



# Summer 2022

## Program Catalog

Art, History, Wellness, Technology,  
Tours, Volunteering and more!



Sponsored by:



HUMAN SERVICES  
CITY OF SAN ANTONIO



**MM**  
*Morningside Ministries*  
Senior Living Communities





# Are You Lonely? Is Someone You Know Lonely? Try Our Chat Line!

Sometimes older adults may find themselves feeling alone, and they would like to just talk to someone. **Silver Connect** is a free chat line for older adults, **age 50 plus**.

**Silver Connect** will connect callers with friendly volunteers for emotional support reassurance, resources and opportunities to share life's experiences.



**Chat Line: (210) 756-5551**  
**Monday-Friday 5pm-9pm**  
**Saturday-Sunday 9am-9pm**

*Para obtener ayuda en español, por favor llame los miércoles por la noche de 5:00 a 9:00 p.m y domingos de 9:00 a.m a 3:00 p.m.*

Sponsored by:



## National News

The Oasis Institute / Spring 2022



## Cheers to 40 years!

**Did you know that Oasis is celebrating its 40th anniversary this year?**

Join us as we celebrate 40 years of impact and service to older adults! After touring senior centers across St. Louis, Missouri in the late 1970's,

Oasis founder, Marylen Mann knew there was more for aging people than crafting and bingo. At the end of the tours she remarked, "We can do better for older adults." With a small demonstration grant from the U.S. Administration on Aging, Marylen founded Oasis in 1982. What started off as a small organization has expanded nationwide, serving more than 200 communities in 33 states today. Oasis is a pioneer in healthy aging.



**"We can do better for older adults."**

### Oasis' Impact

- Supported over **587,000 older adults** through lifelong learning, active lifestyles and volunteer engagement
- Tutored more than **525,000 students** through the Intergenerational Tutoring Program
- Provided more than **13.7 million volunteers** hours to local communities with a cumulative impact of nearly **400 million dollars** in volunteer service to the community
- Partnered with more than **800 organizations** nationwide

As Oasis celebrates 40 years, we look forward to continuing our mission to make an impact and transform the perception of aging for the next 40 years and beyond. For more information about Oasis' history, and 40th anniversary activities, visit [www.oasisinet.org/anniversary](http://www.oasisinet.org/anniversary)

To find out more or to join Oasis for a program in your area, visit [www.oasisnet.org](http://www.oasisnet.org).

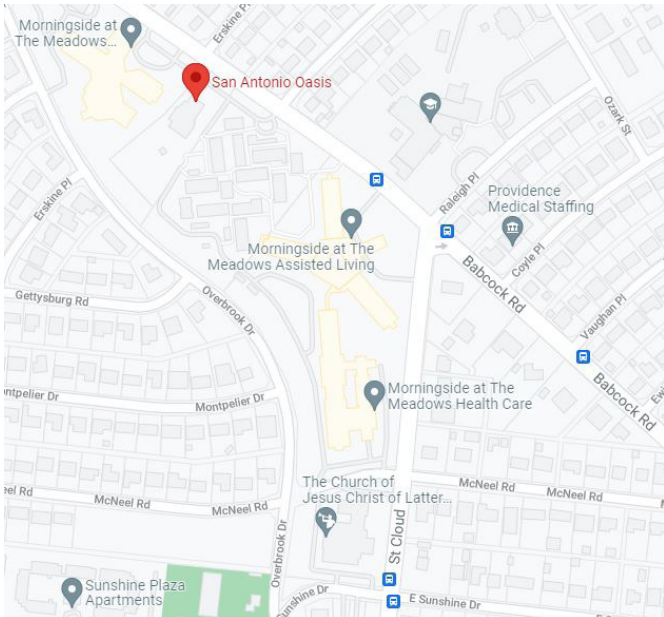
# Welcome to Oasis

**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**  
Program Coordinator

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

April 8	Fiesta
April 22	Staff Retreat
May 5	Volunteer Training
May 30	Memorial Day
July 4	Independence Day

## On the Cover:

San Antonio Oasis members enjoy the Mission San Jose Walking Tour hosted by Bill Perryman.

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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. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>100</b> | <b>Mondays &amp; Wednesdays</b> | <b>May 9-Jun 8</b>   |
|            | <b>Free</b>                     | <b>12:00-12:45</b>   |
| <b>101</b> | <b>Mondays &amp; Wednesdays</b> | <b>Jun 13-Jul 13</b> |
|            | <b>Free</b>                     | <b>12:00-12:45</b>   |
| <b>102</b> | <b>Mondays &amp; Wednesdays</b> | <b>Jul 18-Aug 17</b> |
|            | <b>Free</b>                     | <b>12:00-12:45</b>   |
| <b>103</b> | <b>Mondays &amp; Fridays</b>    | <b>May 9-Jun 10</b>  |
|            | <b>Free</b>                     | <b>9:00-9:45</b>     |
| <b>104</b> | <b>Mondays &amp; Fridays</b>    | <b>Jun 13-Jul 15</b> |
|            | <b>Free</b>                     | <b>9:00-9:45</b>     |
| <b>105</b> | <b>Mondays &amp; Fridays</b>    | <b>Jul 18-Aug 19</b> |
|            | <b>Free</b>                     | <b>9:00-9:45</b>     |
| <b>106</b> | <b>Tuesdays &amp; Thursdays</b> | <b>May 10-Jun 9</b>  |
|            | <b>Free</b>                     | <b>9:00-9:45</b>     |

## 107 Texercise Select

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. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

- |                                 |                      |
|---------------------------------|----------------------|
| <b>Tuesdays &amp; Thursdays</b> | <b>Jun 14-Aug 18</b> |
| <b>Free</b>                     | <b>9:00-10:30</b>    |

## 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.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>108</b> | <b>Mondays</b>   | <b>May 9-Jun 6</b>   |
|            | <b>Fee: \$28</b> | <b>10:15-11:45</b>   |
| <b>109</b> | <b>Mondays</b>   | <b>Jun 13-Jul 11</b> |
|            | <b>Fee: \$28</b> | <b>10:15-11:45</b>   |
| <b>110</b> | <b>Mondays</b>   | <b>Jul 18-Aug 15</b> |
|            | <b>Fee: \$35</b> | <b>10:15-11:45</b>   |

## 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 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, and requires getting down and up from the floor. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>111</b> | <b>Mondays</b>   | <b>May 9-Jun 6</b>   |
|            | <b>Fee: \$28</b> | <b>1:15-2:15</b>     |
| <b>112</b> | <b>Mondays</b>   | <b>Jun 13-Jul 11</b> |
|            | <b>Fee: \$28</b> | <b>1:15-2:15</b>     |
| <b>113</b> | <b>Mondays</b>   | <b>Jul 18-Aug 15</b> |
|            | <b>Fee: \$35</b> | <b>1:15-2:15</b>     |





## 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.

**Location: Oasis at The Meadows**

- |            |                                |                                   |
|------------|--------------------------------|-----------------------------------|
| <b>114</b> | <b>Mondays</b><br>Fee: \$28    | <b>May 9-Jun 6</b><br>2:30-3:30   |
| <b>115</b> | <b>Mondays</b><br>Fee: \$28    | <b>Jun 13-Jul 11</b><br>2:30-3:30 |
| <b>116</b> | <b>Mondays</b><br>Fee: \$35    | <b>Jul 18-Aug 15</b><br>2:30-3:30 |
| <b>117</b> | <b>Wednesdays</b><br>Fee: \$35 | <b>May 11-Jun 8</b><br>2:30-3:30  |
| <b>118</b> | <b>Wednesdays</b><br>Fee: \$35 | <b>Jun 15-Jul 13</b><br>2:30-3:30 |
| <b>119</b> | <b>Wednesdays</b><br>Fee: \$35 | <b>Jul 20-Aug 17</b><br>2:30-3:30 |

## 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**

- |            |                                |                                     |
|------------|--------------------------------|-------------------------------------|
| <b>120</b> | <b>Wednesdays</b><br>Fee: \$40 | <b>May 11-Jun 8</b><br>10:15-11:30  |
| <b>121</b> | <b>Wednesdays</b><br>Fee: \$40 | <b>Jun 15-Jul 13</b><br>10:15-11:30 |
| <b>122</b> | <b>Wednesdays</b><br>Fee: \$40 | <b>Jul 20-Aug 17</b><br>10:15-11:30 |



## Stretch and Restore



*Lyn Bangs*

Studies show that focusing on breath relieves anxiety, relaxes muscles, and reduces inflammatory responses in the body. Move mindfully into a variety of gently stretching postures down on the yoga mat. Props such as yoga blocks, blankets, and straps will be provided to find a comfortable stretch. Participants are encouraged to work at their level. Class will end with restorative poses, and supported supine postures, which will be held longer, providing a chance to practice training the mind. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |            |                                |                                   |
|------------|--------------------------------|-----------------------------------|
| <b>123</b> | <b>Wednesdays</b><br>Fee: \$30 | <b>May 11-Jun 8</b><br>1:15-2:15  |
| <b>124</b> | <b>Wednesdays</b><br>Fee: \$30 | <b>Jun 15-Jul 13</b><br>1:15-2:15 |
| <b>125</b> | <b>Wednesdays</b><br>Fee: \$30 | <b>Jul 20-Aug 17</b><br>1:15-2:15 |



## Qigong

*Fred Chavez*

Qigong is an ancient Chinese form of exercises that integrates the breath, postural alignment and mindfulness. Qigong relieves stress, calms the mind and emotions, and improves overall well-being. We will explore Five Element Qigong, the most complete form of Chinese health system and practices.

**Location: Oasis at The Meadows**

- |            |                                |                                     |
|------------|--------------------------------|-------------------------------------|
| <b>126</b> | <b>Wednesdays</b><br>Fee: \$40 | <b>May 11-Jun 8</b><br>9:00-10:00   |
| <b>127</b> | <b>Wednesdays</b><br>Fee: \$40 | <b>Jun 15-Jul 13</b><br>9:00 -10:00 |
| <b>128</b> | <b>Wednesdays</b><br>Fee: \$40 | <b>Jul 20-Aug 17</b><br>9:00-10:00  |

## 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**

<b>129</b>	<b>Tuesdays</b> Fee: \$30	<b>May 10-Jun 7</b> 10:45-11:45
<b>130</b>	<b>Tuesdays</b> Fee: \$30	<b>Jun 14-Jul 12</b> 10:45-11:45
<b>131</b>	<b>Thursdays</b> Fee: \$30	<b>May 12-Jun 9</b> 10:45-11:45
<b>132</b>	<b>Thursdays</b> Fee: \$30	<b>Jun 16-Jul 14</b> 10:45-11:45

## 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 (as a bonus!) boost cardio as well.

**Location: Oasis at The Meadows**

<b>133</b>	<b>Tuesdays</b> Fee: \$30	<b>May 10-Jun 7</b> 12:00-1:00
<b>134</b>	<b>Tuesdays</b> Fee: \$30	<b>Jun 14-Jul 12</b> 12:00-1:00
<b>135</b>	<b>Thursdays</b> Fee: \$30	<b>May 12-Jun 9</b> 12:00-1:00
<b>136</b>	<b>Thursdays</b> Fee: \$30	<b>Jun 16-Jul 14</b> 12:00-1:00



## 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**

<b>137</b>	<b>Tuesdays</b> Fee: \$25	<b>May 10-Jun 7</b> 1:15-2:15
<b>138</b>	<b>Tuesdays</b> Fee: \$25	<b>Jun 14-Jul 12</b> 1:15-2:15
<b>139</b>	<b>Tuesdays</b> Fee: \$25	<b>Jul 19-Aug 16</b> 1:15-2:15

## 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**

<b>140</b>	<b>Fridays</b> Fee: \$25	<b>May 13-Jun 10</b> 10:00-11:00
<b>141</b>	<b>Fridays</b> Fee: \$25	<b>Jun 17-Jul 15</b> 10:00-11:00
<b>142</b>	<b>Fridays</b> Fee: \$25	<b>Jul 22-Aug 19</b> 10:00-11:00

## 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 credit class fees if you miss a class because you were not called.

