



Summer 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 • Summer 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**.



Oasis Everywhere classes bring you the highest caliber of content with presenters such as Peabody-award-winning journalist and NPR radio talk show host, Diane Rehm. And, NASA scientist, Dr. Pablo Sobron, hosts a Q&A about his work with NASA's Mars 2020/Perseverance Rover.

Visit www.OasisEverywhere.org to view a listing of virtual classes. 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 open! Visit www.oasiseverywhere.org to learn more!

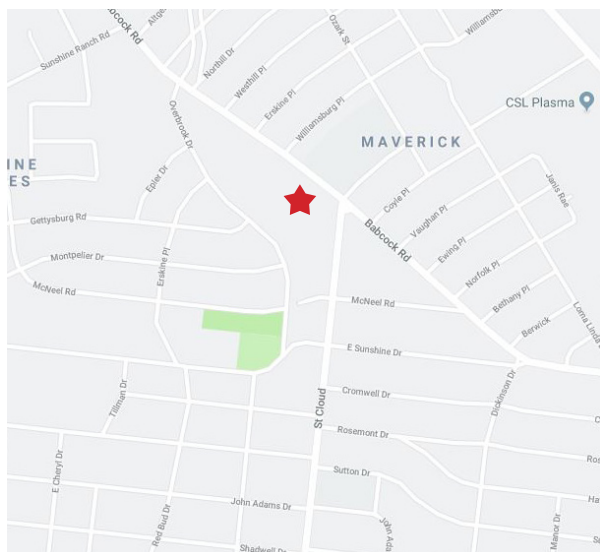
Welcome to Oasis

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:

April 9 - Volunteer Recognition

April 16 - Staff Retreat

April 23 - Fiesta

May 5 - Volunteer Training

May 31 - Memorial Day

July 5 - Independence Day

September 6 - Labor Day

On the Cover:

Oasis members learned how to create beautiful flower arrangements with flowers from The Rose Boutique.

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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 23. 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 older adults 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 | May 10-Jun 11 |
| | Free | 9:00-9:45 |
| 2 | Mondays & Fridays | Jun 14-Jul 16 |
| | Free | 9:00-9:45 |
| 3 | Mondays & Fridays | Jul 19-Aug 20 |
| | Free | 9:00-9:45 |
| 4 | Mondays & Wednesdays | May 10-Jun 9 |
| | Free | 12:00-12:45 |
| 5 | Mondays & Wednesdays | Jun 14-Jul 14 |
| | Free | 12:00-12:45 |
| 6 | Mondays & Wednesdays | Jul 19-Aug 18 |
| | Free | 12:00-12:45 |
| 7 | Tuesdays & Thursdays | May 11-Jun 10 |
| | Free | 9:00-9:45 |
| 8 | Tuesdays & Thursdays | Jun 15-Jul 15 |
| | Free | 9:00-9:45 |
| 9 | Tuesdays & Thursdays | Jul 20-Aug 19 |
| | Free | 9:00-9:45 |



Texercise on Zoom

Join this class from home via Zoom! This fun and innovative class, created by Texas Health and Human Services Commission (HHSC) and is offered to older adults 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. Sponsored by Bexar Area Agency on Aging.

Location: On Zoom

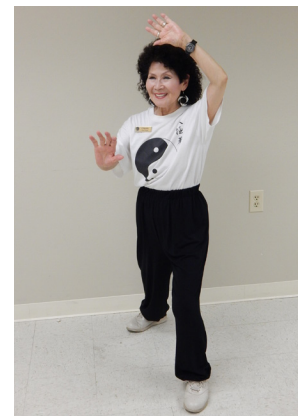
- | | | |
|-----------|---------------------------------|----------------------|
| 10 | Tuesdays & Thursdays | May 11-Jun 10 |
| | Free | 9:00-9:45 |
| 11 | Tuesdays & Thursdays | Jun 15-Jul 15 |
| | Free | 9:00-9:45 |
| 12 | Tuesdays & Thursdays | Jul 20-Aug 19 |
| | Free | 9:00-9:45 |

Tai Chi

Chiquita Picardo

Tai Chi is known for its deep breathing and smooth flowing body movements that give your mind, body, and spirit a workout.

Included is Chinese self-massage, called Dao Yin (DOW-in). Dao Yin self-massage can help release tension, reduce anxiety, make you feel more relaxed, and increase circulation of blood, qi (energy flow) and fluids. Research has shown that massage can cause your body to release natural painkillers and may also boost your immune system. No prior knowledge of Tai Chi is necessary.



Location: Oasis at The Meadows

- | | | |
|-----------|----------------|----------------------|
| 13 | Mondays | May 10-Jun 7 |
| | Fee: \$28 | 10:15-11:45 |
| 14 | Mondays | Jun 14-Jul 12 |
| | Fee: \$28 | 10:15-11:45 |
| 15 | Mondays | Jul 19-Aug 16 |
| | Fee: \$35 | 10:15-11:45 |

Beginner Ballet

Cory Fritz

In this beginner level class, you will learn simple ballet steps and basic positions of the arms and feet. Barre and center work will be incorporated to improve balance, posture and flexibility. Modifications can be made for any ability. **No previous dance experience is needed. No ballet shoes needed.**

Location: Oasis at The Meadows

- | | | |
|-----------|------------------|----------------------|
| 16 | Mondays | May 10-Jun 7 |
| | Fee: \$20 | 1:00-2:00 |
| 17 | Mondays | Jun 14-Jul 12 |
| | Fee: \$20 | 1:00-2:00 |

Balance for Daily Life

LeAnn Lupton

Would you like to improve your balance while also increasing strength and flexibility? Join us to work through a variety of activities to improve balance while also increasing strength and flexibility.

Location: Oasis at The Meadows

- | | | |
|-----------|------------------|----------------------|
| 18 | Fridays | May 14-Jun 11 |
| | Fee: \$25 | 10:00-11:00 |
| 19 | Fridays | Jun 18-Jul 16 |
| | Fee: \$25 | 10:00-11:00 |
| 20 | Fridays | Jul 23-Aug 20 |
| | Fee: \$25 | 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

- | | | |
|-----------|---------------------------------|----------------------|
| 21 | Mondays & Wednesdays | May 10-Jun 9 |
| | Fee: \$54 | 9:00-9:45 |
| 22 | Mondays & Wednesdays | Jun 14-Jul 14 |
| | Fee: \$54 | 9:00-9:45 |
| 23 | Mondays & Wednesdays | Jul 19-Aug 18 |
| | Fee: \$60 | 9:00-9:45 |

Cardio Dance

Carol Lester

If you love to dance and want to get a cardio workout too, then you won't want to miss Cardio Dance! In this mid-impact class, you will learn a series of routines including a warm-up, several aerobic dances to increasingly boost your cardio, and a cool-down. It is all about having fun while you are getting fit!

Location: Oasis at The Meadows

- | | | |
|-----------|---------------------------------|----------------------|
| 24 | Tuesdays & Thursdays | May 18-Jun 10 |
| | Fee: \$40 | 12:30-1:30 |
| 25 | Tuesdays & Thursdays | Jun 15-Jul 15 |
| | Fee: \$50 | 12:30-1:30 |
| 26 | Tuesdays & Thursdays | Jul 20-Aug 19 |
| | Fee: \$50 | 12:30-1:30 |



Movin' and Groovin'

Carol Lester

Get ready to gently move your body and work your major muscle groups as you groove to tunes from the 50s and 60s. This low-impact class will provide a fun way to stretch muscles, improve muscle tone and boost cardio as well.

Location: Oasis at The Meadows

- | | | |
|-----------|---------------------------------|----------------------|
| 27 | Tuesdays & Thursdays | May 18-Jun 10 |
| | Fee: \$40 | 1:45-2:45 |
| 28 | Tuesdays & Thursdays | Jun 15-Jul 15 |
| | Fee: \$50 | 1:45-2:45 |
| 29 | Tuesdays & Thursdays | Jul 20-Aug 19 |
| | Fee: \$50 | 1:45-2:45 |



Qigong

Fred Chavez

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

Location: Oasis at The Meadows

30 Wednesdays **May 12-Jun 9**
Fee: \$40 **9:00-10:15**

31 Wednesdays **Jun 16-Jul 14**
Fee: \$40 **9:00-10:15**



32 Yoga Nidra

Fred Chavez

Yoga Nidra is an age-old meditative practice that effortlessly guides you into a state of complete non-doing while you rest comfortably on the floor. The guided meditation practice results in deep relaxation, released chronic stress, a greater sense of harmony in our daily life and relationships, clarity for resolving life's challenges and more restful sleep. Please bring a yoga mat. Work will be done lying flat on the floor for a 40-50 minute duration.

Location: Oasis at The Meadows

Wednesdays **Jun 16-Jul 14**
Fee: \$40 **10:30-11:30**



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

33 Wednesdays **May 12-Jun 9**
Fee: \$35 **1:15-2:15**

34 Wednesdays **Jun 16-Jul 14**
Fee: \$35 **1:15-2:15**

35 Wednesdays **Jul 21-Aug 18**
Fee: \$35 **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

36 Mondays **May 10-Jun 7**
Fee: \$28 **2:30-3:30**

37 Mondays **Jun 14-Jul 12**
Fee: \$28 **2:30-3:30**

38 Mondays **Jul 19-Aug 16**
Fee: \$35 **2:30-3:30**

39 Wednesdays **May 12-Jun 9**
Fee: \$35 **2:30-3:30**

40 Wednesdays **Jun 16-Jul 14**
Fee: \$35 **2:30-3:30**

41 Wednesdays **Jul 21-Aug 18**
Fee: \$35 **2:30-3:30**

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

- | | | |
|-----------|------------------|----------------------|
| 42 | Fridays | May 14-Jun 11 |
| | Fee: \$25 | 11:15-12:15 |
| 43 | Fridays | Jun 18-Jul 16 |
| | Fee: \$25 | 11:15-12:15 |
| 44 | Fridays | Jul 23-Aug 20 |
| | Fee: \$25 | 11:15-12:15 |

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.

