

Summer 2020



Program Catalog

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

SPONSORED BY:



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



WELLMED
CHARITABLE FOUNDATION



Morningside Ministries
Senior Living Communities



- ♦ Choose a school near you
- ♦ Tutor during school hours
- ♦ Free Training provided

You can **change a life** by providing the individual attention that **helps children** build confidence and experience success...



Oasis works in partnership with school districts to **pair volunteer tutors with children** in **grades K-3** who teachers feel would benefit from a caring, one-on-one mentoring relationship.

One child, one tutor, one school year. Two lives forever changed.

Want to learn more?

Come join our fall orientation: Friday, August 14th, 9:00 am
(Orientation and trainings held at: Oasis at the Meadows, 700 Babcock)

Choose from three convenient training dates this fall:

Thursday, September 24th, 9:00 am to 3:00 pm & Friday, September 25th, 9:00 am to 12:00 pm

Thursday, October 24th, 9:00 am to 3:00 pm & Friday, October 25th, 9:00 am to 12:00 pm

Thursday December 3rd, 9:00 am to 3:00 pm & Friday, December 4th, 9:00 am to 12:00 pm

MUST ATTEND BOTH DAYS OF TRAINING

Please call Ginny Brown at 210-236-5954 to RSVP or for more information.

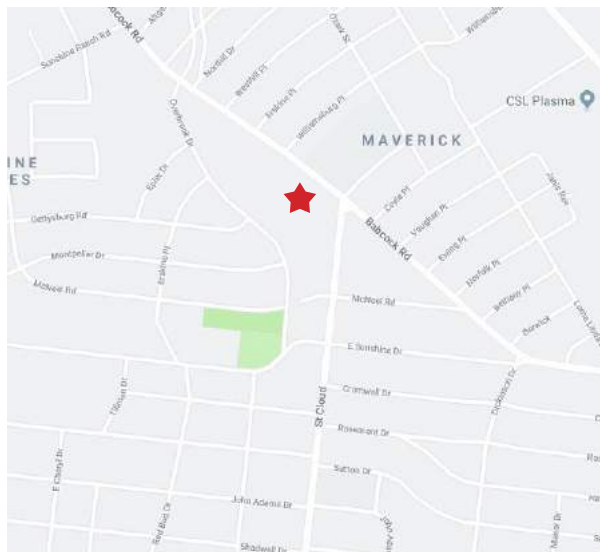
Welcome to Oasis

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
(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:

April 17 - Staff Retreat
April 24 - Fiesta
May 7 - Volunteer Training
May 25 - Memorial Day
July 4 - Independence Day

On the Cover:

Elva Padilla and Anna Dominguez have a laugh during the Aging Mastery Program, and Alonso Jasso relaxes during his yoga class.

Photo credit: © Josie Norris /The San Antonio Express-News

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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 class to attend the rest. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

- | | | |
|----------|---|-------------------------------------|
| 1 | Mondays & Fridays
Free | May 11-Jun 12
9:00-9:45 |
| 2 | Mondays & Fridays
Free | Jun 15-Jul 17
9:00-9:45 |
| 3 | Mondays & Fridays
Free | Jul 20-Aug 21
9:00-9:45 |
| 4 | Mondays & Wednesdays
Free | May 11-Jun 10
12:00-12:45 |
| 5 | Mondays & Wednesdays
Free | Jun 15-Jul 15
12:00-12:45 |
| 6 | Mondays & Wednesdays
Free | Jul 20-Aug 19
12:00-12:45 |
| 7 | Tuesdays & Thursdays
Free | May 12-Jun 11
9:00-9:45 |
| 8 | Tuesdays & Thursdays
Free | Jun 16-Jul 16
9:00-9:45 |
| 9 | Tuesdays & Thursdays
Free | Jul 21-Aug 20
9:00-9:45 |



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

- | | | |
|-----------|-----------------------------|-------------------------------------|
| 10 | Mondays
Fee: \$28 | May 11-Jun 8
10:15-11:45 |
| 11 | Mondays
Fee: \$35 | Jun 15-Jul 13
10:15-11:45 |
| 12 | Mondays
Fee: \$35 | Jul 20-Aug 17
10:15-11:45 |



Tai Chi for Beginners

Patricia Alexander

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

- | | | |
|-----------|--------------------------------|------------------------------------|
| 13 | Wednesdays
Fee: \$30 | May 13-Jun 10
9:00-10:00 |
| 14 | Wednesdays
Fee: \$30 | Jun 17-Jul 15
9:00-10:00 |
| 15 | Wednesdays
Fee: \$30 | Jul 22-Aug 19
9:00-10:00 |

Qigong for Wellness

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

- | | | |
|-----------|-------------------------------|-------------------------------------|
| 16 | Thursdays
Fee: \$30 | May 14-Jun 11
10:00-11:00 |
| 17 | Thursdays
Fee: \$30 | Jun 18-Jul 16
10:00-11:00 |
| 18 | Thursdays
Fee: \$30 | Jul 23-Aug 20
10:00-11:00 |



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

- | | | |
|-----------|-----------------------------|-----------------------------------|
| 19 | Mondays
Fee: \$24 | May 11-Jun 8
1:15-2:15 |
| 20 | Mondays
Fee: \$30 | Jun 15-Jul 13
1:15-2:15 |
| 21 | Mondays
Fee: \$30 | Jul 20-Aug 17
1:15-2:15 |

22 Gentle Yoga

Sarah Pegus

NEW

This class is held at a slower pace, suitable for beginners, those with limitations and experienced students. Stretching coordinated with the breath, some light balance practice and strength building will be included. The class is a relaxed pace in a supportive environment. Especially beneficial for those looking to improve flexibility and release tension or stress.

Location: Oasis at The Meadows

- | | | |
|------------------------------|------------------------------|---|
| Tuesdays
Fee: \$20 | Jun 2-23
6:00-7:00 | ☾ |
|------------------------------|------------------------------|---|



Yoga Foundations

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

- | | | |
|-----------|--------------------------------|-----------------------------------|
| 23 | Wednesdays
Fee: \$30 | May 13-Jun 10
1:15-2:15 |
| 24 | Wednesdays
Fee: \$30 | Jun 17-Jul 15
1:15-2:15 |
| 25 | Wednesdays
Fee: \$30 | Jul 22-Aug 19
1:15-2:15 |



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

26	Mondays	May 11-Jun 8
	Fee: \$24	2:30-3:30
27	Mondays	Jun 15-Jul 13
	Fee: \$30	2:30-3:30
28	Mondays	Jul 20-Aug 17
	Fee: \$30	2:30-3:30
29	Wednesdays	May 13-Jun 10
	Fee: \$30	2:30-3:30
30	Wednesdays	Jun 17-Jul 15
	Fee: \$30	2:30-3:30
31	Wednesdays	Jul 22-Aug 19
	Fee: \$30	2:30-3:30

Stretching

Felicia Morales

Flexibility is a key part of fitness, but stretching is often overlooked. Learn how to properly stretch the major and minor muscles. We will use props and equipment. There will be time set aside for warm up and cool down. Bring a yoga mat if floor work is desired.



Location: Oasis at The Meadows

32	Tuesdays	May 12-Jun 9
	Fee: \$25	10:15-11:00
33	Tuesdays	Jun 16-Jul 14
	Fee: \$25	10:15-11:00
34	Tuesdays	Jul 21-Aug 18
	Fee: \$25	10:15-11:00

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

35	Tuesdays & Thursdays	May 12-Jun 11
	Fee: \$50	2:00-3:00
36	Tuesdays & Thursdays	Jun 16-Jul 16
	Fee: \$50	2:00-3:00
37	Tuesdays & Thursdays	Jul 21-Aug 20
	Fee: \$50	2:00-3:00



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

38	Tuesdays & Thursdays	May 12-Jun 11
	Fee: \$50	3:15-4:00
39	Tuesdays & Thursdays	Jun 16-Jul 16
	Fee: \$50	3:15-4:00
40	Tuesdays & Thursdays	Jul 21-Aug 20
	Fee: \$50	3:15-4:00

Drumming for Fitness **NEW**

Felicia Morales

This class stems from the Drums Alive exercise program, which combines traditional aerobic movement with the powerful beat and rhythms of the drums. Drumming is a mode of fun, high-energy exercise designed to work the entire body while providing increased neuromuscular coordination, balance, strength and flexibility. Workout activities will be performed using alternate instruments in place of the standard drum and via both seated and standing positions.

Location: Oasis at The Meadows

- | | | |
|-----------|------------------|----------------------|
| 41 | Tuesdays | May 12-Jun 9 |
| | Fee: \$25 | 12:45-1:45 |
| 42 | Tuesdays | Jun 16-Jul 14 |
| | Fee: \$25 | 12:45-1:45 |
| 43 | Tuesdays | Jul 21-Aug 18 |
| | Fee: \$25 | 12:45-1:45 |



Stepping to the Music

Felicia Morales

Learn basic step patterns combined with music to create high-energy dance movements similar to the waltz, mambo, cha cha, country dancing and more. Be prepared for fun as you work to improve cardiovascular health, coordination and balance.

Location: Oasis at The Meadows

- | | | |
|-----------|------------------|----------------------|
| 44 | Thursdays | May 14-Jun 11 |
| | Fee: \$25 | 12:45-1:45 |
| 45 | Thursdays | Jul 23-Aug 20 |
| | Fee: \$25 | 12:45-1:45 |

Mixed Fitness Circuit Training

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

- | | | |
|-----------|------------------|----------------------|
| 46 | Tuesdays | May 12-Jun 9 |
| | Fee: \$25 | 4:15-5:15 |
| 47 | Tuesdays | Jun 16-Jul 14 |
| | Fee: \$25 | 4:15-5:15 |
| 48 | Tuesdays | Jul 21-Aug 18 |
| | Fee: \$25 | 4:15-5:15 |



49 Balance in Motion **NEW**

Felicia Morales

This class is designed to offer progressive and challenging activities while using a variety of exercise props and equipment to promote balance and increase strength, flexibility, coordination and endurance.

Location: Oasis at The Meadows

- | | |
|------------------|----------------------|
| Thursdays | Jun 18-Jul 16 |
| Fee: \$25 | 12:45-1:45 |

**PLEASE LET US
KNOW...**

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

50 BrainSavers® Brain + Body Total Fitness- Part One

Natalie Enevold

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 **May 12-Aug 6**
Free **11:00-12:00**

51 BrainSavers® Brain + Body Total Fitness- Part Two

Natalie Enevold

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

Wednesdays & Fridays **May 13-Aug 12**
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

52 Mondays & Wednesdays **May 11-Jun 10**
Fee: \$54 **9:00-9:45**

53 Mondays & Wednesdays **Jun 15-Jul 15**
Fee: \$60 **9:00-9:45**

54 Mondays & Wednesdays **Jul 20-Aug 19**
Fee: \$60 **9:00-9:45**

55 Tuesdays & Thursdays **May 12-Jun 11**
Fee: \$60 **9:00-9:45**

56 Tuesdays & Thursdays **Jun 16-Jul 16**
Fee: \$60 **9:00-9:45**

57 Tuesdays & Thursdays **Jul 21-Aug 20**
Fee: \$60 **9:00-9:45**



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.

58 Fridays **May 15-Jun 12**
Fee: \$25 **8:45-9:45**

59 Fridays **Jun 19-Jul 24**
Fee: \$25 **8:45-9:45**

60 Better Sleep - Better You

Linda Mockeridge, LCSW

This six-session class will help you learn about and adopt better sleep habits. Each week features a new topic and the group will discuss and practice new, or not so new, skills to help you practice good sleep hygiene.

