



Spring 2022

Program Catalog

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



Sponsored by:





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 volunteers call **Silver Connect** today!



 **(210) 756-5551**

*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.*

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National News

The Oasis Institute / Spring 2022



Making an Impact

The Oasis Institute national office has been fortunate to recently receive funding for several projects to conduct research and/or examine best practices regarding programs affecting older adults. Results from these programs will be shared with Oasis centers and other organizations around the country that will have a positive impact on older adults.

Community Care Corps – The Administration for Community Living (ACL) awarded funding to Oasis and a team of partners to foster innovative models in which local volunteers assist family caregivers, older adults, or persons with disabilities with non-medical care in their own homes in order to maintain independence. Since 2020, Oasis has funded 56 grants to organizations in urban, suburban, rural, and Tribal communities across the country. At the end of the project, best practices and models will be identified and publicized.

Virtual Healthy Habits (VHH) – ACL has also awarded funding to Oasis to launch VHH, a program with

weekly virtual nutrition lessons, meal kit deliveries and cooking demonstrations. Oasis is partnering with Texas A&M Center for Population Health and Aging to conduct a research study to determine if VHH influences positive behavior change and more connectedness.



Intergenerational Tutoring Program Research – The RRF Foundation for Aging has funded Oasis for a research study in conjunction with Washington University in St. Louis to examine the benefits of virtual and in-person tutoring on older adults. Specifically, the study will look at different subgroups of volunteers, including older adult men, caregivers, first-time older adult volunteers, and single/isolated older adults. Results will add to a growing body of research showing the health benefits of volunteering and how a community benefits when their older adults are involved.



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

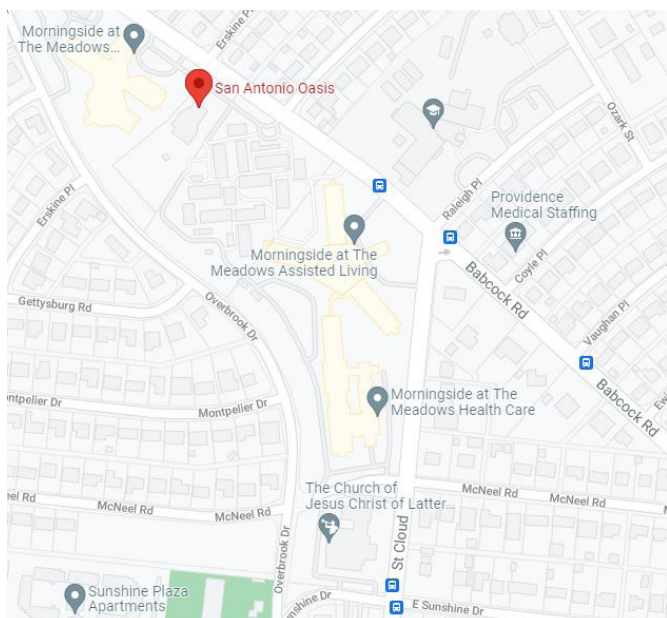
Welcome to Oasis

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:

December 20-January 2: Holiday Break

January 13: Volunteer Training

February 21: Presidents Day

February 25: Volunteer Recognition

April 8: Fiesta

April 22: Staff Retreat

On the Cover:

The Oasis Walking Group, a.k.a. the "Senior Steppers" enjoy their walk at Phil Hardberger Park.

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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 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 credit or refund, unless the class is canceled 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.

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!**

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 | Jan 17-Feb 16 |
| | Free | 12:00-12:45 |
| 101 | Mondays & Wednesdays | Feb 23-Mar 23 |
| | Free | 12:00-12:45 |
| 102 | Mondays & Wednesdays | Mar 28-Apr 20 |
| | Free | 12:00-12:45 |
| 103 | Mondays & Fridays | Jan 17-Feb 18 |
| | Free | 9:00-9:45 |
| 104 | Mondays & Fridays | Feb 28-Mar 25 |
| | Free | 9:00-9:45 |
| 105 | Mondays & Fridays | Mar 28-Apr 18 |
| | Free | 9:00-9:45 |
| 106 | Tuesdays & Thursdays | Jan 18-Feb 10 |
| | Free | 9:00-9:45 |

107 Texercise Select

Alesa Arnett

Originally developed by the Department of Aging and Disability Services (DADS), this program focuses on interactive educational discussions and physical activities. It is designed to help individuals increase their knowledge about the value of physical activity and healthy eating; increase their ability to engage in healthy behaviors, physical activity and good diet; and to improve their mobility to make sitting, standing and walking easier. This program meets twice per week for 10 weeks.

Location: Oasis at The Meadows

- | | |
|---------------------------------|----------------------|
| Tuesdays & Thursdays | Feb 15-Apr 21 |
| Free | 9:00-10:30 |

Tai Chi

Chiquita Picardo

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

Location: Oasis at The Meadows

- | | | |
|------------|----------------|----------------------|
| 108 | Mondays | Jan 17-Feb 14 |
| | Fee: \$35 | 10:15-11:45 |
| 109 | Mondays | Feb 28-Mar 21 |
| | Fee: \$28 | 10:15-11:45 |
| 110 | Mondays | Mar 28-Apr 18 |
| | Fee: \$28 | 10:15-11:45 |

Yoga Foundations

Lyn Bangs

An introduction to foundational yoga poses for beginners or those returning to yoga. Special attention is given to developing safe alignment movement patterns, and options are 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

- | | | |
|------------|----------------|----------------------|
| 111 | Mondays | Jan 17-Feb 14 |
| | Fee: \$35 | 1:15-2:15 |
| 112 | Mondays | Feb 28-Mar 21 |
| | Fee: \$28 | 1:15-2:15 |
| 113 | Mondays | Mar 28-Apr 18 |
| | Fee: \$28 | 1:15-2:15 |



Yoga for Active Bodies

Lyn Bangs

A more challenging yoga class connecting yoga poses into a flow that challenges balance and builds strength. This 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 are unable to kneel on a padded surface. Bring a yoga mat.

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 114 | Wednesdays | Jan 19-Feb 16 |
| | Fee: \$35 | 1:15-2:15 |
| 115 | Wednesdays | Feb 23-Mar 23 |
| | Fee: \$35 | 1:15-2:15 |
| 116 | Wednesdays | Mar 30-Apr 20 |
| | Fee: \$28 | 1:15-2:15 |

Yin Yoga and Yoga Nidra

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

- | | | |
|------------|-------------------|----------------------|
| 117 | Wednesdays | Jan 19-Feb 16 |
| | Fee: \$40 | 10:15-11:30 |
| 118 | Wednesdays | Feb 23-Mar 23 |
| | Fee: \$40 | 10:15-11:30 |
| 119 | Wednesdays | Mar 30-Apr 20 |
| | Fee: \$32 | 10:15-11:30 |



Chair Yoga

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

- | | | |
|------------|-------------------|----------------------|
| 120 | Mondays | Jan 17-Feb 14 |
| | Fee: \$35 | 2:30-3:30 |
| 121 | Mondays | Feb 28-Mar 21 |
| | Fee: \$28 | 2:30-3:30 |
| 122 | Mondays | Mar 28-Apr 18 |
| | Fee: \$28 | 2:30-3:30 |
| 123 | Wednesdays | Jan 19-Feb 16 |
| | Fee: \$35 | 2:30-3:30 |
| 124 | Wednesdays | Feb 23-Mar 23 |
| | Fee: \$35 | 2:30-3:30 |
| 125 | Wednesdays | Mar 30-Apr 20 |
| | Fee: \$28 | 2:30-3:30 |



Cardio Dance



Carol Lester

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

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 126 | Tuesdays | Jan 18-Feb 15 |
| | Fee: \$25 | 2:30-3:30 |
| 127 | Tuesdays | Feb 22-Mar 22 |
| | Fee: \$25 | 2:30-3:30 |
| 128 | Tuesdays | Mar 29-Apr 19 |
| | Fee: \$20 | 2:30-3:30 |

129 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 **Jan 18-Apr 14**
Free **10:45-11:45**

130 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 **Jan 18-Apr 14**
Free **12:00-1:00**

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.

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

131	Tuesdays	Jan 18-Feb 15
	Fee: \$25	3:45-4:45
132	Tuesdays	Feb 22-Mar 22
	Fee: \$25	3:45-4:45
133	Tuesdays	Mar 29-Apr 19
	Fee: \$20	3:45-4:45

Qigong

Fred Chavez

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

Location: Oasis at The Meadows

134	Wednesdays	Jan 19-Feb 16
	Fee: \$40	9:00-10:00
135	Wednesdays	Feb 23-Mar 23
	Fee: \$40	9:00-10:00
136	Wednesdays	Mar 30-Apr 20
	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

137	Fridays	Jan 21-Feb 18
	Fee: \$25	10:00-11:00
138	Fridays	Mar 4-Apr 1
	Fee: \$25	10:00-11:00

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

- | | | |
|------------|------------------|----------------------|
| 139 | Thursdays | Jan 20-Feb 17 |
| | Fee: \$25 | 1:15-2:15 |
| 140 | Thursdays | Feb 24-Mar 24 |
| | Fee: \$25 | 1:15-2:15 |
| 141 | Thursdays | Mar 31-Apr 21 |
| | Fee: \$20 | 1:15-2:15 |

Interval Cardio Workout

LeAnn Lupton

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

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 142 | Fridays | Jan 21-Feb 18 |
| | Fee: \$25 | 11:15-12:15 |
| 143 | Fridays | Mar 4-Apr 1 |
| | Fee: \$25 | 11:15-12:15 |

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

- | | | |
|------------|---------------------------------|----------------------|
| 144 | Mondays & Wednesdays | Jan 19-Feb 16 |
| | Fee: \$54 | 9:00-9:45 |
| 145 | Mondays & Wednesdays | Feb 23-Mar 23 |
| | Fee: \$42 | 9:00-9:45 |
| 146 | Mondays & Wednesdays | Mar 28-Apr 20 |
| | Fee: \$48 | 9:00-9:45 |

147 Pickleball: Learn and Play!

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	Feb 1-8
Fee: \$24	10:00-11:30



148 Oasis Walking Group

Chelsea Carriker, MPH, CHES

Join the Oasis Senior Steppers to get fit while exploring parks and walking trails in San Antonio. Each walk is about 2 miles and can include steep or uneven terrain. Each walk is at a different park or trail. You will receive a list of locations in your confirmation letter.

Fridays	Mar 4-Apr 1
Fee: \$25	9:00-10:00



Mindful Well-Being

Fred Chavez

Using practices and worksheet exercises taken from Positive Psychology, Integral Life and mindfulness teachings, we will cultivate a higher degree of well-being and resilience. Practices and exercises will closely look at life aspects including our emotions, attitudes, relationships, life purpose and meaning, strengths and physical vitality to name a few. Each session will examine different aspects of our life.

Location: Oasis at The Meadows

- | | | |
|------------|-------------------------------------|--|
| 149 | Tuesdays
Fee: \$40 | Jan 18-Feb 15
1:15-2:15 |
| 150 | Tuesdays
Fee: \$40 | Feb 22-Mar 22
1:15-2:15 |
| 151 | Tuesdays
Fee: \$32 | Mar 29-Apr 19
1:15-2:15 |



152 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 or two to attend the remaining sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

- | | |
|--------------------------------|--|
| Tuesdays
Free | Feb 22-Mar 29
10:00-12:00 |
|--------------------------------|--|

153 A Matter of Balance

For people who have a fear of falling and want to reduce their risk of a future fall. Enjoy healthy snacks and learn to view falls and the fear of falling as controllable. This 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

- | | |
|--------------------------------|---|
| Tuesdays
Free | Feb 1-Mar 22
1:00-3:00 |
|--------------------------------|---|

154 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 or two to attend the remaining sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

- | | |
|----------------------------------|---|
| Wednesdays
Free | Jan 24-Mar 7
1:00-3:00 |
|----------------------------------|---|

155 Aging Mastery Program

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

Location: Oasis at The Meadows

- | | |
|------------------------------------|---|
| Fridays
Fee: \$10 | Jan 21-Apr 1
10:00-11:30 |
|------------------------------------|---|

NUTRITION SERIES

156 Dairy Foods: Calcium and Vitamin D Superstars

Gretchen Hill

Join us for a look at dairy products from around the world! We will discuss milk, cheese, yogurt, kefir and other dairy products you may not have heard of. Is almond milk really milk? What about soy products, lactose free and shelf stable milk? We will answer these questions and many more! Those who attend will enjoy a healthy snack and receive a health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Monday **Feb 14**
Fee: \$5 **10:00-11:30**

157 The Whole Truth About Whole Grains

Carol White

There are many benefits to eating whole grains. Learn the difference between whole grains and refined grains. Participants will enjoy a healthy snack and receive a health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Friday **Feb 18**
Fee: \$5 **10:00-11:30**

158 The Importance of Vitamin D

UTSA Dietetic Dept.

