



# Spring 2020

## Program Catalog

Art, Current Events, Exercise, Technology,  
Tours, Volunteering and more!



Sponsored by:



WELLMED  
CHARITABLE FOUNDATION



CITY OF SAN ANTONIO  
DEPARTMENT OF HUMAN SERVICES  
TEAMWORK • INTEGRITY • INNOVATION • PROFESSIONALISM



# National News

The Oasis Institute • Spring 2020



**Oasis is a national leader on issues that impact older adults.**



**Are you safe online?** Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at [connections.oasisnet.org/techwise](https://connections.oasisnet.org/techwise).



**Are you a caregiver?** Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.



Find out more by contacting Sara Paige at [spaige@oasisnet.org](mailto:spaige@oasisnet.org) or 314.862.2933, ext. 245.



**One hour, one day a week,  
is all she needs from you.**

**Our San Antonio schools need  
your help! Become a tutor today!!**

**One of the most rewarding volunteer  
opportunities you will ever sign up for.**

**Call Ginny Brown at 210-236-5954 for  
more information today!**



**The Oasis Intergenerational Tutoring Program**

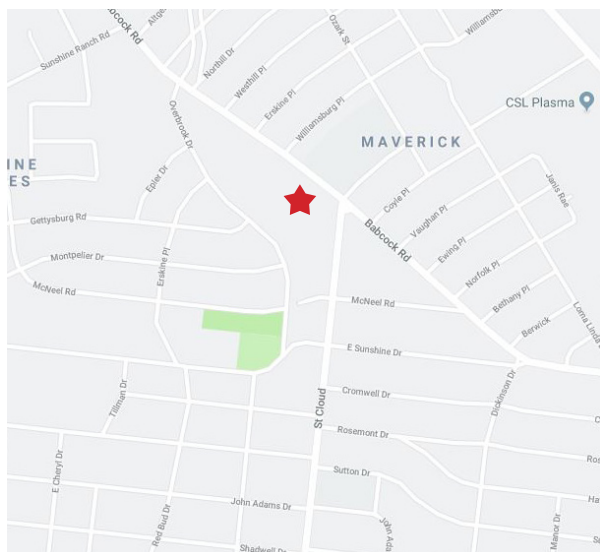
# Welcome to Oasis

**Our Mission:** To promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

You can join Oasis by registering at the Oasis Center, by phone or online. There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, gender, race, religion or background.

## Our Main Center:

Oasis at The Meadows  
700 Babcock Rd.  
San Antonio, TX 78201



## Hours:

Mon. Wed. and Thurs.	9:00 - 4:00
Tuesday	9:00 - 8:00
Friday	9:00 - 1:00

## Contact Us:

San Antonio Oasis  
700 Babcock Rd., San Antonio, TX 78201  
[www.Oasisnet.org/San-Antonio-TX](http://www.Oasisnet.org/San-Antonio-TX)  
(210) 236-5954



## Meet Our Staff

**Ginny Brown**  
Associate Director

**Megan Merriman**  
Wellness Coordinator

**Thalia Williams**  
Outreach Coordinator

**Lisa Buske**  
Marketing & Curriculum  
Coordinator

**Brenda  
Schmachtenberger**  
Executive Director

**Greg Perkins**  
Administrative Assistant

## Oasis will be closed and classes will not meet on the following dates:

December 20-January 1 - Holiday Break  
February 17 - Presidents' Day  
February 28 - Volunteer Banquet  
April 17 - Staff Retreat  
April 24 - Fiesta

## On the Cover:

Oasis members enjoy a guided kayaking adventure on the Mission Reach section of the San Antonio River.

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## NOTE:

**Not all classes are held  
at the Oasis Center.  
Please check locations.**



## CHECK YOUR CALENDAR

**Please check your calendar before  
signing up for classes. Credit will not be  
given for signing up for two classes at the  
same time!**

## Sponsors

Oasis is a non-profit organization. Local sponsors are the City of San Antonio, WellMed Charitable Foundation and Morningside Ministries. San Antonio Oasis is affiliated with The Oasis Institute.

## Registration

Please note registration procedures on page 25. Registration is required for all classes.

## Fees

There is no charge to join Oasis. There is a fee for some classes. Fees are due at the time of registration. Scholarships for class fees are available for participants who have financial difficulties.

## Refund Policy

All program fees listed are non-refundable unless Oasis cancels the class or you have a medical reason or jury duty (documentation must accompany request.) Oasis must be notified before the first class begins. If a refund is due, you may receive a letter of credit that can be used for a future program. If the fee is more than \$10 you may request a refund instead of a credit. If class supplies are included in the fee, cost of supplies will be deducted from letter of credit or refund, unless the class is cancelled by Oasis. (Refunds can take up to one month and a W-9 is required.) Transferring of classes is not permitted. Class fees are not prorated. This policy does not include day trips or travel.

## Disclaimer Notice

The opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations.



## Texercise

This fun and innovative class was created by the Texas Health and Human Services Commission (HHSC) and is offered to seniors all across Texas. Learn and practice strength, flexibility and endurance building exercises designed to keep you fit and independent. Exercises are done seated and/or standing and can be modified to meet participant needs. You must attend the first and second session to attend the rest. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

- |          |   |                                     |
|----------|---|-------------------------------------|
| <b>1</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Jan 13-Feb 14</b><br>9:00-9:45   |
| <b>2</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Feb 21-Mar 20</b><br>9:00-9:45   |
| <b>3</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Mar 23-Apr 13</b><br>9:00-9:45   |
| <b>4</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Jan 13-Feb 12</b><br>12:00-12:45 |
| <b>5</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Feb 19-Mar 18</b><br>12:00-12:45 |
| <b>6</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Mar 23-Apr 15</b><br>12:00-12:45 |
| <b>7</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Jan 14-Feb 13</b><br>9:00-9:45   |
| <b>8</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Feb 18-Mar 19</b><br>9:00-9:45   |
| <b>9</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Mar 24-Apr 16</b><br>9:00-9:45   |



## Tai Chi for Beginners

*Fred Chavez*

Tai Chi is an exercise of harmonious body movements. It is based upon the interplay of Yin and Yang, two opposite but complimentary forces, such as soft and hard or loose and firm. You will learn the Yang Simplified 24 Movement Form to improve posture, balance, breathing and general well-being.

**Location: Oasis at The Meadows**

- |           |                                |                                     |
|-----------|--------------------------------|-------------------------------------|
| <b>10</b> | <b>Wednesdays</b><br>Fee: \$35 | <b>Jan 15-Feb 12</b><br>10:30-11:30 |
| <b>11</b> | <b>Wednesdays</b><br>Fee: \$35 | <b>Feb 19-Mar 18</b><br>10:30-11:30 |
| <b>12</b> | <b>Wednesdays</b><br>Fee: \$28 | <b>Mar 25-Apr 15</b><br>10:30-11:30 |



## Tai Chi

*Chiquita Picardo*

Tai Chi is known for its deep breathing and smooth flowing body movements that give your mind, body, and spirit a workout. Included is Chinese self-massage, called Dao Yin (DOW-in.) Dao Yin self-massage can help release tension, reduce anxiety, make you feel more relaxed, and increase circulation of blood, qi (energy flow) and fluids. Research has shown that massage can cause your body to release natural painkillers and may also boost your immune system. No prior knowledge of Tai Chi is necessary.

**Location: Oasis at The Meadows**

- |           |                             |                                     |
|-----------|-----------------------------|-------------------------------------|
| <b>13</b> | <b>Mondays</b><br>Fee: \$35 | <b>Jan 13-Feb 10</b><br>10:15-11:45 |
| <b>14</b> | <b>Mondays</b><br>Fee: \$28 | <b>Feb 24-Mar 16</b><br>10:15-11:45 |
| <b>15</b> | <b>Mondays</b><br>Fee: \$28 | <b>Mar 23-Apr 13</b><br>10:15-11:45 |

## Qigong for Beginners

*Natalie Enevold*

This class will familiarize you with the ancient Chinese health practice often called "moving meditation." Learn gentle movements, deep breathing, meditation, and self-massage. Seated participants are welcome as movements are easily modifiable for those who need to remain seated.

**Location: Oasis at The Meadows**

- |           |                  |                      |
|-----------|------------------|----------------------|
| <b>16</b> | <b>Thursdays</b> | <b>Jan 16-Feb 13</b> |
|           | <b>Fee: \$30</b> | <b>11:15-12:15</b>   |
| <b>17</b> | <b>Thursdays</b> | <b>Feb 20-Mar 19</b> |
|           | <b>Fee: \$30</b> | <b>11:15-12:15</b>   |
| <b>18</b> | <b>Thursdays</b> | <b>Mar 26-Apr 16</b> |
|           | <b>Fee: \$24</b> | <b>11:15-12:15</b>   |



## Qigong

*Fred Chavez*

Qigong is an ancient Chinese form of exercise that integrates breath, postural alignment and mindfulness. Through gentle static and moving practices, Qigong relieves stress, and calms the mind and emotions, while improving overall health and well-being.

**Location: Oasis at The Meadows**

- |           |                   |                      |
|-----------|-------------------|----------------------|
| <b>19</b> | <b>Wednesdays</b> | <b>Jan 15-Feb 12</b> |
|           | <b>Fee: \$40</b>  | <b>9:00-10:15</b>    |
| <b>20</b> | <b>Wednesdays</b> | <b>Feb 19-Mar 18</b> |
|           | <b>Fee: \$40</b>  | <b>9:00-10:15</b>    |
| <b>21</b> | <b>Wednesdays</b> | <b>Mar 25-Apr 15</b> |
|           | <b>Fee: \$32</b>  | <b>9:00-10:15</b>    |

## Monday Yoga

*Carmen Castillo*

This class is slow-paced and focuses on safe alignment in foundational yoga poses. You don't need to be able to touch your toes; you just have to be willing to try. This is an "any level" practice, including floor work and occasional partner work. Participants are encouraged to explore their own potential for creativity, healing and transformation. Sessions will vary, to include occasional workshop-style format for yoga philosophy, Sun Salutations, breath work and meditation. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |           |                  |                      |
|-----------|------------------|----------------------|
| <b>22</b> | <b>Mondays</b>   | <b>Jan 13-Feb 10</b> |
|           | <b>Fee: \$30</b> | <b>1:15-2:15</b>     |
| <b>23</b> | <b>Mondays</b>   | <b>Feb 24-Mar 16</b> |
|           | <b>Fee: \$24</b> | <b>1:15-2:15</b>     |
| <b>24</b> | <b>Mondays</b>   | <b>Mar 23-Apr 13</b> |
|           | <b>Fee: \$24</b> | <b>1:15-2:15</b>     |

## Wednesday Yoga

*Lyn Bangs*

Yoga benefits both physical and mental well-being, using practices like breathing, relaxation and posture exercise to reduce tension, restore flexibility, improve balance and maintain overall health. This class uses floor exercises on mats and is not recommended for those who have difficulty getting onto and up from the floor, or those who have had joint surgery. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |           |                   |                      |
|-----------|-------------------|----------------------|
| <b>25</b> | <b>Wednesdays</b> | <b>Jan 15-Feb 12</b> |
|           | <b>Fee: \$30</b>  | <b>1:15-2:15</b>     |
| <b>26</b> | <b>Wednesdays</b> | <b>Feb 19-Mar 18</b> |
|           | <b>Fee: \$30</b>  | <b>1:15-2:15</b>     |
| <b>27</b> | <b>Wednesdays</b> | <b>Mar 25-Apr 15</b> |
|           | <b>Fee: \$24</b>  | <b>1:15-2:15</b>     |





## Yoga Stretch

*Lyn Bangs*

Yoga Stretch focuses on flexibility and balance by combining seated and standing yoga poses. Each exercise offers light to moderately challenging range-of-motion, along with breathing exercise instruction, meditative and relaxation elements. The benefits of Yoga Stretch include improved circulation and respiration, increased balance, improved endurance and sleep. There is no floor choreography or mat work in Yoga Stretch.

**Location: Oasis at The Meadows**

- |           |                   |                      |
|-----------|-------------------|----------------------|
| <b>28</b> | <b>Wednesdays</b> | <b>Jan 15-Feb 12</b> |
|           | <b>Fee: \$30</b>  | <b>2:30-3:30</b>     |
| <b>29</b> | <b>Wednesdays</b> | <b>Feb 19-Mar 18</b> |
|           | <b>Fee: \$30</b>  | <b>2:30-3:30</b>     |
| <b>30</b> | <b>Wednesdays</b> | <b>Mar 25-Apr 15</b> |
|           | <b>Fee: \$24</b>  | <b>2:30-3:30</b>     |



## Chair Dynamics: AbMazing Core

*Felicia Morales*

In this class, you will learn and perform specific exercises to develop and strengthen the core stabilizer muscles including: abdominals, lower back and muscles around the pelvis, in order to improve posture, performance, balance, and everyday movement. This is an intermediate level class.

**Location: Oasis at The Meadows**

- |           |                                 |                      |
|-----------|---------------------------------|----------------------|
| <b>31</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Jan 14-Feb 13</b> |
|           | <b>Fee: \$50</b>                | <b>2:00-3:00</b>     |
| <b>32</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Feb 18-Mar 19</b> |
|           | <b>Fee: \$50</b>                | <b>2:00-3:00</b>     |
| <b>33</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Mar 24-Apr 16</b> |
|           | <b>Fee: \$40</b>                | <b>2:00-3:00</b>     |



## Barre Fit

*Felicia Morales*

A fusion of Pilates, yoga, aerobics and elements of the strengthening exercises dancers do, Barre Fit delivers a results-driven workout that will sculpt your body and get you into amazing shape. Both men and women can benefit from exercising with the ballet barre to gain strength and flexibility.

**Location: Oasis at The Meadows**

- |           |                                 |                      |
|-----------|---------------------------------|----------------------|
| <b>34</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Jan 14-Feb 13</b> |
|           | <b>Fee: \$50</b>                | <b>3:15-4:00</b>     |
| <b>35</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Feb 18-Mar 19</b> |
|           | <b>Fee: \$50</b>                | <b>3:15-4:00</b>     |
| <b>36</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Mar 24-Apr 16</b> |
|           | <b>Fee: \$40</b>                | <b>3:15-4:00</b>     |



## Mixed Fitness

*Felicia Morales*

Practice a variety of fitness techniques with fun and innovative movement and specialty equipment. Designed to combat fitness boredom, you will get a kick out of this class.

**Location: Oasis at The Meadows**

- |           |                  |                      |
|-----------|------------------|----------------------|
| <b>37</b> | <b>Tuesdays</b>  | <b>Jan 14-Feb 11</b> |
|           | <b>Fee: \$25</b> | <b>6:00-7:00</b>     |
| <b>38</b> | <b>Tuesdays</b>  | <b>Feb 18-Mar 17</b> |
|           | <b>Fee: \$25</b> | <b>6:00-7:00</b>     |
| <b>39</b> | <b>Tuesdays</b>  | <b>Mar 24-Apr 14</b> |
|           | <b>Fee: \$20</b> | <b>6:00-7:00</b>     |



## 40 BrainSavers® Brain + Body Total Fitness- Part One

This is a first-of-its-kind workout designed by a neurologist and brain researcher to increase cognitive (brain) fitness. The thirteen-week course meets twice per week and focuses on mindfulness, social engagement, brain nutrition, sleep, stress management, cognitive exercise and physical exercise. Be ready to grow new brain cells!

**This class is for those who have not previously taken the BrainSavers series.** Sponsored by WellMed Charitable Foundation.