Location: Oasis at The Meadows

Wednesdays

Fee: \$35

May 13-Jun 17

1:00-2:45

61 Meditation

Shastri Linda Mockeridge

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

Wednesdays

Fee: \$30

May 13-Jun 17

11:00-12:00



62 Dream Interpretations

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

Wednesday

Fee: \$12

May 13

1:00-3:00

63 Dealing with Grief

Darwin Huartson, M.Div., BCC, Porter Loring

Grief is not a problem to be solved, but rather a process where pain can be embraced and we can experience healing. While we learn to adjust to our loss as time passes, the sense of loss never completely disappears. For healing to occur, grief requires our attention and our respect. This workshop will remind those who attend that grief is normal, natural and necessary. Healthy grieving helps us transform our losses into a source of strength and meaning.

Location: Oasis at The Meadows

Thursday

Free

May 14

10:00-11:30

64 Loneliness

Russell Gainer, LCSW, Gain Wel

Millions of older people agree the TV is their main form of company. Income, education, gender, and ethnicity are not protective from this issue - it affects all people the same. The health risks associated with people who score high on the Loneliness Scale (BELS) are equivalent to smoking 15 cigarettes a day. Despite living in the most technologically connected age in the history of mankind, rates of loneliness have doubled since the 1980s. Lets talk about this issue, together!

Location: Oasis at The Meadows

Thursday

Fee: \$5

May 21

10:00-11:30

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.

65 Experience Conscious Breathing

Cynthia Hazel, Wellness Consultant

Did you know breathing is the only autonomous bodily system that you can control? Psychologists say that conscious breathing is effective for the reduction of anxiety, depression and stress. In this class you will explore the ins and outs of conscious breathing along with its stress reduction properties. There are plenty of opportunities to experience the conscious breathing process.

Location: Oasis at The Meadows

Friday **May 29**
Fee: \$5 **10:00-11:30**

66 Good Oral Health: An Essential Part of Healthy Aging

Dr. Peter Loomer, DDS, PhD, MRCD, FACD, UT Health School of Dentistry

Having healthy teeth and gums is essential for eating, speaking and even self-esteem. Diseases of the teeth and gums not only impact our ability to carry out these functions, but may also have significant impact on general health. This lecture will review the interrelationships between oral diseases and general diseases, with a focus on diabetes, cardiovascular diseases, and cognitive diseases. In addition, the impact of aging on oral diseases and treatment will be discussed, as well as how to maintain good oral health for a lifetime.

Location: Oasis at The Meadows

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



67 Hearing Loss and its Relationship to Overall Health

Tracy Board, Au.D., CCC-A

This presentation will discuss hearing loss and the relationship between hearing and overall health. The relationship between untreated hearing loss and dementia will be discussed, as well as the relationships between health conditions such as diabetes, high blood pressure and hearing loss.

Location: Oasis at The Meadows

Tuesday **Jun 9**
Fee: \$5 **6:00-7:30** 



68 Latest Hearing Aid Breakthroughs

Matthew McGee, BC-HIS, SA Custom Hearing

This class will equip you with the information you need to make sure that you get the right hearing aids for your lifestyle.

Location: Oasis at The Meadows

Thursday **Jun 25**
Free **1:00-2:30**

69 When Less is More

William A. Valutsky, B.Sc. Pharmacy, Pharm. D., RPh

Understand the physiological changes that occur with aging and how they affect your body's response to medications. Discuss common issues in older adults that are barriers to successful medication management, and learn when and how to discuss reducing and stopping high risk, low reward medications.

Location: Oasis at The Meadows

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

70 Acupuncture and Acupressure for Low Back Pain

Joeming Dunn, MD

If you have experienced lower back pain, you are not alone. About 80% of us experience some sort of low back pain at some point in our lifetime. More than 25% of adults reported having some low back pain during the past 3 months. While we will not delve into the cause of low back pain, this class will look at the lower back and discuss acupuncture as a treatment option and show some common acupressure points that can be used to help combat low back pain.

Location: Oasis at The Meadows

Wednesday **Jul 8**
Fee: \$5 **1:00-2:30**

71 How to Be With People Who Are Dying

Darwin Huartson, M.Div., BCC, Porter Loring

This class will discuss the significance of being with someone and their loved ones at the time of death. We will discuss how to be 'present' and how to assess what can be helpful at this meaningful time.

Location: Oasis at The Meadows

Wednesday **Jul 15**
Free **1:00-2:30**

72 "I'm Getting Older, Doc! Is There a Pill for That?"

Dean L. Kellogg, Jr., MD, Ph.D.

This talk will first review the current medical understanding of the mechanisms of the aging process. Ongoing pharmacological treatments that may slow or reverse the aging process will also be discussed.

Location: Oasis at The Meadows

Friday **Jul 17**
Fee: \$5 **10:00-11:30**

73 Mindfulness for Stress Reduction

Cynthia Hazel, Wellness Consultant

Research shows that mindfulness, the practice of accepting what is without judgment, can lower psychological stress. Jon Kabat-Zinn, founder of the Stress Reduction Clinic in Massachusetts, reminds us that in Asian languages, the word for mind and heart are the same. In this class you will learn how to create a mindful practice that will help you let go and make heartfelt connections.

Location: Oasis at The Meadows

Tuesday **Jul 21**
Fee: \$5 **1:00-2:30**

74 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.

Location: Oasis at The Meadows

Tuesday **Jul 21**
Free **6:00-7:30** 🌙

75 CBD: Hype or Hope?

Jorge Escudero, RPh.

An educational discussion with a licensed, registered pharmacist trained on CBD. What is it? Is it useful for me? Is it dangerous for me? Ask a pharmacist and let's find out.

Location: Oasis at The Meadows

Thursday **Jul 23**
Fee: \$5 **1:00-2:30**



THE AGING BRAIN

Don Hill

The philosophy and structure of proactive aging is introduced for the purpose of contextualizing the information discussed in this series of classes:

76 Nutrition and the Aging Brain

Focusing on major nutrients, e.g., those which have a protective role to play and those, the deficit of which have the greatest negative impact; for example, protein, fiber, the B vitamins, Vitamin D and water.

Location: Oasis at The Meadows

Thursday

May 28

Fee: \$5

10:00-11:30

77 Exercise and the Aging Brain

Naturally there is a strong case to be made for exercise, for its positive impact on the whole body. However, our subject is the "aging brain." There is a wealth of research which points to the value of exercise in building the cognitive reserve, mitigating cognitive decline, as well as its implication in moderating or delaying the symptoms of Alzheimer's disease. There is much to be gained for those who are able to embrace a fitness strategy.

Location: Oasis at The Meadows

Thursday

Jun 18

Fee: \$5

10:00-11:30

78 Spirituality and the Aging Brain

Religion is part of our subject, not doctrine. Is there any difference between religion and spirituality, are they in opposition, or are they complimentary? There is abundant evidence that older adults are more religious (or is it more spiritual), attend church more regularly, and are happier than their younger peers. We will examine "Spirituality and the Aging Brain" to find the answer.

Location: Oasis at The Meadows

Thursday

Jul 30

Fee: \$5

10:00-11:30

79 "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

May 21, Jun 18, Jul 16, Aug 20

Fee: \$16

9:30-11:00



80 Caregiving for People with Chronic Illness

Sara Masoud, MPH

Every care partner's experience is unique but there is a lot to learn from others who have lived this role. This presentation will give a broad overview of caregiving for individuals living with chronic illnesses and offer insight on how to navigate the caregiver role. This presentation will discuss how caregiving can impact one's health with helpful tips to keep healthy as a caregiver.

Location: Oasis at The Meadows

Tuesday

Aug 11

Free

6:00-7:30



81 Caregiver Support Group

Alesa Arnett

This support group is designed for caregivers or anyone with a chronic condition. It is led by a 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

Tuesdays **May 19, Jun 16, Jul 21, Aug 18**
Free **6:00-7:30** 🌙

82 Alzheimer's and Dementia Caregiver Support Group

Ginny Brown, LCHW

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 **May 11, Jun 8, Jul 13, Aug 17**
Free **1:00-2:00**

83 Understanding and Responding to Dementia Related Behavior

Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Location: Oasis at The Meadows

Tuesday **May 19**
Free **6:00-7:30** 🌙

84 Understanding Alzheimer's and Dementia

Alzheimer's Association

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the following: the relationship between Alzheimer's disease and dementia, what happens in a brain affected by Alzheimer's, risk factors for and three general stages of the disease, FDA-approved treatments available to treat some symptoms, a look ahead to what's on the horizon for Alzheimer's research and helpful Alzheimer's Association resources.

Location: Oasis at The Meadows

Monday **Jun 15**
Free **10:00-11:30**



85 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

Wednesday **Jul 8**
Free **10:00-11:30**

86 Ten Warning Signs of Alzheimer's

Alzheimer's Association

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the new "Ten Warning Signs of Alzheimer's" education program to help people recognize common signs of the disease and know what to watch for in themselves and others. This class explores typical age-related changes, describes common signs of Alzheimer's and dementia, offers tips for how to approach someone about memory concerns, explains the importance of early detection and benefits of diagnosis, details possible tests and assessments for the diagnostic process, and identifies helpful Alzheimer's Association resources.

Location: Oasis at The Meadows

Thursday
Free

Aug 6
1:00-2:30

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CANCER SERIES

Dolores Garcia, B.S.

87 Skin Cancer

There are several different skin cancer types: basal cell carcinoma, squamous cell carcinoma and melanoma. They are all named after the skin cells that become affected. Come and improve your knowledge about the risk factors, warning signs, screening guidelines and treatment options for skin cancer.

Location: Oasis at The Meadows

Wednesday
Free

May 13
10:00-11:30

88 Breast Cancer

Breast cancer is the most commonly diagnosed cancer, and second leading cause of cancer related death among U.S. women. Come and improve your knowledge about the risk factors, warning signs, screening guidelines and treatment options for breast cancer.

Location: Oasis at The Meadows

Wednesday
Free

Jun 17
10:00-11:30

89 Cancer Survivorship

Who is a Cancer Survivor? What happens during and after cancer treatment? Come and improve your knowledge about cancer survivorship.

Location: Oasis at The Meadows

Wednesday
Free

Jul 15
10:00-11:30

90 Cancer Clinical Trials

What is a clinical trial? Improve your understanding about the components of a cancer clinical trial.

Location: Oasis at The Meadows

Wednesday
Free

Aug 19
10:00-11:30

NUTRITION SERIES

91 An Anti-Inflammatory Diet for Bettering Health

Can Survive Wellness Project

This class will focus on chronic inflammation and the diseases associated with it. Anti-inflammatory foods can help in reducing the effects of chronic inflammation and reduce risk for heart disease, cancer, stress, and neurological disorders. Learn how to incorporate anti-inflammatory foods in your everyday diet. Recipes and sources will be provided.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Jun 9
1:00-2:30



92 Hydration and Healthy Beverage Choices

Gretchen Hill

Learn more about fluid intake, the importance of staying hydrated and tips to make healthy beverage choices! Participants will enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Friday
Fee: \$5

Jun 12
10:00-11:30



93 Calcium and Vitamin D Superstars

Gretchen Hill

Learn about the important nutrients in dairy and ways to incorporate low-fat and fat-free dairy products into your diet. Participants will enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Jun 23
1:00-2:30

94 Stay Regular-Dietary Fiber

Carol White

Learn about the benefits of fiber and how to identify whole grains. Come away with a general understanding of food labels, focusing on fiber and tips to increase fiber and whole grain consumption. Participants will enjoy a healthy snack and a free health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Monday
Fee: \$5

Jul 20
10:00-11:30

95 Healthy Cooking for Diabetes

San Antonio Food Bank

Eating healthful meals is an essential part of managing diabetes. A chef from the San Antonio Food Bank will show you the tips and tricks for healthy diabetic cooking, complete with a demonstration of a healthy, easy and tasty recipe.