Vitamin D, also referred to as the sunshine vitamin, is an important nutrient that many of us don't get enough of. Come learn all about the sunshine vitamin, the common sources, and how important it is to our health as we age.

Location: Oasis at The Meadows

Thursday **Feb 24**
Fee: \$5 **1:00-2:30**



159 Protein for Healthy Aging

Dr. Sarah Ullevig, RDN, LD, UTSA

Almost half of older adults are not meeting protein recommendations. Come learn of the importance of protein for healthy aging, food sources of protein, and how to incorporate more protein in your diet.

Location: Oasis at The Meadows

Tuesday **Mar 8**
Fee: \$6 **10:00-11:30**

160 The Benefits of Probiotics

San Antonio Food Bank

We will review the benefits of probiotics on our well-being and our gut health! Fermented foods and yogurt will be showcased in fun, simple ways to add to your diet.

Location: Oasis at The Meadows

Tuesday **Mar 29**
Free **10:00-11:30**

161 The Keto Diet

UTSA Dietetic Dept.

The Keto Diet is a popular diet in the health and fitness world but is it good for your health? What exactly is the keto diet? Join us to learn all about the keto diet and how it can affect your health.

Location: Oasis at The Meadows

Thursday **Mar 31**
Fee: \$5 **1:00-2:30**

162 Gaining Weight the Healthy Way

UTSA Dietetic Dept.

Gaining weight can be challenging, especially as we age and being underweight can have serious health consequences for older adults. In this class we will discuss the unhealthy and healthy ways to gain weight to improve our health and well-being.

Location: Oasis at The Meadows

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

163 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

Mondays Jan 24, Feb 28, Mar 28, Apr 18
Free 10:00-11:00

164 The Benefits of CBD

Jorge Escudero, R.Ph.

In this class, we will explore benefits as well as risks of CBD. But not all CBD is created equal. We will discuss the different types, dosage, and forms of CBD and how to make an informed decision to enhance your quality of life.

Location: Oasis at The Meadows

Tuesday Jan 18
Fee: \$6 1:00-2:30

165 Heart Health - Introduction to the Ornish Method

Craig Stimson, LVN

In 1990, cardiologist Dr. Dean Ornish published his findings on improving heart health through diet, exercise and spiritual well-being. Join us for a look at Dr. Ornish's findings and how you can start improving your health today.

Location: Oasis at The Meadows

Wednesday Jan 19
Fee: \$6 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.**

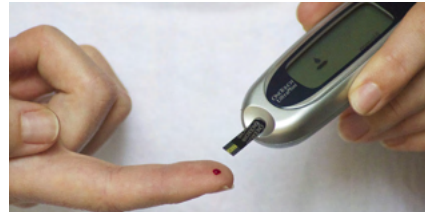
166 Managing Blood Sugar

mmCare

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

Location: Oasis at The Meadows

Thursday Jan 27
Fee: \$6 10:00-11:30



167 Legal and Financial Planning for Alzheimer's

Alzheimer's Association

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This class is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

Location: Oasis at The Meadows

Monday Jan 31
Free 1:00-2:30

168 Coping with Loneliness, Depression and Anxiety

Kathy Phoenix, LCSW

Feeling down every once in a while is a normal part of life, so how do you know if it is more serious? Although depression and anxiety can be common in the elderly population, it is not a normal part of aging. This class will discuss common signs and symptoms of chronic loneliness, anxiety and depression and offer ideas for support and treatment that may be needed.

Location: Oasis at The Meadows

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

169 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 Warnings Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch out for in themselves and others.

Location: Oasis at The Meadows

Tuesday
Free

Feb 1
6:00-7:30 🌙

170 Latest Dementia Research Updates

Ginny Funk, Alzheimer's Association

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

Location: Oasis at The Meadows

Thursday
Free

Feb 3
10:00-11:30



171 Memory Dynamics - Improving Your Memory

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
Fee: \$18

Feb 3-17
1:00-2:30

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

*UTSA Dietetic Dept. and
UT Health Pharmacy Dept.*

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

Location: Oasis at The Meadows

Thursday
Free

Feb 3
12:30-1:30

173 Supplement and Vitamin Interactions with Medications Check

*UTSA Dietetic Dept. and
UT Health Pharmacy Dept.*

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

Location: Oasis at The Meadows

Thursday
Free

Feb 3
1:45-3:00

174 Learning to be a Caregiver

Sara Masoud, MPH

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

Location: Oasis at The Meadows

Tuesday
Free

Feb 15
6:00-7:30 🌙



175 Become a Dementia Friend

Jennifer Brackett, M.S. Gerontology

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

Location: Oasis at The Meadows

Wednesday
Free

Feb 16
1:00-2:30

176 Healthy Aging - Be Well, Live Well

Mary Masterson, Texas A&M AgriLife Extension

This five-week session promotes healthy aging for adults over age 50. Each session will discuss a different topic on healthy aging such as nutrition, hydration, reading food labels, food safety and more!

Location: Oasis at The Meadows

Thursday
Free

Feb 17-Mar 17
10:00-11:30

177 50 Questions to Free Your Mind

Ginny Brown, LCHW

When we can ask that one question, at the right moment, it can give us clarity of direction, sense of purpose and a new perspective of how to handle the situation, memory or loved one. Sometimes all it takes is a little spark to ignite the right thoughts into action or to at least help us take into account what it is we are trying to answer in our lives. Come join us for a facilitated discussion on the 50 questions to "free your mind."

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Mar 22
10:00-11:30

178 Updates to the USDA Dietary Guidelines

UTSA Dietetic Dept.

The U.S. Department of Agriculture (USDA) creates a set of dietary guidelines for Americans every five years. The dietary guidelines are designed to help people consume a healthy and balanced diet to promote health and prevent disease. In this class, you will learn about the updates to the most current dietary guidelines for older adults including recommended intake of calories and the different food groups.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Mar 1
6:00-7:30



179 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.



Location: Oasis at The Meadows

Wednesday
Fee: \$6

Feb 23
1:00-2:30

SEVERE WEATHER OR EMERGENCIES

In the event of severe weather or emergencies, class cancellations will be posted to our website.

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


180 History of Herbed Vinegars

Craig Stimson, LVN

Herbed vinegars or shrubs are drinks made of fruit, vinegar and sugar and get their name from the Arabic sharab meaning, "drink." People have enjoyed herbed vinegars for hundreds if not thousands of years. From biblical times, to colonial America where sailors used them to prevent scurvy, to modern Asia where people sip drinking vinegars as a health tonic. You will learn more about the history of this tangy drink and sample a few variations during class.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Mar 22
6:00-7:30 


181 Inflammation and Your Body

Chelsea Carriker, MPH, CHES

Inflammation is our body's natural response to fighting things that harm it like infections and injuries. Prolonged inflammation can negatively impact your health in many ways. Learn all about what inflammation is, how it affects our body, and steps we can take to reduce it.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Mar 29
6:00-7:30 

182 Learn CPR

Certified CPR Instructor

Knowing how to perform CPR can save a life. In this class, you will learn from a certified CPR instructor the basics of CPR and how to use an AED through instruction and hands-on practice. This is an instructional class only and not a certification class. Those who attend will receive a CPR/AED booklet to take home.

Location: Oasis at The Meadows

Wednesday
Fee: \$45

Mar 30
1:00-2:30

183 Understanding the Diagnosis of Dementia

Dr. Mitzi Gonzales, Ph.D., ABPP-CN

Join us for a presentation by Dr. Mitzi Gonzales, Neuropsychologist from the Glenn Biggs Institute. Dr. Gonzales will lead this virtual presentation designed to enhance understanding of dementia and will explain the various types of dementia – including symptoms, diagnosis, disease progression, and treatment options. Attendees will be pointed in the right direction for resources, care, and treatment. This session is hosted by the UT Health School of Nursing's Caring for the Caregiver Program.

Location: Oasis at The Meadows

Monday
Free

Apr 4
10:00-11:30

184 How God Can Change Your Brain

Ginny Brown, LCHW

Based on the book *How God Changes Your Brain*, this class will share Andy Newburg's findings in his studies (with coauthor Mark Robert Waldman) that have convinced him of a link between spirituality and cognitive health: The neurochemical changes that he observed during meditation and prayer that appear to improve brain function.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Apr 5
10:00-11:30

185 Learn Basic First Aid

Certified First Aid Instructor

Understanding the basics of first aid can save a life. Learn from a certified first aid instructor how to respond to specific situations and safely provide medical assistance to those in need for a variety of medical conditions. This class is educational and will not provide a certification at the end of the course.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Apr 6
1:00-2:00

186 Updates on COVID-19

Chelsea Carriker, MPH, CHES

In this class, we will discuss current trends on COVID-19 transmission, updates on treatments options, and a look at what the most current research is reporting about COVID-19.

Location: Oasis at The Meadows

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

187 Safe at Home

mmCare

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

Location: Oasis at The Meadows

Thursdays **Apr 14-21**
Fee: \$6 **1:00- 2:30**

188 Home Safety for Caregivers

UT Health Caring for the Caregiver Team

This class provides tools you can use in a variety of settings to create a safe and comfortable environment for the cared for and the caregiver.

Location: Oasis at The Meadows

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

189 End of Life and Family Dynamics

Maria Wellisch, RN, LNFA, BBA

The decisions we make at the end of life can be difficult to deal with, especially as a family. In this presentation, we will explore family issues, new and old, that we are confronted with at the end of life and learn how to better communicate with each other. The goal of this presentation is to help families become more cohesive rather than distant when we need each other the most.

Location: Oasis at The Meadows

Monday **Apr 18**
Fee: \$6 **10:00-11:30**

190 Autoimmune Diseases - What are They?

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Meadows

Tuesday **Apr 19**
Fee: \$6 **1:00-2:30**

191 Taking Charge of Your Health

Ginny Brown, LCHW

Most people say that maintaining their independence is the most important thing they want to achieve as they grow older. For many, having an active lifestyle and healthy habits can mean the difference between meeting that goal or becoming dependent on others to support activities of daily living. This class hopes to inspire and help you to make the best choices for healthy, active and meaningful aging. All participants will receive a workbook.

Location: Oasis at The Meadows

Thursday **Apr 21**
Fee: \$6 **10:00-11:30**



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

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Classes taught by WellMed physicians

192 Prostate Cancer and Treatment Options

Did you know about 1 in 8 men will be diagnosed with prostate cancer during his lifetime? Prostate cancer is among the most common types of cancers among men aged 65 years and older. Learn from a physician about the causes, symptoms, and treatment options for prostate cancer.

Location: Oasis at The Meadows

Thursday
Free

Jan 20
1:00-2:00

195 Seasonal Allergies

Seasonal allergies affect millions of Americans, especially during the spring time. Learn from a physician what the most common causes of these allergies are for our area and what remedies are out there to combat them.

Location: Oasis at The Meadows

Monday
Free

Apr 4
1:00-2:00



193 Improving Gut Health

Our gut is a very complex system in our bodies and research has shown that our gut can affect our overall health. Learn from a physician what our gut is, the importance of it, and tips on how to improve our gut health.

