



Fall 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 / Fall 2021



Are We There Yet?

As hundreds of thousands of Americans are vaccinated against COVID-19 and businesses are opening back up, one can't help but dare think life feels "normal" again. The familiar endorphin rush of "happy"—dormant for so long—feels intoxicating as we connect with friends and loved ones once again.

Without question, every single one of us was impacted by COVID-19, igniting a global pandemic, threatening public health, the economy, and instigating disorienting changes to the way we live. While it's important to note that we are not entirely "out of the woods", we are cautiously optimistic about the future, operating in person again.

Oasis persevered through the pandemic, offering virtual programs to help reduce social isolation among older adults. Each Oasis Center created new opportunities to keep your minds and bodies healthy and active, though not without challenge. The digital divide amongst Oasis participants is very real. Many of our centers faced this

roadblock head-on by working with partners to fund programs to reach communities

not technology-equipped. However, there is simply no comparison to the benefits of being together in person, which is why the entire Oasis network is thrilled to be presently operating or planning to be in-person in the Fall.

While we gradually open our doors, we recognize that our efforts pivoting to online learning were not futile. Perhaps the silver lining of being thrust into an unthinkable circumstance is that it expanded our mission. Oasis can now reach anyone in the country with virtual classes, despite the absence of a brick-and-mortar location. As we advance, one vaccination at a time, Oasis is dedicated to serving our participants both in-person and online—allowing us to reach more older adults than ever before.



To find out more or to join Oasis for a program in your area, visit www.oasisnet.org.

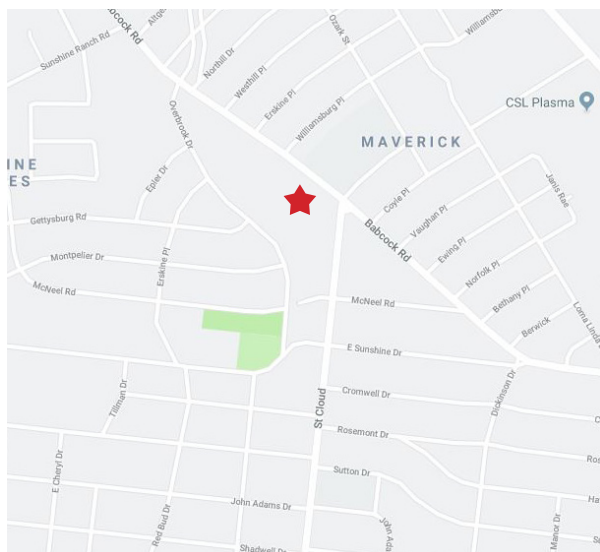
Welcome to Oasis

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

<https://san-antonio.oasisnet.org/>

(210) 236-5954



Meet Our Staff

Lisa Buske
Marketing & Curriculum
Coordinator

Greg Perkins
Administrative Assistant

Brenda Schmachtenberger
Executive Director

Ginny Brown
Associate Director

Chelsea Carriker
Wellness Coordinator

Craig Stimson
Outreach Coordinator

Lauren Prescott
Programs Assistant

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

September 2 - Volunteer Training

September 6 - Labor Day

November 22-26 - Thanksgiving

December 20-January 2 - Holiday Break

On the Cover:

Oasis members learned all about the Alamo master plan during the "Alamo Plaza-What's All the Fuss About" Walking Tour.

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NOTE:

**Not all classes are held
at the Oasis Center.
Please check locations.**



CHECK YOUR CALENDAR

**Please check your calendar before
signing up for classes. Credit will not be
given for signing up for two classes at the
same time!**

Sponsors

Oasis is a non-profit organization. Local sponsors are the City of San Antonio, WellMed and Morningside Ministries. San Antonio Oasis is affiliated with The Oasis Institute.

Registration

Please note registration procedures on page 25. Registration is required for all classes.

Fees

There is no charge to join Oasis. There is a fee for some classes. Fees are due at the time of registration. Scholarships for class fees are available for participants who have financial difficulties.

Refund Policy

All program fees listed are non-refundable unless Oasis cancels the class or you have a medical reason or jury duty (documentation must accompany request). Oasis must be notified before the first class begins. If a refund is due, you may receive a letter of credit that can be used for a future program. If the fee is more than \$10 you may request a refund instead of a credit. If class supplies are included in the fee, cost of supplies will be deducted from letter of credit or refund, unless the class is cancelled by Oasis. (Refunds can take up to one month and a W-9 is required.) Transferring of classes is not permitted. Class fees are not prorated. This policy does not include day trips or travel.

Disclaimer Notice

The opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations.

Texercise

This fun and innovative class was created by the Texas Health and Human Services Commission (HHSC) and is offered to 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

100	Mondays & Wednesdays Free	Sep 8-Oct 6 12:00-12:45
101	Mondays & Wednesdays Free	Oct 11-Nov 10 12:00-12:45
102	Mondays & Wednesdays Free	Nov 15-Dec 15 12:00-12:45
103	Mondays & Fridays Free	Sep 10-Oct 8 9:00-9:45
104	Mondays & Fridays Free	Oct 11-Nov 12 9:00-9:45
105	Mondays & Fridays Free	Nov 15-Dec 13 9:00-9:45
106	Tuesdays & Thursdays Free	Sep 7-Oct 7 9:00-9:45
107	Tuesdays & Thursdays Free	Oct 12-Nov 11 9:00-9:45
108	Tuesdays & Thursdays Free	Nov 16-Dec 14 9:00-9:45

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.

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

109	Tuesdays & Thursdays Free	Sep 7-Oct 7 9:00-9:45
110	Tuesdays & Thursdays Free	Oct 12-Nov 11 9:00-9:45
111	Tuesdays & Thursdays Free	Nov 16-Dec 14 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

112	Mondays Fee: \$28	Sep 13-Oct 4 10:15-11:45
113	Mondays Fee: \$35	Oct 11-Nov 8 10:15-11:45
114	Mondays Fee: \$28	Nov 15-Dec 13 10:15-11:45



Yoga Foundations

Lyn Bangs

An introduction to foundational yoga poses for beginners or those returning to yoga. Special attention given to developing safe alignment movement patterns, and options presented for each level of fitness. Utilizes yoga props to make poses accessible, improve alignment, and increase the benefits received from each posture. Class includes standing, kneeling, and mat work. Requires getting down to and up from the floor. It doesn't have to be pretty, but let's practice this life skill together! Bring a yoga mat.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 115 | Mondays | Sep 13-Oct 4 |
| | Fee: \$28 | 1:15-2:15 |
| 116 | Mondays | Oct 11-Nov 8 |
| | Fee: \$35 | 1:15-2:15 |
| 117 | Mondays | Nov 15-Dec 13 |
| | Fee: \$28 | 1:15-2:15 |

Wednesday Yoga

Lyn Bangs

A more challenging yoga class connecting yoga poses into a flow that challenges balance and builds strength. Class focuses on the importance of alignment for joint safety and for squeezing the most benefit from each posture for flexibility, strength and ease. Use of props is encouraged to make poses accessible and to improve alignment, and breath cues focus the mind on a meditative state. Higher and lower options are presented, and participants are encouraged to work at their level. This class uses floor exercises on mats and is not recommended for those who have difficulty getting down to and up from the floor, or those who have had joint surgery. Bring a yoga mat.

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 118 | Wednesdays | Sep 8-Oct 6 |
| | Fee: \$35 | 1:15-2:15 |
| 119 | Wednesdays | Oct 13-Nov 10 |
| | Fee: \$35 | 1:15-2:15 |
| 120 | Wednesdays | Nov 17-Dec 15 |
| | Fee: \$28 | 1:15-2:15 |

Chair Yoga Stretch

Lyn Bangs

Improve flexibility, build better posture, and maintain muscle strength while seated in a chair. Each exercise offers light to moderately challenging range of motion, along with breathing exercise instruction and meditative elements. Benefits include improved circulation, respiration, endurance, and sleep. There is no floor choreography or mat work in Chair Yoga Stretch.

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 121 | Mondays | Sep 13-Oct 4 |
| | Fee: \$28 | 2:30-3:30 |
| 122 | Mondays | Oct 11-Nov 8 |
| | Fee: \$35 | 2:30-3:30 |
| 123 | Mondays | Nov 15-Dec 13 |
| | Fee: \$28 | 2:30-3:30 |
| 124 | Wednesdays | Sep 8-Oct 6 |
| | Fee: \$35 | 2:30-3:30 |
| 125 | Wednesdays | Oct 13-Nov 10 |
| | Fee: \$35 | 2:30-3:30 |
| 126 | Wednesdays | Nov 17-Dec 15 |
| | Fee: \$28 | 2:30-3:30 |



Zumba



Carol Lester

Join the Zumba fitness craze! Zumba combines Latin and international music with fun and beneficial results. Improve your cardio and overall health with this dance-exercise class.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 127 | Tuesdays | Sep 7-Oct 5 |
| | Fee: \$30 | 10:00-11:00 |
| 128 | Tuesdays | Oct 12-Nov 9 |
| | Fee: \$30 | 10:00-11:00 |
| 129 | Tuesdays | Nov 16-Dec 14 |
| | Fee: \$24 | 10:00-11:00 |

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

- | | | |
|------------|-----------------|----------------------|
| 130 | Tuesdays | Sep 7-Oct 5 |
| | Fee: \$30 | 11:15-12:15 |
| 131 | Tuesdays | Oct 12-Nov 9 |
| | Fee: \$30 | 11:15-12:15 |
| 132 | Tuesdays | Nov 16-Dec 14 |
| | Fee: \$24 | 11:15-12:15 |

Qigong

Fred Chavez

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

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 133 | Wednesdays | Sep 8-Oct 6 |
| | Fee: \$40 | 9:00-10:00 |
| 134 | Wednesdays | Oct 13-Nov 10 |
| | Fee: \$40 | 9:00-10:00 |
| 135 | Wednesdays | Nov 17-Dec 15 |
| | Fee: \$32 | 9:00-10:00 |

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

- | | | |
|------------|----------------|----------------------|
| 136 | Fridays | Sep 10-Oct 22 |
| | Fee: \$35 | 10:00-11:00 |
| 137 | Fridays | Oct 29-Dec 10 |
| | Fee: \$30 | 10:00-11:00 |



Yin Yoga and Yoga Nidra

NEW

Fred Chavez

Yin Yoga uses longer-held, passive, down on the mat postures to mobilize and strengthen our joints, ligaments and deeper connective tissues (fascia). Each class will conclude with Yoga Nidra, a relaxing guided meditation while lying on the mat. Bring a yoga mat.

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 138 | Wednesdays | Sep 8-Oct 6 |
| | Fee: \$40 | 10:15-11:30 |
| 139 | Wednesdays | Oct 13-Nov 10 |
| | Fee: \$40 | 10:15-11:30 |
| 140 | Wednesdays | Nov 17-Dec 15 |
| | Fee: \$32 | 10:15-11:30 |

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

- | | | |
|------------|------------------|---------------------|
| 141 | Thursdays | Sep 9-Oct 21 |
| | Fee: \$35 | 10:00-11:00 |
| 142 | Thursdays | Oct 28-Dec 9 |
| | Fee: \$30 | 10:00-11:00 |

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 cardiorespiratory and muscle strength endurance.

Location: Oasis at The Meadows

- | | | |
|------------|----------------|----------------------|
| 143 | Fridays | Sep 10-Oct 22 |
| | Fee: \$35 | 11:15-12:15 |
| 144 | Fridays | Oct 29-Dec 10 |
| | Fee: \$30 | 11:15-12:15 |

145 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 **Sep 7-Dec 9**
Free **1:45-2:45**

146 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 **Sep 7-Dec 9**
Free **3:00-4:00**

Oasis Walking Group

Chelsea Carriker

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.