- | | | |
|-----------|------------------|----------------------|
| 45 | Fridays | May 14-Jun 11 |
| | Fee: \$25 | 8:45-9:45 |
| 46 | Fridays | Jun 18-Jul 9 |
| | Fee: \$20 | 8:45-9:45 |

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

- | | | |
|-----------|------------------|----------------------|
| 47 | Tuesdays | May 11-Jun 8 |
| | Fee: \$25 | 4:15-5:15 |
| 48 | Tuesdays | Jun 15-Jul 13 |
| | Fee: \$25 | 4:15-5:15 |
| 49 | Tuesdays | Jul 20-Aug 17 |
| | Fee: \$25 | 4:15-5:15 |

50 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	May 11-Aug 5
Free	10:00-11:00

51 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	May 11-Aug 5
Free	11:15-12:00



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

ALZHEIMER'S AND DEMENTIA CLASSES

52 Alzheimer's: Research Updates

Alzheimer's Association

Join the Director of Programs at the San Antonio Alzheimer's Association, Ginny Funk, to discuss research updates for Alzheimer's and Dementia.

Location: Oasis at The Meadows

Thursday
Free

Jun 3
10:00-11:30



53 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.

Location: Oasis at The Meadows

Tuesday
Free

Jul 13
6:00-7:30 🌙



54 Become a Dementia Friend Today

Jennifer Brackett, MS Gerontology

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends movement is now spreading throughout Texas. More than 400,000 Texans have Alzheimer's or some form of dementia. By helping everyone in the community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities.

Location: Oasis at The Meadows

Tuesday
Free

Aug 3
10:00-11:30

55 Alzheimer's: Effective Communication Strategies

Alzheimer's Association

Communication is more than just talking and listening-it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Location: Oasis at The Meadows

Monday
Free

Aug 9
1:00-2:30

CAREGIVER SERIES

56 Learning to be a Caregiver

Sara Masoud

Whether you have recently taken on the role of a family caregiver or have been established in the role for some time, this class is a beneficial resource as you navigate the experience of caring for your loved one with dementia.

Location: Oasis at The Meadows

Friday Jun 11
Free 10:00-11:30

57 How to Find Resources and Support as a Family Caregiver

Kylie Meyer, Ph.D.

When you're helping a family member who is living with a chronic or disabling condition, such as dementia, you may need help too! Help and support can be hard to find. We will give you the tools to navigate this maze to access caregiver support online and in your community.

Location: Oasis at The Meadows

Monday Jul 12
Free 1:00-2:30

58 Caregiver Support Group

Alesa Arnett

This support group is for caregivers to anyone with a chronic condition, including Dementia and Alzheimer's. 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

Thursdays May 20, Jun 17, Jul 22, Aug 19
Free 2:45-3:45

COVID AND YOUR HEALTH

59 COVID-19 Pandemic and Your Physical Health

Chelsea Carriker, MPH, CHES

The COVID-19 pandemic has completely changed our world in unprecedented ways, but how has the pandemic impacted the aspects of our physical health? How has it changed our dietary habits, our physical activity, our sleep patterns? In this class we will dive into what research so far has explored in terms of how the pandemic has affected our physical health.

Location: Oasis at The Meadows

Thursday May 27
Fee: \$5 10:00-11:30

60 COVID-19 Pandemic and Your Mental Health

Chelsea Carriker, MPH, CHES

The COVID-19 pandemic has completely changed our world in unprecedented ways, but how has the pandemic impacted the aspects of our mental health? How has it changed our feelings of anxiety, depression, worry? We'll talk about this and more as we explore what research has discovered in terms of how the pandemic has affected our mental health.

Location: Oasis at The Meadows

Thursday Jun 10
Fee: \$5 1:00-2:30



61 Healthy Summer Snacks

San Antonio Food Bank

Enjoy a cooking demonstration by the San Antonio Food Bank making some healthy snacks for the summertime!

Location: Oasis at The Meadows

Monday Jun 7
Free 1:00-2:30



62 How Sweet It Is: Limiting Sugar in Your Diet

Gretchen A. Hill

How do foods high in sugar sneak into our diet? Learn effective ways to reduce sugar consumption! Participants will enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Thursday Jun 10
Fee: \$5 10:00-11:30

63 Healthy Desserts

Rebecca Portales, MS, RD, LD

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

Location: Oasis at The Meadows

Tuesday Jun 29
Fee: \$6 6:00-7:30 🌙

64 Hydration and Healthy Beverage Choices

Craig Stimson, LVN

Learn more about fluid intake, the importance of staying hydrated and tips to make healthy beverage choices! Participants will receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Tuesday Jul 6
Fee: \$5 1:00-2:00



65 Dietary Supplements and Your Health

Chelsea Carriker, MPH, CHES

Vitamins and minerals are important for our health, and most can be consumed through our diet. However, they also can be consumed through dietary supplements. What are supplements? Are they good for you? Are they safe? What types of supplements are recommended as we age? Join us as we discuss these topics and more!

Location: Oasis at The Meadows

Wednesday Jul 7
Fee: \$5 10:00-11:30



66 Safe at Home

Megan Merriman, MPH

Most falls occur in the home. This two-session course will help you identify fall hazards in your home and assist you in locating resources to make the necessary changes in your home to age safely in place.

Location: Oasis at The Meadows

Tuesdays **May 11-18**
Fee: \$8 **1:00-2:00**

67 Medication Management

Rod Sanchez, Pharm.D, BCGP

A failure to manage medications appropriately can adversely impact health and lead to significant medical expense. During the session, attendees will learn about the consequences of medication mismanagement, factors that put patients at risk for problems with medication management and strategies to overcome these issues.

Location: Oasis at The Meadows

Wednesday **May 12**
Fee: \$4 **10:00-11:30**

68 Hearing and Ear Health

Tracy Board, Au.D., CCC-A

We will provide you with information, tools, and resources to address any questions or concerns you have on hearing health.

Location: Oasis at The Meadows

Tuesday **May 25**
Fee: \$5 **10:00-11:30**

69 CBD and Pain Management

Jorge Escudero, RPh.

Can CBD help with pain management? Join us for an educational discussion with a licensed, registered pharmacist trained on CBD.

Location: Oasis at The Meadows

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

70 Self Care vs. Self Indulgence

Russell Gainer, LCSW, Gain Wel

Ever wonder where the line between taking good care of yourself becomes self-indulgence? Is taking care of yourself selfish or just good medicine? How to meet your needs in healthy ways is the topic for this discussion!

Location: Oasis at The Meadows

Tuesday **May 25**
Fee: \$5 **1:00-2:30**

71 Reliable Sources for CBD

Jorge Escudero, RPh.

Have you been interested in trying CBD, but don't know where to find a safe resource to get it? Join us for an educational discussion with a licensed, registered pharmacist trained on CBD.

Location: Oasis at The Meadows

Monday **Jul 12**
Fee: \$6 **10:00-11:30**



72 Memory Dynamics

Craig Stimson, LVN

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 **Aug 3-17**
Fee: \$18 **6:00-7:30** 🌙

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

Solea at Alamo Ranch

Myra Stafford Pryor Charitable Trust

L.L. and Eva Lentz Charitable Trust

Baptist Health Foundation
of San Antonio

73 The Art of Living Well: Habit Accountability

Edie DeVilbiss, M.Div

We all know what we should do to increase our health, so why is it so hard to engrain healthy habits into our lives? More importantly, what can we do about it? We will look at the barriers to doing something new. We will also learn the simple ideas and tools that will help us. As we learn specific strategies for establishing healthy habits, we will support each other in the class. Come with an open heart, adventurous spirit, and a bucket of self-compassion.

Location: Oasis at The Meadows

Fridays

Fee: \$16

Jul 30-Aug 20

11:00-12:00

74 Medications and Fall Prevention

William A. Valutsky,

B.Sc. Pharmacy, Pharm. D., RPh

How can medications impact your risk for falling? Talk with a pharmacist about it!

Location: Oasis at The Meadows

Tuesday

Fee: \$5

Aug 10

1:00-2:00

75 Therapy Animals of San Antonio

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

Location: Oasis at The Meadows

Wednesday

Fee: \$5

Aug 11

1:00-2:30



76 Dream Interpretations

Gina Frazier, LCSW, BCD

Join a psychotherapist to learn how your dreams could be important to you, some basic information about the nature of dreams, and a simple method to begin interpreting the message of your dreams.

Location: Oasis at The Meadows

Thursday
Fee: \$10

Aug 12
1:00-3:00

77 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 **May 14, Jun 18, Jul 16, Aug 20**
Free **11:00-12:00**



78 A Matter of Balance

For people who have a fear of falling and want to reduce their risk of a future fall. Participants attend a total of eight two-hour 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

Wednesdays **May 19-Jul 7**
Free **1:00-3:00**

79 Diabetes Self-Management Program

This is an interactive workshop developed at Stanford University for people with Type 2 diabetes and their caregivers. Learn to 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, relaxation CD and in each class, healthy snacks. Participants must come to session one and/or two to attend the remaining sessions. For best results, please plan to attend at least four sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

Wednesdays **Jun 2-Jul 7**
Free **12:30-3:00**



80 Living a Healthy Life with Chronic Conditions

Chronic disease symptoms can seem overwhelming, especially without support. This class was developed at Stanford University to help people with chronic health diseases such as COPD, high blood pressure, arthritis, anxiety, fibromyalgia and others, reinforce life skills required to live well with a chronic disease. These skills include meal planning, stress management, relaxation techniques, safe and effective exercise strategies and communication skills. You will receive a participant book, relaxation CD and in each class, healthy snacks. 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

Thursdays **Jun 24-Jul 29**
Free **9:30-12:00**

These classes are sponsored by:



81 Managing and Lowering Blood Sugar

Dr. Radames Rodriguez

High blood sugar levels can be linked with a higher risk of chronic conditions like heart disease and cancer. This class will discuss how you can manage and lower your blood sugar levels.

Location: Oasis at The Meadows

Thursday
Free

May 20
1:00-2:00

82 Bladder Health and Incontinence

Dr. Chelo Belmonte

Learn what causes the lack of voluntary control over your bladder and bowels, and how to treat or manage this common problem.

Location: Oasis at The Meadows

Thursday
Free

Jul 15
1:00-2:00

83 Keeping Your Heart Healthy

Dr. Jennifer Argumedo

Unlike other types of muscles in the body, your heart muscles never get tired! They work automatically without ever pausing to rest. This class will discuss how we keep our heart healthy so it continues to stay strong and keep beating for us.