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays**      **Jan 14-Apr 9**  
**Free**      **10:00-11:00**

## 41 BrainSavers® Brain + Body Total Fitness- Part Two

**Participants must have previously taken a BrainSavers series to sign up for this class.**

This is a first-of-its-kind workout designed by a neurologist and brain researcher to increase cognitive (brain) fitness. The thirteen-week course meets twice per week and focuses on mindfulness, social engagement, brain nutrition, sleep, stress management, cognitive exercise and physical exercise. Be ready to grow new brain cells! Sponsored by WellMed Charitable Foundation.

**Location: Oasis at The Meadows**

**Tuesdays & Fridays**      **Jan 14-Apr 14**  
**Free**      **11:15-12:15**



## Deep Water Aquacise

This is a low-impact strength, flexibility and cardiovascular workout. It starts in shallow water and moves into deep water. Buoyancy belts are provided - swimming ability not required. Classes are held in a heated indoor pool. Fee includes parking pass.

**Location: St. Mary's University Pool**  
**One Camino Santa Maria**

- |           |                                 |                      |
|-----------|---------------------------------|----------------------|
| <b>42</b> | <b>Mondays &amp; Wednesdays</b> | <b>Jan 13-Feb 12</b> |
|           | <b>Fee: \$60</b>                | <b>9:00-9:45</b>     |
| <b>43</b> | <b>Mondays &amp; Wednesdays</b> | <b>Feb 19-Mar 18</b> |
|           | <b>Fee: \$54</b>                | <b>9:00-9:45</b>     |
| <b>44</b> | <b>Mondays &amp; Wednesdays</b> | <b>Mar 23-Apr 15</b> |
|           | <b>Fee: \$48</b>                | <b>9:00-9:45</b>     |

## Oasis Walking Group

*Megan Merriman*

Join the Oasis Senior Steppers to get fit while exploring parks and walking trails in San Antonio. Each walk is about 2-3 miles and can include steep or uneven terrain. Each walk is at a different park or trail, you will receive a list of locations in your confirmation letter.

- |           |                  |                        |
|-----------|------------------|------------------------|
| <b>45</b> | <b>Fridays</b>   | <b>Jan 17-Feb 21</b>   |
|           | <b>Fee: \$30</b> | <b>9:15-10:15</b>      |
| <b>46</b> | <b>Fridays</b>   | <b>Mar 6-Apr 10</b>    |
|           | <b>Fee: \$25</b> | <b>9:15-10:15</b>      |
|           |                  | <b>No Class Mar 27</b> |

## 47 Kayaking

*Sarah Neal*

This is a beautiful and fun two-mile kayak trip with two chutes for participants to enjoy! Price includes kayak, paddle, lifejacket, guide and shuttle from Espada Park to the put-in up river. We will meet at Espada Park, 1750 SE Military Drive.

**Thursday**      **Apr 9**  
**Fee: \$65**      **10:00-12:00**





# DANCING FOR FITNESS

## Belly Dance for Fitness

Pat Marcus

Come and learn the basics of belly dance in a fun, relaxed atmosphere. No bare midriff required! We will start slowly and before you know it you will think you were born to shimmy! Not only will belly dance deliver a low-impact, total body workout, you will also notice improvement in posture, balance, coordination and flexibility. The incorporation of veil work into our dancing will provide the “special sauce” of color and beauty. Veils will be provided for use in class.

**Location: Oasis at The Meadows**

- |           |                  |                      |
|-----------|------------------|----------------------|
| <b>48</b> | <b>Tuesdays</b>  | <b>Jan 14-Feb 11</b> |
|           | <b>Fee: \$30</b> | <b>4:15-5:15</b>     |
| <b>49</b> | <b>Tuesdays</b>  | <b>Feb 18-Mar 17</b> |
|           | <b>Fee: \$30</b> | <b>4:15-5:15</b>     |
| <b>50</b> | <b>Tuesdays</b>  | <b>Mar 24-Apr 14</b> |
|           | <b>Fee: \$24</b> | <b>4:15-5:15</b>     |



## Cardio Salsa

**NEW**

Lisa Nunberg, Yellow Rose Choreography

This is a cardio class set to latin rhythms and incorporates latin dance movements. Begins with a warm-up and wraps up with a gentle cool down.

**Location: Oasis at The Meadows**

- |           |                  |                      |
|-----------|------------------|----------------------|
| <b>51</b> | <b>Fridays</b>   | <b>Jan 17-Feb 21</b> |
|           | <b>Fee: \$30</b> | <b>10:00-10:45</b>   |
| <b>52</b> | <b>Fridays</b>   | <b>Mar 6-Apr 10</b>  |
|           | <b>Fee: \$30</b> | <b>10:00-10:45</b>   |

## Ballroom for Balance

**NEW**

Lisa Nunberg, Yellow Rose Choreography

Ballroom for balance discusses the systems of balance, muscular usage, and aging effects on balance. How does ballroom dancing benefit and promote longevity of balance and independence of senior citizens as they age? Join us to discuss and apply principles and learn how to do some basic dance movements. **No partner needed.**

**Location: Oasis at The Meadows**

- |           |                  |                      |
|-----------|------------------|----------------------|
| <b>53</b> | <b>Mondays</b>   | <b>Jan 13-Feb 10</b> |
|           | <b>Fee: \$25</b> | <b>2:30-3:20</b>     |
| <b>54</b> | <b>Mondays</b>   | <b>Feb 24-Mar 16</b> |
|           | <b>Fee: \$20</b> | <b>2:30-3:20</b>     |
| <b>55</b> | <b>Mondays</b>   | <b>Mar 23-Apr 13</b> |
|           | <b>Fee: \$20</b> | <b>2:30-3:20</b>     |



**PLEASE LET US  
KNOW...**

**If you can't attend a class for  
which you have registered.  
Many classes have wait lists.**

## 56 Alzheimer's: Effective Communication Strategies



*Alzheimer's Association*

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone-of-voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey, and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Jan 21**  
**6:00-7:30** 🌙

## 57 Legal and Financial Planning for Alzheimer's

*Alzheimer's Association*

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

**Location: Oasis at The Meadows**

**Friday**  
**Free**

**Apr 10**  
**10:00-11:30**

## 58 All About the Aging Eye

*Melanie Gonzalez-Olivia, OD, Rashid, Rice, Flynn & Reilly Eye Assoc.*

Discuss how our eyes change as we age, including disorders and diseases such as cataracts, glaucoma, macular degeneration and diabetic retinopathy. Learn about current treatments and new upcoming therapies.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$5**

**Jan 27**  
**10:00-11:30**

## 59 Our Best Shot: Exploring Lifelong Immunizations for Healthy Aging

*Grace Lee, PharmD, Ph.D.*

Vaccines play an important role in protecting your health and the health of your family and community. Come and learn about your immune health and factors that can influence what vaccinations are right for you.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$5**

**Jan 28**  
**10:00-11:30**

## 60 Exercise and You

*Megan Merriman, MPH*

This class is designed to motivate you to improve and maintain your physical and mental health as long as you can, through exercise. We will learn about the different types of physical exercise and their benefits, along with ways to improve your mental, emotional and physical health through meditation and mindfulness.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$5**

**Feb 4**  
**6:00-7:30** 🌙



## 61 Stay Upright!

*Gina Dawson, DPT, Methodist Healthcare Stay Upright Fall Prevention Program*

When older adults have a fall it can often affect their quality of life and their ability to live independently. Good news - falls can be prevented. Learn why falls occur (hint - it's not "old age") and what steps you can take to control your fall risks.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Feb 6**  
**10:00-11:30**



## 62 The Gift of Life: Organ Donation

*Janice Owen, LCSW, Clinical Assistant Professor, Our Lady of the Lake University*

Many of us only know about organ donation from what we see on television. This presentation will discuss the myths of organ donation, the allocation of the precious gift, a family story and how you can be a donor.

**Location: Oasis at The Meadows**

**Monday** **Feb 10**  
**Free** **10:00-11:30**

## 63 Living with Arthritis

*Craig Stimson, LVN*

If you have joint pain or have been diagnosed with arthritis, there is hope! You will learn about how to break the cycle of pain, current treatment methods, exercise and other modalities to help you manage this disease.

**Location: Oasis at The Meadows**

**Monday** **Feb 10**  
**Fee: \$5** **1:00-2:30**

## 64 Dream Interpretation

*Gina Frazier, LCSW, BCD*

Join a psychotherapist to learn how your dreams could be important to you, some basic information about the nature of dreams and a simple method to begin interpreting the message of your dreams.

**Location: Oasis at The Meadows**

**Monday** **Feb 10**  
**Fee: \$10** **1:00-3:00**



## 65 Talking About Death Doesn't Make You Die

*Maria Wellisch, RN, LNFA, BBA*

If you've ever had trouble talking or thinking about death, at the completion of this program you will feel at ease.

**Location: Oasis at The Meadows**

**Wednesday** **Feb 26**  
**Fee: \$5** **10:00-11:30**

## 66 Basic First Aid

*Arthur Yanez, Paramedic*

This is a fun and interactive presentation on basic first aid strategies. You will have the opportunity to learn how to bandage, splint and sling.

**Location: Oasis at The Meadows**

**Monday** **Mar 2**  
**Fee: \$10** **1:00-2:30**



## 67 Put Pain In Its Place

*Craig Stimson, LVN*

If you have knee pain or have been diagnosed with osteoarthritis of the knee or other joints, there is hope! You will learn about new treatment methods, exercise and other modalities to help you manage your pain.

**Location: Oasis at The Meadows**

**Friday** **Mar 6**  
**Fee: \$5** **10:00-11:30**

## 68 Life After Loss

*Bradley Kendall, MDiv*

This class is open to those who have experienced the loss of a loved one, and is led by trained facilitators with knowledge of bereavement and grief support. Learn the physical, emotional, spiritual and social implications of grief, the process of grief, how to use memories to heal, how to take care of yourself while you grieve, how to get through holidays and anniversaries, and how to plan for the future.

**Location: Oasis at The Meadows**

**Mondays** **Mar 9-30**  
**Free** **10:00-11:30**

## 69 Keep Your Feet Healthy and Happy

*Dr. Naomi Shields, MD*

This class will cover keeping your feet as healthy and happy as possible. Topics covered will include: choosing and fitting of shoes or sandals, toenail care, foot stretches and exercises, plantar fasciitis, diabetic foot care, and a question/answer period for participants.

**Location: Oasis at The Meadows**

**Wednesday** **Mar 18**  
**Fee: \$5** **1:00-2:30**

## 70 Shake the Salt Habit

*Carol White*

How do foods high in salt sneak into our diet? Learn effective ways to reduce salt, without sacrificing flavor! Participants will enjoy a healthy snack and will receive a free health guide with recipes and tips for healthy living.

**Location: Oasis at The Meadows**

**Friday** **Mar 20**  
**Fee: \$5** **10:00-11:30**

## 71 Cooking with Herbs and Spices

*Dr. Sarah Ullevig, RDN, LD, UTSA*

Herbs and spices are amazing ingredients in your kitchen. Not only do they make your food taste better, but they also provide a lot of health benefits. Herbs and spices can reduce the amount of salt and fat used in cooking, while still enhancing the flavor of your food. They are rich in antioxidants and phytochemicals that can prevent inflammation and reduce the risk of chronic diseases. This class helps you understand herbs and spices and how to use them in cooking.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 24**  
**Fee: \$5** **10:00-11:30**



## 72 How to Use Essential Oils as a Natural Health Alternative

*Pam Meyer*

Learn what essential oils are and how to use them to manage everyday health issues naturally. Participants will make and take home an essential oil rollerball.

**Location: Oasis at The Meadows**

**Monday** **Mar 30**  
**Fee: \$5** **1:00-2:30**



## 73 Eating the Rainbow

*Gretchen Hill*

Seventy-seven percent of older adults don't get enough fruits and vegetables in their diet. This class will help you get creative in adding healthy produce to your menus. Try out a healthy snack and take home a few recipes.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 31**  
**Fee: \$5** **10:00-11:30**

## 74 What's the Connection Between Anti-Inflammatory Foods and Health?

*Dr. Michael Wargovich*

Chronic inflammation is at the root of many common diseases. Come and learn about anti-inflammatory foods, herbs and spices, and how they can help lessen risk for these diseases and improve health. Attendees will receive informative handouts and recipes.

**Location: Oasis at The Meadows**

**Friday** **Apr 3**  
**Fee: \$6** **10:00-11:30**



## INTEGRAL THEORY

*Fred Chavez*

Integral Theory is a “theory of everything.” It makes sense of how the world’s knowledge systems/ worldviews and models of human growth and development fit together as a framework for understanding ourselves and the world we live in.

This trimester, we will discover elements that can be easily understood in our own life experience. We will learn and implement life practices to accelerate our growth and development to deeper and happier ways of being with self and others.

### 75 Levels of Development 1

This is a map of human development or stages of consciousness. Such perspectives might include magic, mythic, rational and pluralistic ways of thinking about and viewing the world.

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays**      **Jan 14-Feb 13**  
**Fee: \$45**      **12:45-1:45**

### 76 Levels of Development 2

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays**      **Feb 18-Mar 19**  
**Fee: \$45**      **12:45-1:45**

### 77 Lines of Development

Explore and discover our “multiple intelligences” that have evolved to answer the urgent questions posed by life. These lines or intelligences include cognition, moral, emotional, values, spiritual and others.

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays**      **Mar 24-Apr 16**  
**Fee: \$36**      **12:45-1:45**

## 78 Living a Healthy Life with Chronic Disease

Chronic disease symptoms can seem overwhelming, especially without support. This class was developed at Stanford University to help people with chronic diseases such as COPD, high blood pressure, arthritis, anxiety, fibromyalgia and others, reinforce life skills required to live well with a chronic disease. You will receive a participant book, relaxation CD and healthy snacks in each class. Participants must come to session one and/or two to attend the remaining sessions. For best results please plan to attend at least four sessions. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

**Mondays**      **Feb 24-Mar 30**  
**Free**      **1:00-3:30**



## 79 Diabetes Self-Management Program

This is an interactive workshop developed at Stanford University for people with Type 2 diabetes and their caregivers. Enjoy healthy snacks and practice skills needed in the day-to-day management of diabetes. Included are meal planning, stress and medication management, relaxation techniques, exercise and communication skills. You will receive a participant book and relaxation CD. Participants must come to session one and/or two to attend the remaining sessions. For best results please plan to attend at least four sessions. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

**Fridays**      **Jan 17-Feb 21**  
**Free**      **10:00-12:30**

## 80 A Matter of Balance

This class is for people who have a fear of falling and want to reduce their risk of a future fall. Participants attend a total of eight sessions, enjoy snacks, and learn to view falls and the fear of falling as controllable. The program incorporates group discussion, physical activity and a visit from a healthcare professional. You must attend sessions one or two in order to participate in the sessions that follow. For best results, please plan to attend all eight sessions.

**Location: Oasis at The Meadows**

**Tuesdays** Jan 28-Mar 17  
**Fee: \$8** 10:00-12:00

## 81 "Fifty Questions to Free Your Mind" Coffee Talk

*Ginny Brown, LCHW*

When we can ask that one question, at the right moment, it can give us clarity of direction, sense of purpose and a new perspective of how to handle a situation, memory or loved one. Sometimes all it takes is a little spark to ignite the right thoughts into action or to at least help us take into account what it is we are trying to answer in our lives. Come join us for a little monthly "coffee talk" as we delve into exploring facilitated discussions on fifty questions to "free your mind."

