



Fall 2022

Program Catalog

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



Sponsored by:





Do You Want to Talk? 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.

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National News

The Oasis Institute / Fall 2022



Cheers to 40 years!

Oasis is celebrating its 40th anniversary this year!

Join us in celebrating 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 to Date

- Supports over **587,000 older adults** through lifelong learning, active lifestyles and volunteer engagement
- Tutors more than **525,000 students** through the Intergenerational Tutoring Program
- Provides 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
- Partnering 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 oasisinstitute.org/history

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



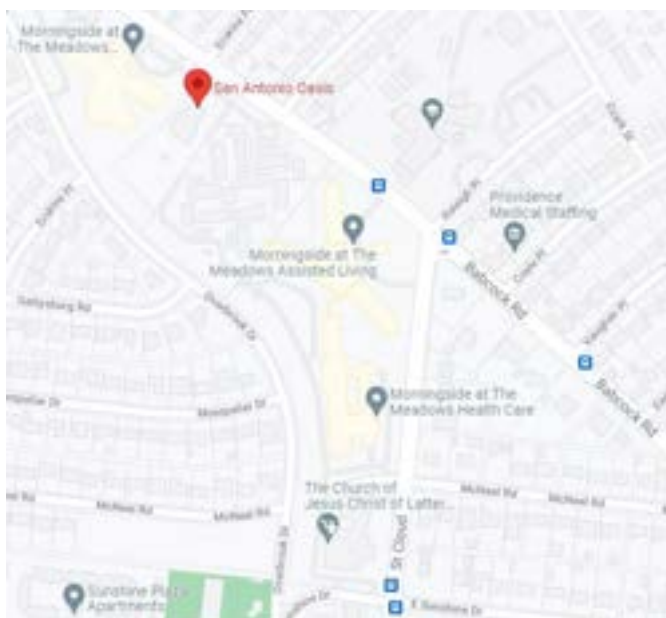
Welcome to Oasis

Our Mission: To promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

You can join Oasis by registering at the Oasis Center, by phone or online. There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, gender, race, religion or background.

Our Main Center:

Oasis at The Meadows
700 Babcock Rd.
San Antonio, TX 78201



Hours:

Mon. Wed. and Thurs.	9:00 - 4:00
Tuesday	9:00 - 8:00
Friday	9:00 - 1:00

Contact Us:

San Antonio Oasis
700 Babcock Rd., San Antonio, TX 78201

<https://san-antonio.oasisnet.org/>
(210) 236-5954



Meet Our Staff

Lisa Buske
Marketing & Curriculum
Coordinator

Greg Perkins
Administrative Assistant

**Brenda
Schmachtenberger**
Executive Director

Ginny Brown
Associate Director

Chelsea Carriker
Wellness Coordinator

Craig Stimson
Outreach Coordinator

Lauren Prescott
Program Coordinator

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

September 1	Volunteer Training
September 5	Labor Day
November 21-25	Thanksgiving
December 19 - January 1	Holiday Break

On the Cover:

San Antonio Oasis members
enjoy their walking tour of the
Canyon Lake Gorge.

Table of Contents

Wellness.....	5
Arts and Humanities.....	17
Online Registration	24
Registration Procedures.....	25
Registration Form.....	26-28
Consumer Interest.....	32
Technology.....	39
Outreach Sites.....	42
Walking Tours.....	47
Day Trips.....	48
Travel.....	50

NOTE:

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



CHECK YOUR CALENDAR

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

Sponsors

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

Registration

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

Fees

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

Refund Policy

All program fees listed are non-refundable unless Oasis cancels the class or you have a medical reason or jury duty (documentation must accompany request). Oasis must be notified before the first class begins. If a refund is due, you may receive a 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.

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

- | | | |
|------------|---------------------------------|---------------------|
| 100 | Mondays & Wednesdays | Sep 7-Oct 5 |
| | Free | 12:00-12:45 |
| 101 | Mondays & Wednesdays | Oct 10-Nov 2 |
| | Free | 12:00-12:45 |
| 102 | Mondays & Wednesdays | Nov 7-Dec 14 |
| | Free | 12:00-12:45 |
| 103 | Mondays & Fridays | Sep 9-Oct 7 |
| | Free | 9:00-9:45 |
| 104 | Mondays & Fridays | Oct 10-Nov 4 |
| | Free | 9:00-9:45 |
| 105 | Mondays & Fridays | Nov 7-Dec 12 |
| | Free | 9:00-9:45 |
| 106 | Tuesdays & Thursdays | Sep 6-22 |
| | Free | 9:00-9:45 |

107 Texercise Select

Alesa Arnett

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

Location: Oasis at The Meadows

Tuesdays & Thursdays	Sep 27-Dec 8
Free	9:00-10:30

Tai Chi

Chiquita Picardo

Tai Chi is known for its deep breathing and smooth flowing body movements that give your mind, body and spirit a workout. Included is Chinese self massage - called Dao Yin (DOW-in). Dao Yin self massage can help release tension, reduce anxiety, make you feel more relaxed and increase circulation of blood, qi (energy flow) and fluids. Research has shown that massage can cause your body to release natural painkillers and may also boost your immune system.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 108 | Mondays | Sep 12-Oct 17 |
| | Fee: \$48 | 10:15-11:45 |
| 109 | Mondays | Nov 7-Dec 12 |
| | Fee: \$40 | 10:15-11:45 |

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

- | | | |
|------------|------------------|---------------------|
| 110 | Mondays | Sep 12-Oct 3 |
| | Fee: \$28 | 2:30-3:30 |
| 111 | Mondays | Oct 10-31 |
| | Fee: \$28 | 2:30-3:30 |
| 112 | Mondays | Nov 7-Dec 12 |
| | Fee: \$35 | 2:30-3:30 |



Tai Chi for Arthritis and Fall Prevention **NEW**

Older adults are more likely to fall, which can cause serious injury and the most common causes of falls including muscle weakness, poor balance, and lack of confidence about moving. Many studies have shown Tai Chi as being one of the most effective approaches to preventing falls. This class focuses on improving balance, confidence and muscular strength as you learn the movements of Tai Chi. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

- 113** Tuesdays & Thursdays Oct 4-Dec 1
Free 11:15-12:15
- 114** Tuesdays & Thursdays Oct 4-Dec 1
Free 2:00-3:00



Chairobics and Strength **NEW**

Carrie Jasso

Looking for a workout that's fun and challenging, yet easy on the knees and hips? Look no further! While this class is chair-based, it will offer a good workout that will get your blood pumping, but without the extra wear and tear on knees and hips for those who are experiencing knee/hip pain through injury or other issues that lead to chronic pain and inflammation. Please bring a water bottle!

Location: Oasis at The Meadows

- 115** Tuesdays Sep 6-Oct 4
Fee: \$25 3:30-4:30
- 116** Tuesdays Oct 11-Nov 1
Fee: \$20 3:30-4:30
- 117** Tuesdays Nov 8-Dec 13
Fee: \$25 3:30-4:30

Intermediate Total Body Workout **NEW**

Carrie Jasso

We will work on improving cardiorespiratory endurance through fun routines and exercises to build up muscular strength and endurance. We will also develop strength, balance, and flexibility in our legs and core through barre-inspired movements using the back of a chair as our barre. Please bring a water bottle!