Location: Oasis at The Meadows

Monday
Free

Jul 27
1:00-2:30



AGING MASTERY PROGRAM

Sponsored by:



Modest lifestyle changes can produce big results! Be empowered and supported to cultivate health and longevity. We will encourage mastery, developing sustainable behaviors across many dimensions, leading to improved health, stronger financial security and overall well-being. This is a fun and engaging education and behavior change incentive program for aging well. The ten-part series includes:

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

96 Location: Oasis at The Meadows

Wednesdays Jun 3-Aug 5
Free 1:00-2:30

97 Location: Presa Community Center 3721 S. Presa St.

Thursdays May 14-Jul 16
Free 10:00-11:30



98 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 May 15, Jun 19, Jul 17, Aug 21
Free 11:00-12:00

99 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

Mondays Jun 1-Jul 6
Free 1:00-3:30

100 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

Tuesdays Jul 14-Aug 18
Free 9:30-12:00

These classes are sponsored by:



101 All About the Kidneys

Dr. Mayralis De Jesus

Your kidneys are a very important part of your health. We will discuss how to keep kidneys healthy while learning the different aspects of the organ.

Location: Oasis at The Meadows

Thursday May 21
Free 1:00-2:00

102 Blood Pressure

Dr. Chleo Belmonte

Blood pressure is a measurement of force against the walls of your arteries as the heart pumps blood through the body. This class will discuss diagnosis, management and treatment of blood pressure ailments.

Location: Oasis at The Meadows

Thursday Jun 18
Free 1:00-2:00



103 Thyroid

Dr. Patricia Chung

Did you know the thyroid can be overactive (hyperthyroidism) or underactive (hypothyroidism)? We will discuss these thyroid conditions and more.

Location: Oasis at The Meadows

Thursday Jul 16
Free 1:00-2:00

104 Fatty Liver

Dr. Joshua Beck

Learn more about this condition which may cause the liver to swell. A swollen liver may cause scarring (cirrhosis) over time and may even lead to liver cancer or liver failure.

Location: Oasis at The Meadows

Thursday Aug 13
Free 1:00-2:00



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JAPAN SERIES

105 The Art of Japan: From Ancient Origins to the Early 20th Century

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

The art of Japan is examined from its earliest origins through the Jomon and Yayoi periods, and the origins of Shinto, through the Asuka and Nara periods and the influences of China, Korea and Buddhism. Reforms and rebellions in the Heian and Fujiwara periods brought a resurgence of indigenous Japanese art whose styles contributed to the great novel *The Tale of Genji*, Zen Buddhism, Japanese tea houses and that exquisite “wabi-sabi” aesthetic. Come join our exploration of Japanese art as we conclude with the art of late 19th Century Momoyama, Edo and Meiji Japan.

Location: Oasis at The Meadows

Tuesday **May 12**
Fee: \$6 **10:00-11:30**



106 The Japanese Education System

Roger Pratt, MA in East Asian Studies

In this class, let's briefly take a look at what Japanese education used to consist of, how/why it evolved, what it is today, and why it's so very important in Japanese society. We will take a look at: Was/is it co-ed? Can you say “Cram School”? What is the Old Boy system after one graduates? Do men and women earn the same in the workforce? And more!

Location: Oasis at The Meadows

Wednesday **Jun 24**
Fee: \$6 **10:00-11:30**

107 The Art of Modern Japan

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

The Art of Modern Japan looks at Japanese art from the Western-styled painting of the Showa period beginning 1912, through the Japanese interpretation of Art Deco and Art Moderne influenced by the French. Japanese art during World War II brought political and propaganda art to the forefront, and afterwards an art that was highly internationalized and postmodern. Japanese influence in architecture and home decor have added a Zen-like simplification while Japanese artists' work in the field of animation and computer-generated art continues to lead the world, in its Anime and Manga graphic novels and computer games.

Location: Oasis at The Meadows

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

108 Marriages in Japan

Roger Pratt, MA in East Asian Studies

Is it as simple as saying, “I do?” In Japan, is it monogamous or polygamous? In this class, we'll look at the two situations that lead to “Will you marry me?,” the wedding industry, the average ages when getting married, who's the breadwinner, who's the family CFO and who has what responsibilities in the family. What if a foreigner is involved? Come and find out this and more!

Location: Oasis at The Meadows

Friday **Aug 7**
Fee: \$6 **10:00-11:30**



109 Preserving Your History Through Storytelling

Brooke Pillifant

Join San Antonio Storyteller, Brooke Pillifant to discuss collecting family history through storytelling in order to help preserve your history for the next generation. Learn how to record and share your stories with your family.

Location: Oasis at The Meadows

Monday

Fee: \$6

May 11

10:00-11:30

110 The Art of the Tango

Beverly Prado

Tango music had its origins in Argentina, Uruguay and Montevideo in the late 1800s, as new immigrants from Europe came to South America. Over the years, this unique, sensual mix of flamenco, waltz and other genres has gained great popularity, especially with the addition of dancers who transformed the music. Early pioneers like Carlos Gardel made the way for newer composers like Astor Piazzolla who fused jazz with the older traditions. Using bandoneon (accordion), violin and other instruments, the music soars with passion and energy. Join us for film clips and conversation.



Location: Oasis at The Meadows

Thursday

Fee: \$6

May 14

10:00-11:30

111 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

Fee: \$5

May 18, Jun 15, Jul 20, Aug 17

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.

112 Gender Inequalities

Gender relationships are constantly changing and inequalities between men and women are questioned in virtually every sphere - at work, in the home and in public affairs. Are these gender gaps and inequalities still persistent? If so, in what ways?

Location: Oasis at The Meadows

Monday

Fee: \$5

May 18

10:30-11:30

113 Homelessness

In January of 2018, a total of 552,830 people were experiencing homelessness. Sixty-Seven percent of these people are individuals and 33% are families. Are the current homelessness programs working to reduce these numbers?

Location: Oasis at The Meadows

Monday

Fee: \$5

Jun 29

10:30-11:30

114 Is Recycling Worth It?

Recycling has been seen as a great success for the environment. Early on it morphed into a gigantic global trade with China at the helm. In 2017, China upended the global recycling markets and now people are questioning the cost of recycling. Is it worth it?

Location: Oasis at The Meadows

Monday

Fee: \$5

Jul 27

10:30-11:30

SOCIAL AWARENESS SERIES

Megan Merriman, MPH

During each session we will watch a movie or documentary and then have a discussion about it.

115 Ask Dr. Ruth

Dr. Ruth is one of America's most famous sex therapists. We will watch a documentary about her life; where she reflects on her painful past, to include surviving the Holocaust, as well as her career path and how that lead her to the forefront of the sexual revolution. Following the film, we will hold a short discussion.

Location: Oasis at The Meadows

Wednesday **May 20**
Fee: \$5 **10:00-12:00**

116 Ruth Bader Ginsburg

Based on the life and early cases of U.S. Supreme Court Justice, Ruth Bader Ginsburg, *On the Basis of Sex* follows the struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. Join us to watch the film in the first session and come back for a discussion in the second session.

Location: Oasis at The Meadows

Thursdays **Jun 11-18**
Fee: \$7 **1:00-3:00**

117 Sick Around the World

In this film, FRONTLINE correspondent T.R. Reid examines first-hand the healthcare systems of other advanced capitalist democracies – U.K., Germany, Switzerland, Japan and Taiwan – to see what tried and tested ideas might help the U.S. reform our healthcare system. Following the film, we will hold a short discussion.

Location: Oasis at The Meadows

Monday **Jul 13**
Fee: \$5 **1:00-2:30**

118 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 **May 19, Jun 16, Jul 21, Aug 18**
Fee: \$5 **10:00-11:30**

119 Organic/ Natural Gardening

Bexar County
Master Gardeners



Organic gardening doesn't mean your plants are left to fend for themselves. A Bexar County Master Gardener will give you the tools you can use to boost plant health, ward off pests and get the most for your money when fertilizing. They will also discuss what plants grow best in this area.

Location: Oasis at The Meadows

Tuesday **May 26**
Fee: \$6 **6:00-7:30** 🌙

120 Overcoming Writers Block

Gloria Jennings

Writer's block is a phenomenon experienced by writers that is best described as an overwhelming feeling of being stuck in the writing process without the ability to move forward and write anything new. Join us as we discuss ten ways to move forward. We will use prompts and written exercises to unlock your potential and finish your story.

Location: Oasis at The Meadows

Thursday **May 28**
Fee: \$5 **10:00-11:30**

COLD WAR SERIES

Michael Cude, Ph.D., Schreiner University

121 Cold War Beginnings

This class will set the stage by showing the transition into the Cold War after World War II. It will address the 1940s and 1950s in Europe and Asia, considering key events such as the Berlin Blockade, the Chinese Revolution, and the Korean War.

Location: Oasis at The Meadows

Thursday **May 28**
Fee: \$6 **1:00-2:30**



122 East European Communism

This class will examine the Cold War era from the East European perspective. It will provide an overview of the social and political organization of communism in the region to illustrate what life was like on the other side of the iron curtain. It will address watershed moments such as the Hungarian Revolution in 1956 and the Prague Spring in 1968.

Location: Oasis at The Meadows

Thursday **Jun 25**
Fee: \$6 **1:00-2:30**



123 The Cold War and the Third World

This course will address the effects of the Cold War on countries outside of Europe, as the process of decolonization draws countries into the orbit of the Cold War. Focusing on the 1960s, it will highlight key conflict areas such as Cuba and Vietnam.

Location: Oasis at The Meadows

Thursday **Jul 9**
Fee: \$6 **1:00-2:30**

124 The Era of Détente

Addressing the 1970s, this class will overview the attempts by the Western and Soviet



Bloc countries to ease Cold War tensions. It will illustrate efforts to open relations and pursue limited cooperation, while also noting where traditional Cold War mentalities remained influential.

Location: Oasis at The Meadows

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

125 The End of the Cold War

This course will consider the key people and events in the 1980s that led to the fall of Communism in Eastern Europe. After examining the shifts within the Soviet Union that set the stage, the class will provide an overview of the series of revolutions starting in 1989 that ended East European communism and the Cold War.

Location: Oasis at The Meadows

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

126 Jewish Customs and Traditions

Jewish Federation of San Antonio

Have you ever wondered why your Jewish friends, acquaintances or extended family members interact with you in particular ways, eat certain foods at various times of the year, or have unique ways in which they view and interact with the world? A member of the Jewish Federation of San Antonio will unravel some of the mysteries of Jewish customs and traditions.

Location: Oasis at The Meadows

Monday	Jun 1
Fee: \$6	10:00-11:30

127 Create a Summer Wreath

Pam Millisor

Making a spectacular summer wreath is a simple and fun way to express your creativity. In this class students will learn to create colorful wreaths and take their creations home to celebrate summer. All supplies will be provided.

Location: Oasis at The Meadows

Wednesday	Jun 3
Fee: \$40	10:00-12:00

128 Let's Explore Pastels

Georgia Stok

This is an introductory-level class using bold, beautiful color! Techniques covered include quick and easy color mixing, how to get that "3D" look, color harmony, effects of different pastels and papers, and last but not least, the ease of erasing. Supply list will be provided. Approximate cost of supplies is \$50.

Location: Oasis at The Meadows

Tuesdays	Jun 2-Jul 7
Fee: \$42	1:00-3:00



129 Geology of the Beach

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

One of the most enjoyable things about being at the beach in the summer is the acres and acres of sand. We love to wiggle our toes in it, build castles out of it, and dig for clams in it. But as calm and simple as a sandy beach may appear, it actually is a dynamic environment that is the result of a long and complex geologic history. In this class, we will explore the different geologic processes that form, shape, and in some cases destroy the beach environment to develop a new appreciation of this iconic summer vacation destination. Bring your favorite beach memories, and find out the role geology has played in helping you make them.