## Interval Cardio Workout

*LeAnn Lupton*

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

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>143</b> | <b>Fridays</b>   | <b>May 13-Jun 10</b> |
|            | <b>Fee: \$25</b> | <b>11:15-12:15</b>   |
| <b>144</b> | <b>Fridays</b>   | <b>Jun 17-Jul 15</b> |
|            | <b>Fee: \$25</b> | <b>11:15-12:15</b>   |
| <b>145</b> | <b>Fridays</b>   | <b>Jul 22-Aug 19</b> |
|            | <b>Fee: \$25</b> | <b>11:15-12:15</b>   |

## Deep Water Aquacise

A low-impact strength, flexibility and cardiovascular workout. Starts in shallow water and moves into deep water. Buoyancy belts 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**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>146</b> | <b>Mondays &amp; Wednesdays</b> | <b>May 9-Jun 8</b>   |
|            | <b>Fee: \$54</b>                | <b>9:00-9:45</b>     |
| <b>147</b> | <b>Mondays &amp; Wednesdays</b> | <b>Jun 13-Jul 13</b> |
|            | <b>Fee: \$54</b>                | <b>9:00-9:45</b>     |
| <b>148</b> | <b>Mondays &amp; Wednesdays</b> | <b>Jul 18-Aug 17</b> |
|            | <b>Fee: \$60</b>                | <b>9:00-9:45</b>     |

## 149 Walking Group

*Chelsea Carriker*

Join the Oasis Senior Steppers to get fit while exploring parks and walking trails in San Antonio. Each walk is about 2 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.

**Location: Oasis at The Meadows**

- |                  |                      |
|------------------|----------------------|
| <b>Fridays</b>   | <b>May 13-Jun 17</b> |
| <b>Fee: \$30</b> | <b>8:45-9:45</b>     |

## 150 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 to 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**

- |                  |                    |
|------------------|--------------------|
| <b>Tuesdays</b>  | <b>Jul 12-19</b>   |
| <b>Fee: \$28</b> | <b>10:00-11:30</b> |

## 151 A Matter of Balance

For people who have a fear of falling and want to reduce their risk of a future fall. Participants attend a total of eight 2-hour sessions. Enjoy snacks and learn to view falls and the fear of falling as controllable. The program incorporates group discussion, physical activity and a visit from a healthcare professional. You must attend sessions 1 and/or 2 in order to participate in the sessions that follow. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

- |                   |                      |
|-------------------|----------------------|
| <b>Wednesdays</b> | <b>May 11-Jun 29</b> |
| <b>Free</b>       | <b>10:00-12:00</b>   |

## 152 Diabetes Self-Management Program

This is an interactive workshop developed at Stanford University for people with Type 2 diabetes and their caregivers. Learn to practice skills needed in the day-to-day management of diabetes. Included are meal planning, stress and medication management, relaxation techniques, exercise and communication skills. You will receive a participant book, relaxation CD and in each class healthy snacks. Participants must come to session 1 and/or 2 to attend the remaining sessions. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

- |                 |                      |
|-----------------|----------------------|
| <b>Tuesdays</b> | <b>May 24-Jun 28</b> |
| <b>Free</b>     | <b>1:00-3:30</b>     |



## 153 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. Ten-part series includes:

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

Sponsored by WellMed

**Location: Oasis at The Meadows**

**Tuesdays** **May 17-Jul 19**  
**Free** **10:00-11:30**

## 154 Living A Healthy Life with Chronic Conditions

Chronic disease symptoms can seem overwhelming, especially without support. This class was developed at Stanford University to help people with chronic health diseases such as COPD, high blood pressure, arthritis, anxiety, fibromyalgia and others, reinforce life skills required to live well with a chronic disease. These skills include meal planning, stress management, relaxation techniques, safe and effective exercise strategies and communication skills. You will receive a participant book, relaxation CD and in each class, healthy snacks. Participants must come to session 1 and/or 2 to attend the remaining sessions. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

**Thursdays** **Jun 2-Jul 7**  
**Free** **10:00-12:30**

## 155 Sleep Health for Older Adults

*Dr. Erica Parazo, PT, DPT*

Over half of adults over the age of 65 report regular sleep disturbances. In this course, Dr. Erica Parazo, a physical therapist, discusses common sleep disorders and sleep hygiene. You will learn different ways that you can improve your sleep today!

**Location: Oasis at The Meadows**

**Monday** **May 9**  
**Fee: \$6** **1:00-2:30**



## 156 Memory Dynamics

*Craig Stimson, LVN*

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

**Location: Oasis at The Meadows**

**Tuesdays** **May 10-24**  
**Fee: \$18** **1:00-2:30**

## 157 Physiotherapy 101

*Demizel Soto, Nurse Practitioner*

Physiotherapy is an area of medicine that specializes in treating arthritis and pain management. There are many types of treatments within physiotherapy such as therapy modalities and different types of injections. In this class, you will learn about the different types of treatment options within physiotherapy and how it can be beneficial for pain management and for those who suffer from arthritis.

**Location: Oasis at The Meadows**

**Wednesday** **May 11**  
**Free** **10:00-11:00**

## 158 Dementia Conversations

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**May 16**  
**10:00-11:30**

## 159 Self-Care Tool Box: Kindness Starts Here!

*Shastri Linda Mockeridge, LCSW*

Kindness starts with ourselves. If we are not caring for ourselves, we won't be around for our family and friends. This class gives you opportunities to learn how to care for yourself. Together, we go through a tool box of strategies to see what you need to gently and kindly take care of yourself and live each day in good physical and mental health. Take what you need and leave the rest in the tool box for later.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$7**

**May 16**  
**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.**

## 160 Fifty 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**

**May 17**  
**6:00-7:30**



## 161 Models and Theories of Behavior Change

*Chelsea Carriker, MPH, CHES*

Our brain is a powerful organ and changing our own behaviors can be challenging. Behavioral science seeks to bridge the gap between the complexities of our brains and why we do the things we do. In this class, we will take a deep dive into the various models and theories of behavior change and discuss the numerous factors that influence the decisions we make in our lives.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$6**

**May 23**  
**10:00-11:30**

## 162 It's Never Too Late to Begin a Healthy Habit

*Edie De Vilbiss, M.Div*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**May 25**  
**1:00-2:00**

## 163 Social Isolation: The Lonely Disease

*Ginny Brown, LCHW*

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

**Location: Oasis at The Meadows**

**Thursday** **May 26**  
**Free** **10:00-11:30**

## 164 Anti-Inflammatory Cooking

*Lauren Prescott, Certified Nutrition Coach*

Inflammation is a natural process that helps your body heal and defend itself from harm but prolonged inflammation can cause chronic health conditions. There are a number of foods that can minimize harmful inflammation in our bodies. In this class, we will explore and sample a variety of anti-inflammatory foods and provide healthy cooking tips that allow you to adapt these recipes at home.

**Location: Oasis at The Meadows**

**Tuesday** **Jun 7**  
**Fee: \$8** **10:00-11:30**

## 165 Healthy Hearts

*Rosanita Fuentes, Nurse Practitioner*

There are many risk factors that can increase your risk of developing plaque in your arteries such as poor diet, smoking and sedentary behaviors. This Healthy Hearts program will teach you how to keep your heart healthy by understanding risk factors that increase your risk of chronic health conditions such as obesity, high cholesterol, high blood pressure, and diabetes.

**Location: Oasis at The Meadows**

**Wednesday** **Jun 8**  
**Free** **10:00-11:00**

## 166 Latest Research Updates for Dementia

*Ginny Funk, Alzheimer's Association*

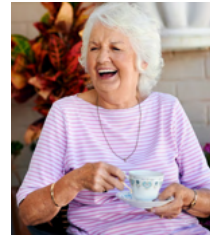
Join the Director of Programs at the San Antonio Alzheimer's Association to discuss research updates for Alzheimer's and dementia.

**Location: Oasis at The Meadows**

**Friday** **Jun 10**  
**Free** **10:00-11:30**

## 167 The Importance of Humor on Well-Being

*Amy Standridge,  
MM, MT-BC*



Humor is not a nice-to-have, it's a must-have! Laughter brightens our days, connects us, and improves our brain health. Research shows that laughter can have the same positive effect on our brain as deep meditation. Come have a laugh as we learn about how important humor is to our health and well-being. This course will include a little bit of theory, research and a lot of laughter and fun. Instructor Amy Standridge is a Humor Academy Level 1 student with the Association for Applied and Therapeutic Humor(AATH). Come prepared to share your sense of humor! We all have a different sense of humor and something to teach one another - what better to share than a laugh?

**Location: Oasis at The Meadows**

**Monday** **Jun 13**  
**Fee: \$6** **1:00-2:30**

## 168 Healthy Summer Snacks

*San Antonio Food Bank*

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

**Location: Oasis at The Meadows**

**Thursday** **Jun 16**  
**Free** **1:00-2:30**



## 169 Know Your Meds- Is Generic as Good as the Brand?

*Rod Sanchez, Pharm.D, BCGP*

There are differences between generic and name brand prescription products. But which is better: the name brand or generic? In this class, you will learn about the differences between name brand and prescription drugs and help determine what is best for you.

**Location: Oasis at The Meadows**

**Monday Jun 20**  
**Fee: \$6 10:00-11:30**

## 170 Spectrum of Healthcare Services

Navigating the world of healthcare can be overwhelming. This panel discussion will include a healthcare professional from the fields of home health, hospice, palliative care, private duty, and geriatric case management. Each of these professionals will discuss what their purpose is and help you understand what services might be best for you or a loved one.

**Location: Oasis at The Meadows**

**Wednesday Jun 22**  
**Free 1:00-3:00**

## 171 Protein: Your Body's Own Superman

*Carol White*

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

**Location: Oasis at The Meadows**

**Monday Jun 27**  
**Fee: \$5 10:00-11:30**

## 172 What Goes Into a Geriatric Assessment?

*Dr. Brande Harris, DO, FACP*



Geriatric assessments are helpful tools to assess quality of life for older adults and can help determine the next steps in life. In this class, you will learn all about what goes into geriatric assessments and how they can help you or a loved one.

**Location: Oasis at The Meadows**

**Monday Jun 27**  
**Fee: \$6 1:00-2:30**

## 173 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? In this class we will discuss what autoimmune diseases are, the most common types and the risk factors.

**Location: Oasis at The Meadows**

**Tuesday Jun 28**  
**Fee: \$6 6:00-7:30** 🌙

## 174 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. Legal and Financial Planning for Alzheimer's Disease is a workshop, presented by the Alzheimer's Association, 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 Jul 11**  
**Free 1:00-2:30**

## 175 Types of Plant-Based Diets

*Lauren Prescott, Certified Nutrition Coach*

A plant-based diet consists exclusively of plant foods. This includes fruit, vegetables, grains, and legumes while avoiding meat, dairy, and eggs. Plant-based foods are rich in fiber, vitamins and minerals, free of cholesterol, and low in calories and saturated fat. This diet has been associated with a variety of health benefits including healthy weight, optimal health, and longevity. In this class, we will identify the various plant-based diets, their health benefits, and some practical applications of this diet into our everyday lives.

**Location: Oasis at The Meadows**

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



## 176 Plant-Based Cooking

*Lauren Prescott, Certified Nutrition Coach*

Plant-based meals can be just as tasty as meals that contain meat. In this class, we will explore and sample a variety of plant-based food alternatives, provide healthy cooking tips that you can adapt at home.

**Location: Oasis at The Meadows**

**Tuesday** **Aug 9**  
**Fee: \$8** **10:00-11:30**

## 177 Managing Uncertainty: Helping a Loved One With Chronic Disease

*Kylie Meyer, Ph.D., UT Health  
 Caring for the Caregiver Program*

Helping a loved one manage their chronic illness-such as dementia, cancer, or depression-can bring on feelings of uncertainty. What do you do after a diagnosis? What is going to happen? Will my loved one get better? When we feel uncertain, we often feel worried or anxious, and may not take good care of ourselves. In this session we will identify sources of uncertainty while caregiving and identify strategies to manage uncertainty and reduce feelings of worry.

**Location: Oasis at The Meadows**

**Tuesday** **Jul 12**  
**Free** **10:00-11:30**

## 178 Anti-Aging Drugs - Is There A Pill For That?

*Dr. Dean Kellogg, Jr. M.D.*

There is research to suggest that certain pharmaceuticals have shown promise in their "anti-aging" abilities. In this class, you will learn all about these drugs and what they may be able to do for you.