Location: Oasis at The Meadows

Thursday
Free

Aug 19
1:00-2:00



84 Avoiding Viruses

Dr. Jessica Buzenas

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

Location: Oasis at The Meadows

Thursday
Free

Jun 17
1:00-2:00



IMAGINE A DOCTOR WHO ACTUALLY LISTENS.

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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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or visit [WelcometoWellMed.com](https://www.welcometowellmed.com)



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Aging and Spirituality

At Oasis we feel it's important to embrace age, experience and continue learning as part of our growth, and to invoke purpose and meaning in our lives. Our **Aging and Spirituality** program is designed to offer classes focused on mental and spiritual health for well-being.

85 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. It is one of the rewards of aging to gather with those whose experience can add to your joy or to help you in this new part of the journey. We are challenged not just to live longer, but also, and more importantly, to live better. "Getting Along in Years" is an education and fellowship group, meeting monthly, to share wisdom, joy, and encouragement.

Location: Oasis at The Meadows

Mondays **May 10, Jun 14, Jul 12, Aug 9**
Free **1:00-2:30**

86 Living an Integral Life

Fred Chavez

Want to live a more balanced and inclusive life? This class will assist you in designing your own blueprint for living a physically healthier, more emotionally balanced, mentally clear and spiritually liberated life. You will learn practices to help you get the most out of your life. You do not need to know anything about Integral Theory to benefit from this class.

Location: Oasis at The Meadows

Wednesdays **May 12-Jun 9**
Fee: \$40 **10:30-11:30**

87 Always Look at the Bright Side

Shastri Linda Mockeridge, LCSW

To see the sun shining you have to come out from under the covers and let the sunshine in. This class will give us a chance to examine our "half full, half empty" approach and find the bright side of life!

Location: Oasis at The Meadows

Tuesday
Fee: \$6

May 18
6:00-7:30 

88 Heart Space: Grief and Recovery Workshop

Ginny Brown, LCHW

Losing someone we love is a life changing experience. Finding a path for your grief journey is a very personal and unique one. This workshop will help to offer sacred stories related to grief, the nature of grief and how it affects us. The workshop is for anyone who has or is grieving the death of a loved one or affected by loss.

Location: Oasis at The Meadows

Wednesdays
Fee: \$30

May 19-Jun 23
10:00-11:30

89 Healthy Relationships

Ginny Brown, LCHW

Developing and maintaining friendships and other relationships are critical to healthy aging. We will share the importance of social connections, discuss the risks of loneliness and offer tips on how to have healthier relationships.

Location: Oasis at The Meadows

Monday
Fee: \$5

May 10
10:00-11:30

90 Depression and Anxiety

Kathy Phoenix, LCSW

Depression and anxiety can affect any of us as we age. Symptoms of depression and anxiety can affect every aspect of one's life. This class will help identify signs, educate regarding symptoms, and explore ways to treat anxiety and depression.

Location: Oasis at The Meadows

Monday
Fee: \$5

May 24
1:00-2:30

91 Cancer: Discovery, Journey and Recovery

Thalia Williams

Cancer doesn't have to mean the end of life! Thalia Williams, a stage three cancer survivor, will walk with you through 4 weeks of: Diagnosis/Questions, Discussions/Coping, Diet/Hydration, Support/Gratitude. Learn to navigate these waters to find joy in your new normal of "living!"

Location: Oasis at The Meadows

Tuesdays
Fee: \$24

Jun 8-29
10:00-11:30

92 Cultural Differences in Funerals and Burials

Russell Gainer, LCSW, GainWel

We live in a multicultural society and are likely to encounter differing perspectives on death, dying, and burial rituals. Exploring the richness of the diversity we may encounter can improve our appreciation of other cultures and reduce anxiety when we experience a differing belief system.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Aug 5
10:00-11:30

93 Tips on Loving Yourself

Cynthia Hazel

Love is a challenging concept for most of us. If we do not understand how to meet our own needs, how can we be there for others? In this class, we will explore loving and accepting yourselves as a tool for emotional completeness. Class includes discussions, meditations, exercises and instructions on making a heart commitment.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Jun 8
10:00-11:30

94 Many Facets of Gratitude

Dr. Gilda Garcia

This class focuses on including gratitude into daily practice. Each session will review topics to include: gratitude for people, ourselves, and the environment and paying it forward.

Location: Oasis at The Meadows

Tuesdays
Fee: \$24

Jun 8-29
1:00-2:30

95 Social Isolation: The Lonely Disease

Ginny Brown, LCHW

We 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. This class will discuss social isolation, the risks, how to avoid it, and the benefits in doing so.

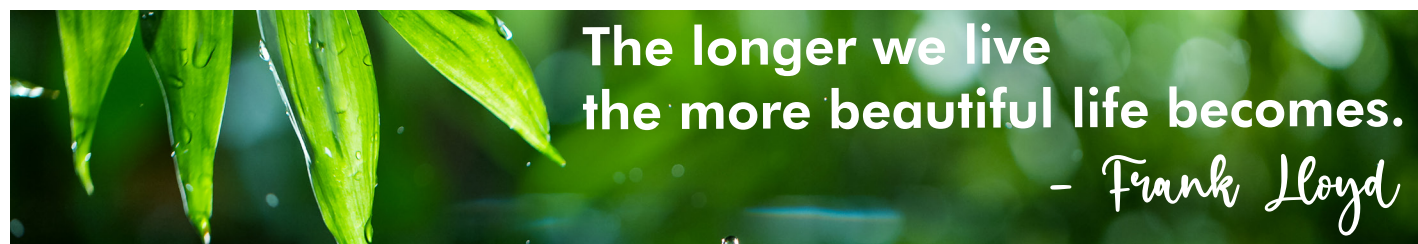
Location: Oasis at The Meadows

Tuesday
Free

Jun 15
6:00-7:30



Listen to **Aging and Spirituality** on our podcasts. Be on the lookout for the link on our San Antonio Oasis news flash e-blast.



The longer we live
the more beautiful life becomes.
- Frank Lloyd

96 The Crusades

Judith Hurst, MA

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

Location: Oasis at The Meadows

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

97 Butterfly and Pollinator Gardening



Bexar County Master Gardeners

Butterflies are some of the most beautiful creatures on Earth. A butterfly garden is an easy way to see more butterflies and to help create habitats that have been lost. Learn how to attract butterflies and other pollinators to your garden!

Location: Oasis at The Meadows

Thursday May 13
Fee: \$6 1:00-2:30

98 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 May 18, Jun 15, Jul 20, Aug 17
Fee: \$5 10:00-11:30

SOCIAL AWARENESS SERIES

Megan Merriman, MPH

99 History of Women Supreme Court Justices

In the 232-year history of the Supreme Court, we have had 115 Supreme Court Justices, but only five have been women. We will discuss these women, their histories and their successes against uncountable odds.

Location: Oasis at The Meadows

Tuesday May 11
Fee: \$6 5:30-7:30 🌙

100 Gender Identity and Athletics

The issues of gender identity and athletics are complex and continue to challenge sport governing bodies. This class will discuss current policies at high school, college and professional levels and how those either are or are not impacting the sport.

Location: Oasis at The Meadows

Monday May 17
Fee: \$6 10:00-11:30

101 Botanical Illustration: Part 2

Gaylynnne Robinson

In Botanical Illustration Part 1, we focused on colored pencil and watercolor renderings of fruit. In Botanical Illustration Part 2 we continue to learn rendering with colored pencil and watercolors, focusing on flowers. Join us for good company and conversation while you learn to illustrate the gift of flowers. **It is not necessary to have taken Part 1 to take Part 2.** Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Mondays May 17-Jun 28
Fee: \$42 10:00-12:00

COLD WAR SERIES

Michael Cude, Ph.D., Schreiner University

102 Cold War Beginnings

This class will set the stage by showing the transition into the Cold War after World War II. It will address the 1940s and 1950s in Europe and Asia, considering key events such as the Berlin Blockade, the Chinese Revolution, and the Korean War.

Location: Oasis at The Meadows

Thursday

May 20

Fee: \$6

1:00-2:30



103 East European Communism

This class will examine the Cold War era from the East European perspective. It will overview the social and political organization of Communism in the region to illustrate what life was like on the other side of the iron curtain. It will address watershed moments such as the Hungarian Revolution in 1956 and the Prague Spring in 1968.

Location: Oasis at The Meadows

Thursday

Jun 17

Fee: \$6

1:00-2:30



104 The Cold War and the Third World

This course will address the effects of the Cold War on countries outside of Europe, as the process of decolonization draws countries into the orbit of the Cold War. Focusing on the 1960s, it will highlight key conflict areas such as Cuba and Vietnam.

Location: Oasis at The Meadows

Thursday

Jul 1

Fee: \$6

1:00-2:30

105 The Era of Détente

Addressing the 1970s, this class will overview the attempts by the Western and Soviet



Bloc countries to ease Cold War tensions. It will illustrate efforts to open relations and pursue limited cooperation, while also noting where traditional Cold War mentalities remained influential.

Location: Oasis at The Meadows

Thursday

Jul 22

Fee: \$6

1:00-2:30

106 The End of the Cold War

This course will consider the key people and events in the 1980s that led to the fall of Communism in Eastern Europe. After examining the shifts within the Soviet Union that set the stage, the class will provide an overview of the series of revolutions starting in 1989 that ended East European communism and the Cold War.

Location: Oasis at The Meadows

Thursday

Aug 5

Fee: \$6

1:00-2:30

107 Beginning Watercolor

Edith Stanley

In this series we will start with learning a bit of technique and how to work with watercolor. In the second class we will learn about composition and begin painting while learning to refine our styles. Weeks three and four 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

Tuesdays

Fee: \$28

May 25-Jun 15

3:00-5:00



108 Kirk Douglas, Hollywood's Versatile Leading Man

Beverly Prado



From his beginnings, Issur Danielovitch was meant for fame. The son of Russian immigrants, he was to become one of the only survivors of Hollywood's Golden Age. Douglas was more than an explosive actor who appeared in over 90 films. He was a producer, director, author and philanthropist as well. When he died in 2020 he left us dozens of memorable films, such as *Spartacus*, *Lust for Life*, *Gunfight at O.K. Corral*, and *Seven Days in May*. Join us to explore this complex star.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

May 25

6:00-7:30



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.

109 Gender Identity and Athletics

We will discuss, as a group, the complex challenges at all levels of sport for cisgender (a person whose sense of personal identity and gender corresponds with their birth sex) and transgender people.