Location: Oasis at The Meadows

Tuesday	Jun 2
Fee: \$6	10:00-11:30



130 San Antonio Symphony Mini Performance



San Antonio Symphony

Get to know a San Antonio Symphony musician and enjoy a short instrumental performance, up close and personal. Bring your questions such as what the life of a professional musician is like, how he or she chose the instrument, how it works and how it was made, what's unique about the San Antonio Symphony and why people in our community should experience and support it.

Location: Oasis at The Meadows

Tuesday	Jun 2
Fee: \$6	10:00-11:30

131 The History of San Antonio's Parks and Plazas

Jenny Hay, Ph.D.,
City of San Antonio
Office of Historic Preservation



During this presentation we will learn about the Spanish Colonial plazas (Main Plaza, Plaza de Armas), San Pedro Springs Park, and Travis Park. We will discuss the cultural tradition of public spaces and recreation over the past three centuries as well as key players in the dedication, development, and management of the sites.

Location: Oasis at The Meadows

Thursday Jun 4
Fee: \$6 1:00-2:30

132 Expedition Extraordinaire! The Lewis and Clark Expedition: 1804-1806

Bill Perryman, M.Ed.

Is your Keel Boat ready? Travel with Meriwether Lewis, William Clark, "Seaman" the Newfoundland dog, and all the men of the Corps of Discovery as master teacher Bill Perryman brings to life captivating stories and details of an extraordinary journey that opened the door to the American West!

Location: Oasis at The Meadows

Thursday Jun 4
Fee: \$9 10:00-11:30

133 Movie Discussion: The Big Chill

Lynn Waghalter

After the shocking suicide of their friend, a group of seven former college friends reunite for his funeral and end up spending the weekend together. The first week we will watch the movie, the second we will discuss it. Refreshments will be served. This movie is rated R.

Location: Oasis at The Meadows

Tuesdays Jun 16-23
Fee: \$7 5:30-7:30 🌙

134 The Plays of Eugene O'Neill in the Fall and Winter of His Life

John Boswell, Retired Adjunct History Professor

Our year-long study of the life and plays of O'Neill continues this summer with four consecutive sessions. Among the works to be studied in depth: *Desire Under the Elms*; *Strange Interlude* (Pulitzer Prize); *Mourning Becomes Electra*; *Ah, Wilderness!*; *The Iceman Cometh*; and *Long Day's Journey into Night* (Pulitzer Prize.) As we approach the home stretch of this lengthy study of America's greatest playwright, words of perseverance from England's greatest playwright come to mind: "Many strokes, though with a little axe, hews down and fells the hardest-timbered oak." (Shakespeare, Henry VI, Part 3.)

Location: Oasis at The Meadows

Thursdays Jun 18-Jul 9
Fee: \$20 10:30-12:00

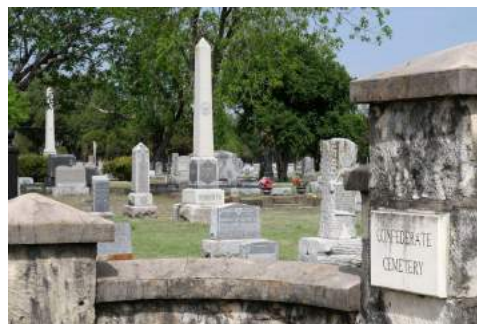
135 More of San Antonio's Historic Eastside Cemeteries

Bruce Martin, Certified Professional Tour Guide

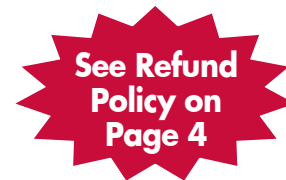
If you attended the original Historic Eastside Cemeteries lecture, or even if you didn't, discover even more surprises of San Antonio's Eastside Cemeteries in this entertaining slideshow. The richness of our local history will be brought to life via tragic, humorous, and inspiring stories. We will investigate cemetery history and architecture to reveal the significance of another San Antonio hidden treasure.

Location: Oasis at The Meadows

Monday Jun 22
Fee: \$7 10:00-11:30



Registration Procedures



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

- **Walk-In and Mail-In - Registrations Processed April 28, 2020**
(Placed in a box and randomly drawn and processed)
- **Online - Registration Opens April 28, 2020 at 11:00am**
- **Phone-In - Registration Opens April 30, 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. **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 the CVV number. 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. ____/____ CVV#: _____ (On Back of Card)

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	\$28			
	11	Tai Chi	\$35			
	12	Tai Chi	\$35			
	13	Tai Chi for Beginners	\$30			
	14	Tai Chi for Beginners	\$30			
	15	Tai Chi for Beginners	\$30			
	16	Qigong for Wellness	\$30			
	17	Qigong for Wellness	\$30			
	18	Qigong for Wellness	\$30			
	19	Monday Yoga	\$24			
	20	Monday Yoga	\$30			
	21	Monday Yoga	\$30			
	22	Gentle Yoga	\$20			
	23	Yoga Foundations	\$30			
	24	Yoga Foundations	\$30			
	25	Yoga Foundations	\$30			
	26	Yoga Stretch	\$24			
	27	Yoga Stretch	\$30			
	28	Yoga Stretch	\$30			
	29	Yoga Stretch	\$30			
	30	Yoga Stretch	\$30			
	31	Yoga Stretch	\$30			
	32	Stretching	\$25			
	33	Stretching	\$25			
	34	Stretching	\$25			
	35	Chair Dynamics	\$50			
	36	Chair Dynamics	\$50			
	37	Chair Dynamics	\$50			
	38	Barre Fit	\$50			
	39	Barre Fit	\$50			
	40	Barre Fit	\$50			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	41	Drumming for Fitness	\$25			
	42	Drumming for Fitness	\$25			
	43	Drumming for Fitness	\$25			
	44	Stepping to the Music	\$25			
	45	Stepping to the Music	\$25			
	46	Mixed Fitness	\$25			
	47	Mixed Fitness	\$25			
	48	Mixed Fitness	\$25			
	49	Balance in Motion	\$25			
	50	BrainSavers Part 1	Free			
	51	BrainSavers Part 2	Free			
	52	Deep Water Aquacise	\$54			
	53	Deep Water Aquacise	\$60			
	54	Deep Water Aquacise	\$60			
	55	Deep Water Aquacise	\$60			
	56	Deep Water Aquacise	\$60			
	57	Deep Water Aquacise	\$60			
	58	Oasis Walking Group	\$25			
	59	Oasis Walking Group	\$25			
	60	Better Sleep - Better You	\$35			
	61	Meditation	\$30			
	62	Dream Interpretations	\$12			
	63	Dealing with Grief	Free			
	64	Loneliness	\$5			
	65	Conscious Breathing	\$5			
	66	Good Oral Health	\$5			
	67	Hearing Loss	\$5			
	68	Hearing Aid Breakthroughs	Free			
	69	When Less is More	\$5			
	70	Acupuncture and Acupressure	\$5			
	71	Be With People Dying	Free			
	72	I'm Getting Older, Doc!	\$5			
	73	Mindfulness	\$5			
	74	Medications/Hospital	Free			
	75	CBD: Hype or Hope?	\$5			
	76	Nutrition/Aging Brain	\$5			
	77	Exercise/Aging Brain	\$5			
	78	Spirituality/Aging Brain	\$5			
	79	Fifty Questions	\$16			
	80	Caregiving for Chronic Illness	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#
	81	Caregiver Support Group	Free			
	82	Alzheimer's Support Group	Free			
	83	Responding to Dementia	Free			
	84	Understanding Alzheimer's	Free			
	85	Alzheimer's Communication	Free			
	86	Ten Warning Signs	Free			
	87	Skin Cancer	Free			
	88	Breast Cancer	Free			
	89	Cancer Survivorship	Free			
	90	Cancer Clinical Trials	Free			
	91	An Anti-Inflammatory Diet	\$6			
	92	Hydration/Healthy Beverage	\$5			
	93	Calcium and Vitamin D	\$5			
	94	Stay Regular	\$5			
	95	Healthy Cooking for Diabetes	Free			
	96	Aging Mastery Program	Free			
	97	Aging Mastery Program	Free			
	98	Chronic Disease Support Group	Free			
	99	Diabetes Self-Management	Free			
	100	Living a Healthy Life	Free			
	101	All About the Kidneys	Free			
	102	Blood Pressure	Free			
	103	Thyroid	Free			
	104	Fatty Liver	Free			
	105	The Art of Japan: Ancient	\$6			
	106	Japanese Education System	\$6			
	107	The Art of Modern Japan	\$6			
	108	Marriages in Japan	\$6			
	109	Preserving History/Storytelling	\$6			
	110	Art of the Tango	\$6			
	111	Book Discussion Group	\$5			
	112	Gender Inequalities	\$5			
	113	Homelessness	\$5			
	114	Is Recycling Worth It?	\$5			
	115	Ask Dr. Ruth	\$5			
	116	Ruth Bader Ginsburg	\$7			
	117	Sick Around the World	\$5			
	118	Writers Group	\$5			
	119	Organic/Natural Gardening	\$6			
	120	Overcoming Writers Block	\$5			
	121	Cold War Beginnings	\$6			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	122	East European Communism	\$6			
	123	The Cold War/Third World	\$6			
	124	The Era of Detente	\$6			
	125	The End of the Cold War	\$6			
	126	Jewish Customs	\$6			
	127	Create a Summer Wreath	\$40			
	128	Let's Explore Pastels!	\$42			
	129	Geology of the Beach	\$6			
	130	San Antonio Symphony	\$6			
	131	History of SA Parks/Plazas	\$6			
	132	Lewis and Clark Expedition	\$9			
	133	The Big Chill	\$7			
	134	Eugene O'Neill	\$20			
	135	Historic Eastside Cemeteries	\$7			
	136	Old World Wines	\$35			
	137	Growing Cacti/Succulents	\$6			
	138	Acrylic Pouring	\$7			
	139	Hollywood Musical Masters	\$6			
	140	Angelology: The Archangels	\$6			
	141	The Wife of Bath	\$6			
	142	Geology of the Mountains	\$6			
	143	History SA Riverwalk	\$6			
	144	Who's Afraid of Virginia Woolf?	\$7			
	145	George Washington	\$9			
	146	Pen and Ink with Watercolor	\$42			
	147	Floral Arrangement	\$25			
	148	Most Famous Banned Books	\$6			
	149	Plant Propagation	\$6			
	150	Family Heirloom Book	\$15			
	151	James Bond Theme Songs	\$5			
	152	Collaboration in Hollywood	\$6			
	153	Texas Secession	\$6			
	154	Female Country-Western	\$5			
	155	Canary Islanders in Texas	\$6			
	156	Tabernacle to Temple	\$6			
	157	The Oracles	\$5			
	158	Brotherly Jazz	\$6			
	159	Cooking with Whole Grains	Free			
	160	Volunteering at Morningside	Free			
	161	Farm-to-Table Movement	\$4			
	162	Outsmart the Scammers	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	163	Traveling in Today's Train	\$4			
	164	State Rep. Ray Lopez	Free			
	165	Landscape Maintenance	\$4			
	166	Volunteering at Oasis	Free			
	167	Farmers Market Shop and Cook	Free			
	168	Who Insures Your Money	\$6			
	169	The SA River Authority	\$4			
	170	Ask ASC - Senior Resources	Free			
	171	VIA Services for Seniors	Free			
	172	Cooking on a Budget	Free			
	173	Responding to Parents Aging	\$5			
	174	Bexar County Elections	\$4			
	175	Wills and Trusts	\$6			
	176	Financial Emergencies	\$6			
	177	Cooking Summer Vegetables	Free			
	178	Bexar County Sheriff's Office	Free			
	179	Conservation	\$4			
	180	Smart Consumer Workshop	\$4			
	181	Who Decides/Guardianship	\$6			
	182	Pressing Retiree Questions	\$6			
	183	Jefferson Outreach	Free			
	184	Bullying	\$5			
	185	How to Avoid a Crisis	\$4			
	186	The Electoral College	\$6			
	187	YouTube	\$8			
	188	Everything iPad	\$40			
	189	Password Managers	\$10			
	190	Windows 10	\$20			
	191	Windows 10	\$20			
	192	Beginner's Guide to the Cloud	\$10			
	193	Digital Safety Seminar	\$8			
	194	iPhone Basics	\$8			
	195	Going Wireless	\$10			
	196	Smartphone Photography	\$20			
	197	Privacy and Security Online	\$10			
	198	Alternatives to Cable	\$8			
	199	Android Essentials	\$20			
	200	Do Your Paperwork Now	Free			
	201	The Ancient Greeks	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	202	Let's Get Happier Today	Free			
	203	16th Century Japan	Free			
	204	Make Greeting Cards	\$15			
	205	Estate Planning	\$4			
	206	History of the American Flag	\$4			
	207	Healthy Living	Free			
	208	Container Gardening	Free			
	209	Famous Hollywood Directors	Free			
	210	Introduction to Meditation	Free			
	211	The Anti-Inflammatory Diet	Free			
	212	Loss of Life Advocates	Free			
	213	Declutter Your World!	Free			
	214	Medications/Hospital	Free			
	215	Medicare Fraud	Free			
	216	Estate Planning	Free			
	217	Veteran's Benefits	Free			
	218	Fall Prevention and You	Free			
	219	San Antonio Food Bank	Free			
	220	Medications/Hospital	Free			
	221	Loss of Life Advocates	Free			
	222	Medicare Fraud	Free			
	223	San Antonio Food Bank	Free			
	224	Lighthouse for the Blind	Free			
	225	Veteran's Benefits	Free			
	226	Medications/Hospital	Free			
	227	Outsmart the Scammers	Free			
	228	Dealing with Grief	Free			
	229	Lighthouse for the Blind	Free			
	230	Planning for the Future	Free			
	231	Lighthouse for the Blind	Free			
	232	San Antonio Food Bank	Free			
	233	Galveston Preview Show	Free			
	234	Nature Walking Tour	\$25			
	235	The Rain to Drain Experience	\$64			
	236	'Cinderella The Musical'	\$74			
	237	Exploring Kerrville	\$59			
	238	San Marcos Attractions	\$69			
	239	Silver Sounds of Oasis	Free			
	330	Galveston	\$200 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 have enclosed a self addressed stamped envelope to mail my confirmation letter.