Location: Oasis at The Meadows

- 118** Tuesdays Sep 6-Oct 4
Fee: \$25 5:00-6:00
- 119** Tuesdays Oct 11-Nov 1
Fee: \$20 5:00-6:00
- 120** Tuesdays Nov 8-Dec 13
Fee: \$25 5:00-6:00

Qigong

Fred Chavez

Qigong is an ancient Chinese form of exercise 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

- 121** Wednesdays Sep 7-Oct 5
Fee: \$40 9:00-10:00
- 122** Wednesdays Oct 12-Nov 2
Fee: \$32 9:00-10:00
- 123** Wednesdays Nov 9-Dec 14
Fee: \$40 9:00-10:00



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

124	Wednesdays	Sep 7-Oct 5
	Fee: \$40	10:15-11:30
125	Wednesdays	Oct 12-Nov 2
	Fee: \$32	10:15-11:30
126	Wednesdays	Nov 9-Dec 14
	Fee: \$40	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

127	Wednesdays	Sep 7-Oct 5
	Fee: \$35	1:15-2:15
128	Wednesdays	Oct 12-Nov 2
	Fee: \$28	1:15-2:15
129	Wednesdays	Nov 9-Dec 14
	Fee: \$35	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

130	Fridays	Sep 9-Oct 7
	Fee: \$30	10:00-11:00
131	Fridays	Oct 14-Nov 4
	Fee: \$24	10:00-11:00
132	Fridays	Nov 11-Dec 9
	Fee: \$24	10:00-11:00

Interval Cardio Workout

LeAnn Lupton

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

Location: Oasis at The Meadows

133	Fridays	Sep 9-Oct 7
	Fee: \$30	11:15-12:15
134	Fridays	Oct 14-Nov 4
	Fee: \$24	11:15-12:15
135	Fridays	Nov 11-Dec 9
	Fee: \$24	11:15-12:15

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**

136	Mondays & Wednesdays	Sep 7-Oct 5
	Fee: \$54	9:00-9:45
137	Mondays & Wednesdays	Oct 10-Nov 2
	Fee: \$48	9:00-9:45
138	Mondays & Wednesdays	Nov 7-Dec 14
	Fee: \$60	9:00-9:45

139 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.

Fridays
Fee: \$30

Sep 16-Oct 21
9:00-10:00

140 Pickleball - Learn and Play!

Dr. Gilda Garcia

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

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

Tuesdays
Fee: \$20

Oct 4-11
10:00-11:30



141 A Matter of Balance

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

Location: Oasis at The Meadows

Thursdays
Free

Oct 6-Dec 1
10:00-12:00

142 Positive Mindfulness: Happiness

Fred Chavez

Mindfulness has shown to be a major component of well being. Using mindfulness practices, we will examine the topics of happiness, meaning and purpose and self-care. In this first session, we will develop a mindful understanding of the meaning and benefits of happiness. We will learn ways to increase and maintain true happiness.

Location: Oasis at The Meadows

Thursdays
Fee: \$40

Sep 8-Oct 6
12:30-1:30

143 Positive Mindfulness: Meaning of Life

Fred Chavez

It's never too late to develop meaning and purpose in life or to determine what they have been all along. This session will address meaning and purpose.

Location: Oasis at The Meadows

Thursdays
Fee: \$32

Oct 13-Nov 3
12:30-1:30

144 Positive Mindfulness: Inner Ally

Fred Chavez

Be your biggest supporter. This session will look at becoming an inner ally through mindful self-care techniques.

Location: Oasis at The Meadows

Thursdays
Fee: \$32

Nov 10-Dec 8
12:30-1:30



145 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
Free

Sep 6-Nov 8
1:00-2:30

146 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

Mondays
Free

Oct 24-Dec 5
10:00-12:30

147 Nutrition for Diabetics

UTSA Dietetic Dept.

When you have Type 2 Diabetes, you may worry about the type of foods you can eat. Good nutrition is an important part of managing Type 2 Diabetes. In this class, you will learn tips, tricks and recipes for eating healthy and balanced with Type 2 Diabetes.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Sep 6
10:00-11:30



148 The Importance of Breakfast

UTSA Dietetic Dept.

They say breakfast is the most important meal of the day... or is it? Come learn all about what research says about breakfast and its importance for our bodies as well as tips on making breakfast easy, convenient and delicious!

Location: Oasis at The Meadows

Thursday
Fee: \$5

Sep 8
10:00-11:30



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

149 A Fresh Start to a Healthier You

Mary Masterson,
Texas A&M AgriLife Extension

This four-part nutrition series focuses on the importance of staying active, consuming a balanced diet with the recommended amounts of fruits and vegetables, as well as the importance of food safety. This series will help you gain the confidence to prepare healthy and budget-friendly meals at home for yourself and your family.

Location: Oasis at The Meadows

Thursdays **Sep 8-29**
Free **10:00-11:00**

150 Resources for People with Low Vision

Rene Perez, M.Ed, COMS, CFPS

Are you suffering from low vision? This course will discuss and highlight several community organizations and resources for those living with vision loss. These resources will focus on ways to increase independence and quality of life.

Location: Oasis at The Meadows

Thursday **Sep 8**
Free **1:00-2:30**

151 Eating Healthy with MyPlate

UTSA Dietetic Dept.

The MyPlate is now the new Food Pyramid! The concept is based on the idea that healthy eating is all about balance. In this class, you will learn what MyPlate is and how you can apply it to your life to encourage healthy eating.

Location: Oasis at The Meadows

Thursday **Sep 15**
Fee: \$5 **10:00-11:30**



152 Coping with Loneliness, Depression and Anxiety

Kathy Phoenix, DSW, LCSW-S

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

Location: Oasis at The Meadows

Monday **Sep 19**
Fee: \$7 **10:00-11:30**

153 Put Pain in Its Place

Craig Stimson, LVN

If you have joint pain or have been diagnosed with osteoarthritis of the knee or other joints, there is hope! Be inspired by information on new treatment methods, exercise and other modalities to help you manage your pain.

Location: Oasis at The Meadows

Thursday **Sep 22**
Fee: \$7 **1:00-2:30**



154 How Sweet It Is: Limiting Sugar In Your Diet

Gretchen Hill

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

Location: Oasis at The Meadows

Monday **Sep 26**
Fee: \$5 **10:00-11:30**

155 Aromatherapy

Russell Gainer, LCSW, Gain Wel

From ancient Egyptian times to present day cosmetics, aromatherapy has been used to promote well-being and enhance feelings of serenity. This session looks at how essential oils are made, how they can best be used, and the many choices available for making your own- for medicinal purposes or as unique gifts.

Location: Oasis at The Meadows

Thursday

Sep 29

Fee: \$7

10:00-11:30



156 Healing Holidays - Making Your Grief Count

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

Grief during the holidays is always challenging. The season of the holidays renews memories, family ties, and traditions. We become painfully aware that our loved one is no longer present. Learning to navigate a changing world combined with the sorrow of our loss causes us to grieve on many levels. How do we allow ourselves to “make our grief count” and find our resilience? This workshop will help participants learn self-care and coping skills to prepare for the holidays. This will help individuals and families to embrace their grief, while strengthening characteristics of resilience. Participants will use the holidays to discover how their loved one can live on into their life story, using this special time to continue to heal.

Location: Oasis at The Meadows

Thursday

Sep 29

Free

1:00-2:30

157 Adverse Childhood Experiences and Our Health

Chelsea Carriker, MPH, CHES

Adverse Childhood Experiences or ACEs are potentially traumatic events that happen before the age of 18. New research about these experiences is showing that they have profound consequences on our health and wellbeing. In this class, you will learn about the different types of ACEs and their affect on your health.

Location: Oasis at The Meadows

Monday

Oct 3

Fee: \$7

10:00-11:30

158 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

Tuesday

Oct 4

Fee: \$7

6:00-7:30



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.

159 Healthy Living for Your Brain and Body

Alzheimer's Association

For centuries, we've known that the health of the brain and the body are connected. Science is now able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Location: Oasis at The Meadows

Thursday **Oct 6**
Free **1:00-2:30**

161 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, and what we can do to avoid it.

Location: Oasis at The Meadows

Tuesday **Oct 11**
Free **10:00-11:30**

160 All About Cancer Prevention and Clinical Trials

Sandra Sivak, BS, Research Area Specialist, Institute for Health Promotion Research at UT Health San Antonio

Cancer prevention is about reducing our risk of developing the disease. There are several steps we can take to improve our health and reduce our chances of getting cancer, from moving more and sitting less to getting regular cancer screenings. But when we think about cancer treatment, we usually do not think about clinical trials. It is important to get all the information we need about our treatment options from trusted sources to make an informed decision that is best for us and our family. We will talk about what clinical trials are, their phases, patients' protection and rights, the pros and cons of clinical trials, and more.

Location: Oasis at The Meadows

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

162 How God Can Change Your Brain

Ginny Brown, LCHW

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

Location: Oasis at The Meadows

Thursday **Oct 13**
Fee: \$7 **10:00-11:30**

COURTESY CONFIRMATION CALLS

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

163 Diseases of the Eye

Rene Perez, M.Ed, COMS, CFPS

In this course, we will dive into the common causes of vision loss. We will take a closer look at the different types of eye diseases and how they affect our sight. Age related eye diseases such as cataracts, glaucoma, and macular degeneration will be discussed.

