



Fall 2020

Program Catalog

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



Sponsored by:



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



Letter from the Director

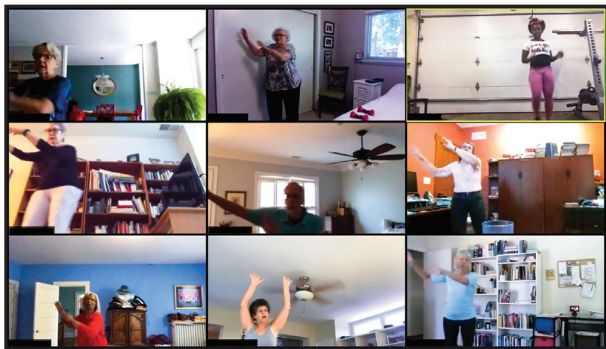
Oasis Members,

This has been a challenging year for San Antonio Oasis and all of us. Due to the COVID-19 crisis we have had to suspend many classes and programs this year. The Oasis staff have been working from home during this time to continue our mission and serving our members. Because of the crisis we have had the opportunity to grow into new avenues and add services for our participants such as online classes, podcasts and Oasis Everywhere. We will continue to adapt in the future to keep our seniors safe and offer ways to keep you informed and engaged. I would like to thank our sponsors, partners and donors for your continued support of our program. It is important now more than ever.

Sincerely,
Brenda Schmachtenberger
San Antonio Oasis Executive Director

National News

The Oasis Institute • Fall 2020



Oasis Everywhere is a new website offering live online courses led by top instructors from across the country making it possible for anyone in the world to participate regardless of geographic location, mobility or travel constraints. Courses are exclusively curated by Oasis Centers for **Oasis Everywhere**.

Revenue generated from **Oasis Everywhere** classes benefits ALL nine Oasis Centers. Your local Center receives funds from all classes they offer on **Oasis Everywhere** giving your Oasis Center the opportunity to showcase their best programs to a national audience! **Oasis Everywhere** will NOT replace in-person classes or local Oasis Zoom classes.

OasisEverywhere.org features a listing of classes that are entirely web-based but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer. It also has a dedicated registration system exclusively for **Oasis Everywhere** courses. If you have an account with Oasis, you can login and register using the same account! Classes are conducted live using Zoom video, an easy-to-use online platform that can be downloaded for free, and simply accessed through a link emailed to you before the start of your class.

Registration now open! Visit www.oasiseverywhere.org to learn more!

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
(210) 236-5954
www.Oasisnet.org/San-Antonio-TX



Meet Our Staff:

**Brenda
Schmachtenberger**
Executive Director

Greg Perkins
Administrative Assistant

Megan Merriman
Wellness Coordinator

Lisa Buske
Marketing & Curriculum
Coordinator

Craig Stimson
Outreach Coordinator

Ginny Brown
Associate Director

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

September 3	Volunteer Training
September 7	Labor Day
November 23-27	Thanksgiving Break
December 21-January 1	Holiday Break

On the Cover:

San Antonio Oasis members create beautiful holiday wreaths during the wreath class.

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NOTE:

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



CHECK YOUR CALENDAR

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

Sponsors

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

Registration

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

Fees

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

Refund Policy

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

Disclaimer Notice

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

Texercise

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

Location: Oasis at The Meadows

- | | | |
|----------|---|-------------------------------------|
| 1 | Mondays & Fridays
Free | Sep 11-Oct 9
9:00-9:45 |
| 2 | Mondays & Fridays
Free | Oct 12-Nov 13
9:00-9:45 |
| 3 | Mondays & Fridays
Free | Nov 16-Dec 14
9:00-9:45 |
| 4 | Mondays & Wednesdays
Free | Sep 9-Oct 7
12:00-12:45 |
| 5 | Mondays & Wednesdays
Free | Oct 12-Nov 11
12:00-12:45 |
| 6 | Mondays & Wednesdays
Free | Nov 16-Dec 16
12:00-12:45 |
| 7 | Tuesdays & Thursdays
Free | Sep 8-Oct 8
9:00-9:45 |
| 8 | Tuesdays & Thursdays
Free | Oct 13- Nov 12
9:00-9:45 |
| 9 | Tuesdays & Thursdays
Free | Nov 17-Dec 15
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 | Sep 14-Oct 5
10:15-11:45 |
| 11 | Mondays
Fee: \$35 | Oct 12-Nov 9
10:15-11:45 |
| 12 | Mondays
Fee: \$28 | Nov 16-Dec 14
10:15-11:45 |



Qigong

Fred Chavez

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

Location: Oasis at The Meadows

- | | | |
|-----------|--------------------------------|------------------------------------|
| 13 | Wednesdays
Fee: \$40 | Sep 9-Oct 7
9:00-10:15 |
| 14 | Wednesdays
Fee: \$40 | Oct 14-Nov 11
9:00-10:15 |
| 15 | Wednesdays
Fee: \$32 | Nov 18-Dec 16
9:00-10:15 |

Evidence Based Taiji™

Fred Chavez

This class will focus on the three pillars of Tai Chi: Meditation, Form Movement and Push Hands. We will primarily learn a simple 7 movement Taiji form, a few Qigong exercises and the basics of meditation. Push Hands are stability practices that develop greater central equilibrium. Learning all three pillars, we develop the mental, physical and spiritual aspects of Taiji.

Location: Oasis at The Meadows

- | | | |
|-----------|-------------------|----------------------|
| 16 | Wednesdays | Sep 9-Oct 7 |
| | Fee: \$40 | 10:30-11:30 |
| 17 | Wednesdays | Oct 14-Nov 11 |
| | Fee: \$40 | 10:30-11:30 |
| 18 | Wednesdays | Nov 18-Dec 16 |
| | Fee: \$32 | 10:30-11:30 |



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

- | | | |
|-----------|------------------|----------------------|
| 19 | Thursdays | Sep 10-Oct 15 |
| | Fee: \$36 | 10:00-11:00 |
| 20 | Thursdays | Oct 22-Dec 3 |
| | Fee: \$36 | 10:00-11:00 |

Yoga Foundations

Lyn Bangs

Yoga benefits both physical and mental well-being, using practices like breathing, relaxation and posture exercises 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

- | | | |
|-----------|------------------|----------------------|
| 21 | Mondays | Sep 14-Oct 5 |
| | Fee: \$24 | 1:15-2:15 |
| 22 | Mondays | Oct 12-Nov 9 |
| | Fee: \$30 | 1:15-2:15 |
| 23 | Mondays | Nov 16-Dec 14 |
| | Fee: \$24 | 1:15-2:15 |

Wednesday 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

- | | | |
|-----------|-------------------|----------------------|
| 24 | Wednesdays | Sep 9-Oct 7 |
| | Fee: \$30 | 1:15-2:15 |
| 25 | Wednesdays | Oct 14-Nov 11 |
| | Fee: \$30 | 1:15-2:15 |
| 26 | Wednesdays | Nov 18-Dec 16 |
| | Fee: \$24 | 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

27	Mondays	Sep 14-Oct 5
	Fee: \$24	2:30-3:30
28	Mondays	Oct 12-Nov 9
	Fee: \$30	2:30-3:30
29	Mondays	Nov 16-Dec 14
	Fee: \$24	2:30-3:30
30	Wednesdays	Sep 9-Oct 7
	Fee: \$30	2:30-3:30
31	Wednesdays	Oct 14-Nov 11
	Fee: \$30	2:30-3:30
32	Wednesdays	Nov 18-Dec 16
	Fee: \$24	2:30-3:30

OASIS VOLUNTEER OPPORTUNITIES

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

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

33 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 & Fridays	Sep 8-Dec 11
Free	10:00-11:00

34 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

Tuesdays & Thursdays	Sep 8-Dec 10
Free	12:30-1:30



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

- | | | |
|-----------|---------------------------------|----------------------|
| 35 | Mondays & Wednesdays | Sep 9-Oct 7 |
| | Fee: \$54 | 9:00-9:45 |
| 36 | Mondays & Wednesdays | Oct 12-Nov 11 |
| | Fee: \$60 | 9:00-9:45 |
| 37 | Mondays & Wednesdays | Nov 16-Dec 16 |
| | Fee: \$48 | 9:00-9:45 |
| 38 | Tuesdays & Thursdays | Sep 8-Oct 8 |
| | Fee: \$60 | 9:00-9:45 |
| 39 | Tuesdays & Thursdays | Oct 13-Nov 12 |
| | Fee: \$60 | 9:00-9:45 |
| 40 | Tuesdays & Thursdays | Nov 17-Dec 15 |
| | Fee: \$42 | 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.

- | | | |
|-----------|----------------|----------------------|
| 41 | Fridays | Sep 11-Oct 9 |
| | Fee: \$25 | 8:45-9:45 |
| 42 | Fridays | Oct 16-Nov 20 |
| | Fee: \$30 | 8:45-9:45 |



Balance in Motion

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

- | | | |
|-----------|-----------------|----------------------|
| 43 | Tuesdays | Sep 8-Oct 6 |
| | Fee: \$25 | 1:45-2:45 |
| 44 | Tuesdays | Oct 13-Nov 10 |
| | Fee: \$25 | 1:45-2:45 |
| 45 | Tuesdays | Nov 17-Dec 15 |
| | Fee: \$20 | 1:45-2:45 |



Power Hour



Felicia Morales

This fun and energetic exercise program enables participants to explore and work at their own fitness potential, making it suitable for all fitness levels. In this class, we will practice a variety of low impact fitness techniques using props and specialty equipment to enhance strength and endurance abilities, cardio respiratory health and to ease stress levels.

Location: Oasis at The Meadows

- | | | |
|-----------|-----------------|----------------------|
| 46 | Tuesdays | Sep 8-Oct 6 |
| | Fee: \$25 | 3:00-4:00 |
| 47 | Tuesdays | Oct 13-Nov 10 |
| | Fee: \$25 | 3:00-4:00 |
| 48 | Tuesdays | Nov 17-Dec 15 |
| | Fee: \$20 | 3:00-4:00 |

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

49 Thursdays **Sep 10-Oct 15**
Fee: \$30 **1:45-2:45**

50 Thursdays **Oct 22-Dec 3**
Fee: \$30 **1:45-2:45**

Functional Fitness

Felicia Morales

This workout program concentrates primarily on exercise types that simulate body movements required for everyday tasks and activities. In this class, participants will work through a series of exercise stations and use props to perform a variety of body weight exercises. Exercise activity will focus on muscle and core strength, cardio respiratory and endurance levels, as well as balance and flexibility.