FOR OFFICE USE ONLY

Date: _____

☐ Walk In ☐ Phone In

☐ Mail In ☐ Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

136 Old World Wines vs. Their New World Counterparts

Bob Bragg, WSET Level 3, CSW

During this class we will taste wines like Malbec, Sauvignon Blanc, and Shiraz. These wines are now famous for their New World versions from Argentina, New Zealand, and Australia yet actually originated in France long before they were transplanted in to their new homes.

Location: Oasis at The Meadows

Monday
Fee: \$35

Jun 22
1:00-3:00



137 Growing Cacti and Succulents

Bexar County Master Gardeners

Growing cacti and other succulent plants can be an addictive pastime! In this class you will learn the differences between cacti and succulents and how to care for them both indoors and outdoors.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Jun 23
10:00-11:30

138 Acrylic Pouring

Edith Stanley

Acrylic pouring is a great way to make unique abstract paintings. No two are ever alike because you can never tell just what the paint decides to do! It's easy and fun. Great for gifts or your own home decor. Supply list will be provided. Estimated cost of supplies \$30.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Jun 30
5:30-7:30



139 Hollywood Musical Masters

Beverly Prado

Three of the most enduring directors of the Hollywood Musical genre are Busby Berkeley, Vincent Minnelli, and Stanley Donen. How did they do it? This class will explore their influence with clips from famous musicals like *Gold Diggers of 1933*, *Million Dollar Mermaid*, *Meet Me in St. Louis*, *An American in Paris*, *Singin' in the Rain*, *Seven Brides for Seven Brothers* and others. It's going to be fun to sing and dance in our seats as we explore these masters.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Jun 24
1:00-2:30

140 Angelology: The Archangels

Christina Howard

Join us for an introduction to the fascinating study of angels. Though angels exist in many faiths, this presentation will focus primarily on the angels from early Christian and Jewish perspectives. Using canonical and non-canonical historical resources, this visual lecture will cover some of the "classical" angels whose names we are already familiar with; Michael, Gabriel, Raphael, Uriel, Anael and others.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Jun 30
10:00-11:30



**REGISTER
EARLY...**

**or the class you want
may be filled!**

141 The Wife of Bath

Judith Hurst, MA

Chaucer, centuries ahead of his time, gives us his most provocative character yet in his *Canterbury Tales*. She wears scarlet stockings, kerchiefs weighing ten pounds, red boots, has been on as many pilgrimages as she has had husbands (five) and knows all the remedies of love. And yet, in spite of her ostentatious apparel and behavior, she shares gems of unparalleled wisdom and pragmatism with us.

Location: Oasis at The Meadows

Wednesday **Jul 1**
Fee: \$6 **10:00-11:30**

142 Geology of the Mountains

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

Mountains are among the most striking features of our planet. We go to the mountains to experience their beauty and grandeur. Geologists especially love mountains because the rocks are easy to see, and they can test their skills in trying to figure out the geologic processes that have led to what we see today. Geologic fieldwork in the mountains has played a central role in understanding the history of the Earth. In this class, we will explore the way that mountains form, the processes that are gradually wearing them away, and the geologic cycles that have caused them to rise again and again throughout Earth's history. The naturalist, Aldo Leopold, encouraged us to "think like a mountain," and after attending this class, you will have a better sense of what that means the next time you go to a higher elevation.

Location: Oasis at The Meadows

Wednesday **Jul 8**
Fee: \$6 **10:00-11:30**



143 History of the San Antonio Riverwalk

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

San Antonio is one of the most distinct and vibrant cities in the country, and nothing exemplifies that more than the San Antonio Riverwalk. Come learn the rich history of one of San Antonio's greatest treasures.

Location: Oasis at The Meadows

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



144 Movie Discussion: Who's Afraid of Virginia Woolf?

Gloria Jennings

Who's Afraid of Virginia Woolf? is a 1966 dark comedy-drama directed by Mike Nichols in his directorial debut starring Elizabeth Taylor and Richard Burton. It was nominated for 13 Academy Awards, winning five, including Best Picture, and is one of only two films to be nominated in every eligible category at the Academy Awards. In 2013, the film was selected for preservation in the United States National Film Registry by the Library of Congress. The first session we will watch the movie, the second we will discuss it. Refreshments will be served.

Location: Oasis at The Meadows

Mondays **Jul 27-Aug 3**
Fee: \$7 **10:00-12:00**



145 George Washington- A Call to Duty

Bill Perryman, M.Ed.

A man of duty and steadfast perseverance – from surveyor to soldier from Pope's Creek to Mount Vernon from general to president; Bill Perryman brings to life the emotional story of America's first Constitutional President – George Washington!

Location: Oasis at The Meadows

Tuesday **Jul 14**
Fee: \$9 **10:00-11:30**



146 Pen & Ink with Watercolor

Georgia Stok

Join us for a user-friendly approach using watercolors along with pen and ink. The use of ink with watercolor adds more control, and watercolor can be applied with simple washes. Supply list will be provided. Estimated cost of supplies is \$35.

Location: Oasis at The Meadows

Tuesdays **Jul 14-Aug 18**
Fee: \$42 **1:00-3:00**

147 Create a Fun Floral Arrangement

*Joseph Leal and
Angelica Lopez*



A classic mixed-flower arrangement doesn't have to be difficult. Using your intuition, and a few easy instructions, you will learn how to create floral arrangements and make one to take home with you. All supplies will be provided. If you have a pair of small pruning shears, please bring them.

Location: Oasis at The Meadows

Wednesday **Jul 15**
Fee: \$25 **10:00-12:00**

148 The Most Famous Banned Books

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

According to the American Library Association, more than 300 books were banned in the United States. The ALA also notes that the number may be more because up to 70% of books banned are not reported. In this class we will look at which books are most frequently banned in the U.S. and why. We will discuss the effect of banning books. We will also discuss books that were banned for odd reasons. Finally, we will look at a brief history of censorship and book banning.

Location: Oasis at The Meadows

Thursday **Jul 16**
Fee: \$6 **10:00-11:30**



149 Plant Propagation

Bexar County Master Gardeners

Propagating plants is an inexpensive and easy way to get new plants from plants you already have. There are a variety of plant propagation tools and methods; from taking cuttings to layering to dividing and more. Come learn the tips and tricks so you can successfully propagate your own plants.

Location: Oasis at The Meadows

Wednesday **Jul 22**
Fee: \$6 **10:00-11:30**



150 Crafting a Family Heirloom Book

Edith Stanley

For this class we will be journaling our stories from our grandparents, parents and our own life experience to hand down to our children, grandchildren and beyond. Serving as a beacon of light to the future, it is intended to chart the course of our ancestors and our own journey, through journaling and a bit of doodling and scrapbooking. In it we can recount our lineage and offer up the vast knowledge gathered over a lifetime. Supplies will be provided. Bring any clippings and photos you would like to use.

Location: Oasis at The Meadows

Thursday
Fee: \$15

Jul 23
10:00-12:00

151 James Bond Movie Theme Songs

Stan and Lynn Waghalter

"Bond ... James Bond." Those three words changed film history. The "James Bond Theme" is the main signature theme of the James Bond films and has been featured in every Bond film since *Dr. No*, was released in 1962. So revered is the Bond musical legacy that it has become an honor to be asked to sing a Bond song. Join us as we listen to and discuss some of the many theme songs of James Bond films.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Jul 28
1:00-2:30



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

152 The Art of Collaboration in Hollywood

Beverly Prado

Chemistry in a film is often difficult to achieve in Hollywood, but over time, certain combinations of actors, directors, and writers have made the big screen pop with excitement. Director John Ford often collaborated with John Wayne and Henry Fonda, John Huston and Humphrey Bogart produced masterpieces like; *The Maltese Falcon* and *Treasure of the Sierra Madre*, Clark Gable's chemistry with his leading ladies like Joan Crawford and Jean Harlow is legendary. William Powell and Myrna Loy in the "Thin Man" series, not to mention Fred Astaire and Ginger Rogers, gave us sophisticated performances. This class will explore this theme with film clips and conversation.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Jul 28
6:00-7:30



153 Texas Secession - Then (!) and Now (?)

John Boswell, Retired Adjunct History Professor

Texas entered the union in a unique manner, which lead many to assert that Texas had a right to secede in 1861 and leads some to argue that Texas has a right to secede even now. This lecture will look at the theory and history of state secession, both from the U.S. and Texas perspectives.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Jul 30
10:30-12:00

154 Female Country Western Singers

Gloria Jennings

Many country music singers who have risen to the top of the genre are female and despite venturing in a field that is dominated by males, they have made a mark that cannot be ignored. While reviewing the most successful country music singers, you cannot afford to overlook women who decorated the genre with their beautiful voices. Join us as we enjoy, through videos and discussion, the musical talents of Patsy Kline, Loretta Lynn, Tammy Wynette, Dolly Parton and others.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Aug 5
10:00-11:30



155 The Canary Islanders in Texas

Julia Lopez, Canary Islands Descendants Association

Immigrants from the Spanish Canary Islands played a vital role in the founding of San Antonio. The Canary Islanders arrived in South Texas in 1731 and founded the first organized civil government in Texas, San Fernando de Béxar (renamed San Antonio after Texas' independence from Mexico). Learn more about the rich history of the Canary Islanders from Julia Lopez, a member of Canary Islands Descendants Association, Daughters of the Republic of Texas, Daughters of the American Revolution, Texas First Families, and Tejano Genealogical Society of Austin.