Location: Oasis at The Meadows

Wednesday
Free

Feb 2
1:00-2:00



194 Bladder Health and Incontinence

Incontinence is the loss of bladder control and becomes more common as we age. Learn from a physician what causes incontinence, how to treat and manage it, as well as tips to improve your bladder health.

Location: Oasis at The Meadows

Thursday
Free

Mar 17
1:00-2:00

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196 Animals, Mythical Beasts and Monsters in the Bible

Christina Howard, M.A.

There is a literal zoo of animals mentioned in the Bible and its non-canonical books. The early Hebrews, Egyptians, Romans, Persians and Greeks all enjoyed household pets or service-type animals, but there's a whole dictionary of critters, wild or unique in the texts. In this zoo are also creatures we've relegated to myth, beasts like unicorns, dragons and leviathans. Nearly a dozen monsters controlled by the Divine walked the Earth on occasion. In this allergy-free animal presentation, we'll take a look at the various 'fantastic fauna' inhabiting the Bible's pages.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Jan 19
10:00-11:30



197 Teen Stars of the 50's

Beverly Prado

During the prosperity after World War II, Baby Boomers enjoyed the luxury of TV, films and music, which saw the emergence of young 'idols.' Clean cut stars like Frankie Avalon, Annette Funicello, Frankie Lyman, Brenda Lee, Fabian and others emerged, as did more rebellious stars like James Dean and Elvis. Disney movies produced many teen stars also. Who were your favorites? Let's take a trip down memory lane to explore how these celebrities influenced our youth.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Jan 20
1:00-2:30



198 Recalling Lost San Antonio

Bruce Martin,
Certified Professional Tour Guide

San Antonio's built environment continues to evolve – some buildings are saved and restored but many that once stood along our streets have been lost forever. We will see an impressive number of "before and after" photos from across San Antonio representing dramatic changes to the urban landscape. How many can you remember that are now gone?

Location: Oasis at The Meadows

Friday
Fee: \$9

Jan 21
10:00-11:30

199 Print Making and Collage

Gaylynnne Robinson

During this course we will make beautiful and original art prints using gelli plates, inks, acrylics, and handmade stencils and stamps. Art prints can be framed or used in collages and art journals. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Mondays
Fee: \$42

Jan 24-Mar 7
10:00-12:00

200 What is Flash Fiction and Why Should I Write It?

Gloria Jennings

Flash fiction is a style of writing which involves producing very short pieces of fictional literature. Works of flash fiction can comprise as little as a single page or 250 words. Therefore instead of a daunting 80,000-word novel, writers can try their hand at short pieces. They can see if they enjoy writing and want to spend more time doing it. Join us as we play with this genre of writing and see if we can write like Hemingway: "For sale: Baby shoes, never worn."

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Jan 25
10:00-11:30

201 Climate Change and Human History

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

Climate change is in the news almost every day, but science tells us that the climate has changed throughout Earth's history, from widespread ice ages to arid deserts and tropical hothouses. Because human history is shaped by the surrounding environment, it follows that changing climate conditions have also had an impact on our place in the world. This session will present the basic information behind our understanding of climate change, and explore how both the direct and indirect effects of Earth's climate have influenced the development of civilizations at key moments in human history.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Jan 25
10:00-11:30

202 Virgin or Vixen - The Six Wives

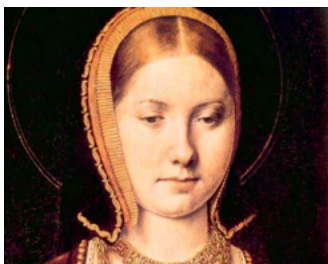
Judith Hurst, M.A.

Much has been written about "Macho" Henry VIII but should the three Catherines, two Annes and one Jane be relegated to footnotes or should they be allowed to run rampant through the factual historical text? This lecture/discussion will address whether it was worth losing one's head (literally or figuratively) for love or lust; whether these queens were consorts, helpmates or ciphers; and their legacies and contributions to history.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Jan 26
10:00-11:30



203 Tortillas: A San Antonio Story

Witte Museum

See, smell, hear, touch and taste history. Explore the history of the tortilla in San Antonio. Get messy as participants have the opportunity to create, contemplate, and consume the city's most famous flat bread.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Jan 26
1:00-2:30



204 The Horror Stories of Shirley Jackson

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

Shirley Jackson is one of the most brilliant and influential authors of the twentieth century, and is widely acclaimed for her stories and novels of the supernatural, including the well-known short story "The Lottery" and the best-selling novel *The Haunting of Hill House*. Come learn more about this fascinating author and her work.

Location: Oasis at The Meadows

Friday
Fee: \$6

Jan 28
10:00-11:30

205 Learn to Play Chess

Richard Garcia

Regular exercise of your brain with a thought-provoking game like chess can help prevent degenerative brain diseases like Alzheimer's from taking root. Do you want to play but don't know how? It's never too late to learn! Come learn how to play this popular brain-boosting game.

Location: Oasis at The Meadows

Tuesdays
Fee: \$12

Feb 1-22
6:00-7:30



206 International Stars of Hollywood

Beverly Prado

From the dawn of films there has been an international presence. From the silent movies of Greta Garbo and Rudolph Valentino to later films featuring Ingrid Bergman, Peter Lorre, Dolores Del Rio, Maurice Chevalier and others, stars from afar made their mark on Hollywood. Directors such as Billy Wilder, Alfred Hitchcock and George Cukor must be included in this conversation too. What was their influence on American films? Film clips and interviews will be featured.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Feb 1

10:00-11:30

207 San Antonio Overview- The History of S.A. from Beginning to Present Day

Bill Perryman, M.Ed.,

Certified Professional Tour Guide

Presented by award winning teacher and certified tour guide, Bill Perryman, this fun-filled presentation offers a multi-faceted view of San Antonio's rich history which is synonymous with many significant events in Texas history. Prepare for an experience! Leave inspired!

Location: Oasis at The Meadows

Wednesday

Fee: \$10

Feb 2

10:00-11:30

208 Easy Plant Propagation

Bill Swanter,

Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Feb 8

10:00-11:30



209 Movie Discussion: Chicago

Lynn Waghalter

Awarded Oscars for Best Film and Best Supporting Actress (Catherine Zeta-Jones), this hit stage musical turned-Oscar winning film features sly lawyer (Richard Gere) and two women accused of murder (Catherine Zeta-Jones and Renée Zellweger) who become media darlings in this Jazz Age tale. The first week we will watch the movie, the second we will discuss it. Refreshments will be served.

Location: Oasis at The Meadows

Tuesdays

Fee: \$8

Feb 8-15

3:00-5:00



210 The Warrior Tradition

Gloria Jennings

The Warrior Tradition tells the astonishing, heartbreaking, inspiring, and largely untold story of Native Americans in the United States military. The film chronicles the accounts of Native American warriors from their own points of view- stories of service and pain, courage and fear. During World War I, not all Native Americans were even citizens of the United States and couldn't be drafted; yet more than 12,000 Native American men volunteered. Even in an unpopular war in Vietnam, 90 percent of the 42,000 Native people who served were volunteers. The roll call of valor is endless. But there's more to the story than heroism, and more than one way to be a warrior.

Location: Oasis at The Meadows

Thursday

Fee: \$6

Feb 10

10:00-11:30

211 Untold Stories of San Antonio Women

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

From Emma Tenayuca to Eleanor Brackenridge, San Antonio women have changed not only San Antonio's history, but the history of the United States. Come to this class to hear the untold stories of some of San Antonio's change-making women.

Location: Oasis at The Meadows

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

212 Robert Frost

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

One of the most celebrated poets in America, Robert Frost, was much admired for his depictions of rural life in 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 Feb 11
Fee: \$6 10:00-11:30**

213 Chalk Pastels

Edith Stanley

Chalk pastels are easy and fun. With just a few strokes, you can create a colorful and bright project. In this class you will learn the basics of drawing with chalk pastels. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

**Tuesdays Feb 15-22
Fee: \$12 3:30-5:30**



214 The "British Invasion" of Hollywood

Beverly Prado

Beginning with stars such as Cary Grant, David Niven, Greer Garson, Deborah Kerr, Sean Connery and others, the British influence on American cinema has been immense. How and why did it happen? What was the appeal of these superstars? This class will examine these questions through discussion and film clips. Join us for a conversation about our fascination with the British.

Location: Oasis at The Meadows

**Wednesday Feb 23
Fee: \$6 1:00-2:30**

215 Nature in Watercolor

Molly Valdez

Watercolor is an easy and fun paint to create with. In this class, you will experience techniques and tools while creating artworks in vibrant and soft hues. Supply list will be provided. Approximate cost of supplies is \$35.

Location: Oasis at The Meadows

**Thursdays Feb 24-Mar 17
Fee: \$28 10:00-12:00**



216 Basic Drawing

Molly Valdez

All skill levels are welcome in this class where we will learn drawing techniques such as shading, composition, and depth. Additionally, we'll learn how to see with an artist's eye and capture what we see on paper. Supply list will be provided. Approximate cost of supplies is \$16.

Location: Oasis at The Meadows

**Thursdays Feb 24-Mar 17
Fee: \$28 1:00-2:00**

217 Observing the Night Sky

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

Human beings have always been fascinated by the lights in the sky. Most of these lights are stars and they appear to be fixed with respect to each other. Seven objects do appear to move against the background stars: the Sun, the Moon, Mercury, Venus, Mars, Jupiter and Saturn. Occasionally meteors and bright comets offer a temporary change of scenery. This class will teach you how to begin learning to navigate the night sky.

Location: Oasis at The Meadows

Monday

Fee: \$6

Feb 28

1:00-2:30



218 Volcanoes and Earthquakes

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

Because geology is so central to human society, it is often in the news. Unfortunately, the biggest headlines are often the result of geologic natural disasters, such as earthquakes and volcanoes. These large-scale, disruptive events have occurred throughout Earth's history, and have changed the course of human civilizations. In this session, we will discuss the science behind volcanoes and earthquakes, including the factors that control where these natural hazards occur, how we measure their magnitudes, and what we can do to monitor and prepare for these disasters.

Location: Oasis at The Meadows

Tuesday

Fee: \$6

Mar 1

10:00-11:30



219 Zen Mandalas for Meditation and Reflection

Gaylynn Robinson

Come de-stress with us while we create zen mandalas from patterns and from our imagination. Bring your choice of colored pencils, markers, watercolors or collage to render your mandalas while we take time to reflect, meditate, and create. You just might surprise yourself with how fun an afternoon of zenful doodling can be.

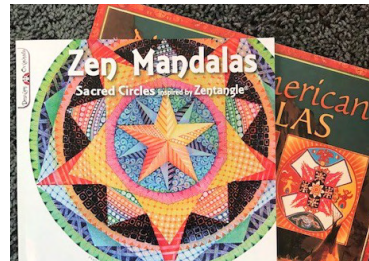
Location: Oasis at The Meadows

Wednesdays

Fee: \$28

Mar 2-23

1:00-3:00



220 Medieval Literature- Sir Gawain and the Green Knight

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

The anonymous poem Sir Gawain and the Green Knight is considered one of the masterpieces of Middle English literature. Come to this class to learn more.

Location: Oasis at The Meadows

Friday

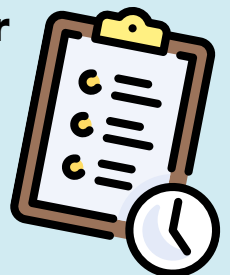
Fee: \$6

Mar 4

10:00-11:30

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.



221 Bullet Journaling

Ginny Brown, LCHW

A bullet journal is a method of personal organization developed by designer Ryder Carroll. The system organizes scheduling, reminders, to-do lists, brainstorming, and other organizational tasks into a single notebook. You can also customize it with your favorite quotes, pictures, drawings and other ideas of creativity! Come and be prepared to create! If you have a journal and pens, pencils or markers you would like to use, please bring them.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Mar 8
6:00-7:30 🌙

222 Monarchs of the Bible

Christina Howard, M.A.

