



Spring 2021

Program Catalog

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



Sponsored by:



Person *to* Person

They Need You!

Do you have just one hour per week? One hour per week to make a difference in someone's life? **San Antonio Oasis Person to Person** is looking for volunteers to spend time with residents at Morningside Manor. We are looking for people who will spend their time with a resident, listening, talking to, and sharing life experiences.

San Antonio Oasis Person to Person helps each resident find their voice. It's important for residents to reflect on their life and share their stories with others, making new friends in the process and not feeling alone.

Person to Person volunteers connect with residents and form their own new friendships as well by sharing a piece of themselves.

Help them to remember and connect. Help them to feel wanted.

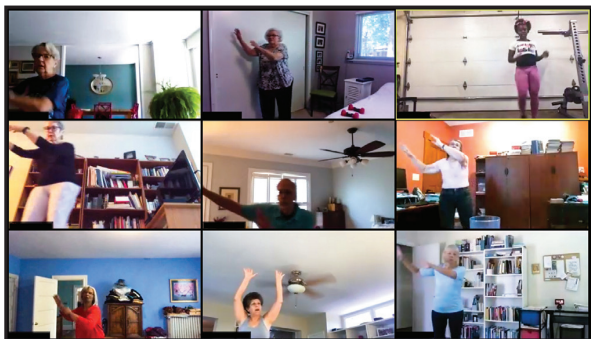
Help them by being their friend. Full one-day training provided.

For further information, please call Ginny Brown at (210) 236-5954.



National News

The Oasis Institute • Spring 2021



Oasis Everywhere Virtual Lifelong Learning offers live online courses led by top instructors from Oasis centers across the country, making it possible 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.

www.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!

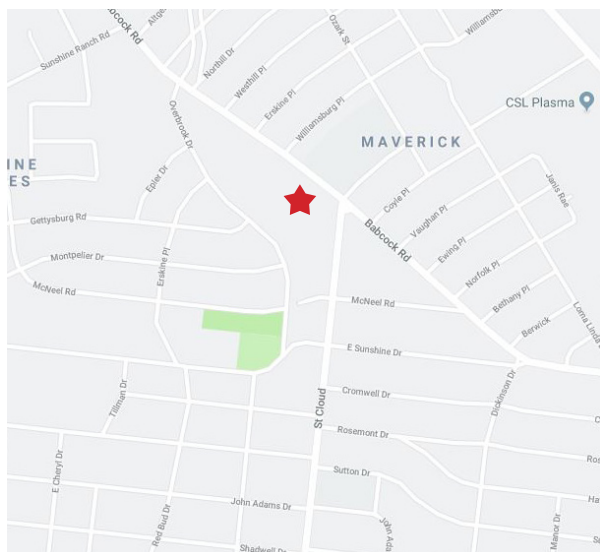
Welcome to Oasis

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



Meet Our Staff

Lisa Buske

Marketing & Curriculum
Coordinator

Greg Perkins

Administrative Assistant

**Brenda
Schmachtenberger**

Executive Director

Ginny Brown

Associate Director

Megan Merriman

Wellness Coordinator

Craig Stimson

Outreach Coordinator

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

December 21-January 1 - Holiday Break

February 15 - Presidents Day

April 9 - Volunteer Recognition

April 16 - Staff Retreat

April 23 - Fiesta

On the Cover:

San Antonio Oasis members enjoy a guided kayaking adventure on the San Antonio River.

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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 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 | Feb 1-Mar 12 |
| | Free | 9:00-9:45 |
| 2 | Mondays & Fridays | Mar 15-Apr 19 |
| | Free | 9:00-9:45 |
| 3 | Mondays & Wednesdays | Feb 1-Mar 10 |
| | Free | 12:00-12:45 |
| 4 | Mondays & Wednesdays | Mar 15-Apr 21 |
| | Free | 12:00-12:45 |
| 5 | Tuesdays & Thursdays | Feb 2-Mar 11 |
| | Free | 9:00-9:45 |
| 6 | Tuesdays & Thursdays | Mar 16-Apr 22 |
| | Free | 9:00-9:45 |



7 Yoga Foundations for the Curious

Lyn Bangs

Interested in yoga but don't know if it is right for you? Join Lyn in this one-session Yoga Foundations class to learn more! You don't need to be able to touch your toes; you just have to be willing to try. Bring a yoga mat.

Location: Oasis at The Meadows

Monday	Feb 1
Free	1:15-2:15

Yoga Foundations

Lyn Bangs

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

- | | | |
|----------|----------------|----------------------|
| 8 | Mondays | Feb 8-Mar 15 |
| | Fee: \$35 | 1:15-2:15 |
| 9 | Mondays | Mar 22-Apr 19 |
| | Fee: \$35 | 1:15-2:15 |

Wednesday Yoga

Carmen Castillo

Yoga benefits both physical and mental well-being, using practices like breathing, relaxation and posture exercise to reduce tension, restore flexibility, improve balance and maintain overall health. This class uses floor exercises on mats and is not recommended for those who have difficulty getting onto and up from the floor, or those who have had joint surgery. Bring a yoga mat.

Location: Oasis at The Meadows

- | | | |
|-----------|-------------------|-----------------------|
| 10 | Wednesdays | Feb 3-Mar 10 |
| | Fee: \$42 | 1:15-2:15 |
| 11 | Wednesdays | Mar 17- Apr 21 |
| | Fee: \$42 | 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

- | | | |
|-----------|-------------------|----------------------|
| 12 | Mondays | Feb 1-Mar 8 |
| | Fee: \$35 | 2:30-3:30 |
| 13 | Mondays | Mar 15-Apr 19 |
| | Fee: \$42 | 2:30-3:30 |
| 14 | Wednesdays | Feb 3-Mar 10 |
| | Fee: \$42 | 2:30-3:30 |
| 15 | Wednesdays | Mar 17-Apr 21 |
| | Fee: \$42 | 2:30-3:30 |

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

- | | | |
|-----------|------------------|----------------------|
| 16 | Mondays | Feb 1-Mar 8 |
| | Fee: \$35 | 10:15-11:45 |
| 17 | Mondays | Mar 15-Apr 19 |
| | Fee: \$42 | 10:15-11:45 |



Stretching and Meditation

Alesa Arnett

Treat yourself to a weekly recharge! Let's stretch it out with brief standing and prolonged floor stretches to enhance your flexibility. Afterwards, relax, close your eyes and engage your imagination as Alesa guides you on a peaceful visual journey to soft music. Please bring a mat, a cozy pillow and a strap or large towel.

Location: Oasis at The Meadows

- | | | |
|-----------|------------------|----------------------|
| 18 | Tuesdays | Feb 2-Mar 9 |
| | Fee: \$30 | 4:15-5:15 |
| 19 | Tuesdays | Mar 16-Apr 20 |
| | Fee: \$30 | 4:15-5:15 |

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

- | | | |
|-----------|-------------------|----------------------|
| 20 | Wednesdays | Feb 3-Mar 10 |
| | Fee: \$48 | 9:00-10:15 |
| 21 | Wednesdays | Mar 17-Apr 21 |
| | Fee: \$48 | 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, by learning all three pillars, we develop the mental, physical and spiritual aspects of Taiji.

Location: Oasis at The Meadows

- | | | |
|-----------|-------------------|----------------------|
| 22 | Wednesdays | Feb 3-Mar 10 |
| | Fee: \$48 | 10:30-11:30 |
| 23 | Wednesdays | Mar 17-Apr 21 |
| | Fee: \$48 | 10:30-11:30 |

24 BrainSavers® Brain + Body Total Fitness- Part One

This is a first-of-its-kind workout designed by a neurologist and brain researcher to increase cognitive (brain) fitness. This twelve-week course meets twice per week and focuses on mindfulness, social engagement, brain nutrition, sleep, stress management, cognitive exercise and physical exercise. Be ready to grow new brain cells! **This class is for those who have not previously taken the BrainSavers series.** Sponsored by WellMed Charitable Foundation.

Location: Oasis at The Meadows

Tuesdays & Thursdays **Feb 2-Apr 22**
Free **10:00-11:00**

25 BrainSavers® Brain + Body Total Fitness- Part Two

This class is for those who have previously taken BrainSavers Part 1. This is a first-of-its-kind workout designed by a neurologist and brain researcher to increase cognitive (brain) fitness. This twelve-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 **Feb 2-Apr 22**
Free **12:30-1:30**



Balance for Daily Life

LeAnn Lupton

This class improves balance while also increasing strength and flexibility.

Location: Oasis at The Meadows

- | | | |
|-----------|------------------|---------------------|
| 26 | Fridays | Feb 5-Mar 5 |
| | Fee: \$25 | 10:00-11:00 |
| 27 | Fridays | Mar 12-Apr 2 |
| | Fee: \$20 | 10:00-11:00 |



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

- | | | |
|-----------|---------------------------------|----------------------|
| 28 | Mondays & Wednesdays | Feb 1-24 |
| | Fee: \$35 | 9:00-9:45 |
| 29 | Mondays & Wednesdays | Mar 1-24 |
| | Fee: \$40 | 9:00-9:45 |
| 30 | Mondays & Wednesdays | Mar 29-Apr 21 |
| | Fee: \$40 | 9:00-9:45 |
| 31 | Tuesdays & Thursdays | Feb 2-25 |
| | Fee: \$40 | 9:00-9:45 |
| 32 | Tuesdays & Thursdays | Mar 2-25 |
| | Fee: \$40 | 9:00-9:45 |
| 33 | Tuesdays & Thursdays | Mar 30-Apr 22 |
| | Fee: \$40 | 9:00-9:45 |



34 Understanding Enneagram-Part 1

Fred Chavez

The Enneagram, an ancient universal symbol, clearly articulates a complete system of nine distinct personality types. Each type has its own distinct patterns of thinking, feeling and behaving. We will learn our patterns (often hidden from our view) and discover an effective path for greater human growth and deeper understanding of ourselves and others.