Location: Oasis at The Meadows

Monday

Fee: \$5

May 24

10:00-11:00

110 LGBTQ+, What Do All These Letters Really Mean

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

Location: Oasis at The Meadows

Monday

Fee: \$5

Jun 7

10:00-11:00

PLEASE LET US KNOW...

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

111 Murals Throughout San Antonio: An Artistic Legacy

Bruce Martin, Certified Professional Tour Guide

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

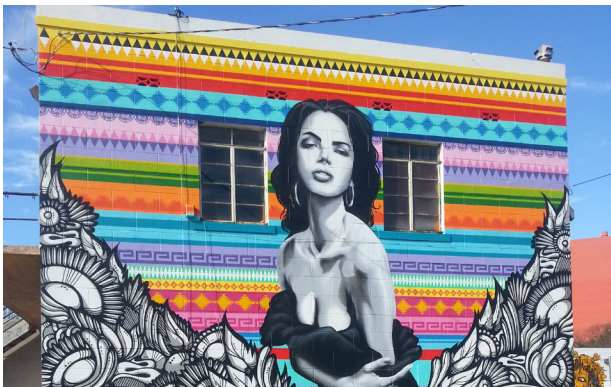
Location: Oasis at The Meadows

Thursday

Fee: \$8

May 27

1:00-2:30



112 Mosaic Madness

Edith Stanley

During this class we will be learning the techniques of working with mosaics. This technique can be applied to many other areas of home decor and applications. Grout for tiling is included in the cost of the class. A supply list for other supplies will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Tuesday

Fee: \$12

Jun 1

5:30-7:30



113 Peek into the Math World: Math Ancestry-Mosaic

Betty Burson

Unlike humans, math lineage is more a mosaic than a direct line. What commonality do German beer barrels, a Welsh physician, and a French fly on a ceiling share? All contributed to the mathematical symbols and concepts that we readily recognize and commonly use. Zooming in on their fascinating origins, we will span many miles and years.

Location: Oasis at The Meadows

Thursday

Fee: \$6

May 27

10:00-11:30

114 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

Fee: \$6

Jun 1

10:00-11:30

115 Plants That Thrive in San Antonio

Bexar County Master Gardeners

Learn about dozens of plants that can survive our extreme heat, freeze and drought in San Antonio. Get a list of recognized "Super Star" plants, native plants and plants recommended by SAWS for rebates. It is an excellent list of shrubs, perennials, vines, natives and annuals.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Jun 8

6:00-7:30



116 The Life and Times of Alex Trebek

Gloria Jennings

George Alexander Trebek was a Canadian-American game show host and television personality. He was the host of the syndicated game show *Jeopardy!* for 37 seasons until his death in 2020. He was also known for achieving the Guinness World Record for the most number of episodes in a single program, and was featured in a TV series and movies as well. Join us as we discuss his career, awards and achievements.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Jun 10
10:00-11:30

117 Neglected Stars of Westerns

Beverly Prado

The genre of Western films had many great stars, such as John Wayne, Henry Fonda, James Stewart, and Clint Eastwood. But what about other actors who made these kinds of movies so popular? This class explores what other actors, such as Randolph Scott, Joel McCrea, Audie Murphy, and Ward Bond contributed to making the Western.

Location: Oasis at The Meadows

Monday
Fee: \$6

Jun 21
1:00-2:30

118 Small Dot Painting

Edith Stanley

Join us for this fun and easy class! Together we will learn to create beautiful dot paintings using dots of different sizes and colors. No prior art skill required. Cost includes some materials provided by Oasis. Supply list for other supplies will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Thursday
Fee: \$15

Jul 8
1:00-3:00



119 Benjamin Franklin - An American Sensation

Bill Perryman, M.Ed.

Prepare to be entertained! Bill Perryman highlights the incredible life of Benjamin Franklin as a printer, inventor, and crafty statesman. Filled with quips, quotes, and a touch of humor, the audience will sit spellbound as the story of Benjamin Franklin's life unravels before their eyes. Historical slide images accompany this lecture!

Location: Oasis at The Meadows

Tuesday
Fee: \$10

Jun 22
10:00-11:30

120 Detective Novels

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

Detective Fiction has been one of the most popular literary forms since its origins in the 19th century in Edgar Allen Poe's short stories featuring C. Auguste Dupin. Arthur Conan Doyle's Sherlock Holmes stories took the genre to even greater popularity. The genre continued to develop and grow during the 20th and 21st centuries. This course examines the history of the detective story, looking at key authors, characters, and sub-genres such as police procedurals, the hard-boiled detective, historical stories, and cozies. We will also discuss why the genre has remained so popular.

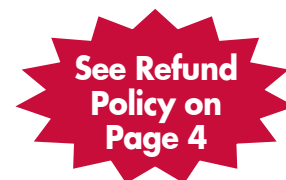
Location: Oasis at The Meadows

Friday
Fee: \$6

Jun 25
10:00-11:30

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

Registration Procedures



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

- **Walk-In and Mail-In - Registrations Processed April 27, 2021**
Registrations are placed in a box and randomly drawn and processed.
- **Online - Registration Opens April 27, 2021 at 11:00am**
- **Phone-In - Registration Opens April 29, 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	Texercise	Free			
	8	Texercise	Free			
	9	Texercise	Free			
	10	Texercise on Zoom	Free			
	11	Texercise on Zoom	Free			
	12	Texercise on Zoom	Free			
	13	Tai Chi	\$28			
	14	Tai Chi	\$28			
	15	Tai Chi	\$35			
	16	Beginner Ballet	\$20			
	17	Beginner Ballet	\$20			
	18	Balance for Daily Life	\$25			
	19	Balance for Daily Life	\$25			
	20	Balance for Daily Life	\$25			
	21	Deep Water Aquacise	\$54			
	22	Deep Water Aquacise	\$54			
	23	Deep Water Aquacise	\$60			
	24	Cardio Dance	\$40			
	25	Cardio Dance	\$50			
	26	Cardio Dance	\$50			
	27	Movin' and Groovin'	\$40			
	28	Movin' and Groovin'	\$50			
	29	Movin' and Groovin'	\$50			
	30	Qigong	\$40			
	31	Qigong	\$40			
	32	Yoga Nidra	\$40			
	33	Wednesday Yoga	\$35			
	34	Wednesday Yoga	\$35			
	35	Wednesday Yoga	\$35			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	36	Yoga Stretch	\$28			
	37	Yoga Stretch	\$28			
	38	Yoga Stretch	\$35			
	39	Yoga Stretch	\$35			
	40	Yoga Stretch	\$35			
	41	Yoga Stretch	\$35			
	42	Interval Cardio	\$25			
	43	Interval Cardio	\$25			
	44	Interval Cardio	\$25			
	45	Oasis Walking Group	\$25			
	46	Oasis Walking Group	\$20			
	47	Stretching / Meditation	\$25			
	48	Stretching / Meditation	\$25			
	49	Stretching / Meditation	\$25			
	50	BrainSavers Part 1	Free			
	51	BrainSavers Part 2	Free			
	52	Alzheimer's Research	Free			
	53	Healthy Living	Free			
	54	Dementia Friend	Free			
	55	Alzheimer's Communication	Free			
	56	Learning to be a Caregiver	Free			
	57	Resources Family Caregiver	Free			
	58	Caregiver Support Group	Free			
	59	COVID-19 Physical Health	\$5			
	60	COVID-19 Mental Health	\$5			
	61	Healthy Summer Snacks	Free			
	62	How Sweet It Is	\$5			
	63	Healthy Desserts	\$6			
	64	Healthy Beverage Choices	\$5			
	65	Dietary Supplements	\$5			
	66	Safe at Home	\$8			
	67	Medication Management	\$4			
	68	Hearing and Ear Health	\$5			
	69	CBD Pain Management	\$6			
	70	Self Care	\$5			