When reading the Bible, it seems like there's a king mentioned nearly every other page. King This did that and King That did this. As it turns out, there are only about 108 named kings or rulers, not counting queens, princes, and princesses. In this presentation, we'll go over their names and lands and focus in on a few of the more interesting men and women. We'll also touch base with some of their more 'colorful' wives or children.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Mar 9
1:00-2:30

223 Japanese Internment Camps of WWII

Larry Yano

From 1942-1946, persons of Japanese ancestry were expelled from their homes and confined in desolate, inland camps. This course will explore life in the camps and also explore the basic causes of how this came about.

Location: Oasis at The Meadows

Fridays
Fee: \$8

Mar 11-18
10:00-11:30

224 Kenny Rogers

Gloria Jennings

One of his generation's most influential country musicians with a career spanning six decades, Rogers nabbed more than 60 Top 40 hits, including "The Gambler," "Lady," and "Islands in the Stream." He was a three-time recipient of the Grammy Award. Join us as we celebrate his life with music and memories.

Location: Oasis at The Meadows

Monday
Fee: \$6

Mar 14
10:00-11:30



225 Japanese Criminal Gangs-The Yakuza

Roger Pratt, M.A. in East Asian Studies

This class is to provide you with a brief overview of criminal activity in Japan, with specific reference to the Yakuza (pronounced Yah-koo-zah) and how/why they operate and how the general populace feels about them and reacts to them. Rather than a lecture, it's more of a discussion, where your questions, experience and input are encouraged and welcomed.

Location: Oasis at The Meadows

Monday
Fee: \$6

Mar 14
1:00-2:30

226 Art Journaling

Gaylynne Robinson

What could be better than good friends and good conversation? Just add art of course! We will try new techniques in every class to fill your art journal with pages and pages of pretty art in a simple concertina book we will make in class. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Mondays
Fee: \$42

Mar 14-Apr 18
10:00-12:00

227 The Cultural History of Hemisfair

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

Hemisfair and the Tower of Americas are iconic features of San Antonio's cultural landscape. Come learn all about how Hemisfair and the land around it is intrinsic to San Antonio's earliest days. You'll learn how Hemisfair came to be, what existed there before the Tower of Americas was built, who led the effort, who was affected by the initiative and what the future holds for this important part of San Antonio.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Mar 16
1:00-2:30



hemisfair.org

228 Painting with Acrylics

Georgia Stok

Painting with acrylics can be rewarding, easy and fun. It's one of the most popular types of paint, because it is so versatile. Acrylics can be used in many different ways to create many different styles of art. Mistakes can be easily and quickly over painted. As a media, it has its own special characteristics and "tricks" to learn one of which is to how to handle such quick drying paint! Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Tuesdays
Fee: \$42

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



Looking for a Gift Idea?

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Gift Certificate!**

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229 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

Mar 15-Apr 19
6:00-7:30



230 The "Natural Inferiority" of Women

Judith Hurst, M.A.

Let's have a little fun discussing and laughing at what men have said about women (aka the imperfect man). From the Marquis de Sade to Hemingway, Tama Starr's compilation, *The "Natural Inferiority" of Women: Outrageous Pronouncements by Misguided Males* provides, not only hilarity, but thought-provoking insight as to how these men's circular reasoning impacted our religion, philosophy, literature and law.

Location: Oasis at The Meadows

Monday
Fee: \$6

Mar 21
10:00-11:30

231 Spring and Summer Annuals

Bexar County Master Gardeners

Spring and summer annuals fill a garden with bold waves of color. Whether your garden is a large country plot or a group of containers on a city balcony, easy-to-grow annuals can add a burst of color wherever you need it. Learn which annuals work best in our area and tips for growing them.

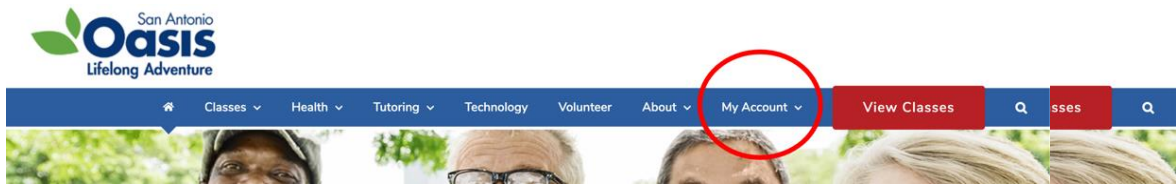
Location: Oasis at The Meadows

Monday
Fee: \$6

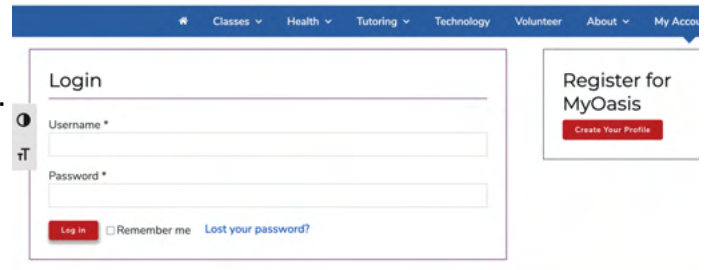
Mar 21
1:00-2:30

Registering for Classes Online

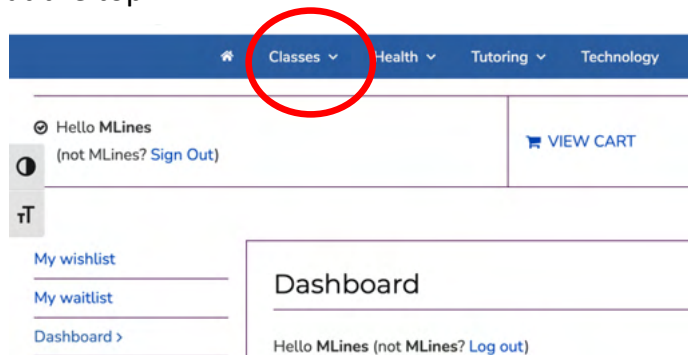
1) Visit: <https://san-antonio.oasisnet.org/> and at the top of the page – click on “My Account”.



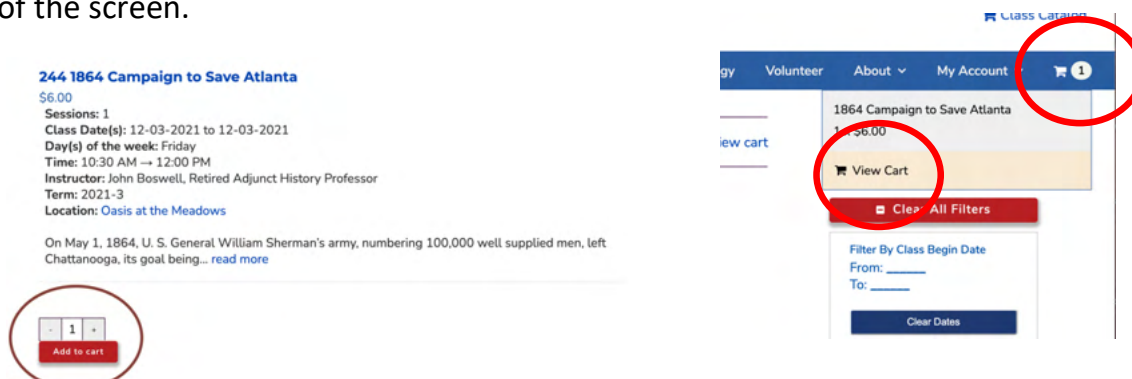
2) Login with your username and password or Register for MyOasis. *If you are unsure of your username, give Oasis a call at 210-236-5954.



3) Once logged in, select “Classes” at the top of the page.



4) Find the classes you would like to register for and click “Add to Cart”. Once you have added all of the classes you would like to add to your cart, click on “View Cart” at the top right hand corner of the screen.



5) Once in your cart, scroll down to the bottom of the page and follow the prompts to complete the order process. When the required information is input, click on “Place Order” and you will receive an email confirmation within 1 business day.

Registration Procedures

See Refund
Policy on
Page 4

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

- **Walk-In and Mail-In - Registrations Processed January 5, 2022 (Center will be closed December 20-January 2)**
Registrations are placed in a box and randomly drawn and processed.
- **Online - Registration Opens January 5, 2022 at 10:00am**
- **Phone-In - Registration Opens January 10, 2022**