147 Fridays **Sep 10-Oct 8**
Fee: \$25 **9:00-10:00**

148 Fridays **Oct 15-Nov 19**
Fee: \$30 **9:00-10:00**

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

149 Mondays & Wednesdays **Sep 8-Oct 6**
Fee: \$54 **9:00-9:45**

150 Mondays & Wednesdays **Oct 11-Nov 10**
Fee: \$60 **9:00-9:45**

151 Mondays & Wednesdays **Nov 15-Dec 15**
Fee: \$48 **9:00-9:45**



152 Pickleball: Learn and Play!

NEW

Dr. Gilda Garcia

Let's learn to play pickleball - a game that's fun, easy to learn, and very popular for older adults! Join us as we learn the rules, the scoring, some basic strokes and how to serve the ball. The class is designed for those new to the game of pickleball and will meet once a week for two weeks. No equipment or previous experience needed! We'll have time in each class to practice and play.

Location: Chicken N Pickle
5215 UTSA Blvd., San Antonio, TX 78249

Tuesdays **Sep 14-21**
Fee: \$24 **10:00-12:00**



Mindfulness Meditation

Fred Chavez

Research in mindfulness meditation has showed it to be beneficial to working memory, cognition, reduced stress, lessened anxiety and depression, response to illness, stronger immunity, reduction in body inflammation markers and stronger neural connections in the brain. Through numerous class practices we will learn to embody foundational qualities such as compassion, acceptance and non-judgement that may lead to a happier, less stressful and a more aware life.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 153 | Tuesdays | Sep 7-Oct 5 |
| | Fee: \$40 | 12:30-1:30 |
| 154 | Tuesdays | Oct 12-Nov 9 |
| | Fee: \$40 | 12:30-1:30 |
| 155 | Tuesdays | Nov 16-Dec 14 |
| | Fee: \$32 | 12:30-1:30 |



Spiritual Practices and Resiliency

Fred Chavez

Are you flourishing or languishing in life? How resilient are you? Through various practices and worksheet exercises from Positive Psychology, Integral Life and Mindfulness, we will develop a higher degree of functioning across a set of categories. These categories include emotions, our various intelligences, relationships, life purpose, meaning and accomplishments. The class is designed for a high level of participation and interaction.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|---------------------|
| 156 | Thursdays | Sep 9-Oct 21 |
| | Fee: \$56 | 11:15- 12:15 |
| 157 | Thursdays | Oct 28-Dec 9 |
| | Fee: \$48 | 11:15- 12:15 |

158 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. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

- | | |
|----------------|---------------------|
| Fridays | Oct 1-Nov 19 |
| Free | 10:00-12:00 |

159 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 healthy snacks in each class. Participants must come to session one and/or two to attend the remaining sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

- | | |
|-----------------|--------------------|
| Tuesdays | Oct 5-Nov 9 |
| Free | 9:30-12:00 |



160 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 healthy snacks in each class. Participants must come to session one and/or two to attend the remaining sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

Wednesdays **Nov 3-Dec 15**
Free **1:00-3:30**

161 Caregiver Support Group

Alesa Arnett

This support group is for caregivers of 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

Thursday **Sep 16, Oct 21, Nov 18**
Free **2:00-3:00**

162 Chronic Disease and Pain Support Group

Debi Herrera, RN

If you have graduated from the Chronic Disease or Diabetes Self-Management class, you are welcome to attend this group. We will be building on the concepts learned in class.

Location: Oasis at The Meadows

Friday **Sep 17, Oct 15, Nov 19**
Free **11:00-12:00**

163 Ten Warning Signs of Alzheimer's

Alzheimer's Association

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the new Ten Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

Location: Oasis at The Meadows

Thursday **Sep 9**
Free **1:00-2:30**

164 Men's Health After 60: Tips on Staying Well

Craig Stimson, LVN

Differences in men's health compared to women's health can be attributed to biological, social and behavioral factors. Join us for a discussion on staying well based on a man's perspective.

Location: Oasis at The Meadows

Tuesday **Sep 14**
Fee: \$5 **1:00-2:30**



165 Improving Your Memory

Craig Stimson, LVN

Forgetting names, dates and other items? This class will help you put memory skills to work.

Location: Oasis at The Meadows

Tuesday **Sep 14**
Fee: \$6 **6:00-7:30** 🌙

166 Technologies for Hearing

Eli Hernandez, Aud.D., CCC-A Audiologist

Join San Antonio's leading audiologists to discuss modern hearing devices. In this presentation, you will learn about the different styles of hearing devices, blue-tooth/wireless technology, and assistive listening technology. We will also discuss comprehensive audiology care and insurance benefits on hearing aids.

Location: Oasis at The Meadows

Wednesday **Sep 15**
Fee: \$5 **1:00-2:30**



167 Memory Dynamics

Craig Stimson, LVN

Join this three-session class to learn about memory processes, discover new techniques to improve memory, and examine ways to maintain and boost memory skills.

Location: Oasis at The Meadows

Thursdays **Sep 23-Oct 7**
Fee: \$18 **1:00-2:30**

168 Levels of Care in Senior Living

Randy Stevens, Morningside Ministries

Senior living and healthcare organizations offer a variety of options for people looking for services. However, their products and services often leave people with more questions than answers. Come learn about the different levels of care from someone with years of experience across the different settings of senior living.

Location: Oasis at The Meadows

Tuesday **Sep 28**
Fee: \$4 **10:00-11:30**

169 Our Best Shot: Exploring Lifelong Immunizations for Healthy Aging

Grace Lee, PharmD, Ph.D.

Vaccines play an important role in protecting your health and the health of your family and community. Come and learn about your immune health and factors that can influence what vaccinations are right for you.

Location: Oasis at The Meadows

Wednesday **Sep 29**
Fee: \$5 **10:00-11:30**

170 Improving Gut Health

UTSA Dietetic Dept.

Our gut is very complex, and its importance to overall health is a topic of increasing research in the medical community. Several studies have shown a link between gut health and the immune system, mood, mental health and more. Join us to learn how to keep your gut healthy.

Location: Oasis at The Meadows

Wednesday **Sep 29**
Fee: \$5 **1:00-2:30**

171 Caregivers - Learning Skills Together

Kylie Meyer, Ph.D.

Family caregivers to persons living with dementia are often asked to provide nursing and personal care tasks with little or no training. "Learning Skills Together" was developed by the UT Health San Antonio Caring for the Caregiver Program in partnership with health science faculty from across San Antonio to teach caregivers how to provide complex care. Join us for five group-based learning sessions to become more confident with nursing and personal care tasks.

Location: Oasis at The Meadows

Tuesdays **Oct 5-Nov 2**
Free **3:00-4:30**

172 Hospice in the Continuum of Healthcare

M. Rosina Finley, MD, CMD

An introduction of a philosophy of care that supports the maximization of quality of life, pain and pain symptom management in terminal illness.

Location: Oasis at The Meadows

Thursday **Oct 7**
Free **12:30-2:00**

173 Women's Health After 60: Tips on Staying Well

Lisa Kipela, Ph.D.

What can women do to stay as healthy as possible as we age? Join a women's health expert from the UT Health Science Center to learn more!

Location: Oasis at The Meadows

Tuesday **Oct 12**
Fee: \$5 **10:00-11:30**



174 Healthy Body - Healthy Mind

Janice Owen, LCSW-S, Clinical Assistant Professor, Sacred Heart University

What is health? According to the World Health Organization, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In this workshop, we will be addressing physical, mental and social well-being. Dress comfortably as you may want to try some simple exercises and stretches (purely optional).

Location: Oasis at The Meadows

Thursday **Oct 14**
Fee: \$5 **1:00-2:30**

175 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

Wednesday **Oct 20**
Fee: \$10 **1:00-3:00**



176 What is Music Therapy?

Amy Standridge, Board Certified Music Therapist and owner of Oak Song Music Therapy and Consulting

We have heard recently in the media about how important music is to our brain development and functioning, even as we age. Learn about what music therapy is, why it works, and who it might help. Amy will also present easy and practical ways to engage in music-making at home with our loved ones, and share about some opportunities for community music involvement.

Location: Oasis at The Meadows

Thursday **Oct 21**
Fee: \$5 **1:00-2:30**

177 What to do After Rehabilitation

Jonathan Zamarripa, mmCare Home Health

Many people utilize inpatient or outpatient rehabilitative services to recover after an illness or injury. Join a licensed occupational therapist to discuss best practices for building and maintaining wellness after a rehab stay ends.

Location: Oasis at The Meadows

Friday **Oct 29**
Fee: \$5 **10:00-11:30**

178 Understanding Alzheimer's and Dementia

Alzheimer's Association

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about what happens in a brain affected by Alzheimer's, risk factors for the disease, what is on the horizon for Alzheimer's research and much more!

Location: Oasis at The Meadows

Monday
Free

Nov 1
1:00-2:30

179 Social Isolation: The Lonely Disease

Ginny Brown, LCHW

Humans are hardwired to interact with others, especially during times of stress. When we go through challenging situations alone, a lack of emotional support or friendship can increase our anxiety and hinder our coping ability. According to the U.S. Census Bureau, 11 million, or 28% of people ages 65 and older, live alone. As people get older, their likelihood of living alone only increases. This class will discuss social isolation, the risks, what we can do to avoid it, and the benefits in doing so.

Location: Oasis at The Meadows

Tuesday
Free

Nov 2
10:00-11:30

180 Building Your Confidence as a Family Caregiver

Kylie Meyer, Ph.D.

Self-efficacy (confidence) has been studied as a way to improve caregiver mental and physical health, but caregivers are given little guidance on how to build self-efficacy. In this session, we will discuss the importance of self-efficacy and strategies you can use to become a more confident caregiver!

Location: Oasis at The Meadows

Tuesday
Free

Nov 2
6:00-7:30



181 Heart Space: Grief and Recovery Workshop

Ginny Brown, LCHW

Losing someone we love is a life changing experience. Not only do we experience the sadness and devastation, but in order to survive we have to grieve. 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 and support in what we can do to move forward. There is no timeline in grief, so if your loss is new, or if your loss has been a while, you are still welcome to join. 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

Nov 3-Dec 15
10:00-11:30

182 Making the Move: Preparing for a Transition in Care

Byron Cordes, LCSW, C-ASWCM

Deciding to move from home to another level of care is a stressful decision. Byron Cordes will discuss what preparations you can make now to make that decision easier later. We will go over trigger points, or when to move, and what you will want or need from family and medical professionals.

Location: Oasis at The Meadows

Thursday
Fee: \$4

Nov 4
1:00-2:30

**PLEASE LET US
KNOW...**

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

183 Long Term Health Effects of COVID-19

Chelsea Carriker, MPH, CHES

The COVID-19 pandemic has completely changed our world in unprecedented ways and for those who tested positive, they may have lasting consequences. Learn what some of those long term side effects could be and how long they may last.

Location: Oasis at The Meadows

Monday **Nov 8**
Fee: \$5 **10:00-11:30**

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

Edie DeVilbiss, M.Div.

We all know what we should do to improve our health. We are all pretty bright and accomplished people. Why is it so hard to 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. We will discover an easy, less-than-five-minute practice that will shape our future well-being.

Location: Oasis at The Meadows

Tuesday **Nov 9**
Fee: \$6 **1:00-2:00**

185 CBD for Anxiety and Insomnia

Jorge Escudero, RPh.

Can CBD help with anxiety? What about insomnia? Join us for an educational discussion with a licensed, registered pharmacist trained on CBD.