Location: Oasis at The Meadows

51 Thursdays **Sep 10-Oct 15**
Fee: \$30 **3:00-4:00**

52 Thursdays **Oct 22-Dec 3**
Fee: \$30 **3:00-4:00**

COURTESY CONFIRMATION CALLS

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

53 Alzheimer's & Dementia Caregiver Support Group

CJ Michel

Please join us if you are a caregiver for your loved one with Alzheimer's or dementia. Give yourself a break, relax and maybe even have a couple of laughs. We have a comfortable, safe and confidential space. We can share experiences, feelings, coping strategies and firsthand information. Tell us about your successful actions, ask for practical ideas for your situation, and find out about our local resources. The trained facilitator also has personal caregiving experience. We meet just once a month and are looking forward to meeting YOU...

Location: Oasis at The Meadows


Mondays **Sep 14, Oct 12, Nov 9, Dec 14**
Free **1:00-2:00**

54 Caregiver Support Group

Alesa Arnett

This support group is designed for those caregivers or anyone with a chronic condition including dementia. Led by a facilitator, it 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 **Sep 15, Oct 20, Nov 17, Dec 15**
Free **6:00-7:00** 

55 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 **Sep 18, Oct 16, Nov 20, Dec 11**
Free **11:00-12:00**

56 Shake the Salt Habit

Carol White

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

Location: Oasis at The Meadows

Tuesday **Sep 8**
Fee: \$5 **10:00-11:30**

57 Medicinal Teas & Supplements

Dr. Sarah Ullevig, RDN, LD, UTSA

Various teas and supplements have been known to be used for medicinal purposes. Some show promise for weight loss and chronic conditions. We will discuss these teas and supplements and how they can medically benefit us.

Location: Oasis at The Meadows

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

58 Eating the Rainbow

Carol White

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

Location: Oasis at The Meadows

Wednesday **Oct 7**
Fee: \$5 **1:00-2:30**

59 Eating Healthy on a Budget

Carol White

Discuss tips for saving money at the grocery store and healthy eating on a budget, while enjoying a healthy snack. Includes a health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Tuesday **Nov 17**
Fee: \$5 **10:00-11:30**

60 What is the Connection Between Anti-Inflammatory Foods and Health

Can Survive Wellness Project

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

Location: Oasis at The Meadows

Monday **Oct 12**
Fee: \$6 **1:00-2:30**

61 How Sweet It Is: Limiting Sugar in Your Diet

Gretchen Hill

How do foods high in sugar sneak into our diet? Learn effective ways to reduce sugar consumption! 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 **Dec 8**
Fee: \$5 **6:00-7:30**



62 Healthy Cooking for the Holidays

San Antonio Food Bank

It can be challenging to cook healthy during the holidays. Find ways to cook healthy with the help of the San Antonio Food Bank. They will be providing recipes and demonstrations of healthy holiday foods.

Location: Oasis at The Meadows

Tuesday **Dec 15**
Free **1:00-2:30**



63 "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 **Sep 17, Oct 15, Nov 19, Dec 10**
Fee: \$16 **9:30-11:00**

64 Keep Your Feet Healthy and Happy

Dr. Naomi Shields, MD

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

Location: Oasis at The Meadows

Wednesday **Sep 16**
Fee: \$5 **1:00-2:30**



65 Therapy Animals of San Antonio

Learn how animals can help in the healing arts. You will get a chance to meet a few "furfessionals" and their handlers.

Location: Oasis at The Meadows

Tuesday **Sep 29**
Fee: \$5 **6:00-7:30** 🌙

66 Let's Get Happier Today! Part 1

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. Lets fill our hearts with joy and happiness today!

Location: Oasis at The Meadows

Wednesday **Sep 23**
Fee: \$5 **1:00-2:30**

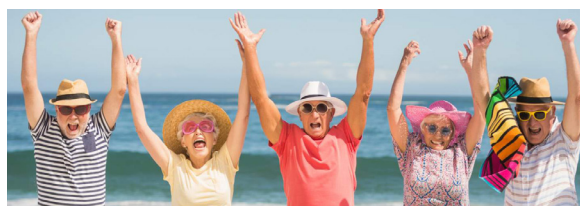
67 Even More Happiness! Part 2

Dr. Gilda Garcia

Part 2 builds on the first happiness class to dig deeper into the connections between gratefulness, mindfulness and happiness. We'll review and make a commitment to continuing a program for even more happiness. In this class we will review Part 1, so it's ok if you did not attend Part 1! Participants will be invited to share their experiences and thoughts about getting happier every day!

Location: Oasis at The Meadows

Wednesday **Oct 21**
Fee: \$5 **1:00-2:30**



**PLEASE LET US
KNOW...**

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

68 Mechanisms of Aging

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

Aging involves the progressive loss of physiological integrity, leading to impaired function and increased vulnerability to death. This deterioration is the primary risk factor for major human pathologies, including cancer, diabetes, cardiovascular disorders and neurodegenerative diseases. This review will discuss aspects of the nine tentative hallmarks of aging that represent common aging mechanisms in different organisms. A major challenge is to dissect the complex relationships between the hallmarks of aging, with the final goal of aging research being the identification of interventions to improve human health.

Location: Oasis at The Meadows

Monday **Oct 5**
Fee: \$6 **1:00-2:30**

69 Managing Demands of Caregiving

Jill Piazza, M.A., CMC

We will discuss the signs of caregiver overload and what strategies one can employ to alleviate stress, along with support options, how to create a family meeting and partnerships, dealing with one's emotions and useful caregiver resources.

Location: Oasis at The Meadows

Tuesday **Oct 13**
Free **6:00-7:30** 🌙

70 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

Tuesday **Oct 27**
Fee: \$5 **6:00-7:30** 🌙



71 Talking About Sex- Doesn't Make You Pregnant

Maria Wellisch, RN, LNFA, BBA

Do you feel uncomfortable talking about sex? This class will discuss sex as you age. At the completion of this program, we hope you feel more at ease with the topic.

Location: Oasis at The Meadows

Thursday **Nov 12**
Fee: \$5 **1:00-2:30**

72 What is a Geriatrician?

Becky Powers, MD

Have you or a loved one had problems with memory, falls, frailty, too many medications, or other age related medical issues? Have you ever wondered if there are doctors out there who are experts in these conditions? Geriatricians are internal medicine/family medicine trained doctors who have specialty training in treating common age related conditions in older adults. This session will be run by a doctor who is Board Certified in Geriatric Medicine. It will cover what patients need to know about this medical specialty as well as how geriatricians can help you and your loved ones maximize your health and independence.

Location: Oasis at The Meadows

Friday **Nov 13**
Fee: \$5 **10:00-11:30**

73 Managing Arthritis

Craig Stimson, LVN

Do you have joint pain or have you been diagnosed with Arthritis? This is the class for you! We will discuss how to break the cycle of pain and modalities to help you manage this disease.

Location: Oasis at The Meadows

Tuesday **Sep 29**
Fee: \$5 **10:00-11:30**



CANCER SERIES

Dolores Garcia, BS, UT Health

74 Cervical Cancer

This class will provide you with information about the HPV vaccine and its benefits in the fight against cervical cancer, the risk factors, warning signs and screening guidelines for cervical cancer. This is all in an effort to help our communities prevent cervical cancer.

Location: Oasis at The Meadows

Wednesday **Sep 16**
Free **10:00-11:30**

75 Colorectal Cancer

This class will cover the risk factors, warning signs and screening guidelines for colorectal cancer in efforts to help our communities prevent colorectal cancer!

Location: Oasis at The Meadows

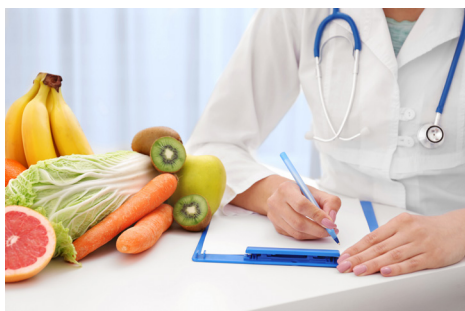
Wednesday **Oct 21**
Free **10:00-11:30**

76 Nutrition and Cancer

This class will inform you about how we can prevent cancer through nutrition and exercise! There are 13 cancers that are associated with obesity, so in this class we will share with you what the recommended dietary guidelines are for cancer prevention!

Location: Oasis at The Meadows

Wednesday **Nov 18**
Free **10:00-11:30**



77 Legal and Financial Planning for Alzheimer's Disease

Alzheimer's Association

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

Location: Oasis at The Meadows

Friday **Oct 23**
Free **10:00-11:30**

78 The Aging Eye

*Melanie Gonzalez Olivia, OD,
Rashid, Rice, Flynn & Reilly Eye Associates*

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

Location: Oasis at The Meadows

Monday **Nov 9**
Fee: \$5 **1:00-2:30**

79 The Beers List: A Taste of Bad Medicine



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

This list is updated each year and includes medications that should be avoided or used with caution by older adults. It includes many common medications such as proton pump inhibitors, Benadryl, estrogens and others. Learn how to discern and talk with your provider about the best medication choices for you.

Location: Oasis at The Meadows

Thursday **Nov 12**
Fee: \$5 **1:00-2:30**

MENTAL HEALTH SERIES

80 Emotional Intelligence

Russell Gainer, LCSW, GainWel

This is an exploration into the concept of what makes some people more adept at negotiating emotions than others. Using a self test, participants get to explore their own E.I.!

Location: Oasis at The Meadows

Monday

Fee: \$5

Sep 28

1:00-2:30

81 Depression and Anxiety in Older Adults

Kathy Phoenix, LCSW

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

Location: Oasis at The Meadows

Monday

Fee: \$5

Oct 19

1:00-2:30

82 Anger and Stress Management

Russell Gainer, LCSW, GainWel

Sometimes anger gets a bad rap. It is something that takes control of a situation and becomes a threat to our feeling of safety, which creates stress for us and others. Successfully managing anger (yours or others) can effectively reduce stress and make our lives easier.

