



Free Oasis Classes Online in December

To access classes go to [Zoom.us](https://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.

Streaming-What It Is and How to Do It **Tuesday, December 1 from 10:00am-11:00am**

Streaming media is multimedia that is constantly received by and presented to an end-user while being delivered by a provider. Find out more about streaming and learn about some of the fun, entertaining and informative sites that you can stream from.

Meeting ID # 839 5898 7231

Updates on Cybercrime Prevention **Wednesday, December 2 from 10:00am-11:00am**

Cybercrime is a growth industry. According to the FBI, American individuals and businesses lost over \$3.5 billion in 2019 worldwide. We will show you how cybercriminals work, expose their tricks and give you the tools you need to avoid becoming a victim.

Meeting ID # 837 9390 1410

Microsoft Word- Creativity for the Holidays **Wednesday, December 2 from 1:00pm-2:00pm**

Did you know that Microsoft Word can do more for you than just a letter? Utilize MS Word for personalizing your cards, gifts and packages for the holidays. Learn how to do creative and seasonal labels or use clipart for a festive holiday card.

Meeting ID # 819 7496 5571

Balance and Fall Prevention **Monday, December 7 from 1:00pm-2:00pm**

According to the Center for Disease Control and Prevention, more than one-third of adults 65 and older fall each year in the United States. Twenty to thirty percent of people who fall suffer moderate to severe injuries. For many, these falls are a precursor to more serious problems. Learn why falls occur and what steps you can take to control your fall risk.

Meeting ID # 814 0472 7789

Online Retail Giants-Shopping and Safety **Tuesday, December 8 from 10:00am-11:00am**

Online retail giants are online shopping entities that let you shop for millions of products and manage your orders from anywhere. Millions of holiday shoppers will be utilizing online shopping this holiday season. Find out how to shop on these online retail giants and do so safely and securely.

Meeting ID # 899 6091 7365

Community Engagement **Wednesday, December 9 from 10:00am-11:00am**

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 from small acts of kindness to immersing yourself in community service. Come and learn how to get involved in your community.

Meeting ID # 874 3356 2211

Turn over for more classes...

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Zoom Training

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

We will be looking at Zoom and how to navigate classes you love!

Meeting ID # 875 8503 6132

Disaster Preparedness- Be Safe in Any Emergency

Monday, December 14 from 1:00pm-2:00pm

Disasters can strike at any time or place in Texas. That’s why it is important to have a plan. Texas A&M AgriLife Extension Service provides helpful disaster preparedness tips and resources for older adults. Preparing for a disaster now can help speed up the recovery process later. Join us for an informative presentation provided by Extension Agent, Natalie Ramos.

Meeting ID # 862 2760 6054

10 Fun Things To Do With Your iPad!

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

From watching TV to scoring a musical masterpiece, there are so many cool things that you may not know you can do on your iPad. Come learn how to expand your entertainment and fun on this awesome device!

Meeting ID # 835 2379 4212

All About the Better Business Bureau

Wednesday, December 16 from 1:00pm-2:00pm

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

Meeting ID # 837 5434 0610

Virtual Worlds

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

A virtual world is a computer-simulated environment which may be populated by many users. Travel to other countries, fantasy worlds, meditation platforms, or take a walk in the country. Join us as we journey to exciting new virtual worlds!

Meeting ID # 838 0983 2503

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.