**Location: Oasis at The Meadows**

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

## 179 Improving Gut Health

*Beau Marcott, B.S., Nutrition and Dietetics*

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

**Location: Oasis at The Meadows**

**Monday** **Jul 18**  
**Fee: \$6** **1:00-2:30**



### Location, Location, Location!

We have several off-site locations, so please check the location of each class.

## 180 Guided Imagery and Hypnosis

*Russell Gainer, LCSW*

Ever wonder about hypnosis – is it real or just faked? How about appreciating the impact our thoughts have on our experiences? Guided imagery and hypnosis are effective tools to deal with stress, health problems, and can enhance our life experience and treatment of illness.

**Location: Oasis at The Meadows**

**Wednesday** **Jul 20**  
**Fee: \$6** **10:00-11:30**

## 181 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.

**Location: Oasis at The Meadows**

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

## 182 Healthy Relationships

*Ginny Brown, LCHW*

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

**Location: Oasis at The Meadows**

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



## 183 Exploring the Aging Process

*Lisa Kilpela, Ph.D.*

The aging process brings changes in numerous aspects of life - some of which can be harder to accept than others. This class will offer activities and discussions related to navigating the aging process from different perspectives, including social, physical, cognitive/emotional, and nutritional. We will provide interactive in-class and home activities for participants, as we discuss skills relevant to navigating various experiencing of the aging process.

**Location: Oasis at The Meadows**

**Friday** **Jul 29**  
**Fee: \$6** **10:00-11:30**

## 184 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 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**

**Monday** **Aug 1**  
**Free** **10:00-11:30**

## 185 The Myth of Closure

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

The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. Dr. Pauline Boss has much to share with us in her book entitled *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change*. This class will explore strategies for coping: encouraging us to increase our tolerance of ambiguity and acknowledge our resilience as we express a normal grief and still look to the future with hope and possibility.

**Location: Oasis at The Meadows**

**Thursday** **Aug 4**  
**Fee: \$6** **1:00-2:30**



## 186 Let's Get Happier Today

*Dr. Gilda Garcia*

In this class, we will learn ways to get happier every day. Join us to explore ways to increase your happiness by using gratefulness, thankfulness and consideration. Who doesn't want to be happy? Lets fill our hearts with joy and happiness today!

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$6**

**Aug 2**

**1:00-2:30**



## 187 Physical Activity and Healthy Aging

*Dr. Yan Du, Ph.D., MPH, RN*

Join UT Health San Antonio, Nursing Scientist, Dr. Du for a session on the importance of physical activity and health aging. Physical activity can improve health and quality of life and can reduce the risk of moderate or severe functional limitations in mid-life and older adults. Physical activity supports positive mental health and healthy aging.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$6**

**Aug 9**

**6:00-7:30**



## 188 Eating the Rainbow

*Gretchen Hill*

Seventy-seven percent of older adults don't get enough fruits and vegetables in their diet. This class will help you to get creative in adding healthy produce to your menus. Try out a healthy snack and take home a few recipes.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$5**

**Aug 15**

**10:00-11:30**



## 189 Psychological and Social Aspects of Dementia

*Russell Gainer, LCSW*

Families dealing with dementia illnesses face unique issues and emotional challenges. Identifying these issues and helping families work through challenges is vital.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$6**

**Aug 18**

**10:00-11:30**

### 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.*

These classes are sponsored by:



*Classes taught by WellMed physicians*

## 190 Oh, My Aching Knees

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

**Location: Oasis at The Meadows**

**Thursday May 12**  
**Free 1:00-2:00**



## 191 All About the Thyroid

Our thyroid is an important gland in our body that regulates many of our body's functions. Thyroid problems are common, especially as we age. Come learn all about what the thyroid does, the problems that can arise, and how they are treated.

**Location: Oasis at The Meadows**

**Thursday Jun 9**  
**Free 1:00-2:00**

## 192 Congestive Heart Failure

Congestive Heart Failure (CHF) is consistently one of the most common causes of hospitalization for older adults. Come learn about the signs and symptoms and best practices for its prevention.

**Location: Oasis at The Meadows**

**Thursday Jul 7**  
**Free 1:00-2:00**

## 193 All About Strokes

Strokes are a serious medical emergency and understanding the signs can save a life. In this class, you will learn the symptoms of a stroke, the treatment, and how to prevent them from happening.

**Location: Oasis at The Meadows**

**Thursday Aug 11**  
**Free 1:00-2:00**

## IMAGINE A DOCTOR WHO ACTUALLY LISTENS.

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## 194 Country Music Icons

*Beverly Prado*

The continuing interest in this genre has been fueled by its charismatic stars. This class will explore the progression of the genre from roots in folk music and blues to Nashville. Stars like Johnny Cash, Dolly Parton, Willie Nelson, Charley Pride, and Loretta Lynn will be featured with film clips of their music.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$6**

**May 9**  
**10:00-11:30**

## 195 Words As Art

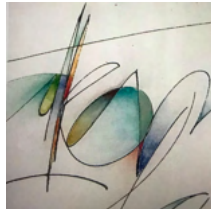
*Gaylynne Robinson*

Where there are words, there is art. Easier than calligraphy and just as beautiful, we will use watercolors, colored pencils, and inks to take words and characters and make elegant, vibrant, and exciting pieces of art. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Wednesdays**  
**Fee: \$42**

**May 11-Jun 15**  
**1:00-3:00**



## 196 Abraham Lincoln

*Bill Perryman, M.Ed.*

Who was Abraham Lincoln? What was his story? Enjoy the captivation as historian and storyteller Bill Perryman brings to life the mystery and intrigue of Abraham Lincoln; our 16th United States President. Prepare for an experience! Leave intellectually refreshed!

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$10**

**May 18**  
**10:00-11:30**



## 197 Adversaries of the Ancient Israelites

*Christina Howard, M.A.*

The enemies of the ancient Israelites were numerous throughout the Old and New Testaments of the Christian Bible. The Egyptians, Canaanites, Philistines, Babylonians, Assyrians, Greeks and Romans all had significant impacts on the cultures of the Levant region. This fast-paced presentation will delve into the who, what, why and how's of the major encounters. Who and what were the Israelites up against? Giants, destructive hordes, and tyrants, these armies were feared and often difficult to fight without the latest weapons, horses, chariots, and thousands of trained soldiers. How often were they reliant on their faith and God? How and what new technologies did these enemies bring with them as the Bronze Age merged into the Iron Age? How and why did each war bring cultural changes and innovations that redefined the conquered? The Bible and other contemporary sources give us a better understanding of the ancient Israelites' struggles to survive.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**May 18**  
**1:00-3:00**



## 198 Water Conservation in the Garden

*John Van, Bexar County Master Gardeners*

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

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$6**

**May 19**  
**1:00-2:30**



# THE ANCIENT GREEKS

Michael Cude, Ph.D., Schreiner University

## 199 Ancient Greek Origins

This course will overview the origins of the Ancient Greeks. Beginning with pre-historic settlement of Greece, it will cover the Minoans and Myceneans and then conclude with an overview of the Archaic period.

**Location: Oasis at The Meadows**

**Thursday**

**May 12**

**Fee: \$6**

**1:00-2:30**

## 202 The Hellenistic Era

This course will consider Alexander the Great and overview his military conquests and empire. It will then address how the politics and culture of the Greeks changed under Alexander's empire and its successors.

**Location: Oasis at The Meadows**

**Thursday**

**Jul 14**

**Fee: \$6**

**1:00-2:30**

## 200 Classical Greek Warfare

This course will consider warfare in the classical Greek era. While overviewing Greek military culture, it will examine the Greek wars with the Persian Empire as well as the wars among the Greek city-states, such as the Peloponnesian War.

**Location: Oasis at The Meadows**

**Thursday**

**May 26**

**Fee: \$6**

**1:00-2:30**



## 201 The Classical Greek City-State

This course will look at the political, social, and cultural organization of the Greek city-states. It will consider a variety of topics including government, economics, academics, and culture.

**Location: Oasis at The Meadows**

**Thursday**

**Jun 23**

**Fee: \$6**

**1:00-2:30**

## 203 The Classical Greek Legacy

This final course will overview the Greek experience during the Roman empire and how Greek culture continued to influence the world through the development of Christianity and the Byzantine Empire. It will then examine the modern-day legacy of the Greeks.

**Location: Oasis at The Meadows**

**Thursday**

**Aug 4**

**Fee: \$6**

**1:00-2:30**



## 204 Landscape Drawing

*Molly Valdez*

Learn to see as artists do to create more realistic drawings. We'll work on composition, form, and shading. All experience levels welcome. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Thursdays**

**Fee: \$45**

**May 19-Jun 23**

**10:00-12:00**

## 205 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**

**Fee: \$5**

**May 24, Jun 21, Jul 19, Aug 16**

**10:00-11:30**

## 206 Peek Into the Math World - Pascal's Triangle and the Man

*Betty Burson*

A particular arrangement of numbers can unlock a door, or many doors, as Pascal's Triangle demonstrates. We can "figure the odds," count possible combinations, find a shortcut for certain unwieldy procedures, spot our Fibonacci numbers, and, with a little manipulation, shade in a fractal pattern. What is this triangle? Who was Blaise Pascal? Creator? Late-Comer? Let's take a closer look.

**Location: Oasis at The Meadows**

**Wednesday**

**Fee: \$6**

**Jun 1**

**1:00-2:30**



## 207 Women in Japan

*Roger Pratt, MA in East Asian Studies*

Join us for an open discussion on the traditional, transitional and current roles and status of women in Japan. While there has been an increase in the knowledge of Japan in general, there still remain some inaccuracies and in some cases, myths. The goal of this seminar is to share knowledge through lecture, supplemented with plenty of Q and A, as we further our understanding of women in Japan.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$6**

**Jun 2**

**1:00-2:30**

## 208 Introduction to Folk Music

*Craig Stimson*

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

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$6**

**Jun 2**

**1:00-2:30**

## 209 Ghost Signs

*Bruce Martin,  
Certified Professional  
Tour Guide*



Ghost signs can be found throughout the world with the United States having many surviving examples. Most often ghost signs are advertisements painted on buildings that have survived the business or product being promoted. This entertaining slideshow will present ghost signs in San Antonio with which you may be familiar as well as some delightful surprises. Enjoy these relics of yesteryear before they disappear.

**Location: Oasis at The Meadows**

**Friday**

**Fee: \$9**

**Jun 3**

**10:00-11:30**

## 210 Arthur of Avalon

*Judith Hurst, M.A.*

How did a warrior chieftain in 550 AD come to the throne of a romantic kingdom six hundred years later? Follow the stuff of legends from the fact of Arthur as a warrior chieftain to the fiction of Arthur as king of Camelot-the epitome of wisdom, virtue, tolerance and chivalry. Why did James I's ancestry have to be imaginatively traced back to this fictional Arthur-to convince people of his worthiness to rule? Why did Edward III found his Order of the Garter in 1350-attempting to recreate the fellowship of the fictional Round Table? And more significantly, why is Arthur still interwoven into our psyche 1600 years later?

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$6**

**Jun 6**  
**10:00-11:30**

## 211 Culinary Heritage of San Antonio

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

What did our earliest ancestors eat? How did they cook it? What did the first settlers in San Antonio eat? What traditions did they bring with them and what new cuisines were created in San Antonio? From Chile Con Carne to Frito Pie to modernization of corn tortillas, this session will bring to light San Antonio's culinary heritage and its place in the world's food traditions.