Location: Oasis at The Meadows

Tuesday **Nov 9**
Fee: \$6 **6:00-7:30** 🌙



186 Medical Research: What to Know?

Amrita Kamat, Ph.D.

What exactly does medical research involve? We will discuss the research process, as well as what you can expect if you volunteer to participate in medical research.

Location: Oasis at The Meadows

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

187 Congestive Heart Failure

Michelle Cortez, DON, mmCare Home Health

Congestive Heart Failure (CHF) is consistently one of the most common causes of hospitalization for older adults. Come learn about CHF and best practices for its prevention from an RN with years of experience caring for older adults.

Location: Oasis at The Meadows

Monday **Nov 15**
Fee: \$5 **10:00-11:30**

188 Making Life Easier with Low Vision

Shirlee Crandall, Lighthouse for the Blind

Having a hard time with your eyesight? Wondering how to navigate everyday life with low vision? This class is for you! Gain some tips on making life easier with low vision.

Location: Oasis at The Meadows

Tuesday **Nov 16**
Fee: \$4 **2:30-4:00**



189 Grief and the Holidays

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

The holidays are an especially hard time when grieving the loss of a loved one. The season renews memories, family ties and traditions. We become painfully aware that our special loved one is no longer present. This is often difficult for families. The pain of the loss is confused with the spirit of the season. "Grief and the Holidays" is a workshop designed to help those who are grieving and their families to better understand the grief process, how it affects us during the holidays and how we can use this special time to continue to heal.

Location: Oasis at The Meadows

Tuesday
Free

Nov 16
6:00-7:30 🌙



190 Listening to Persons Living with Dementia to Build Inclusive Communities

Kylie Meyer, Ph.D.

San Antonio is a "Dementia Friendly Community," meaning that we are committed to making sure people living with dementia can continue to engage and thrive in our community. The first step to making this happen is to listen to the voices of persons who are living with dementia. During this talk, we will discuss findings from several studies completed at UT Health Caring for the Caregiver where we learned the perspectives of persons living with dementia.

Location: Oasis at The Meadows

Monday
Free

Dec 6
10:00-11:30

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

Mays Family Foundation

NUTRITION SERIES

191 Eating Healthy on a Budget

Carol White

We will discuss tips for saving money at the grocery store and healthy eating on a budget. Includes a health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Thursday Sep 16
Fee: \$5 10:00-11:30

192 Shake the Salt Habit

Gretchen Hill

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

Location: Oasis at The Meadows

Monday Sep 20
Fee: \$5 1:00-2:30

193 Intermittent Fasting

Chelsea Carriker, MPH, CHES

Have you heard about intermittent fasting? Wondering if that is something you should try? This class will discuss intermittent fasting and how it can impact the body.

Location: Oasis at The Meadows

Wednesday Oct 6
Fee: \$5 10:00-11:30

194 All About Teas

UTSA Dietetic Dept.

With so many different teas it can be confusing to figure out which is best for sleep and which is best for digestion or energy. This class will discuss various teas and their nutritional benefits.

Location: Oasis at The Meadows

Tuesday Oct 26
Fee: \$5 10:00-11:30



195 Healthy Holiday Food Swaps

UTSA Dietetic Dept.

It can be challenging to cook healthy during the holidays. Find ways to cook healthy with demos and recipes of healthy holiday food swaps.

Location: Oasis at The Meadows

Tuesday Nov 9
Fee: \$5 10:00-11:30

196 Which Diet is Best for Me?

Can Survive Wellness Project

This class will review how diets can be modified through selective use of anti-inflammatory plant based foods to promote healing and lessen the impact of chronic inflammation. The value of several popular diets will be discussed to help in the personal selection of the best diet for us as we age.

Location: Oasis at The Meadows

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

197 Eating Green

Lauren Prescott, Certified Nutrition Coach

A plant-based diet consists exclusively of plant foods. This diet has been associated with a variety of health benefits including maintaining a healthy weight, optimal health and longevity. We will also identify the health benefits associated with plant-based diets, the nutritional risks, and some practical applications of this diet into our everyday lives.

Location: Oasis at The Meadows

Thursday Dec 2
Fee: \$5 10:00-11:30

198 Healthy Cooking for Diabetes

San Antonio Food Bank

Eating healthful meals is an essential part of managing diabetes. Learn tips and tricks for healthy diabetic cooking, complete with a demonstration of a healthy, easy and tasty recipe.

Location: Oasis at The Meadows

Friday Dec 10
Free 10:00-11:30

These classes are sponsored by:



199 Suffering with Sinus Problems?

Dr. Kristopher Koch

You know the feeling: runny nose, headache and nasal congestion. Is this a bad cold, sinus infection or something else? Learn from a physician about causes, symptoms and possible treatment options.

Location: Oasis at The Meadows

Thursday
Free

Sep 16
1:00-2:00



202 Oh, My Aching Knees

Dr. Jesus Gallegos

As we age, our joints seem to be less flexible and more painful. Learn from a physician about what is happening and some techniques to alleviate the pain and stiffness.

Location: Oasis at The Meadows

Thursday
Free

Dec 9
1:00-2:00

200 All About Medicare

Joni Reyna

Are you getting what you've paid for? Learn about all the benefits that Medicare Advantage Plans have for their members.

Location: Oasis at The Meadows

Thursday
Free

Oct 28
1:00-2:00

201 New Treatments for Arthritis

Dr. Kristopher Koch

Do you have joint pain or have been diagnosed with arthritis? This class will discuss current treatment methods and how to help you manage this disease.

Location: Oasis at The Meadows

Thursday
Free

Nov 18
1:00-2:00



WellMed is redefining health care for people on Medicare.

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

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or visit WelcometoWellMed.com



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WellMed does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call 888-781-WELL (9355). ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 888-781-WELL (9355). 請注意: 如果您說中文 (Chinese), 我們免費為您提供語言協助服務。請致電: 888-781-WELL (9355).
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203 "Hitch" and the Ladies

Beverly Prado

Much has been made of the relationships between director Alfred Hitchcock and the women he cast in some of his most famous films. This class will examine movies featuring Kim Novak (*Vertigo*), Doris Day (*The Man Who Knew Too Much*), Tippi Hedren (*The Birds*) and Janet Leigh (*Psycho*) among others, and will feature film clips to explore Hitchcock's motivation behind his choice of leading ladies.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Sep 8
10:00-11:30

204 Texas A&M San Antonio Archives and Special Collections

Leslie Stapleton

The Archives and Special Collections unit at Texas A&M University-San Antonio was founded with the acquisition of the first private collections, the Robert H. Thonhoff Collection and a collection of newspapers from La Prensa. It grew exponentially in 2016 when the Daughters of the Republic of Texas placed their Texas history research collection from the Alamo on loan to the university. Rare books and the University Archives are also included. Learn all about what can be found in these archives.

Location: Oasis at The Meadows

Wednesday
Fee: \$4

Sep 8
1:00-2:30



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

205 From Tabernacle to Temple

Christina Howard, M.A.

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

Location: Oasis at The Meadows

Thursday
Fee: \$6

Sep 9
1:00-2:30

206 Narrative Writing

Gloria Jennings

Narrative writing is about being able to tell an engaging story, and is important to foster creativity, improve reading, and to develop a better understanding of language. Using prompts and writing tips, we will discuss where your story begins and ends, and how to convey it with eye-catching language and a satisfying pace. Come share your special story.

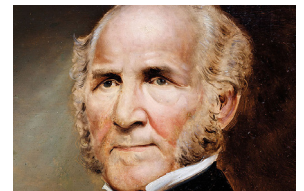
Location: Oasis at The Meadows

Tuesday
Fee: \$5

Sep 14
10:00-11:30

207 Sam Houston: A Portrait of Honor

Bill Perryman, M.Ed.



Though born a Virginian, his life's journey would lead him to places and situations unparalleled by most Americans of his day. Well known for leading the Texans to victory at the Battle of San Jacinto on April 21, 1836, he earned a place in American history that few can surpass. From Virginia to Texas, from Tennessee to the Cherokee Nation, award winning teacher, Bill Perryman brings to life the triumphs and tragedies in the life of legendary Sam Houston. Prepare for an experience!

Location: Oasis at The Meadows

Tuesday
Fee: \$10

Sep 14
10:00-11:30

208 Tiny Mighty: Shotgun Houses and other Casitas of San Antonio

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

Over 100 years before today's tiny home craze, San Antonians were building "casitas," tiny homes. San Antonio's Office of Historic Preservation has identified almost 800 of these historic tiny homes, and the list continues to grow every day. Join us for a presentation on the cultural history of San Antonio's shotgun homes.

Location: Oasis at The Meadows

Wednesday Sep 15
Fee: \$6 1:00-2:30



UTSA Special Collections

209 Reason and Faith - Medieval Philosophy

Judith Hurst, M.A.

Lecture/discussion on the contributions made to society before the 14th century by the great philosophers: Augustine, Boethius, Anselm, Abelard, Bonaventure, Aquinas, Maimonides, and Ockham and how these philosophers were influenced by Plato or Aristotle. We will discuss the intermingling of faith and reason and how this past dialogue informs our present way of viewing and coping with our world.

Location: Oasis at The Meadows

Wednesday Sep 15
Fee: \$6 10:00-11:30



Looking for a Gift Idea?

**Purchase an Oasis
Gift Certificate!**

Call (210) 236-5954

210 Robert Frost

*Leah Larson, Ph.D.,
Our Lady of the Lake University*

One of the most celebrated poets in America, Robert Frost was much admired for his depictions of the rural life of New England. As a well-known and often quoted poet, he was highly honored during his presence on earth, receiving four Pulitzer Prizes. Join us as we learn more about the man and his work.

Location: Oasis at The Meadows

Friday Sep 17
Fee: \$6 10:00-11:30

211 Alcohol Inks

Gaylynnne Robinson

If you think you can't do art, this is the class for you. We will use alcohol inks to make beautiful organic designs that you will be proud to frame. We will put these designs on a special paper, black and white tile squares, and glass. **A \$25 supply kit fee is included in the cost of the class.**



Location: Oasis at The Meadows

Mondays Sep 20-Oct 25
Fee: \$60 10:00-12:00

212 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 Sep 21, Oct 19, Nov 16, Dec 14
Fee: \$5 10:00-11:30

213 More Pastels!

Georgia Stok

In this class we will create works of art using soft pastels. For beginner artists, soft pastels are the ultimate tool to not only master new techniques but to play around with color and have fun with a new medium. Supply list will be provided. Approximate cost of supplies is \$30.

Location: Oasis at The Meadows

Tuesdays
Fee: \$42

Sep 21-Oct 26
1:00-3:00



214 How to Play Bridge

Shafique Jagtiani

Whether you are looking for competition or something more relaxed, playing bridge is a great option. It's great mental exercise - in every hand you're strengthening your memory and strategy skills. Learn the ultimate card game and discover your new passion.

Location: Oasis at The Meadows

Tuesdays
Fee: \$30

Sep 21-Oct 26
6:00-7:30



215 Fall is for Planting Texas Superstars!

Bexar County Master Gardeners

Texas Superstar Plants are those varieties that have been subjected to statewide testing and been found to grow the best, and there are varieties that are great for fall planting. Anyone can grow these superstars!

Location: Oasis at The Meadows

Monday
Fee: \$6

Sep 27
1:00-2:30

We Need Your Help!

Silver Connect is a new program that offers older adults a chance to connect with friendly volunteers. This **chat line** is a way for volunteers to stay connected through sincere, lively and heartfelt conversation. **Silver Connect** is not a crisis line, but a way to engage in friendly conversation with adults **age 50 and above** who are lonely.

