

Oasis Outdoors

A Week of Fun, Education and Enrichment

Monday, October 26

#600 Make Your Own Greeting Cards 9:30am-11:30am

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. Fee: \$12

#182 Farmers Market-Shop and Cook 1:00pm-3:00pm

Experience an informative lecture, cooking demonstration 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. Free

Tuesday, October 27

#601 Intro to Qigong 10:00am-11:00am

This introductory class will familiarize you with the ancient Chinese health practice often called "Moving Meditation." Learn gentle movements, deep breathing, meditation, and self-massage. Free

#602 Shiner Beer Tasting 1:00pm-3:00pm

Since 1909 Shiner Beer has been brewed at the Spoetzl Brewery in Shiner, Texas. Come learn the rich history of this Texas treasure and sample the brews Shiner has to offer. Fee: \$10



Wednesday, October 28

#603 In the Throes of Creativity: The Artist's Way 10:00am-11:30am

The Artist's Way: A Spiritual Path To Higher Creativity is a self-help book by Julia Cameron. The book was written to help people with artistic creative recovery, which teaches techniques and exercises to assist people in gaining self-confidence in harnessing their creative talents and skills. Ginny Brown will be facilitating a discussion based on Ms. Cameron's book. Fee: \$6

#604 Poetry for Fun 1:00pm-2:30pm

A poem is a gift! Both to yourself and to others. Join us for a short adventure in rhyming words! Fee: \$6

Thursday, October 29

#605 DASH Diet 10:00am-11:30am

Originally designed to help treat or prevent high blood pressure, the DASH diet has been recommended to prevent stroke and heart disease and is a healthy way to lose weight. Enjoy DASH inspired treats, learn about this evidence-based approach and take home materials that will help you begin the DASH diet. Fee: \$6

#606 Create a Fall Floral Arrangement 1:00pm-3:00pm

With the bounty of fall foliage and the colors of autumn, you can put together beautiful, colorful arrangements you can't make any other time of year. Come learn tips and tricks and create a beautiful arrangement that you can take home. All supplies are included. Fee: \$35



Friday, October 30

#607 Acrylic Pouring 10:00am-12:00pm

Acrylic pouring is a great way to make unique abstract paintings. No two are ever alike because you can never tell just what the paint decides to do! It's easy and fun. All supplies are included. Fee: \$12

Location: The Meadows Gazebo Courtyard

To register fill out an Oasis Outdoors
registration form
or online at
www.oasisnet.org.