Location: Oasis at The Meadows

Thursday Oct 13
Fee: \$5 1:00-2:30



164 Your Best Life Now

Edie DeVilbiss, M.Div

You'll gain a simple and effective strategy to increase your self-awareness, acquire the four principles that govern intentional formation of new practices in your life, and walk away with a new perspective. Bring a pen or pencil and an eager mind.

Location: Oasis at The Meadows

Wednesday Oct 19
Fee: \$7 1:00-3:00

165 Healthy Eating on a Budget

Carol White

This class will discuss tips for saving money at the grocery store and healthy eating on a budget. You will be given a health guide with recipes and tips for healthy living and enjoy a snack.

Location: Oasis at The Meadows

Friday Oct 21
Fee: \$5 10:00-11:30



166 Relaxation and Stress Management

Russell Gainer, LCSW, Gain Wel

Everyone experiences stress, but how can we improve our management of its effects and how to create a more relaxed state?

Location: Oasis at The Meadows

Wednesday Oct 26
Fee: \$7 10:00-11:30



167 Foods of the Past, Foods of the Future

Craig Stimson, LVN

Since the cave people left their homes and searched for food, they have strived for new and (sometimes) tasty morsels. Join us for a look at bizarre foods of the past and what we might expect far into the future of nutrition.

Location: Oasis at The Meadows

Thursday Oct 27
Fee: \$7 1:00-2:30

168 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 and provide healthy cooking tips that you can adapt at home.

Location: Oasis at The Meadows

Thursday Nov 3
Fee: \$10 10:00-11:30

169 Understanding and Responding to Dementia Behaviors

Alzheimer's Association

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

Location: Oasis at The Meadows

Tuesday
Free

Nov 1
6:00-7:30 🌙

170 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
Fee: \$10

Nov 15
1:00-2:30



CAREGIVER SERIES

171 Caregiving 101

Tina Smith, Caregiver SOS

Are you caring for a loved one, family member or neighbor? If so, you are not alone! This session will help you learn how to ask for what you need, to set personal limits, and to find resources and support to be a successful, healthy caregiver. There will be an opportunity for caregivers to share what they do to keep from getting lost in the caregiver role.

Location: Oasis at The Meadows

Thursday
Free

Nov 3
2:00-3:30

172 The Tell Tale Signs of Caregiver Stress

Tina Smith, Caregiver SOS

The stress of caring for a loved one or family member can lead to emotional and physical problems. You will learn that both good and bad experiences can cause stress and how to read the warning signs in order to take action. You will be able to hear some of the stressful experiences of other caregivers and their successful methods of coping.

Location: Oasis at The Meadows

Tuesday
Free

Nov 8
6:00-7:30 🌙

173 Top 5 Ways to Thrive as a Family Caregiver

Tina Smith, Caregiver SOS

Have you thought about what things can make caring for a loved one or family member so difficult sometimes? This session will help you identify the things you have had to change in your life, including how you thought your future would be. Caregivers can listen to others share how they have dealt with some of the common difficulties.

Location: Oasis at The Meadows

Thursday
Free

Dec 1
1:00-2:30

174 Caffeine and Your Body

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Meadows

Wednesday **Nov 16**
Fee: \$7 **10:00-11:30**



175 Understanding Alzheimer's and Dementia

Alzheimer's Association

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to explore the relationship between Alzheimer's Disease and dementia, examine what happens in a brain affected by Alzheimer's, detail the risk factors for and three general stages of the disease, identify FDA-approved treatments available to treat some symptoms, look ahead to what's on the horizon for Alzheimer's research, and offer helpful Alzheimer's Association resources.

Location: Oasis at The Meadows

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



176 The DASH Diet

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Meadows

Monday **Dec 5**
Fee: \$7 **1:00-2:30**

177 Sleep Health for Older Adults

Chelsea Carriker, MPH, CHES

Sleep is an important part of our health and many older adults struggle with sleep disturbances. This class will discuss how age impacts our sleep, importance of sleep on various aspects of our health and tips and strategies to get a better night's sleep.

Location: Oasis at The Meadows

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

OASIS VOLUNTEER OPPORTUNITIES

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

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

These classes are sponsored by:



Classes taught by WellMed physicians

178 What is Metabolic Syndrome?

You may have heard of Metabolic Syndrome, but what is it and what does it mean about your health? Learn from a physician what metabolic syndrome is, the effects on your health, and what you can do to prevent it.

Location: Oasis at The Meadows

Thursday **Sep 15**
Free **1:00-2:00**

181 Finding the Right Doctor

Finding the right doctor can be challenging. How do you know what type of doctor you need to see for your medical conditions? In this class, you will learn about the different types of doctors in the medical field and help you better determine what doctor is right for you.

Location: Oasis at The Meadows

Thursday **Dec 8**
Free **1:00-2:00**

179 All About Osteoporosis

Osteoporosis is common in older adults and increases your risk of falls and fractures. Learn from a physician all about osteoporosis, how it happens, and what you can do to maintain your bone health.

Location: Oasis at The Meadows

Thursday **Oct 13**
Free **1:00-2:00**

180 What Do All The Letters Mean?

RN? MD? DO? PA? NP? What does it all mean? Understanding all the medical professional's acronyms can be challenging. In this class, you will learn what all the letters mean and what the differences are between these medical professionals.

Location: Oasis at The Meadows

Thursday **Nov 17**
Free **1:00-2:00**



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20_4448_WM_OASISCATALOGAD_SA_JH_C042220

182 How to Write a Memoir

Gloria Jennings

This class is taken from an article by Brooke Warner and will focus on how to tell a compelling story, your particular story. If you are planning to write a memoir, get ready to take your readers on a journey they will not forget!

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Sep 6
10:00-11:30

183 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

Wednesday
Fee: \$7

Sep 7
1:00-2:30

184 Flower Me Happy

Molly Valdez

Art is often used for mood improvement and stress reduction. Let's create some zen while applying rich, blended color effects with colored pencils inspired by local flowers. All art experience levels welcome. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Tuesdays
Fee: \$48

Sep 13-Oct 18
10:00-12:00



185 The 9.0 Japanese Mega-Quake of 2011

Roger Pratt, MA in East Asian Studies

On March 11, 2011, at 2:46 p.m. JST, a megaquake, one of the largest in the world, struck Japan, a land highly prone to plate tectonics. While there were immediate and predictable outcomes, many were unforeseen, catching the government, citizens, and businesses off guard. What were the initial responses of these three entities? The intermediate responses? Some of the effects were immediate and obvious; others less so. The speaker for this class, Roger Pratt, who was in Japan when the quake struck and listened to Japanese media reporting firsthand, recounts his experiences and discusses the above questions.

Location: Oasis at The Meadows

Monday
Fee: \$7

Sep 12
1:00-2:30

186 The History of the Personal Computer

Carita DeVilbiss

Remember the mid-1970s? Are you curious about how some self-proclaimed hippie "nerds" wanted to show off to their friends but accidentally ended up changing the world? Wonder how we ended up with two types of personal computers- Apple and non-Apple? Join us for a non-technical look at these questions and more. We will put special emphasis on the 1975-1985 time frame. The talk will include selected extracts from the 1996 series, *Triumph of the Nerds*. This series includes candid conversations with the pioneers, including Bill Gates, Paul Allen, Steve Jobs and Steve Wozniak.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Sep 13
10:00-11:30

187 Ink, Brush, Paper

Gaylynn Robinson

Set your creative self free and join us while we experiment with a variety of inks, brushes, and papers to create small pieces for framing, collage, or art journals. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Wednesdays

Fee: \$48

Sep 14-Oct 19

1:00-3:00



188 Managing Pests in the Garden the Eco-Friendly Way

Molly Keck, M.S.,

Board Certified Entomologist

If you spend any time outdoors, you will encounter insects. They are everywhere and can be found on nearly any plant. Learn some of the common harmful and beneficial insects that may be in your garden and landscape. This class will also cover how to manage those insects that are harmful and what options have lower risk to the environment, other non-target animals, and your health. Be sure to bring any insects, damage, or pictures you want identified.

Location: Oasis at The Meadows

Monday

Fee: \$7

Sep 19

1:00-2:30

189 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

Sep 20, Oct 18, Nov 15

10:00-11:30

190 Comedic Odd Couples of Hollywood

Beverly Prado

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

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Sep 20

6:00-7:30



191 What's a Cubit? The Story of Noah

Christina Howard, M.A.