Location: Oasis at The Meadows

Wednesday

Fee: \$5

Dec 9

10:00-11:30

83 Social Isolation: The Lonely Disease

Ginny Brown, LCHW

Humans are hardwired to interact with others, especially during times of stress. When we go through challenging situations alone, a lack of emotional support or friendship can increase our anxiety and hinder our coping ability. According to the US Census Bureau, 11 million, or 28% of people ages 65 and older, live alone. As people get older, their likelihood of living alone only increases. This class will discuss social isolation, the risks, what can we do to avoid it, and the benefits in doing so.

Location: Oasis at The Meadows

Thursday

Fee: \$5

Nov 12

10:00-11:30



84 Loneliness

Russell Gainer, LCSW, GainWel

Millions of older people agree the TV is their main form of company. Loneliness affects all people regardless of income, education, gender and ethnicity. 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

Oct 29

1:00-2:30

85 Healthy Living for Your Brain and Body

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.

Location: Oasis at The Meadows

Tuesday

Free

Dec 1

1:00-2:30

86 Memory Dynamics

Craig Stimson, LVN

Forgetting names, dates and other items? Good news! This class will help you put memory skills to work. Learn about memory processes, discover new techniques to improve memory, and examine ways to maintain and boost memory skills.

Location: Oasis at The Meadows

Thursdays

Fee: \$10

Dec 3-10

10:00-11:30

87 Life After Loss

Bradley Kendall, MDiv

This class is open to those who have experienced the loss of a loved one, and led by trained facilitators with knowledge of bereavement and grief support. Sessions cover the physical, emotional, spiritual and social implications of grief; the process of grief; memories and how to use them to heal; how to take care of yourself while you grieve; holidays and anniversary dates and planning for the future.

Location: Oasis at The Meadows

Mondays

Free

Oct 12-Nov 16

10:00-11:30

88 Heart & Brain Coherence to Reduce Stress and Experience Your Potential

Adela Gonzalez, MPA, PhD

Heart health is on the minds of many people as we become mindful of taking care of our well-being. Since 1991, we have learned through research that the heart has a brain with the same cellular structures as our human brain and our heart directs our emotions and sends the messages to the brain. Learning about heart and brain coherence will help people reduce and avoid stress while experiencing increased peace satisfaction and enjoyment. We will learn about the HeartMath Institute and the various tools for improving heart health. The mission of the HeartMath Institute is to help people bring their physical, mental and emotional systems into balanced alignment with their heart's intuitive guidance. This unfolds the path for becoming heart empowered individuals who choose the way of love, which they demonstrate through compassionate care for the well being of themselves, others and planet Earth. This is an interactive presentation.

Location: Oasis at The Meadows

Tuesday

Fee: \$5

Oct 6

10:00-11:00

89 Mind, Body, and Spirit: Exploring Holistic Health

Craig Stimson, LVN

While western medicine is the mainstay of our medical system, there is increased interest in non-traditional healing and wellness techniques from around the world that are showing great promise as tools to maintain wellness. Join us for an explanation of healing theories from around the world.

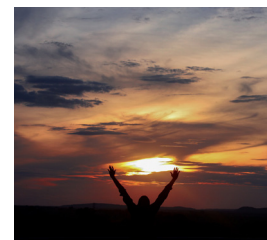
Location: Oasis at The Meadows

Thursday

Fee: \$5

Oct 29

10:00-11:30



90 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

Wednesdays
Free

Oct 7-Nov 11
9:30-12:00

91 Living a Healthy Life with Chronic Conditions

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

Wednesdays
Free

Oct 14-Nov 18
1:00-3:30



INTEGRAL THEORY

Fred Chavez

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

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

92 Lines of Development

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

Location: Oasis at The Meadows

Tuesdays & Thursdays
Fee: \$45

Sep 8-Oct 8
11:15-12:15

93 Types and Drives

Discover some general characteristics (types) about yourself that will follow you throughout your life. Learn about the different impulses (drives) we each have and which ones you might favor at the expense of a more balanced approach to life.

Location: Oasis at The Meadows

Tuesdays & Thursdays
Fee: \$45

Oct 13-Nov 12
11:15-12:15

94 Quadrants

This is where it all comes together. The Integral map begins to build a unified framework by noting that every phenomena is a whole that is part of a larger whole and can be looked at from at least four basic perspectives or has four basic dimensions (quadrants).

Location: Oasis at The Meadows

Tuesdays & Thursdays
Fee: \$32

Nov 17-Dec 15
11:15-12:15

These classes are sponsored by:



95 Tips to Preventing the Flu

Dr. Sarah Lopez

Influenza, commonly called the flu, is a contagious respiratory illness that is caused by viruses. During this class, you'll learn how the flu is spread, the flu symptoms, treatments and complications. We will also have flu shots available after class for those who would like to have one.

Location: Oasis at The Meadows

Thursday Sep 17
Free 1:00-2:00

96 Caring for the Aging Skin

Dr. Chleo Belmonte

What happens to our skin as we age? Learn how to best care for our aging skin.

Location: Oasis at The Meadows

Thursday Oct 15
Free 1:00-2:00



97 Avoiding Viruses and Bacteria

Dr. Joshua Beck

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

Location: Oasis at The Meadows

Thursday Dec 10
Free 1:00-2:00

98 Intermittent Fasting and the Digestive System

Dr. Mayralis De Jesus

Have you heard about intermittent fasting? Wondering if that is something you should try? Learn from a physician about intermittent fasting and the role of the digestive system in the process.

Location: Oasis at The Meadows

Thursday Nov 19
Free 1:00-2:00



**IMAGINE A DOCTOR
WHO ACTUALLY LISTENS.**

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Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed Charitable Foundation

Morningside Ministries

Bexar Area Agency on Aging

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Valero Energy Foundation

San Antonio Area Foundation

Army Residence Community

Solea at Alamo Ranch

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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

99 Location: Oasis at The Meadows

Thursdays
Free

Sep 17-Nov 19
10:00-11:30

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

Thursdays
Free

Sep 10-Nov 12
10:00-11:30

101 Location: Solea at Alamo Ranch 11133 Westwood Loop

Tuesdays
Free

Sep 8-Nov 10
1:00-2:30



Aging Mastery Program®

National Council on Aging

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.

102 Artificial Intelligence

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

Location: Oasis at The Meadows

Wednesday **Sep 23**
Fee: \$5 **1:00-2:00**

103 Stem Cell Research

Embryonic stem cells offer hope for new therapies, but their use in research has been fiercely debated. What exactly are the ethical arguments and why are they so difficult to resolve?

Location: Oasis at The Meadows

Wednesday **Oct 28**
Fee: \$5 **1:00-2:00**

104 Designer Babies

A designer baby is genetically engineered in vitro for specifically selected traits, which at one time was primarily a science fiction concept; but now this idea is increasingly possible. Some ethicists see only the good in this concept, others think it invokes a slippery slope. What are your thoughts?

Location: Oasis at The Meadows

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

105 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 **Sep 15, Oct 20, Nov 10, Dec 15**
Fee: \$5 **10:00-11:30**

106 Movie Discussion: Grease

Lynn Waghalter

Released in 1978, *Grease* was successful both critically and commercially, becoming the highest grossing musical film ever at the time. Good girl Sandy (Olivia Newton John) and greaser Danny (John Travolta) fall in love over the summer. When they discover they're now in the same high school, will they be able to rekindle their romance? The first week we will watch the movie, the second we will discuss it. Refreshments will be provided.

Location: Oasis at The Meadows

Tuesdays **Sep 8-15**
Fee: \$7 **5:30-7:30** 🌙

107 Hollywood's Musical Masters

Beverly Prado

Three of the most enduring directors of the Hollywood Musical genre are Busby Berkeley, Vincent Minnelli, and Stanley Donen. 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

Tuesday **Sep 8**
Fee: \$6 **10:00-11:30**

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

Gloria Jennings

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

Location: Oasis at The Meadows

Wednesday

Sep 9

Fee: \$5

10:00-11:30

109 Omaha Beach, June 6, 1944

John Boswell, Retired Adjunct History Professor

Of the five D-Day beaches, Omaha was by far the most difficult and bloody. Learn why things went so badly for the Americans landing there. A flawed strategic plan and pre-landing sea and air execution will be dealt with as will the German's excellent defensive plan and Omaha's challenging physical terrain. Most importantly, homage will be accorded to the American soldiers who won the day when all seemed lost.

Location: Oasis at The Meadows

Wednesdays

Sep 9-16

Fee: \$10

10:30-12:00

110 Peek Into the Math World: The Golden Ratio

Betty Burson

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

Location: Oasis at The Meadows

Monday

Sep 14

Fee: \$6

10:00-11:30

111 500 Years of African Art, From the 16th to the 21st Century

Marleen Hoover,

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

By the dawn of the Italian Renaissance, artists in sub Saharan Africa were adept at creating realistic and expressive works of art. From the 16th through the 19th centuries, African art was influenced by contact with Islamic merchants and European Christian merchants, colonizers and missionaries. In the 20th century, African art was seen as ethnic, anthropological and archaeological objects rather than fine art. Today in the 21st century African art, an amalgam of authentic tribal art, tourist art, and fine art, is rapidly becoming a major player in the global art market.

Location: Oasis at The Meadows

Thursday

Sep 10

Fee: \$6

10:00-11:30

112 The "Everyman" Image in Film

Beverly Prado

Some of American cinema's greatest stars played roles that cast them as people that we, as the audience, could identify with. Hollywood probably didn't create "the everyman" image intentionally, but actors like James Stewart, Henry Fonda, Jack Lemmon and Tom Hanks became lasting stars portraying unforgettable characters like Charles Lindbergh, Tom Joad, Ensign Pulver and Forrest Gump. Let's share some conversation and watch some film clips of these talented and likeable actors.