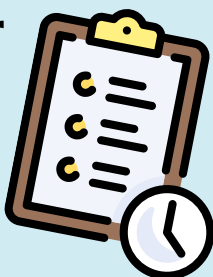
**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

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

### Waiting List Reminder

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



## 212 Wine Tasting: Summer Wines

*Bob Bragg, WSET Level 3, CSW*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$35**

**Jun 14**  
**1:00-2:30**



## 213 Writing for Beginners

*Gloria Jennings*

Points of view, and metaphors, and similes – oh my! What do these words have to do with writing? Come and find out how you can use these writing tools to tell your story. Creative writing exercises will serve as triggers to new ideas and insights, memories and recollections. Members are free to share their work in a supportive and positive group environment. If you have ever wanted to write a story, this is where you start.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$6**

**Jun 13**  
**10:00-11:30**

## 214 Make Your Own Postcards

*Edith Stanley*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$12**

**Jun 14**  
**6:00-7:30**





## 215 Environmental Quality and Texas

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

Regulated by EPA and the Texas Commission on Environmental Quality (TCEQ), environmental quality in Texas is routinely monitored and checked against Federal and State regulatory standards. San Antonio and the surrounding counties are part of one of the fastest growing regions in the country, with thousands of people moving to Texas each and every day. One of the major challenges facing our state is how to manage this rapid growth, while maintaining clean and healthy environments across the region. A failure to meet environmental standards as a result of growth and development can have significant long-term implications for both the physical health of our residents, and the economic future of our state. In this class, we will discuss the basics of environmental regulation and discuss the impacts on the future of Texas.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

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

## 216 The St. John's Bible Heritage Edition

*Robert O'Connor, Ph.D., St. Mary's University*

The St. John's Bible Heritage Edition is a modern interpretation of a cherished tradition. It is a new project artfully replicating the New Revised Standard Version of the Bible through calligraphy, special text treatments, and illuminations using gold foil. This seven-volume grand-scale project presents detailed illuminations that offer viewers the opportunity to engage in "interpretive conversations" with biblical texts as they relate to current experiences. Presentations through St. Mary's University have been seen by more than 6,000 persons, from Arizona to Kentucky.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**Jun 15**  
**1:00-2:30**

## 217 Japanese Gardening, Texas Style

*Bexar County Master Gardeners*

Join the Bexar County Master Gardeners and learn the basics of creating a tranquil Japanese garden in your yard.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Jun 21**  
**6:00-7:30**



## 218 Opera 101: How to Listen to and Understand Opera



*Sarah Davis*

Professional opera singer, Sarah Davis, will take you through an exciting whirlwind of what to listen for, voice types, basic operatic terminology, major composers, historical periods, musical styles and languages with audio, video and live examples!

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$8**

**Jun 24**  
**10:00-11:30**

## 219 Expedition Extraordinaire: The Lewis and Clark Expedition

*Bill Perryman, M.Ed.*

Is your Keel Boat ready? Travel with Meriwether Lewis, William Clark, "Seaman" the Newfoundland dog, and all the men of the Corps of Discovery as master teacher Bill Perryman brings to life captivating stories and details of an extraordinary journey that opened the door to the American west!

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$10**

**Jun 28**  
**10:00-11:30**



## 220 Stencils and Linocuts

*Gaylynne Robinson*

We will use stencils to make designs on easy to carve linoblocks and print them with printer's ink on paper. Make endless prints from one linoblock, alter it and make even more. We will start with simple patterns from stencils or that you design yourself. Supply list will be provided. Approximate cost of supplies is \$30.

**Location: Oasis at The Meadows**

**Wednesdays**  
**Fee: \$28**

**Jun 29-Jul 20**  
**1:00-3:00**



## 221 Food and Drink in the Bible

*Christina Howard, M.A.*

Who said that Jews and Christians can't party hearty? The people in biblical times knew how to throw a proper feast! Yes, wine and beer were present. Even God is fond of wine (Judges 9:13)! So, what types of food and drink were allowed? Depending on your economic status, food was a very important part of religious life with very specific conditions. Pages and pages of the Bible were dedicated to what you could or couldn't eat or drink and how it should be prepared. Did you know that some slaves were actually paid with beer? That dove dung was a great casserole topper? Who knew? This fast-paced presentation will touch on the plethora of foods and drinks found within the pages of the Bible.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$6**

**Jun 30**  
**1:00-3:00**

## 222 Create a Fun 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 will learn how to create floral arrangements and make one to take home with you. All supplies will be provided. If you have a pair of small pruning shears, please bring them.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$35**

**Jun 30**  
**1:00-2:30**



## 223 Basic Drawing

*Ginny Brown*

For many artists, pencil drawing is the skill that introduced them to the art world. Even if you've moved on to a different medium, understanding how to draw with a pencil can help you improve your skills elsewhere. Basic pencil drawing techniques such as shading, understanding light and shadow, focus and blending can help you to understand the basics of drawing and set you off to creating your first professional drawing! The class will also offer advice on the tools and materials you need to know, such as varying pencils and graphite, blending stumps, paper options, and different erasers, as well as offer a brief participant drawing tutorial. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Wednesdays**  
**Fee: \$14**

**Jul 6-13**  
**10:00-11:30**



## 224 Soldiers of God

*Judith Hurst, M.A.*

Lecture/discussion of the resolute men and women who saved England from Satan and the powers of darkness—St. Augustine (597); St. Bede (710); King Edwin (633); King Oswald (634); St. Cuthbert (650); St. Hilda (640); King Edmund, King Ethelbert, and King Edward (869); Thomas á Becket—the turbulent priest (1170). These were the missionary saints who re-established Christianity in the dark years following the pagan Saxon invasion.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$6**

**Jul 11**  
**10:00-11:30**

## 225 Movie Discussion: The Man From Snowy River

*Lynn Waghalter*

The highest grossing Australian film at the time, *The Man From Snowy River* stars Kirk Douglas in a dual role as the brothers Harrison. In 1880s Australia, after young Jim Craig's father dies, he takes a job at the Harrison cattle ranch, where he is forced to become a man. The first week we will watch the movie, the second we will discuss it. Refreshments will be provided.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$8**

**Jul 12-19**  
**3:30-5:30**

## 226 Ink and Watercolors

*Georgia Stok*

Join us for a user-friendly approach to techniques using watercolors along with pen and ink. The use of ink with watercolor adds more control, and watercolor can be applied with simple washes. Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$42**

**Jul 12-Aug 16**  
**1:00-3:00**



## 227 Colored Pencil Art

*Molly Valdez*

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

**Location: Oasis at The Meadows**

**Thursdays**  
**Fee: \$42**

**Jul 14-Aug 18**  
**10:00-12:00**



## 228 Fred Astaire and Ginger Rogers, Dancing Magic

*Beverly Prado*

Probably no other stars of musicals in Hollywood were more popular than Fred and Ginger. In their nine movies together, they lifted Americans out of the Depression blues of the 1930s with their lighthearted films. Audiences flocked to theaters with the few funds they had to escape their dreary, everyday lives, entering the elegant world of song and dance. What was the magic? Come and see as we examine the chemistry of two of the most famous stars of the Golden Age of Hollywood.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$6**

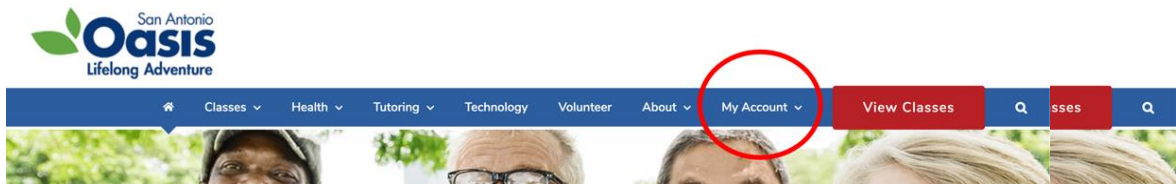
**Jul 21**  
**1:00-2:30**



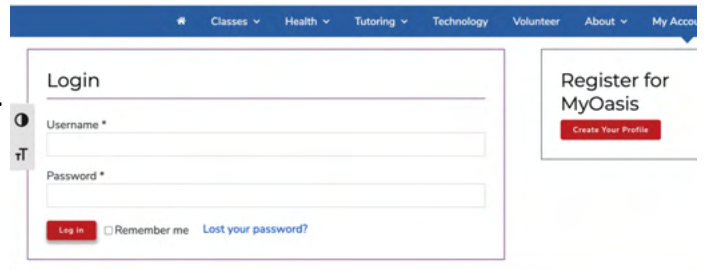


# Registering for Classes Online

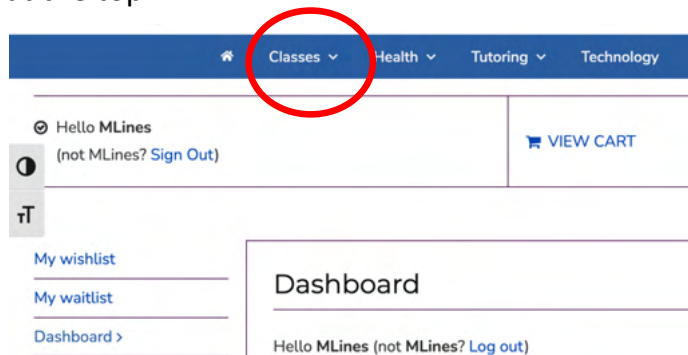
1) Visit: <https://san-antonio.oasisnet.org/> and at the top of the page – click on “My Account”.



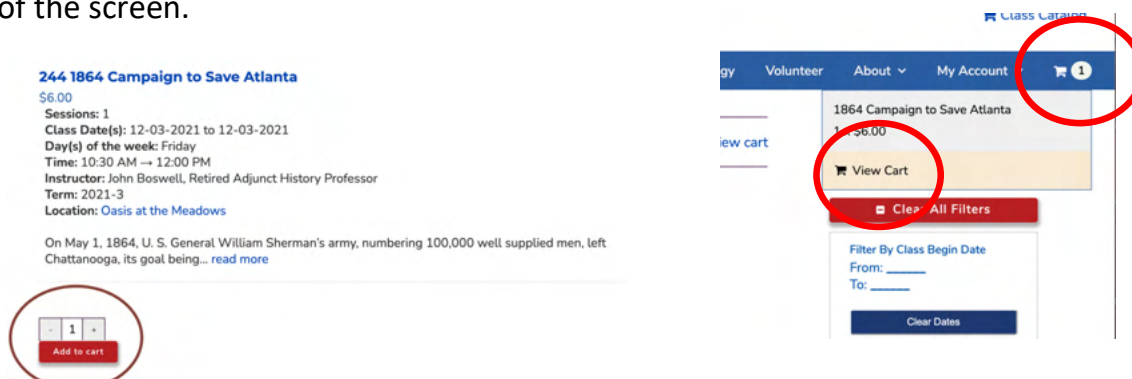
2) Login with your username and password or Register for MyOasis. \*If you are unsure of your username, give Oasis a call at 210-236-5954.



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

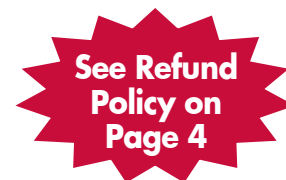


4) Find the classes you would like to register for and click “Add to Cart”. Once you have added all of the classes you would like to add to your cart, click on “View Cart” at the top right hand corner of the screen.