Location: Oasis at The Meadows

Tuesdays **Feb 2-Mar 9**
Fee: \$48 **11:15-12:15**

35 Understanding Enneagram-Part 2

Fred Chavez

The Enneagram, an ancient universal symbol, clearly articulates a complete system of nine distinct personality types. Each type has its own distinct patterns of thinking, feeling and behaving. We will learn our patterns (often hidden from our view) and discover an effective path for greater human growth and deeper understanding of ourselves and others.

Must have completed Part 1 to register for this class.

Location: Oasis at The Meadows

Tuesdays **Mar 16-Apr 20**
Fee: \$48 **11:15-12:15**

36 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.

Fridays **Feb 19-Apr 2**
Fee: \$35 **9:00-10:00**

37 Mindfulness and Energetic Cultivation-Part 1

Fred Chavez

What is mindfulness and how can it benefit our life? We will learn what it is and how to use mindfulness and related inner energetic cultivation practices to reduce stress, enhance happiness and develop an enriched sense of well-being and wholeness.

Location: Oasis at The Meadows

Thursdays **Feb 4 - Mar 11**
Fee: \$48 **11:15-12:15**

38 Mindfulness and Energetic Cultivation-Part 2

Fred Chavez

What is mindfulness and how can it benefit our life? We will learn what it is and how to use mindfulness and related inner energetic cultivation practices to reduce stress, enhance happiness and develop an enriched sense of well-being and wholeness.

Must have completed part 1 to register for this class.

Location: Oasis at The Meadows

Thursdays **Mar 18-Apr 22**
Fee: \$48 **11:15-12:15**

Interval Cardio Workout

LeAnn Lupton

This class incorporates easy to perform intervals of cardio moves and strength training exercises, using a variety of equipment, to promote cardio respiratory and muscle strength endurance.

Location: Oasis at The Meadows

39 Fridays **Feb 5-Mar 5**
Fee: \$25 **11:15-12:15**

40 Fridays **Mar 12-Apr 2**
Fee: \$20 **11:15-12:15**



41 Alzheimer's & Dementia Caregiver Support Group

Ginny Brown, LCHW

You are not alone. Caregivers face some very common issues in addition to unique experiences. The Alzheimer's and Dementia Caregiver Support Group is led by a trained facilitator and offers a confidential and safe environment designed to help you share experiences with others who are facing the same concerns.

Location: Oasis at The Meadows

Mondays Feb 8, Mar 8, Apr 12
Free 10:00-11:00



42 Caregiver Support Group

Alesa Arnett

This support group is for caregivers to 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 Feb 16, Mar 16, Apr 20
Free 6:00-7:00



43 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 Feb 19, Mar 19
Free 11:00-12:00

44 Getting Along in Years-Discussion Group

Don Hill

While we should remember that growing older is a time of leisure, recollection, and celebration, it can also be a time of unwelcome surprises, inconveniences, and annoyances. One of the rewards of aging is to gather with others whose experiences can add to your joy or help you in this new part of the journey. Our objective is to be part of that conversation with you, learn from each other how to live better physically, emotionally, and intellectually. "Getting Along in Years" is an aging education and fellowship group, meeting monthly, to share wisdom, joy, and encouragement.

Location: Oasis at The Meadows

Mondays Feb 22, Mar 22, Apr 19
Fee: \$15 1:00-2:30



OASIS VOLUNTEER OPPORTUNITIES

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

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

CAREGIVER SERIES

45 Managing the Demands of Caregiving

Jill Piazzi, 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

Thursday Feb 18
Free 10:00-11:30

46 Spirituality and Caregiving

Russell Gainer, LCSW, Gain Wel

There are many who understand the psychological and physical effects of caregiving, but what part does spirituality play in the execution of this role?

Location: Oasis at The Meadows

Wednesday Mar 10
Free 1:00-2:30

47 Caregiver Support During Challenging Times

Kylie Meyer, Ph.D.

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 a caregiver.

Location: Oasis at The Meadows

Thursday Apr 8
Free 10:00-11:30

48 Everything You Need to Know About COVID-19 and Vaccines

Doctor of Pharmacy Students, UT Health

What do you need to know about COVID-19? Who is at higher risk? Does wearing a mask prevent the infection? What do you need to know about vaccines? Come join pharmacist interns from UT Health San Antonio where we'll answer these questions and more!

Location: Oasis at The Meadows

Monday Feb 1
Free 1:00-2:30

49 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 Feb 2
Fee: \$7 10:00-11:30



50 Coffee, Tea and More-Caffeine and It's Effects on the Body

Chelsea Carriker, MPH, CHES

Coffee and tea are popular beverages around the world and both of them contain a substance called caffeine. Caffeine is considered a stimulant drug but if caffeine is considered a drug, is it safe to consume? How much is too much? How does caffeine affect the body, and what are the long term effects on health? We will answer all of these questions and more in this class.

Location: Oasis at The Meadows

Tuesday Feb 2
Fee: \$6 3:00-4:30

51 Heart Health

Craig Stimson

Heart health is not only our heart but our whole body as well. By learning to care for ourselves as a "whole person," we nourish our hearts. Join us for a look at how to keep our hearts beating strong for a long time to come.



Location: Oasis at The Meadows

Tuesday
Fee: \$5

Feb 2
6:00-7:30 🌙

52 It's Never Too Late to Begin a Healthy Habit

Edie DeVilbiss, Mdiv.

We all know what we should do to improve our health. We are all pretty bright and accomplished people. Why is it so hard to ingrain healthy habits into our lives, and more importantly, what can we do about it? We will look at the barriers to doing something new, and we will also learn the simple ideas and tools that will help us. We will discover an easy, less than five minute practice that will shape our future well-being.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Feb 4
1:00-2:00

53 Food and Supplement Interactions with Medications-What You Need to Know

Doctor of Pharmacy and Dietetic Students, UT Health

Did you know that food and over-the-counter supplements and vitamins can affect how your prescription medications work? Come learn about common interactions between vitamins, the things you eat and your medications.

Location: Oasis at The Meadows

Friday
Fee: \$6

Feb 5
9:00-11:00

54 Drug, Supplement, Nutrition Interactions Check

Doctor of Pharmacy and Dietetic Students, UT Health

Sit down with pharmacy and dietitian students, one-on-one, to discuss any potential drug, supplement and nutrition interactions you may have. Space is limited.

Location: Oasis at The Meadows

Friday
Free

Feb 5
11:00-12:30

55 Mindfulness

Ginny Brown, LCHW

Mindfulness is "the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment," which can be trained by meditational practices. This class will discuss the benefits of mindfulness and the application for everyday life.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Feb 16
6:00-7:30 🌙

56 Understanding and Responding to Dementia Related Behaviors

Alzheimer's Association

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

Location: Oasis at The Meadows

Tuesday
Free

Feb 16
3:00-4:30

57 Better Sleep, Better You

Linda Mockridge, LCSW

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

Location: Oasis at The Meadows

Mondays
Fee: \$18

Feb 22-Mar 8
1:00-3:00



58 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 we can do to avoid it, and the benefits in doing so.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Feb 24
10:00-11:30



59 Dealing with Loss

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

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

Location: Oasis at The Meadows

Thursday
Free

Feb 25
1:00-2:30

60 Memory Dynamics

Craig Stimson

Forgetting names, dates and other items? There is 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

Tuesdays
Fee: \$18

Mar 2-16
12:30-2:00

61 Autoimmune Diseases- What Are They?

Chelsea Carriker, MPH, CHES

An autoimmune disease is a condition in which the immune system attacks itself, mistaking its own cells as an invader. But are autoimmune diseases contagious? If you have one, does that mean you have a compromised immune system? Is there a cure? Find out in this class. We will discuss what autoimmune diseases are, the most common types of autoimmune diseases, the risk factors, and more!

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Mar 2
2:30-4:00

62 Chasing the Perfect Moment

Ginny Brown, LCHW

You can't hold on to a perfect moment forever, and for some people, clinging to a perfect moment is more important than facing reality. Moments that have made you feel good and safe, can actually control and limit your life resulting in patterns we can get stuck in. Finding our core self can be a challenge if our genuineness continually takes a backseat to these moments. Find out what is real for you, and what may or may not be working for you in your current life framework anymore. This four-part class will ask some very important and soul searching questions based on the book *Chasing the Perfect Moment*.