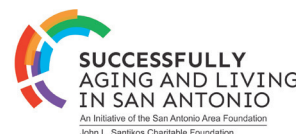
We are currently looking for volunteers for the **Silver Connect** program. If you are interested in volunteering to support someone who may be lonely, we want to hear from you!



For more information, please contact Ginny Brown at (210) 236-5954 or email at gbrown@oasisnet.org.



Sponsored by:



216 Peek Into the Math World: Robots

Betty Burson

From factories to farming, from surgery to therapy, from space exploration to underwater exploration, robots are becoming increasingly common. Are they necessary or an expensive frill? What can they do that we cannot? How involved is the world of mathematics? Some answers are predictable; others may be surprising. We will look at their history, their types, and their workings.

Location: Oasis at The Meadows

Wednesday

Sep 22

Fee: \$6

10:00-11:30

217 Intermediate Watercolors

Edith Stanley

This class is for those who have taken the Beginning Watercolor class, or who are familiar to painting with watercolors. A supply list will be provided. Approximate cost of supplies is \$35.

Location: Oasis at The Meadows

Wednesdays

Sep 22-Oct 13

Fee: \$28

1:00-3:00

218 Movie Discussion: Summer of '42

Lynn Waghalter

During his summer vacation on Nantucket Island in 1942, 15 year old Hermie finds himself developing an innocent love for a young woman awaiting news on her soldier husband's fate in World War II. When she receives a telegram that her husband has been killed, she turns to Hermie in this tender coming-of-age story. The first week we will watch the movie, the second we will discuss it. Refreshments will be served.

Location: Oasis at The Meadows

Tuesdays

Sep 7-14

Fee: \$8

3:00-5:00



Are You Lonely? Try Our Chat Line!

Whether it be loss through death, divorce or friends moving away, we have all felt disconnected at some point. You do not have to feel alone. If you want someone to talk to, **Silver Connect** is here for you. **Silver Connect** offers adults **age 50 and above** the opportunity to talk to a friendly volunteer for emotional support. If you or someone you love would like to chat with one of our friendly volunteers call **Silver Connect** today!



(210) 756-5551

Sponsored by:



*Silver Connect is an older adult chat line.
For emergencies, please dial 911.
To report abuse, neglect, and exploitation, please
call Adult Protective Services at 1-800-252-5400.*

219 Rock 'n Roll, a Musical Explosion of the 1950s

Beverly Prado

What does the term 'rock 'n roll' mean? How did this genre originate? How did the post World War II culture in the U.S. deal with this new musical genre? Who were the stars who emerged during this musical upheaval where generations clashed? Lots to explore as we travel back to our youth with conversation and film clips.

Location: Oasis at The Meadows

Tuesday **Sep 28**
Fee: \$6 **1:00-2:30**

220 How Catalogs Reveal what U.S. Society was Like!

Lesli Hicks, M.A., UTSA

This course will be a survey of items for sale in generations past that fueled the U.S. economy and made it an economic giant. What did they tell us about everyday people?

Location: Oasis at The Meadows

Friday **Oct 1**
Fee: \$6 **10:00-11:30**

221 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 **Oct 4**
Fee: \$6 **10:00-11:30**

222 Global Climate Change

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

We experience the weather every day, but Earth's climate is a dynamic system that has been changing in response to geologic processes since our planet formed over 4 billion years ago. We are now at a point in time where several key components of our atmosphere have reached levels not seen in more than 800,000 years and are changing more rapidly than humans have ever experienced. This presentation will include a discussion of the scientific basis for climate change, the potential role of human activity in these changes, and potential impacts that may result.

Location: Oasis at The Meadows

Tuesday **Oct 5**
Fee: \$6 **10:00-11:30**

223 Math of Ancient Egypt

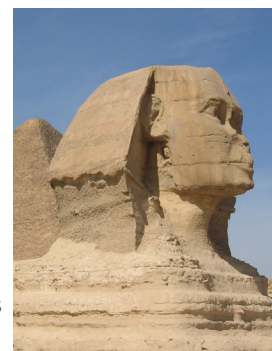
Betty Burson

Ancient Egypt conjures up images of pharaohs and pyramids but there is more to be considered. What was their mathematical base?

How did they live and how necessary was mathematics to them? We will journey back in time to visit a fascinating era.

Location: Oasis at The Meadows

Tuesday **Oct 5**
Fee: \$6 **6:00-7:30**



224 The Roman Republic

Michael Cude, Ph.D., Schreiner University

This course will overview the history of the Roman Republic from its foundation in 509 BC to its end in 27 BC. It will consider Roman culture and government, while overviewing Rome's expansion from a city-state to a territorial empire. It will conclude with an examination of the factors that led to the fall of the Republic in the first century BC.

Location: Oasis at The Meadows

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

225 Learn to Juggle

Craig Stimson

Juggling builds hand-eye coordination in ways that improve reaction time, reflexes, spatial awareness, strategic thinking, and concentration. These are all skills we can utilize as older adults. Join us for a beginner's class on juggling including making your own juggling balls.

Location: Oasis at The Meadows

Thursday **Oct 7**
Fee: \$6 **10:00-11:30**

226 Beginning Calligraphy

Molly Valdez

Elegant and beautiful writing is within your grasp! We'll use calligraphic markers to experience stylish lettering and visual design. Supply list will be provided. Approximate cost of supplies is \$15.

Location: Oasis at The Meadows

Fridays **Oct 8-15**
Fee: \$15 **10:00-11:00**

227 Remakes in Hollywood Films

Beverly Prado

Many Hollywood movies were remade over the years. For instance, *A Star Is Born* was redone four times. *King Kong* got renovations, *Ben-Hur*, and *An Affair to Remember*, as well. The latest trend is to remake animated films, like *Aladdin*, *Beauty and the Beast* and other Disney stories into movies with live actors. Let's examine the hits and misses in these remakes with film clips and discussion.

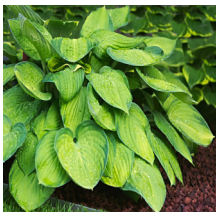
Location: Oasis at The Meadows

Tuesday **Oct 12**
Fee: \$6 **6:00-7:30** 🌙

228 Shade Gardening

Bexar County Master Gardeners

A thriving garden in the shade is possible! Whether you want to spruce up a shady backyard, or add color to a shaded porch, a well-thought-out design and carefully selected plants are essential.



Location: Oasis at The Meadows

Wednesday **Oct 13**
Fee: \$6 **1:00-2:30**

229 Colored Pencil Art

Molly Valdez

Experience blended and rich colors with pencils in this art class. All levels are welcome. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Wednesdays **Oct 13-Nov 17**
Fee: \$42 **10:00-12:00**



230 Shintoism: The Native Religion of Japan

Roger Pratt, M.A. in East Asian Studies

This class, offering an introduction to the native religion of Japan, will take us through some knowns (which come from experience) and into some unknowns, (which come from outside our experience, but which can be grasped conceptually). Our discussion will include what Shinto means, its core elements, how it interfaced/s with other religions, and how the Japanese regard and use it in their daily lives. This is a seminar and discussion where your input, experience, and questions are welcome!

Location: Oasis at The Meadows

Monday **Oct 25**
Fee: \$6 **1:00- 2:30**

231 Mosaic Madness

Edith Stanley

During this class we will be learning the techniques of working with mosaics. 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 **Oct 26**
Fee: \$12 **5:00-7:00** 🌙

232 Introduction to American Folk Music

Craig Stimson

Folk music is often played on traditional instruments by unknown composers and often features components of cultural and national identity. Join us for a short musical journey into the American heritage of folk music. We will share many songs and maybe a few memories of the past!

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Nov 2
1:00-2:30



233 Villains and Villainy in the Bible

Christina Howard, M.A.

We all know about the Prince of Darkness, that old snake in the Garden, but the Bible is littered with villains. We'll look at some that rank at the top of the dung heap of history; those who committed horrible atrocities, pulled the worst tricks ever, and made good look REALLY good. In this fast-paced presentation, we'll talk about cannibals, deadly harlots, incest, rape, patricide, infanticide, murders, and other unpleasant criminal activities. If it was bad, they probably did it first in the Bible. Presented respectfully, of course.

Location: Oasis at The Meadows

Monday
Fee: \$6

Nov 1
10:00-11:30

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

234 The Three R's: Renaissance, Restoration and Romanticism

Judith Hurst, M.A.

Class/discussion on how literature reflected the history of England from 1500 to 1870. Using Shakespeare as our departure point-concentrating on how the Italian movement of the Renaissance allowed English authors to focus on the interior workings of the mind and individualism-thereby countering the legacy of feudalism. The Restoration period of 1660, with Dryden and Milton, includes the restoration of the Stuarts and the Romantic period from 1798 to 1870 of Keats, Shelley, Coleridge, Wordsworth and Jane Austen incorporates the use of imagination and was influenced by the French Revolution.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Nov 3
10:00-11:30

235 Roadside San Antonio

Bruce Martin, Certified Professional Tour Guide

San Antonio has long been a crossroads and has attracted visitors from across the state and beyond. This fact led to the development of motels, tourist courts, and a variety of enterprises to serve customers driving to the Alamo City. Sadly, many of these spots have disappeared in the name of progress, but we will remember them via this entertaining slideshow looking back at part of our city's roadside history. How many can you remember that are now gone?

Location: Oasis at The Meadows

Friday
Fee: \$8

Nov 5
10:00-11:30

236 Handmade Holiday Cards

Edith Stanley

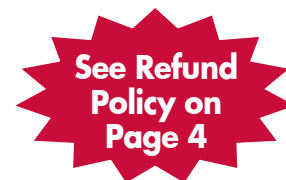
With a personal touch, a handmade card is a gift in itself! What better way to connect with family and friends? During this class we will learn how to make beautiful holiday cards using watercolors. All supplies will be provided.

Location: Oasis at The Meadows

Monday
Fee: \$15

Nov 8
1:00-3:00

Registration Procedures



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

- **Walk-In and Mail-In - Registrations Processed August 24, 2021**
Registrations are placed in a box and randomly drawn and processed.
- **Online - Registration Opens August 24, 2021 at 11:00am**
- **Phone-In - Registration Opens August 30, 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, Mastercard 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#
	100	Texercise	Free			
	101	Texercise	Free			
	102	Texercise	Free			
	103	Texercise	Free			
	104	Texercise	Free			
	105	Texercise	Free			
	106	Texercise	Free			
	107	Texercise	Free			
	108	Texercise	Free			
	109	Texercise on Zoom	Free			
	110	Texercise on Zoom	Free			
	111	Texercise on Zoom	Free			
	112	Tai Chi	\$28			
	113	Tai Chi	\$35			
	114	Tai Chi	\$28			
	115	Yoga Foundations	\$28			
	116	Yoga Foundations	\$35			
	117	Yoga Foundations	\$28			
	118	Wednesday Yoga	\$35			
	119	Wednesday Yoga	\$35			
	120	Wednesday Yoga	\$28			
	121	Chair Yoga Stretch	\$28			
	122	Chair Yoga Stretch	\$35			
	123	Chair Yoga Stretch	\$28			
	124	Chair Yoga Stretch	\$35			
	125	Chair Yoga Stretch	\$35			
	126	Chair Yoga Stretch	\$28			
	127	Zumba	\$30			
	128	Zumba	\$30			
	129	Zumba	\$24			
	130	Movin' and Groovin'	\$30			
	131	Movin' and Groovin'	\$30			
	132	Movin' and Groovin'	\$24			
	133	Qigong	\$40			
	134	Qigong	\$40			
	135	Qigong	\$32			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	136	Balance for Daily Life	\$35			
	137	Balance for Daily Life	\$30			
	138	Yin Yoga / Yoga Nidra	\$40			
	139	Yin Yoga / Yoga Nidra	\$40			
	140	Yin Yoga / Yoga Nidra	\$32			
	141	Beginner Ballet	\$35			
	142	Beginner Ballet	\$30			
	143	Interval Cardio	\$35			
	144	Interval Cardio	\$30			
	145	BrainSavers Part 1	Free			
	146	BrainSavers Part 2	Free			
	147	Walking Group	\$25			
	148	Walking Group	\$30			
	149	Deep Water Aquacise	\$54			
	150	Deep Water Aquacise	\$60			
	151	Deep Water Aquacise	\$48			
	152	Pickleball	\$24			
	153	Mindfulness Meditation	\$40			
	154	Mindfulness Meditation	\$40			
	155	Mindfulness Meditation	\$32			
	156	Spiritual Practices	\$56			
	157	Spiritual Practices	\$48			
	158	A Matter of Balance	Free			
	159	Chronic Conditions	Free			
	160	Diabetes Management	Free			
	161	Caregiver Support Group	Free			
	162	Disease / Pain Support Group	Free			
	163	10 Warning Signs	Free			
	164	Men's Health	\$5			
	165	Improving Your Memory	\$6			
	166	Technologies for Hearing	\$5			
	167	Memory Dynamics	\$18			
	168	Care in Senior Living	\$4			
	169	Our Best Shot	\$5			
	170	Improving Gut Health	\$5			
	171	Caregivers - Learning Skills	Free			