Adam's kids went wild, crazy and bad to the bone, yep, downright wicked. There was only one hope left, a ninth-generation son called Noah. From birth, it was clear that this guy was going to change history as God changed the world. He was the first true engineer, first zookeeper, first shipbuilder, first flood insurance agent, first AA member... oops, did I say that? Based on the supposition that he was a real person, this fast-paced presentation will look at his life from various sources and get a feel for the man, not just a two-dimensional character in a story.

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Sep 21

1:00-3:00

**PLEASE LET US
KNOW...**

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

192 A Letter to My Grandchildren

Judith Hurst, M.A.

Enchant, enthrall, and encourage your grandchildren by immortalizing your thoughts and memories. This workshop will inspire you to crystallize and deliver thoughts and memories, your values, life lessons, hopes, dreams, wisdom and advice to another generation by mind-mapping, generating ideas, tailoring formats to channel your message and writing a five-paragraph letter with a captivating introduction, three key points, and a memorable conclusion. This letter represents a rich and fruitful inheritance for loved ones.

Location: Oasis at The Meadows

Monday **Sep 26**
Fee: \$7 **10:00-11:30**

193 Fall is for Planting Texas Superstars

Lynn Cox, Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Monday **Sep 26**
Fee: \$7 **1:00-2:30**

194 The Holocaust Memorial Museum

The Holocaust Memorial Museum of San Antonio opened its doors to the public at its current location in May 2000, and Holocaust education has been an ongoing priority of the San Antonio Jewish community for more than forty years. Join us as a representative from the museum will discuss the Holocaust and what you will see at the museum!

Location: Oasis at The Meadows

Wednesday **Sep 28**
Fee: \$7 **1:00-2:30**

195 Acrylic Basics

Georgia Stok

Join us as we explore the magic of color mixing, apply textures with a brush or knife and recognize compositional elements. All levels welcome! Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Tuesdays **Sep 27-Nov 1**
Fee: \$48 **1:00-3:00**



196 San Antonio Downtown Landmarks and Icons

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

Are you ready to be dazzled? Teacher and certified tour guide, Bill Perryman, shares a collection of facts, details, and intriguing stories regarding some of San Antonio's most iconic downtown landmarks! Prepare to be entertained – you will never view certain structures in downtown San Antonio the same again!

Location: Oasis at The Meadows

Tuesday **Sep 27**
Fee: \$11 **10:00-11:30**

197 Whimsical Art Journals

Gaylynne Robinson

This class is guaranteed to make your inner child smile. We will choose between two book styles, and will use templates to cut our pages into unusual shapes. Then we will decorate the pages with lots of color, borders, shapes, and any embellishments you may want to add like text, stickers, or kid's art. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Tuesday **Sep 27**
Fee: \$8 **6:00-7:30**



198 Indigenous Groups and Traditions of South Texas

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

San Antonio's First Peoples arrived here over 13,000 years ago. Their descendants still live in San Antonio and are rooted in some of the city's oldest history. This session will provide some of the history and traditions of the First People from ways of life to culinary heritage. It will include a discussion with a representative of the American Indians in South Texas Colonial Missions on the importance of this vibrant culture, current traditions and cultural heritage, and will feature a traditional dancer who will demonstrate one of the local indigenous sacred dances. This is not to be missed.

Location: Oasis at The Meadows

Thursday **Sep 29**
Fee: \$7 **1:00-2:30**

199 Japanese Internment Camps of World War II

Larry Yano

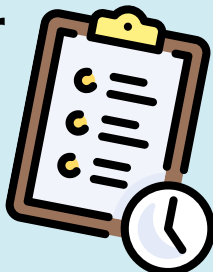
From 1942-46, persons of Japanese ancestry were expelled from their homes and confined in desolate, inland camps. This course will explore life in the camps and also explore the basic causes of how this came about.

Location: Oasis at The Meadows

Fridays **Sep 30-Oct 7**
Fee: \$14 **10:00-11:30**

Waiting List Reminder

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



200 Maya Angelou: And Still I Rise

Gloria Jennings

This class celebrates Dr. Maya Angelou by weaving her words with rare and intimate archival photographs and videos, which paint hidden moments of her life during some of America's most defining moments. From her upbringing in the Depression-era South, to her work with Malcolm X in Ghana to her inaugural speech for President Bill Clinton, we join her on an incredible journey as a true American icon.

Location: Oasis at The Meadows

Tuesday **Oct 4**
Fee: \$7 **10:00-11:30**

201 Robin Hood

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

This class explores the development of the Robin Hood legend from the early 14th century ballads to contemporary film and TV incarnations. We will look at how Robin changed over the years to mirror changes in society.

Location: Oasis at The Meadows

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

202 Japanese Food

Roger Pratt, MA in East Asian Studies

Japan, a country with a rich and often intense history and diverse culture, has culinary intrigue to match. Come join this class and enjoy a short history of food in Japan, then fast-forwarding to learning about examples of today's culinary culture.

Location: Oasis at The Meadows

Monday **Oct 10**
Fee: \$7 **1:00-2:30**



203 Movie Discussion: Respect

Lynn Waghalter

Following the rise of Aretha Franklin's career from a child singing in her father's church's choir to her international superstardom, *Respect* is the remarkable true story of the music icon's journey to find her voice. The first week we will watch the movie, and the second week we will discuss it. Refreshments will be provided.

Location: Oasis at The Meadows

Tuesdays

Fee: \$8

Oct 11-18

3:30-5:30



204 Hispanic/Latino Stars

Beverly Prado

Hollywood, since its early days, was fascinated with Hispanic/Latino stars. Many personalities from Mexico and Latin America became popular in American films. This class will examine the careers of some of them. The cultural significance of stars like Dolores Del Rio, Richardo Montalban, Anthony Quinn, Carmen Miranda, Cesar Romero, Cantinflas and others will be featured. Let's celebrate Hispanic Heritage Month.

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Oct 12

1:00-2:30

205 Shade Gardening

Laura Rogers, Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Oct 25

6:00-7:30



206 I See Ghosts!

The Supernatural in the Bible

Christina Howard, M.A.

The Bible is a great source for eerie tales around the campfire, or stories of miracles, dragons, and demons. Yes, there were even witches, ghosts and the walking dead (just without Daryl and Maggie). Angels, skeleton armies, pillars of fire, parting seas, frogs falling from the sky, and hemorrhoid plagues, all found in one book. We'll take a look at some of the most unusual things in this fast-paced presentation, but be forewarned, you may leave with more questions than answers!

Location: Oasis at The Meadows

Thursday

Fee: \$7

Oct 20

1:00-3:00

207 Outlaws of San Antonio

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

Gamblers and gunslingers found San Antonio to be a down right hospitable place for them, and they made frequent visits to the city. At the edge of the Western Frontier, San Antonio had its wild, wild, west period with saloons and "bawdy houses" proliferating the downtown area. Let's transport ourselves to San Antonio in the 1800s to see what life was like in this wild west town and learn about some of the infamous desperados, like Butch Cassidy, who spent time in San Antonio's cantinas and gambling halls!

Location: Oasis at The Meadows

Monday

Fee: \$7

Oct 24

1:00-2:30



208 Back to the 1950s: Cars, Diners and Rock & Roll

Gloria Jennings

For many it was a magical time. Kids of the day were given a title that is still used today, teenagers. Join us as we go back in time and relive our memories of those long, classic cars, diners with nostalgic, retro style features and the unforgettable new music which caused a lot of controversy and turmoil among the different generations - Rock & Roll.

Location: Oasis at The Meadows

Tuesday **Oct 25**
Fee: \$7 **10:00-11:30**

209 Science is Amazing! The Importance of Science Communication

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

The process of conducting scientific research is continuous. Each day, scientists and engineers publish new discoveries and share their findings with their colleagues at professional conferences around the world. Beyond just the science community, scientific discoveries affect our society in countless ways. In this time of amazing scientific advances and the ever-present stream of information from the Internet, effective and accurate scientific communication to a broader audience is more important than ever before. This presentation will introduce how science communication has traditionally been done, explore case studies of both effective and less-than-effective communication, and outline some ideas on how it perhaps can be done better, to make the amazing world of science more accessible to all.