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



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

- **Walk-In and Mail-In - Registrations Processed April 26, 2022**  
*Registrations are placed in a box and randomly drawn and processed.*
- **Online - Registration Opens April 26, 2022 at 10:00am**
- **Phone-In - Registration Opens May 2, 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](https://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	\$28			
	109	Tai Chi	\$28			
	110	Tai Chi	\$35			
	111	Yoga Foundations	\$28			
	112	Yoga Foundations	\$28			
	113	Yoga Foundations	\$35			
	114	Chair Yoga	\$28			
	115	Chair Yoga	\$28			
	116	Chair Yoga	\$35			
	117	Chair Yoga	\$35			
	118	Chair Yoga	\$35			
	119	Chair Yoga	\$35			
	120	Yin Yoga and Yoga Nidra	\$40			
	121	Yin Yoga and Yoga Nidra	\$40			
	122	Yin Yoga and Yoga Nidra	\$40			
	123	Stretch and Restore	\$30			
	124	Stretch and Restore	\$30			
	125	Stretch and Restore	\$30			
	126	Qigong	\$40			
	127	Qigong	\$40			
	128	Qigong	\$40			
	129	Cardio Dance	\$30			
	130	Cardio Dance	\$30			
	131	Cardio Dance	\$30			
	132	Cardio Dance	\$30			
	133	Movin' and Groovin'	\$30			
	134	Movin' and Groovin'	\$30			
	135	Movin' and Groovin'	\$30			
	136	Movin' and Groovin'	\$30			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	137	Beginner Ballet	\$25			
	138	Beginner Ballet	\$25			
	139	Beginner Ballet	\$25			
	140	Balance for Daily Life	\$25			
	141	Balance for Daily Life	\$25			
	142	Balance for Daily Life	\$25			
	143	Interval Cardio Workout	\$25			
	144	Interval Cardio Workout	\$25			
	145	Interval Cardio Workout	\$25			
	146	Deep Water Aquacise	\$54			
	147	Deep Water Aquacise	\$54			
	148	Deep Water Aquacise	\$60			
	149	Walking Group	\$30			
	150	Pickleball - Learn and Play!	\$28			
	151	A Matter of Balance	Free			
	152	Diabetes Self-Management	Free			
	153	Aging Mastery Program	Free			
	154	Healthy Life/Chronic Conditions	Free			
	155	Sleep Health	\$6			
	156	Memory Dynamics	\$18			
	157	Physiotherapy 101	Free			
	158	Dementia Conversations	Free			
	159	Self-Care Tool Box	\$7			
	160	50 Questions	\$6			
	161	Behavior Change	\$6			
	162	Begin a Healthy Habit	\$6			
	163	Social Isolation	Free			
	164	Anti-Inflammatory Cooking	\$8			
	165	Healthy Hearts	Free			
	166	Updates for Dementia	Free			
	167	Humor on Well-Being	\$6			
	168	Healthy Summer Snacks	Free			
	169	Know Your Meds	\$6			
	170	Spectrum of Healthcare	Free			
	171	Protein	\$5			
	172	Geriatric Assessment?	\$6			
	173	Autoimmune Diseases	\$6			



# Oasis Registration Form


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

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	174	Planning for Alzheimer's	Free			
	175	Plant-Based Diets	\$6			
	176	Plant-Based Cooking	\$8			
	177	Managing Uncertainty	Free			
	178	Anti-Aging Drugs	\$6			
	179	Improving Gut Health	\$6			
	180	Guided Imagery	\$6			
	181	Fall Prevention	Free			
	182	Healthy Relationships	\$6			
	183	Exploring the Aging Process	\$6			
	184	Warning Signs of Alzheimer's	Free			
	185	The Myth of Closure	\$6			
	186	Let's Get Happier Today	\$6			
	187	Physical Activity/Healthy Aging	\$6			
	188	Eating the Rainbow	\$5			
	189	Social Aspects of Dementia	\$6			
	190	Oh, My Aching Knees	Free			
	191	All About the Thyroid	Free			
	192	Congestive Heart Failure	Free			
	193	All About Strokes	Free			
	194	Country Music Icons	\$6			
	195	Words As Art	\$42			
	196	Abraham Lincoln	\$10			
	197	Ancient Israelites	\$6			
	198	Water Conservation	\$6			
	199	Ancient Greek Origins	\$6			
	200	Classical Greek Warfare	\$6			
	201	Classical Greek City State	\$6			
	202	Hellenistic Era	\$6			
	203	Classical Greek Legacy	\$6			
	204	Landscape Drawing	\$45			
	205	Writers Group	\$5			
	206	Pascal's Triangle	\$6			
	207	Women in Japan	\$6			
	208	Introduction to Folk Music	\$6			
	209	Ghost Signs	\$9			
	210	Arthur of Avalon	\$6			
	211	Culinary Heritage of SA	\$6			
	212	Summer Wines	\$35			
	213	Writing for Beginners	\$6			
	214	Make Your Own Postcards	\$12			
	215	Environmental Quality	\$6			
	216	St. John's Bible	\$6			
	217	Japanese Gardening	\$6			
	218	Opera 101	\$8			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	219	Lewis and Clark Expedition	\$10			
	220	Stencils and Linocuts	\$28			
	221	Food and Drink in the Bible	\$6			
	222	Floral Arrangement	\$35			
	223	Basic Drawing	\$14			
	224	Soldiers of God	\$6			
	225	Movie Discussion	\$8			
	226	Ink and Watercolors	\$42			
	227	Colored Pencil Art	\$42			
	228	Fred Astaire/Ginger Rogers	\$6			
	229	Famous Sci-Fi Authors	\$6			
	230	Betty White	\$6			
	231	Movies of Summer	\$12			
	232	Art Paper-Paper Dolls	\$42			
	233	Philosophy in China	\$6			
	234	Easy Backyard Composting	\$6			
	235	Banned Books	\$6			
	236	Exploring Texas!	\$7			
	237	Pompeii and Vesuvius	\$6			
	238	Cary Grant	\$6			
	239	Modern Fossils	\$9			
	240	Underground Railroad	\$10			
	241	Learning to Juggle	\$6			
	242	Motels/Hotels: Welcome to SA	\$9			
	243	Ombudsman Program	Free			
	244	When Emergencies Strike	\$6			
	245	Cooking with Whole Grains	Free			
	246	River Health	\$5			
	247	Volunteering at Oasis	Free			
	248	Weatherization Assistance	Free			
	249	Specialty Courts Coalition	\$6			
	250	SA Parks System Plan	\$5			
	251	Real Estate Market in SA	\$6			
	252	Adult Protective Services	Free			
	253	Reframing Aging	Free			
	254	Cooking/Summer Vegetables	Free			
	255	Stop Inflation/Retirement	\$6			
	256	Why Probate?	\$6			
	257	Declutter Your World	\$6			
	258	No Place Like Home	Free			
	259	Simple Steps	\$6			
	260	Cryptocurrency: Who Does It?	\$6			
	261	Cryptocurrency: How to do it?	\$6			
	262	Your Property Taxes	\$6			
	263	Transfer on Death Deeds	\$6			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	264	Energy Savings	Free			
	265	Disability Confidence	Free			
	266	Grand Connections	\$10			
	267	Getting Your Affairs in Order	Free			
	268	Chocolate and Coffee	Free			
	269	Ways to Sell a House	\$6			
	270	To Roth or Not to Roth	\$6			
	271	SA Services for Seniors	Free			
	272	Do Your Paperwork Now	\$6			
	273	Mac Computers	\$40			
	274	All About WhatsApp	\$10			
	275	Using PowerPoint	\$20			
	276	Guide to Internet Safety	\$10			
	277	Sign Up for Oasis Classes	Free			
	278	Better Seeing Better Hearing	Free			
	279	Windows 11	\$22			
	280	Password Managers	\$12			
	281	Mark the Date	\$10			
	282	Word/Spreadsheet Programs	\$10			
	283	Beginner iPhone	\$20			
	284	Intermediate iPhone	\$20			
	285	Google Maps	\$10			
	286	Android Essentials	\$32			
	287	Google Contacts	\$10			
	288	Everything iPad	\$40			
	289	Guide to the Cloud	\$12			
	290	Smartphone Photography	\$12			
	291	Alternatives to Cable	\$10			
	292	My Wishes, My Desires	Free			
	293	Estate Planning Steps	Free			
	294	Healthy Relationships	Free			
	295	The Roman Republic	Free			
	296	World War II's Secret Rosies	Free			
	297	Improving Your Memory	Free			
	298	Small Watercolor Landscapes	Free			
	299	The Mediterranean Diet	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	300	Small Dot Painting	Free			
	301	Backstories/Hollywood Films	Free			
	302	Downsizing	Free			
	303	All About Teas	Free			
	304	Dealing with Grief	Free			
	305	Identity Theft	Free			
	306	Gardening with Succulents	Free			
	307	Home Weatherization	Free			
	308	Sun Safety	Free			
	309	Reframing Aging	Free			
	310	Fall Prevention	Free			
	311	Men's Health after 60	Free			
	312	Cyber Security	Free			
	313	Levels of Care in Senior Living	Free			
	314	Reframing Aging	Free			
	315	All About Project MEND	Free			
	316	Alamo Service Connection	Free			
	317	VIA Services/Older Adults	Free			
	318	San Antonio Food Bank	Free			
	319	Preparing/EMS Arrival	Free			
	320	Basic Nutrition	Free			
	321	No Place Like Home	Free			
	322	Cybersecurity	Free			
	323	Lighthouse for the Blind	Free			
	324	No Place Like Home	Free			
	325	Food Bank Summer Brunch	Free			
	326	SA Public Library	Free			
	327	Nature Tour	\$27			
	328	Canyon Lake Gorge Tour	\$27			
	329	Beautiful: Carole King	\$140			
	330	Discovering Shiner	\$72			
	331	True Texas	\$67			
	332	Hondo - Carrizo Springs	\$65			
	333	Chicken N Pickle	Free			
	804	Holiday Mystery Vacation	\$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

**FOR OFFICE USE ONLY**

Date: \_\_\_\_\_

☐ Walk In      ☐ Phone In

☐ Mail In      ☐ Morningside Resident

Vol Initials \_\_\_\_\_

Fee Total \$ \_\_\_\_\_

Entry \_\_\_\_\_

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

## 229 Famous Sci-Fi Authors

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

Science fiction writers like Jules Verne and H.G. Wells have fascinated readers for more than a century, but there are modern science fiction writers as well. Come learn about some of the most famous Science Fiction writers and their works.

**Location: Oasis at The Meadows**

**Friday** **Jul 22**  
**Fee: \$6** **10:00-11:30**

## 230 Betty White- A National Treasure

*Gloria Jennings*

Betty White started her entertainment career on radio in 1930 at the age of eight. She was a pioneer of early television, with a career spanning seven decades. Betty White was noted for her vast work in the entertainment industry and for being one of the first women to work both in front of and behind the camera. Join us as, through videos and discussion, we celebrate her prolific career as an entertainer and a humanitarian.

**Location: Oasis at The Meadows**

**Tuesday** **Jul 26**  
**Fee: \$6** **10:00-11:30**



*pioneers of television/pbs*

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

## 231 Movies of Summer

*Beverly Prado*

Sometimes a season of the year takes center stage in films. This two-part series will explore the themes of summer movies beginning in the 1930s and continuing into the 1980s. These film classics will explore ideas, locations and characters that continue to fascinate us even today with their timeless themes. Film clips and conversation are included in the price of admission.

**Location: Oasis at The Meadows**

**Tuesdays** **Jul 26-Aug 2**  
**Fee: \$12** **6:00-7:30**

## 232 Art Paper: Paper Dolls

*Gaylynnne Robinson*

Do you remember when McCall's Magazine had paper dolls? Times have changed and so have Art Paper Dolls. We will use templates and original paper dolls and decorate them with crazy designs, beads, crowns, you name it. Our art dolls walk on the wild side. Supply list will be provided. Approximate cost of supplies is \$15.

**Location: Oasis at The Meadows**

**Wednesdays** **Jul 27-Aug 17**  
**Fee: \$42** **1:00-3:00**

## 233 Philosophy in China

*Judith Hurst, M.A.*

Of the four great revolutions in thought and religion, Chinese philosophy enjoys more historical continuity than Religion in India; Religion of the Jews; and Greek Philosophy. Lecture/discussion will address the three major schools of humanism: Confucianism, Taoism and Legalism—unchanged and enduring: the legacy of the vital and creative Chou thought (771-256 BC).

**Location: Oasis at The Meadows**

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



## 234 Easy Backyard Composting

*Bill Swanter,  
Bexar County Master Gardeners*

Composting is a practical and convenient way to handle your yard wastes. By using compost you return organic matter to the soil in a usable form. Learn various ways to compost, how to balance the compost pile, how to keep the compost pile working and the advantages of home composting.

**Location: Oasis at The Meadows**

**Friday** **Aug 5**  
**Fee: \$6** **10:00-11:30**

## 235 The Most Famous Banned Books

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

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

**Location: Oasis at The Meadows**

**Friday** **Aug 5**  
**Fee: \$6** **10:00-11:30**

## 236 Exploring Texas!

*The Witte Museum*

Did you know Texas ranks second in terms of wildlife diversity in the U.S.? From the piney woods of East Texas to the mountains in the west, from the High Plains to the Gulf Coast, Texas is home to many unique critters. You will have the opportunity to meet a couple of these native species with an animal encounter.

**Location: Oasis at The Meadows**

**Wednesday** **Aug 10**  
**Fee: \$7** **1:00-2:30**

## 237 Pompeii and Vesuvius

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



The eruption of Mount Vesuvius in the spring of 79 AD is perhaps the best known volcanic eruption in history, and it continues to fascinate us, almost 2,000 years later. More than 30 movies and documentaries have been made about the dramatic eruption. Pliny the Younger was present during the eruption, writing one of the first in-person accounts of this type of disaster, and many terms that are used in the modern science of volcanology stem from his riveting description of the event. Even beyond the geology of Vesuvius, however, the sudden destruction of Pompeii and the nearby port city of Herculaneum preserved ancient Roman civilization at a moment in time. Pompeii and Herculaneum continue to provide new insights into daily life in a still thriving Roman Empire. In this class, we will discuss the geology of Vesuvius, the events of April 79 AD, and the subsequent uncovering of the preserved ruins that continues to today.