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 issued as a 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 Select	Free			
	108	Tai Chi	\$35			
	109	Tai Chi	\$28			
	110	Tai Chi	\$28			
	111	Yoga Foundations	\$35			
	112	Yoga Foundations	\$28			
	113	Yoga Foundations	\$28			
	114	Yoga for Active Bodies	\$35			
	115	Yoga for Active Bodies	\$35			
	116	Yoga for Active Bodies	\$28			
	117	Yin Yoga and Yoga Nidra	\$40			
	118	Yin Yoga and Yoga Nidra	\$40			
	119	Yin Yoga and Yoga Nidra	\$32			
	120	Chair Yoga	\$35			
	121	Chair Yoga	\$28			
	122	Chair Yoga	\$28			
	123	Chair Yoga	\$35			
	124	Chair Yoga	\$35			
	125	Chair Yoga	\$28			
	126	Cardio Dance	\$25			
	127	Cardio Dance	\$25			
	128	Cardio Dance	\$20			
	129	BrainSavers Part 1	Free			
	130	BrainSavers Part 2	Free			
	131	Movin' and Groovin'	\$25			
	132	Movin' and Groovin'	\$25			
	133	Movin' and Groovin'	\$20			
	134	Qigong	\$40			
	135	Qigong	\$40			
	136	Qigong	\$32			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	137	Balance for Daily Life	\$25			
	138	Balance for Daily Life	\$25			
	139	Beginner Ballet	\$25			
	140	Beginner Ballet	\$25			
	141	Beginner Ballet	\$20			
	142	Interval Cardio Workout	\$25			
	143	Interval Cardio Workout	\$25			
	144	Deep Water Aquacise	\$54			
	145	Deep Water Aquacise	\$42			
	146	Deep Water Aquacise	\$48			
	147	Pickleball - Learn and Play!	\$24			
	148	Walking Group	\$25			
	149	Mindful Well-Being	\$40			
	150	Mindful Well-Being	\$40			
	151	Mindful Well-Being	\$32			
	152	Healthy Life/Chronic Conditions	Free			
	153	A Matter of Balance	Free			
	154	Diabetes Self-Management	Free			
	155	Aging Mastery Program	\$10			
	156	Calcium and Vitamin D	\$5			
	157	Truth About Whole Grains	\$5			
	158	The Importance of Vitamin D	\$5			
	159	Protein for Healthy Aging	\$6			
	160	The Benefits of Probiotics	Free			
	161	The Keto Diet	\$5			
	162	Gaining Weight Healthy Way	\$5			
	163	Caregiver Support Group	Free			
	164	The Benefits of CBD	\$6			
	165	Heart Health	\$6			
	166	Managing Blood Sugar	\$6			
	167	Legal/Financial Alzheimer's	Free			
	168	Coping with Loneliness	\$6			
	169	10 Warning Signs of Alzheimer's	Free			
	170	Dementia Research Updates	Free			
	171	Memory Dynamics	\$18			
	172	Food/Supplement Interaction	Free			
	173	Supplement/Vitamin Interaction	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#
	174	Learning to be a Caregiver	Free			
	175	Become a Dementia Friend	Free			
	176	Healthy Aging	Free			
	177	50 Questions to Free Your Mind	\$6			
	178	USDA Dietary Guidelines	\$6			
	179	Holistic Health	\$6			
	180	History of Herbed Vinegars	\$6			
	181	Inflammation and Your Body	\$6			
	182	Learn CPR	\$45			
	183	Understanding Dementia	Free			
	184	How God Can Change Your Brain	\$6			
	185	Learn Basic First Aid	\$7			
	186	Updates on COVID-19	\$5			
	187	Safe at Home	\$6			
	188	Home Safety for Caregivers	Free			
	189	End of Life and Family Dynamics	\$6			
	190	Autoimmune Diseases	\$6			
	191	Taking Charge of Your Health	\$6			
	192	Prostate Cancer	Free			
	193	Improving Gut Health	Free			
	194	Bladder Health	Free			
	195	Seasonal Allergies	Free			
	196	Monsters in the Bible	\$6			
	197	Teen Stars of the 50's	\$6			
	198	Recalling Lost San Antonio	\$9			
	199	Print Making and Collage	\$42			
	200	Flash Fiction	\$5			
	201	Climate Change/Human History	\$6			
	202	Virgin or Vixen-The Six Wives	\$6			
	203	Tortillas: A San Antonio Story	\$6			
	204	Horror Stories of Shirley Jackson	\$6			
	205	Learn to Play Chess	\$12			
	206	International Stars of Hollywood	\$6			
	207	San Antonio Overview	\$10			
	208	Easy Plant Propagation	\$6			
	209	Movie Discussion: Chicago	\$8			
	210	The Warrior Tradition	\$6			
	211	Untold Stories of SA Women	\$6			
	212	Robert Frost	\$6			
	213	Chalk Pastels	\$12			
	214	British Invasion of Hollywood	\$6			
	215	Nature in Watercolor	\$28			
	216	Basic Drawing	\$28			
	217	Observing the Night Sky	\$6			
	218	Volcanoes and Earthquakes	\$6			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	219	Zen Mandalas	\$28			
	220	Medieval Literature	\$6			
	221	Bullet Journaling	\$6			
	222	Monarchs of the Bible	\$6			
	223	Japanese Internment Camps	\$8			
	224	Kenny Rogers	\$6			
	225	Japanese Criminal Gangs	\$6			
	226	Art Journaling	\$42			
	227	Cultural History of Hemisfair	\$6			
	228	Painting with Acrylics	\$42			
	229	How to Play Bridge	\$30			
	230	Natural Inferiority of Women	\$6			
	231	Spring and Summer Annuals	\$6			
	232	Academy Award Winning Songs	\$6			
	233	More San Antonio Murals	\$9			
	234	The Art of Journaling	\$5			
	235	San Antonio's Fiesta Parades	\$10			
	236	Historic Districts in San Antonio	\$6			
	237	The Texas Cattle Trail Drives	\$6			
	238	Fred Astaire	\$6			
	239	Writers Group	\$5			
	240	The Edge of Space	\$6			
	241	Spring Floral Arrangement	\$35			
	242	Romanian History	\$6			
	243	King Solomon	\$6			
	244	SA's Architectural Legacy	\$9			
	245	Willie Nelson-The Legend	\$6			
	246	Wine Tasting: Italian Wines	\$35			
	247	CPS Energy Energy	Free			
	248	Advanced Directives	\$6			
	249	Volunteering at Oasis	Free			
	250	All About Silver Connect	Free			
	251	Cryptocurrency-Why Is It?	\$6			
	252	Cryptocurrency-What Is It?	\$6			
	253	Tax Planning is Changing	\$6			
	254	Criminal Justice Reform in Texas	\$6			
	255	There is No Place Like Home	Free			
	256	Homemade Simple: Easy Cheesy	Free			
	257	All About Oasis	Free			
	258	2022 Planning Tips	\$6			
	259	Getting Your Affairs in Order	Free			
	260	Top Scams Against Seniors	\$4			
	261	Simple Steps to Protect You	\$6			
	262	Serving as an Executor	\$6			
	263	Cooking for 1 or 2	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	264	VIA Services for Seniors	Free			
	265	Peace Corps Opportunities	Free			
	266	Protecting Your Finances	\$6			
	267	Veterans Resources	Free			
	268	Birds of South Texas	\$4			
	269	All About Medicare	Free			
	270	San Pedro Creek	\$4			
	271	Funeral Consumers Alliance	\$4			
	272	Alamo Service Connection	Free			
	273	Powers of Attorney	\$6			
	274	Cooking on a Budget	Free			
	275	Traveling on Today's Train	\$5			
	276	Landscape Ground Covers	\$6			
	277	After the Flush	Free			
	278	Sign Up for Classes Online	Free			
	279	Sign Up for Classes Online	Free			
	280	Sign Up for Classes Online	Free			
	281	Using PowerPoint	\$20			
	282	Android Essentials	\$32			
	283	Apple Photos / iPhone and iPad	\$10			
	284	Apple Photos / Mac Computers	\$10			
	285	iPhone for Beginners	\$20			
	286	Intermediate iPhone	\$20			
	287	Fun with MS Word!	\$20			
	288	Smartphone Photography	\$10			
	289	How to Use Zoom	Free			
	290	Everything iPad	\$40			
	291	Using Passwords	\$10			
	292	Intro to Windows 11	\$10			
	293	Online Shopping	\$10			
	294	Windows 10	\$32			
	295	Google Maps	\$10			
	296	Cybersecurity	\$10			
	297	10 Fun Things With Your iPad	\$10			
	298	Google Calendar	\$10			
	299	Basic Nutrition for Older Adults	Free			
	300	Medicare Explained	Free			
	301	The History of US Immigration	Free			
	302	Understanding Alzheimer's	Free			
	303	Small Watercolor Landscapes	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	304	Comedic Odd Couples	Free			
	305	After Rehab	Free			
	306	Wills and Trusts	Free			
	307	Container Gardening	Free			
	308	10 Warning Signs of Alzheimer's	Free			
	309	The Mediterranean Diet	Free			
	310	Fall Prevention for Older Adults	Free			
	311	Men's Health after 60	Free			
	312	Levels of Care in Senior Living	Free			
	313	Medicare Updates	Free			
	314	Healthy Relationships	Free			
	315	CPS Energy - Tips on Safety	Free			
	316	Basic Nutrition for Older Adults	Free			
	317	All About Project MEND	Free			
	318	Veterans Resources	Free			
	319	Taking Charge of Your Health	Free			
	320	Basic Nutrition for Older Adults	Free			
	321	Men's Health after 60	Free			
	322	Hydration and all about Water	Free			
	323	CPS - Tips on Safety	Free			
	324	Alamo Service Connection	Free			
	325	Outsmart the Scammers	Free			
	326	Fall Prevention for Older Adults	Free			
	327	Alamo Service Connection	Free			
	328	Medicare Updates	Free			
	329	Veterans Resources	Free			
	330	Strong Women Cemetery Tour	\$27			
	331	Mission San Jose Walking Tour	\$27			
	332	Public Art Walking Tour	\$27			
	333	King William Walking Tour	\$27			
	334	Victoria Day Trip	\$71			
	335	Texas A&M Singing Cadets	\$85			
	336	Fredericksburg Day Trip	\$95			
	337	Adventures in Columbus	\$69			
	338	Northwest Parks Preview Show	Free			
	339	Coastal Maine Preview Show	Free			
	340	Tax Day	Free			
	802	Waterways and Northwest Parks	\$350 dep			
	803	Coastal Maine Lighthouses	\$350 dep			



I am adding a \$10.00 donation to help Oasis

☐ I am including \$10 check or cash

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

Bring registration form or mail it to:

Oasis at The Meadows

700 Babcock Rd., San Antonio, TX 78201

FOR OFFICE USE ONLY

Date: _____

☐ Walk In

☐ Phone In

☐ Mail In

☐ Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

232 Academy Award Winning Songs

Beverly Prado

Music from films was largely ignored until the 1930s when audience reaction to original songs in movies became popular. Beginning with "The Continental" from the Astaire/Rogers film *The Gay Divorcee*, this Oscar category grew in stature. Popular songs like "The Way You Look Tonight," "Over the Rainbow," "When You Wish Upon a Star," and "Moon River" were winners, but there were some well-known classics that were not as lucky. "Cheek to Cheek," "Pennies From Heaven," "That Old Black Magic" were left out.

Location: Oasis at The Meadows

Wednesday
Fee: \$6

Mar 23
10:00-11:30

233 More San Antonio Murals

Bruce Martin, Certified Professional Tour Guide

Beautiful murals are being created throughout San Antonio. Discover exciting murals from all corners of our city-huge to petite, bold to subtle, obvious to hidden. Our community culture is enriched by these wonderfully vibrant artworks accessible to all.

Location: Oasis at The Meadows

Wednesday
Fee: \$9

Mar 23
1:00-2:30



234 The Art of Journaling

Gloria Jennings

Why keep a journal? A journal is a safe place to vent, blurt out, and brag without appearing foolish. Join us as through videos and discussion we talk about the art of journaling and the health benefits of putting pen to paper. No experience necessary.

Location: Oasis at The Meadows

Thursday
Fee: \$5

Mar 31
10:00-11:30

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

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

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

Location: Oasis at The Meadows

Monday
Fee: \$10

Mar 28
10:00-11:30

236 Historic Districts in San Antonio

*Jenny Hay, Ph.D., 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.

Location: Oasis at The Meadows

Monday
Fee: \$6

Mar 28
1:00-2:30

**REGISTER
EARLY...**

**or the class you want
may be filled!**

237 The Texas Cattle Trail Drives

*John Boswell,
Retired Adjunct History Professor*

For a quarter century after the War Between the States, some 30,000 Texans drove 15 million Texas Longhorns from South Texas to distant destinations-west, east, and mostly north. The profitable sale of these bovine was a godsend for Texas' war-wrecked economy. And the very image of the Texas cowboy and cattle culture was derived from the trail drives. This lecture will examine how it all began; the Longhorns' DNA; the trail drive experience; the financial side of the trade; and the reasons for its demise.

Location: Oasis at The Meadows

Friday **Apr 1**
Fee: \$6 **10:30-12:00**

238 Fred Astaire

Beverly Prado

Who hasn't heard of Fred Astaire? In the golden age of Hollywood and beyond, he was a triple threat, ever elegant and charming. But what was the man really like? This presentation will examine his life and career, including a discussion of his often ignored singing style.

Location: Oasis at The Meadows

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



239 Writers Group

Virginia Bennack

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 **Jan 18, Feb 15, Mar 15, Apr 19**
Fee: \$5 **10:00-11:30**

240 The Edge of Space

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

The universe originated in a Big Bang about 13.7 billion years ago. As we look deep into the universe, we see that the most distant objects are moving away from us much faster than nearby objects, and through careful measurement, we have been able to determine the expansion rate of the universe. This has informed our Big Bang cosmology. In this class you will learn about how to measure the Big Bang, its after effects, and the age of the universe. You will also be introduced to some of the problems cosmologists still have with our existing models.

Location: Oasis at The Meadows

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

241 Create a Spring Floral Arrangement

The Rose Boutique

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

Location: Oasis at The Meadows

Tuesday **Apr 12**
Fee: \$35 **10:00-11:30**

242 Romanian History

Michael Cude, Ph.D., Schreiner University

The country of Romania, in southeastern Europe, has a diverse and interesting history. After a brief overview of pre-modern history in the area that becomes Romania, this course will examine Romania's creation as a country and kingdom in the late 19th century and then examine its evolution as part of the major events of the 20th century, including the World Wars, the Cold War, and the 1989 Revolutions.

Location: Oasis at The Meadows

Wednesday **Apr 13**
Fee: \$6 **10:00-11:30**

243 King Solomon: His Life and Times

Christina Howard, M.A.

Enjoy a fast-paced, visual presentation on one of the Bible's famous characters, King Solomon. Using biblical, historical, and media resources, learn how he rose to power and about his mighty fall from grace. As the Elvis of his time, he was known from Spain to China. Who was he really? What was life like under his rule? This class covers his biography, the history of the 10th Century B.C. Levant area and his international relations.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Apr 14
1:00-2:30

244 San Antonio's Architectural Legacy

*Bruce Martin,
Certified Professional Tour Guide*

Downtown San Antonio provides an impressive range of architectural treasures from a variety of distinguished architects. We will review the work of several architects whose handsome buildings defined the city's center, their vision and commitment to quality created San Antonio's architectural legacy.