Location: Oasis at The Meadows

Monday

Sep 14

Fee: \$6

1:00-2:30



113 Beginning Botanical Illustration

Gaylynne Robinson

In this beginner class you will learn how to draw and render fruits, flowers, seeds and other botanicals in pencil, tinted graphite pencils, and tinted graphite pans. We will focus on drawing skills, forms, shading, tonality, grisaille underdrawings, and observation techniques. Good art comes from practice, everyone can learn and improve through practice. Come join our stress-free, judgment-free beginner's class and learn how professional botanical artists produce beautiful botanicals. Supply list will be provided. Approximate cost of supplies is \$35.

Location: Oasis at The Meadows

Tuesdays

Sep 15-Oct 20

Fee: \$42

1:00-3:00

114 Historic Districts of San Antonio

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

San Antonio currently has 29 different locally designated historic districts, each with its own distinct personality. They include neighborhoods and avenues, plazas and squares, building complexes, firehouses and churches all connected to significant people or places that have had a lasting impact on the Alamo City. Many of San Antonio's historic neighborhoods began as new suburbs nearly 100 years ago. Come learn more about these neighborhoods and what makes each of them historic.

Location: Oasis at The Meadows

Thursday

Sep 17

Fee: \$6

10:00-11:30



115 Corraling Imagination: Writing Science Fiction and Fantasy

Christina Howard

Have you ever wanted to write about a new or alternate world? Afraid to jump into that scary pond thinking you need to have some sort of science background to write science fiction? You don't need much but a story idea, an eye for detail, and some writing basics. Science fiction, fantasy writer C. N. Howard will show how to develop your world, your characters and their unique voices, and your story. Focus will be on the research, the reference library you'll find useful, and how to start your story. If you've got all that down, the story may just write itself. This 'how to' workshop will get you started or get you past that writer's block.

Location: Oasis at The Meadows

Fridays

Sep 18-25

Fee: \$10

10:00-11:30

116 Battles of the Texas Revolution

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

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

Location: Oasis at The Meadows

Monday

Sep 21

Fee: \$6

10:00-11:30

117 Growing Herbs

Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Monday

Sep 21

Fee: \$6

1:00-2:30

Small Watercolor Landscapes

Edith Stanley

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

Location: Oasis at The Meadows

118 Tuesday Sep 22
Fee: \$15 5:30-7:30 

119 Monday Nov 30
Fee: \$15 1:00-3:00



120 Science and Information Literacy-Navigating the Information Superhighway

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

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

Location: Oasis at The Meadows

Tuesday Sep 22
Fee: \$6 10:00-11:30

121 Inspiring Women

Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Wednesday Sep 23
Fee: \$9 10:00-11:30

122 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 Sep 28
Fee: \$6 10:00-11:30

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

Beverly Prado

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

Location: Oasis at The Meadows

Wednesday Sep 30
Fee: \$6 10:00-11:30

SOCIAL AWARENESS SERIES

Megan Merriman, MPH

124 Human Trafficking

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

Location: Oasis at The Meadows

Tuesday Sep 29
Fee: \$5 10:00-11:30

125 History of Women Supreme Court Justices

In the 231 year history of the Supreme Court, we have had 114 Supreme Court Justices, but only four have been women. We will discuss these four women, their histories and their successes against uncountable odds.

Location: Oasis at The Meadows

Tuesday Oct 20
Fee: \$5 10:00-11:30



126 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 led her to the forefront of the sexual revolution. Following the film, we will hold a short discussion.

Location: Oasis at The Meadows

Wednesday Nov 19
Fee: \$5 1:00-3:00

127 Introduction to Critical Thinking

Judith Hurst, M.A.

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

Location: Oasis at The Meadows

Wednesdays Sep 30-Oct 14
Fee: \$15 10:00-11:30

128 Critical Thinking Terms and Concepts

Judith Hurst, M.A.

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

Location: Oasis at The Meadows

Wednesday Oct 28
Fee: \$5 10:00-11:30



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

129 Plagues in Literature

*Dr. Leah Larson, Professor of English,
Our Lady of the Lake University*

2020 has been a year of world pandemic due to COVID-19. While it may seem that we are living through a unique time, our pandemic is just one of many throughout history. In this class, we will examine how writers have responded to and described periods of plague, both as actual eye witnesses and as those who speculated about future or imaginary plagues. As well as providing a historical perspective, these works can also give us insights into our own reactions to the pandemic.

Location: Oasis at The Meadows

Friday	Oct 2
Fee: \$6	10:00-11:30

130 Laurel and Hardy-Hollywood's Greatest Friendship

Gloria Jennings

Laurel and Hardy were a comedy duo act during the early classical Hollywood era of American cinema. The team was composed of Englishman, Stan Laurel and American, Oliver Hardy. They became well known during the late 1920s to the mid 1940s for their slapstick comedy, with Laurel playing the clumsy and childlike friend of the pompous bully, Hardy. Join us as we view clips of their early works and discuss their inspiring works and legacy.

Location: Oasis at The Meadows

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



131 Shintoism-The Native Religion of Japan

Roger Pratt

This class, offering an introduction to the native religion of Japan, will take us through some knowns (which comes from experience) and into some unknowns, (which comes from outside our experience, but which can be grasped conceptually). Our discussion will include what Shinto means, its core elements, how it interfaced/s with other religions, and how the Japanese regard and use it in their daily lives. This is a seminar and discussion, where your input, experience, and questions are welcome!

Location: Oasis at The Meadows

Tuesday	Oct 6
Fee: \$6	10:00-11:30

132 Art History Goes to the Movies

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

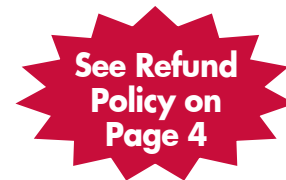
Paintings and sculpture shown in movies, from Hollywood and international, are more than decorations. Art often sets the "style" of a character or time period. It becomes the subject of theft or forgery, and has even been used as a weapon in murder mysteries. Movies about art and the lives of the artists,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

Location: Oasis at The Meadows

Tuesday	Oct 6
Fee: \$6	6:00-7:30



Registration Procedures



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

- **Walk-In and Mail-In - Registrations Processed August 25, 2020**
(Placed in a box and randomly drawn and processed)
- **Online - Registration Opens August 25, 2020 at 11:00am**
- **Phone-In - Registration Opens August 31, 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	\$28			
	13	Qigong	\$40			
	14	Qigong	\$40			
	15	Qigong	\$32			
	16	Evidence Based Taiji	\$40			
	17	Evidence Based Taiji	\$40			
	18	Evidence Based Taiji	\$32			
	19	Qigong for Wellness	\$36			
	20	Qigong for Wellness	\$36			
	21	Yoga Foundations	\$24			
	22	Yoga Foundations	\$30			
	23	Yoga Foundations	\$24			
	24	Wednesday Yoga	\$30			
	25	Wednesday Yoga	\$30			
	26	Wednesday Yoga	\$24			
	27	Yoga Stretch	\$24			
	28	Yoga Stretch	\$30			
	29	Yoga Stretch	\$24			
	30	Yoga Stretch	\$30			
	31	Yoga Stretch	\$30			
	32	Yoga Stretch	\$24			
	33	BrainSavers Part 1	Free			
	34	BrainSavers Part 2	Free			
	35	Deep Water Aquacise	\$54			
	36	Deep Water Aquacise	\$60			
	37	Deep Water Aquacise	\$48			
	38	Deep Water Aquacise	\$60			
	39	Deep Water Aquacise	\$60			
	40	Deep Water Aquacise	\$42			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	41	Oasis Walking Group	\$25			
	42	Oasis Walking Group	\$30			
	43	Balance in Motion	\$25			
	44	Balance in Motion	\$25			
	45	Balance in Motion	\$20			
	46	Power Hour	\$25			
	47	Power Hour	\$25			
	48	Power Hour	\$20			
	49	Stepping to the Music	\$30			
	50	Stepping to the Music	\$30			
	51	Functional Fitness	\$30			
	52	Functional Fitness	\$30			
	53	Alzheimer's Support Group	Free			
	54	Caregiver Support Group	Free			
	55	Disease/Pain Support Group	Free			
	56	Shake the Salt Habit	\$5			
	57	Medicinal Teas	\$5			
	58	Eating the Rainbow	\$5			
	59	Eating Healthy on a Budget	\$5			
	60	Anti-Inflammatory Foods	\$6			
	61	How Sweet It Is	\$5			
	62	Healthy Cooking	Free			
	63	Fifty Questions Coffee Talk	\$16			
	64	Feet Healthy & Happy	\$5			
	65	Therapy Animals of SA	\$5			
	66	Let's Get Happier Today!	\$5			
	67	Even More Happiness!	\$5			
	68	Mechanisms of Aging	\$6			
	69	Demands of Caregiving	Free			
	70	CBD: Hype or Hope	\$5			
	71	Talking About Sex	\$5			
	72	What is a Geriatrician?	\$5			
	73	Managing Arthritis	\$5			
	74	Cervical Cancer	Free			
	75	Colorectal Cancer	Free			
	76	Nutrition and Cancer	Free			
	77	Legal Planning Alzheimer's	Free			
	78	The Aging Eye	\$5			
	79	The Beers List	\$5			
	80	Emotional Intelligence	\$5			