**Location: Oasis at The Meadows**

**Tuesday** **Aug 9**  
**Fee: \$6** **10:00-11:30**

## 238 Cary Grant, Elegant Icon of Cinema

*Beverly Prado*



Probably one of the most popular stars of Hollywood was Cary Grant. His handsome demeanor in films like *Bringing Up Baby*, *Philadelphia Story*, *North by Northwest* and *Charade* is evident, but there was more to the man than that. Known for lighthearted comedies and suspense films, he desperately fought for more serious roles. From humble beginnings in England to the biggest stage in the world, Grant managed to remain relevant for more than 40 years. Let's examine his rise to stardom with film clips and discussion.

**Location: Oasis at The Meadows**

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

## 239 Modern "Fossils"

*Bruce Martin, Certified Professional Tour Guide*

This delightful slideshow will reward those with a keen eye as we "walk" through San Antonio and discover frequently overlooked surprises hiding in plain sight. From manhole covers to fire hydrants to graffiti, to unintentional surprises, we will examine these modern "fossils" within our contemporary environment. Watch for surprising design details that are all too often invisible as we rush through our modern world.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$9**

**Aug 11**

**1:00-2:30**

## 240 Adventures on the Underground Railroad

*Bill Perryman, M.Ed.*

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

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$10**

**Aug 15**

**10:00-11:30**



## 241 Learning to Juggle

*Craig Stimson*

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

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$6**

**Aug 18**

**1:00-2:30**

## 242 Tourist Courts, Motels and Hotels: Welcome to San Antonio!

*Bruce Martin,*

*Certified Professional Tour Guide*

San Antonio has always been a crossroads, and has attracted visitors from all directions. This engaging slideshow will look back at some of the better-known hotels, motels, and tourist courts that welcomed travelers as they arrived in the Alamo City - and just as interesting will be the obscure, forgotten spots you will see as we gain a better understanding of the first impressions presented by San Antonio to its guests.

**Location: Oasis at The Meadows**

**Friday**

**Fee: \$9**

**Aug 19**

**10:00-11:30**



## GIVE FOR THE FUTURE



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

## 243 Alamo and Bexar Long-Term Care Ombudsman Program

*Heather Armstrong*

A Long-term Care Ombudsman means being an advocate for residents by listening to and addressing the concerns of nursing home and assisted living residents.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**May 10**  
**9:30-11:00**

## 244 When Emergencies Strike: Protecting Assets and Income


*Jake Yetterberg, CSA*

In this class we will learn:

- How to protect your estate from unforeseen emergencies.
- What is insured, who insures your money, and why it matters.
- Better protection for Long Term Care without throwing money away on premiums.
- Preparing for the emergencies we know are coming.
- How much to have in a short emergency fund and how to earn more interest.
- Simple and inexpensive documents everyone should have in place.
- Protecting your children and grandchildren, even after you are gone.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**May 10**  
**6:00-7:30** 


## 245 Cooking with Whole Grains

*San Antonio Food Bank*

Find easy ways to get your whole grains with tasty whole grain recipes demonstrated by the San Antonio Food Bank.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**May 24**  
**6:00-7:30** 



## 246 River Health: Keeping the San Antonio River Healthy

*San Antonio River Authority*

There are many ways to determine the health of a body of water. The scientists at the River Authority are experts in understanding and caring for the San Antonio River as well as its creeks and tributaries. Learn how their Water Quality Scientists, Aquatic Biologists, Stormwater Scientists and Environmental Investigators are monitoring and improving river health every day.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$5**

**May 12**  
**10:00-11:30**



*sariverauthority.org*

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

**[www.yetterberg.com](http://www.yetterberg.com)**  
**or call (210) 495-3711**



## 247 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**

**Wednesday**  
**Free**

**May 25**  
**10:00-11:00**

## 248 Weatherization Assistance Program

*AACOG*

Learn about a program that is designed to help low-income people, particularly older adults and the disabled, overcome the high cost of energy through the installation of energy conservation measures at no cost to the applicant.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**May 31**  
**10:00-11:30**

## 249 Bexar County Specialty Courts Coalition

*Judge Yolanda Huff*

The Bexar County Specialty Courts Coalition was formed in July 2019 by Judge Yolanda Huff in an effort to build a collaboration among specialty courts to identify gaps, advocate for resources and provide training. Come to this class to learn more.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$6**

**Jun 8**  
**1:00-2:30**

## 250 The San Antonio Parks System Plan

*Tony Forshage,*  
*San Antonio Parks and Recreation*

Come learn about the plan that will guide future planning decisions about expansion, capital improvements and programming of the more than 250 city-owned parks and recreational facilities, 16,000 plus acres of green space and over 200 miles of trails.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$5**

**Jun 16**  
**1:00-2:30**



*sanantonio.gov*

## 251 The Real Estate Market in San Antonio

*Mason Brown, Generations Team*

The housing market in San Antonio and the surrounding areas has been hot for the last couple of years. Find out more about what the current trends are, the reasons for these trends, and where we are headed.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Jun 21**  
**1:00-2:30**



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

## 252 Adult Protective Services: Working for You

*Lisa Senteno, APS*

June is Elder Abuse Awareness Month. Learn how APS is helping older adults by investigating abuse, neglect, and exploitation. APS connects victims with short-term help including shelter, home repairs, food, transportation, managing money, medical care, home healthcare services, and mental health services.

**Location: Oasis at The Meadows**

**Wednesday Jun 22**  
**Free 10:00-11:30**

## 253 Reframing Aging

*Jane Paccione, San Antonio Area Foundation*

Embrace the joy of aging! It's time to change the way we talk, think, and act about age. Join the national conversation in this interactive session as we learn and discuss the importance of language choice as the newest way to combat ageism.

**Location: Oasis at The Meadows**

**Thursday Jun 23**  
**Free 1:00-2:30**

## 254 Cooking with Summer Vegetables

*San Antonio Food Bank*



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

**Location: Oasis at The Meadows**

**Monday Jun 27**  
**Free 10:00-11:30**

## 255 Stop Inflation from Wrecking Your Retirement

*Jake Yetterberg, CSA*

In this class we will discuss:

- What history teaches us about inflation.
- How to keep pace with inflation without taking huge risks.
- How the Federal Reserve Board (The Fed) always reacts when inflation surges.
- Learn the link between precious metals and inflation.
- The stock market and inflation-how they interact. The WORST place to have money invested.
- Steps to take as inflation surges.

**Location: Oasis at The Meadows**

**Wednesday Jun 29**  
**Fee: \$6 1:00-2:30**

## 256 Why Probate?

*Carol Bertsch, Attorney at Law*

What is this hairy beast called probate? Why do people tell you to stay away from it? Does it bite? Will it suck your money dry? Elder Law Attorney, Carol Bertsch turns the scary beast into a gentle lamb by explaining the purpose and process of Texas probate.

**Location: Oasis at The Meadows**

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



## 257 Declutter Your World!

*Gloria Jennings*

Can you spare just five minutes a day so you can walk into a room in your house without tripping over something? Decluttering your home is a great way to feel more calm and comfortable in your space. Learn about clearing your house of clutter and giving your items a second chance by repurposing them.

**Location: Oasis at The Meadows**

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

## 258 There's No Place Like Home

*Jane Paccione, San Antonio Area Foundation*

Nearly 90 percent of older adults want to stay in their own homes as they age, often referred to as "aging in place." A 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**

**Monday** **Jul 25**  
**Free** **1:00-2:30**



## 259 Simple Steps to Protect You, Your Money and Your Heirs

*Jake Yetterberg, CSA*

In this class we will discuss:

- What's better...a will or a trust?
- How to manage beneficiaries to maximize your planning goals.
- How to cut the IRS out later (legally of course) when passing money.
- The best tools to use in second marriages to keep estate planning "fair."
- Planning for a special needs beneficiary.
- Safeguarding inheritance money for an heir who might "spend it all."
- Kids versus charities—how to manage future inheritances to minimize taxes and maximize your estate.
- Safeguarding against long-term care without throwing money down the black hole of unrecoverable insurance premiums.

**Location: Oasis at The Meadows**

**Tuesday** **Jul 26**  
**Fee: \$6** **6:00-7:30** 🌙

## 260 Cryptocurrency: Who Does It?

*Bill Marcus*

Learn about a new payment method and how it affects you and me, Wall Street and the world economy!

**Location: Oasis at The Meadows**

**Thursday** **Jul 28**  
**Fee: \$6** **10:00-11:30**



## 261 Cryptocurrency: How to Do It?

*Bill Marcus*

We will discuss conversion, the crypto markets, eliminating "double spending," buying and selling EFT's, NFT's, IRA's, The Metaverse.

**Location: Oasis at The Meadows**

**Wednesday** **Aug 17**  
**Fee: \$6** **10:00-11:30**

## 262 You and Your Property Taxes

*Bexar Appraisal District*

During this class, you will learn more about the property tax process, your rights as a taxpayer, and ways seniors can save on their property taxes.

**Location: Oasis at The Meadows**

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



## 263 Transfer on Death Deeds

*Todd Marquardt, Attorney at Law*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$6**

**Aug 2**  
**10:00-11:30**

## 264 CPS Energy - Energy Savings and Community Assistance

*CPS Energy Representative*

This presentation will include electric and natural gas safety tips, energy saving tips, and community assistance program information.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Aug 8**  
**10:00-11:30**

## 265 Disability Confidence

*Jane Paccione, San Antonio Area Foundation*

Words matter. As our culture changes, so too, does the language that we use. Join us on our journey to inclusion as we talk about disability. This interactive session will provide guidance on the topic of disability language and etiquette.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Aug 8**  
**1:00-2:30**

## 266 Grand Connections Workshop

*Judy Hall and Kelly Walters*

Looking for quick, easy, new ways to connect with your grandkids? Join Grand Connections to try out our mini DIY experiences! From puzzles and games to storytelling, you'll be learning and practicing five one-of-a-kind experiences that you can bring home to share with your 6-10-year-old grandkids. This class is designed for grandparents (or great-grandparents) only. Please leave the grandkiddos at home.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$10**

**Aug 9**  
**1:00-2:30**



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## 267 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** **Aug 10**  
**Free** **10:00-11:30**

## 268 The Art of Chocolate and Coffee

*San Antonio Food Bank*

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

**Location: Oasis at The Meadows**

**Friday** **Aug 12**  
**Free** **10:00-11:30**



## 269 All the Ways to Sell a House

*Mason Brown, Generations Team*

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

**Location: Oasis at The Meadows**

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

## 270 To Roth or Not to Roth

*Jake Yetterberg, CSA*

In this class you will learn:

- Two important facts that determine if a Roth IRA is right for you.
- How to get a Roth even if you are not working.
- Major changes to the Roth made by the Secure Act.
- Steps the government is taking that make the Roth even better for you.
- The best investments to put in a Roth.
- How laddering fits in a Roth IRA.
- Age and income changes to Roth qualification.
- Case studies of Roth conversions.

**Location: Oasis at The Meadows**

**Wednesday** **Aug 17**  
**Fee: \$6** **10:00-11:30**

## 271 City of San Antonio Services for Older Adults

*Debra Colorado, City of San Antonio*

Every day in San Antonio, older adults, 60 years of age and older are participating in an exciting array of programs and services. Come learn more about the services that are available.

**Location: Oasis at The Meadows**

**Wednesday** **Aug 17**  
**Free** **1:00-2:30**

## 272 Do Your Paperwork Now

*Carol Bertsch, Attorney at Law*

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

**Location: Oasis at The Meadows**

**Thursday** **Aug 18**  
**Fee: \$6** **1:00-2:30**

## 273 Mac Computers

*Carita DeVilbiss*

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

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays**      **May 10-19**  
**Fee: \$40**      **10:00-12:00**

## 274 All About WhatsApp

*Glenda Raichlen*

WhatsApp is a free app for iPhones, Android smartphones, Windows Phone, Mac laptops and Windows PC. It allows you to send messages, pictures, videos and even voice recordings, and much more for free! This class will discuss how WhatsApp is used and "what" it is used for.