**Location: Oasis at The Meadows**

**Thursdays** Jan 23, Feb 20, Mar 19, Apr 16  
**Fee: \$12** 9:30-11:00

### COURTESY CONFIRMATION CALLS

Oasis volunteers attempt to reach class members prior to a class to remind them of the class. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not refund class fees if you miss a class because you were not called.

## 82 Alzheimer's & Dementia Caregiver Support Group

*CJ Michel*

You are not alone. Caregivers face some very common issues in addition to unique experiences. The Alzheimer's and Dementia Caregiver Support Group is led by a trained facilitator and offers a confidential and safe environment designed to help you share experiences with others who are facing the same concerns.

**Location: Oasis at The Meadows**

**Mondays** Jan 13, Feb 10, Mar 9, Apr 6  
**Free** 1:00-2:00



## 83 Chronic Disease and Pain Support Group

*Debi Herrera, RN*

If you have graduated from the Chronic Disease, Chronic Pain or Diabetes Self-Management Program, you are welcome to attend this group. We will be building on the concepts learned in class.

**Location: Oasis at The Meadows**

**Fridays** Jan 17, Feb 14, Mar 20  
**Free** 11:00-12:00

## 84 The Battle Against the Opioid Crisis

*Doctor of Pharmacy Students, UT Health*

Understanding the past and providing education for the future. This course will briefly describe the confluence of circumstances that led to the current opioid overdose crisis and provide basic opioid overdose prevention efforts, particularly focusing on the use of naloxone to reverse an opioid overdose.

**Location: Oasis at The Meadows**

**Friday** Jan 17  
**Free** 11:00-12:30



# MENTAL HEALTH SERIES

## Meditation

*Shastri Linda Mockridge*

The practice of meditation can teach you to understand your mind and make friends with yourself. It also wakes you up to your own wisdom. Learn how to cultivate courage and stability-of-mind amid the everyday uncertainties we all face. By the end you will be equipped with tools to establish your own meditation practice. Class consists of the instruction in sitting practice of meditation and walking meditation, dialogues and discussion.

**Location: Oasis at The Meadows**

- 85** Wednesdays Jan 15-Feb 5  
Fee: \$20 11:45-12:45
- 86** Wednesdays Feb 19-Mar 18  
Fee: \$25 11:45-12:45



## 87 Let's Get Happier Today!

*Dr. Gilda Garcia*

During this session, we will learn a few ways to get happier every day. Join us to explore ways to increase your happiness by using gratefulness, thankfulness and consideration. Lets fill our hearts with joy and happiness today!

**Location: Oasis at The Meadows**

- Monday** Jan 27  
**Fee: \$5** 1:00-2:30



## 88 Aggressive vs. Assertive

*Russell Gainer, LCSW, Gain Wel*

Many people have difficulty being assertive because they relate it to being aggressive. Understanding the difference between the two offers a new perspective and allows you to maintain boundaries while permitting yourself to speak your mind and deal with others who are assertive themselves.

**Location: Oasis at The Meadows**

- Monday** Feb 3  
**Fee: \$5** 10:00-11:30

## 89 Healthy Relationships

*Ginny Brown, LCHW*

Developing and maintaining friendships and other relationships are critical to healthy aging. We will share the importance of social connections, discuss the risks of loneliness and offer tips on how to have healthier relationships.

**Location: Oasis at The Meadows**

- Tuesday** Feb 18  
**Fee: \$5** 6:00-7:30 🌙

## 90 Depression and Anxiety in Older Adults: Identifying Signs, Symptoms & Treatment

*Kathy Phoenix, LCSW*

Depression and anxiety can affect any of us as we age, regardless of our background or achievements. Symptoms of elderly depression and anxiety can affect every aspect of one's life, impacting energy levels, appetite, sleep, and interest in work, hobbies, and relationships. This class will help identify signs, symptoms, and explore effective ways to treat anxiety and depression.

**Location: Oasis at The Meadows**

- Wednesday** Mar 4  
**Fee: \$5** 10:00-11:30

## 91 We Make a Great "Pear" Or Do We?

*Pharmacy and Dietitian Students, UT Health*

Just because it wasn't prescribed by your doctor doesn't mean it doesn't affect your health. Learn about common foods and dietary supplements that can interact with your prescription medications. Come and enjoy two back-to-back presentations:

- Dietary Supplements: Harmful or Helpful?
- Food: Friend or Foe?

**Location: Oasis at The Meadows**

**Friday**  
**Free**

**Feb 21**  
**9:00-11:00**

## 92 Drug, Supplement, Nutrition Interactions Check

*Pharmacy and Dietitian Students, UT Health*

Sit down with pharmacy and dietitian students to discuss any potential drug, supplement and nutrition interactions you may have. Space is limited to 10 participants.

**Location: Oasis at The Meadows**

**Friday**  
**Free**

**Feb 21**  
**11:00-12:30**

## OASIS VOLUNTEER OPPORTUNITIES

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- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advanced Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention

### 93 Location: Oasis at The Meadows

**Wednesdays**  
**Free**

**Jan 15-Mar18**  
**1:00-2:30**

### 94 Location: District 2 Senior Center 1751 South W.W. White Rd. #101

**Wednesdays**  
**Free**

**Jan 15-Mar18**  
**1:00-2:30**



**Aging Mastery Program®**

*National Council on Aging*



These classes are sponsored by:



## 95 Spinal Stenosis

*Dr. Patricia Chung*

Spinal Stenosis can affect mobility and comfort. Learn the causes, prevention strategies and treatment options.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Jan 23**  
**1:00-2:00**



## 96 Concussions

*Dr. Kristopher Koch*

Concussions don't only occur in athletes - older adults are being diagnosed with this and other brain injuries - typically due to falls. Learn about symptoms and treatments for concussions in older adults.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Feb 20**  
**1:00-2:00**

## 97 Caring for Aging Skin

*Dr. Chelo Belmonte*

What happens to our skin as we age? In this class we will learn how to best care for our aging skin.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Mar 19**  
**1:00-2:00**



## 98 Avoiding Viruses and Bacteria

*Dr. Joshua Beck*

Germs live everywhere. Learn how to avoid pesky viruses and bacteria to live a healthier life!

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Apr 16**  
**1:00-2:00**



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## 99 History of the American Flag



*Gloria Jennings*

The American flag is a symbol known worldwide. It has been the inspiration for holidays, songs, poems, books, artwork and so much more. The flag has been used to display our nationalism, as well as our rebellion, and everything else in between. It has also been shrouded in legend and mystery for many years. Did Betsy Ross truly design the first flag? Do the colors really stand for something significant? We will explore these and other myths.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$5**

**Jan 14**  
**10:00-11:30**

## 100 Henry Fonda, Hollywood's Everyman

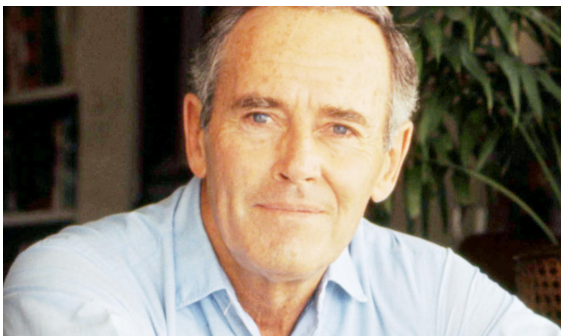
*Beverly Prado*

A handful of great actors defined Hollywood royalty from the 1930s to mid-century. Among those stars who became icons of the silver screen was Henry Fonda, whose commanding presence on the big screen rivaled anyone's. From his early days to later acting masterpieces, Fonda defied stereotypes, choosing instead to explore many film genres including westerns, comedy and high drama. Join us for a deeper look into his career and life.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Jan 14**  
**6:00-7:30**



## 101 Robin Hood

*Leah Larson, Ph.D. Graduate Program Director/  
Associate Professor, OLLU*

This class explores the development of the Robin Hood legend from the early 14th century ballads to contemporary film and TV incarnations. We will look at how Robin changed over the years to mirror changes in society.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**Jan 15**  
**10:00-11:30**



## 102 Tibetan Buddhism

*Linda Mockeridge*

The teachings of the Buddha are known as the three turnings of the wheel of dharma. The teachings spread from India into the surrounding countries and beyond. This class will look at the three turnings from the view of Tibetan Buddhism as it spread into the West.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**Jan 15**  
**1:30-3:00**

## 103 Reader's Theater

*Craig Stimson*



Attention all actors and actresses! Enter stage left as a member of the Oasis Players. In a few short weeks we will rehearse and perform a one-act comedy for family and friends! No memorization required.

**Location: Oasis at The Meadows**

**Tuesdays and Thursdays**  
**Fee: \$30**

**Jan 21-Feb 6**  
**1:00-2:30**



## 104 Book Discussion Group

*Don Walden*

Read a book, come talk about it! Join your friends at Oasis to discuss a different book each month. A list of books will be provided.

**Location: Oasis at The Meadows**

**Mondays** Jan 20, Feb 24, Mar 23, Apr 13  
**Fee: \$5** 1:00-2:30

## 105 King David: The Original "Rock" Star

*Christina Howard*



Everyone knows the story of David and Goliath, right? Puny shepherd boy against the giant Philistine? Well, did you know that David was 15 when he went up against Goliath? Did you know he had to be over six-foot tall when he did it? Did you know how fast that rock was going when it hit Goliath and why it toppled him? What price was paid for his young bride Michal? Or that he may have had dementia in his old age? He was co-regent with his teenaged son Solomon for five years! He was a musical rock star, too! Come learn about David and his amazing life in this fun and fact-filled visual overview.

**Location: Oasis at The Meadows**

**Tuesday** Jan 21  
**Fee: \$6** 10:00-11:30

## 106 Writers Group

*Virginia Bennack*

Attention writers and would be writers: The Oasis writers group is devoted to bringing out the writer in all of us. Bring your stories, essays, or memoirs and share your work in a friendly, helpful environment. Our writers group will provide a place for writers to meet with their peers for feedback and discussion.

**Location: Oasis at The Meadows**

**Tuesdays** Jan 21, Feb 18, Mar 17, Apr 14  
**Fee: \$5** 10:00-11:30

## 107 Behind the Curtain in Hollywood: The Backstories of Hollywood Films

*Beverly Prado*

This three-part series will trace the sometimes unknown aspects of movie making in Hollywood. Part one will highlight the beginnings of cinema through the 1930s, part two will explore movies during the 1940s-1950s, while part three will focus on the decades from the 1960s to the modern era. What happened behind the scenes in silent films? How did *Gone with the Wind* and *The Wizard of Oz* get made? What about World War II movies, animation, and post-war films? How did technology change? How did stars interact? What were the dynamics of the Hollywood system? Lots to 'uncover' in this mysterious Hollywood topic with interviews, film clips and conversation.

**Location: Oasis at The Meadows**

**Wednesdays** Jan 22-Feb 5  
**Fee: \$15** 10:00-11:30

## 108 Eugene O'Neill- His Life and Plays Act III

*John Boswell, Retired Adjunct History Professor*

Eugene O'Neill is the greatest American playwright to date. He was awarded four Pulitzer Prizes and is the only U.S. dramatist to have won the Nobel Prize for Literature. We will look at many of his plays by providing brief synopses, key themes, notable lines, critical analyses, and famous performances. O'Neill's tumultuous biography will be presented in conjunction with the plays he wrote as a life in four "Acts." In this five-session course, we will study Act III from 1923-1929 during which another of O'Neill's plays would win a Pulitzer. As time permits, plays of the early 1930s, to include his only comedy, *Ah Wilderness* (which inspired the Andy Hardy series) will be presented.

**Location: Oasis at The Meadows**

**Thursdays** Jan 23 & 30, Feb 13 & 20, Mar 12  
**Fee: \$25** 10:00-11:30

## 109 The Japanese Tea Ceremony

*Roger Pratt, MA in East Asian Studies*

Being entitled the "Tea Ceremony," one can be forgiven for thinking the ceremony is about tea. Though tea was introduced to Japan from China, the methods of preparation, the Buddhist influences/aspects, and the aesthetics, both real and derived, were formed through cultural and historical influences particular to Japan. Come and further refine and share your knowledge as we learn about the history and development of this beautiful part of Japanese culture.

**Location: Oasis at The Meadows**

**Friday Jan 24**  
**Fee: \$6 10:00-11:30**



## 110 The World's Most Famous Living Artists

*Marleen Hoover,  
Professor Emeritus, San Antonio College,  
Adjunct Professor, St. Mary's University*

The world's most famous living artists today are creating works of art that many have difficulty describing and liking. Nevertheless, their art has commanded great auction prices and has garnered important national commissions. Some of the art is political, some is banal, and some is just outright confusing. Here are some of the artists: Jeff Koons, Gerhard Richter, Judy Chicago, Ai Wei Wei, Damien Hirst, David Hockney, Martin Puryear, Banksy, Marina Abramovic, Yayoi Kusama, Shepard Fairey, Kara Walker and Mark Bradford.



**Location: Oasis at The Meadows**

**Tuesday Feb 4**  
**Fee: \$6 10:00-11:30**

## 111 San Antonio's Historic Eastside Cemeteries

*Bruce Martin, Certified Professional Tour Guide*

Learn tragic, humorous, and inspiring stories about famous and less well-known cemetery residents, and gain a better understanding of cemetery history and architecture during this presentation regarding one of San Antonio's impressive, often overlooked, historic treasures.

**Location: Oasis at The Meadows**

**Friday Jan 31**  
**Fee: \$7 10:00-11:30**

## 112 Beginner Oil Painting

*Georgia Stok*

This is a fun class. Drawing not required. Using water-soluble oils, we will begin with how to mix two then three colors, and apply them easily to simple objects to show form and then landscapes to achieve principles of distance. Supply list will be provided. Approximate cost of supplies is \$50.

**Location: Oasis at The Meadows**

**Tuesdays Jan 28-Mar 3**  
**Fee: \$42 1:00-3:00**



## 113 Faux Stained Glass Painting

*Edith Stanley*

During this class we will be learning the techniques and use of materials to create a stained glass look or a free-hand style of glass painting. This technique can be applied to many other areas of home decor and applications. Paint and supplies will be provided. Students need to bring an 8x10 picture frame with glass.

**Location: Oasis at The Meadows**

**Thursday Feb 6**  
**Fee: \$20 1:30-3:30**

## SOCIAL AWARENESS SERIES

Megan Merriman, MPH

### 114 Black Lives Matter Movement

In 2013, three radical Black organizers created a Black-centered political will and movement project called #BlackLivesMatter. We will discuss why this organization was created and the goals this movement hopes to accomplish in the future. We will discuss both the positive and negative impact this movement has had.

**Location: Oasis at The Meadows**

**Tuesday Feb 11**  
**Fee: \$6 2:00-3:30**

### 115 One Hundred Years of Women's Suffrage

2020 marks 100 years of women having the right to vote in the United States. Where did it all begin and how far have we come? We will discuss the past, present and future of women's rights in the United States.

**Location: Oasis at The Meadows**

**Thursday Mar 12**  
**Fee: \$6 1:00-2:30**

### 116 Human Trafficking

Every year, millions of men, women and children are trafficked worldwide - including right here in the United States. Learn how this happens and how we can be more aware in order to prevent trafficking in our own communities.

**Location: Oasis at The Meadows**

**Wednesday Apr 15**  
**Fee: \$6 1:00-2:30**

### 117 San Antonio- The "Fiesta" City

*Claudia Guerra, City of San Antonio  
Office of Historic Preservation*

It is said that in San Antonio, you could stand on your front porch, pop open a beer and before you know it friends and neighbors have come over and you have a party! From the world famous "Fiesta Week" to "Day of the Dead" festivities, come learn about San Antonio's historic festivities, their historic beginnings, how they connect to the city's culture and why San Antonio is known as the "Fiesta City."