Location: Oasis at The Meadows

Monday
Fee: \$6

Aug 10
1:00-2:30



156 From Tabernacle to Temple: Solomon's Temple in Jerusalem

Christina Howard

This presentation will go from the tented tabernacle to the construction and use of Solomon's Temple in Jerusalem. From conception to completion, this lost wonder of the ancient world still intrigues many. There is a lot to learn in this fast-paced visual lecture.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Aug 4
10:00-11:30

157 The Oracles: Supreme Court Landmark Cases: 1857-1978

Judith Hurst, M.A.

This lecture/discussion will focus on the justices' own words as they reach a decision-either for or against-what they said and why. We will review and discuss opinions of ten cases including Dred Scott v. Sanford; Brown v. Board of Education; Gideon v. Wainwright; Miranda v. Arizona; Roe v. Wade and several other precedent-setting decisions.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Aug 12
10:00-11:30

158 Brotherly Jazz - The Heath Brothers

George and Beverly Prado

In jazz history, brothers Percy, Jimmy, and Tootie Heath are giants. Formed in 1975 after years of working with famous names like The Modern Jazz Quartet, Miles Davis, Dizzy Gillespie, etc., they made their mark together as part of the jazz fraternity. Explore their legacy complete with performance clips and biography.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Aug 20
10:00-11:30

159 Cooking with Whole Grains

San Antonio Food Bank

Find easy ways to get your whole grains with tasty whole grain recipes demonstrated by the San Antonio Food Bank.

Location: Oasis at The Meadows

Tuesday
Free

May 12
6:00-7:30 🌙

160 Volunteering at Morningside Ministries

Don Winkler

Morningside Ministries has many volunteer opportunities available. Come learn about all the opportunities available for you to volunteer and give back to the community.

Location: Oasis at The Meadows

Thursday
Free

May 14
1:00-2:00

161 The Farm-to-Table Movement

Elizabeth Johnson, Pharm Table

Farm-to-table can mean different things to different people. At its heart, farm-to-table means that the food on the table came directly from a specific farm, without going through a store, market, or distributor. The movement is catching on in San Antonio, with more and more chefs and restaurants sourcing from local, regional or high-quality farms to ensure that your meal is as fresh, healthy and delicious as possible. Come find out more about the history of the farm-to-table movement and why it is better for your overall health.

Location: Oasis at The Meadows

Thursday
Fee: \$4

May 14
1:00-2:30



162 Outsmart the Scammers

Sandy Blanton

It is estimated that seniors lose \$3 billion annually to fraud and scams. Chances are you know someone who has been a victim of this crime. It can happen to anyone. Learn how to spot, report and prevent some of the most common types of scams, including identity theft, the "granny scam" and healthcare fraud, to name a few. The discussion-style class and materials provided by the Federal Trade Commission will help you protect yourself and others.

Location: Oasis at The Meadows

Monday
Free

May 18
1:00-2:30

163 Traveling on Today's Train

Bruce Ashton

During this course you will discover the joys of a relaxing experience as you explore the country by train. We will review where you can go on Amtrak from San Antonio, examples of sights you can see, equipment available, services offered, how to make reservations, and more.

Location: Oasis at The Meadows

Wednesday
Fee: \$4

May 20
1:00-2:30



164 State Representative Ray Lopez

State Representative Ray Lopez will be here to answer questions and discuss issues that are important to seniors.

Location: Oasis at The Meadows

Tuesday
Free

May 19
1:00-2:30

165 Landscape Maintenance for Seasonal Savings

SAWS

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

Location: Oasis at The Meadows

Friday

May 22

Fee: \$4

10:00-11:30

166 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

Wednesday

May 27

Free

10:00-11:30

167 Farmers Market Shop and Cook Event

San Antonio Food Bank

Join Oasis and The San Antonio Food Bank to experience an informative lecture, cooking demo and the Mobile Mercado (food truck) that features fresh South Texas produce that you will be able to purchase. There will also be drawings during the event to win free fresh produce.

Location: Oasis at The Meadows

Monday

Jun 1

Free

12:00-3:00



168 Who Insures Your Money and Why It Matters

Jake Yetterberg, CSA

Learn the following important points about the safety of your money:

- The current insurance limits in effect after the global financial meltdown.
- How the passage of Dodd Frank Legislation affected how much of your money is insured.
- Banking institution insurance limits.
- Credit union insurance limits.
- Fixed annuity insurance limits.
- Learn what part of variable market products are insured.
- How life insurance and long term care benefits are insured if the insurance company goes out of business.
- The "receivership" protection-what happens before insurance kicks in.
- The little known truth about company ratings and bankruptcies.
- Defining all of the acronyms: SIPC, FDIC, TXGA, NCUA.

Location: Oasis at The Meadows

Tuesday

June 2

Fee: \$6

6:00-7:30



OASIS VOLUNTEER OPPORTUNITIES

- Tutors
- Office Staff
- Class Coordinator
- Special Events
- Calling Committee
- Curriculum Committee
- Exercise Instructors
- Health Fairs and More

**Call (210) 236-5954
for more information**

169 The San Antonio River Authority



The San Antonio River Authority is dedicated to nurturing and protecting the San Antonio River. During this presentation you will learn the history of the San Antonio River Authority and what they are doing now to help protect one of our city's most precious resources.

Location: Oasis at The Meadows

Monday Jun 8
Fee: \$4 10:00-11:30

170 Ask ASC-Senior Resources

AACOG

This class will give you valuable information about how to utilize a one-stop shop for all senior related needs and concerns. Whether you need a fan to cool you in summer or information about Medicare - this class will help you connect.

Location: Oasis at The Meadows

Tuesday Jun 9
Free 10:00-11:00

171 VIA Services for Seniors

VIA Metropolitan Transit

VIA Metropolitan Transit will talk about community programs offered to seniors. The class will inform participants how to access these services/programs and provide an update to projects in progress. You will also have the opportunity to obtain a senior bus pass.

Location: Oasis at The Meadows

Tuesday Jun 16
Free 10:00-11:30



172 Cooking on a Budget

San Antonio Food Bank

Cooking on a budget can be a challenge, but doing so doesn't mean you have to sacrifice taste. During this cooking demonstration you will receive recipes and learn tips and tricks on how to cook delicious meals for less.

Location: Oasis at The Meadows

Friday Jun 26
Free 10:00-11:30

173 Responding to your Parents Aging

Russell Gainer, LCSW, GainWel

What happens when roles as parents and children are switched because of illness and disability? What are the key issues and concerns? What does Medicare and Medicaid cover? When and how does the family intervene?

Location: Oasis at The Meadows

Monday Jun 29
Fee: \$5 1:00-2:30

174 Bexar County Elections

Gilbert Saiz

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

Location: Oasis at The Meadows

Wednesday Jul 1
Fee: \$4 10:00-11:00

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



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

175 Wills and Trusts Texas Style!

Carol Bertsch, Attorney at Law

What's a living trust? Is it the same as a living will? Carol Bertsch, attorney, will answer those questions and more as she talks about Texas wills and trusts.

Location: Oasis at The Meadows

Thursday

Jul 9

Fee: \$6

10:00-11:30



176 Preparing for Life's Financial Emergencies

Jake Yetterberg, CSA

We will examine the important steps everyone should be taking now to reduce stress and protect yourself and your heirs later, no matter what happens. You will learn:

- Simple steps to take to be sure that your financial plan works correctly with your legal plan.
- Important things to do that will ensure financial security if you lose a spouse and your pension and Social Security payments are reduced.
- How Social Security is calculated after a spouse passes.
- Common myths to avoid about what steps you should take during and immediately following a crisis.
- How to protect and care for a family member who is not good at managing money-even after you are gone.
- How to plan for a long term care need-whether you have long term care insurance or not.
- Steps to take immediately after you lose a spouse-and steps you definitely should not take.
- The right way to designate beneficiaries on qualified retirement accounts, and how to avoid the number one mistake with IRA's.
- Immediate steps to take to be compliant with IRS rules-timing is everything!

Location: Oasis at The Meadows

Thursday

Jul 23

Fee: \$6

10:00-11:30

177 Cooking with Summer Vegetables

San Antonio Food Bank

Summertime provides an abundance of fresh vegetables. With so many fresh and delicious veggies available, there is no end to the nutritious recipes you can make this summer. And it doesn't take much to make them scrumptious. Come enjoy a cooking demonstration using these vegetables by the San Antonio Food Bank.



Location: Oasis at The Meadows

Wednesday

Jul 29

Free

10:00-11:30

Yetterberg Retirement Solutions

Does long term care confuse you?
Are you sick of premium increases?
Do you want a deal that is fair?



- Get long term care insurance with a premium rate contractually guaranteed **NEVER** to go up.
- Have a "guaranteed refund of premium" provision. If you don't ever use the insurance, they'll give you your money back - anytime!
- Have the company give your heirs **more than you put in** if they inherit your unused policy.
- This coverage **does** actually exist! Call us to find out if you qualify for this type of policy. If you're going to protect against exorbitant costs of long term care, you should own the **absolute** best type of plan.

www.yetterberg.com
or call 210-495-3711

178 The Bexar County Sheriff's Office

Deputy Richard Lozano

During this presentation we will give information about the sheriff's office in general, then talk about senior fraud, senior abuse and how not to be a victim of auto theft. We'll also talk about ways to better secure your homes and vehicles to keep you from being burglarized.

Location: Oasis at The Meadows

Wednesday
Free

Jul 22
1:00-2:30

179 Conservation: Our Most Important Water Resource

SAWS

San Antonio's most affordable source of water is conservation - water we don't use. SAWS conservation programs have become a cornerstone of the community's long-term water management strategy. Come get a general overview of the SAWS conservation program and find out how you can be part of the plan from a SAWS Conservation expert.

Location: Oasis at The Meadows

Monday
Fee: \$4

Aug 3
1:00-2:30



180 Smart Consumer Workshop

Dean Taylor, Better Business Bureau

Do you have a financial strategy for your future? Are you a smart shopper? Do you know how to avoid identity theft? A representative from the Better Business Bureau will discuss these topics and more.

Location: Oasis at The Meadows

Monday
Fee: \$4

Aug 10
10:00-11:30

181 Who Decides? Guardianship and Powers of Attorney

Carol Bertsch, Attorney at Law

Who takes over if you can't take care of the everyday business of living - things like paying bills, making doctors' appointments, or getting the plumbing fixed? Who decides who takes over? Who decides someone needs to take over? The legal answer is: It depends! Elder Law Attorney, Carol Bertsch answers these questions and explains the differences between guardianship and powers of attorney.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Aug 4
6:00-7:30



182 The Most Pressing Retiree Questions of the Last 20 Years

Jake Yetterberg, CSA

- How do I protect myself from the increase in fraud on retirees?
- How do my financial holdings determine what's better...a will or a trust?
- Do we need different types of powers of attorney? (We will provide you a link to the free version of the State of Texas Durable POA form.)
- What are required minimum distributions (RMD's) and how should I take them?
- Why is the "IRS Qualified Charitable RMD Contribution" more important now after the new tax law?
- How long will fixed interest rates stay this low?
- Should I buy gold?
- What are the real differences between a fixed annuity, a variable annuity, and an indexed annuity?
- How does the Federal Reserve Board interest rate-"The Fed Funds Rate"-really affect my money?

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Aug 12
1:00-2:30

183 Jefferson Outreach Services for Seniors

Briana Valdez

Jefferson Outreach provides no-cost personalized transportation services that help enhance the quality of life of seniors throughout San Antonio. Come to this presentation to learn more about the services they offer.

Location: Oasis at The Meadows

Monday
Free

Aug 10
1:00-2:00

184 Bullying

Russell Gainer, LCSW, Gain Wel

We've heard a lot about this issue in the context of children in schools, but what about seniors? Senior bullying is a real phenomenon and can lessen the quality of life, contribute to fear and isolation, and depression. Come learn more about senior bullying and what we can do about it.