Oasis Registration Form

Please place a check mark in the left hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	71	Reliable Sources for CBD	\$6			
	72	Memory Dynamics	\$18			
	73	Habit Accountability	\$16			
	74	Medications/Fall Prevention	\$5			
	75	Therapy Animals	\$5			
	76	Dream Interpretations	\$10			
	77	Disease/Pain Support Group	Free			
	78	A Matter of Balance	Free			
	79	Diabetes Self-Management	Free			
	80	Living a Healthy Life	Free			
	81	Lowering Blood Sugar	Free			
	82	Bladder Health	Free			
	83	Heart Healthy	Free			
	84	Avoiding Viruses	Free			
	85	Getting Along in Years	Free			
	86	Living an Integral Life	\$40			
	87	The Bright Side	\$6			
	88	Grief/Recovery Workshop	\$30			
	89	Healthy Relationships	\$5			
	90	Depression and Anxiety	\$5			
	91	Cancer Discovery/Journey	\$24			
	92	Funerals and Burials	\$6			
	93	Loving Yourself	\$5			
	94	Facets of Gratitude	\$24			
	95	Social Isolation	Free			
	96	The Crusades	\$6			
	97	Butterfly Gardening	\$6			
	98	Writers Group	\$5			
	99	Women Supreme Court	\$6			
	100	Gender Identity/Athletics	\$6			
	101	Botanical Illustration	\$42			
	102	Cold War Beginnings	\$6			
	103	East European Communism	\$6			
	104	Cold War/Third World	\$6			
	105	Era of Detente	\$6			
	106	End of the Cold War	\$6			
	107	Beginning Watercolor	\$28			
	108	Kirk Douglas	\$6			
	109	Discussion Group: Gender	\$5			
	110	Discussion Group: LGBTQ+	\$5			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	111	Murals Throughout SA	\$8			
	112	Mosaic Madness	\$12			
	113	Peek into the Math World	\$6			
	114	SA Symphony	\$6			
	115	Plants That Thrive in SA	\$6			
	116	Alex Trebek	\$6			
	117	Neglected Stars of Westerns	\$6			
	118	Small Dot Painting	\$15			
	119	Benjamin Franklin	\$10			
	120	Detective Novels	\$6			
	121	Age of the Earth	\$6			
	122	Freemasonry	\$6			
	123	Water Conservation	\$6			
	124	Joseph	\$6			
	125	Let's Explore Pastels!	\$42			
	126	SA Postcard Adventure	\$8			
	127	Wine Tasting	\$35			
	128	Creating Collage Art	\$42			
	129	Charcoal Drawing	\$42			
	130	Secret Rosies	\$6			
	131	SA's Parks and Plazas	\$6			
	132	Japanese Internment Camps	\$8			
	133	Hollywood Backstories	\$6			
	134	San Antonio in 1848	\$6			
	135	Eastside Cemeteries Part 2	\$8			
	136	Create a Floral Arrangement	\$35			
	137	Japanese Writing	\$10			
	138	Dolly Parton	\$6			
	139	Thomas Jefferson	\$10			
	140	Early Blues/Jazz Greats	\$6			
	141	To the Last Ditch	\$6			
	142	Sun Tzu	\$6			
	143	Fun in the Bible	\$6			
	144	Creating a Wreath	\$40			
	145	Fracking	\$6			
	146	Managing Volatility	\$6			
	147	Downsizing	\$5			
	148	Personal Boundaries	\$5			
	149	Hiring a Contractor	\$4			
	150	Elder Law Updates	\$6			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	151	Volunteering at Oasis	Free			
	152	Morningside Ministries	Free			
	153	Geriatric Care Manager	\$4			
	154	Healthy Swaps	Free			
	155	Recycling Program	\$4			
	156	Pandemic Investing	\$6			
	157	VIA Services for Seniors	Free			
	158	Project MEND	Free			
	159	Reframing Aging	Free			
	160	Jefferson Outreach	Free			
	161	Long Term Care	\$6			
	162	Roth IRA	\$6			
	163	Veterans Resources	Free			
	164	Summer Vegetables	Free			
	165	Probate	\$6			
	166	Genealogy	\$6			
	167	Urban Wildlife	\$4			
	168	Disaster Preparedness	Free			
	169	All About Medicare	Free			
	170	Cooking For 1 or 2	Free			
	171	Adult Protective Services	Free			
	172	Outsmart the Scammers	Free			
	173	When My Spouse Dies	\$6			
	174	Today's Train	\$5			
	175	How to Use Zoom	Free			
	176	Ten Fun Things	\$10			
	177	Online Safety - Part 1	\$5			
	178	Online Safety - Part 2	\$5			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	179	Android Essentials	\$20			
	180	iPad Basics	\$10			
	181	Everything iPad	\$40			
	182	Alternatives to Cable	\$9			
	183	Windows 10	\$20			
	184	Intro to iMovie	\$40			
	185	What'sApp	\$9			
	186	YouTube	\$9			
	187	Intermediate iPhone	\$10			
	188	Using Passwords	\$10			
	189	Streaming	\$9			
	190	Do Your Paperwork	Free			
	191	French Revolution	Free			
	192	Healthy Living	Free			
	193	Basic Nutrition	Free			
	194	Improving Memory	Free			
	195	Estate Planning	Free			
	196	Cacti and Succulents	Free			
	197	Make Greeting Cards	Free			
	198	Mission Espada Walking Tour	\$25			
	199	Village People Walking Tour	\$25			
	200	Fredericksburg, TX	\$69			
	201	Inner Space Cavern	\$79			
	202	San Marcos Attractions	\$74			
	203	My Fair Lady	\$123			
	204	Music Cities Preview Show	Free			
	333	Music Cities/Smoky Mountains	\$350 dep			



I am adding a \$10.00 donation to help Oasis

☐ I am including \$10 check or cash

☐ I authorize Oasis to charge an additional \$10 to my credit card

Bring registration form or mail it to:

Oasis at The Meadows

700 Babcock Rd., San Antonio, TX 78201

FOR OFFICE USE ONLY

Date: _____

☐ Walk In

☐ Phone In

☐ Mail In

☐ Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

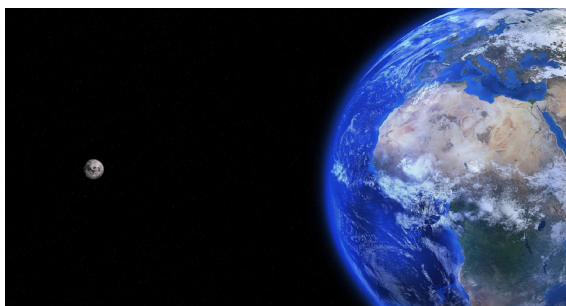
121 The Science Behind the Age of the Earth

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

One of the original big questions in science is "How old is the Earth?" In this discussion, we will explore how geologists interpret minerals, rocks, sediments, and fossils to explore the history of Earth. We will discuss the different principles used to determine the age of geologic materials, including uniformitarianism, relative age dating, index fossils and radiometric age dating, and how they have helped us to establish the age of our planet at about 4.6 billion years. Throughout the discussion, we will focus on the nature of deep geologic time and examine how understanding the geological processes that have shaped our planet over time not only helps us to understand how our planet has changed in the past, but how it is likely to change in the future.

Location: Oasis at The Meadows

Tuesday Jun 29
Fee: \$6 10:00-11:30



122 The Secret History of Freemasonry

Judith Hurst, M.A.

Freemasonry is part of a long tradition of Western mysticism, steeped in a long-standing and eclectic mixture of fact and legend. Discussion will address the history, rituals, symbolism, practices, medieval origins, forms and use of stonemasons' tools and customs as allegorical guides-following the path of history through Knights Templar, the age of Enlightenment, the Founding Fathers, and the Victorian Age to the present day.

Location: Oasis at The Meadows

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

123 Water Conservation in the Garden

Bexar County Master Gardeners

Efficient watering techniques keep your garden growing strong and save money on your monthly water bills. Come discover all the different ways you can conserve water in your garden.

Location: Oasis at The Meadows

Monday Jul 12
Fee: \$6 10:00-11:30

124 Joseph-From Pit to Palace

Christina Howard, M.A.

You may know the story of Joseph, favored by his father, annoying to his brothers who eventually devise a way to get rid of him. Sold to foreigners and taken to Egypt, he works his way up to become an important Egyptian leader. This presentation will dig a little deeper into this tale of power, prophecy and forgiveness.

Location: Oasis at The Meadows

Tuesday Jul 13
Fee: \$6 10:00-11:30

125 Let's Explore Pastels!

Georgia Stok

Come join us to explore "Beautiful Blooms" in pastel. We will cover all the very basic techniques in handling such vivid color. This class is ideal for beginners and others wanting a review of the basics. It is a very forgiving media as mistakes can just be whisked away. Through a flowers theme, we can observe nature's "color wheel" and address basic color theory. Drawing is not a problem as subject outlines may be traced as needed. Supply list will be provided. Approximate cost of supplies is \$50.

Location: Oasis at The Meadows

Tuesdays Jul 13-Aug 17
Fee: \$42 1:00-3:00



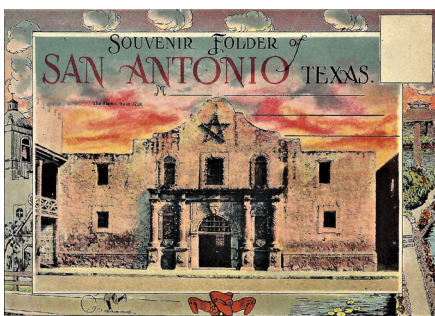
126 San Antonio Postcard Adventure

*Bruce Martin,
Certified Professional Tour Guide*

This delightful slideshow presentation combines a broad range of postcards-some historic, a few familiar, others unusual, and some just weird. But all the images enable us to better understand how San Antonio has been represented for over 100 years. Bruce Martin has been collecting postcards for 50 years and looks forward to sharing some of his favorite treasures.

Location: Oasis at The Meadows

Wednesday **Jul 14**
Fee: \$8 **10:00-11:30**



127 Wine Tasting: Summer Wines

Bob Bragg, WSET Level 3, CSW

The warmer months are here, and with them comes relaxation, various activities, and lots of sunshine. Whatever your preferred activity, a great bottle of wine can brighten any occasion. During this class we will taste and learn about the light, refreshing wines of summer.

Location: Oasis at The Meadows

Wednesday **Jul 14**
Fee: \$35 **1:00-2:30**



128 Creating Collage Art

Gaylynne Robinson

Collage is especially expressive and unique, as well as surprisingly satisfying. In this class we will take torn, found, unusual, and interesting papers, images, and text to create one-of-a-kind art pieces. Let yourself go, once you start, you just can't stop. Collage is the art of true expression, surprise and delight. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Wednesdays **Jul 14-Aug 18**
Fee: \$42 **10:00-12:00**



129 Charcoal Drawing

Molly Valdez

All skill levels welcome! We will learn techniques for landscape and still life drawing and explore how charcoal works with other drawing media. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Wednesdays **Jul 14-Aug 18**
Fee: \$42 **1:00-3:00**



130 World War II's Secret Rosies

Gloria Jennings

In 1942 a secret U. S. military program was launched to recruit female mathematicians who would become "human computers" for the U. S. Army. Join us as we, through video and discussion, unfold the story of the female heroes who worked around the clock in the Allied effort converting brain power into military might.

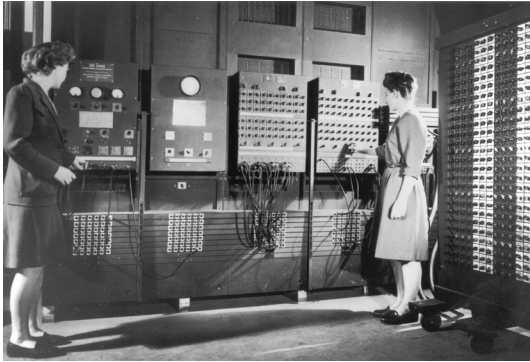
Location: Oasis at The Meadows

Thursday

Jul 15

Fee: \$6

10:00-11:30



131 The History of San Antonio's Parks and Plazas

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

During this presentation we will learn about the Spanish Colonial plazas (Main Plaza, Plaza de Armas), San Pedro Springs Park, and Travis Park. We will discuss the cultural tradition of public spaces and recreation over the past three centuries as well as key players in the dedication, development, and management of the sites.