Location: Oasis at The Meadows

Wednesdays **Mar 10-31**
Fee: \$20 **10:00-11:30**

63 Life After Loss

Bradley Kendall, MDiv

This class is open to those who have experienced the loss of a loved one, and is 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

Wednesdays **Mar 17-Apr 21**
Free **10:00-11:30**

64 Therapy Animals of San Antonio

Malinda Red Cloud

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

Thursday **Mar 18**
Fee: \$5 **1:00-2:30**



65 Dementia Conversations

Alzheimer's Association

This education workshop offers helpful tips to assist families in having honest and caring conversations with family members about dementia. Common difficult discussions can include going to the doctor, when to stop driving, and making legal and financial plans. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's, and connects you with helpful resources to enhance quality of life for everyone involved.

Location: Oasis at The Meadows

Monday **Mar 22**
Free **10:00-11:30**



66 Functional Fitness for Balance

Ann Newstead, PT, DPT, PhD

Are you concerned about falling? Have you fallen before? We will discuss fall prevention activities and strategies to help you decrease your risk for falls.

Location: Oasis at The Meadows

Tuesday **Mar 23**
Fee: \$6 **6:00-7:30** 

COURTESY CONFIRMATION CALLS

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

67 Acupuncture and Acupressure for Low Back Pain

Joeming Dunn, MD

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

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Apr 7
2:00-3:30

68 Whole Grains, Olive Oil and Red Wine-The Mediterranean Diet

Chelsea Carriker, MPH, CHES

Many of us have heard of the Mediterranean Diet, but do you know what this diet consists of? What's the history of this diet? Is it good for my health? In this class we will define the diet and its foundations, explain the history, discuss what the research says about how this diet affects your health, and discuss Mediterranean recipes.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Apr 20
3:00-4:30



69 Curious About Cannabis?

Doctor of Pharmacy Students, UT Health

Join student pharmacists from the University of Texas College of Pharmacy who will discuss what medically prescribed cannabis can be used for, benefits versus risks, CBD, and interactions between cannabis and common prescription and nonprescription medications.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Feb 9
6:00-7:30



70 A Matter of Balance

This class is for people who have a fear of falling and want to reduce their risk of a future fall. Participants attend a total of eight sessions, enjoy snacks, and learn to view falls and the fear of falling as controllable. The program incorporates group discussion, physical activity and a visit from a healthcare professional. You must attend sessions one or two in order to participate in the sessions that follow. For best results, please plan to attend all eight sessions.

Location: Oasis at The Meadows

Mondays
Free

Feb 22-Apr 12
10:00-12:00

**PLEASE LET US
KNOW...**

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

NUTRITION SERIES

71 A Fresh Start to a Healthier You

Natalie Ramos, Texas A&M AgriLife Extension

This nutrition series is composed of four classes which will focus on the importance of staying active and consuming a balanced diet with the recommended amounts of fruits and vegetables. This series will help you gain the confidence to prepare healthy and budget friendly meals at home for yourself and your family.

Location: Oasis at The Meadows

Wednesdays **Feb 3-24**
Free **1:00-2:30**

72 Stay Regular: Dietary Fiber

Carol White

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

Location: Oasis at The Meadows

Wednesday **Feb 17**
Fee: \$5 **10:00-11:30**



73 Healthy Desserts

Rebecca Portales, MS, RD, LD

Can desserts be healthy and tasty? Learn from a Registered Dietitian how to make healthy, yummy treats. You will get recipes and sample goodies.

Location: Oasis at The Meadows

Tuesday **Feb 23**
Fee: \$6 **6:00-7:30** 🌙

74 Food Safety

Angie Gutierrez,
Texas A&M AgriLife Extension

Learn more about safe practices and procedures to prevent foodborne illness. We will focus on the four fight bacteria rules: CLEAN, SEPARATE, COOK and CHILL. Demonstration will be provided.

Location: Oasis at The Meadows

Wednesday **Feb 24**
Free **10:00-11:30**

75 Skinny on Fat

Gretchen Hill

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

Location: Oasis at The Meadows

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

76 Protein: Your Body's Own Superman

Carol White

Learn about the role of protein in our body and the importance of lean protein in our diet. Participants will enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Monday **Apr 12**
Fee: \$5 **1:00-2:30**



77 Living a Healthy Life with Chronic Disease

Chronic disease symptoms can seem overwhelming, especially without support. This class was developed at Stanford University to help people with chronic diseases such as COPD, high blood pressure, arthritis, anxiety, fibromyalgia and others, reinforce life skills required to live well with a chronic disease. You will receive a participant book, relaxation CD and healthy snacks in each class. Participants must come to session one and/or two to attend the remaining sessions. For best results please plan to attend at least four sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

Fridays
Free

Feb 5-Mar 12
9:30-12:00

78 Diabetes Self-Management Program

This is an interactive workshop developed at Stanford University for people with Type 2 diabetes and their caregivers. Enjoy healthy snacks and practice skills needed in the day-to-day management of diabetes. Included are meal planning, stress and medication management, relaxation techniques, exercise and communication skills. You will receive a participant book and relaxation CD. Participants must come to session one and/or two to attend the remaining sessions. For best results please plan to attend at least four sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

Mondays
Free

Mar 15-Apr 19
1:00-3:30



AGING MASTERY PROGRAM

Sponsored by:



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

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

79 Location: Oasis at The Meadows

Tuesdays
Free

Feb 9-Apr 13
1:00-2:30

80 Location: Morningside Ministries at Menger Springs 1100 Grand Blvd., Boerne, TX 78006

Wednesdays
Free

Feb 3-Apr 7
10:30-12:00

81 Location: Ensemble Senior Living 6701 Blanco Rd., San Antonio, TX 78216

Thursdays
Free

Feb 4-Apr 8
1:00-2:00



Aging Mastery Program®

National Council on Aging

These classes are sponsored by:



82 Caring for Skin Disorders

Dr. Keethu Nayak

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

Location: Oasis at The Meadows

Thursday
Free

Feb 18
1:00-2:00



83 Allergies

Dr. Julie Gilbreath

Millions of Americans suffer from allergies. Find out what the most common causes of these allergies are for our area, and what remedies there are to combat them.

Location: Oasis at The Meadows

Thursday
Free

Mar 4
1:00-2:00

84 Fatty Liver

Dr. Steven Argumedo

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

Location: Oasis at The Meadows

Thursday
Free

Mar 18
1:00-2:00

85 Bone Health

Dr. Patricia Chung

Learn how your bones do more than just support your body and how to keep them strong and healthy as we age.

Location: Oasis at The Meadows

Thursday
Free

Apr 15
1:00-2:00



IMAGINE A DOCTOR WHO ACTUALLY LISTENS.

WellMed is redefining health care for people on Medicare.

We do it by focusing on healthy choices. By making sure you never feel rushed. And by identifying risks early. It's an approach we committed to 30 years ago—and one that still sets WellMed apart today.

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86 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	Feb 1
Fee: \$6	10:00-11:30

87 Art Heals Hearts

Gaylynne Robinson

Participants engage in therapeutic art activities that ease the pain of grief, loss and trauma. The instructor is a certified art therapist, trauma resolution counselor, and artist. This is not a fine arts class or art skills class but a healing opportunity. Please bring a medium to large multi-media art pad and/or art journal of any size. Other supplies will be provided.

Location: Oasis at The Meadows

Tuesdays	Feb 2-Mar 9
Fee: \$42	10:00-12:00

88 Plant Propagation

Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Wednesday	Feb 3
Fee: \$6	1:00-2:30

89 This is Bob Hope

Gloria Jennings

During his eight decade career, Bob Hope (1903-2003) was the only performer to achieve top rated success in every form of mass entertainment: vaudeville, Broadway, movies, radio, television, popular song and personal appearances. A comedy innovator, Hope invented the topical monologue that later became a late night TV staple.

Location: Oasis at The Meadows

Thursday	Feb 4
Fee: \$6	10:00-11:30



90 Peek Into the Math World: Who Gets a Slice of the Pi?

Betty Burson

One of the most useful mathematical values, pi is called into action regularly from pendulum makers to NASA, from engineering to aircraft designers and a host of other fields. What is its history? How is it utilized? Starting with the ancient Babylonians, we'll go to modern science, with a lot of stops between, in our quest to follow the trail.

Location: Oasis at The Meadows

Monday	Feb 8
Fee: \$6	10:00-11:30

91 How to Write a Novel in 5 Steps

Lupe Gonzales

Writing anything can be hard, but writing a novel can be an insurmountable challenge. Five steps will lead you to a good start. Exercises will be utilized so writers can get their feet wet and see that writing a novel can be fun!

Location: Oasis at The Meadows

Monday	Feb 8
Fee: \$6	1:00-2:30

SOCIAL AWARENESS SERIES

Megan Merriman, MPH

92 Evolution of LGBTQ+ Rights

The first documented gay rights organization was founded by Henry Gerber, in Chicago, called the Society for Human Rights in 1924. If this organization was established so long ago, why is the LGBTQ+ community still struggling for equal rights? Join us to learn about the evolution of LGBTQ+ rights and look at where we still have room to improve.

Location: Oasis at The Meadows

Wednesday	Feb 10
Fee: \$6	1:00-2:30

93 Women Who Have Changed the World

The world is full of smart, brave and strong women who have stood up to the most daunting challenges to make their voices heard while working to change the world. We will discuss some of these incredible women and their achievements.