Location: Oasis at The Meadows

Wednesday
Fee: \$9

Apr 20
10:00-11:30

245 Willie Nelson- The Legend

Gloria Jennings

Willie Nelson is an American musician, singer, songwriter, author, poet, social activist, and actor. Owing to the tremendous success of his albums *Shotgun Willie* and *Red Headed Stranger*, Willie became one of the most influential names in the history of American country music. Join us as we explore his musical talent.

Location: Oasis at The Meadows

Thursday
Fee: \$6

Apr 21
10:00-11:30



246 Wine Tasting: Italian Wines

Bob Bragg, WSET Level 3, CSW

Italian wine is produced in every region of Italy, home to some of the oldest wine-producing regions in the world. Italy is the world's largest producer of wine, and has a wider selection of wines than anywhere else in the world. Come to the class to taste and learn about Italian wines.

Location: Oasis at The Meadows

Wednesday
Fee: \$35

Apr 13
1:00-2:30



GIVE FOR THE FUTURE



Making a gift is easy.

Through your will or estate plan you can meet the needs of your loved ones and also leave a legacy to Oasis by supporting the programs you love.

Call Oasis at (210) 236-5954
for more information.

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

247 CPS Energy - Energy Savings and Community Assistance Programs

Cristela Trevino, CPS Energy

A representative from CPS Energy will discuss energy saving tips, electric and natural gas safety tips, as well as community assistance programs.

Location: Oasis at The Meadows

Tuesday Jan 18
Free 1:00-2:30

248 Advanced Directives

Carol Bertsch, Attorney at Law

Advanced directives are legal documents that allow you to convey your decisions about end-of-life care before the time comes. There are at least five types of advanced directives recognized by Texas. Learn which of those you need to communicate to your family, friends and health care professionals, and to avoid confusion later on.

Location: Oasis at The Meadows

Tuesday Jan 18
Fee: \$6 6:00-7:30 

249 Volunteering at Oasis

Brenda Schmachtenberger

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 Jan 24
Free 1:00-2:30

250 All About Silver Connect

Ginny Brown, LCHW

Silver Connect offers adults age 50 and above the opportunity to talk to a friendly volunteer for emotional support. Come to this class to learn more.

Location: Oasis at The Meadows

Wednesday Jan 26
Free 1:00-2:00

251 Cryptocurrency-Why Is It?

Bil Marcus

This course will include a video and discussion of cryptocurrency and a history of our monetary system. A very intriguing explanation of this new payment system and the “store of value” that bitcoin represents.

Location: Oasis at The Meadows

Monday Jan 17
Fee: \$6 10:00-12:00

252 Cryptocurrency-What Is It?

Bil Marcus

Learn about Bitcoin, Altcoins and Fiat and how to convert from US dollars to crypto and back to U.S. dollars.

Location: Oasis at The Meadows

Thursday Feb 17
Fee: \$6 1:00-3:00

253 Tax Planning - Recent Legislation & New Rules

Jake Yetterberg, CSA

In this class we will discuss:

- An update on 2021 year's tax rules and changes for 2022.
- How to take the larger standard deduction and still get a benefit from charitable donations.
- Tax strategies that make sense as legislation changes.
- How to lock in today's lower income tax rates so you cannot get hit by a tax increase.
- 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.
- Legislative changes of the last year.
- Ways to take advantage of the Trump tax cuts.
- Two ways to get tax-free benefits.
- The catches in the “Qualified Charitable Distribution” rules and how to avoid them.

Location: Oasis at The Meadows

Wednesday Jan 19
Fee: \$6 1:00-2:30

254 Criminal Justice Reform in Texas

Judge Ron Rangel



Criminal justice reform addresses structural issues in the criminal justice system. In recent years there has been an effort to reform the Texas criminal justice system, creating a more effective prison system. Come to this class to learn more.

Location: Oasis at The Meadows

Tuesday Jan 25
Fee: \$6 1:00-2:30

255 There is No Place Like Home

Jane Paccione, San Antonio Area Foundation

Nearly 90% of older adults want to stay in their own homes as they age, often referred to as "aging in place." This presentation created by SALSA (Successfully Aging and Living in San Antonio) helps individuals and families begin to plan to successfully age in place. Your home, your community. Your plan.

Location: Oasis at The Meadows

Thursday Jan 27
Free 1:00-2:30

256 Homemade Simple: Easy Cheesy

San Antonio Food Bank

Learn about simple cheeses you can make at home. We will review the basic processes of cheese making and enjoy whole milk Ricotta and Farmers Cheese.

Location: Oasis at The Meadows

Tuesday Feb 1
Free 1:00-2:30

257 All About Oasis

Brenda Schmachtenberger

This class is for new members or members who just want to know more about Oasis and get an update about what is coming up.

Location: Oasis at The Meadows

Monday Mar 21
Free 1:00-2:30

258 2022 Planning Tips: New Year, New Financial Opportunities!

Jake Yetterberg, CSA

We are playing by a new set of financial rules now. Join us to learn:

- How to lock in long term growth benefits as inflation and interest rates rise.
- How the high debt in our country will affect you, and protective steps to take now.
- The expiring tax law you need to understand and why it may limit Roth planning in the future.
- Learn the true long-term nature of interest rates and stock market cycles so you can benefit.
- New and better ways to keep your money safe, insured and growing as the rules change.
- The changing face of long-term care because of the pandemic: How to keep yourself out of a nursing home.

Location: Oasis at The Meadows

Thursday Jan 27
Fee: \$6 1:00-2:30

259 Getting Your Affairs in Order

Esther Pipoly, Loss of Life Advocates

Getting your affairs in order long before they need to be will protect your family and provide peace of mind. We don't always have the luxury of time to plan, so it's best to be prepared. Come learn about the most important things you need in end-of-life planning.

Location: Oasis at The Meadows

Wednesday Feb 9
Free 1:00-2:30

260 Top Scams Against Seniors

Jason Meza, Better Business Bureau

Financial scams targeting seniors are prevalent and costly. Come learn about some of the top scams targeting older adults and what you can do to avoid becoming a victim.

Location: Oasis at The Meadows

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

261 Simple Steps to Protect You, Your Money, and Your Heirs

Jake Yetterberg, CSA

During this course we will:

- Learn the mistake many people make that could disinherit their spouse and kids.
- How to keep things fair (and legal) in a second marriage situation.
- How the SECURE Act made major changes to inheritance rules.
- How to know whether a will or a trust is better for your circumstances.
- Learn what assets are better to hold under the new economic set-up.
- How leaving an IRA to the wrong beneficiary will cost 35% to 50% in additional taxes.
- IRA's, ROTH's, non-qualified, stocks, bonds, annuities, etc.
- Learn the differences and how each should tie into your legal and tax plan.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Feb 8
6:00-7:30



262 The Thankless Job - Serving as an Executor

Carol Bertsch, Attorney at Law

Serving as an Executor of a person's estate can be a burden. You may have to deal with feuding beneficiaries or an insolvent estate. Ultimately it is an honor to be considered trustworthy enough to hold this fiduciary position. Carol will take you through the "ins and outs" of your responsibilities.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Feb 22
1:00-2:30

263 Cooking for 1 or 2

San Antonio Food Bank

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

Location: Oasis at The Meadows

Tuesday
Free

Mar 15
6:00-7:30



264 VIA Services for Seniors

VIA Metropolitan Transit

Learn about community programs offered to seniors, how to access these services/programs and hear an update on projects in progress.

Location: Oasis at The Meadows

Thursday
Free

Mar 24
1:00-2:30

Yetterberg Retirement Solutions



Tired of Market Volatility?
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We can help you manage prudent solutions like:

- Laddering
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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

265 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.

Location: Oasis at The Meadows

Wednesday **Apr 6**
Free **10:00-11:30**

266 Protecting Your Finances from Rising Inflation, Debt and Taxes

Jake Yetterberg, CSA

During this class we will discuss:

- Inflation is at a thirteen-year high. Learn how to stay ahead of rising prices.
- How to view gold in your portfolio as inflation surges.
- Two costly things will come from high debt we'll show you how to protect from both.
- How to get the government out of your pocket as taxes continue upward.
- Inflation's effect on the housing market and how it affects you and property taxes.
- Historically proven strategies to use as taxes go up and debt skyrockets.

Location: Oasis at The Meadows

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

267 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 **Apr 7**
Free **10:00-11:30**

268 Birds of South Texas

*Mitchell Lake
Audubon Center*



A representative from Mitchell Lake Audubon Center will give information about the Birds of South Texas, what they see at Mitchell Lake, and what plants are good for attracting birds to your garden.

Location: Oasis at The Meadows

Monday **Apr 11**
Fee: \$4 **10:00-11:30**

269 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.

Location: Oasis at The Meadows

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

270 San Pedro Creek Improvement Project

San Antonio River Authority

Together, Bexar County, the San Antonio River Authority, and the City of San Antonio are restoring San Pedro Creek's natural environment and creating a world-class linear park. It combines public art, architectural design, local craft, and historic preservation with engineering, ecosystem restoration, and native landscaping. Join us to learn about the projects that have been completed, what is under construction, and what is planned.

Location: Oasis at The Meadows

Tuesday **Apr 12**
Fee: \$4 **1:00-2:30**



spculturepark.com

271 Funeral Consumers Alliance of San Antonio

Janice Barsun

This non-profit educational and service organization's goals are to educate the public on end-of-life-planning, and provide education and support to help you navigate the funeral transaction with confidence.

Location: Oasis at The Meadows

Tuesday **Apr 12**
Fee: \$4 **6:00-7:30** 🌙

272 Alamo Service Connection

Bexar Area Agency on Aging

Learn 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

Wednesday **Apr 13**
Free **1:00-2:30**

273 Who Decides When I Can't: Guardianship and Powers of Attorney

Carol Bertsch, Attorney at Law

Who takes over if you can't take care of the everyday business of living-things like paying bills, making doctors' appointments, or getting the plumbing fixed? Who decides who takes over? Who decides when someone needs to take over? The legal answer is: it depends!

Elder Law Attorney, Carol Bertsch, answers these questions and explains the differences between guardianship and powers of attorney.

Location: Oasis at The Meadows

Thursday **Apr 14**
Fee: \$6 **10:00-11:30**



274 Cooking on a Budget

San Antonio Food Bank

Cooking on a budget doesn't mean you have to sacrifice taste. You will receive recipes and learn tips and tricks on how to cook delicious meals for less.

Location: Oasis at The Meadows

Monday **Apr 18**
Free **1:00-2:30**

275 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

Monday **Apr 18**
Fee: \$5 **1:00-2:30**

276 Basics of Landscape Ground Covers

Bexar County Master Gardeners



Ground covers are spreading or mounding plants that cover most or all of the soil surface. They can be evergreen or provide seasonal flowers. Ground covers use less water, fertilizer, and pesticides than grass. Discover all the benefits of using ground covers and which ones work best in our area.

Location: Oasis at The Meadows

Tuesday **Apr 19**
Fee: \$6 **6:00-7:30** 🌙

277 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

Wednesday **Apr 20**
Free **1:00-2:30**

How to Sign Up for Oasis Classes Online

Come to this hands-on class to learn how to sign up for Oasis classes online! Please bring a mobile phone, tablet or laptop to class.

Location: Oasis at The Meadows

278	Thursday	Jan 20
	Free	10:00-11:30
279	Tuesday	Feb 22
	Free	10:00-11:30
280	Monday	Mar 7
	Free	1:00-2:30



281 Using PowerPoint

Doris Slay-Barber

PowerPoint is a presentation program developed by Microsoft that creates a slide show of important information, charts, pictures and images for a presentation. Learn how to create a presentation or just have fun with it!

Location: Oasis at The Meadows

Thursdays	Jan 20-27
Fee: \$20	10:00-12:00

282 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 the camera functions. It also covers using Gmail and Google Calendar. Book included in fee. Students are encouraged to bring their device to class.