**Location: Oasis at The Meadows**

**Monday Feb 10**  
**Fee: \$6 10:00-11:30**



### 118 Climate Change- The State of Play in 2020

*David Turner, Ph.D., St. Mary's University*

We experience the weather every day, but Earth's climate is a dynamic system that has been changing in response to geologic processes since our planet formed over 4 billion years ago. We are now at a point in time where several key components of our atmosphere have reached levels not seen in more than 800,000 years and are changing more rapidly than humans have ever experienced. This presentation will include a discussion of the scientific basis for climate change, the potential role of human activity in these changes, and potential impacts that may result.

**Location: Oasis at The Meadows**

**Tuesday Feb 11**  
**Fee: \$6 10:00-11:30**



## 119 Abraham Lincoln

*Bill Perryman, M.Ed.*

Get to know Abraham Lincoln as author, educator and storyteller, Bill Perryman, provides interesting facts, details and anecdotes regarding Lincoln's life from Kentucky to Ford's Theatre. Often revered as our nation's greatest President, this lecture highlights the personal and public life of Abraham Lincoln! Prepare to be captivated on Mr. Lincoln's 211th birthday!

**Location: Oasis at The Meadows**

**Wednesday**

**Feb 12**

**Fee: \$9**

**10:00-11:30**



## 120 How the New Deal Helped Shape San Antonio

*Jenny Hay, City of San Antonio  
Office of Historic Preservation*

The New Deal was a series of programs and projects instituted during the Great Depression by President Franklin D. Roosevelt that aimed to restore prosperity to Americans. Over the next eight years, the government instituted a series of experimental New Deal projects and programs, such as the Work Projects Administration. This presentation discusses the WPA with a focus on examples of projects in Texas and San Antonio.

**Location: Oasis at The Meadows**

**Tuesday**

**Feb 18**

**Fee: \$6**

**1:00-2:30**



## CURRENT EVENTS DISCUSSION GROUP

*Megan Merriman, MPH*

Join us for facilitated discussions that will delve more deeply into important issues of today. Prior to each session, we will provide you with two brief articles to read. A facilitator will lead each conversation about the ideas expressed in the readings. The goal will be to get the group involved in asking and exploring questions, rather than coming to a conclusion or reaching a consensus.

### 121 Assisted Suicide

The right to assisted suicide is a topic that concerns people all over the United States. Does a dying patient have the right to die with assistance of a physician?

**Location: Oasis at The Meadows**

**Monday**

**Feb 24**

**Fee: \$5**

**10:30-11:30**

### 122 Feminism

Being a Feminist was once liberating and empowering, it showed strength and courage. But today, many millennial women don't want to identify as a Feminist – why?

**Location: Oasis at The Meadows**

**Monday**

**Mar 30**

**Fee: \$5**

**10:30-11:30**

### 123 Artificial Intelligence

This technology is progressing rapidly, some people use Siri, Google and/or Alexa daily to ask for weather updates, directions, to set a reminder and much more! What are some of the benefits of these artificial intelligent technologies? What about the risks?

**Location: Oasis at The Meadows**

**Monday**

**Apr 13**

**Fee: \$5**

**10:30-11:30**

## 124 Pairing Wine and Cheese

*Bob Bragg*

Even though it is a centuries-old tradition, matching cheese and wine together can still be an intimidating task. If done correctly, a perfect match can be an exquisite experience. Armed with the right information you can create amazing wine and cheese pairings on your own. Participants will try four wines paired with cheese.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$35**

**Feb 27**

**1:00-3:00**



## 125 Influential African-American Film Innovators

*Beverly Prado*

Do the names Sidney Poitier, Harry Belafonte, and Denzel Washington sound familiar? Probably so, but they owe much to earlier pioneers in black cinema. People like Paul Robeson, Rex Ingram and Oscar Mischeaux paved the way for future stars. Did the stereotypes of African-Americans in films damage efforts at civil rights? This controversial question will be part of the conversation when we explore this topic for Black History Month.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$6**

**Feb 25**

**1:00-2:30**



## 126 The History of San Antonio Radio

*Steve Sellers*



Perhaps you were one of those kids who would fall asleep with a transistor radio under your pillow, tuned to your favorite radio station. Broadcaster, musician, and inductee to the San Antonio Radio Hall of Fame and the Texas Radio Hall of Fame, Steve Sellers, will share his knowledge of how radio got its start in the 1920's in San Antonio, the big Top 40 "radio wars" of the 1960's and the state of the radio industry today.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$6**

**Feb 26**

**10:00-11:30**

## 127 Literature and Cities: Dublin

*Leah Larson, Ph.D. Graduate Program Director/  
Associate Professor, OLLU*

Dublin has a rich literary heritage. This class is an overview of the best books and writers to read either before a visit to Dublin or just to enjoy a virtual visit. We will look at the most prominent Dublin authors, including Joyce and Swift, less prominent authors such as Sheridan le Fanu, and contemporary authors such as Roddy Doyle.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$6**

**Mar 2**

**10:00-11:30**

## 128 All About Bees!

*Molly Keck, M.S.,  
Board Certified Entomologist*



As pollinators, bees play a part in every aspect of the ecosystem. Unfortunately, the global decline in bee populations poses a serious threat to a wide variety of plants critical to our ecosystem. In this class you will find out the reasons for this decline, what we can do to help the bee population and how we can attract bees to our gardens.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$5**

**Mar 2**

**10:00-11:30**

# WOMEN'S HISTORY MONTH

## 129 Women Tejano Singers

*Gloria Jennings*

Women of Mexican descent have played major roles as interpreters of Tejano music. When musica nortea developed in the late 1920s and early 1930s, women sang in its early recordings, and they have remained involved in both Texas-Mexican conjunto and orquesta music since then. In this class we will discuss famous female Tejano singers, highlighting the music of The Queen of Tejano Music, Selena.



**Location: Oasis at The Meadows**

**Monday**

**Mar 9**

**Fee: \$5**

**10:00-11:30**

## 130 Movie Discussion: 9 to 5

*Gloria Jennings*

Starring Jane Fonda, Lily Tomlin, and Dolly Parton, *9 to 5* centers around three working women who live out their fantasies of getting even with the company's "sexist, egotistical, lying, hypocritical bigot" boss. The first week we will watch the movie, the second week we will discuss it. Refreshments will be provided.

**Location: Oasis at The Meadows**

**Fridays**

**Mar 13-20**

**Fee: \$7**

**10:00-12:00**

## 131 Inspiring Women

*Bill Perryman, M.Ed.*

The year 2020 marks the 100th anniversary of the 19th Amendment which garnered women their right to vote in our nation! Filled with contemplation and intrigue, Bill Perryman brings to life interesting facts and details regarding some famous and not so famous American women! Expect the unusual - prepare for an experience! Leave inspired!

**Location: Oasis at The Meadows**

**Tuesday**

**Mar 24**

**Fee: \$9**

**1:00-2:30**

## 132 From Bloomers to Pantsuits: A Brief History of Women's Dress Reform

*Gloria Jennings*

Only within the last 70 years has it become socially acceptable for women to wear pants. Until the mid-1960s, the average American woman wouldn't dare leave her house wearing dungarees. But as early as the mid-1800s, a few pioneering women had started quite literally making strides toward more practical women's wear. In this class we will discuss the revolution of the suit/pantsuit and the women who wear them.

**Location: Oasis at The Meadows**

**Wednesday**

**Mar 25**

**Fee: \$5**

**10:00-11:30**

## 133 Billie, Sarah and Ella: The Gold Standard for American Jazz Vocalists

*Beverly Prado*

Three women of American jazz are recognized without their last names mentioned-what a distinction! Billie Holiday, whose style defined the new genre, had triumphs and tragedies in life to be sure, left us with incredible musical memories. Sarah Vaughan, whose vocal octave range astonished all musicians, enjoyed a long, honored career. And then there's Ella Fitzgerald, who many consider the ultimate vocalist of any musical genre...quite a lineup to discuss. Join us in honor of Women's History Month.

**Location: Oasis at The Meadows**

**Wednesday**

**Mar 25**

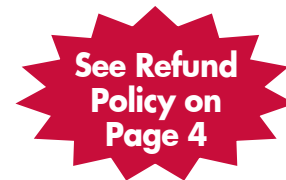
**Fee: \$6**

**1:00-2:30**





# Registration Procedures



Registration is required for all Oasis classes. Ways to register:

- **Walk-In and Mail-In - Registrations Processed January 6, 2020 (We are closed Dec. 20-Jan. 1)**  
(Placed in a box and randomly drawn and processed)
- **Online - Registration Opens January 6, 2020 at 11:00am**
- **Phone-In - Registration Opens January 8, 2020**

Please follow all procedures listed below:

- You must be a member of Oasis to register. If you are not a member you may join by coming to the Oasis Center, by phone or online at the Oasis web site: [oasisnet.org/san-antonio-tx](http://oasisnet.org/san-antonio-tx). **Membership is free.**
- Please complete the three-page registration form, found on pages 26-28, including name, phone number and Oasis membership number. Please print clearly. Place a check mark in the left hand column in front of each class for which you want to register.
- All participants must sign the registration form, which serves as signature of the Waiver of Liability below.
- If there are two members in one household, please make a photocopy of the full three-page blank registration form or pick up a form at Oasis. Do not list two members on one form.
- **If you would like a confirmation letter mailed, please enclose a self-addressed stamped envelope.**
- **If you would like your confirmation letter emailed, please provide your email address on the registration form.**

If you would like to donate \$10.00 to Oasis, please indicate it in the box on the registration form and add \$10.00 to the total registration fees.

- Credit cards may be used to pay for classes and trips. Oasis accepts Visa, Master Card and Discover.
- Mark the credit card box on the registration form and include the type of card, the credit card number, expiration date and your signature. Credit cards are not charged if you are placed on a waiting list.
- If paying by check, separate checks must be written for each class requiring a fee. Please write the class number on the check. If the class is full, the unused check will be returned to the member. Make checks payable to Oasis unless otherwise noted. If separate checks are not submitted, refundable fees will be returned as a letter of credit.
- Members who want to attend classes with another member should send their registrations to Oasis in one envelope. Don't forget to send the self-addressed stamped envelope or request an email receipt.
- Oasis volunteers with the required number of hours will have the privilege of advance registration. Eligible volunteers will be notified by mail each semester.

*Waiver of Liability: I release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the Oasis mailing list may be used by Oasis sponsors for educational mailings. I understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. Media Release: I give permission for The Oasis Institute to photograph or videotape me and use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.*

# Oasis Registration Form

Oasis Card

# \_\_\_\_\_

Name: \_\_\_\_\_

FIRST, LAST

(PLEASE PRINT)

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Would you like to receive emails from Oasis?: ☐ Yes ☐ No

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I would like to pay by credit card: ☐ Visa ☐ Mastercard ☐ Discover

Card #: \_\_\_\_\_ Exp. Date. \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

Please place a check mark in the left hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	1	Texercise	Free			
	2	Texercise	Free			
	3	Texercise	Free			
	4	Texercise	Free			
	5	Texercise	Free			
	6	Texercise	Free			
	7	Texercise	Free			
	8	Texercise	Free			
	9	Texercise	Free			
	10	Tai Chi for Beginners	\$35			
	11	Tai Chi for Beginners	\$35			
	12	Tai Chi for Beginners	\$28			
	13	Tai Chi	\$35			
	14	Tai Chi	\$28			
	15	Tai Chi	\$28			
	16	Qigong for Beginners	\$30			
	17	Qigong for Beginners	\$30			
	18	Qigong for Beginners	\$24			
	19	Qigong	\$40			
	20	Qigong	\$40			
	21	Qigong	\$32			
	22	Monday Yoga	\$30			
	23	Monday Yoga	\$24			
	24	Monday Yoga	\$24			
	25	Wednesday Yoga	\$30			
	26	Wednesday Yoga	\$30			
	27	Wednesday Yoga	\$24			
	28	Yoga Stretch	\$30			
	29	Yoga Stretch	\$30			
	30	Yoga Stretch	\$24			
	31	Chair Dynamics	\$50			
	32	Chair Dynamics	\$50			
	33	Chair Dynamics	\$40			
	34	Barre Fit	\$50			
	35	Barre Fit	\$50			
	36	Barre Fit	\$40			
	37	Mixed Fitness	\$25			
	38	Mixed Fitness	\$25			
	39	Mixed Fitness	\$20			
	40	BrainSavers Part 1	Free			
	41	BrainSavers Part 2	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	42	Deep Water Aquacise	\$60			
	43	Deep Water Aquacise	\$54			
	44	Deep Water Aquacise	\$48			
	45	Oasis Walking Group	\$30			
	46	Oasis Walking Group	\$25			
	47	Kayaking	\$65			
	48	Belly Dance for Fitness	\$30			
	49	Belly Dance for Fitness	\$30			
	50	Belly Dance for Fitness	\$24			
	51	Cardio Salsa	\$30			
	52	Cardio Salsa	\$30			
	53	Ballroom for Balance	\$25			
	54	Ballroom for Balance	\$20			
	55	Ballroom for Balance	\$20			
	56	Effective Communication	Free			
	57	Legal/Financial Alzheimer's	Free			
	58	All About the Aging Eye	\$5			
	59	Lifelong Immunizations	\$5			
	60	Exercise and You	\$5			
	61	Stay Upright!	Free			
	62	Organ Donation	Free			
	63	Living with Arthritis	\$5			
	64	Dream Interpretation	\$10			
	65	Talking About Death	\$5			
	66	Basic First Aid	\$10			
	67	Put Pain In Its Place	\$5			
	68	Life After Loss	Free			
	69	Feet Healthy and Happy	\$5			
	70	Shake the Salt Habit	\$5			
	71	Cooking with Herbs	\$5			
	72	Essential Oils	\$5			
	73	Eating the Rainbow	\$5			
	74	Anti-Inflammatory Foods	\$6			
	75	Integral Theory-Levels 1	\$45			
	76	Integral Theory-Levels 2	\$45			
	77	Integral Theory-Lines	\$36			
	78	Healthy Life/Chronic Disease	Free			
	79	Diabetes Self-Management	Free			
	80	A Matter of Balance	\$8			
	81	Fifty Questions Coffee Talk	\$12			
	82	Alzheimer's Support Group	Free			