Location: Oasis at The Meadows

Tuesday **Oct 25**
Fee: \$7 **10:00-11:30**

210 Zen Calligraphy

Gaylynnne Robinson

Just take a deep breath, exhale, and follow the brush across the paper in this ancient meditative art practice. Relax and let the brush do the work to create simple zen-inspired works. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Wednesdays **Oct 26-Dec 7**
Fee: \$48 **1:00-3:00**



211 History of Horror Characters

Michael Cude, Ph.D., Schreiner University

Werewolves, witches, vampires, and other horror archetypes are a staple of modern Halloween. These mythical monsters have, however, deep historical roots in folklore and literature. This course will trace the historical roots of modern horror characters in European history to illustrate their evolution from folklore to modern American pop culture.

Location: Oasis at The Meadows

Wednesday **Oct 26**
Fee: \$7 **1:00-2:30**

212 From Lanterns to Liberty- The Story of Paul Revere!

Bill Perryman, M.Ed.

On the night of April 18, 1775, a dark-eyed and stocky man of French lineage galloped into history on what perhaps might have been the most frightening night of his life-the eve just prior to the onset of the American Revolution! Today, Paul Revere is an icon in American history, but who was this man we so affectionately know as Paul Revere? Listen and watch as master teacher, Bill Perryman, illuminates the personal and public life of Paul Revere.

Location: Oasis at The Meadows

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

213 Whimsical Winter

Molly Valdez

Have fun with whimsical fall and winter holiday art images – a jolly St. Nick, the Addams family portrait, and Thanksgiving turkeys and pumpkins - in this mixed media art session. All experience levels welcome. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Fridays **Oct 28-Dec 9**
Fee: \$48 **10:00-12:00**

214 Our First Soap Opera-Mythology

Judith Hurst, M.A.

Cronus-overthrowing his father, swallowing his children as Rhea, his wife, gives birth; Zeus-forcing Cronus to vomit up his siblings; Prometheus-chained to a rock with an eagle picking at his innards; Demeter-in mourning four months of the year, leaving fields barren because Hades abducted her daughter, Persephone; the Furies and the Fates-could anyone ask for more drama? Using Edith Hamilton's perspective, we will discuss the necessity and history of myth, the "family tree" and view mythology as a rich, complex, social and ethical fabric.

Location: Oasis at The Meadows

Tuesday **Nov 1**
Fee: \$7 **10:00-11:30**

215 The Dick Van Dyke Show

Gloria Jennings

Still hilarious after 50 years, Dick Van Dyke and Mary Tyler Moore have won a permanent place in TV history. Join us as we showcase their particular brand of comedy through TV clips and discussion and celebrate Dick's award-winning career which has spanned seven decades.

Location: Oasis at The Meadows

Monday **Nov 7**
Fee: \$7 **10:00-11:30**

216 Wine Tasting: Holiday Wines

Bob Bragg, WSET Level 3, CSW

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

Location: Oasis at The Meadows

Thursday **Nov 10**
Fee: \$40 **1:00-2:30**



217 Folk Music and Protest Songs

Craig Stimson

Historically, when people write songs of protest, folk music leads the way. Join us for a discussion, along with musical examples, of protest songs in American music.

Location: Oasis at The Meadows

Thursday **Nov 3**
Fee: \$7 **1:00-2:30**







Has your address, phone number or email changed?

Please call the center and update your information!

Registering for Classes Online

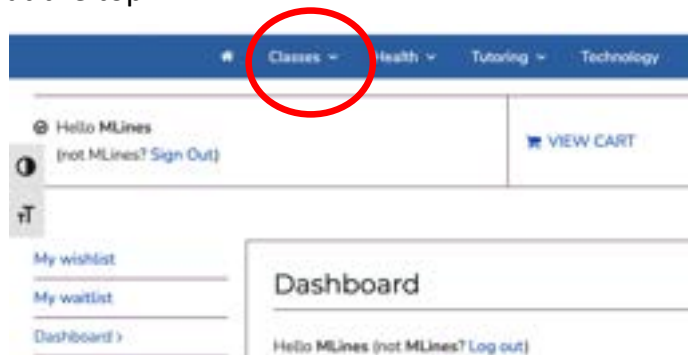
1) Visit: <https://san-antonio.oasisnet.org/> and at the top of the page – click on “My Account”.



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 August 24, 2022**
Registrations are placed in a box and randomly drawn and processed.
- **Online - Registration Opens August 24, 2022 at 10:00am**
- **Phone-In - Registration Opens August 29, 2022**

Please follow all procedures listed below:

- You must be a member of Oasis to register. If you are not a member you may join by coming to the Oasis Center, by phone or online at the Oasis web site: oasisnet.org/san-antonio-tx. **Membership is free.**
- Please complete the three-page registration form, found on pages 26-28, including name, phone number and Oasis membership number. Please print clearly. Place a check mark in the left hand column in front of each class for which you want to register.
- All participants must sign the registration form, which serves as signature of the Waiver of Liability below.
- If there are two members in one household, please make a photocopy of the full three-page blank registration form or pick up a form at Oasis. Do not list two members on one form.
- **If you would like a confirmation letter mailed, please enclose a self-addressed stamped envelope.**
- **If you would like your confirmation letter emailed, please provide your email address on the registration form.**

If you would like to donate \$10.00 to Oasis, please indicate it in the box on the registration form and add \$10.00 to the total registration fees.

- Credit cards may be used to pay for classes and trips. Oasis accepts Visa, Mastercard and Discover.
- Mark the credit card box on the registration form and include the type of card, the credit card number, expiration date and the **CVV number**. Credit cards are not charged if you are placed on a waiting list.
- If paying by check, separate checks must be written for each class requiring a fee. Please write the class number on the check. If the class is full, the unused check will be returned to the member. Make checks payable to Oasis unless otherwise noted. If separate checks are not submitted, refundable fees are 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	\$48			
	109	Tai Chi	\$40			
	110	Chair Yoga	\$28			
	111	Chair Yoga	\$28			
	112	Chair Yoga	\$35			
	113	Tai Chi Arthritis/Fall Prev.	Free			
	114	Tai Chi Arthritis/Fall Prev.	Free			
	115	Chairbics and Strength	\$25			
	116	Chairbics and Strength	\$20			
	117	Chairbics and Strength	\$25			
	118	Intermed.Total Body Workout	\$25			
	119	Intermed.Total Body Workout	\$20			
	120	Intermed.Total Body Workout	\$25			
	121	Qigong	\$40			
	122	Qigong	\$32			
	123	Qigong	\$40			
	124	Yin Yoga and Yoga Nidra	\$40			
	125	Yin Yoga and Yoga Nidra	\$32			
	126	Yin Yoga and Yoga Nidra	\$40			
	127	Stretch and Restore	\$35			
	128	Stretch and Restore	\$28			
	129	Stretch and Restore	\$35			
	130	Balance for Daily Life	\$30			
	131	Balance for Daily Life	\$24			
	132	Balance for Daily Life	\$24			
	133	Interval Cardio Workout	\$30			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	134	Interval Cardio Workout	\$24			
	135	Interval Cardio Workout	\$24			
	136	Deep Water Aquacise	\$54			
	137	Deep Water Aquacise	\$48			
	138	Deep Water Aquacise	\$60			
	139	Walking Group	\$30			
	140	Pickleball - Learn and Play	\$20			
	141	A Matter of Balance	Free			
	142	Mindfulness - Happiness	\$40			
	143	Mindfulness - Meaning of Life	\$32			
	144	Mindfulness - Inner Ally	\$32			
	145	Aging Mastery Program	Free			
	146	Diabetes Self-Management	Free			
	147	Nutrition for Diabetics	\$5			
	148	The Importance of Breakfast	\$5			
	149	A Fresh Start	Free			
	150	Resources/Low Vision	Free			
	151	Eating Healthy with MyPlate	\$5			
	152	Coping with Loneliness	\$7			
	153	Put Pain in Its Place	\$7			
	154	How Sweet It Is	\$5			
	155	Aromatherapy	\$7			
	156	Healing Holiday	Free			
	157	Childhood Experiences	\$7			
	158	Improving Gut Health	\$7			
	159	Healthy Living/Brain and Body	Free			
	160	Cancer Prevention/Trials	\$7			
	161	Social Isolation	Free			
	162	God Can Change Your Brain	\$7			
	163	Diseases of the Eye	\$5			
	164	Your Best Life Now	\$7			
	165	Healthy Eating on a Budget	\$5			
	166	Relaxation/Stress Mgmt.	\$7			
	167	Foods of the Past/Future	\$7			