Location: Oasis at The Meadows

Wednesday	Apr 7
Fee: \$6	1:00-2:30

94 History of the San Antonio Riverwalk

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

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

Location: Oasis at The Meadows

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

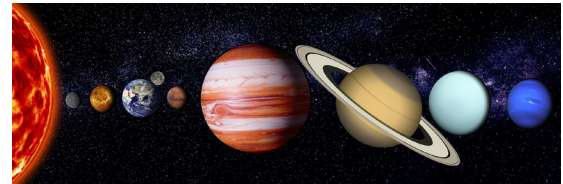
95 Tour of the Solar System

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

In this class, you will explore the Solar System through the eyes of our spacecraft. Since the 1960s, our robotic spacecraft have provided increasingly beautiful and astounding images of our planetary neighbors. As recently as 2015, we got our first ever close up looks at asteroid Ceres and dwarf planets Pluto and Charon. Each visit to one of our planetary neighbors offers new surprises. You'll be astounded both at how alien and how familiar the worlds of our Solar System appear.

Location: Oasis at The Meadows

Monday	Feb 8
Fee: \$6	2:00-3:30



96 Dealing with Discrimination through Song

Beverly Prado



Nat King Cole, Sam Cooke, and Sammy Davis Jr. all felt the heartbreak of racism during their lives. Although these three vocalists had much success in their careers, we often don't hear about the discrimination they faced as performers. Some of their famous songs remind us of the double standard that was felt during their lives. Sam Cooke wrote "Change is Gonna Come" in the hope that equality was on the horizon. These three men were trailblazers in popular music. Let's explore what made them so special.

Location: Oasis at The Meadows

Thursday	Feb 11
Fee: \$6	1:00-2:30

97 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

Feb 16, Mar 16, Apr 20

Fee: \$5

10:00-11:30

98 The Wife of Bath

Judith Hurst, MA

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

Location: Oasis at The Meadows

Wednesday

Feb 17

Fee: \$6

10:00-11:30

99 George Washington: A Call to Duty

Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Monday

Feb 22

Fee: \$10

10:00-11:30



CURRENT EVENTS DISCUSSION GROUP

Megan Merriman, MPH

Join us for facilitated discussions that will delve more deeply into important issues of today. Prior to each session, we will provide you with two brief articles to read. A facilitator will lead each conversation about the ideas expressed in the readings. The goal will be to get the group involved in asking and exploring questions, rather than coming to a conclusion or reaching a consensus.

100 Paying College Athletes

Many people argue that college athletes should be paid by their schools to play their particular sport, and many also argue these athletes shouldn't be paid. What are your thoughts? Join us to discuss this hot topic!

Location: Oasis at The Meadows

Wednesday

Feb 17

Fee: \$5

1:00-2:00



101 Transitioning- An Appropriate Age?

While many countries recognize sixteen-year-old patients as legally competent to make medical decisions, others believe that abilities, such as good risk assessment do not develop until after age eighteen. For those transgender children, is sixteen too early or too late for gender confirming surgery? What about starting hormone replacement therapy? Join us to discuss this hot topic!

Location: Oasis at The Meadows

Wednesday

Apr 14

Fee: \$5

1:00-2:00

102 Survey of the French Revolution

Michael Cude, Ph.D., Schreiner University

This course will provide a survey of the late 18th century French Revolution. The class will cover the main causes leading to the overthrow of the French monarchy, outline key events such as the fall of the Bastille, and overview the evolution of the new constitutional monarchy into the reign of terror. It will conclude with a summary of the long term impact of the French Revolution.

Location: Oasis at The Meadows

Wednesday	Feb 24
Fee: \$6	1:00-2:30

103 Acrylic Pouring

Edith Stanley

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

Location: Oasis at The Meadows

Friday	Feb 26
Fee: \$18	10:00-12:00

104 Art and the 15th Century Tech Revolution

*Judith Sobre, Ph.D.,
Professor Emeritus of Art History, UTSA*

During the 15th century, three developments changed the art and tech world forever: the perfection of the technique of painting in oil pigment, that allowed for painters to express the illusions of landscape, depth and textures as never before; the invention of the printing press, which not only opened the world of books to the population at large, but also produced economical prints of pictures, enabling the diffusion of inexpensive images and designs and finally, the use of molds in ceramics-another example of mass production.

Location: Oasis at The Meadows

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

105 Journey of Sacagawea

Gloria Jennings

Sacagawea, who was part of the Lewis and Clark expedition, is an American icon. Although little is known about her, she has become one of the most honored heroines in American history. The Journey of Sacagawea provides a historical account of Sacagawea and the legends told about her.

Location: Oasis at The Meadows

Wednesday	Mar 3
Fee: \$6	10:00-11:30

106 The Art of the Tango

Beverly Prado

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

Location: Oasis at The Meadows

Wednesday	Mar 3
Fee: \$6	1:00-2:30



107 Short Story Workshop

Judith Hurst, MA

Discussion, taken from Jerome Stern's "Making Shapely Fiction," will address different techniques to jumpstart crafting your short story, providing a fresh and innovative approach with how to hook your reader, how to handle thoughts, dialogue and action and how to render fantasy or improbability convincing.

Location: Oasis at The Meadows

Monday

Fee: \$6

Mar 8

10:00-11:30

108 Geology of the Mountains

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

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

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Mar 9

10:00-11:30



109 Beginning Watercolor

Edith Stanley

In this series we will start with learning a bit of technique, and how to work with watercolor and different watercolor papers. In the second class we will learn about composition and begin painting while learning to refine our styles. Weeks 3 and 4 will continue our watercolor journey to a completed masterpiece. Supply list will be provided. Cost of supplies is approximately \$35.

Location: Oasis at The Meadows

Tuesday

Fee: \$28

Mar 9-30

4:00-6:00



110 Create a Spring Floral Arrangement

*Joseph Leal and Angelica Lopez,
The Rose Boutique*

A classic mixed flower arrangement doesn't have to be difficult. Using your intuition and a few easy instructions, you can arrange gorgeous bouquets. During this class we will create an arrangement you can take home. All supplies will be provided. If you have a pair of small pruning shears, please bring them.

Location: Oasis at The Meadows

Wednesday

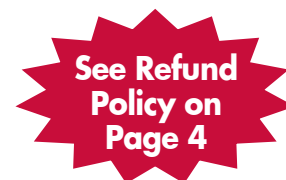
Fee: \$35

Mar 10

10:00-12:00



Registration Procedures



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

- **Walk-In and Mail-In - Registrations Processed January 19, 2021 (Center will be closed December 21-January 1)**
Registrations are placed in a box and randomly drawn and processed.
- **Online - Registration Opens January 19, 2021 at 11:00am**
- **Phone-In - Registration Opens January 21, 2021**

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.
- 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	Yoga Foundations/ Curious	Free			
	8	Yoga Foundations	\$35			
	9	Yoga Foundations	\$35			
	10	Wednesday Yoga	\$42			
	11	Wednesday Yoga	\$42			
	12	Yoga Stretch	\$35			
	13	Yoga Stretch	\$42			
	14	Yoga Stretch	\$42			
	15	Yoga Stretch	\$42			
	16	Tai Chi	\$35			
	17	Tai Chi	\$42			
	18	Stretching and Meditation	\$30			
	19	Stretching and Meditation	\$30			
	20	Qigong	\$48			
	21	Qigong	\$48			
	22	Evidence Based Taiji	\$48			
	23	Evidence Based Taiji	\$48			
	24	BrainSavers Part 1	Free			
	25	BrainSavers Part 2	Free			
	26	Balance for Daily Life	\$25			
	27	Balance for Daily Life	\$20			
	28	Deep Water Aquacise	\$35			
	29	Deep Water Aquacise	\$40			
	30	Deep Water Aquacise	\$40			
	31	Deep Water Aquacise	\$40			
	32	Deep Water Aquacise	\$40			
	33	Deep Water Aquacise	\$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	34	Enneagram Part 1	\$48			
	35	Enneagram Part 2	\$48			
	36	Oasis Walking Group	\$35			
	37	Mindfulness Part 1	\$48			
	38	Mindfulness Part 2	\$48			
	39	Interval Cardio Workout	\$25			
	40	Interval Cardio Workout	\$20			
	41	Alzheimer's Support Group	Free			
	42	Caregiver Support Group	Free			
	43	Disease/Pain Support Group	Free			
	44	Getting Along in Years	\$15			
	45	Demands of Caregiving	Free			
	46	Spirituality and Caregiving	Free			
	47	Caregiver Support	Free			
	48	COVID-19 and Vaccines	Free			
	49	CBD: Hype or Hope	\$7			
	50	Coffee, Tea & More	\$6			
	51	Heart Health	\$5			
	52	Begin a Healthy Habit	\$6			
	53	Food & Supplement Interactions	\$6			
	54	Interactions Check	Free			
	55	Mindfulness	\$6			
	56	Dementia-Related Behaviors	Free			
	57	Better Sleep, Better You	\$18			
	58	Social Isolation	\$5			
	59	Dealing with Loss	Free			
	60	Memory Dynamics	\$18			
	61	Autoimmune Diseases	\$6			
	62	Chasing the Perfect Moment	\$20			
	63	Life After Loss	Free			
	64	Therapy Animals of San Antonio	\$5			
	65	Dementia Conversations	Free			
	66	Functional Fitness for Balance	\$6			