**Location: Oasis at The Meadows**

**Wednesday**      **May 11**  
**Fee: \$10**      **1:00-3:00**

## 275 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**

**Fridays**      **May 13-20**  
**Fee: \$20**      **10:00-12:00**

## 276 The Oasis Guide to Internet Safety

*Sharon Parson*



The internet is a daily part of our family, social, and business lives. The Internet is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for Internet users of all ages. You'll learn how to create and manage safe passwords, bulletproof your online accounts with multi-factor (2-factor) authentication, recognize unsafe website connections, safely use public Wi-Fi, and much more.

**Location: Oasis at The Meadows**

**Mondays**      **May 16-23**  
**Fee: \$10**      **10:00-12:00**

## 277 Sign Up for Oasis Classes Online

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

**Location: Oasis at The Meadows**

**Tuesday**      **May 17**  
**Free**      **1:00-2:30**

## OASIS VOLUNTEER OPPORTUNITIES

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- Health Fairs
- Person to Person
- Silver Connect

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for more information**

## 278 Better Seeing, Better Hearing for Charter Spectrum Customers

*Petr Kucheryavyy, Charter Spectrum*

Want to know how to access your cable services better? Did you know that Charter Spectrum has free settings and apps designed to help you to see, and hear access programming on your TV better? Join Petr Kucheryavyy from Charter Spectrum Product Outreach as he demonstrates how to have a better experience with your TV guide, your remote control, how to get up-to-the-minute news and more. Petr Kucheryavyy has been working to promote independence for seniors have trouble seeing, hearing and who have mobility impairments. He is the Product Owner of the Spectrum Access app and will share tips for how to use the Charter Spectrum app to enhance your viewing experience.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**May 23**  
**1:00-2:30**

## 279 Windows 11

*Marta Torres*

Windows 11 represents a major update to the look and functionality of your PC. This class will show you how to use the new features like snap layouts and the Start menu. You'll also learn how to personalize your computer with themes and use Edge for fast and convenient browsing. Book is included in fee.

**Location: Oasis at The Meadows**

**Mondays**  
**Fee: \$22**

**Jun 6-13**  
**10:00-12:00**



## 280 Password Managers

*Sharon Parson*

Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it's so hard to keep track of them? This class will show you how to really ramp up your online safety easily by using a password manager app. You'll learn what popular apps to look for, and how to install and use one of the most popular apps on your desktop and mobile device. Book is included in fee.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$12**

**Jun 20**  
**10:00-12:00**

## 281 Mark the Date with Google Calendar

*Molly Valdez*

Google Calendar has great features that will simplify your appointment tracking and remind you of when to be where! Come learn about the free Google Calendar. Bring your laptop and click along with us if you like.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$10**

**Jun 29**  
**9:30-10:30**

## 282 Free Word and Spreadsheet Programs

*Molly Valdez*

If you have access to the internet on your computer, then you have access to free Word and Spreadsheet programs from Google. Come learn about this and gain a quick overview of OneDrive. Bring your laptop and click along with us if you like.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$10**

**Jun 29**  
**11:00-12:00**

## 283 Beginner iPhone

Thalia Williams

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

**Location: Oasis at The Meadows**

**Thursdays**  
**Fee: \$20**

**Jun 30-Jul 7**  
**10:00-12:00**



## 284 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.

***Beginner iPhone, or a working knowledge of iPhones is a prerequisite for this class.***

**Location: Oasis at The Meadows**

**Thursdays**  
**Fee: \$20**

**Aug 4-11**  
**10:00-12:00**

## 285 Google Maps

Sharon Parson

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**

**Monday**  
**Fee: \$10**

**Jul 11**  
**10:00-12:00**

## 286 Android Essentials

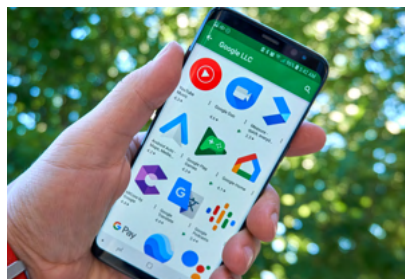
Glenda Raichlen

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 is included in fee.

**Location: Oasis at The Meadows**

**Wednesdays**  
**Fee: \$32**

**Jul 13-27**  
**1:00-3:00**



## 287 Google Contacts

Sharon Parson

Google Contacts is Google's contact management tool that is available in its free email service, Gmail. Learn how to take advantage of this powerful tool!

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$10**

**Jul 18**  
**10:00-12:00**

**DON'T  
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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.



## 288 Everything iPad

*Carita DeVilbiss*

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

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays**

**Fee: \$40**

**Jul 19-28**

**1:00-3:00**

## 289 Beginner's Guide to the Cloud

*Marta Torres*

Increasingly we are relying on services in “the cloud” for our entertainment, file storage, and backup. This module will introduce the cloud and some of the popular services for file storage and backup, entertainment, and productivity. Book is included in fee.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$12**

**Jul 25**

**10:00-12:00**

## 290 Smartphone Photography

*Sharon Parson*

Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else. If you want to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. 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. Book is included in fee.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$12**

**Aug 8**

**10:00-12:00**

## 291 Alternatives to Cable

*Marta Torres*

Are you interested in cutting the cord? This guide to cable TV alternatives will cover what you need to know about dropping cable or satellite TV, and still be able to watch all your favorite TV shows.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$10**

**Aug 16**

**6:00-7:30**



# 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 AT MENDER SPRINGS

1100 Grand Blvd., Boerne, TX 78006

### 292 My Wishes, My Desires

*Carol Bertsch, Attorney at Law*

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

**Thursday**  
**Free**

**May 19**  
**10:00-11:30**

### 293 Ten Simple Estate Planning Steps to Take Now

*Jake Yetterberg, CSA*

Learn how to bullet-proof your plan with simple steps:

- Financial, legal, tax
- Survivor planning
- Beneficiary planning
- Pension replacement
- Social Security survivor planning
- Legacy planning
- Income planning that keeps pace with inflation
- The power, importance, and flexibility of laddering your money

**Thursday**  
**Free**

**Jun 16**  
**10:00-11:30**

### 294 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.

**Thursday**  
**Free**

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

### 295 The Roman Republic

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



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

**Thursday**  
**Free**

**Jul 21**  
**10:00-11:30**

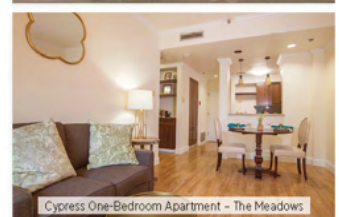
#### *Morningside Ministries* SENIOR LIVING COMMUNITIES

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**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:  
**MORNINGSIDE AT THE CHANDLER ESTATE**  
 1502 Howard St., San Antonio, TX 78212

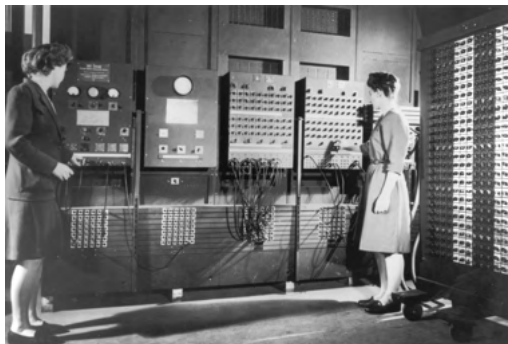
## 296 World War II's Secret Rosies

*Gloria Jennings*

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

**Wednesday**  
Free

**May 25**  
10:00-11:30



en.wikipedia.org

## 297 Improving Your Memory

*Craig Stimson, LVN*

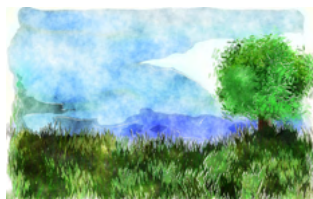
Forgetting names, dates and other items? This class will help you put memory skills to work.

**Wednesday**  
Free

**Jun 22**  
10:00-11:30

## 298 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.

**Wednesday**  
Free

**Jul 20**  
10:00-11:30

## 299 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 it's foundations, explain the history, discuss what the research says about how this diet affects your health, as well as discuss Mediterranean recipes.

**Wednesday**  
Free

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

## Morningside at The Chandler Estate

1502 HOWARD ST., SAN ANTONIO, TX 78212

**Newly Renovated**  
**INDEPENDENT**  
**SENIOR LIVING**  
**COMMUNITY IN**  
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  - ▶ One Bedroom
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- **ART STUDIO**
- **CLUB LOUNGE**

*Experience comfortable, maintenance-free living while enjoying an active lifestyle on this distinguished, historic estate just north of downtown.*

**FOR MORE INFORMATION OR TO SCHEDULE A TOUR, CALL:**

**(210) 580-2555**





The following classes are held at and are sponsored by:

## SOLEA AT ALAMO RANCH

11133 Westwood Loop

### 300 Small Dot Painting

*Edith Stanley*

Join us for this fun and easy class! Together we will learn to create beautiful dot paintings using dots of different sizes and colors. No prior art skill required. All supplies will be provided.

**Thursday**  
**Free**

**May 12**  
**2:00-3:30**



### 302 Downsizing

*Peggy Brown, Generations Team*

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

**Thursday**  
**Free**

**Jun 9**  
**2:00-3:30**



### 301 Behind the Curtain in Hollywood: The Backstories of Hollywood Films

*Beverly Prado*

What happened behind the cameras in Tinsel Town? Little known stories about filmmaking and its stars will be featured in this class. How did movies get to the silver screen? What secrets did Hollywood conceal? How did the private lives of famous stars enhance or ruin their careers? Lots of fascinating facts will be revealed in this class. Join us for conversation and film clips.

**Thursday**  
**Free**

**May 26**  
**2:00-3:30**



### 303 All About Teas

*Chelsea Carriker, MPH, CHES*

With all the different type of teas in the world, it can be confusing to figure out which tea is best for sleep and which is best for digestion or energy. This class will discuss various teas and their nutritional benefits.

**Thursday**  
**Free**

**Jun 23**  
**2:00-3:30**





The following classes are held at and are sponsored by:

## SOLEA AT ALAMO RANCH

11133 Westwood Loop

### 304 Dealing with Grief

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

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

**Thursday**  
**Free**

**Jul 14**  
**2:00-3:30**



### 305 Identity Theft

*Jason Meza, Better Business Bureau*

Is your identity safe? Do you know the techniques that ID scammers use? Come learn how to recognize the signs of scammers and how to protect your identity.

**Thursday**  
**Free**

**Jul 28**  
**2:00-3:30**



### 306 Container Gardening with Succulents

*Bexar County  
Master Gardeners*

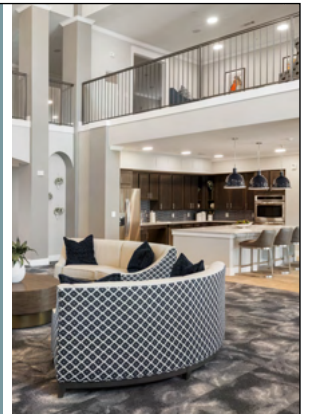



Growing succulents can be an addictive pastime! They are fun and easy to grow, and because they come from parts of the world with hot, arid climates, they can tolerate the dry air inside most homes, and they're happy with little more than a spot by a sunny window. Come learn the ins and outs of growing these small wonders.

**Thursday**  
**Free**

**Aug 18**  
**2:00-3:30**

## 55+ Active Adult Apartment Homes



-  **Maintenance-Free**
-  **Weekly Social Calendar**
-  **Resort-Style Amenities**
-  **Pet Friendly**

 **SOLEA**  
ALAMO RANCH

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A TOUR  
TODAY**

**(210) 966-8124**  
**SoleaAlamoRanch.com**



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

### 307 Home Weatherization

*Elaine Medina, AACOG*

Learn about a program that is designed to help low-income people, particularly older adults or those with physical disabilities, to overcome the high cost of energy through the installation of energy conservation measures at no cost to the applicant.

**Monday** **May 16**  
**Free** **1:00-2:00**

### 308 Sun Safety

*Craig Stimson, LVN*

Join us to learn about being safe in the hot summer sun. We will talk about hydration, proper clothing, signs of skin problems and much more.