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#
	172	Hospice	Free			
	173	Women's Health	\$5			
	174	Healthy Body	\$5			
	175	Dream Interpretations	\$10			
	176	Music Therapy	\$5			
	177	After Rehabilitation	\$5			
	178	Understanding Alzheimers	Free			
	179	Social Isolation	Free			
	180	Building Your Confidence	Free			
	181	Heart Space	\$30			
	182	Making the Move	\$4			
	183	Health Effects of COVID	\$5			
	184	Begin a Healthy Habit	\$6			
	185	CBD for Anxiety	\$6			
	186	Medical Research	\$6			
	187	Congestive Heart Failure	\$5			
	188	Life Easier w/ Low Vision	\$4			
	189	Grief and the Holidays	Free			
	190	Listening to Persons	Free			
	191	Eating Healthy	\$5			
	192	Shake the Salt	\$5			
	193	Intermittent Fasting	\$5			
	194	All About Teas	\$5			
	195	Healthy Food Swaps	\$5			
	196	Which Diet is Best	\$6			
	197	Eating Green	\$5			
	198	Healthy Cooking	Free			
	199	Sinus Problems	Free			
	200	All About Medicare	Free			
	201	Treatments for Arthritis	Free			
	202	My Aching Knees	Free			
	203	'Hitch' and the Ladies	\$6			
	204	Texas A&M SA Archives	\$4			
	205	Tabernacle to Temple	\$6			
	206	Narrative Writing	\$5			
	207	Sam Houston	\$10			
	208	Shotgun Houses	\$6			
	209	Reason and Faith	\$6			
	210	Robert Frost	\$6			
	211	Alcohol Inks	\$60			
	212	Writers Group	\$5			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	213	More Pastels!	\$42			
	214	How to Play Bridge	\$30			
	215	Planting Texas Superstars	\$6			
	216	Robots	\$6			
	217	Intermediate Watercolors	\$28			
	218	Movie Discussion	\$8			
	219	Rock 'n Roll	\$6			
	220	Catalogs/U.S. Society Was Like	\$6			
	221	SA's Parks and Plazas	\$6			
	222	Global Climate Change	\$6			
	223	Math of Ancient Egypt	\$6			
	224	The Roman Republic	\$6			
	225	Learn to Juggle	\$6			
	226	Beginning Calligraphy	\$15			
	227	Remakes in Hollywood	\$6			
	228	Shade Gardening	\$6			
	229	Colored Pencil Art	\$42			
	230	Shintoism	\$6			
	231	Mosaic Madness	\$12			
	232	American Folk Music	\$6			
	233	Villains and Villainy	\$6			
	234	Three R's: Renaissance	\$6			
	235	Roadside San Antonio	\$8			
	236	Handmade Holiday Cards	\$15			
	237	Mars, The Red Planet	\$6			
	238	Creating Terrariums	\$25			
	239	F. Scott Fitzgerald	\$6			
	240	Academy Awards	\$6			
	241	SA's Architectural Legacy	\$8			
	242	Underground Railroad	\$10			
	243	Discoveries in Astronomy	\$6			
	244	Save Atlanta	\$6			
	245	Metals and Gems	\$6			
	246	Holiday Time/Movies	\$6			
	247	Wine Tasting	\$35			
	248	Olympia Dukakis	\$6			
	249	George Washington	\$6			
	250	Holiday Floral Arrangement	\$35			
	251	Alamo Plaza	\$8			
	252	Lighthouse for the Blind	Free			
	253	Peace Corps	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	254	Volunteering at Oasis	Free			
	255	San Antonio Food Bank	Free			
	256	Park Near You	\$4			
	257	Transfer on Death Deeds	\$6			
	258	VIA Senior GoCards	Free			
	259	Annuities	\$6			
	260	After the Flush	\$4			
	261	Haven for Hope	Free			
	262	All About Medicare	Free			
	263	Texas Criminal Justice	\$6			
	264	Alamo Service Connection	Free			
	265	Tips on Saving Energy	Free			
	266	Cooking Fall Vegetables	Free			
	267	Financial Crisis	\$6			
	268	Do Your Paperwork	\$6			
	269	Roth IRA	\$6			
	270	SA River Authority	\$4			
	271	Today's Train	\$5			
	272	Reframing Aging	Free			
	273	Cooking for the Holidays	Free			
	274	Sell a House	\$5			
	275	Veterans Resources	Free			
	276	Hiring a Contractor	\$4			
	277	Tax Planning	\$6			
	278	Outsmart the Scammers	Free			
	279	Adult Protective Services	Free			
	280	My Wishes, My Desires	\$6			
	281	Android Essentials	\$25			
	282	How to Use Zoom	Free			
	283	Navigating Windows	\$18			
	284	Search Engines	\$9			
	285	Wellness on the Web	\$10			
	286	Learning Gmail	\$9			
	287	Technology/Visually Impaired	Free			
	288	Online Shopping	\$9			
	289	Intro to Mac Computers	\$40			
	290	Windows 10	\$25			
	291	Beyond Gmail	\$9			
	292	iPhone for Beginners	\$18			
	293	Intermediate iPhone	\$18			
	294	Google Calendar	\$9			

✓				Office Use		
				W	E	Ck#
	295	Privacy and Safety Online	\$5			
	296	Everything iPad	\$40			
	297	Apple Photos for iPad	\$9			
	298	YouTube	\$9			
	299	Using Google	\$18			
	300	Apple Photos for Mac	\$9			
	301	Protecting Your Money	Free			
	302	Medicinal Teas	Free			
	303	Basic Drawing	Free			
	304	History of Christmas	Free			
	305	Gardening in South Texas	Free			
	306	DASH Diet	Free			
	307	Estate Planning	Free			
	308	Medication Management	Free			
	309	Carol Burnett	Free			
	310	Historic Districts in SA	Free			
	311	Ask-A-Nurse	Free			
	312	All About Medicare	Free			
	313	Fire Safety	Free			
	314	Exploring Holistic Health	Free			
	315	Healthy Beverages	Free			
	316	Fall Prevention	Free			
	317	Fire Safety	Free			
	318	Disaster Preparedness	Free			
	319	All About Medicare	Free			
	320	Fall Prevention	Free			
	321	Healthy Holiday Eating	Free			
	322	News from CPS Energy	Free			
	323	Healthy Beverages	Free			
	324	Spanish Treasures of SA	\$35			
	325	Historic Eastside Cemeteries	\$25			
	326	Viva San Antonio	\$25			
	327	Murals in Downtown SA	\$25			
	328	Schulenburg	\$69			
	329	Touring Cuero	\$61			
	330	Hill Country Holiday Lights	\$67			
	331	Galveston Preview Show	Free			
	332	Grand Canyon Preview Show	Free			
	800	Galveston	Dep \$200			
	801	Grand Canyon	Dep \$350			



I am adding a \$10.00 donation to help Oasis

☐ I am including \$10 check or cash

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

Bring registration form or mail it to:
Oasis at The Meadows
700 Babcock Rd., San Antonio, TX 78201

FOR OFFICE USE ONLY

Date: _____

☐ Walk In ☐ Phone In

☐ Mail In ☐ Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

237 Mars, The Red Planet

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



Humanity has been fascinated by Mars since ancient times, with its red color often symbolizing blood and war. By the 19th century, telescope optics became sufficiently powerful to begin observing large-scale details on Mars's surface, and astronomers like Giovanni Schiaparelli and Percival Lowell were convinced that they could see technological structures. When the first spacecraft arrived at Mars in the 1970s, images of a dry, heavily-cratered world shattered the illusion that Mars was an inhabited world; however, in the 50 years since the first Mariner spacecraft were beamed back to Earth, planetary scientists have significantly rehabilitated Mars' lifeless image. Today, we know that Mars used to be much warmer and wetter in its distant past, and water is still present in frozen subsurface reservoirs. We will not find an ancient Martian civilization, but there is still a chance that Mars once hosted primitive life in its past, and it may be the most adaptable world for humanity's future.

Location: Oasis at The Meadows

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

238 Creating Terrariums

Gaylynne Robinson

During this class we will make natural and closed terrariums. These miniature worlds are fascinating to watch as the seasons change. Use these basic skills to make larger and more complex terrariums. Jars, soils, and plants are included in fee. List of recommended (but not required) tools will be provided.

Location: Oasis at The Meadows

Wednesdays **Nov 10-17**
Fee: \$25 **10:00-12:00**



239 F. Scott Fitzgerald

Leah Larson, Ph.D.,
Our Lady of the Lake University

American short-story writer and novelist F. Scott Fitzgerald is known for his turbulent personal life and his famous novel *The Great Gatsby*. Come learn more about this complex man and his works.

Location: Oasis at The Meadows

Friday **Nov 12**
Fee: \$6 **10:00-11:30**

240 Hits and Misses at the Academy Awards

Beverly Prado

This class will examine how some very popular films were made, including a discussion of the miscasting of stars, the flops at the box office, and the huge unexpected money makers. Some films took years to be funded. Others appealed to audiences due to star power alone. Who was snubbed at Oscar time? Who unexpectedly won? Join us for this rich discussion of sometimes little-known Hollywood trivia.

Location: Oasis at The Meadows

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

241 San Antonio's Architectural Legacy

Bruce Martin, Certified Professional Tour Guide

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

Location: Oasis at The Meadows

Tuesday **Nov 16**
Fee: \$8 **10:00-11:30**

242 Adventure on the Underground Railroad

Bill Perryman, M.Ed.

They were both born on plantations in Maryland in the early 1800s and despite all odds, escaped from the institution of slavery and spent their lives working for the betterment of humanity. Audience members will sit spellbound as master teacher, Bill Perryman, brings to life the dramatic stories and accomplishments of two extraordinary American heroes. Historical slide images will accompany this lecture.

Location: Oasis at The Meadows

Wednesday

Dec 1

Fee: \$10

10:00-11:30



243 New Discoveries in Astronomy

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

Throughout history, discoveries big and small have shaped the way that we have viewed the universe and our place within it. In this class, you will learn about some of the newest discoveries in astronomy and the impact that they will likely have upon our understanding of the universe.