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#
	67	Acupuncture and Acupressure	\$6			
	68	The Mediterranean Diet	\$6			
	69	Curious About Cannabis?	\$6			
	70	A Matter of Balance	Free			
	71	Fresh Start to a Healthier You	Free			
	72	Stay Regular: Dietary Fiber	\$5			
	73	Healthy Desserts	\$6			
	74	Food Safety	Free			
	75	Skinny on Fat	\$5			
	76	Protein	\$5			
	77	Healthy Life w/Chronic Disease	Free			
	78	Diabetes Self-Management	Free			
	79	Aging Mastery Program	Free			
	80	Aging Mastery Program	Free			
	81	Aging Mastery Program	Free			
	82	Caring for Skin Disorders	Free			
	83	Allergies	Free			
	84	Fatty Liver	Free			
	85	Bone Health	Free			
	86	Everyman Image in Film	\$6			
	87	Art Heals Hearts	\$42			
	88	Plant Propagation	\$6			
	89	This is Bob Hope	\$6			
	90	Peek into the Math World	\$6			
	91	How to Write a Novel	\$6			
	92	Evolution of LGBTQ+ Rights	\$6			
	93	Women Changed the World	\$6			
	94	San Antonio Riverwalk	\$6			
	95	Tour of the Solar System	\$6			
	96	Dealing with Discrimination	\$6			
	97	Writers Group	\$5			
	98	The Wife of Bath	\$6			
	99	George Washington	\$10			
	100	Paying College Athletes	\$5			
	101	Transitioning - an Appropriate Age?	\$5			
	102	French Revolution	\$6			
	103	Acrylic Pouring	\$18			
	104	Art and the 15th Century	\$6			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	105	Journey of Sacagawea	\$6			
	106	The Art of the Tango	\$6			
	107	Short Story Workshop	\$6			
	108	Geology of the Mountains	\$6			
	109	Beginning Watercolor	\$28			
	110	Spring Floral Arrangement	\$35			
	111	San Antonio's Architectural Legacy	\$8			
	112	Create a Welcome Wreath	\$40			
	113	The Japanese Education System	\$6			
	114	Alcohol Inks	\$59			
	115	In the Throes of Creativity	\$5			
	116	Angelology	\$6			
	117	Brotherly Jazz	\$6			
	118	Jump Start Your Creativity	\$6			
	119	Cacti and Succulents	\$6			
	120	Battles/Texas Revolution	\$6			
	121	SA Symphony Mini Performance	\$6			
	122	Famous Banned Books	\$6			
	123	Canary Islanders in Texas	\$6			
	124	On Parade!	\$10			
	125	Movie Discussion	\$7			
	126	Female Country Western	\$6			
	127	New Deal Shaped SA	\$6			
	128	Organic/Natural Gardening	\$6			
	129	Collaboration in Hollywood	\$6			
	130	Solomon's Temple in Jerusalem	\$6			
	131	Mass Extinctions	\$6			
	132	The Age of Jackson	\$6			
	133	The Oracles	\$6			
	134	Wine Tasting: Texas Wines	\$35			
	135	Marriages in Japan	\$6			
	136	Deals on Wheels	\$4			
	137	Chocolate and Coffee	Free			
	138	Volunteering at Oasis	Free			
	139	Secure Act and CARES Act	\$6			
	140	Habitat for Humanity	Free			
	141	Declutter	\$6			
	142	Cooking on a Budget	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	143	Better Business Bureau	\$4			
	144	Funeral Consumers Alliance	\$4			
	145	Conservation	\$4			
	146	All About Medicare	Free			
	147	Veterans Resources	Free			
	148	Home Modifications	\$4			
	149	Making Vegetables Delicious	Free			
	150	Pressing Retiree Questions	\$6			
	151	Library Near You	\$4			
	152	Guardianship/Powers of Attorney	\$6			
	153	The Electoral College	\$6			
	154	Farm to Table	\$5			
	155	Volunteering at Morningside	Free			
	156	Life's Financial Emergencies	\$6			
	157	Home Away from Home	\$4			
	158	Reading Food Labels	Free			
	159	Wills and Trusts	\$6			
	160	Power of Public Speaking	\$6			
	161	Feral Cat Coalition	Free			
	162	Everything iPad	\$40			
	163	How to Use Zoom	Free			
	164	iPad Basics	\$9			
	165	Alternatives to Cable	\$8			
	166	Android Essentials	\$20			
	167	Beginner iPhone	\$9			
	168	Intermediate iPhone	\$9			
	169	The Cloud	\$9			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	170	Windows 10	\$20			
	171	Google Calendar	\$9			
	172	Apple Photos Part 1	\$9			
	173	Apple Photos Part 2	\$9			
	174	Intro to Mac Computers	\$40			
	175	Privacy and Security Online	\$10			
	176	Container Gardening	Free			
	177	Billie, Sarah and Ella	Free			
	178	Anti-Inflammatory Diet	Free			
	179	Do Your Paperwork Now	Free			
	180	The Ancient Greeks	Free			
	181	Let's Get Happier Today	Free			
	182	Healthy Living	Free			
	183	Estate Planning	\$4			
	184	Make Your Own Greeting Cards	\$15			
	185	Travis Park Walking Tour	\$25			
	186	Remembering Downtown SA	\$25			
	187	King William Historic District	\$25			
	188	Alamo Plaza	\$25			
	189	Schulenburg Painted Churches	\$74			
	190	Texas A&M Singing Cadets	\$88			
	191	Historic San Antonio	\$52			
	192	Exploring Kerrville	\$66			
	193	Yellowstone Preview Show	Free			
	194	Tax Day	Free			
	332	Yellowstone and Mt. Rushmore	Dep \$350			



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**

FOR OFFICE USE ONLY

Date: _____

- ☐ Walk In ☐ Phone In
☐ Mail In ☐ Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

111 San Antonio's Architectural Legacy

*Bruce Martin,
Certified Professional Tour Guide*

San Antonio's incredible range of architecture throughout its historic downtown combines excellent examples of Modern, Victorian, Classical, Spanish Colonial, Gothic, and Regional. Our community's strong sense of historic preservation and variety of cultures have contributed to making our built environment the most unique in Texas. Join this impressive overview of San Antonio architecture, architects, and local history.

Location: Oasis at The Meadows

Thursday **Mar 11**
Fee: \$8 **1:00-2:30**

112 Create a Welcome Wreath

Pamela Millisor and Debra Mamot

Give guests a warm, cheery welcome with a beautiful welcome wreath. During this class students will learn to create colorful wreaths to take home. All supplies will be provided.

Location: Oasis at The Meadows

Monday **Mar 15**
Fee: \$40 **10:00-12:00**

113 The Japanese Education System

Roger Pratt, MA in East Asian Studies

In this class, let's briefly take a look at what Japanese education used to consist of, how/why it evolved, what it is today, and why it's so very important in Japanese society. We will take a look at: Was/is it co-ed? Can you say "cram school?" What is the old boy system after one graduates? Do men and women earn the same in the workplace? And more! As always, your experience and questions are very much appreciated.

Location: Oasis at The Meadows

Monday **Mar 15**
Fee: \$6 **1:00-2:30**

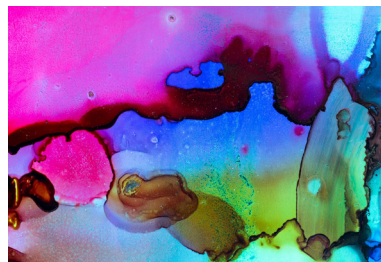
114 Alcohol Inks

Gaylynne Robinson

If you think you can't do art, this is the class for you. We will use alcohol inks to make beautiful organic designs that you will be proud to frame. We will put these designs on a special paper, black and white tile squares, and glass. **A \$15 supply fee is included in the cost of the class.**

Location: Oasis at The Meadows

Tuesdays **Mar 16-Apr 20**
Fee: \$59 **10:00-12:00**



115 In the Throes of Creativity: The Artist's Way

Ginny Brown, LCHW

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.

Location: Oasis at The Meadows

Tuesday **Mar 16**
Fee: \$5 **6:00-7:30** 🌙

**REGISTER
EARLY...**
**or the class you want
may be filled!**

116 Angelology: The Archangels

Christina Howard

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

Location: Oasis at The Meadows

Wednesday

Mar 17

Fee: \$6

1:00-2:30



117 Brotherly Jazz- The Heath Brothers

Beverly Prado

"Had it not been for my older brothers, I might have gone astray and become a doctor or a lawyer." In jazz history, brothers Percy, Jimmy, and Tootie Heath are giants. Formed in 1975 after years of working with famous names like The Modern Jazz Quartet, Miles Davis, Dizzy Gillespie, etc., they made their mark together as part of the jazz fraternity. Explore their legacy with us complete with performance clips and biography.

Location: Oasis at The Meadows

Thursday

Mar 25

Fee: \$6

10:00-11:30



118 Jump Start Your Creativity

Brooke Pillifant

Join us for a fun and creative writing class that mixes off-the-cuff tales with quick written work. This is not a class for perfectionists, serious novelists, or professional wordsmiths. Plan to interact with the other participants, get outside your standard box, and refresh your life with a bit of silliness. There is no preparation and no pressure. Practice being creative in a safe and welcoming space. Most of all, just enjoy your own imagination!