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#
	168	Plant-Based Cooking	\$10			
	169	Dementia Behaviors	Free			
	170	Anti-Inflammatory Cooking	\$10			
	171	Caregiving 101	Free			
	172	Caregiver Stress	Free			
	173	Thrive as a Family Caregiver	Free			
	174	Caffeine and Your Body	\$7			
	175	Understanding Alzheimer's	Free			
	176	The DASH Diet	\$7			
	177	Sleep Health for Older Adults	\$7			
	178	What is Metabolic Syndrome	Free			
	179	All About Osteoporosis	Free			
	180	What Do All The Letters Mean	Free			
	181	Finding the Right Doctor	Free			
	182	How to Write a Memoir	\$6			
	183	Culinary Heritage of SA	\$7			
	184	Flower Me Happy	\$48			
	185	9.0 Japanese Mega-Quake	\$7			
	186	History of the Computer	\$7			
	187	Ink, Brush, Paper	\$48			
	188	Managing Pests in the Garden	\$7			
	189	Writers Group	\$5			
	190	Comedic Odd Couples	\$7			
	191	The Story of Noah	\$7			
	192	A Letter to My Grandchildren	\$7			
	193	Fall Texas Superstars	\$7			
	194	Holocaust Memorial Museum	\$7			
	195	Acrylic Basics	\$48			
	196	SA Downtown Landmarks	\$11			
	197	Whimsical Art Journals	\$8			
	198	Indigenous Groups	\$7			
	199	Japanese Internment Camps	\$14			
	200	Maya Angelou-And Still I Rise	\$7			
	201	Robin Hood	\$7			
	202	Japanese Food	\$7			
	203	Movie Discussion: Respect	\$8			
	204	Hispanic/Latino Stars	\$7			
	205	Shade Gardening	\$7			
	206	The Supernatural in the Bible	\$7			
	207	Outlaws of San Antonio	\$7			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	208	Back to the 1950s	\$7			
	209	Science is Amazing!	\$7			
	210	Zen Calligraphy	\$48			
	211	History of Horror Characters	\$7			
	212	From Lanterns to Liberty	\$11			
	213	Whimsical Winter	\$48			
	214	Mythology	\$7			
	215	The Dick Van Dyke Show	\$7			
	216	Wine Tasting: Holiday Wines	\$40			
	217	Folk Music and Protest Songs	\$7			
	218	Appreciating the Opera	\$9			
	219	Salem and Essex Witch Craze	\$7			
	220	Teen Stars of the 1950s	\$7			
	221	Near-Death Experiences	\$7			
	222	Geology and Santa Claus	\$7			
	223	Math World: Ancient China	\$7			
	224	Mars Rovers	\$7			
	225	What Was Here Before?	\$10			
	226	San Antonio-Why I Love Her	\$10			
	227	Easy Plant Propagation	\$7			
	228	Audrey Hepburn	\$7			
	229	Holiday Floral Arrangement	\$40			
	230	Christopher Columbus	\$11			
	231	From Homer to Harry Potter	\$7			
	232	What's New at a Library	Free			
	233	VIA Senior Services	Free			
	234	Canned Foods Fill My Plate	Free			
	235	There's No Place Like Home	Free			
	236	Volunteering at Oasis	Free			
	237	Birds/Plants of Mitchell Lake	\$7			
	238	Birding for Beginners	\$7			
	239	Veterans Resources	Free			
	240	When My Spouse Dies	\$7			
	241	Protecting Your Assets	\$7			
	242	Election Security	\$5			
	243	The Election Process	\$7			
	244	All About Medicare	Free			
	245	All About Caregiver SOS	Free			
	246	Cooking with Fall Vegetables	Free			
	247	Electric/Natural Gas Safety	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	248	Tips for Hiring a Contractor	\$5			
	249	Protecting Against Fraud	\$7			
	250	Preserving Your Nest Egg	\$7			
	251	Transfer on Death Deeds	\$7			
	252	Cooking/Farmers Market	Free			
	253	Thrift Store Shopping	\$5			
	254	Smart Home Security Options	\$7			
	255	Community Engagement	\$5			
	256	The Green Infrastructure	\$5			
	257	Stock Market	\$7			
	258	City of SA Services	Free			
	259	Estate Planning	\$7			
	260	Advance Directives	\$7			
	261	All About NAMI	Free			
	262	Everything iPad	\$44			
	263	WhatsApp	\$11			
	264	Sign Up for Classes Online	Free			
	265	Beginners Guide to the Cloud	\$13			
	266	How to Use Zoom	\$5			
	267	Oasis Guide to Internet Safety	\$13			
	268	Password Managers	\$13			
	269	Apple Photos for iPhone/iPad	\$11			
	270	Windows 11	\$26			
	271	Android Essentials	\$33			
	272	Beginner iPhone	\$22			
	273	Beginner iPhone	\$22			
	274	Intermediate iPhone	\$22			
	275	Smartphone Photography	\$13			
	276	Alternatives to Cable	\$11			
	277	Plans Work in Harmony	Free			
	278	Alzheimer's Research Updates	Free			
	279	Christmas Traditions	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	280	The Warrior Tradition	Free			
	281	Nutrition for Older Adults	Free			
	282	Veterans Resources	Free			
	283	Hydration/Healthy Beverages	Free			
	284	Healthy Holiday Eating	Free			
	285	Cybercrime	Free			
	286	Preparing for EMS's Arrival	Free			
	287	There is no Place like Home	Free			
	288	All About ASC	Free			
	289	Fall Prevention	Free			
	290	Medicare Updates	Free			
	291	Healthy Relationships	Free			
	292	Reframing Aging	Free			
	293	San Antonio Public Library	Free			
	294	Who Decides When I Can't?	Free			
	295	Holistic Health	Free			
	296	Who Decides When I Can't	Free			
	297	Basic Nutrition	Free			
	298	Reframing Aging	Free			
	299	Hydration/Healthy Beverages	Free			
	300	San Antonio Zoo Wild Walk	\$29			
	301	Confluence Park Walking Tour	\$29			
	302	Travis Park and Beyond	\$29			
	303	Lockhart	\$65			
	304	Mason	\$88			
	305	Hill Country Holiday Lights	\$71			
	306	Big Ben National Park Preview	Free			
	307	California Rail Preview	Free			
	308	All About Us	Free			
	805	Big Bend National Park	\$350 dep			
	806	California Rail Discovery	\$350 dep			



I am adding a \$10.00 donation to help Oasis

☐ I am including \$10 check or cash

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

Bring registration form or mail it to:

Oasis at The Meadows

700 Babcock Rd., San Antonio, TX 78201

FOR OFFICE USE ONLY

Date: _____

☐ Walk In

☐ Phone In

☐ Mail In

☐ Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

218 Appreciating the 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! If you took the Opera 101 class in the summer, this will be new information that you don't want to miss!

Location: Oasis at The Meadows

Friday
Fee: \$9

Nov 11
10:00-12:00

219 Salem and Essex Witch Craze

Judith Hurst, M.A.

Lecture/discussion using the juxtaposition of the Essex (England) and Salem (America) witchcraft craze as a focal point to describe a frenzy in which 100,000 people were executed between 1490 and 1692. These two case studies address the who and why of both victim and accuser-providing an invaluable insight as to the entire social history of witch hunts.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Nov 15
10:00-11:30

220 Teen Stars of the 1950s

Beverly Prado

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

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Nov 29
1:00-2:30

REGISTER EARLY...