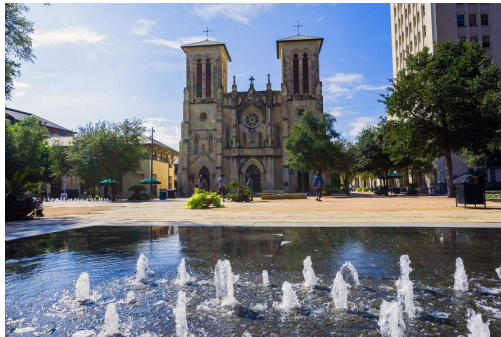
Location: Oasis at The Meadows

Monday

Jul 19

Fee: \$6

10:00-11:30



www.mainplaza.org

132 Japanese Internment Camps of World War II

Larry Yano

From 1942-46, persons of Japanese ancestry were expelled from their homes and confined in desolate, inland camps. This course will explore life in the camps and also explore the basic causes of how this came about.

Location: Oasis at The Meadows

Mondays

Jul 19-26

Fee: \$8

1:00-2:30



133 Hollywood Films, The Backstories

Beverly Prado

We will explore how movies such as *Gone With the Wind*, *The Wizard of Oz*, *Casablanca*, *Psycho* and others were made. Some almost didn't get produced, and others were plagued by changes, rivalries, etc., but these films all had hidden secrets to tell. Join us for discussion and film clips.

Location: Oasis at The Meadows

Friday

Jul 23

Fee: \$6

10:00-11:30



134 San Antonio in 1848

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

Cultural Historian, Claudia Guerra, will discuss what San Antonio was like in 1848 and why this year, and the few years preceding it were pivotal years in the city's history. She will describe the frontier town of adobe buildings and mesquite trees on the San Antonio River that visitors encountered in 1848, while providing a national and international context of the era.

Location: Oasis at The Meadows

Tuesday **Jul 27**
Fee: \$6 **1:00-2:30**



135 San Antonio's Historic Eastside Cemeteries - Part 2

*Bruce Martin,
Certified Professional Tour Guide*

More tragic, humorous, and inspiring stories about famous and lesser known cemetery residents of San Antonio's historic eastside cemeteries. We will see and discuss gravesites not previously presented, as well as share new discoveries regarding some better known cemetery residents. This extraordinary, but too frequently overlooked, historic treasure, continues to reveal remarkable stories.

Location: Oasis at The Meadows

Wednesday **Jul 28**
Fee: \$8 **10:00-11:30**



136 Create a Summer Floral Arrangement

*Joseph Leal and Angelica Lopez,
The Rose Boutique*

Creating a mixed flower arrangement doesn't have to be difficult. Using your intuition and a few easy instructions, you can arrange gorgeous bouquets. In this class you will learn tips and tricks, and will make one to take home. All supplies will be provided. If you have a pair of small pruning shears, please bring them.

Location: Oasis at The Meadows

Thursday **Jul 29**
Fee: \$35 **1:00-2:30**

137 Japanese Writing for Fun

Roger Pratt, MA in East Asian Studies

What are those funny writing symbols the Japanese use? How could anyone possibly read them? It turns out there is a method to the madness. While we enjoy two writing styles (printed and cursive or longhand), the Japanese enjoy three. In this class, we'll look at a brief history of Japanese writing, see examples of and practice writing a few words, and writing your name in Japanese. All supplies will be provided.

Location: Oasis at The Meadows

Monday **Aug 2**
Fee: \$10 **1:00-2:30**

SEVERE WEATHER OR EMERGENCIES

In the event of severe weather or emergencies, class cancellations will be posted to our website at www.oasisnet.org/SanAntonio.

Please Note: Oasis does not automatically close following the closure of a local school district.

138 Dolly Parton: Her Rags-to-Rhinestones Story

Gloria Jennings

Dolly Parton is an American singer, songwriter, multi-instrumentalist, actress, author, business-woman, and humanitarian, known primarily for her work in country music. After achieving success as a songwriter for others, Parton made her album debut in 1967, before her sales and chart peak came during the 1970s and continued into the 1980s. She has achieved commercial success in the new millennium and has released albums on various independent labels since 2000, and has sold more than 100 million records worldwide. Join us through musical videos as we discuss how people stopped thinking of her as just "another country singer."

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Aug 3

10:00-11:30



139 Thomas Jefferson: Independency-1776

Bill Perryman, M.Ed.

An individual of contradictions, he would help define the ideals of a democratic republic and encourage the birth of a new nation. Filled with personal anecdotes of a man who spanned the 18th and 19th centuries, this presentation highlights both the private and public sides of Thomas Jefferson and the world in which he lived. Prepare for an experience as Bill Perryman brings to life the story of one of our nation's fascinating founders-Thomas Jefferson!

Location: Oasis at The Meadows

Wednesday

Fee: \$10

Aug 4

10:00-11:30

140 Early Blues and Jazz Greats

George and Beverly Prado

This class delves into the beginnings of these original American musical genres, with a discussion of personalities such as Louis Armstrong, Bessie Smith, Scott Joplin, Ma Rainey and others. What was their influence on the future of music in this country? What made them original? Lots to explore about the life and careers of these musical icons.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Aug 10

10:00-11:30

141 To the Last Ditch- The Confederate Army of Tennessee's Last Campaign

John Boswell,

Retired Adjunct History Professor

In late 1864, the South's last faint hope of survival rested on Confederate General John Bell Hood's campaign to first crush the Yankees holding Nashville and to then march his army through Kentucky to the banks of the Ohio River. The campaign's tragic, bloody failure led directly to Lee's surrender at Appomattox Courthouse four months later. This lecture will explain why Hood failed.

Location: Oasis at The Meadows

Thursday

Fee: \$6

Aug 12

10:30-12:00



142 Seeking Peace Through Sun Tzu

Judith Hurst, MA

Lecture/Discussion focusing on our ability to avoid or decrease conflict within our daily lives. Aggression cannot be avoided but we can use Sun Tzu's ancient wisdom to pick our battles; choose our timing; generate self-knowledge; plan effectively; use "wise" deception; avoid occasions of conflict; and perceive the price of prolonged incompatibility/opposition.

Location: Oasis at The Meadows

Monday
Fee: \$6

Aug 16
10:00-11:30



143 Finding Fun in the Bible

Christina Howard, M.A.

Generally, the Bible is the serious resource for Christian life. But occasionally we see the gift of laughter or curiosity in it. This presentation will (respectfully) look at some of the weird, wacky, silliest, and strangest things found within its pages.

Location: Oasis at The Meadows

Monday
Fee: \$6

Aug 16
1:00-2:30

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



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

144 Creating a Fun Wreath

Pam Millisor and Debra Mammot

Making a spectacular wreath is a simple and fun way to express your creativity. In this class students will learn to create a colorful wreath and take their creation home. All supplies will be provided.

Location: Oasis at The Meadows

Monday
Fee: \$40

Aug 16
1:00-3:00



145 Fracking-Hydraulic Fracturing and the Energy Revolution

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

Hydraulic Fracturing (Fracking) has revolutionized the oil and gas industry in the United States. Oil and gas supplies in the U. S. have changed from a market dominated by imported oil at prices of about \$150/barrel in 2008, to a market that after a brief COVID-induced price collapse in the Spring 2020, has rebounded in 2021 due to recovering domestic production at prices of about \$62/barrel. Changes have been especially striking in Texas, where at its peak, the Eagle Ford Shale south of San Antonio produced more than 190,000 jobs and \$80 billion in economic activity for the local economy. We will discuss the technology involved in fracking, as well as some of the social and environmental challenges.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Aug 19
1:00-2:30



146 Managing Volatility: Protecting Your Money

Jake Yetterberg, CSA

Here is what you will learn:

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

Location: Oasis at The Meadows

Wednesday **May 12**
Fee: \$6 **1:00-2:30**



147 Downsizing

Peggy Brown

Simplifying your life should leave you overjoyed, not overwhelmed! Explore the many options available to older adults who are ready to downsize and the resources that are available to help with this process.

Location: Oasis at The Meadows

Wednesday **May 19**
Fee: \$5 **10:00-11:30**

148 Personal Boundaries and Avoiding Conflict

Russell Gainer, LCSW, Gain Wel

Maintaining healthy boundaries lets others know where they stand with you and can prevent additional conflict in your relationships. During this course we will take a look at personal boundaries and how to effectively avoid conflicts.

Location: Oasis at The Meadows

Thursday **May 20**
Fee: \$5 **10:00-11:30**

149 Tips for Hiring a Contractor

Jason Meza, Better Business Bureau

What should be on your checklist? Do you know what to do and what not to do? In this class you will learn the questions you need to ask when you hire a contractor.

Location: Oasis at The Meadows

Monday **May 24**
Fee: \$4 **1:00-2:30**

150 Elder Law Updates

Carol Bertsch, Attorney at Law

Elder Law Attorney, Carol Bertsch will provide an overview of current legislation affecting older adults.

Location: Oasis at The Meadows

Thursday **Jun 3**
Fee: \$6 **1:00-2:30**

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.

151 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 **Jun 7**
Free **1:00-2:30**

152 All About Morningside Ministries

Brooks Powell

Morningside Ministries is San Antonio's oldest and largest not-for-profit, faith-based senior living organization. The faith-based mission of Morningside Ministries is to enhance the dignity and quality of life of older adults, their families and caregivers with compassionate care. Come to this class to learn more.

Location: Oasis at The Meadows

Monday **Jun 14**
Free **10:00-11:30**



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!**

153 What is a Geriatric Care Manager?

Byron Cordes, LCSW, C-ASWCM

A geriatric care manager, usually a licensed nurse or social worker who specializes in senior care, acts as a private advocate for family members who want to ensure their loved one is in the best hands. These specially trained professionals can help find resources to make daily life easier. Come to this class to learn more.

Location: Oasis at The Meadows

Monday **Jun 14**
Fee: \$4 **1:00-2:30**

154 San Antonio Food Bank Healthy Swaps

San Antonio Food Bank

Sugary cereals, white bread, soda, and granola bars are examples of foods and beverages that people consume daily. Although these items may be convenient and tasty, they can harm your health if consumed regularly. Fortunately, healthier alternatives for many of these items are easy to buy or make at home. Come to this class to learn how to make food "swaps" for healthier and more nutritious meals.

Location: Oasis at The Meadows

Tuesday **Jun 22**
Free **6:00-7:30** 🌙



155 City of San Antonio Recycling Program

Pedro Orduno

A representative from the City of San Antonio Solid Waste division will talk about our recycling program and open a question and answer session.