Location: Oasis at The Meadows

Thursday

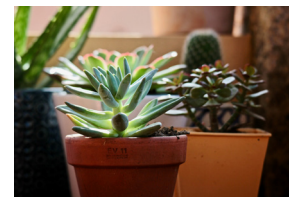
Mar 25

Fee: \$6

1:00-2:30

119 Growing Cacti and Succulents

*Bexar County
Master Gardeners*



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

Location: Oasis at The Meadows

Friday

Mar 26

Fee: \$6

10:00-11:30

120 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, and 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

Mar 29

Fee: \$6

10:00-11:30

121 San Antonio Symphony Mini Performance

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

Location: Oasis at The Meadows

Tuesday

Mar 30

Fee: \$6

10:00-11:30



sasymphony.org

122 The Most Famous Banned Books

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

In this class, we will look at which books are most frequently banned in the U. S. and why. We will discuss the effect of banning books. We will also discuss books that were banned for odd reasons. Finally, we will look at a brief history of censorship and book banning.

Location: Oasis at The Meadows

Friday

Apr 2

Fee: \$6

10:00-11:30

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



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

123 The Canary Islanders in Texas

Julia Lopez,

Canary Islands Descendants Association

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

Location: Oasis at The Meadows

Monday

Apr 5

Fee: \$6

1:00-2:30



124 On Parade! The Story of San Antonio's Spectacular Fiesta Parades

Bill Perryman, M.Ed.

Ready for some fun? San Antonio's annual Fiesta parades remain much anticipated events providing splendid color and pageantry to the delight of enthusiastic spectators by the thousands. Did you ever wonder how the Fiesta parades originated and evolved over time? Sit back and relax as Bill Perryman provides a visual parade regarding the history and evolution of these much beloved Fiesta events!

Location: Oasis at The Meadows

Tuesday

Apr 6

Fee: \$10

10:00-11:30

125 Movie Discussion: Saturday Night Fever

Lynn Waghalter

Starring John Travolta, *Saturday Night Fever* was an instant hit when it was released in December 1977, quickly becoming one of the highest grossing movies of the year. At that time, with 15 million copies sold in the U. S. alone, the soundtrack was the top selling soundtrack album of all time and it won the Grammy Award for Album of the Year. It was the number one album on the Billboard charts for the entire first half of 1978. The first week we will watch the movie, the second we will discuss it. Refreshments will be served. This is a rated "R" movie.

Location: Oasis at The Meadows

Tuesdays
Fee: \$7

Apr 6-13
4:00-6:00

126 Female Country Western Entertainers

Gloria Jennings

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

Location: Oasis at The Meadows

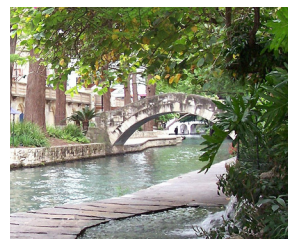
Wednesday
Fee: \$6

Apr 7
10:00-11:30



127 How the New Deal Shaped San Antonio

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



This presentation discusses the Work Projects Administration (WPA) with a focus on examples of projects in Texas and San Antonio. The presentation covers the Great Depression, includes discussion of the social aspects of the WPA and covers the work of Ethel Wilson Harris.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Apr 8
1:00-2:30

128 Organic/Natural Gardening

Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Monday
Fee: \$6

Apr 12
10:00-11:30

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.

129 The Art of Collaboration in Hollywood

Beverly Prado

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

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Apr 13
6:00-7:30 🌙



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

Christina Howard

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

Location: Oasis at The Meadows

Thursday
Fee: \$6

Apr 15
10:00-11:30

131 Mass Extinctions

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

The conditions of our planet are just right for life to have formed and to have evolved over billions of years, and as far as we know, Earth is the only planet that contains life. The history of life on Earth is also a history of mass extinctions—periods where environmental conditions changed so dramatically and so quickly that 50% or more of all species disappeared globally. In this discussion we will explore the history of life on Earth, including the five mass extinctions that are marked in the last 500 million years of the geologic record, as well as the current scientific evidence for the potential causes of these extinctions. We will examine the evolutionary opportunities that have followed each mass extinction. We will also discuss the evidence for whether we are currently in the midst of the Anthropocene Epoch and are now experiencing a sixth extinction.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Apr 14
1:00-2:30



132 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

Monday
Fee: \$6

Apr 19
10:00-11:30

133 The Oracles: Supreme Court Landmark Cases (1857-1978)

Judith Hurst, MA

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

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Apr 21
10:00-11:30

134 Wine Tasting: Texas Wines

Bob Bragg,
WSET Level 3, CSW
and Kelsey Kramer

Texas is one of the oldest wine growing states, with vines planted here more than one hundred years before they were planted in California. Join us as we taste and learn about Texas wines.



Location: Oasis at The Meadows

Wednesday
Fee: \$35

Apr 21
1:00-2:30

135 Marriages in Japan

Roger Pratt, MA in East Asian Studies

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

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Apr 21
1:00-2:30

Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed Charitable Foundation

WellMed Medical Management

Morningside Ministries

Bexar Area Agency on Aging

AT&T Foundation

John L. Santikos Charitable Foundation
of the San Antonio Area Foundation

May and Stanley Smith Charitable Trust

Valero Energy Foundation

San Antonio Area Foundation

Army Residence Community

Solea at Alamo Ranch

Myra Stafford Pryor Charitable Trust

L.L. and Eva Lentz Charitable Trust

Baptist Health Foundation
of San Antonio

136 Deals on Wheels New Car Workshop

Dean Taylor, Better Business Bureau

Do you know what you need to do before going to a car dealership? What determines what your price should be? How can you get the best deal? Learn the answers to these questions and more with information from the Better Business Bureau.

Location: Oasis at The Meadows

Monday
Fee: \$4

Feb 1
1:00-2:30

137 The Art of Chocolate and Coffee

San Antonio Food Bank

Neither chocolate nor coffee is considered particularly healthy, but many recent studies support that both coffee and chocolate can actually be very beneficial to your health. Discover delicious recipes featuring chocolate and coffee demonstrated by the San Antonio Food Bank.

Location: Oasis at The Meadows

Tuesday
Free

Feb 2
6:00-7:30 🌙



138 Volunteering at Oasis

Brenda Schmachtenberger, Executive Director

Do you want to become a volunteer at Oasis? This class will give you all the information to do just that.

Location: Oasis at The Meadows

Monday
Free

Feb 8
10:00-11:30

139 Making Sense of the Secure Act and CARES Act

Jake Yetterberg, CSA

During this class you will learn:

- How the new Secure Act and CARES Act both affect every aspect of your money moving forward.
- Why ROTH IRA conversion planning just became more important.
- Why the increased debt load will affect your safe money for the next ten years or more.
- How the Federal Reserve Board will affect you-in spite of financial legislation.
- Three specific strategies to take advantage of post pandemic economic forces.
- How IRA beneficiary planning can help you to avoid a 50% penalty later.
- Why you should now pay more attention to who insures your money.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Feb 9
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.**

140 Habitat for Humanity

Habitat for Humanity of San Antonio works with low income families who would not otherwise be able to afford a home. They partner with hardworking families in need and help them build affordable homes for themselves and their families at no profit. A representative from Habitat for Humanity San Antonio will give an overview of their program.

Location: Oasis at The Meadows

Friday Feb 12
Free 10:00-11:30

141 Declutter, Organize and Repurpose

Gloria Jennings

Decluttering and organizing your living space doesn't have to mean throwing out your most treasured items. Reduce your clutter by repurposing it. Repurposing allows you to breathe new life into the objects around your home, and it's a great way to recycle items that could have ended their lives at a dump.

Location: Oasis at The Meadows

Thursday Feb 25
Fee: \$6 10:00-11:30

142 Cooking on a Budget

San Antonio Food Bank



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

Location: Oasis at The Meadows

Monday Mar 1
Free 1:00-2:30

143 All About the Better Business Bureau

Dean Taylor, Better Business Bureau

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 they offer and how they can help you.

Location: Oasis at The Meadows

Wednesday Mar 3
Fee: \$4 10:00-11:30

144 Funeral Consumers Alliance of San Antonio

The Funeral Consumers Alliance of San Antonio is a non-profit educational and service organization, whose goals are to educate the public on end-of-life planning and provide education and support to help you navigate the funeral transaction with confidence. Come learn more.

Location: Oasis at The Meadows

Wednesday Mar 3
Fee: \$4 1:00-2:30



Caregiver Reassurance Program

San Antonio
Oasis
Lifelong Adventure

Are you a caregiver? If you need to talk or if you are looking for important resources and information, **San Antonio Oasis** offers telephone reassurance support.

If you want to receive **FREE** monthly check-ins please call **(210) 236-5954**.

We look forward to **CARING** for **YOU!**

145 Conservation: Our Most Important Water Resource

SAWS

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

Location: Oasis at The Meadows

Thursday **Mar 4**
Fee: \$4 **10:00-11:30**



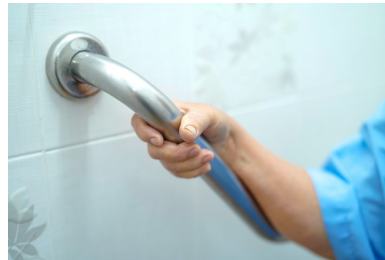
148 Home Modifications for Fall Prevention

Lizette Davis

Did you know that most falls occur in your home? Learn from an Occupational Therapist and home modification professional about changes you can make in your home to make it a safer place in which to age well. Local and national resource information will also be available in this class.