# Oasis Registration Form

Please place a check mark in the left hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	83	Chronic Disease Support Group	Free			
	84	Battle Against Opioid Crisis	Free			
	85	Meditation	\$20			
	86	Meditation	\$25			
	87	Get Happier	\$5			
	88	Aggressive vs. Assertive	\$5			
	89	Healthy Relationships	\$5			
	90	Depression and Anxiety	\$5			
	91	Great 'Pear'	Free			
	92	Interactions Check	Free			
	93	Aging Mastery Program	Free			
	94	Aging Mastery Program	Free			
	95	Spinal Stenosis	Free			
	96	Concussions	Free			
	97	Aging Skin	Free			
	98	Avoiding Viruses and Bacteria	Free			
	99	American Flag	\$5			
	100	Henry Fonda	\$6			
	101	Robin Hood	\$6			
	102	Tibetan Buddhism	\$6			
	103	Reader's Theater	\$30			
	104	Book Discussion Group	\$5			
	105	King David	\$6			
	106	Writers Group	\$5			
	107	Backstories of Hollywood Films	\$15			
	108	Eugene O'Neill Act III	\$25			
	109	Japanese Tea Ceremony	\$6			
	110	Most Famous Living Artists	\$6			
	111	Historic Eastside Cemeteries	\$7			
	112	Beginner Oil Painting	\$42			
	113	Faux Stained Glass	\$20			
	114	Black Lives Matter	\$6			
	115	100 Years of Women's Suffrage	\$6			
	116	Human Trafficking	\$6			
	117	San Antonio-The 'Fiesta' City	\$6			
	118	Climate Change	\$6			
	119	Abraham Lincoln	\$9			
	120	New Deal Shaped San Antonio	\$6			
	121	Current Events-Assisted Suicide	\$5			
	122	Current Events-Feminism	\$5			
	123	Current Events-Artificial Intelligence	\$5			
	124	Pairing Wine and Cheese	\$35			
	125	African-American Film Innovators	\$6			
	126	History of San Antonio Radio	\$6			
	127	Literature and Cities	\$6			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	128	All About Bees!	\$5			
	129	Women Tejano Singers	\$5			
	130	Movie Discussion: 9 to 5	\$7			
	131	Inspiring Women	\$9			
	132	Bloomers to Pantsuits	\$5			
	133	American Jazz Vocalists	\$6			
	134	Intro to Critical Thinking	\$15			
	135	Critical Thinking Terms	\$5			
	136	Butterfly Gardening	\$6			
	137	Japanese Writing	\$10			
	138	Advanced Colored Pencils	\$42			
	139	History of Brackenridge Park	\$6			
	140	Movie Discussion: You've Got Mail	\$7			
	141	Spring Floral Arrangement	\$25			
	142	Hollywood's Greatest Year	\$6			
	143	History of U.S. Immigration	\$6			
	144	Battles of the Texas Revolution	\$6			
	145	Watercolor Landscapes	\$15			
	146	Watercolor Landscapes (Evening)	\$15			
	147	The Golden Ratio	\$6			
	148	Growing Herbs	\$6			
	149	3D Art	\$10			
	150	Science and Information Literacy	\$6			
	151	Art History Goes to the Movies	\$6			
	152	Laurel and Hardy	\$5			
	153	Short Story Workshop	\$6			
	154	A Taste of Fiesta	Free			
	155	What Was Here Before?	\$7			
	156	Texas Superstar Plants	\$6			
	157	Murals Throughout San Antonio	\$7			
	158	New Year, New Food!	\$6			
	159	How to Hire a Contractor	\$4			
	160	What's New at Oasis	Free			
	161	Bexar County Master Gardeners	\$4			
	162	Sole Source to Diversity	\$4			
	163	Texas Attorney General	Free			
	164	New Year, New Opportunities	\$6			
	165	Bexar County Elections	\$4			
	166	Water Conservation	\$4			
	167	Do Your Paperwork Now	\$6			
	168	Law on the Books	\$6			
	169	Chocolate and Coffee	\$6			
	170	Ten Simple Steps	\$6			
	171	Property Tax Exemptions	\$4			
	172	Volunteering at Oasis	Free			



✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	173	Assisted Living	\$4			
	174	Estate Planning	\$6			
	175	Solar Energy Program	\$4			
	176	The 2020 Census	Free			
	177	What's New at a Park	\$4			
	178	Self Defense for Seniors	\$5			
	179	Cybercrime Fighters	\$4			
	180	Cooking/Farmers Market	\$6			
	181	My Wishes, My Desires	\$6			
	182	Identity Theft	Free			
	183	Genealogy	\$5			
	184	Four Critical Factors	\$6			
	185	Banking Fraud	\$4			
	186	Weatherization Assistance	Free			
	187	Streaming	\$15			
	188	Windows 10	\$20			
	189	Alternatives to Cable	\$8			
	190	Everything iPad	\$40			
	191	Digital Safety Seminar	\$4			
	192	iPhone Basics	\$8			
	193	Intermediate iPhone	\$8			
	194	New Home Technologies	\$8			
	195	Android Essentials	\$15			
	196	Intro to Mac Computers	\$15			
	197	Going Wireless	\$10			
	198	iPad Basics	\$8			
	199	Medications/Hospital	Free			
	200	Fall Prevention and You	Free			
	201	World War II	Free			
	202	Betty White	Free			
	203	Decluttering	\$4			
	204	King William Historic District	\$6			
	205	Why Probate?	\$6			
	206	Veterans Resources	Free			
	207	Mindfulness	Free			
	208	Knights Templar	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	209	Japanese Internment Camps	Free			
	210	Art of the Earliest Christians	Free			
	211	Digital Safety Seminar	Free			
	212	Transportation Options	Free			
	213	Opioid Crisis	Free			
	214	Better Business Bureau	Free			
	215	Digital Safety - Catfishing	Free			
	216	Transportation Options	Free			
	217	Adult Protective Services	Free			
	218	Responding to the Census	Free			
	219	Digital Safety - Privacy	Free			
	220	Property Taxes	Free			
	221	Free From Falls	Free			
	222	My Place, Your Place	Free			
	223	Bullied or the Bully?	Free			
	224	Digital Safety - Privacy	Free			
	225	Transportation Options	Free			
	226	Attorney General	Free			
	227	Responding to the Census	Free			
	228	Catfishing	Free			
	229	Better Business Bureau	Free			
	230	Attorney General	Free			
	231	Weatherization	Free			
	232	Digital Safety - Privacy	Free			
	233	SAWS Landscape Maintenance	Free			
	234	Bullied or the Bully?	Free			
	235	Disaster Preparedness	Free			
	236	Travis Park and Beyond!	\$32			
	237	Confluence Park Walking Tour	\$24			
	238	SA Architecture Walking Tour	\$24			
	239	Young Frankenstein	\$79			
	240	Corpus Christi	\$79			
	241	Historic San Antonio	\$49			
	242	Exploring Downtown S.A.	\$69			
	243	Music Cities Preview Show	Free			
	244	Oasis Tax Day	Free			
	329	America's Music Cities	\$350 dep			



**I am adding a \$10.00 donation to help Oasis**

☐ I am including \$10 check or cash

☐ I authorize Oasis to charge an additional \$10 to my credit card

**Bring registration form or mail it to:**  
**Oasis at The Meadows**  
**700 Babcock Rd., San Antonio, TX 78201**

☐ I would like my confirmation letter emailed. I have provided my email address on front of the registration form.

☐ I have enclosed a self addressed stamped envelope to mail my confirmation letter.

**FOR OFFICE USE ONLY**

Date: \_\_\_\_\_

☐ Walk In      ☐ Morningside Resident

☐ Mail In

☐ Phone In

Vol Initials \_\_\_\_\_

Fee Total \$ \_\_\_\_\_

Entry \_\_\_\_\_

## 134 Introduction to Critical Thinking

*Judith Hurst, M.A.*

Learn to think more critically and ethically- how to use logic, evaluate evidence, weigh facts and avoid logical pitfalls. This interactive workshop will address the intellectual or classical background undergirding the structures of thought: our purpose, assumptions/bias, interpretation/ inference, point-of-view and how we collect data. Students will build and review a three-part argument in class. Note taking is encouraged.

**Location: Oasis at The Meadows**

**Wednesdays**  
**Fee: \$15**

**Mar 4-18**  
**10:00-11:30**

## 135 Critical Thinking Terms and Concepts

*Judith Hurst, M.A.*

This interactive workshop will address the role of language in critical thinking- definitions, analogies; ambiguities; monological and multilogical thinking; sociocentric and egocentric thought. We will discuss intellectual standards such as clarity, accuracy, precision, fairness and how to detect media bias and propaganda. Students will build a three-part argument in class. Note taking is encouraged.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$5**

**Apr 1**  
**10:00-11:30**

## 136 Butterfly Gardening

*Bexar County Master Gardeners*

Butterflies are some of the most beautiful creatures on Earth. A butterfly garden is an easy way to see more butterflies and to help create habitats that have been lost. Learn how to attract butterflies to your garden!

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Mar 3**  
**6:00-7:30**



## 137 Japanese Writing for Fun

*Roger Pratt, MA in East Asian Studies*

What are those funny writing symbols the Japanese use? How could anyone possibly read them? It turns out there is a method to the madness. In this class, we'll look at a brief history of Japanese writing, see examples of and practice writing a few words, and learn to write your name in Japanese. All supplies will be provided.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$10**

**Mar 9**  
**1:00-2:30**



## 138 Advanced Colored Pencils

*Georgia Stok*



This is a class for people that want to extend their capability with the media. Different types/ colors of paper, as well as wax versus oil pencils will be explored. Sample projects provided or students may provide their own. Supply list will be provided. Approximate cost of supplies is \$20 if you already have colored pencils. If you do not have colored pencils you will need to purchase them for this class.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$42**

**Mar 10-Apr 14**  
**1:00-3:00**

**REGISTER  
EARLY...**  
**or the class you want  
may be filled!**

## 139 The History of Brackenridge Park and the Japanese Tea Garden

*Beth Hollowell and Irene Rendon*

Find out how a rock quarry became a beautiful and tranquil place of calm in the middle of a bustling major city. Join us as we learn the history of the Japanese Tea Garden and Brackenridge Park and enjoy some fun stories from the past.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$6**

**Mar 11**

**1:00-2:30**

## 140 Movie Discussion: You've Got Mail

*Lynn Waghalter*

*You've Got Mail* is a romantic comedy film directed by Nora Ephron starring Tom Hanks and Meg Ryan, that tells the story of two people in an online romance who are unaware they are also business rivals. It marked the third pairing of Hanks and Ryan. The first week we will watch the movie, the second week we will discuss it. Refreshments will be served.



**Location: Oasis at The Meadows**

**Tuesdays**

**Fee: \$7**

**Mar 10-17**

**5:30-7:30**



## 141 Create a Spring Floral Arrangement

*Joseph Leal and Angelica Lopez,  
The Rose Boutique*

A classic mixed-flower arrangement doesn't have to be difficult. Using your intuition, and a few easy instructions, you can arrange gorgeous bouquets. All supplies will be provided. If you have a pair of small pruning shears, please bring them.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$25**

**Mar 11**

**10:00-12:00**

## 142 Hollywood's Greatest Year: 1939

*Beverly Prado*

Many historians and film critics have argued that the year 1939 produced the best movies that Hollywood ever made...and with good reason. The list of fine films is staggering: *Gone with the Wind*, *The Wizard of Oz*, *Mr. Smith Goes to Washington*, *Love Affair*, *Stagecoach*, *Gunga Din*, *Goodbye, Mr. Chips*, *Ninotchka*, *Wuthering Heights*, *Dark Victory*, to name just a few. Who can forget Mickey Rooney as Huck Finn, or Bette Davis as Queen Elizabeth, not to mention the all-female cast of *The Women*...all premiered in 1939. Explore these jewels of the silver screen with film clips and discussion.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$6**

**Mar 10**

**10:00-11:30**



## 143 The History of U.S. Immigration

*Michael Cude, Ph.D., Schreiner University*

From its start as a series of colonies, the United States has seen multitudes of people migrate to its shores. Accordingly, Americans came to identify in part as a nation of immigrants. This course will overview the history of U.S. immigration from the 18th century to the present, outlining the peak periods and how they've changed over time, as well as periods of exclusion. We will show how diverse groups of immigrants have changed American culture and society and illustrate how present-day debates over immigration have longstanding roots.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$6**

**Mar 16**

**10:00-11:30**





## 144 Battles of the Texas Revolution

*Elaine Prange Turney, Ph.D., UTSA*

The Texas Revolution was fought from October 1835 to April 1836 between Mexico and Texas colonists that resulted in Texas' independence from Mexico and the founding of the Republic of Texas. Come learn about the various battles of the revolution that was bookended by the Battles of Gonzales and San Jacinto.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Mar 24**  
**10:00-11:30**



## Small Watercolor Landscapes

*Edith Stanley*

You don't have to "go big" to create beautiful works of art! In this class we will have fun and experiment with watercolor painting techniques to create small landscape art. All supplies will be provided.

**Location: Oasis at The Meadows**

**145 Wednesday**  
**Fee: \$15**

**Mar 25**  
**10:00-12:00**

**146 Tuesday**  
**Fee: \$15**

**Apr 7**  
**5:30-7:30** 🌙



## 147 Peek into the Math World: The Golden Ratio

*Betty Burson*

Long recognized by architects and artists, this relationship is more than our innate way of separating what looks right versus what looks off somehow. Why are we so drawn to these values? Do our own bodies incorporate them? We will visit various times and cultures as we investigate this reality - which is found in nature as well as the human made world - and the mathematical model representing it.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$6**

**Mar 26**  
**10:00-11:30**

## 148 Growing Herbs

*Bexar County Master Gardeners*

Do you want to plant an herb garden but are not sure how? Growing herbs is an easy and delicious way to start gardening! Come learn how to start an herb garden - it is one of the easiest things you can do.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$6**

**Mar 26**  
**1:00-2:30**



## 149 3D Art

*Edith Stanley*

3D art can take many forms. The possibilities are endless. Indulge your imagination and learn to create unique, beautiful 3D art using a variety of materials. A supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$10**

**Apr 3**  
**10:00-12:00**

## 150 Science and Information Literacy-Navigating the Information Superhighway

*David Turner, Ph.D., St. Mary's University*

Contrary to previous generations where sources of information were limited (think three broadcast networks) and edited before release, the 21st century will perhaps be most noted for the amount of information and data to which we are exposed on a minute-by-minute basis. At the same time, an increasingly complex and technological society is requiring more 'scientific literacy' of everyone. This class will focus on understanding and being comfortable using different sources of information in the sciences, both academic and popular, in various formats including print and online. During this class we will discuss these different sources and formats, strategies for evaluating information reliability, and how these information sources apply to our everyday lives.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 31**  
**Fee: \$6** **1:00-2:30**

## 151 Art History Goes to the Movies

*Marleen Hoover,  
Professor Emeritus, San Antonio College,  
Adjunct Professor, St. Mary's University*

Paintings and sculpture shown in movies, from Hollywood and internationally, are more than decorations. Art often sets the "style" of a character or time period. It becomes the subject of theft or forgery, and has even been used as a weapon in murder mysteries. Movies about art and the lives of the artists, such as *Lust for Life* about Van Gogh starring Kirk Douglas or *The Agony and the Ecstasy* about Michelangelo starring Charlton Heston, are popular and entertaining, even when highly fictionalized. Movies have been filmed in art museums and art has been created specifically for movies. Come enjoy this sampling of art in the movies!

**Location: Oasis at The Meadows**

**Tuesday** **Mar 31**   
**Fee: \$6** **6:00-7:30**

## 152 Laurel and Hardy

*Gloria Jennings*



Laurel and Hardy were a comedy duo act during the early classical Hollywood era, composed of Englishman, Stan Laurel and American, Oliver Hardy. They became well known during the late 20s to the mid-40s for their slapstick comedy, with Laurel playing the clumsy and childlike friend of the pompous bully, Hardy. Join us as we view clips and discuss their inspiring works and legacy.

**Location: Oasis at The Meadows**

**Wednesday** **Apr 1**  
**Fee: \$5** **10:00-11:30**

## 153 Short Story Workshop

*Judith Hurst, M.A.*

Discussion, taken from Jerome Stern's "Making Shapely Fiction," will address different techniques to jumpstart crafting your short story-providing a fresh and innovative approach with how to hook your reader, how to handle thoughts, dialogue and action and how to render fantasy or improbability convincing.