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	Depression and Anxiety	\$5			
	82	Anger/Stress Management	\$5			
	83	Social Isolation	\$5			
	84	Loneliness	\$5			
	85	Healthy Living	Free			
	86	Memory Dynamics	\$10			
	87	Life After Loss	Free			
	88	Heart & Brain Coherence	\$5			
	89	Exploring Holistic Health	\$5			
	90	Diabetes Self-Management	Free			
	91	Living a Healthy Life	Free			
	92	Lines of Development	\$45			
	93	Types and Drives	\$45			
	94	Quadrants	\$32			
	95	Preventing the Flu	Free			
	96	Caring for Aging Skin	Free			
	97	Avoiding Viruses and Bacteria	Free			
	98	Intermittent Fasting	Free			
	99	Aging Mastery Program: Oasis	Free			
	100	Aging Mastery Program: Presa	Free			
	101	Aging Mastery Program: Solea	Free			
	102	Artificial Intelligence	\$5			
	103	Stem Cell Research	\$5			
	104	Designer Babies	\$5			
	105	Writers Group	\$5			
	106	Movie Discussion: Grease	\$7			
	107	Hollywood's Musical Masters	\$6			
	108	From Bloomers to Pantsuits	\$5			
	109	Omaha Beach	\$10			
	110	The Golden Ratio	\$6			
	111	500 Years of African Art	\$6			
	112	Everyman Image in Film	\$6			
	113	Beginning Botanical Illustration	\$42			
	114	Historic Districts of SA	\$6			
	115	Writing Science Fiction/Fantasy	\$10			
	116	Battles of the Texas Revolution	\$6			
	117	Growing Herbs	\$6			
	118	Small Watercolor Landscapes	\$15			
	119	Small Watercolor Landscapes	\$15			
	120	Science & Information Literacy	\$6			
	121	Inspiring Women	\$9			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	122	Preserving Your History	\$6			
	123	Billie, Sarah and Ella	\$6			
	124	Human Trafficking	\$5			
	125	Women Supreme Court	\$5			
	126	Dr. Ruth	\$5			
	127	Intro to Critical Thinking	\$15			
	128	Critical Thinking Terms	\$5			
	129	Plagues in Literature	\$6			
	130	Laurel and Hardy	\$6			
	131	Shintoism	\$6			
	132	Art History/Movies	\$6			
	133	Moses	\$6			
	134	Christopher Columbus	\$9			
	135	SA's Living Heritage	\$6			
	136	Hollywood's Forgotten Stars	\$6			
	137	Texas Superstar Plants	\$6			
	138	Crafting the Master Key	\$6			
	139	Create a Fiesta Wreath	\$40			
	140	Rudyard Kipling	\$20			
	141	Life in the Galaxy	\$6			
	142	Grandparent's Journal	\$5			
	143	The Age of Jackson	\$6			
	144	National Portrait Gallery	\$6			
	145	Holiday Wines	\$35			
	146	16th Century Japan	\$6			
	147	Medieval Medusa	\$5			
	148	The Story of Paul Revere	\$9			
	149	What Was Here Before?	\$7			
	150	Disasters in the Bible	\$6			
	151	Musical Collaborators	\$6			
	152	Geology/Nearest Neighbors	\$6			
	153	History of U. S. Immigration	\$6			
	154	More Holiday Films	\$6			
	155	Murals Throughout SA	\$7			
	156	Movie: It's a Wonderful Life	\$7			
	157	Create a Floral Arrangement	\$30			
	158	Small Dot Mandala Painting	\$12			
	159	Taste of Fiesta	Free			
	160	The Crusades	\$5			
	161	Identity Theft	\$4			
	162	Banking Fraud	\$4			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	163	Ray Lopez	Free			
	164	Ombudsman Program	Free			
	165	Beginners Guide to Genealogy	\$4			
	166	Volunteering at Morningside	Free			
	167	Four Critical Factors	\$6			
	168	Volunteering at Oasis	Free			
	169	My Wishes, My Desires	\$6			
	170	Traveling on Today's Train	\$4			
	171	Effective Listening	\$5			
	172	Cooking/Farmers Market	Free			
	173	Medicare Updates	Free			
	174	Adult Protective Services	Free			
	175	Meals on Wheels	Free			
	176	Body Language	\$5			
	177	Rain to Drain	\$4			
	178	Community Engagement	\$4			
	179	San Antonio River Authority	\$4			
	180	Veterans Resources	Free			
	181	Weatherization Assistance	Free			
	182	Farmers Market Shop & Cook	Free			
	183	Learn to Play Chess	\$8			
	184	Preparing Your Money	\$6			
	185	Canned Foods Fill My Plate	Free			
	186	Serving as an Executor	\$6			
	187	What is an Ethical Will?	\$6			
	188	Advanced Directives	\$6			
	189	Managing Volatility	\$6			
	190	Grandparents/Grandchildren	Free			
	191	Cooking for the Holidays	Free			
	192	Roth IRA Conversion Plans	\$6			
	193	Elder Fraud	\$5			
	194	Everything iPad	\$40			
	195	Smartphone Photography	\$20			
	196	Beginner iPhone	\$8			
	197	Intermediate iPhone	\$8			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	198	Alternatives to Cable	\$8			
	199	Facebook I	\$20			
	200	Facebook II	\$20			
	201	Going Wireless	\$10			
	202	Safety First	\$10			
	203	Android Essentials	\$20			
	204	Windows 10	\$20			
	205	Windows 10	\$20			
	206	Intro to Mac Computers	\$40			
	207	Beginner's Guide to the Cloud	\$10			
	208	iPad Basics	\$8			
	209	Streaming	\$8			
	210	Make Greeting Cards	\$15			
	211	Why Probate	\$4			
	212	Veterans Resources	Free			
	213	Historic Eastside Cemeteries	\$5			
	214	Vegetable Gardening	Free			
	215	Digital Safety Seminar	Free			
	216	LGBTQ+	Free			
	217	Living with Arthritis	Free			
	218	Betty White	Free			
	219	History of Halloween	Free			
	220	What to do Until EMS Arrives	Free			
	221	Estate Planning	Free			
	222	Travis Park and Beyond!	\$35			
	223	Tour of the La Villita	\$25			
	224	Confluence Park Walking Tour	\$25			
	225	Eastside Cemeteries Tour	\$25			
	226	Rain to Drain Experience	\$53			
	227	Discovering Corpus Christi	\$82			
	228	Nuncrackers	\$79			
	229	Ireland Preview Show	Free			
	230	Oasis Home Safety Initiative	Free			
	331	Shades of Ireland	\$829 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 _____

133 Moses: From Basket to God's BFF

Christina Howard

Moses is perhaps one of the few names recognized by the world as a Jewish and Christian icon. We know Moses for the incredible feats he performed: turning the Nile red, parting the Red Sea, scribing the 10 Commandments on stone and getting 2 million people to the Promised Land. But did you know some of the other things he did? Did you know he was married twice? Did you know he conquered Ethiopia? Or that his father in law had his eye on getting control of Egypt by putting Moses on the pharaoh's throne? By looking at the Bible, and sources from Egypt, Ethiopia, Arabia, and other surrounding areas, we are given new images of this great man from the past. Come and enjoy a fast paced overview of his amazing life.

Location: Oasis at The Meadows

Thursday

Oct 8

Fee: \$6

1:00-2:30

134 The Mysterious Christopher Columbus

Bill Perryman, M.Ed.

Who was Christopher Columbus? Over 500 years after his death, Columbus remains shrouded in mystery and historians continuously find Columbus great fodder for debate! On the 528th anniversary of Columbus' landing in the New World, Bill Perryman brings to life the explorations of a renaissance mariner who lived in a world, which is very foreign to us today. Set sail for a presentation filled with suspense, mystery and intrigue!

Location: Oasis at The Meadows

Monday

Oct 12

Fee: \$9

10:00-11:30



135 San Antonio's Living Heritage

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

San Antonio is a unique city with unique traditions and heritage. Learn what living heritage is and why it's an important part of the United Nation's mission. Learn how San Antonio is connected to it while discussing San Antonio's traditions, from recipes and foods to horsemanship and dance. Each attendee will receive a free art poster showing San Antonio's heritage.

Location: Oasis at The Meadows

Tuesday

Oct 13

Fee: \$6

1:00-2:30

136 Hollywood's Forgotten Stars



Beverly Prado

This class explores Tinseltown's famous, mysterious and sometimes tragic stories of stars beginning with silent films and continuing through the 1960s...stars sometimes forgotten as time went by. Buster Keaton, W. C. Fields and Jean Harlow are familiar names. What became of them? What happened to Louise Brooks, Bela Lugosi, Lupe Velez and Bojangles Robinson? What are the backstories to the careers of Kim Novak, Randolph Scott, Dorothy Dandridge and others? Lots to explore.

Location: Oasis at The Meadows

Wednesday

Oct 14

Fee: \$6

1:00-2:30

**REGISTER
EARLY...**

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

137 Texas Superstar® Plants

Bexar County Master Gardeners

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



Location: Oasis at The Meadows

Friday
Fee: \$6

Oct 16
10:00-11:30

138 Peek Into the Math World: Crafting the Master Key

Betty Burson

All facets of modern life, from the certificate noting birth to the one marking death are identified with numbers. They are the key to understanding our world, our universe. What a giant leap to go from "counting" by making notches on a bone to using ten symbols and a group of operands to go to the moon! The story connecting the two is rich and intriguing.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Oct 22
1:00-2:30

139 Create a Fiesta Wreath

Pam Millisor and Debra Mamot

Making a fun "Fiesta" 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 Fiesta San Antonio. All supplies will be provided.

Location: Oasis at The Meadows

Monday
Fee: \$40

Oct 26
1:00-3:00

140 The Life and Poetry of Rudyard Kipling

John Boswell, Retired Adjunct History Professor

Rudyard Kipling is best known for his prose but to truly understand this complex man, a headlong dive into some of his 700 poems is a rewarding experience. We will first review Kipling's extraordinary life and then commence a study of approximately 150 of his finest poems.

Location: Oasis at The Meadows

Tuesdays
Fee: \$20

Oct 27-Nov 17
10:30-12:00

141 Search for Life in the Galaxy

David A. Wood, Jr., Ph.D., San Antonio College

This class will discuss how life on Earth is defined, how astronomers search for life elsewhere in the galaxy, and how hospitable other planets might be to human beings. We will discuss the Drake equation which predicts the likelihood of finding other intelligences in the galaxy and Fermi's paradox, which asks the question: If life is common in the galaxy, then why can we not detect it?

Location: Oasis at The Meadows

Monday
Fee: \$6

Nov 2
2:00-3:30



142 Stories for my Grandchild: A Grandparent's Journal

Gloria Jennings

Join us as we prepare a keepsake journal for the 21st century grandparent. Using writing prompts that are specifically tailored to capture family history, we will capture your memories, values, and personality. Your grandchildren will love knowing how you amused yourself as a child and how you navigated challenges and opportunities.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Nov 3
10:00-11:30

143 The Age of Jackson

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

Many historians consider Andrew Jackson one of the most influential presidents. Because of his importance, this time period in U. S. History is sometimes called the "Age of Jackson." Among the topics discussed will be market revolution, evangelical and social reform, abolition and sectionalism.