Location: Oasis at The Meadows

Tuesday **Mar 23**
Fee: \$4 **10:00-11:30**



146 All About Medicare

Bexar Area Agency on Aging

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, as well as Medicare Supplement Policies (Medigap Insurance.) We will also cover the federal Medicare Savings Program, and the Medicare Patrol/financial exploitation.

Location: Oasis at The Meadows

Monday **Mar 8**
Free **1:00-2:30**

147 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 **Mar 23**
Free **1:00-2:30**

149 Making Vegetables Delicious

San Antonio Food Bank

Eating the recommended amount of vegetables each day can be a challenge. Many people who don't get enough say they don't like the taste of most vegetables. The good news is there are countless ways to prepare vegetables to make them delicious. During this class the San Antonio Food Bank will give you ideas on how you can kick the taste of your vegetables up a notch.

Location: Oasis at The Meadows

Wednesday **Mar 24**
Free **1:00-2:30**



150 The Most Pressing Retiree Questions of the Last 20 Years

Jake Yetterberg, CSA

Top questions covered:

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

Location: Oasis at The Meadows

Wednesday

Mar 24

Fee: \$6

1:00-2:30

151 What's New at a Library Near You

San Antonio Public Library

Your local library is more than just books to check out. There are many new and innovative things like technology, classes, activities and other media available to you at no cost. You will learn how to access all this and more at a library near you.

Location: Oasis at The Meadows

Monday

Mar 29

Fee: \$4

1:00-2:30

152 Who Decides When I Can't? Guardianship and Powers of Attorney

Carol Bertsch, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday

Mar 30

Fee: \$6

6:00-7:30



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**

153 The Electoral College

Judge Ron Rangel

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

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Mar 31
1:00-2:30



154 Farm-to-Table Movement

Elizabeth Johnson, Pharm Table

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

Location: Oasis at The Meadows

Monday
Fee: \$5

Apr 5
10:00-11:30



155 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

Mar 31
1:00-2:00

156 Preparing for Life's Financial Emergencies

Jake Yetterberg, CSA

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

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

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Apr 6
6:00-7:30



157 Home Away From Home

Jill Piazza, M.A., CMC

Learn what to consider when deciding on a move to an independent and/or assisted living community. We'll discuss what to look for, the types of care one can anticipate, costs and how long one may remain in these settings.

Location: Oasis at The Meadows

Tuesday **Apr 13**
Fee: \$4 **1:00-2:30**

158 Reading Food Labels

San Antonio Food Bank

People look at food labels for a variety of reasons. But whatever the reason, many people would like to know how to use this information more effectively and easily. The San Antonio Food Bank will give you the label reading skills that will make it easier for you to use and understand food labels and make informed food decisions.

Location: Oasis at The Meadows

Monday **Apr 19**
Free **10:00-11:30**



159 Wills and Trusts-Texas Style

Carol Bertsch, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday **Apr 20**
Fee: \$6 **1:00-2:30**

160 The Importance and Power of Public Speaking

Gloria Jennings

Even if you are retired and don't need to make regular presentations, there are plenty of situations where dynamic public speaking skills can be useful. You might be asked to make a speech at a wedding, or inspire a group of volunteers at a charity event. Using materials from a nationally recognized organization, we'll learn how to master the skills of effective public speaking. This powerful knowledge will enhance your presence, boost your self-confidence and open up countless opportunities.

Location: Oasis at The Meadows

Thursday **Apr 22**
Fee: \$6 **10:00-11:30**



161 Feral Cat Coalition

Sherry Dardak,

President, San Antonio Feral Cat Coalition

This not-for-profit organization helps to control the cat population in a unique way. You will learn about them and how they are making a positive impact all over the city.

Location: Oasis at The Meadows

Thursday **Apr 22**
Free **1:00-2:30**



Oasis Connections Technology Classes are supported in part by:



162 Everything iPad

Carita DeVilbiss

Learn everything you want to know about your iPad. This workshop is spread over four sessions with only a limited number of participants, so you will have input in deciding which items get extra attention. In addition to surfing the internet and checking mail, your iPad can video chat with loved ones across the country, record the voices of your loved ones, shoot videos, take photos, play music, and much more.

Location: Oasis at The Meadows

Tuesdays & Thursdays

Fee: \$40

Feb 2-11

1:00-3:00



163 How to Use Zoom

Megan Merriman, MPH

This hands-on class will provide you with the basics on how to participate in Zoom meetings on your laptop or mobile device. We will discuss the basics of joining a meeting and more advanced actions like adding a virtual background. Please bring to class the device you use to join zoom meetings. Laptops or mobile devices only.

Location: Oasis at The Meadows

Tuesday

Free

Feb 2

1:00-2:30

164 iPad Basics

Doris Slay-Barber

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

Wednesday

Fee: \$9

Feb 10

10:00-12:00

165 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

Tuesday

Fee: \$8

Feb 16

1:00-3:00

166 Android Essentials

Glenda Raichlen

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

Location: Oasis at The Meadows

Thursdays

Fee: \$20

Feb 18-25

1:00-3:00

167 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: \$9

Feb 23
10:00-12:00



168 Intermediate iPhone

Thalia Williams

Now that you have a working knowledge of your iPhone, you might want to take it to the next level. Come learn more about the features and apps available to you.

Location: Oasis at The Meadows

Tuesday
Fee: \$9

Apr 13
10:00-12:00

169 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 is included in fee.

Location: Oasis at The Meadows

Monday
Fee: \$9

Mar 1
10:00-12:00

170 Windows 10

Sharon Parson

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 is included in fee.

Location: Oasis at The Meadows

Thursdays
Fee: \$20

Mar 4-11
1:00-3:00

171 Google Calendar

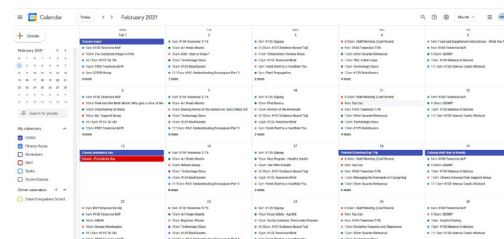
Glenda Raichlen

Google Calendar is a time management and scheduling calendar service that allows users to create and edit events. Come find out how in this class!

Location: Oasis at The Meadows

Wednesday
Fee: \$9

Mar 17
1:00-3:00



DON'T MISS OUT
on the latest news from Oasis!



If you want to receive the latest information about Oasis classes and events, give us permission to communicate with you through email.

Call us at (210) 236-5954 or stop by the front desk to make sure you have opted in to receive our emails.

172 Apple Photos Part 1: iPad/iPhone

Carita DeVilbiss

Apple Photos on iPhone and iPad are basically the same. In 2015, the Apple Photos app was added to the Mac computer using similar icons, button locations, and terminology, but it is not identical to the phone and tablet (that is covered in Part 2). In this session we will go over photos in general - taking, organizing, editing, sharing, etc. This course is more lecture-style, rather than hands-on. Join us to how to use the wonderful tool you carry around with you.

Location: Oasis at The Meadows

Thursday
Fee: \$9

Mar 11
10:00-12:00

173 Apple Photos Part 2: Mac Computers

Carita DeVilbiss

In Part 2 we will look at the additional tools and capabilities provided on the computer. With the power of the computer, you will have more flexibility for creative ways to use your photos captured on your iPhone or iPad. In addition, we will discuss photos that you take with your digital camera and the old photos that you scan. This course is more lecture-style, rather than hands-on. Come join us and explore the creativity that is at your fingertips.

Location: Oasis at The Meadows

Thursday
Fee: \$9

Mar 18
10:00-12:00

174 Introduction to Mac Computers

Carita DeVilbiss

If you have a Mac computer (either desktop or laptop) come join us for this Introduction to Mac Computers. Since many people use desktop computers, this workshop is built around handouts for each session for you to try out at home and bring in your questions at the next session. This workshop is spread over four sessions to give you plenty of time to get your questions answered.

Location: Oasis at The Meadows

Tuesdays & Thursdays
Fee: \$40

Mar 30-Apr 8
1:00-3:00

175 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 is included in fee.

Location: Oasis at The Meadows

Thursday
Fee: \$10

Apr 1
1:00-3:00



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

The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

176 Container Gardening

Bexar County Master Gardeners

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

Thursday
Free

Feb 11
2:00-3:30



177 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.

Thursday
Free

Apr 8
2:00-3:30

178 The Anti-Inflammatory Diet

CanSurvive
Wellness Project



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

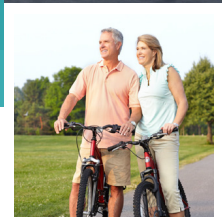
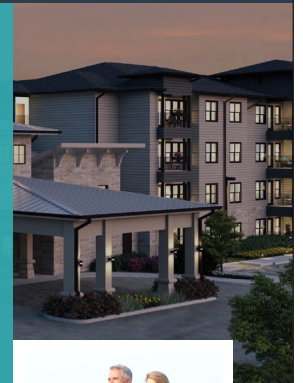
Thursday
Free

Mar 11
2:00-3:30

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

179 Do Your Paperwork Now

Carol Bertsch, Attorney at Law

Elder Law Attorney, Carol Bertsch will discuss all legal issues and paperwork that you should have before you become terminally ill or you pass away, so that your family knows exactly what to do.