**Location: Oasis at The Meadows**

**Tuesday** **Apr 7**  
**Fee: \$6** **10:00-11:30**

## 154 A Taste of Fiesta

*Texas A&M  
AgriLife Extension*



Come learn about container gardening and growing your own vegetables to make salsa. This is an engaging class that provides hands-on activities. You will be making your own homemade salsas, conduct a taste test and plant your own herbs. You will leave class with a mason jar of salsa, recipe book and your own herb plant. Come dressed to show off your best Fiesta outfit and have some fun.

**Location: Oasis at The Meadows**

**Wednesday** **Apr 8**  
**Free** **10:00-12:30**

## 155 What Was Here Before?

*Bruce Martin, Certified Professional Tour Guide*

San Antonio is always changing, but sometimes it is enjoyable to learn what buildings and businesses once stood along our streets. We will see an impressive number of “before and after” photos from across San Antonio representing dramatic changes to the urban landscape. How many can you remember that are now gone?

**Location: Oasis at The Meadows**

**Thursday**

**Apr 9**

**Fee: \$7**

**1:00-2:30**

## 156 Texas Superstar® Plants

*Bexar County Master Gardeners*

Texas Superstar® Plants have been subjected to statewide testing and been found to grow the best. They're hardy and tolerate the hot dry summers characteristic of Texas. They are also disease and insect tolerant, providing beauty with minimal care and minimal reliance on chemical pest control. Almost anyone can grow these superstars!

**Location: Oasis at The Meadows**

**Monday**

**Apr 13**

**Fee: \$6**

**1:00-2:30**

## 157 Murals Throughout San Antonio, An Artistic Legacy

*Bruce Martin, Certified Professional Tour Guide*

Beautiful murals can be found throughout San Antonio. Some murals are big and bold - others are humble. Some have been professionally produced while others were created by untrained, but inspired individuals. Discover the range of San Antonio's artistic legacy represented via murals.

**Location: Oasis at The Meadows**

**Wednesday**

**Apr 15**

**Fee: \$7**

**10:00-11:30**



## Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed Charitable Foundation

Morningside Ministries

Bexar Area Agency on Aging

AT&T Foundation

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The Village at Incarnate Word

Najim Family Foundation

Mays Family Foundation

Greehey Family Foundation

Myra Stafford Pryor Charitable Trust

L.L. and Eva Lentz Charitable Trust

Northside ISD

Bexar County



## 158 New Year, New Food

*San Antonio Food Bank*

The new year is the perfect opportunity to try something new, and trying new foods is no exception! Join us and learn new recipes demonstrated by the San Antonio Food Bank.

**Location: Oasis at The Meadows**

**Monday Jan 13**  
**Fee: \$6 10:00-11:30**



## 159 How to Hire a Contractor

*Dean Taylor, Better Business Bureau*

What should be on your checklist? Do you know what to do and what not to do? In this class you will learn the questions you need to ask when you hire a contractor.

**Location: Oasis at The Meadows**

**Monday Jan 13**  
**Fee: \$4 1:00-2:30**

## 160 What's New at Oasis

*Brenda Schmachtenberger, Executive Director*

This class is for new members or those who just want to know more about Oasis and get an update about what is coming up.

**Location: Oasis at The Meadows**

**Tuesday Jan 14**  
**Free 1:00-2:30**



## 161 All About the Bexar County Master Gardeners

*Bexar County Master Gardeners*

In this class you will learn what the Bexar County Master Gardeners do and how you can become one.

**Location: Oasis at The Meadows**

**Monday Jan 20**  
**Fee: \$4 10:00-11:30**

## 162 Sole Source to Diversity

*Darren Thompson, SAWS*

The Edwards Aquifer is San Antonio's primary source of water. What you might not know is that we actually have several different sources of water. This presentation tells the story of how SAWS was able to meet the short and long term needs of the fastest growing city in the nation through the development of a diversified water supply portfolio.

**Location: Oasis at The Meadows**

**Monday Jan 20**  
**Fee: \$4 1:00-2:00**



## 163 The Texas Attorney General

*Amanda Sanders, Office of the Texas Attorney General*



This presentation will cover an overview of the Office of the Texas Attorney General with a special focus on their work for senior Texans, including scams, frauds, identity theft, and opioid abuse educational efforts.

**Location: Oasis at The Meadows**

**Monday Jan 27**  
**Free 1:00-2:00**

## 164 New Year, New Opportunities

*Jake Yetterberg, CSA*

A presidential election year can have an effect on your portfolio. We'll cover what might be coming, and how you should prepare, including:

- Updated information on the 2020 income tax rules (The Trump tax cuts change automatically every year.)
- Understanding updated Roth IRA opportunities - both if working and if retired.
- What the brand new "SECURE Act" in congress will mean for retirees, especially if you are 70.5 years or older.
- Charitable giving tips for the new year.
- One powerful planning strategy that could close at the end of the year, and why you should take advantage of it in 2020.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Jan 28**  
**6:00-7:30** 🌙

## 165 Bexar County Elections

*Gilbert Saiz,*  
*Bexar County Elections Department*

During this course you will learn about the elections process and how you can fulfill your civic duty while participating in the elections process.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$4**

**Jan 30**  
**10:00-11:00**

## 166 Water Conservation

*Alyssa Burgin, Texas Drought Project*

Alyssa Burgin, Executive Director of the Texas Drought Project will talk about different systems to conserve rain water at your home including rainwater harvesting, specified xeriscape plants and alternative means of landscape watering.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$4**

**Feb 3**  
**1:00-2:30**

## 167 Do Your Paperwork Now

*Carol Bertsch, Attorney at Law*

Carol Bertsch will discuss legal issues and paperwork that you should have before you become terminally ill or you pass away so that your family knows exactly what to do.

**Location: Oasis at The Meadows**

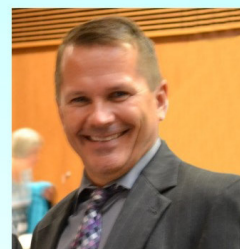
**Tuesday**  
**Fee: \$6**

**Feb 11**  
**6:00-7:30** 🌙



### ***Yetterberg Retirement Solutions***

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## 168 Law on the Books vs. Law in Action

*Judge Ron Rangel*

What exactly defines "justice" in criminal cases? How is it possible to closely follow a high profile media case and feel shock with the ultimate jury verdict? Why do plea bargained cases in criminal cases sometimes appear unfair and unbalanced? 379th Criminal District Court Judge Ron Rangel analyzes the seeming paradoxes in the state criminal justice system and describes the differences and conflicts between formal, abstract law (law on the books) and informal, real world law (law in action.)

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**Feb 12**  
**1:00-2:30**



## 169 The Art of Chocolate and Coffee

*San Antonio Food Bank*

Neither chocolate nor coffee is considered particularly healthy, but many recent studies support that both coffee and chocolate can actually be very beneficial to your health. Discover delicious recipes featuring chocolate and coffee demonstrated by the San Antonio Food Bank.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$6**

**Feb 13**  
**9:30-11:00**



## 170 Ten Simple Estate Planning Steps

*Jake Yetterberg, CSA*

The right steps can avoid fracturing family relationships. In this class we will:

- Learn which documents you need now to avoid conflicts later.
- Discuss which is better, a will or a trust?
- Learn how to avoid conflict and litigation if your children are getting un-equal shares.
- Discuss two ways to control assets and payments to your heirs.
- Learn who you should and shouldn't leave in charge of your estate distribution.
- Find out how to ensure that your kids won't fight over your estate.
- Hear about one critical mistake to avoid that would allow the government to decide who gets your money.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**Feb 19**  
**10:00-11:30**

## 171 Property Tax Exemptions and Deferrals for Seniors

*Bexar County Appraisal District*

A representative from the Bexar County Appraisal District will discuss the different exemptions and deferrals available for people over 65 and disabled Veterans. You will learn who qualifies and what documentation is needed to apply and when you need to file.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$4**

**Feb 19**  
**1:00-2:30**

## 172 Volunteering at Oasis

*Brenda Schmachtenberger, Executive Director*

Do you want to become a volunteer at Oasis? This class will give you all the information to do just that.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Mar 3**  
**10:00-11:30**



## 173 Signs that it's Time for Assisted Living or a Skilled Nursing Facility

*Jill Piazza, M.A.*

Deciding to move a loved one from home into a care community is never an easy task, nor are the reasons for placement the same for every individual. We will discuss the physical, psychological, social and financial reasons one should consider when evaluating whether the move of a loved one is in their best interest. Various types of senior living options and how to assess these settings will also be presented.

**Location: Oasis at The Meadows**

<b>Monday</b>	<b>Feb 24</b>
<b>Fee: \$4</b>	<b>10:00-11:30</b>

## 174 Estate Planning

*Todd Marquardt, Attorney at Law*

No matter how large or small, everyone has an estate. Most people want to decide how their things are given to people or organizations they care about. To ensure your wishes are carried out, you need to have specific instructions about your estate. Learn what you need.

**Location: Oasis at The Meadows**

<b>Wednesday</b>	<b>Mar 4</b>
<b>Fee: \$6</b>	<b>1:00-2:30</b>

### SEVERE WEATHER OR EMERGENCIES

In the event of severe weather or emergencies, class cancellations will be posted to our website at [www.oasisnet.org/SanAntonio](http://www.oasisnet.org/SanAntonio).

*Please Note: Oasis does not automatically close following the closure of a local school district.*

## 175 CPS Energy-Solar Energy Program

*CPS Energy Representative*

CPS Energy has three participation options for solar energy: Community Solar, Solar PV Rebates and SolarHostSA. Come learn about these options that are available to you.

**Location: Oasis at The Meadows**

<b>Tuesday</b>	<b>Mar 3</b>
<b>Fee: \$4</b>	<b>1:00-2:30</b>



## 176 The 2020 Census

*Berta Rodriguez and Mary Mills,  
The City of San Antonio  
Government and Public Affairs Department*

Once a decade, America comes together to count every resident in the United States. First taken in 1790, the census counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs. These funds are based on population totals and breakdowns by sex, age, race and other factors. Come learn more about the census and how it can affect the senior population.

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Mar 5</b>
<b>Free</b>	<b>1:00-2:30</b>



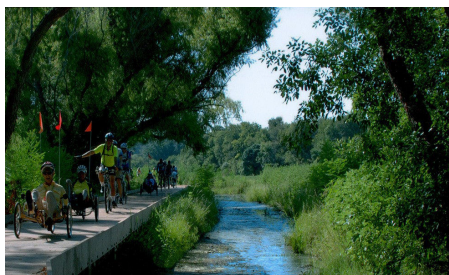
## 177 What's New at a Park Near You

*Tony Forshage,  
San Antonio Parks and Recreation*

Join the City of San Antonio Parks and Recreation Dept. as you learn about new parks and the updates to established parks through videos and pictures. You will be surprised by the amazing trails, features and accessibility of San Antonio parks.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 10**  
**Fee: \$4** **1:00-2:30**



## 180 Cooking with Food from the Farmers Market

*San Antonio Food Bank*

Spring is the perfect time to take advantage of the Farmers Market. Farmers Market finds are guaranteed winners at the dinner table. Discover a few recipes you can cook with these fabulous fresh foods!

**Location: Oasis at The Meadows**

**Wednesday** **Mar 25**  
**Fee: \$6** **1:00-2:30**



## 178 Self Defense for Seniors

*Mark S. Vojvodich, Constable, Pct. 3  
Bexar County Police*

Criminals prefer an easy target, so it's no surprise that seniors are one of the groups most at risk of an attack. This class will focus on providing seniors protection strategies to guard against ever-growing violent acts against this vulnerable population.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 17**  
**Fee: \$5** **1:00-2:30**

## 181 My Wishes, My Desires

*Carol Bertsch, Attorney at Law*

If you want to control your own end-of-life decisions, you need to be very clear in your wishes and desires- with your family and the courts. Carol Bertsch, an Elder Law Attorney specializing in assisting seniors and their families, knows the questions and the answers in making sure your wishes and desires are followed when the time comes.

**Location: Oasis at The Meadows**

**Wednesday** **Apr 1**  
**Fee: \$6** **1:00-2:30**

## 179 Cybercrime Fighters

*Marta Torres*

Cybercrime offenses are growing around the globe at a staggering pace. Protecting your personal information and identity while online can feel like a full-time job. This interactive discussion includes videos to help you protect your privacy and prevent theft of your personal information.

**Location: Oasis at The Meadows**

**Monday** **Mar 23**  
**Fee: \$4** **10:00-11:30**

## 182 Identity Theft

*Dean Taylor, Better Business Bureau*

Is your identity safe? Do you know the techniques that ID scammers use? Come learn how to recognize the signs of scammers and how to protect your identity.

**Location: Oasis at The Meadows**

**Thursday** **Apr 2**  
**Free** **1:00-2:30**

## 183 Beginners Guide to Genealogy

*Deborah Countess,  
San Antonio Public Library*

This class will focus on how to start uncovering your family history and the types of records that are most useful to a beginning genealogist. Birth, marriage and death records will be discussed, with an emphasis on utilizing federal census records.

**Location: Oasis at The Meadows**

**Monday** **Apr 6**  
**Fee: \$5** **10:00-11:30**

## 184 Four Critical Factors Affecting Your Money

*Jake Yetterberg, CSA*

Learn how to take control of four critical factors affecting your money, your income, and your lifestyle-before they take control of you.

- Income and inflation protection: Generate income both now and in the future.
- Tax control: Locking in today's best tax planning options while you can.
- The upcoming election could severely limit your options.
- Risk management: What to own, and what not to own given today's circumstances.
- Understanding and controlling the visible risks and the hidden risks as the rules change.
- Protecting it all: The best long term care coverage options that protect you and your family without throwing away expensive annual premiums.

**Location: Oasis at The Meadows**

**Monday** **Apr 6**  
**Fee: \$6** **1:00-2:30**

## 185 Banking Fraud

*Sandy Sullivan, Senior VP, Frost Bank*

Banking fraud can be devastating to your personal and business finances. More and more tools and techniques are used by thieves and scam artists to steal your identity and money or corrupt your business. Learn a few common banking fraud and security threats, plus some prevention tips and suggestions that can help minimize your chances of falling victim to a fraud incident.

**Location: Oasis at The Meadows**

**Tuesday** **Apr 7**  
**Fee: \$4** **10:00-11:30**



## 186 Weatherization Assistance Program

*Gene Hartman, AACOG*

Learn about a program that is designed to help low-income people, particularly the elderly and handicapped, overcome the high cost of energy through the installation of energy conservation measures at no cost to the applicant.

**Location: Oasis at The Meadows**

**Tuesday** **Apr 7**  
**Free** **3:00-4:00**



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Oasis Connections Technology Classes are supported in part by:



## 187 Streaming

*Marta Torres*

Streaming has become the new way to watch TV, movies and listen to music. Learn about the different ways you can stream media and how to do it.

**Location: Oasis at The Meadows**

**Mondays** Jan 13-20  
**Fee: \$15** 10:00-12:00

## 188 Windows 10

*Thalia Williams*

New to Windows 10? This class will show you all the fundamental skills you need to find your way around Windows 10 including setting up your security settings, downloading apps from the Microsoft Store, manipulating windows, using voice commands with Cortana, surfing the web, adding a printer, and much more. Book included in fee.

**Location: Oasis at The Meadows**

**Wednesdays** Jan 22-29  
**Fee: \$20** 1:00-3:00

## 189 Alternatives to Cable

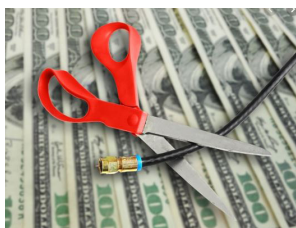
*Marta Torres*

Are you interested in cutting the cord?