Location: Oasis at The Meadows

Thursday **Jun 24**
Fee: \$4 **1:00-2:00**

156 Pandemic and Post-Pandemic Investing

Jake Yetterberg, CSA

During this class we will learn:

- The changing rules that are coming to investments due to pandemic-related changes.
- What history tells us about major economic disruptions, and what it cannot tell us.
- What stock market valuations can foretell about future value.
- The most important disruptive trends to watch as a retiree.
- The worldwide reaction of central banks and the risks they pose for bonds.
- The importance of a safety net as we move through uncharted territory.
- What to do if interest rates are going to stay low for 5-10 years, as the experts are warning.

Location: Oasis at The Meadows

Monday Jun 28
Fee: \$6 10:00-11:30

157 VIA Services for Seniors

VIA Metropolitan Transit will talk about community programs offered to seniors. The class will inform participants how to access these services/programs and provide an update to projects in progress.

Location: Oasis at The Meadows

Monday Jun 28
Free 1:00-2:30

158 All About Project MEND

Allie Rodriguez

The Mission of Project MEND is to improve the quality of life for individuals living with disabilities and illness through the refurbishment, reuse and distribution of medical equipment and other assistive technology. Please join us for a presentation on how to access this valuable service and how you can help others by donating equipment for those in need.

Location: Oasis at The Meadows

Wednesday Jul 7
Free 10:00-11:30

159 Reframing Aging

Jane Paccione, San Antonio Area Foundation

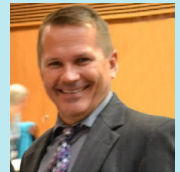
Reframing Aging is a course designed to help change the common misconceptions and myths about aging by replacing them with new ways to reframe our language that embraces all older people. Aging: So cool everyone is doing it!

Location: Oasis at The Meadows

Tuesday Jul 13
Free 1:00-2:30



Yetterberg Retirement Solutions



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



We can help you manage prudent solutions like:

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

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

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

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

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

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

160 Jefferson Outreach Services for Seniors

Briana Valdez, Executive Director

Jefferson Outreach provides no-cost personalized transportation services that help enhance the quality of life of seniors throughout San Antonio. Come to this presentation to learn more about the services they offer.

Location: Oasis at The Meadows

Monday **Jul 19**
Free **1:00-2:30**

161 The Changing Face of Long Term Care

Jake Yetterberg, CSA

During this class we will learn:

- How to buy long term care insurance that will keep you out of a nursing home.
- What the pandemic taught us about long term care, different care settings, and what type of insurance you should own.
- Why company strength is more important than ever when choosing a policy.
- Unique ways to cover long term care without throwing your money away on expensive premiums you will never see again.
- How low interest rates and volatile markets affect your long term care policy.
- How the Pension Protection Act added some unique coverages with better protection.
- What are your rights if your premiums went up on your existing LTC policy - and what NOT to do.

Location: Oasis at The Meadows

Tuesday **Jul 20**
Fee: \$6 **6:00-7:30** 🌙

162 Roth IRA Conversion Plans

Joseph D. Warren, Financial Planner

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

Location: Oasis at The Meadows

Wednesday **Jul 21**
Fee: \$6 **10:00-11:30**

163 Veterans Resources

Bexar County Military & 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 or caregivers. Sign up for this class to learn more about the resources available to you.

Location: Oasis at The Meadows

Monday **Jul 26**
Free **1:00-2:30**

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.

164 Cooking with Summer Vegetables

San Antonio Food Bank

Summertime provides an abundance of fresh vegetables. With so many fresh and delicious veggies available, there is no end to the nutritious recipes you can make this summer. Come enjoy a cooking demonstration using these vegetables by the San Antonio Food Bank.

Location: Oasis at The Meadows

Monday **Jul 26**
Free **10:00-11:30**



165 To Probate or Not to Probate

Carol Bertsch, Attorney at Law

What is probate and why do some people tell you to stay away from it? Have no fear! Elder Law Attorney, Carol Bertsch, turns your questions into answers by explaining the reason Texas probate exists and how you can make the process of distributing your possessions as easy as possible.

Location: Oasis at The Meadows

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

166 Beginners Guide to Genealogy

Deborah Countess, San Antonio Public Library

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

Location: Oasis at The Meadows

Wednesday **Jul 28**
Fee: \$6 **1:00-2:30**

167 Living with Urban Wildlife

Robert Burns, Wildlife Rescue & Rehabilitation

Learn why wildlife often seek food and shelter in areas highly populated by humans, and how to peacefully coexist with and appreciate urban wildlife by using humane repel and deter techniques.

Location: Oasis at The Meadows

Thursday **Aug 5**
Fee: \$4 **1:00-2:30**



168 Disaster Preparedness for Seniors

*Mary Masterson,
Texas A&M AgriLife Extension*

Do you have supplies, medications and other necessities in the case of a natural disaster, such as a flood or tornado? You will learn what you need and how to store it in this informative class.

Location: Oasis at The Meadows

Monday **Aug 9**
Free **10:00-11:30**

169 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 and C (Medicare Advantage Plans), part D (Prescription Drug Plans) and 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

Wednesday **Aug 11**
Free **10:00-11:30**

170 Cooking for 1 or 2

San Antonio Food Bank

Sometimes, cooking for one or two may seem like it's not worth the trouble, but homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals. A representative from the San Antonio Food Bank will provide a cooking demonstration highlighting how to cook for one or two.

Location: Oasis at The Meadows

Thursday **Aug 12**
Free **1:00-2:30**

171 Adult Protective Services: Working for You

Lisa Senteno, Adult Protective Services

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

Location: Oasis at The Meadows

Monday **Aug 16**
Free **10:00-11:30**

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- Curriculum Committee
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- Tutoring
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Call (210) 236-5954
for more information

172 Outsmart the Scammers

Sandy Blanton

Do you know how to recognize a scam? Is your identity safe? Do you know the techniques that ID scammers use? Come learn how to recognize the signs of scammers and how to protect your identity. This class does not address internet scams.

Location: Oasis at The Meadows

Tuesday **Aug 17**
Free **10:00-11:30**

173 When My Spouse Dies

Carol Bertsch, Attorney at Law

During this class you will learn about all legal issues and paperwork that is connected with the death of a spouse.

Location: Oasis at The Meadows

Wednesday **Aug 18**
Fee: \$6 **10:00-11:30**

174 Traveling on Today's Train

Bruce Ashton

During this course you will discover the joys of a relaxing experience as you explore the country by train. We will review where you can go on Amtrak from San Antonio, examples of sights you can see, equipment available, services offered, how to make reservations, and more.

Location: Oasis at The Meadows

Wednesday **Aug 18**
Fee: \$5 **1:00-2:30**



Oasis Connections Technology Classes are supported in part by:



175 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

Thursday

Free

May 20

10:00-11:30

176 Ten Fun Things to Do With Your iPad

Doris Slay-Barber

From watching TV to scoring a musical masterpiece, there are so many cool things that you may not know you can do on your iPad. Come learn how to expand your entertainment and fun on this awesome device! Students are encouraged to bring their iPad to class. This class is for Apple products only.

Location: Oasis at The Meadows

Wednesday

Fee: \$10

May 26

10:00-12:00



177 Guide to Online Safety-Part 1

Thalia Williams

The Internet is a wonderful place to communicate, socialize and enjoy the boundless entertainment. But with that comes risks. If you use the internet or have a smartphone, then you will be targeted by cybercriminals. You can be a victim even if you don't use the internet. During part one of this course we will cover topics such as dangerous links, fake website addresses, safe browsers and sites, romance scams, phishing, email safety and robocalls.

Location: Oasis at The Meadows

Thursday

Fee: \$5

Jun 3

10:00-12:00

178 Guide to Online Safety-Part 2

Thalia Williams

The Internet is a wonderful place to communicate, socialize and enjoy the boundless entertainment. But with that comes risks. If you use the internet or have a smartphone, then you will be targeted by cybercriminals. You can be a victim even if you don't use the internet. During part two of this course we will cover topics such as malware and viruses, social media and cybercrime, anti-virus software, password and password managers, two-factor ID and WiFi safety.

Location: Oasis at The Meadows

Tuesday

Fee: \$5

Jul 13

10:00-12:00

179 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

Wednesdays **Jun 2-9**
Fee: \$20 **10:00-12:00**

180 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

Tuesday **Jun 8**
Fee: \$10 **6:00-7:30** 🌙



181 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 **Jun 22-Jul 1**
Fee: \$40 **1:00-3:00**

182 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

Monday **Jun 28**
Fee: \$9 **1:00-3:00**

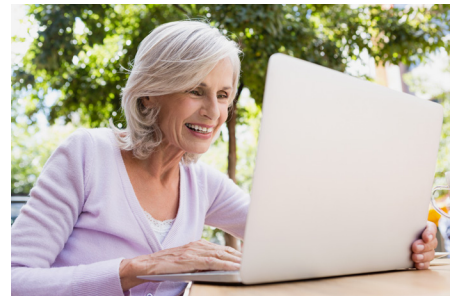
183 Windows 10

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

Thursday **Jul 8-15**
Fee: \$20 **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.

184 Intro to iMovie

Carita DeVilbiss

In this workshop, those of you who have either an Apple iPad or an Apple computer (desktop or laptop) will have an opportunity to learn about a wonderful creative program called iMovie. This is a hands-on workshop where we will explore the basics of this powerful software program by making your first movie. Since 2017, Apple has been providing iMovie (along with Pages, Numbers, Keynote and GarageBand) Apple for free access to all Apple users. Come join us and have fun giving it a try.

Location: Oasis at The Meadows

Tuesdays & Thursdays **Jul 20-29**
Fee: \$40 **10:00-12:00**

185 All About What'sApp

Glenda Raichlen

Find out all about What'sApp, how to use it, its features, and the social connection it provides you to stay in touch with family and friends.

Location: Oasis at The Meadows

Wednesday **Jul 21**
Fee: \$9 **1:00-3:00**

186 YouTube

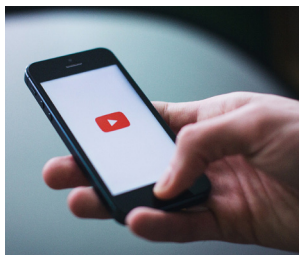
Marta Torres

YouTube is a video-sharing website, on which users can upload, view and share videos.

YouTube uses technology to display a wide variety of user-generated video content, including movie clips, TV clips and music videos, as well as amateur content such as video blogging, short original videos, and educational videos. Find out how you can use YouTube.