Location: Oasis at The Meadows

Friday
Fee: \$5

Aug 14
10:00-11:30



185 How to Avoid a Crisis by Assigning an Advocate

Jill Piazza, M.A., CMC

Learn about documents and communication that should transpire prior to a hospital or rehab stay. What can one anticipate during the hospital stay and discharge process? Plus, how can one ensure that their loved one or self receives proper advocacy and planning for the next steps whether that be transferring to a rehab or returning home.

Location: Oasis at The Meadows

Thursday
Fee: \$4

Aug 13
10:00-11:30

186 The Electoral College

Judge Ron Rangel

Our founding fathers established the Electoral College in the Constitution as a compromise between election of the President by a vote in Congress and election of the President by a popular vote of qualified citizens. Come learn about the history and importance of the Electoral College in our elections.



Location: Oasis at The Meadows

Wednesday
Fee: \$6

Aug 19
1:00-2:30



VISIT US ONLINE
Oasisnet.org/San-Antonio-TX

FOLLOW US
San Antonio Oasis

Oasis Connections Technology Classes are supported in part by:



187 YouTube

Marta Torres

YouTube is a video-sharing website, on which users can upload, view and share videos. YouTube uses technology to display a wide variety of user-generated video content, including movie clips, TV clips and music videos, as well as amateur content such as video blogging, short original videos, and educational videos. Find out how you can use YouTube for information, education and entertainment.

Location: Oasis at The Meadows

Monday
Fee: \$8

May 11
1:00-3:00

188 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. Other functions such as games, reference, GPS navigation, social networking, etc. can be enabled by downloading and installing apps.

Location: Oasis at The Meadows

Tuesdays
Fee: \$40

May 12-Jun 2
1:00-3:00



189 Cybercrime Fighters-Password Managers

Marta Torres

Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it is hard to keep track of them? This class will show you how to really ramp up your online safety easily by using a password manager app. You'll learn what popular apps to look for, and how to install and use one of the most popular apps on your desktop and mobile device. Book included in fee.

Location: Oasis at The Meadows

Thursday
Fee: \$10

May 28
1:00-3:00



Windows 10

Marta Torres

New to Windows 10? This class will show you the fundamental skills you need to find your way around Windows 10 including setting up 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

190 Thursdays
Fee: \$20

Jun 4-11
1:30-3:30

191 Tuesdays
Fee: \$20

Jul 7-14
5:30-7:30



192 Beginner's Guide to the Cloud

Marta Torres



Increasingly we are relying on services in "the cloud" for our entertainment, file storage, and backup. This module will introduce the cloud and some of the popular services for file storage and backup, entertainment and productivity. Services covered include Dropbox, Pandora, Evernote, iHeartRadio and Stitcher. Book included in fee.

Location: Oasis at The Meadows

Wednesday	Jun 10
Fee: \$10	10:00-12:00

193 Digital Safety Seminar

Thalia Williams

Use of the internet and connected devices increase each year. Most internet apps create benefits for people who want to stay engaged with their loved ones and receive 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.

Location: Oasis at The Meadows

Wednesday	Jun 24
Fee: \$8	10:00-12:00

194 iPhone Basics

Thalia Williams

This class will introduce you to apps that every iPhone user should be aware of. Learn how these apps can help keep you organized, productive and entertained. This class 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	Aug 12
Fee: \$8	10:00-12:00



195 Going Wireless - How to Use Wi-Fi

Marta Torres

Want internet access on the go? Wi-Fi is the wireless internet connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course, you will learn all about Wi-Fi, where and how to get it and important safety precautions you need to know. Book included in fee.

Location: Oasis at The Meadows

Wednesday	Jul 1
Fee: \$10	1:00-3:00

196 Smartphone Photography

Marta Torres

Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, but they have features not found anywhere else. If you want to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. Bump your smartphone skills up a notch and learn how to use the full complement of camera features for fun and creative photography and videography. Book included in fee.

Location: Oasis at The Meadows

Wednesdays	Jul 22-29
Fee: \$20	10:00-12:00

**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.

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

197 Safety First-Privacy and Security Online

Marta Torres



The internet is a daily part of our family, social, and business lives. The internet is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for internet users of all ages. You'll learn how to create and use effective passwords, develop and practice good security habits, and reduce your exposure to threats. The class also covers virus protection, firewalls, top scams, credit monitoring, job search scams, and much more. Book included in fee.

Location: Oasis at The Meadows

Monday
Fee: \$10

Aug 3
10:00-12:00

198 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

Thursday
Fee: \$8

Jun 25
10:00-12:00

199 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 the camera functions. It also covers using Gmail and Google Calendar. Book included in fee.

Location: Oasis at The Meadows

Thursdays
Fee: \$20

Aug 6-13
10:00-12:00

National News

The Oasis Institute • Summer 2020



National Senior Health & Fitness Day 2020



Across the country, thousands of locations and organizations are preparing for National Senior Health & Fitness Day – the nation's largest annual health and wellness event for older adults. This year's event will be held on May 27th. Whether or not you are participating in any events where you live, we hope you'll join Oasis for local health and wellness activities in your community. Oasis offers a variety of opportunities to keep your mind and body healthy.

Consider some of the unique programs Oasis is offering:

- **Upstate Oasis** in Syracuse, New York, provides a variety of health and fitness programs for participants of all levels. Dance for Parkinson's is a popular class for people with Parkinson's, their caregivers, and their partners. Chronic pain self-management classes enhance participants' ability to manage health and chronic pain and maintain an active and fulfilling lifestyle.
- **St. Louis Oasis** has launched the Oasis Adventure Group, with a committee of active Oasis members who plan energetic and dynamic activities for participants. Programs so far include yoga in a state park, visiting the Endangered Wolf Center, Stand Up Paddle boarding, and an overnight camping and hiking trip.
- **Albuquerque Oasis** has expanded their science, math and nature offerings, including unique opportunities to explore caves, learn about endangered species at the zoo, and learn about the science of weather from a former National Weather Service employee.

To find out more or to join Oasis for a program in your area, visit www.oasisnet.org.



The following classes are held at and are sponsored by:
MORNINGSIDE MINISTRIES AT MENDER SPRINGS
 1100 Grand Blvd., Boerne, TX 78006

200 Do Your Paperwork Now

Carol Bertsch, Attorney at Law

Elder Law Attorney, Carol Bertsch will discuss all 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.

Thursday **May 21**
Free **10:00-11:30**

201 The Ancient Greeks

Michael Cude, Ph.D., Schreiner University

This lecture will provide a summary overview of the Ancient and Classical Greeks in the first millennium BC. While informing about the key events, people, and ideas of the Ancient Greeks, the course will illustrate how the Greeks proved so influential to the world in ancient times and why their legacy persists today.

Thursday **Jun 18**
Free **10:00-11:30**



202 Let's Get Happier Today!

Dr. Gilda Garcia

During this session, we will learn a few ways to get happier every day. Who doesn't want to be happy? Join us to explore ways to increase your happiness by using gratefulness, thankfulness and consideration. Let's fill our hearts with joy and happiness today!

Thursday **Jul 16**
Free **10:00-11:30**



203 16th Century Japan

Roger Pratt, MA in East Asian Studies

16th Century Japan - truly one of the most significant epochs in Japanese history! Basically a struggling menagerie of territorial warlords fighting for dominance, the "country" of Japan experienced internal and external influences that planted the seeds for momentous changes and moved both the willing and the unwilling toward nationhood and a new and different future.

Thursday **Aug 20**
Free **10:00-11:30**

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AN EXCITING NEW CHAPTER AWAITS YOU AT MORNINGSIDE MINISTRIES!



Morningside at Menger Springs - Boerne, Texas



The Grayson Apartment - Menger Springs



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

- Independent living
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- Memory care
- Home health care

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

(210) 734-1000
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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

204 Make Your Own Greeting Cards

Edith Stanley

Show your friends and loved ones you care by creating your own hand-made greeting cards and post cards. During this class you will learn how to make your own cards using pens and watercolors. All supplies will be provided.



Monday
Fee: \$15

May 18
10:00-11:30

205 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 from an Elder Law Attorney.

Monday
Fee: \$4

Jun 22
10:00-11:30

206 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.

Monday
Fee: \$4

Jul 20
10:00-11:30

207 Healthy Living for Your Brain and Body

The Alzheimer's Association

For centuries we've known that the health of the brain and the body are connected. Now scientists are able to provide insights into how to make lifestyle choices that may help keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and tools to help you incorporate these recommendations into a plan for healthy aging.

Monday
Free

Aug 17
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

The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

New
Location!

OUTREACH

208 Container Gardening

Bexar County Master Gardeners

During this class, we will talk about why we plant in containers. We'll investigate what containers we can use, the type of soil to plant in and what plants work best. We can grow flowers, herbs, vegetables and even trees in containers. Container gardens are versatile, fun and productive!

Thursday
Free

May 14
2:00-3:30



209 Famous Hollywood Directors

Beverly Prado

The innovations made by film directors like Alfred Hitchcock, Orson Welles, Billy Wilder, John Ford, William Wyler and others endure today in the study of Hollywood film history classics. Film clips from movies like *Citizen Kane*, *Rebecca*, *Sunset Blvd*, *Stagecoach*, *Mrs. Minniver*, and *Some Like It Hot* are a good place to begin in an exploration of the director's art. Join us for a survey of the geniuses behind the camera.

Thursday
Free

Jun 11
2:00-3:30

210 Introduction to Meditation

Shastri Linda Mockridge, LCSW

Meditation is a technique for meeting yourself and your world at a deeper level. This introduction will provide an understanding and several basic techniques to help you tame and train your mind to see things as they are with mindfulness and awareness.

Thursday
Free

Jul 9
2:00-3:30

211 The Anti-Inflammatory Diet

Can Survive Wellness Project

Join a local cancer researcher to discuss the science behind chronic inflammation which raises the risk for cancer, heart disease and diabetes. We will focus on how to choose anti-inflammatory foods to add to your daily diet.

Thursday
Free

Aug 6
2:00-3:30



55+ ACTIVE ADULT LIVING 1 & 2 BEDROOM APARTMENT HOMES

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🔧 MAINTENANCE
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11133 Westwood Loop | San Antonio, TX 78253
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SoleaAlamoRanch.com



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

212 LOLA-Loss of Life Advocates

Esther Pipoly

Learn how to navigate the unexpected loss of a loved one including what paperwork is needed, dealing with the hospital, funeral homes and other entities.

Monday **May 18**
Free **1:00-2:00**

213 Declutter Your World

Gloria Jennings

Can you spare just five minutes a day so you can walk 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 **Jun 15**
Free **1:00-2:00**

214 Medications That Put You in the Hospital

William A. Valutsky, B.Sc. Pharmacy, Pharm. D., RPh

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.

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

215 Medicare Fraud

AACOG

We will cover the Federal Medicare Savings Program and Medicare Patrol/Financial Exploitation and also learn more about Medicare and Medicaid related services. We will help you understand Parts A, B, C, and D and Medicare Supplement Policies.

Monday **Aug 17**
Free **1:00-2:00**

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

216 Estate Planning

Carol Bertsch, Attorney at Law

"I don't have any money." "My kids will handle it." If those statements sound familiar then you need estate planning. Your estate is possessions and more. You can save a lot of family heartache by making decisions about who gets what with an estate plan. Elder law attorney Carol Bertsch explains why and answers your questions.

Wednesday **May 20**
Free **10:00-11:00**

217 Understanding Veterans Benefits

Karen L Rolirad, Director of Programs

The Bexar County Military and Veterans Services Center (MVSC) is an advocate agency that provides professional and tailored services to the military and veteran communities throughout the Veteran Cycle.