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

221 Near-Death Experiences

Ginny Brown, LCHW

Near-death experiences, or NDEs, are triggered during singular life-threatening episodes when the body is injured by blunt trauma, a heart attack, asphyxia, shock, and so on. Thousands of survivors of these harrowing touch-and-go situations tell of leaving their damaged bodies behind and encountering a realm beyond everyday existence, unconstrained by the usual boundaries of space and time. These powerful, mystical experiences can lead to permanent transformation of their lives. In this class, we will discuss some of these experiences and the theories behind them.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Nov 17
10:00-11:30

222 Geology and Santa Claus: Earth Science and the North Pole

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

We all know that Santa Claus lives at the North Pole, surrounded by elves who help him deliver toys to all the children around the world. Because he lives at the North Pole, a land of cold, snow, and ice, we have an image of Santa in fur-lined clothing that helps him stay warm and jolly. Throughout the 4.6 billion year history of the Earth, however, the North Pole has experienced many different environments, and it may be that at points in the past, Santa would have been better served by shorts and a T-shirt, or perhaps even SCUBA gear. This presentation will introduce North Pole basics, including the difference between the geographic and magnetic poles, changing terrain over geologic time, and the different climates that have affected conditions at the North Pole in the past, and will continue to affect the region, and Santa Claus, into the future.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Nov 29
10:00-11:30

223 Peek into the Math World: A Visit to Ancient China

Betty Burson

The Great Wall, luxurious silk, beautiful calligraphy, as well as the ubiquitous strands of mathematics that undergird and shape a culture, are all a part of the legacy that ancient China gifted to us. We will travel back to that interesting era to visit a world radically different from our own but peopled with humans with whom we also share commonalities, and we will be richer for the visit.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Nov 30
1:00-2:30

224 Mars Rovers

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



In 1997, NASA landed the Pathfinder spacecraft on Mars with a small rover named Sojourner. Since that time, NASA has successfully landed four more rovers on the Martian surface, each bigger and more sophisticated than its predecessors. Over the past 25 years, Martian rovers have identified significant evidence that liquid water flowed over the Martian surface in the distant past. Rovers have also discovered meteorites, taken pictures of Earth and the Moon, seen transits of the Sun by Mars' two moons, and analyzed the Martian atmosphere. The most recent rover, Perseverance, is going to collect specimens of Martian soil, and launch them back into orbit, where an orbiter will retrieve the samples and then send them back to Earth for analysis. This is the first sample return mission from Mars, and if all goes according to plan, the samples will arrive back on Earth in the mid-2020s. In this class, you will learn about the rich scientific heritage of the rover missions to Mars.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Dec 1
1:00-2:30

225 What Was Here Before?

Bruce Martin, Certified Professional Tour Guide

San Antonio is always changing, but sometimes it is enjoyable to learn what buildings and businesses once stood along our streets. We will see an impressive number of "before and after" photos from across San Antonio representing dramatic changes to the urban landscape. How many can you remember that are now gone?

Location: Oasis at The Meadows

Friday
Fee: \$10

Dec 2
10:00-11:30

226 San Antonio-Why I Love Her

Bruce Martin, Certified Professional Tour Guide

This "feel good" slideshow will highlight a variety of San Antonio treasures - some are famous and popular while others are hidden and obscure. Identified by a broad range of individuals with great affection for our unique, sometimes quirky community, you will be delighted to recognize some of your favorites and perhaps more delighted to discover favorites unknown to you. An excellent opportunity to laugh and smile as the year draws to a close!

Location: Oasis at The Meadows

Wednesday
Fee: \$10

Dec 7
1:00-2:30

227 Easy Plant Propagation

Bill Swantner, Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Monday
Fee: \$7

Dec 12
1:00-2:30



228 Audrey Hepburn- More than an Icon

Gloria Jennings

Audrey Hepburn, More than an Icon is the definitive feature documentary on Audrey Hepburn: Hollywood star, fashion icon and humanitarian. She won her first Academy Award at the age of 24, and went on to become one of the world's greatest cultural icons: a once-in-a-generation beauty, and legendary star of Hollywood's Golden Age, whose style continues to inspire. But who was the real Audrey Hepburn? Join us as we view and discuss a documentary which brings a truly extraordinary woman to life, and who stands as testament to the power of love and forgiveness.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Dec 8
10:00-11:30



229 Create a Holiday Floral Arrangement

The Rose Boutique

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

Location: Oasis at The Meadows

Monday
Fee: \$40

Dec 12
10:00-11:30



Location, Location, Location!

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

230 The Mysterious Christopher Columbus

Bill Perryman, M.Ed.

Who was Christopher Columbus? Over 500 years after his death, Columbus remains shrouded in mystery and historians continuously find Columbus great fodder for debate! On the 528th anniversary of Columbus' landing in the New World-Bill Perryman brings to life the explorations of a renaissance mariner who lived in a world, which is very foreign to us today. Set sail for a presentation filled with suspense, mystery and intrigue!

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Dec 13
10:00-11:30



231 From Homer to Harry Potter

Judith Hurst, M.A.

3,000 years of storytelling have given us several heroes and heroines who serve as the heart of "great tales." But it is crucial to note that these heroes/heroines are affected by changing cultural values and, in turn, contribute to these changes. The tale of Arthur's queen Guinevere would have been impossible without the medieval cult of romantic love-which would have seemed alien to Beowulf or Odysseus. We will discuss protagonists such as James Bond, Sherlock Holmes, Elizabeth Bennett, Uncle Tom, Robinson Crusoe, Lizbeth Salander and others who have reshaped and refreshed old ideas and ideals.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Dec 14
1:00-2:30

232 What's New at a Library Near You

Gamini Haluwana, San Antonio Public Library

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

Location: Oasis at The Meadows

Friday Sep 9
Free 10:00-11:30

235 There's No Place Like Home

Jane Paccione, San Antonio Area Foundation

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

Tuesday Sep 20
Free 1:00-2:30

233 VIA Senior and Rideshare Services

VIA Metropolitan Transit

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. The class will inform participants how to access these services/programs and provide an update to projects in progress.

Location: Oasis at The Meadows

Monday Sep 12
Free 1:00-2:30

236 Volunteering at Oasis

Brenda Schmachtenberger, Executive Director

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

Location: Oasis at The Meadows

Monday Sep 26
Free 1:00-2:30

234 Canned Foods Fill My Plate

San Antonio Food Bank

Come enjoy a cooking demonstration by the San Antonio Food Bank and learn how to create flavorful and healthy meals using only canned foods.

Location: Oasis at The Meadows

Friday Sep 16
Free 10:00-11:30



GIVE FOR THE FUTURE



Making a gift is easy.

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

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

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

237 The Birds and Plants of Mitchell Lake

Mitchell Lake Audubon Center

The Mitchell Lake Audubon Center is a San Antonio treasure. Did you know you can see 500 species of birds and that you can watch butterflies and hummingbirds in beautiful native plant gardens? This site, once so terribly abused, is seeing new life under the management of the National Audubon Society and serves as an outdoor classroom to thousands of area students, a water conservation demonstration area and a great recreational location for all ages.

Location: Oasis at The Meadows

Monday **Oct 3**
Fee: \$7 **1:00-2:30**



mitchelllake.audubon.org

238 Birding for Beginners

Emma Stimson, B.S., Biology

Join us for a class dedicated to learning about keeping our eyes and ears open to the natural world of birds around us. We will discuss the art of birding in our back yards and parks in our neighborhood.

Location: Oasis at The Meadows

Tuesday **Nov 15** 
Fee: \$7 **6:00-7:30**



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

239 Veterans Resources

Brenda Dever-Armstrong

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

Location: Oasis at The Meadows

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

240 When My Spouse Dies

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

Monday **Oct 3**
Fee: \$7 **1:00-2:30**

241 Protecting Your Assets from Inflation

Jake Yetterberg, CSA

During this class we will discuss:

- Preparing for higher property taxes- understanding Bexar County tax increase caps.
- How to keep pace with inflation by using it to your advantage to increase your income.
- The historical relationship between inflation and stock market values.
- How to use the best fixed rate management strategy as rates are changing.
- How inflation will affect your TRUE Social Security COLA increases.
- Inflation and Medicare premiums-how to plan for the coming changes.
- What inflation means for future tax increases.

Location: Oasis at The Meadows

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

242 Election Security

*Gilbert Saiz,
Bexar County Elections Dept.*

Securing election infrastructure is a partnership between the federal, state and local government and private sector entities. Come learn about the roles and responsibilities of each of these entities in keeping our elections secure.

Location: Oasis at The Meadows

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

243 The Election Process

Judge Ron Rangel



The election process can be complex and confusing to understand. Learn about local and national election processes, including the electoral college, caucuses and primaries, and national conventions.

Location: Oasis at The Meadows

Friday **Oct 28**
Fee: \$7 **10:00-11:30**

244 All About Medicare

Bexar Area Agency on Aging

If you want to learn more about Medicare and Medicaid-related services, this is the class for you. We will help you understand parts A, B and C (Medicare Advantage Plans), part D (Prescription Drug Plans) and Medicare Supplement Policies (Medigap Insurance). We will also cover the federal Medicare Savings Program, and the Medicare Patrol/financial exploitation.