Location: Oasis at The Meadows

Wednesdays	Feb 2-16
Fee: \$32	1:00-3:00

283 Apple Photos for iPhone and iPad

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 learn how to use the wonderful tool you carry around with you.

Location: Oasis at The Meadows

Tuesday	Jan 25
Fee: \$10	1:00-3:00



284 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 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	Apr 5
Fee: \$10	1:00-3:00



285 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: \$20

Feb 3-10
10:00-12:00



286 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

Thursdays
Fee: \$20

Mar 24-31
10:00-12:00

287 Fun with MS Word!

Sharon Parson

This fun class will show you how to use your favorite photos and clipart for your personal projects in Microsoft Word!

Location: Oasis at The Meadows

Mondays
Fee: \$20

Feb 7-14
1:00-3:00

288 Smartphone Photography

Steve Circeo

Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else. Bump your smartphone skills up a notch and learn how to use the full complement of camera features for fun and creative photography and videography.



Location: Oasis at The Meadows

Tuesday
Fee: \$10

Feb 8
10:00-11:30

289 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 a device that you use to join Zoom meetings. Laptops or mobile devices only.

Location: Oasis at The Meadows

Thursday
Free

Feb 17
10:00-11:30

OASIS VOLUNTEER OPPORTUNITIES

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- Curriculum Committee
- Exercise Instructors
- Tutoring
- Health Fairs
- Person to Person
- Silver Connect

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for more information**

290 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 **Mar 1-10**
Fee: \$40 **1:00-3:00**



291 Using Passwords and Two-Factor I.D.

Glenda Raichlen

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

Location: Oasis at The Meadows

Wednesday **Mar 2**
Fee: \$10 **1:00-2:30**

292 Intro to Windows 11

Marta Torres

Windows 11 is a new major version of Windows that became available on October 5, 2021. Come to this class to learn about the new updates and features that are available.

Location: Oasis at The Meadows

Monday **Mar 7**
Fee: \$10 **10:00-12:00**

293 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

Thursday **Mar 24**
Fee: \$10 **1:00-3:00**



294 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 **Mar 28-Apr 11**
Fee: \$32 **1:00-3:00**

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



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

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

295 Google Maps

Glenda Raichlen

Google Maps is a web mapping service developed by Google. It offers satellite imagery, aerial photography, street maps, 360° interactive panoramic views of streets, real-time traffic conditions, and route planning for traveling by foot, car, bicycle, air and public transportation. Come learn how to map your favorite places.

Location: Oasis at The Meadows

Wednesday

Fee: \$10

Mar 30

1:00-2:30

296 Cybersecurity

Thalia Williams

Cybersecurity is the practice of protecting systems, networks, and programs from digital attacks. These cyberattacks are usually aimed at accessing, changing, or destroying sensitive information; extorting money from users; or interrupting normal business processes.

Location: Oasis at The Meadows

Thursday

Fee: \$10

Apr 14

10:00-11:30

297 Ten Fun Things to do with Your iPad

Doris Slay-Barber



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

Location: Oasis at The Meadows

Thursday

Fee: \$10

Apr 7

10:00-12:00

298 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: \$10

Apr 20

1:00-2:30

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 Ministries. 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 volunteers connect with residents and form their own new friendships as well by sharing a piece of themselves. Help them to remember and connect. Full one-day training provided.

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



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

299 Basic Nutrition for Older Adults

Chelsea Carriker, MPH, CHES

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

Thursday Jan 27
Free 10:00-11:30

300 Medicare Explained

Michael Collins, Simple Senior Benefits

The Medicare program was developed by the government to protect the health and well-being of millions of Americans. But, Medicare can be complicated. Learning about it can be like learning a new language. You need to learn the words, understand the main ideas and become fluent in Medicare in order to make the right choices. Come learn about the four basic parts of Medicare to help make your Medicare choices easier.

Thursday Feb 24
Free 10:00-11:30

301 The History of U.S. Immigration

*Michael Cude, Ph.D.,
 Schreiner University*



From its start as a series of colonies, the United States has seen multitudes of people migrate to its shores. Accordingly, Americans came to identify in part as a nation of immigrants. This course will overview the history of U. S. immigration from the 18th century to the present, outlining the peak periods and how they've changed over time, as well as periods of exclusion. Learn how diverse groups of immigrants have changed American culture and society and illustrate how present-day debates over immigration have longstanding roots.

Thursday Mar 10
Free 10:00-11:30

302 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!

Thursday Apr 21
Free 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

Morningside at Menger Springs - Boerne, Texas

Cypress One-Bedroom Apartment - The Meadows

Grayson Two-Bedroom Apartment - Menger Springs

DISCOVER EXCEPTIONAL RETIREMENT LIVING AND QUALITY CARE AT OUR COMPASSIONATE COMMUNITIES.

Discrimination is Against the Law. Morningside Ministries complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Morningside Ministries does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. License Nos. 101799 & 000697.

The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

303 Small Watercolor Landscapes

Edith Stanley

You don't have to 'go big' to create beautiful works of art! In this class we will have fun and experiment with watercolor painting techniques to create small landscape art. All supplies will be provided.

Thursday
Free

Jan 20
2:00-3:30



305 What You Need To Do After Rehab

mmCare

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

Thursday
Free

Feb 17
2:00-3:30



304 The Comedic Odd Couples of Hollywood

Beverly Prado

Hollywood has long enjoyed success with movie duos, stars who often appeared in several films together. Although mostly a 'gentlemen's club,' there occasionally were male/female comedic teams that were popular as well. This class will explore the pairings of Laurel and Hardy, Abbott and Costello, Hope and Crosby, and Lemmon and Matthau, but will also include Myrna Loy and William Powell; perhaps the most successful married couple on screen in The Thin Man series. There will be laughs galore with film clips and discussion. Join us!

Thursday
Free

Feb 3
2:00-3:30



306 Wills and Trusts-Texas Style!

Carol Bertsch, Attorney at Law

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

Thursday
Free

Mar 3
2:00-3:30



The following classes are held at and are sponsored by:

SOLEA AT ALAMO RANCH

11133 Westwood Loop

307 Container Gardening

Bexar County Master Gardeners

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

Thursday

Free

Mar 17

2:00-3:30



308 Ten Warning Signs of Alzheimer's

Alzheimer's Association

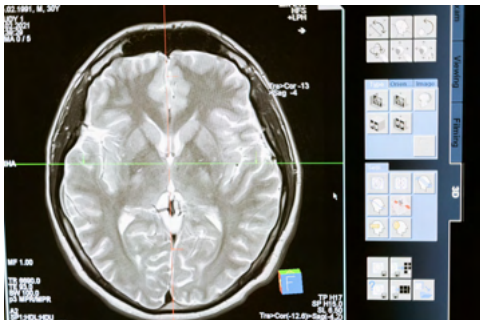
Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

Thursday

Free

Mar 31

2:00-3:30



309 The Mediterranean Diet

Chelsea Carriker, MPH, CHES

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

Thursday

Free

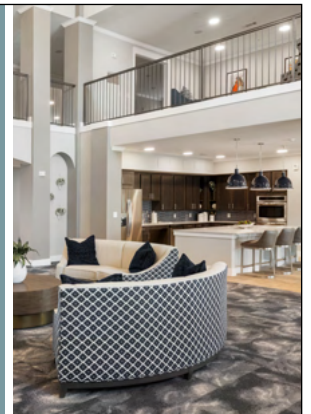
Apr 14

2:00-3:30



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

310 Fall Prevention for Older Adults

mmCare

Close to 70% of older adult falls can be prevented. Join a physical therapist for a presentation on how you can prevent falls and remain safe and active for many years.

Monday **Jan 17**
Free **1:00-2:00**

311 Men's Health After 60

Craig Stimson, LVN

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

Monday **Feb 28**
Free **1:00-2:00**

312 Levels of Care in Senior Living

mmCare

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 across the different settings of senior living.

Monday **Mar 21**
Free **1:00-2:00**

313 Medicare Updates

Bexar Area Agency on Aging

If you want to learn more about Medicare and Medicaid-related services, this is the class for you.

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

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

314 Healthy Relationships

Ginny Brown, LCHW

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

Wednesday **Jan 26**
Free **10:00-11:00**

315 CPS Energy-Tips on Safety and Saving Energy

Cristela Trevino, CPS Energy

CPS Energy will offer tips for saving energy, how to be safe around gas and electricity, and give information on the latest savings programs.

Wednesday **Feb 2**
Free **10:00-11:00**

316 Basic Nutrition for Older Adults

Chelsea Carriker, MPH, CHES

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

Wednesday **Mar 2**
Free **10:00-11:00**

317 All About Project MEND

Allie Rodriguez, Project MEND

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

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

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

318 Veterans Resources

Brenda Dever-Armstrong

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

Thursday **Jan 20**
Free **10:30-11:30**

319 Taking Charge of Your Health

Ginny Brown, LCHW

This interactive course will guide you through a health assessment and show you practical steps that will help you set realistic goals for a healthier you!

Monday **Feb 14**
Free **10:30-11:30**

320 Basic Nutrition for Older Adults

Chelsea Carriker, MPH, CHES

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

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Craig Stimson, LVN

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

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

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

322 Hydration and All About Water

Craig Stimson, LVN

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 **Jan 19**
Free **9:00-10:00**

323 CPS Energy-Tips on Safety and Saving Energy

Cristela Trevino, CPS Energy

CPS Energy will offer tips for saving energy, how to be safe around gas and electricity, and give information on the latest savings programs.

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

324 Alamo Service Connection

Bexar Area Agency on Aging

Learn 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.

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

325 Outsmart the Scammers

Sandy Blanton

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

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

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

326 Fall Prevention for Older Adults

mmCare

Close to 70% of older adult falls can be prevented. Join a physical therapist for a presentation on how you can prevent falls and remain safe and active for many years.

Tuesday
Free

Jan 18
10:00-11:00

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Bexar Area Agency on Aging

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Tuesday
Free

Feb 8
10:00-11:00

328 Medicare Updates

Bexar Area Agency on Aging

If you want to learn more about Medicare and Medicaid-related services, this is the class for you.

Tuesday
Free

Mar 8
10:00-11:00

329 Veterans Resources

Brenda Dever-Armstrong

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

Tuesday
Free

Apr 12
10:00-11:00

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

Bexar County

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

Dr. George Rapier

Valero Energy Foundation

Solea at Alamo Ranch

Myra Stafford Pryor Charitable Trust

L.L. and Eva Lentz Charitable Trust

Mays Family Foundation

330 Strong Women of San Antonio Cemetery Tour

Bruce Martin,
Certified Professional Tour Guide



San Antonio's history was written by men, but made by strong women. This walking tour in San Antonio's Historic Eastside Cemeteries District will pay tribute to well-known and lesser-known women – we will remember their incredible determination, grit, and commitment as we learn how they each helped create one of America's most unique cities. Wear comfortable shoes and meet at the southwest corner of Monumental and Paso Hondo.

Wednesday
Fee: \$27

Feb 16
10:00-12:00

331 Mission San Jose Walking Tour

Bill Perryman, M.Ed.
Certified Professional Tour Guide

Mission Impossible - Mission Achieved! Founded in 1720 by Father Antonio Margil de Jesus, this fully restored complex offers visitors a visual representation of the complexities of 18th Century mission life in Spanish Texas. Today, our San Antonio Franciscan Missions stand proudly as a UNESCO World Heritage Site. Join master teacher, Bill Perryman, for an experiential interactive walking tour of Mission San Jose. Tour begins in front of the Mission San Jose Visitor's Center at 6701 San Jose Drive. Listen 400 series audio technology will be available for the listening ease of each tour guest.