Location: Oasis at The Meadows

Tuesday **Jul 27**
Fee: \$9 **10:00-12:00**



187 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 **Aug 3**
Fee: \$10 **1:00-3:00**



188 Using Passwords and Two-Factor ID

Glenda Raichlen

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

Location: Oasis at The Meadows

Wednesday **Aug 4**
Fee: \$10 **1:00-3:00**

189 Streaming

Marta Torres

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

Location: Oasis at The Meadows

Tuesday **Aug 10**
Fee: \$9 **10:00-12:00**



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

190 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

May 13
10:00-11:30

191 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 overviews 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.

Thursday
Free

Jun 10
10:00-11:30

192 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.

Thursday
Free

Jul 8
10:00-11:30

193 Basic Nutrition and Healthy Eating for Older Adults



Chelsea Carriker, MPH, CHES

Proper nutrition is important at any age and plays an essential part in keeping us happy and healthy. In this class, we will discuss the basics of good nutrition, what healthy eating means and how we can incorporate healthy eating into our lives.

Thursday
Free

Aug 19
10:00-11:30

Morningside Ministries SENIOR LIVING COMMUNITIES

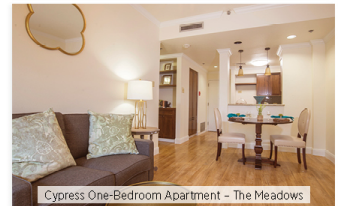
AN EXCITING NEW CHAPTER AWAITS YOU AT MORNINGSIDE MINISTRIES!

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



Morningside at Menger Springs - Boerne, Texas

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www.mmliving.org



Grayson Two Bedroom Apartment - Menger Springs

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The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

194 Improving Your Memory

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.

Thursday
Free

May 20
2:00-3:30

195 I Don't Need Estate Planning, Do I?

Carol Bertsch, Attorney at Law

"I don't have any money." "My spouse will get everything automatically anyway." "My kids will handle everything; they all get along." If those statements sound familiar, then you need estate planning! Your estate is possessions and more; you can save a lot of family heartache by making the decisions on who gets what with an estate plan. Elder law attorney Carol Bertsch explains why and answers your questions.

Thursday
Free

Jun 17
2:00-3:30

196 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.

Thursday
Free

Jul 15
2:00-3:30



197 Make Your Own Greeting Cards

Edith Stanley

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

Thursday
Free

Aug 12
2:00-3:30



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198 Historic Beauty: Mission Espada and Public Art



*Bruce Martin,
Certified Professional Tour Guide*

This comfortable, morning walk will highlight beautiful Mission San Francisco de la Espada (aka Mission Espada) and the dramatic Arbol de la Vida sculpture nearby. Mission Espada is the smallest and southernmost of the five Spanish missions which compose the UNESCO World Heritage Site - many in San Antonio consider this their most favorite mission. We will also visit the impressive public artwork by Margarita Cabrera. Her "Tree of Life" sculpture effectively connects our community's cultural roots through handmade iconic imagery that is a delight to experience. We will meet in the parking lot at 10328 Espada Road.

Monday
Fee: \$25

May 10
10:00-11:30



www.nps.gov

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

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

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

Wednesday
Fee: \$25

May 12
9:00-11:00



www.lavillitasanantonio.com

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

200 National Museum of the Pacific War-Fredericksburg

Immerse yourself in Pacific War history. The National Museum of the Pacific War is the only museum in the continental U.S. solely dedicated to telling the story of World War II in the Pacific. This museum honors millions of Americans who stood for freedom and democracy to defeat the enemy in World War II. The museum spans 6 acres and more than 55,000 square feet that include the Admiral Nimitz Gallery, George H. W. Bush Gallery, Pacific Combat Zone, Plaza of Presidents, Japanese Garden of Peace and the Memorial Courtyard. Next stop will be for lunch at Andy's Grille. After lunch we will meet our step-on guide and do a bus tour of historic Fredericksburg. The step-on guide will give us an introduction to the rich history of the old homes and buildings in the Historic District. Many of the homes are built with the native limestone of Gillespie County and a few log cabins and homes using the German architecture of fachwerk are still standing. We will also see the unique Sunday houses on the tour. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$69

Jun 9
8:00-4:30



www.pacificwarmuseum.org

201 Inner Space Cavern-Georgetown

Do you like to explore? Come and join us and explore the Inner Space Cavern. The cavern was discovered in 1963 by the Texas Highway Department. A guide will lead us on a one-mile tour on a paved and lighted path to see the largest and most decorated rooms and formations. It is mandatory that you wear comfortable closed toe walking shoes with good traction as some areas may be slippery. Canes may be used on the tour but walkers, tripods, food or drink may not be taken into the cave. Our next stop will be at the Monument Cafe located on the historic square. After lunch we will meet our local guide and experience a walking tour of the attractions of Georgetown's historic downtown square that is considered the "Most Beautiful Town Square in Texas." After the walking tour there will be time for shopping. Cost includes motor coach transportation, lunch, admission fees and tips. This is an active tour.

Friday
Fee: \$79

Jul 9
8:00-6:00



www.innerspacecavern.com

202 San Marcos Attractions

Let's go on a glass bottom boat ride! During this fully guided tour, we will enjoy a glass bottom boat ride and then do a self guided tour on the wetland boardwalk at the Meadows Center. Our next stop will be a delicious lunch at Grin's. After lunch, we will make a stop at the Central Texas Wing of the Commemorative Air Force Museum. It is proud to be the home of the C-47 "That's All Brother" which is the actual C-47 aircraft that led the airborne invasion of Normandy, France on D-Day June 6, 1944. The Wing has maintenance and restoration responsibility for 6 other CAF aircraft plus a very rare Bell P-39Q "Aircobra," the B-25 Mitchell "Yellow Rose," T-6 "Texas," C-45 "Expeditor," BT-13 "Valiant" and the U-3A "Administrator." In addition, the hanger houses a museum with rare World War II artifacts and a library with over 3,400 books primarily directed toward military aviation. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$74

Aug 11
8:30-5:30



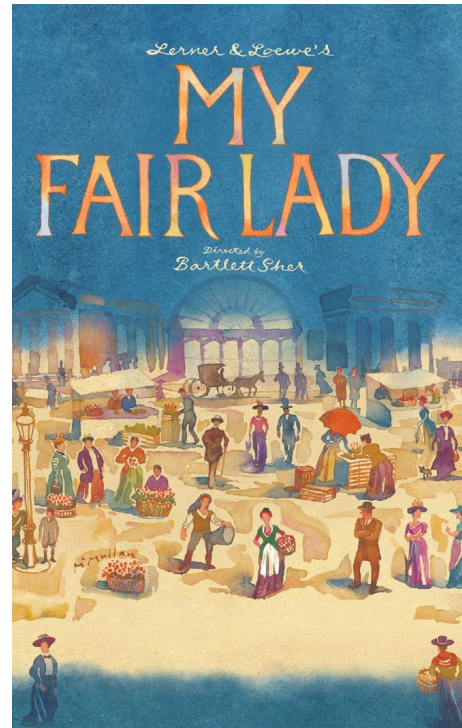
www.meadowscenter.txstate.edu

203 My Fair Lady at the Majestic Theatre

My Fair Lady is a musical which is very witty. The dialogue is wonderful. The story begins as Henry Higgins makes a bet that he can transform Eliza Doolittle into his idea of a "proper lady." Before attending the theater we will have dinner at Mamacita's. *My Fair Lady* has become timeless because people connect with the message that what's inside matters. Boasting such classic songs as "I Could Have Danced All Night," "The Rain In Spain," "Wouldn't It Be Lovely" and "On The Street Where You Live." Cost includes motor coach transportation, dinner, admission fees and tips.

Wednesday
Fee: \$123

Sep 22
4:30-11:00



www.sanantonio.broadway.com

**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

333 Music Cities and Smoky Mountains

October 11-18, 2021

This journey will have you humming and smiling long after you return home. Step back in time to the "Jazz Capital of the World" New Orleans! This soulful city abounds with rich history, mouthwatering Cajun and Creole cuisine and fun. Enjoy a tour of new Orleans including St. Charles Street and St. Louis Cemetary. We will have free time to shop and visit Mardi Gras World or the World War II Museum. We will also learn how to cook New Orleans Style at the New Orleans School of Cooking.

Motor north through Alabama and on to Memphis, TN, "Birthplace of the Blues" and "Rock and Roll" music. We will stay two nights at the Graceland Hotel. Next morning we will tour Memphis including Beale Street, Sun Records Studio, Mud Island, Lorraine Hotel Civil Rights Museum, and the famous Peabody Hotel Duck March. Next we visit Graceland, the home of Elvis Presley and tour his home and see where Elvis and his family members are laid to rest. Drive east to Nashville, "Country Music Capital of the World." Enjoy a city tour and see Music Row, the Parthenon, the State Capitol and Ryman Auditorium. We will check into our hotel, have dinner and then go to the renowned "Grand Ole Opry" show. The next morning we will tour the impressive Country Music Hall of Fame and the historic RCA Studios before heading up into the Smoky Mountains for two nights in Pigeon Forge.

We will travel to Asheville, NC to tour the spectacular Biltmore Estate. At 52,000 square feet, it is the largest private home in the country. We return to the hotel for dinner, followed by a great variety show at "Country Tonite." Enjoy a guided tour of Smoky Mountain National Park and transfer to the Knoxville airport for our flight home.

Tour includes round-trip home pick-up, round trip airfare, bag fee, baggage handling, travel insurance, gratuities for tour manager, drivers and local guides. Deposit: \$350/per person. Double: \$3,774/per person. Single: \$4,434. Final payment due July 19, 2021. Credit cards accepted. Make checks payable to AFC Vacations.

204 Music Cities and Smoky Mountains Preview Show

Location: Oasis at The Meadows

**Wednesday
Free**

**May 12
11:00-12:00**

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



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



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San Antonio Oasis is celebrating 30 years of serving older adults in the San Antonio community.

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- San Antonio Oasis has over 26,000 members.
- San Antonio Oasis offers over 1,000 classes per year.
- 65% of the San Antonio Oasis budget comes from grants.
- The average age of our members is 74.
- San Antonio Oasis has over 300 volunteers.

**Last year our annual survey showed
that 92% of respondents said that
San Antonio Oasis has enriched their life.**