Location: Oasis at The Meadows

Thursday

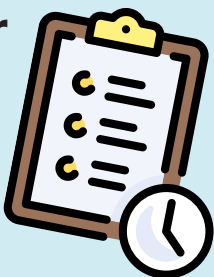
Dec 2

Fee: \$6

1:00-2:30

Waiting List Reminder

If you are placed on a wait list, you will be called when a spot becomes available. Please do not come to attend a class unless you receive a call.



244 1864 Campaign to Save Atlanta

John Boswell, Retired Adjunct History Professor

On May 1, 1864, U. S. General William Sherman's army, numbering 100,000 well supplied men, left Chattanooga, to capture Atlanta, 120 miles to the southeast. Opposing him was Confederate States General Joseph Johnston's 45,000 man outgunned, underfed Army of Tennessee. This lecture explains how Sherman accomplished his goal, but not before having to overcome stout Southern resistance.

Location: Oasis at The Meadows

Friday

Dec 3

Fee: \$6

10:30-12:00

245 Precious Metals and Gems-Value in the Rocks

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

Everything that we use as a modern society has its origins in the rocks and minerals of Earth. These special mineral resources are part of our cultural fabric, and each has played a very important role in the development of human society. In this hands-on presentation, you will learn more about the special geologic conditions that lead to these rare finds, how geologists locate them, and how we get them out of the ground.

Location: Oasis at The Meadows

Tuesday

Dec 7

Fee: \$6

10:00-11:30

246 It's Holiday Time at the Movies

Beverly Prado

This course is a continuation of past classes, where beloved films center around the winter season. Film clips from some of our favorites, like *It's a Wonderful Life*, *Home Alone*, *The Grinch*, *A Christmas Carol*, *Die Hard* (?) and others will be featured. Sappy? Heartwarming? Action packed? Comedic? Yes, to all of it.

Location: Oasis at The Meadows

Tuesday

Dec 7

Fee: \$6

6:00-7:30



247 Wine Tasting: Holiday Wines

Bob Bragg, WSET Level 3, CSW

During this class we will learn how to select wines to pair with your holiday meals and taste several selections. Whether turkey and dressing, ham, or prime rib, the right wine can help make the meal even more special.

Location: Oasis at The Meadows

Tuesday
Fee: \$35

Dec 7
1:00-2:30



248 Olympia Dukakis

Gloria Jennings

Olympia Dukakis was an American actress, director, producer, teacher and activist. She performed in more than 130 stage productions, more than 60 films and in 50 television series and is best known for her Oscar-winning film *Moonstruck*. She has endeared herself to audiences around the world for her dynamic portrayals of the grand transformations and subtle accommodations that are the bread and butter of women's lives. Join us as we review her cinematic triumphs such as *Moonstruck* and *Steel Magnolias*.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Dec 8
10:00-11:30

249 George Washington: Whiskey Producer

Lesli Hicks, M.A., UTSA

Our founding father imbibed, but also was one of the nation's largest whiskey producers who influenced tax policy because of it! Come learn how his penchant for brew affected taxation without representation.

Location: Oasis at The Meadows

Friday
Fee: \$6

Dec 10
10:00-11:30

250 Create a Holiday 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

Tuesday
Fee: \$35

Dec 14
1:00-2:30

251 Alamo Plaza: What's All the Fuss About?

Bruce Martin, Certified Professional Tour Guide

Alamo Plaza is already changing in response to its most recent master plan. Spirited opinions continue to be expressed regarding the Cradle of Texas Liberty. Learn key components to the plaza's future, including points of friction, as we discuss the challenges to reinterpreting the most historic ground in Texas.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Dec 14
1:00-2:30

**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.

252 All About Lighthouse for the Blind

Shirlee Crandall

During this presentation, a representative from Lighthouse for the Blind will talk about adaptive aids that may be helpful for visually impaired seniors, and discuss the free senior programs that are available.

Location: Oasis at The Meadows

Wednesday
Free

Sep 8
1:00-2:30

253 Peace Corps Opportunities and Experiences

Diana Doria and Joshua Castro

Do you want to find out more about volunteering for the Peace Corps? During this presentation, members of the Peace Corps will share their experiences and speak about volunteer opportunities that are available for older adults.

Location: Oasis at The Meadows

Monday
Free

Sep 13
10:00-11:30

254 Volunteering at Oasis

Brenda Schmachtenberger,
Executive Director

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

Location: Oasis at The Meadows

Monday
Free

Sep 13
1:00-2:30

255 All About the San Antonio Food Bank

San Antonio Food Bank

Founded in 1980, The San Antonio Food Bank serves one of the largest service areas in Southwest Texas. Come learn what services the Food Bank offers the city of San Antonio and the surrounding areas.

Location: Oasis at The Meadows

Tuesday
Free

Sep 14
1:00-2:30

256 What's New at a Park Near You

Tony Forshage, San Antonio Parks and Recreation

Join the City of San Antonio Parks and Recreation Department as you learn about new parks and the updates to established parks through videos and pictures. You will be surprised by the amazing trails, features and accessibility of San Antonio parks.

Location: Oasis at The Meadows

Monday
Fee: \$4

Sep 20
10:00-11:30

257 Transfer on Death Deeds

Carol Bertsch, Attorney at Law

A Texas state law allows real property owners to record a "Transfer on Death Deed" naming a beneficiary to own that real property after they die. With a properly recorded Transfer on Death Deed, no probate is needed to transfer the real property. During this class you will learn the pros and cons and whether or not it is right for you.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Sep 21
6:00-7:30



VISIT US ONLINE
<https://san-antonio.oasisnet.org/>

258 VIA Senior GoCards

VIA Metropolitan Transit

VIA Senior goCards give seniors age 62 and older discounts on VIA bus fares including free rides on weekends and 25 cent fares Monday-Friday from 9:00am-3:00pm. Stop by and get your VIA goCard and a free gift! Please bring a photo ID showing you are age 62 years or older.

Location: Oasis at The Meadows

Wednesday
Free

Sep 22
1:00-3:00



259 Annuities: The Good, The Better, The Best and The Worst

Jake Yetterberg, CSA

During this class you will learn:

- Are "bonus" annuities good or bad (hint: it's in the fine print)?
- How the newer CD-type annuities work and why they pay a higher rate.
- How the fixed indexed annuity really works and how to find the best contracts.
- Are "lifetime income riders" worth the fee that you pay?
- Who insures annuities, and why it is imperative that you understand these limits.
- How to get an annuity that will pay you a long-term health care insurance benefit, and how to know if you qualify for tax-free growth on these.
- How to analyze whether your current annuity is good, mediocre, or terrible, and how to fix the bad ones.
- Using IRS code 1035(a) to improve your old annuity policy without paying any income taxes. You may even be able to turn "tax deferred" into "tax free."

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Sep 28
6:00-7:30



260 After the Flush

SAWS

We all do it every day. We don't like to talk about it. We don't like to see it, and we certainly don't like to smell it. This presentation takes you through the water recycling process that transforms gross wastewater into three valuable resources.

Location: Oasis at The Meadows

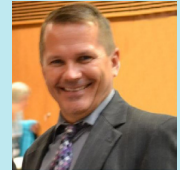
Tuesday
Fee: \$4

Oct 5
1:00-2:30



saws.org

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

261 Haven for Hope

D.J. Jackson, Haven for Hope

The Haven for Hope mission is to offer a place of hope and new beginnings. They do this by providing, coordinating and delivering an efficient system of care for people experiencing homelessness in San Antonio. A representative from Haven for Hope will tell us more and answer any questions we may have.

Location: Oasis at The Meadows

Monday **Oct 4**
Free **1:00-2:30**

262 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

Monday **Oct 11**
Free **1:00-2:30**

263 The Texas Criminal Justice System

Judge Ron Rangel



What is the basis of our states criminal justice system and how exactly does it work? Who is in charge and what are the goals of the system? State District Judge Ron Rangel will answer these important questions and more, as he explains how our system operates to handle the problem of crime in our everyday lives.

Location: Oasis at The Meadows

Tuesday **Oct 12**
Fee: \$6 **1:00-2:30**

264 Ask Alamo Service Connection

Bexar Area Agency on Aging

This class will give you valuable information about how to utilize a one-stop shop for all senior related needs and concerns. Whether you need a fan to cool you in summer or information about Medicare - this class will help you connect.

Location: Oasis at The Meadows

Monday **Oct 18**
Free **10:00-11:30**

265 CPS Energy-Tips on Safety and Saving Energy

CPS Energy Representative

CPS energy will offer tips for saving energy, and how to be safe around gas and electricity.

Location: Oasis at The Meadows

Tuesday **Oct 19**
Free **1:00-2:30**

266 Cooking with Fall Vegetables

San Antonio Food Bank

Fall 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 fall. Come enjoy a cooking demonstration using these vegetables by the San Antonio Food Bank.

Location: Oasis at The Meadows

Tuesday **Oct 19**
Free **6:00-7:30**



267 Financial Crisis: Dead Ahead?

Jake Yetterberg, CSA

This program will cover the history of financial crises and how to use the knowledge of these trends to foretell future crisis start points.

You will learn:

- How to foretell when we are approaching corrections or other financial events.
- How to position yourself to best ride out a crisis.
- How to minimize downside risk to savings and investments.
- Who insures your money in a crisis and why it is critical.
- Steps to take to grow your money and get income in challenging financial situations.

Location: Oasis at The Meadows

Wednesday **Oct 27**
Fee: \$6 **10:00-11:30**

268 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.

Location: Oasis at The Meadows

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

269 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 **Oct 27**
Fee: \$6 **1:00-2:30**

270 San Antonio River Authority

San Antonio River Authority Representative

The San Antonio River Authority is dedicated to nurturing and protecting the San Antonio River. During this presentation you will learn the history of the San Antonio River Authority and what they are doing now to help protect one of our city's most precious resources.

Location: Oasis at The Meadows

Thursday **Oct 28**
Fee: \$4 **1:00-2:30**



sariverauthority.org

271 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

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



272 Reframing Aging

Jane Paccione

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

Monday
Free

Nov 8
1:00-2:30

273 Cooking for the Holidays

San Antonio Food Bank

Planning and cooking holiday meals can be stressful, but it doesn't have to be! Join us as a chef from the San Antonio Food Bank demonstrates some easy and delicious recipes perfect for the holidays.

Location: Oasis at The Meadows

Monday
Free

Nov 15
1:00-2:30



274 All the Ways to Sell a House

Mason Brown, Generations Team

The way you sell your home has a huge impact on the outcome you get. Sellers today have a broad range of options available to them, offering a few different routes to consider based on their specific needs. Come learn all the different ways you can sell your house and the advantages and disadvantages of each.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Nov 17
1:00-2:30

275 Veterans Resources

Bexar County Military and Veterans Services Center

If you are a veteran or a spouse or dependent of a veteran, this class is for you. You may not be aware of the range of resources available for veterans and their dependents or caregivers. Sign up for this class to learn more about the resources available to you.

Location: Oasis at The Meadows

Thursday
Free

Nov 18
10:00-11:30



276 Tips on 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

Wednesday
Fee: \$4

Dec 8
1:00-2:30

Caregiver Reassurance Program



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** check-ins please call Craig Stimson at **(210) 236-5954**. We look forward to **CARING** for **YOU!**

277 End of Year Tax Planning

Jake Yetterberg, CSA

In this class we will discuss:

- An update on this year's tax rules and next year's changes.
- How to take the larger standard deduction and still get a benefit from charitable donations.
- Tax strategies that make more sense now as legislation changes.
- How to lock in today's lower income tax rates so you cannot get hit by a tax increase later-or ever!
- Critical IRA planning and changes to how your kids can inherit IRA and ROTH money.
- IRS changes to the required minimum distribution factors - we'll show you the brand new tables and how to use them.
- A review of all the legislative changes of the last year and how they will affect you now.
- Last minute ways to take advantage of the Trump tax cuts while we still have them.
- Two other ways besides the Roth IRA to get tax-free benefits.
- The catches in the "Qualified Charitable Distribution" rules and how to avoid them.

