish 4 Carolyn Stark

Wednesdays Sep 16 - Dec 9 11:00–12:30
Fee: \$60 Online Course 12 sessions
No class 11/25

333 Spanish 5 Carolyn Stark

Wednesdays Sep 16 - Dec 9 9:00–10:30
Fee: \$60 Online Course 12 sessions
No class 11/26



Health & Fitness

507 Breath & Balance Roberta Strugger

Mondays Sep 28 - Nov 9 10:00 - 11:00
Fee: \$42 Online Course 6 sessions

510B Yoga with Yvonne (Zoom) Yvonne Martin

Mondays Sep 14 - Dec 7 10:30–11:30
Fee: \$77 Online Course 11 sessions
No class 9/21 & 10/12

511B Yoga with Yvonne (Zoom) Yvonne Martin

Wednesdays Sep 16 - Dec 9 10:30–11:30
Fee: \$70 Online Course 10 sessions
No class 10/14, 11/11 & 11/25

512B Hatha Yoga with Pam (Zoom) Pam LeBlanc

Tuesdays Sep 15 - Dec 8 10:30 –11:45
Fee: \$91 Online Course 13 sessions

513B Hatha Yoga with Pam (Zoom) Pam LeBlanc

Thursdays Sep 17 - Dec 10 10:30–11:45
Fee: \$84 Online Course 12 sessions
No class 11/26

514 T-N-T: Tight and Tone Tammy Panzironi

Tuesdays Sep 15 - Dec 8 9:00–9:40
Fee: \$78 Online Course 13 sessions

515 Cardio-Xpress Tammy Panzironi

Tuesdays Sep 15 - Dec 8 9:45–10:15
Fee: \$72 Online Course 13 sessions

516 T-N-T: Tight and Tone Tammy Panzironi

Thursdays Sep 17 - Dec 10 39:00–9:40
Fee: \$78 Online Course 13 sessions
No class 11/26



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.