This guide to cable TV alternatives will cover what you need to know about dropping cable or satellite TV, and still be able to watch all your favorite TV shows.

**Location: Oasis at The Meadows**

**Friday** Feb 7  
**Fee: \$8** 10:00-12:00



## 190 Everything iPad

*Carita DeVilbiss*

Learn everything you want to know about iPads. This four-session class covers it all! iPad can shoot video, take photos, play music and perform internet functions such as web browsing and emailing, as well as many other functions.

**Location: Oasis at The Meadows**

**Tuesdays** Feb 25-Mar 17  
**Fee: \$40** 10:00-12:00



## 191 Digital Safety Seminar

*Marta Torres*

Use of the internet and conducted devices increase each year. Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. This class will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. Sponsored by AT&T.

**Location: Oasis at The Meadows**

**Tuesday** Feb 25  
**Fee: \$4** 6:00-7:30



## 192 iPhone Basics

*Thalia Williams*

This class will teach you the basics of your iPhone and introduce you to important apps. Come find out how these apps can help keep you organized, productive and entertained. We will cover all the basic information every iPhone user should know and understand. This is for Apple products only.

**Location: Oasis at The Meadows**

**Wednesday** **Feb 26**  
**Fee: \$8** **1:00-3:00**

## 193 Intermediate iPhone

*Thalia Williams*

If you have been using your iPhone for a while, or if you have taken the iPhone Basics class and would like to know more, then this course is for you. This is for Apple products only.

**Location: Oasis at The Meadows**

**Wednesday** **Apr 1**  
**Fee: \$8** **1:00-3:00**

## 194 New Home Technologies

*Marta Torres*

With advancement in technology, there are lots of cool devices to make your home a "smart home." These gadgets aren't just fun—they have changed people's lifestyle. Come learn some of what is available and what they can do for you.

**Location: Oasis at The Meadows**

**Thursday** **Feb 27**  
**Fee: \$8** **10:00-12:00**

## 195 Android Essentials

*Marta Torres*

This course will teach you the basic skills of using your Android-based device including initial setup, gestures, organizing apps and home screens, finding and installing useful apps, and using maps and camera functions. It also covers using Gmail and Google calendar. Book included in fee.

**Location: Oasis at The Meadows**

**Fridays** **Mar 6-13**  
**Fee: \$15** **10:00-12:00**

## 196 Intro to Mac Computers

*Carita DeVilbiss*

If you have a Mac computer and find it far different from PC computers, join us for a short introduction to smooth out the differences. In the first session, we will go over the basics and outline a few exercises for you to do at home before the last session. The second session will address any questions you have from the home exercises and wrap up with more information about the Mac computing world. If you have a Mac laptop, bring it to class. If you only have a desktop computer, you can still attend and take notes so you can practice at home.

**Location: Oasis at The Meadows**

**Thursdays** **Feb 27-Mar 5**  
**Fee: \$15** **9:30-11:00**

## 197 Going Wireless-How to Use WiFi

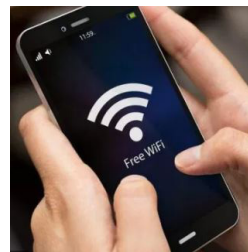
*Marta Torres*

Want internet access on the go? WiFi is the wireless

Internet connection available at many coffee shops, libraries and airports. You can also set up a WiFi system at home. In this course, you will learn all about WiFi, where and how to get it and important safety precautions you need to know. Book included in fee.

**Location: Oasis at The Meadows**

**Monday** **Apr 6**  
**Fee: \$10** **1:00-3:00**



## 198 iPad Basics

iPads are replacing desktops and laptops for many people. Get a general overview and learn the basics about popular apps that you can run on your iPad. This is a basic starter course. (This is not for Android tablets. Apple products only.) Students are encouraged to bring their own iPad to class.

**Location: Oasis at The Meadows**

**Wednesday** **Apr 15**  
**Fee: \$8** **1:00-3:00**

The following classes are held at and are sponsored by:  
**MORNINGSIDE MINISTRIES AT MENDER SPRINGS**

1100 Grand Blvd., Boerne, TX 78006

## 199 Medications that Put You in the Hospital

*Craig Stimson, LVN*

Learn the four commonly used medications/ medication categories found to cause 67% of hospitalizations in older adults. Discussion will include how to more safely use these medications when they are necessary.

**Thursday**  
**Free**

**Jan 16**  
**10:00-11:30**

## 200 Fall Prevention and You

*Craig Stimson, LVN*

According to the CDC, more than one-third of adults 65 and older fall each year in the United States. For many, these falls are a precursor to more serious problems. Learn why falls occur and what steps you can take to control your fall risk.

**Thursday**  
**Free**

**Feb 13**  
**10:00-11:30**



## 201 The Eastern Front in World War II

*Michael Cude, Ph.D., Schreiner University*

Despite World War II's popularity as a historical topic, most Americans know comparatively little about the Eastern Front in Europe, fought between Nazi Germany and the Communist Soviet Union. For much of Europe the Eastern Front was the essential component of the war. By many measures the Eastern Front dwarfed the Western Front in Europe. This course will overview the Eastern Front from the invasion of Poland in 1939 to the capture of Berlin in 1945. It will show early German success was reversed, leading to Soviet victory, while addressing critical battles such as Stalingrad and Kursk.

**Thursday**  
**Free**

**Mar 19**  
**10:00-11:30**

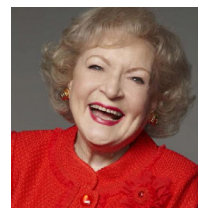
## 202 Betty White

*Gloria Jennings*

Best known as one of the "Golden Girls," Betty White has been in show business since the 50s. She is an actress, comedienne, author, producer, radio host, singer, and TV personality. The Guinness World Records awarded her with having the longest TV career for a female entertainer. Using TV/film clips and excerpts from her books, we will discuss her amazing career, and examine why she is one of the most successful older adults in entertainment. Join us as we travel through 50+ years of laughter.

**Thursday**  
**Free**

**Apr 16**  
**10:00-11:30**



**Morningside Ministries**  
SENIOR LIVING COMMUNITIES

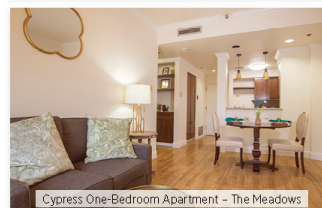
### AN EXCITING NEW CHAPTER AWAITS YOU AT MORNINGSIDE MINISTRIES!

Morningside Ministries Senior Living Communities has served the San Antonio area since 1961, providing retirement living and services to senior adults including:

- Independent living
- Assisted living
- Skilled nursing
- Short-term and long-term rehabilitation
- Memory care
- Home health care

To learn more about our communities, or to schedule a tour, please call:

**(210) 734-1000**  
**www.mmliving.org**



**DISCOVER EXCEPTIONAL RETIREMENT LIVING AND QUALITY CARE AT OUR COMPASSIONATE COMMUNITIES.**



**Discrimination is Against the Law.** Morningside Ministries complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Morningside Ministries does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. License Nos. 101799 & 000697.



The following classes are held at and are sponsored by:

## ARMY RESIDENCE COMMUNITY

7400 Crestway

### 203 Decluttering

*Gloria Jennings*

Can you spare just five minutes a day so you can walk into any room in your house without tripping over something? Decluttering your home is a great way to feel more calm and comfortable in your space. Let's talk about how to sort through your things, reorganize your space and maintain a comfortable and clean living environment.

**Monday**  
**Fee: \$4**

**Jan 20**  
**10:00-11:30**

### 204 History of the King William Historic District

*Bruce Martin, Certified Professional Tour Guide*

The King William Historic District is one of Texas' most famous neighborhoods. Learn about the area's impressive history, significant architecture, well-known residents, and hear some stories you won't find in history books.

**Monday**  
**Fee: \$6**

**Feb 24**  
**10:00-11:30**



### 205 Why Probate?

*Ellen Patterson, Attorney at Law*

What is this hairy beast called probate and why do people tell you to stay away from it? Does it bite? Will it suck your money dry? Join us as we turn the scary beast into a gentle lamb by explaining the purpose and process of Texas probate.

**Monday**  
**Fee: \$6**

**Mar 16**  
**10:00-11:30**

### 206 Veterans Resources

*Brenda Dever-Armstrong*

If you are a veteran or a spouse or dependent of a veteran, this class is for you. You may not be aware of the range of resources available for veterans and their dependents and caregivers. Sign up for this class to learn more.

**Monday**  
**Free**

**Apr 13**  
**10:00-11:30**



## Take Command of your Retirement



**Army Residence  
Community**

*Retirement Living for all branches of the Armed Forces*

**learn more:**

**800-900-6913 • [armyresidence.com](http://armyresidence.com)**

The following classes are held at:  
**THE VILLAGE AT INCARNATE WORD**  
 4707 Broadway (Heritage Room)

## 207 Mindfulness for Stress Reduction

*Cynthia Hazel*

This class will discuss the benefits of mindfulness and the application for everyday life.

**Tuesday** **Jan 21**  
**Free** **1:00-2:30**

## 208 Knights Templar

*Judith Hurst, M.A.*

Share the intriguing history of these renowned knights who protected the pilgrims traveling to Jerusalem, yet amassed one of the greatest fortunes in history. Learn about the facts and the fiction surrounding the Templars.

**Tuesday** **Feb 18**  
**Free** **1:00-2:30**

## 209 Japanese Internment Camps of World War II

*Larry Yano*

From 1942-46, persons of Japanese ancestry were expelled from their homes and confined in desolate, inland camps. This course will explore life in the camps and also explore the basic causes of how this came about.

**Tuesday** **Mar 10**  
**Free** **1:00-2:30**

## 210 Art of the Earliest Christians

*Marleen Hoover*

Come have a look at works of art from Christianity's early days to the Middle Ages.

**Tuesday** **Apr 14**  
**Free** **1:00-2:30**

Sponsored by:



The following classes are held at:  
**NORTHEAST SENIOR CENTER**  
 4135 Thousand Oaks

## 211 Digital Safety Seminar- Protecting Your Device

*Thalia Williams*

Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. We will emphasize steps to take to protect your device from loss or theft.

**Monday** **Jan 13**  
**Free** **1:00-2:00**

## 212 Transportation Options

*Alamo Area Council of Governments (AACOG)*

Transportation is one of the biggest hurdles that seniors face. Affordable public and private transportation options exist for seniors who are unable to drive. Come learn about resources in your area.

**Monday** **Feb 10**  
**Free** **1:00-2:00**

## 213 Opioid Crisis

*Valerie Sartario*

The goal of the Office of the Attorney General is to increase public awareness about preventing prescription painkiller misuse and to save lives.

**Monday** **Mar 16**  
**Free** **1:00-2:00**

## 214 The Better Business Bureau

*Dean Taylor, Better Business Bureau*

Did you know the BBB does more than handle complaints? During this presentation you will be guided through the BBB website to see all the information the BBB offers and how they can help.

**Monday** **Apr 20**  
**Free** **1:00-2:00**

The following classes are held at:  
**DISTRICT 5 SENIOR CENTER**  
2701 South Presa

## 215 Digital Safety Seminar-Catfishing

*Thalia Williams*

Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. This class will emphasize steps to take to protect yourself from catfishing scams.

**Wednesday** **Jan 15**  
**Free** **10:00-11:00**

## 216 Transportation Options

*Alamo Area Council of Governments (AACOG)*

Transportation is one of the biggest hurdles that seniors face. Affordable public and private transportation options exist for seniors who are unable to drive. Come learn what is available.

**Wednesday** **Feb 19**  
**Free** **10:00-11:00**

## 217 Adult Protective Services

*Lisa Senteno, APS*

Learn how this agency helps older adults by investigating abuse, neglect, and exploitation and connecting them with short-term help with shelter, home repairs, food, transportation, managing money, medical care, and other services.

**Wednesday** **Mar 18**  
**Free** **10:00-11:00**

## 218 Count Me In! Responding to the 2020 Census

*Berta Rodriguez*

Census data helps the government make decisions about public services that benefit our community. City of San Antonio Census Staff will demonstrate the importance of the 2020 Census and explain the process of filling out the census form.

**Wednesday** **Apr 15**  
**Free** **10:00-11:00**

The following classes are held at:  
**BOB ROSS SENIOR CENTER**  
2219 Babcock Rd.

## 219 Digital Safety Seminar-Privacy and Social Media

*Joseph D. Warren, Financial Planning, HQ*

Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. This class will emphasize steps to take to protect your privacy while on social media.

**Tuesday** **Jan 21**  
**Free** **10:00-11:00**

## 220 Property Taxes

*Michael M. Amezcuita,*  
*Chief Appraiser*



The law gives property owners the right to protest actions concerning their property tax appraisals. Come learn how to protest appraised property values, and dates and deadlines to remember.

**Tuesday** **Feb 18**  
**Free** **10:00-11:00**

## 221 Free From Falls

*Gina Dawson, DPT, Methodist Healthcare*  
*Stay Upright Fall Prevention Program*

Falling is NOT a normal part of aging. If you fall, there is usually a preventable reason. In this class you will learn the top ten risk factors for falls in older adults and identify resources or strategies to prevent future falls. If you need home modifications, you will receive a list of local resources to help you.

**Tuesday** **Mar 17**  
**Free** **10:00-11:00**



The following classes are held at:  
**WEST END/FRANK GARRETT CENTER**  
 1226 N.W. 18th St.

## 222 My Place, Your Place: Belonging

*Dr. Gilda Garcia*

This class will explore what it takes to make this a community where everyone belongs. The course activities are designed to help create a safe and fun environment. We will talk about the ways we can interact with others no matter their differences, beliefs, or personalities.

**Monday**  
Free

**Mar 30**  
1:00-2:00



## 223 Are You Bullied or the Bully?

*Russell Gainer, LCSW, GainWel*

AARP reports that nationwide, hundreds of thousands of older adults are bullied by their peers. This includes name-calling, bossy behavior, loud arguments and, at its most extreme, physical violence. Learn how to deal with bullies in a proactive way and learn if you just might be the bully.

**Monday**  
Free

**Apr 13**  
1:00-2:00

Looking for a Gift Idea?  
Purchase an Oasis Gift Certificate!



To purchase a gift certificate call Oasis  
at (210) 236-5954

The following classes are held at:  
**SOUTHSIDE LIONS SENIOR CENTER**  
 3303 Pecan Valley Dr.

## 224 Digital Safety Seminar- Privacy and Social Media

*Thalia Williams*

Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. This class will emphasize steps to take to protect your privacy while on social media.

**Tuesday**  
Free

**Jan 14**  
10:00-11:00

## 225 Transportation Options

*Alamo Area Council of Governments (AACOG)*

Transportation is one of the biggest hurdles that seniors face. Affordable transportation options exist for seniors who are unable to drive. Learn what is available.

**Tuesday**  
Free

**Feb 11**  
10:00-11:00

## 226 Texas Attorney General

*Valerie Sartorio*

They protect Texans against consumer fraud, enforce open government laws, provide legal advice to state officials, and represent the state of Texas in court. Come and learn more about this state agency.

**Tuesday**  
Free

**Mar 10**  
10:30-11:30

## 227 The 2020 Census

*Berta Rodriguez*

Census data helps the government make decisions about public services that benefit our community. City of San Antonio Census Staff will demonstrate the importance of the 2020 Census and explain the process of filling out the census form.