Location: Oasis at The Meadows

Thursday **Dec 9**
Fee: \$6 **1:00-2:30**

278 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

Monday **Dec 13**
Free **10:00-11:30**

279 Adult Protective Services-Working for You

Lisa Senteno

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

Tuesday **Dec 14**
Free **10:00-11:30**

280 My Wishes, My Desires

Carol Bertsch, Attorney at Law

If you want to control your own end of life decisions, you need to be very clear in your wishes and desires-with your family and the courts. Carol Bertsch, an Elder Law Attorney specializing in assisting seniors and their families, knows the questions and answers in making sure your wishes and desires are followed when the time comes.

Location: Oasis at The Meadows

Wednesday **Dec 15**
Fee: \$6 **10:00-11:30**

SEVERE WEATHER OR EMERGENCIES

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

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

Oasis Connections Technology Classes are supported in part by:



281 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

Fee: \$25

Sep 8-22

10:00-12:00



282 How to Use Zoom

Lauren Prescott

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

Sep 9

10:00-11:30

283 Navigating Windows for Beginners

Molly Valdez

This basic class will gently lead you through common tasks with Windows. Sit with us on this guided tour. If you have a laptop, you're welcome to bring it and click along with us.

Location: Oasis at The Meadows

Fridays

Fee: \$18

Sep 10-17

10:00-12:00

284 Anonymous Search Engines

Marta Torres

Google attempts to track everything you do online, including sites you visit, who you communicate with, and what products you may purchase. This class will help you identify alternative private search engines and explain how limited tracking, browser clearing, and other tools and practices can help with safe Internet browsing.

Location: Oasis at The Meadows

Monday

Fee: \$9

Sep 13

10:00-11:30

285 Wellness on the Web

Sharon Parson

The web is a phenomenal resource for health information. This course will introduce you to the types of websites you can use to learn about health issues, blogs that you can follow to learn what's new, online resources you can work out with, and mobile apps that can help you in your journey toward a healthier tomorrow. Book included in fee.

Location: Oasis at The Meadows

Thursday

Fee: \$10

Sep 16

1:00-3:00

286 Learning Gmail's Many Features



Steve Circeo

Lots of people have a Gmail “email” account, but most do not know the many features and what all you can do with Gmail! This class will cover Gmail’s features and answer questions about this popular email platform. *MUST HAVE AN EMAIL ACCOUNT ALREADY SET UP.* Please go to: www.gmail.com to set up an account.

Location: Oasis at The Meadows

Tuesday
Fee: \$9

Sep 28
10:00-11:30

287 Technology for the Visually Impaired

San Antonio Lighthouse for the Blind

Using technology like phones and tablets can be a challenge for those who are visually impaired, but there are features that can help. Learn about the options available on your devices for the visually impaired, as well as other technology resources available from San Antonio Lighthouse for the Blind.

Location: Oasis at The Meadows

Wednesday
Free

Oct 6
1:00-2:30

288 Online Shopping

Doris Slay-Barber

Online shopping is a form of electronic commerce which allows consumers to directly buy goods or services from a seller over the Internet. Come find out how to use online shopping safely and conveniently for all the items you enjoy!

Location: Oasis at The Meadows

Wednesday
Fee: \$9

Oct 13
10:00-11:30



289 Intro to Mac Computers

Carita DeVilbiss

If you have a Mac computer and find it far different from PC computers, join us for a short introduction to smooth out the differences. In the first session, we will go over the basics and outline a few exercises for you to do at home before the last session. We will also address any questions you have from the home exercises and wrap up with more information about the Mac computing world. If you have a Mac laptop, bring it to class. If you only have a desktop computer, you can still attend and take notes so you can practice at home.

Location: Oasis at The Meadows

Mondays & Wednesdays
Fee: \$40

Oct 18-27
1:00-3:00

290 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 included in fee. Students are encouraged to bring a laptop if they have one.

Location: Oasis at The Meadows

Mondays
Fee: \$25

Oct 25-Nov 8
10:00-12:00

291 Beyond Gmail

Steve Circeo

In this class we cover the other products that come with Gmail, such as Drive and Calendar.

Location: Oasis at The Meadows

Tuesday
Fee: \$9

Oct 26
1:00-2:30

292 iPhone for Beginners

Thalia Williams

For people who have never used an Apple product, using an iPhone can be intimidating. Simple tasks such as sending text messages and importing contacts can be difficult to a new iPhone user. Come to this class to learn the basics of how to use your iPhone.

Location: Oasis at The Meadows

Thursdays

Fee: \$18

Oct 28-Nov 4

10:00-12:00



293 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

Mondays

Fee: \$18

Dec 6-13

10:00-12:00

294 Google Calendar

Glenda Raichlen

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

Location: Oasis at The Meadows

Wednesday

Fee: \$9

Nov 3

1:00-2:30

295 Safety First: Privacy and Safety Online

Sharon Parson

The Internet is a daily part of our family, social, and business lives. The Internet is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for Internet users of all ages. You'll learn how to create and use effective passwords, develop and practice good security habits, and reduce your exposure to threats. The class also covers virus protection, firewalls, top scams, credit monitoring, job search scams, and much more. Book included in fee.

Location: Oasis at The Meadows

Thursday

Fee: \$5

Nov 4

1:00-3:00



296 Everything iPad

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesdays & Thursdays

Fee: \$40

Nov 9-18

1:00-3:00



297 Apple Photos for iPad and iPhone

Carita DeVilbiss

Apple Photos on iPhone and iPad are basically the same. In this session, we will go over photos in general - taking, organizing, editing, sharing, etc. This course is more lecture-style, rather than hands-on. Join us to how to use the wonderful tool you carry around with you.

Location: Oasis at The Meadows

Thursday

Fee: \$9

Dec 2

1:00-3:00

298 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.

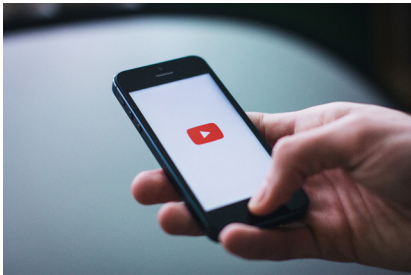
Location: Oasis at The Meadows

Tuesday

Fee: \$9

Nov 30

6:00-7:30



299 Using Google

Molly Valdez

Google is more than a search engine and email. You'll be amazed at how Google can improve your daily life with Calendar, Drive, and more. If you have a laptop, you're welcome to bring it and click along with us.

Location: Oasis at The Meadows

Wednesdays

Fee: \$18

Dec 8-15

10:00-12:00

300 Apple Photos for Mac Computers

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesday

Fee: \$9

Dec 7

1:00-3:00



GIVE FOR THE FUTURE



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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
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**Thank you for considering the
ultimate gift - a gift that is your legacy.**

Ready for an exciting
adventure this fall?!!



Become an Oasis Tutor!!!



- ♦ ***Choose a school near you***
- ♦ ***Tutor during school hours***
- ♦ ***Free Training provided***



You can **change a life** by providing the individual attention that **helps children** build confidence and experience success...

Choose from two convenient training dates this fall:

**Thursday, September 23rd, 9:00 am to 3:00 pm
AND**

Friday, September 24th, 9:00 am to 12:00 pm

OR

**Thursday, October 21st, 9:00 am to 3:00 pm
AND**

Friday, October 22nd, 9:00 am to 12:00 pm

MUST ATTEND BOTH DAYS OF TRAINING

**Please call Ginny Brown at 210-236-5954 to RSVP
or for more information.**

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

301 Protecting Your Money, Your Income and Your Lifestyle

Jake Yetterberg, CSA

In this class we will cover:

- Inflation is at a twelve-year high. Learn how to stay ahead of rising prices.
- How to view gold in your portfolio as inflation surges.
- How to protect from costly high debt.
- Two ways to get the government out of your pocket as taxes continue upward.
- Inflation's effect on the housing market and how it affects you.
- Long-term proven strategies to use as taxes go up and debt skyrockets.
- Congressional Budget Office projections and the steps they are signaling you should be taking.

Thursday
Free

Sep 16
10:00-11:30

302 Medicinal Teas & Supplements

Chelsea Carriker, MPH, CHES

Various teas and supplements have been known to be used for medicinal purposes. Some have shown promise for weight loss and possible other chronic conditions. We will discuss these teas and supplements and how they can medically benefit us.

Thursday
Free

Oct 14
10:00-11:30

303 Basic Drawing

Ginny Brown, LCHW

Basic pencil drawing techniques such as shading, understanding light and shadow, focus and blending can help you to understand the basics of drawing and set you off to creating your first professional drawing! The class will also offer advice on the tools and materials you need to know, such as varying pencils and graphite, blending stumps, paper options, and different erasers, as well as offer a brief participant drawing tutorial. Supplies will be provided.

Thursday
Free

Nov 11
10:00-11:30

304 History of Christmas Traditions

Michael Cude, Ph.D., Schreiner University

This course will examine the history of Christmas traditions in the U.S. and consider how medieval Christians established traditions for celebrating the birth of Jesus Christ and how the process adopted elements from pre-Christian Roman and Germanic holidays to help spread the faith. It will then examine how modern Americans adopted the holiday and the ways in which they modified and built upon the older traditions.

Thursday
Free

Dec 2
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:

- Independent living
- Assisted living
- Skilled nursing
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- Memory care
- Home health care

To learn more about our communities, or to schedule a tour, please call:

(210) 734-1000
www.mmliving.org



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The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

305 Texas, It's a Whole 'Nuther Country: A Guide to Gardening in South Texas

Bexar County Master Gardeners

Here in South Texas, we're fortunate that we can garden pretty much year-round, but there are a few things you should consider. In this class you will learn the tips and tricks to having a beautiful garden in South Texas.

Thursday
Free

Sep 9
2:00-3:30



307 Estate Planning-Wills and Trusts

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 great." 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

Oct 7
2:00-3:30



306 DASH Diet

Chelsea Carriker, MPH, CHES

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

Thursday
Free

Sep 23
2:00-3:30



308 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.

Thursday
Free

Oct 21
2:00-3:30



The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

309 Carol Burnett

Gloria Jennings

Carol Burnett is the namesake and first recipient of an inaugural honorary award for achievement in television at the 2019 Golden Globes. Burnett is an acclaimed actress across film, television and Broadway, best known for The Carol Burnett Show, which ran for 11 years and received 25 Emmy Awards. Join us as we discuss her legendary TV, movie and Broadway careers, and enjoy her early sitcoms.

Thursday
Free

Nov 4
2:00-3:30



311 Ask-A-Nurse

During this class you will have an opportunity to have open discussion with a nurse from Morningside Ministries' mmCare. Come with any health questions you might have!

Thursday
Free

Dec 9
2:00-3:30



310 Historic Districts in San Antonio

*Jessica Anderson, City of San Antonio
Office of Historic Preservation*

San Antonio currently has 29 different locally designated historic districts, each with its own distinct personality. They include neighborhoods and avenues, plazas and squares, building complexes, firehouses and churches-all connected to significant people or places that have had a lasting impact on the Alamo City. Many of San Antonio's historic neighborhoods began as new suburbs nearly 100 years ago. Come learn more about these neighborhoods and what makes each of them historic.