Location: Oasis at The Meadows

Wednesday

Nov 4

Fee: \$6

10:00-11:30

144 "Who's Who" in the National Portrait Gallery

Marleen Hoover,

Professor Emeritus, San Antonio College,

Adjunct Professor, St. Mary's University

The National Portrait Gallery in Washington D. C. was founded to display portraits of the men and women who have made significant contributions to the history, development, and culture of the people of the United States. An important part of the National Portrait Gallery collection is its Hall of Presidents. Among its most important portraits are the Gilbert Stuart portrait of George Washington, the photograph of Abraham Lincoln, and the popular 2018 portraits of Barack and Michelle Obama. Some of the most popular, however, are portraits of Beyonce, Oprah Winfrey, "A Rod," and Jeff Bezos. Come have a look at "who's who" in the National Portrait Gallery.

Location: Oasis at The Meadows

Thursday

Nov 5

Fee: \$6

10:00-11:30

145 Holiday Wines

Bob Bragg

Learn how to select wines to pair with your holiday meals. Whether turkey and dressing, ham, or prime rib, the right wine can help make the meal even more special.

Location: Oasis at The Meadows

Thursday

Nov 5

Fee: \$35

1:00-3:00



146 Nation Building in 16th Century Japan

Roger Pratt, MA in East Asian Studies

While Japan existed as an autonomous country, due in large part to it being an island, it wasn't a cohesive, centralized, and governed entity until the efforts of three successive nation builders, who exercised vision, daring, cunning, and strength in the 16th century. Though dictated by Confucian social ordering and ranking, these men acted and thought both inside and outside the box. Why? To whose benefit? How was it different from governments of the past? Were they aware of other countries and their governments? Where was the emperor in all this? Hmmmm...there is a way to find out; join the class, and...the more questions, the better!

Location: Oasis at The Meadows

Monday

Nov 9

Fee: \$6

10:00-11:30



147 The Medieval Medusa

Judith Hurst, MA

Follow the manipulative, misanthropic, misogynistic figure of Fortune of Fate as she cuts a swath through early Chinese and Christian philosophy with Sun Tzu and Boethius; becoming a household name Fortuna affixed to the Wheel of Fortune during the Middle Ages with Dante, Chaucer, Cortes and Machiavelli; morphing into the fog of war with our most famous 19th Century war theorists: Clausewitz and Jomini; and ending up with us today as Lady Luck.

Location: Oasis at The Meadows

Wednesday

Nov 11

Fee: \$6

10:00-11:30

148 From Lanterns to Liberty- The Story of Paul Revere!

Bill Perryman, M.Ed.

On the night of April 18, 1775, a dark eyed and stocky man of French lineage galloped into history on what perhaps might have been the most frightening night of his life - the eve just prior to the onset of the American Revolution! Today, Paul Revere is an icon in American history, but who was this man we so affectionately know as Paul Revere? Listen and watch as master teacher, Bill Perryman, illuminates the personal and public life of Paul Revere!

Location: Oasis at The Meadows

Thursday
Fee: \$9

Nov 16
1:00-2:30

149 What Was Here Before?

Bruce Martin, Certified Professional Tour Guide

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

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Nov 18
10:00-11:30

150 Natural (and Unnatural) Disasters in the Bible

Christina Howard

We all know about the Big Flood, the Nile turning red, the Red Sea parting, the destruction of Sodom and Gomorrah, but did you notice the Bible mentioning earthquakes, tremors, volcanoes, pandemics, plagues, fires, eclipses, and storms? This visual presentation will look at some of the possible sciences and theories regarding the events.

Location: Oasis at The Meadows

Monday
Fee: \$6

Nov 30
10:00-11:30

151 Dynamic Musical Collaborators

George and Beverly Prado

Magical moments in music often happen when the right people meet at the right time. This class explores this topic with jazz, musical theater and popular music examples such as Duke Ellington/Billy Strayhorn, Django Reinhardt/Stephane Grappelli, Rodgers with Hart and Hammerstein, The Gershwins, Lerner/Loewe and others. What mysterious and spiritual connections did these composers and musicians have? Let's discuss their famous works from "Take the 'A' Train" to "The Hot Club of France" to "Oklahoma" to "My Fair Lady" and beyond.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Nov 19
10:00-11:30



152 Geology of our Nearest Neighbors

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

European explorers called North and South America the 'New World,' viewing these new lands as distinct and separated from the Old World by thousands of miles of Atlantic Ocean. In a broader sense, however, the Americas have a long history of interaction with Europe, Asia, Antarctica, Africa, and Oceania over geologic time. We will explore the geographical processes that have shaped the Americas, and discuss the geologic reasons for why we are both similar to, and distinct from, the other continents. The discussion will include a description of the geologic provinces of North and South America, and the role of plate tectonics in the history of their development.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Dec 1
10:00-11:30

153 The History of U.S. Immigration

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



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

Location: Oasis at The Meadows

Wednesday

Dec 2

Fee: \$6

10:00-11:30

154 More Holiday Films

Beverly Prado

A further exploration of movies set during the winter season is offered here. Film clips highlight how stories unfolded using Thanksgiving, Christmas, New Years Eve, Hanukkah and other celebrations as a backdrop. Did these holidays enhance our enjoyment of many of our favorite films? Would the stories be the same at another time of year? Join the holiday fun with us.

Location: Oasis at The Meadows

Tuesday

Dec 1

Fee: \$6

6:00-7:30



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



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

155 Murals Throughout San Antonio, An Artistic Legacy

Bruce Martin, Certified Professional Tour Guide

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

Location: Oasis at The Meadows

Wednesday

Dec 2

Fee: \$7

10:00-11:30



156 Movie Discussion: It's a Wonderful Life

Gloria Jennings

After George Bailey wishes he had never been born, an angel is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there. Join us as we view the movie for the first session and discuss it the second session. Refreshments will be served.

Location: Oasis at The Meadows

Mondays

Dec 7-14

Fee: \$7

10:00-12:00



157 Create a Floral Arrangement

*Joseph Leal and Angelica Lopez,
The Rose Boutique*

In honor of our military on Pearl Harbor Day, we will create a red, white and blue floral arrangement to take home. All supplies will be provided. If you have a pair of small pruning shears, please bring them.

Location: Oasis at The Meadows

Monday **Dec 7**
Fee: \$30 **10:00-12:00**

158 Small Dot Mandala Painting

Edith Stanley

We will be learning about mandalas and how to create simple but beautiful mandala designs that you can use as gifts or home decor. Supply list will be provided. Approximate cost of supplies is \$10.

Location: Oasis at The Meadows

Wednesday **Dec 16**
Fee: \$12 **1:00-3:00**



159 A Taste of Fiesta

*Texas A&M
AgriLife Extension*

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

Location: Oasis at The Meadows

Friday **Nov 6**
Free **10:00-12:30**



160 The Crusades

Judith Hurst, MA

This class is a lecture/discussion concerning the differences between the five crusades (1095-1202). We will address the installation of different orders of knights, including the Templars; protection for pilgrims; retaking the Holy Land; mercenary motives and the implementation of the first banking system; religious indemnity past and future; the burgeoning of trade and the impetus leading to the Magna Carta - our first step towards democracy.

Location: Oasis at The Meadows

Wednesday **Dec 9**
Fee: \$5 **10:00-11:30**



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

FOLLOW US
San Antonio Oasis

161 Identity Theft

Dean Taylor, Better Business Bureau

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

Location: Oasis at The Meadows

Tuesday
Fee: \$4

Sep 8
1:00-2:30



162 Banking Fraud

Sandy Sullivan, Senior VP, Frost Bank

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

Location: Oasis at The Meadows

Wednesday
Fee: \$4

Sep 9
1:00-2:30

163 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

Wednesday
Free

Sep 9
1:00-2:30

164 The Alamo AAA Ombudsman Program

Cindy Boyum, Bexar Area Agency on Aging

A Long Term Care (LTC) Ombudsman means "being an advocate for residents." A LTC Ombudsman listens to and addresses the concerns of nursing home and assisted living residents. A volunteer LTC Ombudsman who visits regularly can be the highlight of a resident's day and ensure residents get good care. Come learn more about this rewarding volunteer opportunity.

Location: Oasis at The Meadows

Thursday
Free

Sep 10
1:00-2:30

165 Beginners Guide to Genealogy

Deborah Countess

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

Location: Oasis at The Meadows

Friday
Fee: \$4

Sep 11
10:00-11:30

166 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

Wednesday
Free

Sep 16
1:00-2:30

167 Four Critical Factors Affecting the Growth and Protection of Your Money

Jake Yetterberg, CSA

Here is what you will learn:

- Income and inflation protection ideas: the best ways to generate income and grow your money in a zero rate world.
- Tax Control: locking in today's best tax planning options while you can.
- The upcoming election and the new coronavirus imposed economic moves could severely limit your options here.
- Risk management: what to own...and what not to own given today's volatile circumstances.
- Understanding and controlling the visible risks and the hidden risks as the rules change.
- Protecting it all: preventing fraud, long term care catastrophes, and stock volatility from wiping out what you have worked a lifetime to accumulate.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Sep 22
10:00-11:30

168 Volunteering at Oasis

Brenda Schmachtenberger

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

Monday
Free

Sep 28
1:00-2:30

169 My Wishes, My Desires

Carol Bertsch, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Sep 29
1:00-2:30

170 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

Sep 30
1:00-2:30



Yetterberg Retirement Solutions



Tired of Market Volatility?
Losing sleep at night?
Looking for better fixed interest rates?



We can help you manage prudent solutions like:

- Laddering
- Shopping all insured institutions
- Closely monitoring maturity dates at renewal

It is possible to increase your yield and add "peace-of-mind" without increasing your risk.

In uncertain times, it is imperative to have a safety net under an appropriate portion of your retirement money. "Black Swan" events like we have witnessed can thrust you into disarray if you are unprepared.

If you'd like help in developing a plan for your personal situation, please feel free to call us. We are happy to help you stabilize assets and safely increase your yield.

Of course, if you can join us for an Oasis class-in person or virtual - that is always a good way to gather important information. Stay safe and healthy!

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

171 Effective Listening and Communication Skills

Russell Gainer, LCSW, Gain Wel

A major part of effective communication is being able to be a good listener. But is listening a sense or a skill? How can we increase our effectiveness and reduce confusion with others? What are the three levels of listening and how do they impact our communication with others?