Friday
Fee: \$27

Mar 4
9:30-11:30



332 Downtown Public Art Walking Tour

Bruce Martin,
Certified Professional Tour Guide

Downtown San Antonio offers an impressive collection of public artwork - some historic, some contemporary, some highly visible, some hidden. Professional tour guide, Bruce Martin, will give a tour of the incredible works of art in the downtown area, and give information regarding the artists and their work. Tour will begin and end in front of Briscoe Western Art Museum, 210 W. Market St. Parking fees not included.

Friday
Fee: \$27

Mar 25
9:30-11:30



333 Reflections of Opulence! The King William Historic District

Bill Perryman, M.Ed.
Certified Professional Tour Guide

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

Thursday
Fee: \$27

Apr 14
9:30-11:30

Walking Tours do not meet at the Oasis Center. Check catalog for location.

334 Victoria - Where Texas History Began

Historic Victoria County, the only county in Texas where all "six flags" have flown, is a modern city, but one which has not lost its small town atmosphere. Victoria County was among the original twenty-three counties established by the First Congress of the Republic of Texas on March 17, 1836. The city was chartered in 1839. This early Texas village survived burning during the Texas retreat from Goliad, occupation by Mexican forces, a savage Indian attack and a deadly Cholera epidemic. Our first stop will be the Museum of the Coastal Bend which is located at Victoria College. The museum includes the LaSalle Odyssey Exhibit featuring trade goods, munitions and personal effects from the settlers at Fort St. Louis. Next we will have lunch at the Pumphouse Riverside Restaurant. After lunch we will visit the Five Points Museum of Contemporary Art. Last stop of the day will be the Victoria Educational Gardens and have a guided tour of the gardens. Cost includes motor coach transportation, lunch, admission fees and tips.

Tuesday
Fee: \$71

Feb 15
7:15-6:00



explorevictoriatexas.com

335 Texas A&M Singing Cadets

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

Friday
Fee: \$85

Mar 4
4:00-11:00



today.tamu.edu

**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

336 Fredericksburg - Wildseed Farms and Wine Tasting

Let's take a trip to the Hill Country and visit the Wildseed Farms in Fredericksburg. The farm originally opened in 1983 in Eagle Lake near Columbus as a seed producer and initially only allowed the public to visit in April of every year. The farm is a working wildflower farm with fields of flowers in various stages and is the nation's largest working wildflower farm with over 200 acres. It has been growing fields of wildflowers for the production of seed for over 35 years. Next, we will visit the William Chris Vineyards in Hye, Texas for lunch and wine tasting. On arrival we will have a farmhouse tour and proceed to a screened pavilion where we will have a picnic lunch and wine tasting. There will be speakers during the wine tasting, sharing stories of the winery and a discussion about Texas climate and geography and how this compares to the world of wine. Next, we will drive back to Fredericksburg for free time and shopping. Cost includes motor coach transportation, lunch, wine tasting and tips.

Thursday
Fee: \$95

Apr 14
8:15-5:30



williamchriswines.com

337 Adventures in Columbus

Have your adventures ever taken you to Columbus, Texas? If not, then join us for this delightful day trip and we will explore together what is in Columbus. Columbus was designated the county seat of Colorado County when the county was established in 1836 and is located on the Colorado River. Our first stop will be the Stafford Opera House where a docent will give us the history of the building. It was built in 1886 and was listed in the National Register of Historic places in 1973. Next, we will visit the Dilue Rose Harris Museum. The Dilue Rose Harris Museum is as important for architecture as for the person who lived in it. Dilue Harris was known as the "Woman of the Texas Revolution." Next we will eat lunch at Schobels Restaurant. After lunch we will visit the two-room Alley Log Cabin, built in 1836. Next stop will be the Santa Claus Museum. This museum houses three major collections featuring almost 3,000 Santa's including figurines, music boxes, dolls, dishes, ornaments, artwork, needlepoint and photos from all over the world. When leaving Columbus we will drive by the large Columbus Live Oak Tree. It is the 2nd largest live oak tree in Texas. This massive tree is 70 feet tall with a trunk circumference of 329 inches and is estimated to be over five thousand years old. Cost includes motor coach transportation, lunch and tips.

Wednesday
Fee: \$69

May 11
7:45-6:00



columbus-texas.net

802 Waterways and Northwest Parks

June 24-30, 2022

Join us for a picturesque trip through the Northwest! First, we will arrive at the Seattle-Tacoma airport and meet our tour manager and transfer to Tacoma, Washington for a two-night stay. The next morning we will visit the northwest Trek Wildlife Park and enjoy a tram tour through 435 acres of stunning meadows and forests and get an eye-to-eye view of fascinating animals like moose, elk and bison. Next we will visit one of the nation's great wonders, Mt. Rainer National Park. An active volcano, Mt. Rainer ascends 14,410 feet above sea level and is the most glaciated peak in the U.S. Next we will visit Olympic National Park and see the panoramic view of the towering Olympic Mountains and the Strait of Juan de Fuca from the mile-high Hurricane Ridge Visitor Center. Next we will board a boat in Port Angeles for an exciting whale watching cruise in search of humpback and orca whales.

After breakfast the next day, we will head to Bainbridge Island and board a Washington Ferry to cross Puget Sound headed for Seattle. The next morning we will enjoy a Seattle City Tour and visit the Space Needle. We will ride to the observation deck 520 feet above the city and see views of the Cascades, Mt. Rainer, ferries, boats and seaplanes. Next we will visit Chihuly Garden and Glass, a monument to art glass featuring a large portion of Dale Chihuly's work. The city tour continues with historic Pioneer Square, the Chittenden Locks and Fish Ladders, and our tour will end at the famous Pike Place market. On our final evening in Seattle we will experience a farewell dinner featuring Pacific Northwest cuisine.

Tour includes round-trip home pick-up, round-trip airfare, bag fee, baggage handling, travel insurance, gratuities for tour manager, drivers and local guides. Deposit: \$350 per person. Double: \$3,395 per person. Single: \$4,345. Final payment due April 11, 2022. Credit cards accepted. Make check payable to AFC Vacations. **You can sign up for overnight trips as soon as you receive your catalog.**

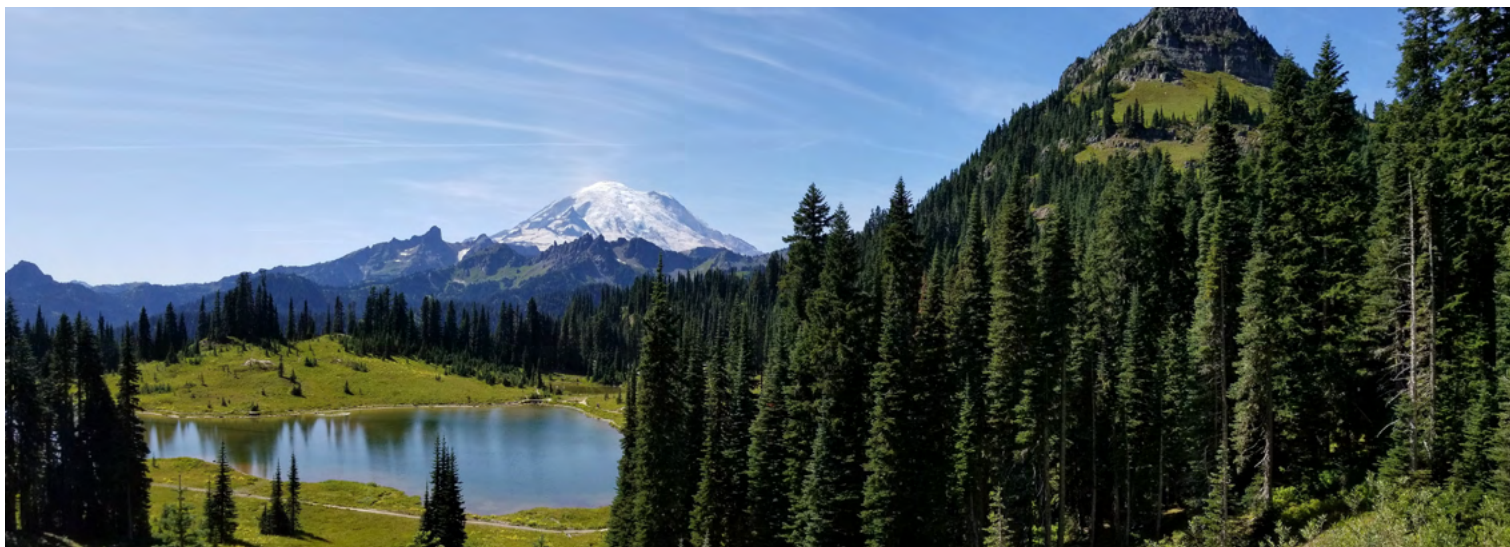
338 Waterways and Northwest Parks Preview Show

Location: Oasis at The Meadows

**Monday
Free**

**Jan 17
1:00-2:00**

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



803 Coastal Maine Lighthouses and Landscapes

October 1-7, 2022

Experience all the outdoor beauty and cultural pleasures New England has to offer! First we will arrive in Boston, and meet our tour manager and transfer to our hotel. The next morning enjoy a Boston City tour featuring Boston Commons, Old State House, Old North Church (where Paul Revere got the signal to start his legendary ride), Old South Meeting House, Beacon Hill and Old Ironsides. Next, enjoy a guided tour of historic Fenway Park, America's oldest ballpark and home of the Boston Red Sox since 1912. We will then visit the Faneuil Hall marketplace, near the waterfront with free time to shop. Next we will travel north towards Maine with sandy beaches, beautiful landscapes, quaint villages and lighthouses. The following morning we will visit Portland, Maine's largest city, in beautiful island-filled Casco Bay and enjoy a scenic cruise to see lighthouses, forts, lobster boats and seals.

Next we will visit the Victoria Mansion and then head to Cape Elizabeth for a visit to the famous Portland Head Lighthouse and Museum. We will also will make a stop at Len Libby's Candies in Scarborough. The next day we'll explore the Southern Maine coast with charming seashore towns, picturesque beaches and magnificent old captains' mansions. In Kennebunkport, see the Wedding cake House, an over-exuberant version of gingerbread Victorian architecture. Next we will visit the Seashore Trolley Museum and then later board a Lobster Boat that will take us out into the harbor for an authentic, hands-on experience in the lobstering trade with a lobster haul. In nearby York, take in the views of the Cape Neddick Lighthouse. We will top off the day with a Traditional Lobster Clambake and a chance to try some delicious Maine lobster. Next enjoy a leisure day or opt for a full-day tour to Boothbay Harbor. Next travel to the White Mountains of New Hampshire and arrive in New England village of North Conway and board the Conway Scenic Railroad for a nostalgic ride through the scenic Mt. Washington Valley. Later motor coach along the Kancamagus Highway, one of America's most scenic drives. Next we will stop at a local Maple Sugar House to learn how sap is harvested and have free time to browse and shop, then return back to the Maine coast and enjoy a Farewell Dinner. The next day we will head south to Boston for our flight home.

Tour includes round-trip home pick-up, round-trip airfare, bag fee, baggage handling, travel insurance, gratuities for tour manager, drivers and local guides. Deposit \$350 per person. Double: \$3,495 per person. Single: \$4,445. Final Payment due July 18, 2022. Credit cards accepted. Make check payable to AFC Vacations. **You can sign up for overnight trips as soon as you receive your catalog.**

339 Coastal Maine Lighthouses and Landscapes Preview Show

Location: Oasis at The Meadows

**Monday
Free**

**Jan 17
2:15-3:15**

**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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340 Oasis Tax Day

The AARP Tax Aide Program will prepare income tax returns at no cost to Oasis members. The program will prepare 1040s with schedules. E-filing is available. Taxes will be prepared by appointment only. Please bring documents and last year's tax return. **Once you register for this event, Oasis will contact you to schedule your appointment.** Due to COVID-19 restrictions that may be in effect for the 2022 tax season (2021 tax returns) the number of appointments may be reduced and the tax-prep process (taxpayer-volunteer contact) may be modified.

Location: Oasis at The Meadows

**Thursdays
Free**

**Feb 3-Apr 7
By Appointment Only**