Thursday
Free

Nov 18
2:00-3:30



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SoleaAlamoRanch.com



The following classes are held at:
NORTHEAST SENIOR CENTER
 4135 Thousand Oaks

312 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.

Monday **Oct 18**
Free **1:00-2:00**

313 Fire Safety

Lt. Darla Parson, San Antonio Fire Dept.

The holidays are a time to be especially careful with fire, both inside and outside our homes. Please join us for a presentation by the San Antonio Fire Department for fire safety guidelines throughout the house during the busy holiday season.

Monday **Nov 15**
Free **1:00-2:00**



314 Mind, Body and Spirit: Exploring Holistic Health

Craig Stimson, LVN

While western medicine is the mainstay of our medical system, there is increased interest in non-traditional healing and wellness techniques from around the world that are showing great promise as tools to maintain wellness. Join us for an explanation of caring for the whole person. Mind, body and spirit.

Monday **Dec 6**
Free **1:00-2:00**

The following classes are held at:
DISTRICT 5 SENIOR CENTER
 2701 South Presa

315 Hydration and Healthy Beverages

Craig Stimson, LVN

Did you know there are more than 500 different bottled water products on the market shelf today? Come learn more about fluid intake, the importance of staying hydrated and facts about the hundreds of bottled waters available on the market today.

Wednesday **Oct 6**
Free **10:00-11:00**



316 Fall Prevention for Older Adults

Join a physical therapist from mmCare for a presentation on how you can prevent falls and remain safe and active for many years.

Wednesday **Nov 3**
Free **10:00-11:00**

317 Fire Safety

Lt. Darla Parson, San Antonio Fire Dept.

The holidays are a time to be especially careful with fire, both inside and outside our homes. Please join us for a presentation by the San Antonio Fire Department for fire safety guidelines throughout the house during the busy holiday season.

Wednesday **Dec 1**
Free **10:00-11:00**

The following classes are held at:
DISTRICT 2 SENIOR CENTER
1751 South W. W. White Rd.

318 Disaster Preparedness

Angie Gutierrez, Texas A&M AgriLife Extension

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

Monday **Oct 11**
Free **1:00-2:00**

319 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.

Monday **Nov 8**
Free **1:00-2:00**

The following classes are held at:
BOB ROSS SENIOR CENTER
2219 Babcock Rd

320 Fall Prevention for Older Adults

Join a physical therapist from mmCare for a presentation on how you can prevent falls and remain safe and active for many years.

Wednesday **Oct 13**
Free **9:00-10:00**

321 Healthy Holiday Eating

The holiday season is a time to celebrate with family and friends. For many it also becomes a time for over-eating and weight gain. Learn tips to enjoy holiday eating without the weight gain.

Wednesday **Nov 10**
Free **9:00-10:00**

The following classes are held at:
SOUTHSIDE LIONS SENIOR CENTER
3303 Pecan Valley Dr.

322 News from CPS Energy

CPS Energy Representative

Energy costs keep rising. Learn about changes to make in your home and about programs in our community that help seniors lower their energy use and power bill.

Tuesday **Oct 12**
Free **10:00-11:00**

323 Hydration and Healthy Beverages

Craig Stimson, LVN

Did you know there are more than 500 different bottled water products on the market shelf today? Come learn more about fluid intake, the importance of staying hydrated and facts about the hundreds of bottled waters available on the market today.

Tuesday **Nov 9**
Free **10:00-11:00**

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- Tutoring
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for more information**

324 Spanish Treasures of San Antonio

Bill Perryman, M.Ed.

Certified Professional Tour Guide

Discover three of San Antonio's most intriguing Spanish Treasures through the eyes of master teacher, historian and storyteller Bill Perryman. Tour begins in the lobby of the Drury Plaza Hotel at 105 South St. Mary's Street. Guests will visit San Fernando Cathedral, the Spanish Governor's Palace and Casa Navarro State Historic Site, the home of Jose Antonio Navarro. An interactive scavenger hunt challenge will tantalize the cerebral cortex at Casa Navarro. Listen 400 series audio technology will be available for the listening ease of each tour guest. Fee includes admission fees to the Spanish Governor's Palace and Casa Navarro State Historic Site. Parking fees not included.

Friday
Fee: \$35

Oct 8
9:30-11:30



325 San Antonio's Historic Eastside Cemeteries

Bruce Martin,

Certified Professional Tour Guide

Join this spirited visit to San Antonio's historic eastside cemeteries for an unforgettable experience. Learn tragic, humorous, and inspiring stories about famous and less well-known cemetery residents, and gain a better understanding of cemetery history and architecture during this comfortable tour through a lovely, but often overlooked, historic treasure. Wear comfortable shoes and meet at the southwest corner of Monumental and Paso Hondo.

Friday
Fee: \$25

Oct 29
9:00-11:00

326 Viva San Antonio! Downtown Highlights Tour

Bill Perryman, M.Ed.

Certified Professional Tour Guide



Have you ever wanted to take an all-encompassing professional tour of downtown San Antonio? Now is your chance! Master teacher and certified tour guide, Bill Perryman, will share intriguing stories, facts and details on a walking sojourn through the heart of our city! Departing from the lobby of the Drury Plaza Hotel (105 S. St. Mary's), this 18-block tour includes Main Plaza, Houston Street, Commerce Street, Alamo Plaza and a portion of the River Walk. Wear comfortable shoes, bring water and prepare for an adventure! Listen 400 Audio Technology is provided for the listening convenience of each tour guest. Parking fees not included.

Friday
Fee: \$25

Nov 12
9:00-11:45

327 Murals in Downtown San Antonio



Bruce Martin,

Certified Professional Tour Guide

Some exciting and beautiful murals have recently appeared downtown. Join this comfortable walking tour to discover new, large scale artworks that are energizing the heart of San Antonio and enriching the pedestrian experience. We will meet in Alamo Plaza across from Post Office at 615 E. Houston St. Parking fees not included.

Friday
Fee: \$25

Dec 3
9:30-11:30



**Walking Tours do not meet
at the Oasis Center.
Please check catalog for location.**

328 Schulenburg: Painted Churches and Museums

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

Thursday
Fee: \$69

Oct 7
8:00-6:00



Facebook/Schulenburg Painted Churches

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

329 Touring Cuero

We are heading to the Eagle Ford Shale area and will tour Cuero which is in Dewitt County, Texas and also the county seat. It is officially known as the "Turkey Capital of the World." In 2010, Cuero was named one of the "Coolest Small Towns in America" by Budget Travel Magazine. Our first stop will be the Cuero Heritage Museum to view the current featured exhibit and other city exhibits. Our next stop will be for lunch at Bahnhof Cafe. After lunch we will meet our tour guide at the Dewitt County Historical Museum and view the living history exhibit, the dogtrot and log cabin. We will end the day with a snack from the Cuero Pecan House. Cost includes motor coach transportation, lunch and tips. This trip requires moderate physical activity.

Wednesday
Fee: \$61

Nov 10
8:00-5:00

330 Hill Country Holiday Lights

Come join us by starting the holiday season seeing holiday lights along 281 south of Marble Falls.



We'll begin with dinner at the River City Grille on the banks of the Colorado River. After dinner enjoy the walking-of-lights tour in Marble Falls. Then we will board our coach to start the Lights Fantastic Tour South to Johnson City where lighting on the old Blanco County Courthouse and in the city park are a beautiful prelude to the Fairland of Lights around the Pedernales Electric Company. Johnson City, one of the largest light displays in the state, will have millions of lights, the courthouse with 100,000 lights and the Pedernales Electric Co-op Headquarters with 1,000,000 lights. Cost includes motor coach transportation, dinner and tips.

Thursday
Fee: \$67

Dec 9
3:30-10:00

800 Galveston - Dickens on the Strand

December 3-6, 2021

Join us for the annual "Dickens on the Strand" Festival in historic Galveston. After our get acquainted dinner, enjoy the Holiday Handbell Concert at famous St. Joseph's Church. Day two begins with a narrated tour of the city, all decorated for the holiday season with stops at the 1892 Bishop's Palace and the 1894 Opera House. Enjoy a live show at Albert's Whimsical Whisker Revue at Windsor Castle, followed by the popular Holiday Lantern Light Parade. The next morning we will have a narrated harbor cruise of the city and the ship canal, followed by a visit to the 1895 Moody Mansion. After lunch we will enjoy the elaborate "Queen's Parade" before visiting the famous Moody Gardens, with its glass pyramids full of lush tropical gardens and undersea aquariums. Walk along its Festival of Lights, a mile long trail with more than one million lights and lighted scenes take you around the Moody Gardens property with a spectacular view of Galveston Bay. Next we will all meet for our Farewell Dinner together. After departing our hotel we will have a tour of one of Galveston's most popular attractions, the Ocean Star Offshore Drilling Platform, a museum dedicated to how oil is extracted from the Gulf. Walk out onto this platform replica and learn all about oil drilling on the ocean floor.

This bus tour will depart from the Airport Security Parking Lot located at Airport Blvd. and Loop 410 East at 1106 Halm Blvd. Tour includes baggage handling, travel insurance, 6 meals and gratuities for tour manager, coach driver and local guides. Deposit: \$200 per person. Double: \$1,199 per person. Single: \$1,449. Final payment is due October 1, 2021. Credit cards accepted. Make checks payable to AFC Vacations.

331 Galveston - Dickens on the Strand Preview Show

Location: Oasis at The Meadows

**Tuesday
Free**

**Sep 7
11:00-12:00**

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



galveston.com



moodygardens.com

801 Great Trains and Grand Canyons

April 3-8, 2022

Has the Grand Canyon been on your bucket list for a while? If so, then come join us on this fabulous trip. Unpack once in Sedona then take two awesome rail trips, the Grand Canyon Railway and the Verde Canyon Rail. We will fly to Phoenix, board our deluxe motor coach and travel north to beautiful Sedona (altitude 4,350 feet) where we will stay for five nights. In Sedona we will take a Trolley Tour featuring the Chapel of the Holy Cross and Airport Mesa for spectacular views of the Sedona area. While in Sedona we will visit the Spanish Mexican Village of Tlaquepaque to explore art galleries and shopping opportunities.

Next we will have an unforgettable day with a drive through amazing Oak Creek Canyon and arrive in Williams (altitude 6,765 feet) to board the Grand Canyon Railroad for a two hour train journey to the South Rim of the Grand Canyon National Park (altitude 6,800 feet). Next visit Montezuma Castle National Monument, the ruins of a cliff dwelling built in the 12th and 13th century and visit the old mining town of Jerome. Next travel to Clarkdale to board the Verde Canyon Railroad train. This spectacular four hour train ride takes you between two national forests, past crimson cliffs, over old fashion trestles and through a 650 foot tunnel.

On our final day in Sedona in the evening we will experience a Farewell Dinner at the Blazin' M Ranch where we will enjoy a hearty Chuckwagon Supper and a Western Stage Show. 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: \$2,995 per person. Single: \$3,745. Final Payment due January 11, 2022. Credit cards accepted. Make checks payable to AFC Vacations.

332 Great Trains and Grand Canyons Preview Show

Location: Oasis at The Meadows

**Tuesday
Free**

**Sep 7
1:00-2:00**

**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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Introducing Silver Connect

Silver Connect is a new program that offers older adults a chance to connect with friendly volunteers. This **chat line** is a way for volunteers to stay connected through sincere, lively and heartfelt conversation. **Silver Connect** is not a crisis line, but a way to engage in friendly conversation with **adults age 50 and above** who are lonely.



For more information on the Silver Connect program
see pages 20 and 21 of your catalog.

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