Location: Oasis at The Meadows

Thursday Oct 1
Fee: \$5 1:00-2:30

172 Cooking with Food from the Farmers Market

San Antonio Food Bank

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

Location: Oasis at The Meadows

Friday Oct 2
Free 10:00-11:30



173 Medicare Updates

AACOG

If you want to learn more about Medicare and Medicaid related services, this is the class for you. We will help you understand parts A, B, C and D and Medicare supplement policies. We will also cover the federal Medicare Savings Program, and the Medicare Patrol/financial exploitation.

Location: Oasis at The Meadows

Monday Oct 5
Free 10:00-11:30

174 Adult Protective Services-Working for You

Lisa Senteno, APS

Learn how this agency is helping older adults by investigating abuse, neglect, and exploitation and connecting victims with short term help with shelter, home repairs, food, transportation, managing money, medical care, home healthcare services, and mental health services.

Location: Oasis at The Meadows

Monday Oct 5
Free 1:00-2:30

175 Meals on Wheels

Heather Finerghy

Meals on Wheels San Antonio prepares and delivers nutritious meals each weekday to homebound seniors living in Bexar County. Come learn more about the services they offer, how to qualify, and volunteer opportunities that are available.

Location: Oasis at The Meadows

Tuesday Oct 6
Free 1:00-2:30

176 Body Language

Gloria Jennings

"It's not just what you say, it's how you say it." Our facial expressions, gestures, eye contact, posture and tone-of-voice can speak the loudest. Noticing the signals that people send out with their body language is a very useful social skill. Learn how to become more sensitive not only to the body language and nonverbal cues of others, but also your own.

Location: Oasis at The Meadows

Tuesday Oct 13
Fee: \$5 10:00-11:30



177 Rain to Drain: The Story of San Antonio's Water

SAWS

Water is perhaps the most important resource in a community, but it's also the resource we take for granted the most. Understanding where your water comes from, how it gets to you and what happens to it "after the flush" is the focus of this class. In this fun, informative presentation you will follow the journey water takes through our community - from the time it falls as rain, all the way to wastewater treatment.

Location: Oasis at The Meadows

Thursday Oct 15
Fee: \$4 1:00-2:30



178 Community Engagement

Brenda Schmachtenberger

One way to use your gift of time is to spend some of it to help others. There are many ways to help others that range all the way from small acts of kindness, to engaging across generations, to being or helping caregivers, to immersing yourself in community service. Come and learn how to get involved in your community.

Location: Oasis at The Meadows

Thursday Oct 15
Fee: \$4 10:00-11:30



179 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 Oct 19
Fee: \$4 1:00-2:30

180 Veterans Resources

Bexar County

Military and Veterans Services Center

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

Location: Oasis at The Meadows

Tuesday Oct 20
Free 1:00-2:30

181 Weatherization Assistance Program

AACOG

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

Location: Oasis at The Meadows

Tuesday Oct 27
Free 10:00-11:30



182 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
Free

Oct 26
12:00-3:00



183 Learn to Play Chess

Richard J. Garcia

Regular exercise of your brain with a thought provoking game like chess can help prevent degenerative brain diseases like Alzheimer's from taking root. Do you want to play but don't know how? It's never too late to learn! Come learn how to play this popular brain boosting game.

Location: Oasis at The Meadows

Tuesdays
Fee: \$8

Oct 27-Nov 17
6:00-7:30



184 Preparing Your Money and Protecting Your Income from Election Year Politics

Jake Yetterberg, CSA

Here is what you will learn:

- The changing trends that are affecting your money now.
- Brand new legislation: learn the planning opportunities that now exist.
- Safe money strategies to use in this unprecedented volatile situation.
- How to manage your fixed money as rates head back to zero or lower.
- An update on improved safe indexing strategies with better technology.
- How to protect your money from ballooning government spending and debt.
- An update on the impact of the coronavirus on the world economy: how to position for the medium to long term financial effects.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Oct 20
6:00-7:30



185 Canned Foods Fill My Plate

San Antonio Food Bank

Come enjoy a cooking demonstration by the San Antonio Food Bank and learn how to create flavorful and healthy meals using only canned foods.

Location: Oasis at The Meadows

Monday
Free

Nov 2
1:00-2:30



186 The Thankless Job-Serving as an Executor

Carol Bertsch, Attorney at Law

Serving as an Executor of a person's estate can be a burden. You may have to deal with feuding beneficiaries or an insolvent estate. Ultimately, though, it is an honor to be considered trustworthy enough to hold this fiduciary position. Carol will take you through the "ins and outs" of your responsibilities.

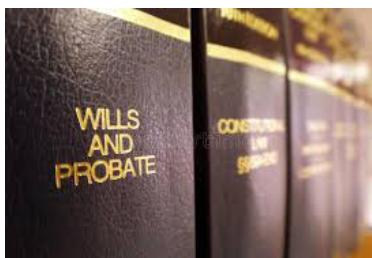
Location: Oasis at The Meadows

Monday

Fee: \$6

Nov 2

10:00-11:30



187 What is an Ethical Will?

Todd Marquardt, Attorney at Law

An ethical will or legacy letter is a way to share your values, blessings, and your life's lessons, hopes and dreams for the future, love and forgiveness. During this class you will learn how an ethical will or legacy letter empowers you to leave a rich inheritance to your loved ones.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Nov 10

1:00-2:30

188 Advanced Directives

Carol Bertsch, Attorney at Law

Advanced directives are legal documents that allow you to convey your decisions about end of life care before the time comes. There are at least five types of advanced directives recognized by Texas. You will need to know which of those you need to communicate to your family, friends and health care professionals, and to avoid confusion later on.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Nov 17

6:00-7:30



189 Managing Volatility: Protecting Your Income/Money from "Black Swan" Events

Jake Yetterberg, CSA

Here is what you will learn:

- How to determine the proper amount of risk for your portfolio.
- Why laddering is even more important in times of volatility.
- The proper amount to have in an emergency account and the true role it plays.
- Why it is even more important now to know who insures different types of money.
- The new role of the Federal Reserve and why it may lead to more volatility.
- How the brand new Secure Act may help you in market downturns.
- The most dangerous trap to avoid when the market is falling.
- How to protect yourself from negative interest rates which are working their way to the U.S. Strategies to employ if you've lost money in a traditional or a Roth IRA.

Location: Oasis at The Meadows

Wednesday

Fee: \$6

Dec 2

1:00-2:30

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.

190 Grandparents Raising Grandchildren

Cyndee Pierce, Bexar AAA

Many challenges face grandparents raising grandchildren. In this presentation you will learn about the services and resources the AACOG program offers grandparents raising grandchildren.

Location: Oasis at The Meadows

Thursday
Free

Dec 3
1:00-2:30

191 Cooking for the Holidays

San Antonio Food Bank

Planning and cooking holiday meals can be stressful, but it doesn't have to be! Join us as a chef from the San Antonio Food Bank demonstrates some easy and delicious recipes perfect for the holidays.

Location: Oasis at The Meadows

Friday
Free

Dec 4
10:00-11:30



192 Roth IRA Conversion Plans

Joseph D. Warren, Financial Planner

A Roth conversion of an existing retirement account is a major decision. There are many factors to consider. Come learn what your options are and what you need to consider when making this decision.

Location: Oasis at The Meadows

Monday
Fee: \$6

Dec 7
1:00-2:30

193 Elder Fraud

Jill Piazza, M.A., CMC,
John Fischer Weber, MA, CFE, CPP

Learn about various types of fraud and scams targeted at seniors and how to protect yourself. Who are the victims and perpetrators? What do you do if you suspect you have been victimized by a scam artist?

Location: Oasis at The Meadows

Monday
Fee: \$5

Dec 14
10:00-11:30



GIVE FOR THE FUTURE



Making a gift is easy.

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

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

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



- ♦ 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 two 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

MUST ATTEND BOTH DAYS OF TRAINING

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

Oasis Connections Technology Classes are supported in part by:



194 Everything iPad

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesdays & Thursdays
Fee: \$40

Sep 8-17
1:00-3:00



196 Beginner iPhone

Thalia Williams

For people who have never used an Apple product, using an iPhone can be intimidating. Simple tasks such as sending text messages and importing contacts can be difficult to a new iPhone user. Come to this class to learn the basics of how to use your iPhone.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 15
10:00-12:00

197 Intermediate iPhone

Thalia Williams

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

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Oct 13
10:00-12:00

195 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

Mondays
Fee: \$20

Sep 14-21
10:00-12:00

198 Alternatives to Cable

Marta Torres

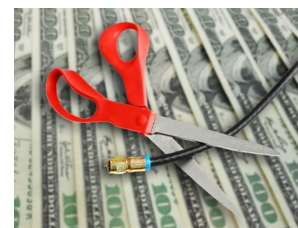
Are you interested in cutting the cord?

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

Sep 24
1:00-3:00



199 Facebook I

Thalia Williams

Facebook is the most popular social networking website in the world, with over 1 billion active users. It's a great way to stay in touch with family and friends. In this course, you will learn all about Facebook, become a member of this free website and post messages and photos online. After this course, you will be able to continue making friends and using Facebook on your own. This course is a lecture class and it covers Facebook as currently found on desktop and laptop PCs. Book included in fee.

Location: Oasis at The Meadows

Wednesdays
Fee: \$20

Sep 30-Oct 7
1:00-3:00

200 Facebook II

Thalia Williams

Are you one of the millions of Facebook users saying to themselves, "I'm on Facebook, now what?" In this course, you will learn how to customize your Facebook profile, create important Life Event posts, work with the Facebook photo albums, chat, groups, and more. This is a follow up to the Connections course Facebook 1. If you haven't already taken that course, you should at least have a Facebook account and know how to post on Facebook. Be sure to bring your Facebook login information to class. This course is a lecture class and covers Facebook as currently found on desktop and laptop PCs, not mobile devices. Book included in fee.