**Monday** **Jun 20**  
**Free** **1:00-2:00**

### 309 Reframing Aging

*Jane Paccione, San Antonio Area Foundation*

Embrace the joy of aging! It's time to change the way we talk, think, and act about age. Join the national conversation in this interactive session as we learn and discuss the importance of language choice as the newest way to combat ageism.

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

### 310 Fall Prevention for Older Adults

*Chris Jimenez*

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

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

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

### 311 Men's Health After 60

*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.

**Wednesday** **May 4**  
**Free** **10:00-11:00**

### 312 Cyber Security

*Craig Stimson*

If you use the internet or have a smart phone, then you will be targeted by cybercriminals. You can be a victim even if you don't use the internet. In this class you will learn how to minimize your risk, protect your assets and safeguard your information.

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

### 313 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.

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

### 314 Reframing Aging

*Jane Paccione, San Antonio Area Foundation*

Embrace the joy of aging! It's time to change the way we talk, think, and act about age. Join the national conversation in this interactive session as we learn and discuss the importance of language choice as the newest way to combat ageism.

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

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

### 315 All About Project MEND

*Allie Rodriguez*

The mission of Project MEND is to improve the quality of life for individuals living with disabilities and illness through the refurbishment, reuse and distribution of medical equipment and other assistive technology.

**Monday** **May 9**  
**Free** **10:00-11:00**

### 316 All About the Alamo Service Connection

*Jeanie LeDeaux*

This class will give you valuable information about how to utilize a one-stop shop for all senior related needs and concerns.

**Monday** **Jun 13**  
**Free** **10:00-11:00**

### 317 VIA Services for Older Adults

*Andrew Guajardo*

VIA Metropolitan Transit will talk about fixed route service, ADA complimentary paratransit (VIA Trans) service and Vanpool; discount fare programs for seniors, students, disabled Veterans and persons with disabilities as well as the numerous community programs including facility tours, art and adopt-a-shelter programs.

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

### 318 The Work of the San Antonio Food Bank

*Dianne Helinski*

The San Antonio Food Bank has many programs to help those in need, from distributing food to agencies to a community garden program. Come find out the ways that the San Antonio Food Bank is fighting hunger.

**Monday** **Aug 8**  
**Free** **10:00-11:00**

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

### 319 Preparing for EMS's Arrival

*Craig Stimson, LVN*

Have you ever been in a situation where EMS was called but were unsure how to help? Learn how to help your local EMS arrive quickly and efficiently. We'll discuss first aid and how to provide accurate information.

**Wednesday** **May 11**  
**Free** **9:00-10:00**

### 320 Basic Nutrition for Older Adults

*Chelsea Carriker, MPH, CHES*

Proper nutrition is important at any age. In this class, we will discuss the basics of good nutrition, and how to incorporate healthy eating into our lives.

**Wednesday** **Jun 8**  
**Free** **9:00-10:00**

### 321 There's No Place Like Home

*Jane Paccione, San Antonio Area Foundation*

Most older adults want to stay in their own homes as they age. A 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.

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

### 322 Cyber Security

*Craig Stimson*

If you use the internet or have a smart phone, then you will be targeted by cybercriminals. You can be a victim even if you don't use the internet. In this class you will learn how to minimize your risk, protect your assets and safeguard your information.

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

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

### 323 Services of the Lighthouse for the Blind

*Rene Perez*

Lighthouse for the Blind has been empowering the blind and visually impaired community since 1933. Join us to learn about all the services Lighthouse for the Blind has to offer our community.

**Tuesday**  
Free

**May 10**  
10:00-11:00

### 324 There's No Place Like Home

*Jane Paccione, San Antonio Area Foundation*

Most older adults want to stay in their own homes as they age. A 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.

**Tuesday**  
Free

**Jun 14**  
10:00-11:00

### 325 San Antonio Food Bank Summer Brunch

*Dianne Helinski*

San Antonio Food Bank will provide light and nutritious recipes with a cooking demonstration perfect for summer brunch.

**Tuesday**  
Free

**Jul 12**  
10:00-11:00

### 326 Public Library Services for Older Adults

*Joseph Gonzales*

A representative from the San Antonio Public Library will talk about services available to the older adult community of San Antonio.

**Tuesday**  
Free

**Aug 9**  
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

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



## 327 Nature Tour at Mission San Juan

*Bruce Martin,  
Certified Professional Tour Guide*

Experience nature's beauty and diversity alongside the historic San Antonio River in this popular walk on the Mission Reach hike and bike trail. Appreciate the significant restoration of natural habitat and enjoy wildflowers and water birds on this comfortable walk that will make you proud of our community's investment in the river. Tour will begin and end at Mission San Juan, 9101 Graf Rd.

**Monday**  
**Fee: \$27**

**May 9**  
**9:00-11:00**



*sariverauthority.org*

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

## 328 Canyon Lake Gorge Tour

Carved by the flood of 2002, the Canyon Lake Gorge is a real-life classroom where visitors can experience the geology of the Texas Hill Country first-hand through visible faults, fractures and seeps in the limestone, as well as fossils and 110 million year old dinosaur footprints. Join a certified guide on a trip down to the bottom of the 64-acre gorge to explore limestone layers from an ancient sea, perfectly preserved fossils, waterfalls and springs where the Trinity Aquifer is exposed, and much more. Service animals only - no pets allowed. Tour consists of uneven terrain and could be difficult for those with mobility issues. We will meet at the entrance of the Canyon Lake Gorge, 16311 South Access Rd., Canyon Lake, TX 78133.

**Tuesday**  
**Fee: \$27**

**May 17**  
**10:00-11:30**



*canyongorgetours.com*

## 804 Holiday Mystery Vacation

**November 28-December 2**

Unique destinations for those who have "Been there! Done that!" We can't tell you much; you just have to trust us. On this holiday-themed mystery vacation, enjoy special holiday lights and other surprises. You'll have the time of your life without ever knowing in advance where you are going! Enjoy interesting sights and be prepared for beauty and excitement. We'll tell you the anticipated weather of your mystery destination, but that's it. Travel by air to some not so far away destinations. No passport necessary - you won't be leaving the United States. Tour includes round trip home pick-up, round trip airfare, bag fee, baggage handling, travel insurance and gratuities for tour manager, drivers and local guides. Deposit: \$350 per person. Double: \$2,479 per person. Single: \$3,039. Final payment is due September 14, 2022. Credit cards are accepted. Make checks payable to AFC Vacations. **You can sign up for travel trips as soon as you receive your catalog.**

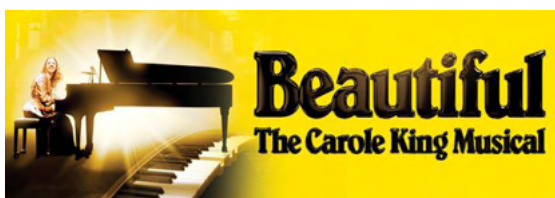


## 329 Beautiful: Carole King

Join us as we return to the Majestic Theatre for an evening performance of *Beautiful*. Before attending the theater we will have dinner at Los Barrios. *Beautiful* tells the story of Carole King's meteoric rise to fame as one of the twentieth century's foremost singer-songwriter. This is a jukebox musical with a book by Douglas McGrath that tells the story of the early life and career of Carole King, using songs that she wrote. Carole King is an American singer, songwriter, performer, author and musician who has been active since 1958. The most popular Carole King song of all time would be "You've Got a Friend." She wrote her first number one hit "Will You Still Love Me Tomorrow" at the age of 17. She is the most successful female songwriter of the latter half of the 20th century in America. She wrote 118 hits in the United States and 61 in the U.K. She has recorded 25 solo albums and has sold over 75 million copies worldwide and has won 4 Grammy Awards and was inducted into the Songwriters Hall of Fame. Theater seats will be on the main floor. Cost includes motorcoach transportation, dinner, admission fees and tips.

**Friday**  
**Fee: \$140**

**Jun 10**  
**5:00-10:45**



majesticempire.com

## 330 Discovering Shiner

Deep in the rolling hills of South Texas between San Antonio and Houston, you will discover Shiner, the "Cleanest Little City in Texas." With its enchanting blend of Czech and German cultures, Shiner's old-world charm is truly refreshing. Shiner is the home of the Spoetzl Brewery, the oldest independent brewery in Texas. The brewery is most well-known for producing Shiner Bock, a dark German/Czech-style beer that is now distributed to 49 states. Our first stop of the day will be the Shiner Catholic Church. The church is awe-inspiring and features a majestic altar, painted murals, and wonderful stained glass windows. After we leave the church, we will visit the Wolters Museum. This museum is an outstanding legacy of Shiner's history. Its displays include an antique gun collection, old-time country store, dinosaur bones, embroidery and hand stitchery collections, a delightful doll display, musical instruments and many other interesting antiques. Our next stop will be for a buffet lunch at Werner's Restaurant. Our last stop of the day will be at the brewery where we will see a short video, tour the main room at the brewery and a stop at the hospitality center for a sample of the brew. Cost includes motorcoach transportation, lunch, admission fees and tips.

**Wednesday**  
**Fee: \$72**

**Jul 6**  
**7:45-6:00**



shiner.com

**Day trips will depart from the corner of St. Cloud and McNeel.  
Parking is available at The Church of Jesus Christ of Latter Day Saints.**

**Day Trips are Non-Refundable**

### 331 True Texas

Whether you are a sightseer, tourist, adventurer, or historian, La Grange is the town to experience. La Grange is nestled along the Colorado River and is surrounded by majestic oak and pine trees where you will find a town rich in culture and history. Our first stop will be the Texas Czech Heritage and Culture Center and have a tour of the main center building with handouts and a video. This museum tells the stories of these early settlers who ventured to Texas poor in money but rich in culture. The museum preserves and promotes the history, language, culture, and heritage of Czech Texans who trace their ancestry to the present-day Czech Republic. Our next stop will be for lunch at La Marina. After lunch we will stop at the Fayette Heritage Museum and Archives which has exhibits, genealogy, microfilm and dates back to the early 1800's. Our last stop of the day will be the Texas Quilt Museum. If you like any kind of crafts, sewing or art of any kind, you will appreciate the work that is put into these quilts. Cost includes motorcoach transportation, lunch, admission fees and tips.

**Thursday**  
**Fee: \$67**

**Aug 11**  
**7:30-5:30**



*cityoffg.com*



### 332 Hop On - Hop Off: Hondo and Carrizo Springs

Join us on this day trip as we explore these two cities together. Our first stop will be in Hondo. Hondo was the scene of two bank robberies in the early 1920's. The crooks were the famed, "Newton Gang," the most successful outlaws in U.S. History. In Hondo we will visit the Medina County Museum. The museum is not handicap accessible. The museum covers a city block and is housed in the old Southern Pacific Depot. The museum has over 2,000 items portraying the frontier beginnings of Medina County on display. Our next stop in Hondo will be to eat a delicious lunch at Hermann Sons Steak House. After lunch we will travel to Carrizo Springs to visit the Texas Olive Ranch. Fifteen years ago, Jim Henry planted the first of what would become 40,000 olive trees in Carrizo Springs. The Olive Ranch has since blossomed and grown into the largest producer of extra virgin olive oil in all of Texas. Jim will talk about the six different varieties of olive trees and the process of making olive oil. We will visit the press house and see how olive oil is made. The Olive Ranch is now home to the largest crop of extra virgin olive oil in the Southern United States; producing 25,000 gallons of olive oil a year. We will enjoy an olive tasting and there will be olive oil to purchase. Cost includes motorcoach transportation, lunch, admission fees and tips.

**Tuesday**  
**Fee: \$65**

**Sep 13**  
**9:00-6:30**



*en.wikipedia.org*

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



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## **Special Events**

### **Oasis Fundraiser at Chicken N' Pickle**

**In a pickle for something do do?  
Don't be a chicken; come and try something new!**

Join Oasis members at Chicken N' Pickle  
for an evening of food, summer beverages, and the  
fastest growing sport in America: Pickleball!

We will have an area reserved for Oasis members  
and **10% of all dinner and drink orders go back to Oasis.**  
We will have pickleball courts also reserved so wear your tennis shoes.

**Tuesday, June 7 from 6:00pm-7:30pm  
Chicken N' Pickle  
5215 UTSA Blvd., San Antonio, TX 78249  
Register for Class #333**