Thursday
Free

Feb 18
10:00-11:30



180 The Ancient Greeks

Michael Cude, Ph.D., Schreiner University

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

Thursday
Free

Mar 18
10:00-11:30



181 Let's Get Happier Today

Dr. Gilda Garcia

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

Thursday
Free

Apr 15
10:00-11:30

OUTREACH

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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:

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- 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:

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The following classes are held at and are sponsored by:

ARMY RESIDENCE COMMUNITY

7400 Crestway

182 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, nutrition, exercise, cognitive activity and social engagement and tools to help you incorporate these recommendations into a plan for healthy aging.

Monday
Free

Feb 8
10:00-11:30



183 Estate Planning

Todd Marquardt, Attorney at Law

No matter how large or small, everyone has an estate. Most people want to decide how their things are given to people or organizations they care about. To ensure your wishes are carried out, you need to have specific instructions about your estate. Learn what you need from an Elder Law Attorney.

Monday
Fee: \$4

Mar 1
10:00-11:30



184 Make Your Own Greeting Cards

Edith Stanley



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

Monday
Fee: \$15

Apr 12
10:00-11:30

Take Command of your Retirement



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185 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! The tour includes a walk down Taylor Street for an exterior view of the Maverick Carter House-the only home remaining in the area dating from the 19th century. Tour includes Listen Audio Technology for the listening ease and social distancing comfort of each tour guest. We will meet at Travis Park directly across the street from the St. Anthony Hotel at 300 E. Travis. Public parking is available around Travis Park. Parking fees not included.

Friday
Fee: \$25

Mar 5
9:30-11:00

186 Remembering Downtown San Antonio



Bruce Martin, Certified Professional Tour Guide

San Antonio proudly preserves its history more than any other Texas city. But was it always so? This exciting walk through downtown San Antonio will reveal architectural gems - buildings that have survived and thrived over 100 years. But what have we lost? We will visit multiple sites and enjoy historic photos to see what once was there, but is now only a memory. How many do you recall? And which do you prefer-the original or its replacement? We will meet in front of the Alamo Plaza Post Office and Federal Courthouse at 615 E. Houston. Parking fees not included.

Friday
Fee: \$25

Mar 19
9:30-11:30

187 Reflections of Opulence! The King William Historic District

*Bill Perryman M.Ed.,
Certified Professional Tour Guide*

Prepare for an experience! Master teacher, historian and certified tour guide, Bill Perryman, blends education, entertainment and FUN in a walking tour of San Antonio's beautiful King William Street. Learn fascinating facts and details regarding the people who occupied the mansions in San Antonio's first fashionable neighborhood. This highly interactive tour includes audio Listen 400 series technology-you will not miss a word! Tour begins and ends at the Guenther House at 205 E. Guenther.

Friday
Fee: \$25

Apr 2
9:30-11:30



188 Alamo Plaza-What's All the Fuss About?



Bruce Martin, Certified Professional Tour Guide

Alamo Plaza is already changing in response to its most recent master plan. Spirited opinions continue to be expressed regarding the "Cradle of Texas Liberty." Learn key components to the plaza's future, including points of friction, as we walk the plaza in order to better understand the challenges to reinterpreting the most historic ground in Texas. We will meet in front of the Alamo Plaza Post Office and Federal Courthouse at 615 E. Houston. Parking fees not included.

Tuesday
Fee: \$25

Apr 13
9:30-11:30

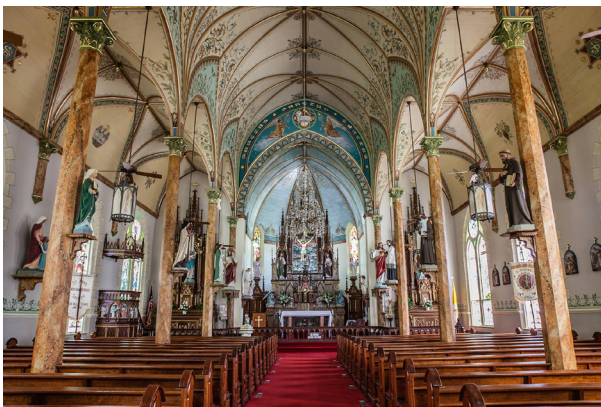
**Walking tours do not meet at the Oasis center.
Please check catalog for location.**

189 Schulenburg Painted Churches and Museums

Spend the day in Schulenburg touring two painted churches and two museums. A local step-on guide will take us through the churches. The churches appear unassuming as you approach them, but as you enter the front doors, prepare to have your breath taken away by the incredible beauty found inside. These churches have some of the most beautiful painted artwork and stained glass windows. In the middle of the tour, we will stop for lunch at Oakridge Smokehouse Restaurant in Schulenburg. After lunch we will visit the Schulenburg Historic Museum and the E.A. Arnim Archives and Museum. The Schulenburg Museum provides a glimpse into the life in the early days of the rural German-Czech community. The E.A. Arnim Archives and Museum is in Flatonia, TX. This museum was established in 1988 and has grown to be one of the largest rural museums in Central Texas. Devoted to preserving the history and cultural heritage of the area, the museum's exhibits illustrate the settlement, early history and continuing development at Flatonia. Churches and museums are handicapped accessible. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday
Fee: \$74

Feb 18
8:00-6:00



Facebook/Schulenburg Painted Churches

190 Texas A&M Singing Cadets at the Fredericksburg Theater

Let's go to the Fredericksburg Theater to hear the Texas A&M Singing Cadets. The Texas A&M Singing Cadets began in 1893 at Texas A&M College as the all male glee club. Since that time, the Singing Cadets have grown to receive national acclaim performing each year for more people than any other collegiate choral group in the United States. They travel each year across Texas, throughout the United States, and abroad spreading the Aggie Spirit through the gift of music. Brought together by their common love for and devotion to their school, the Singing Cadets are comprised of male Aggies who volunteer their time for long rehearsals and more than 70 performances each year. Before we head to the theater we will have dinner at the Auslander Restaurant. This restaurant has been serving authentic German food since 1979. Cost includes motor coach transportation, dinner, admission fees and tips.

Friday
Fee: \$88

Mar 5
4:00-11:00



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**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

191 Historic San Antonio

Step into history as you immerse yourself in Texas history with a guided case-by-case tour of Presidio Gallery, part of Texas A&M - San Antonio's Archives and Special Collections. The gallery also has the Daughters of the Republic of Texas library collection, a research collection that resided at the Alamo for more than a century. Next we will take a break and enjoy lunch at Luby's Cafeteria. After lunch we will visit the Bexar County Heritage Center. All exhibits are designed to engage the visitor with glimpses of Bexar County's historic treasures and contemporary cultural amenities by being both photogenic portals as well as multi-layered, dramatic representations that create an immersive, in-depth, exciting one-of-a-kind orientation to Bexar County and its ascendance to a world-class destination and place to live. Cost includes motor coach transportation, lunch, admission fees and tips.



Wednesday
Fee: \$52

Apr 14
9:30-3:30

192 Exploring Kerrville

We will start the day with a visit to the Western Art Museum. The museum is dedicated to excellence in the collection, preservation and promotion of Western Heritage and to revive Western heritage. Next, we will stop and have lunch at Billy Gene's and enjoy the view of the beautiful Guadalupe River. On our way to the James Avery headquarters, we will stop in Ingram for a photo-op of Stonehenge II. This replica of the mysterious stones of England is one of the most visited sites in the Texas Hill Country! The last stop will be at James Avery Headquarters. We'll learn the history of James Avery by watching a film, as the craftsman makes jewelry. You will have time to shop. Cost includes motor coach transportation, lunch, admission fees and tips.



Tuesday
Fee: \$66

May 11
8:45-5:00

332 Yellowstone and Mt. Rushmore

June 15-22, 2021

Join us for a marvelous eight-day, first-class escorted vacation beginning in Salt Lake City. We will visit Salt Lake City, the Grand Tetons, Yellowstone National Park, Jackson Hole, Buffalo Bill Cody Western Museum, "Custer's Last Stand" battlefield, the scenic Black Hills, Deadwood City, Mt. Rushmore by day and night, the Crazy Horse Memorial Sculpture and Bear Country USA wildlife park. This tour involves high altitude from 6,300 ft. to 8,900 ft. Tour includes round-trip home pickup, round-trip airfare, bag fee, baggage handling, travel insurance, 14 meals, as well as all gratuities for tour manager, driver and local guides. Deposit \$350 per person. Double \$3,424 per person. Single \$4,219. Final payment due March 27, 2021. Credit cards accepted. Make checks payable to AFC Vacations.

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

193 Yellowstone and Mt. Rushmore Preview Show

Location: Oasis at The Meadows

Wednesday
Free

Feb 3
11:00-12:00



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



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194 Oasis Tax Day

The AARP Tax Aide Program will prepare income tax returns at no cost to Oasis members. The program will prepare 1040s with schedules. E-filing is available. Taxes will be prepared by appointment only. Please bring documents and last year's tax return. **Once you register for this event, Oasis will contact you to schedule your appointment.** Due to COVID-19 restrictions that may be in effect for the the 2021 Tax Season (2020 Tax returns) the number of appointments may be reduced and the tax-prep process (taxpayer-volunteer contact) may be modified.

Location: Oasis at The Meadows

**Thursdays
Free**

**Feb 18-Apr 8
By Appointment Only**