Location: Oasis at The Meadows

Wednesdays
Fee: \$20

Nov 4-11
1:00-3:00



201 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

Thursday
Fee: \$10

Oct 1
1:00-3:00

202 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

Thursday
Fee: \$10

Oct 8
10:00-12:00

203 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

Wednesdays
Fee: \$20

Dec 2-9
1:00-3:00

Windows 10

Marta Torres

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

Location: Oasis at The Meadows

204	Mondays	Oct 19-26
	Fee: \$20	10:00-12:00
205	Tuesdays	Nov 3-10
	Fee: \$20	5:30-7:30 ☾

206 Intro to Mac Computers

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesdays & Thursdays	Oct 27-Nov 5
Fee: \$40	1:00-3:00



207 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

Friday	Nov 20
Fee: \$10	10:00-12:00

208 iPad Basics

Thalia Williams

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

Location: Oasis at The Meadows

Monday	Dec 7
Fee: \$8	1:00-3:00



209 Streaming

Thalia Williams

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

Location: Oasis at The Meadows

Wednesday	Dec 16
Fee: \$8	10:00-12:00

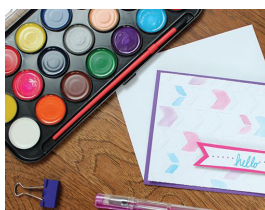
The following classes are held at and are sponsored by:

ARMY RESIDENCE COMMUNITY

7400 Crestway

210 Make Your Own Greeting Cards

Edith Stanley



Show your friends and loved ones you care by creating your own hand made greeting 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

Sep 14
10:00-11:30

211 Why Probate?

Ellen Patterson, Attorney at Law

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

Monday
Fee: \$4

Oct 19
10:00-11:30

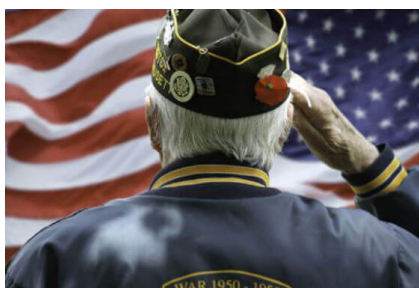
212 Veterans Resources

Bexar County Military and Veterans Services Center

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

Monday
Free

Nov 16
10:00-11:30



213 San Antonio's Historic Eastside Cemeteries

Bruce Martin, Certified Professional Tour Guide

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

Monday
Fee: \$5

Dec 14
10:00-11:30

Take Command of your Retirement



*Army Residence
Community*

The Army Residence Community welcomes all officers retired or honorably discharged, from all branches of service, as well as senior-level federal employees of GS-14 and above, to include spouses and surviving spouses.

800-900-6913 • armyresidence.com

The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

214 Vegetable Gardening

Bexar County Master Gardeners

In this discussion we will learn about the different varieties of plants that are available for fall planting, and touch on site selection and garden prep. We will find the best ways to plant our selections, and then how and when to harvest and enjoy the fruits of our labors.

Thursday
Free

Sep 10
2:00-3:30



215 Digital Safety Seminar

Thalia Williams

Use of the internet and connected devices increases each year. Most internet apps create benefits for people who want to stay engaged with their loved ones and get vital information. Oasis will teach you strategies and resources that can help you help you navigate the internet safely and confidently.

Thursday
Free

Oct 15
2:00-3:30

216 LGBTQ+: What Do All These Letters Really Mean?

Megan Merriman, MPH

The LGBT community is a very diverse community that represents a variety of sexual and gender identities. We will discuss the sometimes confusing alphabet soup as well as the difference between sexual orientation and gender.

Thursday
Free

Nov 12
2:00-3:30

217 Living With Arthritis

Craig Stimson, LVN

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

Thursday
Free

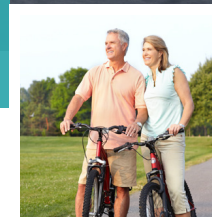
Dec 3
2:00-3:30



55+ ACTIVE ADULT LIVING 1 & 2 BEDROOM APARTMENT HOMES

Visit Soléa Alamo Ranch & Enjoy Endless Possibilities

Our goal is to provide you the freedom to relax and socialize with friends - leave the rest to us! Now is your time to thrive!



♥ **WEEKLY FITNESS
CLASSES**

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11133 Westwood Loop | San Antonio, TX 78253
SoleaAlamoRanch@SparrowLiving.com | 210-966-8142

SoleaAlamoRanch.com



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

1100 Grand Blvd., Boerne, TX 78006

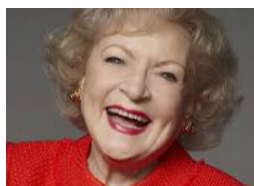
218 Betty White

Gloria Jennings

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

Thursday
Free

Sep 24
10:00-11:30



221 Estate Planning

Todd Marquardt, Attorney at Law

No matter the size, 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.

Thursday
Free

Dec 10
10:00-11:30



219 History of Halloween

Michael Cude, Ph.D., Schreiner University

This course will examine the history of Halloween traditions in the United States. We will begin by looking at the historical roots of the holiday from its Celtic origins and how it was adapted by medieval Christians. We will then examine how modern Americans adopted the holiday and the ways in which they modified and built upon the older traditions.

Thursday
Free

Oct 22
10:00-11:30

220 What to do Until EMS Arrives

Craig Stimson, LVN

Have you ever been in a situation where EMS was called but were unsure about how to help? Learn pointers to help your local EMS department arrive as quickly and efficiently as possible and ready to do their job. We will discuss first aid, providing accurate information to the authorities and how to remain calm in an emergency.

Thursday
Free

Nov 19
10:00-11:30

MM
Morningside Ministries
 SENIOR LIVING COMMUNITIES

AN EXCITING NEW CHAPTER AWAITS YOU AT MORNINGSIDE MINISTRIES!

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

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

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

(210) 734-1000
www.mmliving.org



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



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

222 Travis Park and Beyond!

Bill Perryman M.Ed.,
Certified Professional Tour Guide



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

Friday
Fee: \$35

Oct 16
9:00-11:30

223 Village People! A Tour of the La Villita Historic District

Bill Perryman M.Ed.,
Certified Professional Tour Guide



The mention of La Villita ignites visions of that annual Fiesta event called Night In Old San Antonio (NIOA)! Yet, do you know the origins of this village? What dramatic event happened here in 1819? Where did the residents of La Villita originate? Why were early 20th century businessmen rushing to La Villita to a certain house? What was Widow Womble really up to? What happened when Mayor Maury Maverick stumbled into La Villita in the 1930s? Bill Perryman will answer these questions and many more! Tour includes Listen Audio Technology for the listening ease of each tour guest. Tour begins under the shade trees of Hemisfair Park directly across the Street from the Fairmount Hotel at 401 South Alamo. Parking fees not included.

Friday
Fee: \$25

Nov 20
9:30-11:30

224 Confluence Park Walking Tour



Bruce Martin, Certified Professional Tour Guide

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

Wednesday
Fee: \$25

Nov 4
9:30-11:30



225 Historic Eastside Cemeteries Walking Tour

Bruce Martin, Certified Professional Tour Guide

Join this spirited visit to San Antonio's historic eastside cemeteries for an unforgettable experience. Learn tragic, humorous, and inspiring stories about famous and less well known cemetery residents, and gain a better understanding of cemetery history and architecture during this comfortable tour through a lovely, but often overlooked, historic treasure. Wear comfortable shoes and meet at the southwest corner of Monumental and Paso Hondo.

Friday
Fee: \$25

Oct 30
9:30-11:30

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

226 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 working 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 at the H2 Oak Center and have a box lunch provided by Bill Miller's. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$53

Oct 28
8:30-4:30



227 Discovering Corpus Christi

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



Tuesday
Fee: \$82

Nov 17
7:15-6:30

228 Nuncrackers at the Fredericksburg Theater

Let's go to the Fredericksburg Theater to celebrate the holidays. Before we head to the theater we will have dinner at La Fogata. Then... they're back! The Nunsense Christmas Musical, *Nuncrackers*, is presented as the first TV special taped in the Cable Access Studio built by Reverend Mother in the convent basement. Featuring all new songs, this show is filled with wacky nunsense humor, some of your favorite carols, and a "Secret Santa" sequence. Certain to tickle your funny bone and likely to tug at your heartstrings, *Nuncrackers* is the perfect way to make your holiday season merry and bright. Cost includes motor coach transportation, dinner, admission fees and tips.

Friday
Fee: \$79

Dec 11
4:00-11:00 🌙

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

Day Trips are Non-Refundable

331 Shades of Ireland

Mar 20-29, 2021

Shades of Ireland takes you on a comprehensive journey around the Emerald Isle. Your tour begins in Dublin to enjoy a sightseeing tour of this "Fair City." Visit cathedrals and see the city's trademark magnificent rows of stately Georgian townhomes. Then we are off to Kilkenny and Waterford to explore this medieval city and visit the world famous Waterford Crystal Factory. Next day, journey to historic Blarney Castle where you can take the opportunity to 'kiss' the Blarney stone and be treated to an Irish jaunting car ride. Next we will travel along one of the most beautiful coastal routes in the world, the picturesque Ring of Kerry. We will experience the customs and daily life of a traditional Irish family during a memorable visit to the Molanna Dairy Farm. Experience the stunning, 700 foot high cliffs of Moher for awe inspiring views of the mighty Atlantic.

Included are round-trip air, motor coach transportation, 10 day escorted tour, first class hotels, 13 meals, tour cancellation/interruption insurance, baggage handling and gratuities for tour manager, step on guides and drivers. You must have a passport valid through October 2021. Deposit \$829 per person. Double \$3,878 per person. Single \$4,378. Final payment due November 20, 2020. Credit cards accepted. Make checks payable to Collette.

229 Shades of Ireland Preview Show

Location: Oasis at The Meadows

Friday
Free

Sep 18
10:00-11:00

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



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



700 Babcock Rd.
San Antonio, TX 78201
www.oasisnet.org

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230 Oasis Home Safety Initiative

Oasis volunteers will be providing help with safety issues in your home to include safety grab bars. Safety grab bars will be provided and installed in one bathroom per household. All work is donated by Oasis volunteers and the cost of the safety grab bars are covered by grant funding from George Rapier, Founder of WellMed.

A donation to Oasis is suggested for the time spent on the project. The donation amount is up to the member's discretion. After registration one of the handyman volunteers will call you to discuss details and coordinate installation date and time. Thank you to Tom Charlton and Sandy Smith for their volunteer time on this project.

Free

