



Free Oasis Classes Online in September

To access classes go to Zoom.us in your browser. Once you get to the site, go to "Join a Meeting" and type in the Meeting ID# for that class. If you do not have computer access dial 1 (346) 248-7799 and enter the Meeting ID# when prompted.

Making a Spreadsheet in Excel

Tuesday, September 1 from 10:00am-11:00am

We will continue with more information on creating basic spreadsheets in Excel.

Meeting ID # 813-1334-6537

Exploring the Internet

Thursday, September 3 from 10:00am-11:00am

This class will provide information on how to explore the Internet safely and find out more about what the Internet can offer you!

Meeting ID # 851-6855-0769

Streaming on the GO!

Tuesday, September 8 from 10:00am-11:00am

This class will discuss streaming on mobile devices and how to stream on the go!

Meeting ID # 861-5032-4555

Dental Care for Us!

Wednesday, September 9 from 10:00am-11:00am

Join us for an informative and up to date discussion of dental care for seniors. Dr. Marlena Pomelow will discuss general dental care, various techniques and services such as implants, dentures, teeth whitening pros and cons and tips on keeping your teeth healthy as we age.

Meeting ID # 846-9662-0718

Using Online Payment Systems

Thursday, September 10 from 10:00am-11:00am

Learn more about using online payment systems such as PayPal, Google Checkout, and more for monthly bills, expenses, shopping, etc. and how to do it safely.

Meeting ID # 850-2541-0655

Starting Your Own Website

Tuesday, September 15 from 10:00am-11:00am

Starting your own website is easier than you think! This class will explore the possibilities and the planning of starting your own website. Why you would want to start a website, and what is involved.

Meeting ID # 884-4326-4087

Cargiver Support During Challenging Times **Wednesday, September 16 from 10:00am-11:00am**

Every care partner's experience is unique but there is a lot to learn from others who are living this role. This presentation will give a broad overview of caregiving during our challenging times and offer insight on how to navigate the caregiver role. Also, we will discuss how caregiving can impact one's own health and learn helpful tips to keep healthy as caregivers. Instructor: Kylie Meyer, PhD

Meeting ID # 860-6097-0403

Turn over for more classes...

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Digital Libraries - Public Offerings

Thursday, September 17 from 10:00am-11:00am

County and City public libraries are available online with content for all ages and languages. You can listen to audiobooks or read magazines and newspapers. Digital public libraries also offer educational portals for online learners, videos, movies, genealogy resources and much more.

Meeting ID # 821-0851-7127

Using Passwords and Two Factor ID

Tuesday, September 22 from 10:00am-11:00am

This class will discuss using passwords and two factor id for additional security. Two-Factor Authentication, commonly referred to as 2FA, is a feature that adds an additional “factor” to your normal login procedure to verify your identity.

Meeting ID # 811-7109-3302

Dairy Superstars

Wednesday, September 23 from 10:00am-11:00am

Join in for a look at dairy products from around the world! We will discuss milk, cheese, yogurt, Kefir and other dairy products you may not have heard of! Is almond milk really milk? What about soy products, lactose free and shelf stable milk? We will answer these questions and many more!

Meeting ID # 839-6639-2441

What is a Smart Home?

Thursday September 24 from 10:00am-11:00am

Home automation (or domotics) is building automation for a home. This “Smart Home” system can control lighting, climate, entertainment systems, and appliances. Learn how to make your home a Smart Home!

Meeting ID # 839-5561-8395

Coping with Loneliness, Depression and Anxiety in a Covid-19 World

Monday, September 28 from 1:00pm-2:00pm

In the midst of a global pandemic, feeling overwhelmed by hopelessness and despair can be common and exacerbate existing struggles with depression and anxiety. This course will explore ways to cope with the COVID-19 pandemic’s impact on your mental health. Instructor: Dr. Kathy Phoenix, DSW, LCSW

Meeting ID # 837-0672-2917

For more information please contact Oasis at (210) 236-5954.

Are You a Caregiver?

Do you help someone with tasks like picking up groceries, driving them to doctor’s appointments and paying bills? Do you help with more personal tasks like bathing or dressing? **If you do these or other tasks to help another person, then you are a caregiver.**

As a caregiver we can sometimes be overwhelmed or need to turn to additional resources for help. Sometimes we just need someone to talk to.

If you are a caregiver, we are here for you. If you would like free check-in calls to talk or gather information and resources please call Oasis at (210) 236-5954.