Wednesday **Jun 17**
Free **10:00-11:00**

218 Fall Prevention and You

Megan Merriman, MPH

According to the Center for Disease Control and Prevention, more than one-third of adults 65 and older fall each year in the United States. Twenty to thirty percent of people who fall suffer moderate to severe injuries. 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.

Wednesday **Jul 22**
Free **10:00-11:00**

219 San Antonio Food Bank

The San Antonio Food Bank will speak about their services and provide nutrition education on hydration.

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

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

220 Medications That Put You in the Hospital

William A. Valutsky, B.Sc. Pharmacy, Pharm. D., RPh

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.

Tuesday **May 26**
Free **10:00-11:00**



221 LOLA-Loss of Life Advocates

Esther Pipoly

Learn how to navigate the unexpected loss of a loved one including what paperwork is needed, dealing with the hospital, funeral homes and other entities.

Tuesday **Jun 16**
Free **10:00-11:00**

222 Medicare Fraud

AACOG

We will cover the Federal Medicare Savings Program and Medicare Patrol/Financial Exploitation and also learn more about Medicare and Medicaid related services. We will help you understand Parts A, B, C, and D and Medicare Supplement Policies.

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



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

223 San Antonio Food Bank



The San Antonio Food Bank will speak about their services and provide nutrition education on hydration.

Wednesday **May 13**
Free **10:30-11:30**

224 Lighthouse for the Blind

Rene Perez, M.Ed., COMS

During this presentation they will show adaptive aids that may be helpful for visually impaired seniors, and discuss the free senior programs available to residents. They will explain their services in detail and handouts will be provided.

Wednesday **Jun 10**
Free **10:30-11:30**

225 Understanding Veterans Benefits

Karen L Rolirad, Director of Programs

The Bexar County Military and Veterans Services Center (MVSC) is an advocate agency that provides professional and tailored services to the military and veteran communities throughout the Veteran Cycle.

Wednesday **Jul 15**
Free **10:30-11:30**

226 Medications That Put You in the Hospital

William A. Valutsky, B.Sc. Pharmacy, Pharm. D., RPh

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.

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

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

227 Outsmart the Scammers

Sandy Blanton

Come learn how to recognize the signs of scammers and how to protect your identity. This class does not address internet scams.

Tuesday Jun 2
Free 10:00-11:00

228 Dealing with Grief

Darwin Huartson, M.Div., BCC, Porter Loring

Grief is not a problem to be solved, but rather a process where pain can be embraced and we can experience healing. This workshop will remind those who attend that grief is normal, natural and necessary. Healthy grieving helps us transform our losses into a source of strength and meaning.

Tuesday Jun 30
Free 10:00-11:00

229 Lighthouse for the Blind

Rene Perez, M.Ed., COMS

During this presentation they will show adaptive aids that may be helpful for visually impaired seniors, and discuss the free senior programs available to residents. They will explain their services in detail and handouts will be provided.

Tuesday Jul 14
Free 10:00-11:00

230 How to Plan Ahead for One's Care Needs

Jill Piazza, M.A., CMC

Planning ahead is never an easy task, especially when it comes to figuring out what care we will require as we age. This class will delve into medical conditions that might require care, care team development, plus other considerations.

Tuesday Aug 11
Free 10:00-11:00

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

231 Lighthouse for the Blind

Rene Perez, M.Ed., COMS

During this presentation they will show adaptive aids that may be helpful for visually impaired seniors, and discuss the free senior programs available to residents. They will explain their services in detail and handouts will be provided.

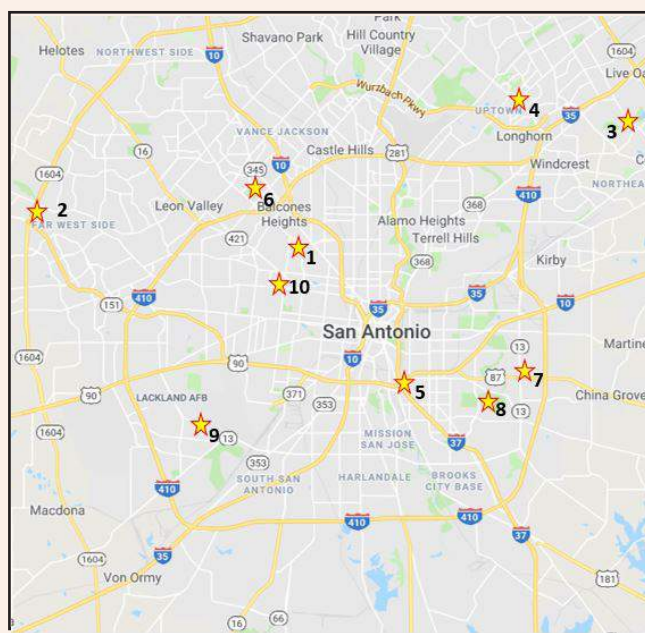
Tuesday Jun 23
Free 10:00-11:00

232 San Antonio Food Bank

The San Antonio Food Bank will speak about their services and provide nutrition education on hydration.

Tuesday Jul 28
Free 10:00-11:00

OASIS OUTREACH SITES



- | | |
|-----------------------------|---|
| 1: Oasis at The Meadows | 7: District 2 Senior Center |
| 2: Solea at Alamo Ranch | 8: Southside Lions Senior Center |
| 3: Army Residence Community | 9: Willie Cortez Senior Center |
| 4: Northeast Senior Center | 10: St. Mary's University Pool |
| 5: District 5 Senior Center | 11: Morningside Menger Springs (Boerne) |
| 6: Bob Ross Senior Center | |

330 Galveston - Dickens on the Strand

December 4-7, 2020

Join us for the 59th Annual "Dickens on the Strand" Festival in historic Galveston. Enjoy a narrated tour of the city, decorated for the holiday season, with stops at the 1892 Bishop's Palace and the 1894 Opera House. Included is the live show at Albert's Whimsical Whisker Revue at Windsor Castle, and the popular Holiday Lantern Light Parade. A narrated harbor cruise of the city and the ship canal will precede a visit to the 1847 St. Mary's Cathedral, the 1895 Moody Mansion and the Moody Gardens. We will end the tour with a Farewell Dinner at the elegant, historic Hotel Galvez. After leaving the hotel, we will have a tour of one of Galveston's most popular attractions - the Ocean Star Offshore Drilling Platform, a museum dedicated to how oil is extracted from the gulf. Walk out on this platform replica and learn all about oil drilling on the ocean floor. Tour includes baggage handling, travel insurance, six meals, and gratuities for the tour manager, coach driver and local guides. Deposit: \$200 per person. Double: \$1,199 per person. Single: \$1,449. Final payment due September 15, 2020, Visa and Mastercard accepted. Make checks payable to AFC Vacations.



233 Galveston - Dickens on the Strand Preview Show

Location: Oasis at The Meadows

Thursday
Free

May 21
10:00-11:00

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

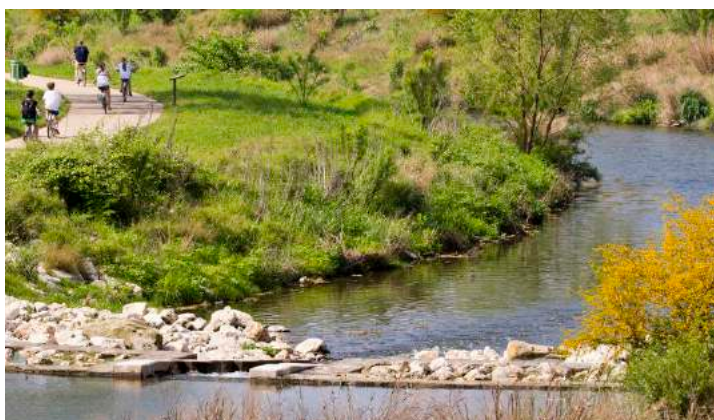
234 Nature Walking Tour

Bruce Martin, Certified Professional Tour Guide

Experience nature's beauty and diversity alongside the historic San Antonio River in this popular walk on the Mission Reach Hike and Bike Trail. Appreciate the significant restoration of natural habitat and enjoy wildflowers and water birds on this comfortable walk that will make you proud of our community's investment in the river. Tour will begin and end at Mission San Juan parking lot at 9101 Graf Rd. **Note: We will meet at Mission San Juan-not at the Oasis center.**

Thursday
Fee: \$25

May 21
8:30-10:30



235 Rain to Drain Experience

We will start the day with an informative presentation that will show you the journey water takes through our community from the time it falls as rain all the way to wastewater treatment. San Antonio Water System (SAWS) ensures you always have a safe, reliable and quality supply of water at every turn of the tap. If you are interested in learning more about the sources of your drinking water and where it goes "after the flush" join us on this day trip. During this trip you'll travel to places few people have ever visited! You'll explore an Edwards Aquifer recharge cave, experience the inner workings of a SAWS water production facility and tour a water recycling plant. The trip involves walking short distances (less than 1/2 mile) on uneven pathways at Stone Oak Park and some SAWS facilities. Please wear supportive footwear. Along the way we will stop for lunch at Sandy Oaks Olive Orchard. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$64

Jun 24
8:00-5:00

237 Exploring Kerrville

We will start the day with a visit to the Western Art Museum. The museum is dedicated to excellence in the collection, preservation and promotion of Western Heritage and to revive Western Heritage through great Western Art. The museum opened in 1983 and serves as a bridge between the past and present; ensuring the legacy of the American West will be preserved for the future. Next, we will stop and have lunch at Billy Gene's and enjoy the view of the beautiful Guadalupe River. On our way to James Avery headquarters, we will stop in Ingram for a photo-op of Stonehenge II. It is a replica of the mysterious stones of England. In the Texas Hill Country it is known as the Eighth Wonder of the World. The last stop will be James Avery Headquarters. We will learn the history of James Avery by watching a film as the craftsman makes jewelry. You will have time for shopping. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday
Fee: \$59

Aug 13
8:45-5:00

236 Cinderella-The Musical

We will start the day by having a nice lunch at Mamacita's. Then it's off to the Woodlawn Theater to see *Cinderella*.



This contemporary take on the classic tale features some of Rodgers and Hammerstein's most beloved songs, "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago." Cost includes motor coach transportation, lunch, admission fees and tips.

Saturday
Fee: \$74

Jul 11
11:30-4:45

Matinee



**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

238 San Marcos Attractions

Let's go on a glass bottom boat ride! During this fully guided tour, we will enjoy a glass bottom boat ride, a tour of the wetland boardwalk and a tour of the Discovery Hall Exhibit at The Meadows Center. Our next stop will be a delicious lunch at Grins. The restaurant opened in 1975 and is located upon a hill near Texas State University. After lunch, we will make a stop at the Central Texas Wing of the Commemorative Air Force. The Central Wing of the Commemorative Air Force is proud to be the home of the C-47 "That's All Brother" which is the actual C-47 aircraft that led the airborne invasion of Normandy, France on D-Day June 6, 1944. The Wing has maintenance and restoration responsibility for 6 other CAF aircraft plus a very rare Bell P-39Q "Aircobra," the B-25 Mitchell "Yellow Rose," T-6 "Texas," C-45 "Expeditor," BT-13 "Valiant" and the U-3A "Administrator." In addition, the hangar houses a museum with rare World War II artifacts and a library with over 3,400 books primarily directed toward military aviation. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$69

Sep 16
8:30-5:30



Thank you to our community partners for supporting Oasis:

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Special Events

239 Silver Sounds of Oasis

Come and hear the Silver Sounds of Oasis. Our own choir will be performing for our members.

Location: Oasis at The Meadows

Thursday Jun 11
Free 10:30-11:30



Farmers Market Shop and Cook Event

Monday, June 1 from 12:00-3:00

Free!

- **Cooking Demonstration**
- **Mobile Mercado**
- **Fresh Produce**
- **Prize Drawings**



See Class #167 on Page 35 for More Info.
Brought to you by Oasis and the San Antonio Food Bank