**Wednesday**  
Free

**Apr 15**  
10:00-11:00

The following classes are held at:  
**DISTRICT 2 SENIOR CENTER**  
 1751 South W. W. White Rd.

## 228 Catfishing

*Joseph D. Warren, Financial Planning, HQ*

Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. This class will emphasize steps to take to protect yourself from catfishing scams.

**Wednesday** **Jan 22**  
**Free** **10:30-11:30**

## 229 All About the Better Business Bureau

*Dean Taylor, Better Business Bureau*

Did you know the Better Business Bureau does more than handle complaints? During this presentation you will be guided through the Better Business Bureau website to see all the information the BBB offers and how they can help you.

**Wednesday** **Feb 12**  
**Free** **10:30-11:30**

## 230 Office of the Attorney General-How Can They Help You?

*Teresa Farfan*

The Office of the Attorney General is protecting Texans against consumer fraud, enforcing open government laws, providing legal advice to state officials, and representing the state of Texas in court, among other things. Come and learn more about this state agency.

**Wednesday** **Mar 4**  
**Free** **10:30-11:30**

## 231 Weatherization

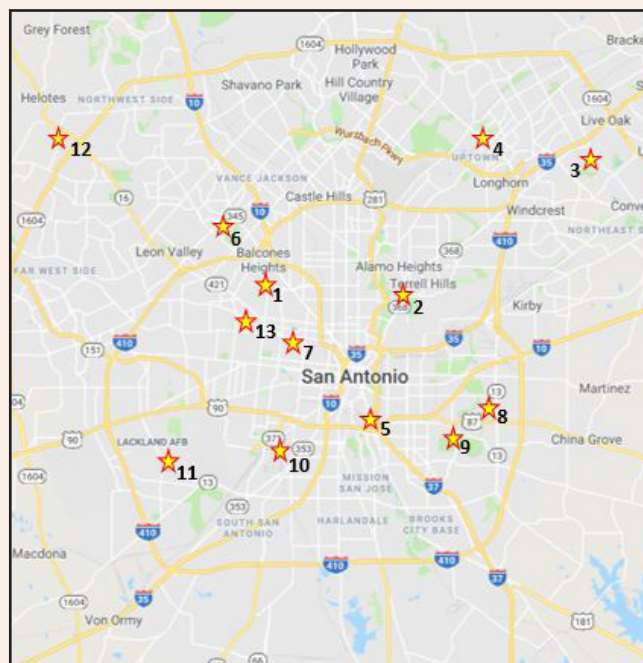
*Alamo Area Council of Governments (AACOG)*

Learn about a program that is designed to help low-income people, the elderly and handicapped, overcome the high cost of energy through the installation of energy conservation measures at no cost to the applicant.

**Wednesday** **Apr 8**  
**Free** **10:30-11:30**



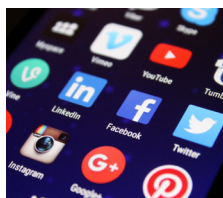
## OASIS OUTREACH SITES



- |                                  |   |
|----------------------------------|---|
| 1: Oasis at The Meadows          | 8: District 2 Senior Center             |
| 2: The Village at Incarnate Word | 9: Southside Lions Senior Center        |
| 3: Army Residence Community      | 10: Normoyle Senior Center              |
| 4: Northeast Senior Center       | 11: Willie Cortez Senior Center         |
| 5: District 5 Senior Center      | 12: Casa Helotes Senior Center          |
| 6: Bob Ross Senior Center        | 13: St. Mary's University Pool          |
| 7: West End/Frank Garrett Center | 14: Morningside Menger Springs (Boerne) |

The following classes are held at:  
**NORMOYLE SENIOR CENTER**  
 700 Culberson Ave.

## 232 Digital Safety Seminar- Privacy and Social Media



*Joseph D. Warren, Financial Planning, HQ*

Most internet apps create benefits for people who want to stay engaged with their loved ones and provide vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. This class will emphasize steps to take to protect your privacy while on social media.

**Thursday** **Jan 16**  
**Free** **12:30-1:30**

## 233 SAWS - Landscape Maintenance for Seasonal Savings

*SAWS Representative*

Learn valuable information on landscaping for water conservation and seasonal savings.

**Thursday** **Feb 20**  
**Free** **12:30-1:30**



**DON'T  
BE LATE!**  
**Oasis classes  
start on time!**

The following classes are held at:  
**WILLIE M. CORTEZ SENIOR CENTER**  
 5512 W. Military Dr.

## 234 Are You Bullied or the Bully?

*Russell Gainer, LCSW, GainWel*

AARP reports that nationwide, hundreds of thousands of older adults are bullied by their peers. This includes name-calling, bossy behavior, loud arguments and, at its most extreme, physical violence. Learn how to deal with bullies in a proactive way and learn if you just might be the bully.

**Tuesday** **Jan 28**  
**Free** **10:00-11:00**

## 235 Disaster Preparedness

*Mary Masterson, Better Living for Texas Educator*

Do you have supplies, medications and other necessities in the case of a natural disaster, such as a flood or tornado? You will learn what you need and how to store it in this informative class.

**Tuesday** **Feb 25**  
**Free** **10:00-11:00**

## GIVE FOR THE FUTURE



### Making a gift is easy.

Through your will or estate plan you can meet the needs of your loved ones and also leave a legacy to Oasis by supporting the programs you love.

Call Oasis at (210) 236-5954  
 for more information.

**Thank you for considering the  
ultimate gift - a gift that is your legacy.**



## 236 Travis Park and Beyond!

Bill Perryman M.Ed.,  
Certified Professional Tour Guide



Prepare for an adventure! Master teacher, storyteller and certified tour guide, Bill Perryman, will showcase points of interest in the once fashionable neighborhood of Travis Park. Interesting facts, details and tales regarding the St. Anthony Hotel, St. Mark's Episcopal Church, Veteran's Memorial Plaza, The Tobin Center and the El Tropicano Hotel will be revealed! A highlight of the tour will include an interior visit to the Maverick Carter House. Please note there are three stories and a roof top observatory plus several sets of stairs in the Maverick Carter House. Seating will be available on the first floor if you wish to forego climbing stairs in the house. Tour includes Listen Audio Technology for the listening ease of each tour guest. We will meet at Travis Park, directly across the street from the St. Anthony Hotel at 300 E. Travis. Parking fees not included. Fee includes tickets to the Maverick Carter House.

**Friday**  
**Fee: \$32**

**Mar 20**  
**9:00-11:30**



**Walking tours do not meet  
at the Oasis center.  
Please check  
catalog for location.**

## 237 Confluence Park Walking Tour

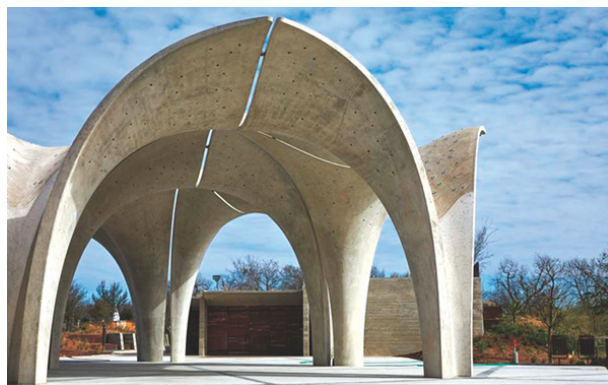


Bruce Martin, Certified Professional Tour Guide

Located near the confluence of San Pedro Creek and the San Antonio River, Confluence Park is one of our community's newest treasures. Join this walking tour to better appreciate the effective combination of award-winning architectural design and landscape architecture highlighted by an impressive palette of native Texas plants. Enjoy seeing how thoughtful, unique design can effectively serve education and create a community gathering place. We will meet at 310 W. Mitchell, near the parking lot. Parking fees not included.

**Thursday**  
**Fee: \$24**

**Apr 2**  
**9:30-11:30**



## 238 San Antonio Architecture Walking Tour

Bruce Martin, Certified Professional Tour Guide

Enjoy this popular walking tour of architecture in downtown San Antonio. Appreciate the diversity of styles and detailing within the built environment. The richness of downtown's architectural variety and history may surprise you, but it will definitely cause you to walk more slowly and look more closely at the wide range of handsome buildings within our city's center. We will meet on Main Plaza in front of the east-facing doors of San Fernando Cathedral, near the corner of Main Street and Commerce Street. Parking fees not included.

**Tuesday**  
**Fee: \$24**

**Feb 25**  
**9:30-11:30**

## 239 Young Frankenstein, The Mel Brooks Musical

Join us for a fun-filled evening of entertainment at the Fredericksburg Theater for the musical *Young Frankenstein*. First, we will have a delightful dinner at Catfish Haven and then off to the theater to see *Young Frankenstein* "It's Alive!" Mel Brooks jolted his classic movie comedy, *Young Frankenstein* back to life with a load of high-wattage hilarious songs, turning it into a monster Broadway hit. It's a lightning storm of hilarity that is scientifically proven to be monstrously good entertainment. Cost includes motor coach transportation, dinner, admission fees and tips.

**Friday**  
**Fee: \$79**

**Feb 21**  
**4:45-11:30**

## 240 Discovering Corpus Christi

Join us for a fun and educational day in Corpus Christi. We will start our day at the Texas State Aquarium. Discover the amazing underwater world of the aquarium! Check out the wildlife just below the surface of the world's oceans, lakes, and rivers. Explore exhibits featuring dolphins, birds, stingrays, jellyfish, and more. The aquarium is dedicated to promoting environmental conservation and rehabilitation of the wildlife of the Gulf of Mexico. We will be eating lunch at the aquarium. After lunch we will visit the Museum of Science and History. The museum's history and science exhibits are a collection of carefully selected representations that are unique to our culture and our surroundings. The historical collections showcase 500 years of south Texas history. Cost includes motor coach transportation, lunch, admission fees and tips.



**Wednesday**  
**Fee: \$79**

**May 13**  
**7:30-6:30**

## 241 Historic San Antonio

Immerse yourself in Texas history with a guided tour of Presidio Gallery, part of Texas A&M San Antonio's archives and special collections. The gallery also has the Daughter's of the Republic of Texas library collection, a research collection that resided at the Alamo for more than a century. Next we will enjoy lunch at the Cadillac Bar. The structure that houses the restaurant was originally the old Stumberg General Store, built in the 1870's. After lunch we will visit the Bexar County Heritage Center, showcasing Bexar County's historic treasures and contemporary cultural amenities. Cost includes motor coach transportation, lunch, admission fees and tips.

**Thursday**  
**Fee: \$49**

**Mar 19**  
**9:30-3:30**

## 242 Exploring Downtown San Antonio

We will start our day off by visiting the Maverick Carter House. A docent will give us a brief presentation before the self-guided tour about the house, architecture, families and furnishings. Located in downtown San Antonio, the Maverick Carter House is a one-of-a-kind. The house is a grand 19th century home and a showcase of San Antonio history, science, and the arts over the course of 125 years, has undergone a three-year \$2 million restoration. It is a three-story, 23 room limestone house. Next we will have lunch at LaVillita Cafe. After lunch we will visit The Institute of Texan Cultures and have a self-guided tour. The institute gives voice to the experiences of people from across the globe who call Texas home, providing insight into the past, present, and future. Cost includes motor coach transportation, lunch, admission fees and tips. The Maverick Carter House has steep stairs.

**Tuesday**  
**Fee: \$69**

**Apr 21**  
**9:30-5:00**

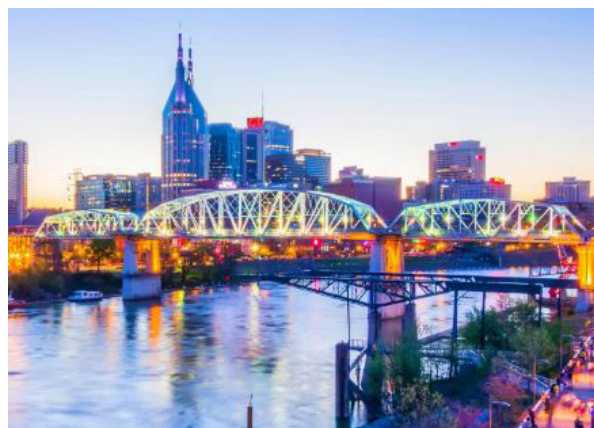
**Day trips will depart from the corner of St. Cloud and McNeel.  
Parking is available at The Church of Jesus Christ of Latter Day Saints.**

**Day Trips are Non-Refundable**

## 329 America's Music Cities

Oct 12-19, 2020

This journey will have you humming and smiling long after you return home. Step back in time to the "Jazz Capitol of the World," New Orleans! Enjoy a tour of New Orleans including St. Charles Street, St. Louis Cemetery, and Mardi Gras World War II Museum. We will also discover how to cook New Orleans Style at the New Orleans School of Cooking, and then have free time to shop. Next we will motor north through Alabama and on to Memphis, TN, "Birthplace of the Blues" and Rock N' Roll music. We will stay two nights at the Graceland Hotel. The next morning we will tour Memphis including Beale Street, Sun Studio Records, Mud Island, The National Civil Rights Museum at The Lorraine Motel, and the famous Peabody Hotel Duck March. Next we will visit Graceland, the home of Elvis Presley, and tour his home and where Elvis and his family members are laid to rest. We then drive to Nashville "Country Music Capitol of the World." After a city tour we will see Music Row, the Parthenon, the State Capitol and the Ryman Auditorium. After we check into our hotel and have dinner, we will go to our reserved seats for the renowned "Grand Ole Opry" show. The next morning we will tour the impressive Country Music Hall of Fame and the historic RCA Studios before heading up into the Smoky Mountains for two nights in Pigeon Forge. Next we will travel on to Asheville, N.C. to tour the spectacular Biltmore estate. At 52,000 square feet, it is the largest private home in the country. We will return to the hotel for dinner, followed by a great variety show at "Country Tonite." We will enjoy a guided tour of Smoky Mountain National Park and then transfer to the Knoxville Airport for our flight home. Tour includes round-trip home pick up, round-trip airfare, bag fee, baggage handling, travel insurance, 13 meals and gratuities for tour manager, drivers and local guides. Deposit: \$350 per person. Double: \$3,774 per person, Single \$4,434. Final payment due July 19, 2020. Visa and Mastercard accepted. Make checks payable to AFC Vacations.



## 243 America's Music Cities Preview Show

Location: Oasis at The Meadows

Wednesday  
Free

Feb 19  
10:00-11:00



**For more  
information or  
for a flyer  
call Oasis at  
(210) 236-5954**



**For more information about Oasis call (210) 236-5954**



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## Special Events

### 244 Oasis Tax Day

The AARP Tax Aide Program will prepare income tax returns at no cost to Oasis members. The program will prepare 1040s with schedules. E-filing is available. Taxes will be prepared by appointment only. Please bring documents and last year's tax return. Once you register for this event, Oasis will contact you to schedule your appointment.

**Location: Oasis at Morningside**

**Thursdays  
Free**

**Feb 6-Apr 9  
By Appointment Only**



### WE MAKE A GREAT "PEAR" - OR DO WE?

February 21, 2020

Just because it wasn't prescribed by your doctor doesn't mean it doesn't affect your health. Learn about common foods and dietary supplements that can interact with your prescription medications. Come and enjoy two back-to-back presentations presented by pharmacy and dietitian students.

[9-10] Dietary Supplements: Harmful or Helpful?  
Interactions between Supplements and your Medication

[10-11] Food: Friend or Foe? Examining Diet to Maximize Your Medication Regimen

[11-12:30] Drug Interaction Check

**See Class #91 and #92  
on page 16 for more information.**