Location: Oasis at The Meadows

Monday **Oct 10**
Free **1:00-2:30**



245 All About Caregiver SOS

Tina Smith, Caregiver SOS

Caregiver SOS by WellMed Charitable Foundation is a program designed to support family caregivers through wellness, information, support and education. Come discover all the resources available to you through this program.

Location: Oasis at The Meadows

Friday **Oct 14**
Free **10:00-11:00**

246 Cooking with Fall Vegetables

San Antonio Food Bank

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

Location: Oasis at The Meadows

Tuesday **Oct 18**
Free **6:00-7:30** 🌙

247 Electric and Natural Gas Safety Tips

Cristela Trevino, CPS Energy

A representative from CPS Energy will offer tips on how to be safe around gas and electricity.

Location: Oasis at The Meadows

Thursday **Oct 27**
Free **1:00-2:00**

248 Tips for Hiring a Contractor

Jason Meza, Better Business Bureau

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

Location: Oasis at The Meadows

Tuesday **Nov 1**
Fee: \$5 **10:00-11:30**

249 Protecting Against Fraud

Sandy Sullivan

Learn all you need to know about current frauds as well as the oldies, but not so goodies in the fraud world. You will also take away tools and resources that will help you avoid being a victim of a fraud/scam, and will be able to leave the class with the knowledge to educate your family, friends, and neighbors about fraud.

Location: Oasis at The Meadows

Friday
Fee: \$7

Nov 4
10:00-11:30

250 Preserving Your Nest Egg

Jake Yetterberg, CSA

In this class we will:

- Learn two ways to guarantee you cannot outlive your money.
- Find out two important steps to protect yourself in this unpredictable global environment.
- What are the worst type of accounts to take risk in while the market is at an all-time high.
- How to use the historical analysis of volatile time periods like a crystal ball.
- A 100% accurate recession predictor and how a recession really affects your money.

Location: Oasis at The Meadows

Monday
Fee: \$7

Nov 7
1:00-2:30

251 Transfer on Death Deeds

Brennen Boze, 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

Thursday
Fee: \$7

Nov 10
10:00-11:30

252 Cooking with Food from the Farmers Market

San Antonio Food Bank

Farmers market finds are guaranteed winners at the dinner table. Discover a few recipes you can cook with these fabulous fresh foods.

Location: Oasis at The Meadows

Monday
Free

Nov 7
1:00-2:30



Yetterberg Retirement Solutions



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



We can help you manage prudent solutions like:

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

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

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

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

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

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

253 Thrift Store Shopping

Beau Marcott

Thrift store shopping takes patience and self-control, but you can find some of the best items at thrift stores. There's a strategy to becoming an efficient thrifter. Come to this class to learn more.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Nov 15
6:00-7:30 🌙

254 Smart Home Security Options

Marta Torres

As their name implies, smart home security devices possess intelligence and ease of access that older systems cannot match. Devices such as smart locks, video doorbells, and security cameras connect to the internet, allowing you to view camera feeds, alarm notifications, door locks, access logs, and more. Come to this class to learn about the options that are available to you.

Location: Oasis at The Meadows

Monday
Fee: \$7

Nov 28
10:00-11:30



255 Community Engagement

Brenda Schmachtenberger

One way to use your gift of time is to spend some of it to help others. There are many ways to help others that range all the way from small acts of kindness, to engaging across generations, to being or helping caregivers, to immersing yourself in community service. Come and learn how to get involved in your community.

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Nov 29
6:00-7:30 🌙

256 The Green Infrastructure Master Plan

Michelle Garza, San Antonio River Authority

Through Clean Water Act Grant Funding from the EPA, the TCEQ and the San Antonio River Authority have entered into the Green Stormwater Infrastructure Master Plan contract. Come to this session to learn what that entails and how it benefits our community.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Nov 30
10:00-11:30



257 Understanding the Stock Market

Jake Yetterberg, CSA

This session will include:

- Historical market perspectives and how to interpret the current trends.
- Why the long term charts can distort the risk involved in market averages.
- What makes up the major US indexes and learn the difference between the S&P 500, the Dow Jones Industrial Average, and the Nasdaq.
- Why the P&E-also known as the Price to Earnings Ratio-is so reliable in predicting future stock market values.
- How interest rates affect the stock market.
- How Quantitative Easing (QE) and the COVID stimulus spending packages helped foster the biggest market bubble in 200 years.
- How the Federal Reserve Board affects the stock market.
- Stock market indexing strategies: The good, the bad, and the ugly.
- An explanation of the Thrift Savings Program (TSP) stock and bond indexes.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Dec 1
10:00-11:30

258 City of San Antonio Services for Older Adults

Debra Colorado, City of San Antonio

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

Location: Oasis at The Meadows

Monday
Free

Dec 5
1:00-2:30

259 Estate Planning

Todd Marquardt, Attorney at Law

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

Location: Oasis at The Meadows

Thursday
Fee: \$7

Dec 8
10:00-11:30



260 Advance Directives

Carol Bertsch, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Dec 13
6:00-7:30



261 All About the National Alliance on Mental Health (NAMI)

Analicia Coronado

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Location: Oasis at The Meadows

Wednesday
Free

Dec 14
1:00-2:30



Marquardt Law Firm, P.C.
BUSINESS & ESTATE LAW

Todd A. Marquardt, J.D., Esq.
Pres. & Managing Attorney

14603 HUEBNER, SUITE 3801
SAN ANTONIO, TEXAS 78230

www.marquardtlawfirm.com

PHONE 210-530-4278
FAX 210-247-9396





Become an Oasis Tutor!

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

Choose a Fall Training Date: (must attend both days of training)

Thursday, September 22nd,
9:00am - 3:00pm

AND

Friday, September 23rd,
9:00am - 12:00pm

--OR--

Thursday, October 20th
9:00am - 3:00pm

AND

Friday, October 21st,
9:00am - 12:00pm

At Oasis at the Meadows, 700 Babcock Rd.

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



SIGN UP NOW!

Please call Lauren Prescott to RSVP or for more information.

210-236-5954

262 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 your email, 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: \$44

Sep 6-15
1:00-3:00



263 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. Please bring your device with you to class.

Location: Oasis at The Meadows

Wednesday
Fee: \$11

Sep 7
1:00-3:00

264 How to 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

Monday
Free

Sep 12
10:00-11:30

265 Beginners 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: \$13

Sep 12
10:00-12:00

266 How to Use Zoom

Lauren Prescott

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

Location: Oasis at The Meadows

Tuesday
Fee: \$5

Sep 20
10:00-11:30



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



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

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

267 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. Book is included in fee.

Location: Oasis at The Meadows

Monday
Fee: \$13

Sep 19
10:00-12:00

268 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: \$13

Oct 10
10:00-12:00



269 Apple Photos for iPhone/iPad

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Oct 18
10:00-12:00



270 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: \$26

Oct 24-31
10:00-12:00

271 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: \$33

Nov 2-16
1:00-3:00

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

272 Tuesdays **Sep 6-13**
Fee: \$22 **5:30-7:30** 

273 Wednesdays **Nov 2-9**
Fee: \$22 **10:00-12:00**

274 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

Wednesdays **Dec 7-14**
Fee: \$22 **10:00-12:00**

275 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 **Nov 14**
Fee: \$13 **10:00-12:00**

276 Alternatives to Cable

Marta Torres

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

Location: Oasis at The Meadows

Monday **Dec 5**
Fee: \$11 **10:00-12:00**

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

277 Ensuring Your Financial, Legal and Beneficiary Plans Work in Harmony

Jake Yetterberg, CSA

- Learn how to tie your financial plan to your legal plan to ensure your exact wishes are met.
- Find out the most common mistake that could disinherit your loved ones.
- Two ways to control payouts to heirs who are not good at managing money - one is free and one can be costly.
- The best strategy to pass money to a grandchild...it is good for you AND it is good for them.
- How to protect a spouse from the loss of the primary income/pension earner.

Thursday
Free

Sep 29
10:00-11:30



278 Alzheimer's Research Updates

Ginny Funk, Alzheimer's Association

It can seem like there's a new Alzheimer's "breakthrough" almost every day. Join the Director of Programs at the San Antonio Alzheimer's Association to discuss reputable research updates for Alzheimer's and Dementia.

Thursday
Free

Oct 27
10:00-11:30

279 The History of Christmas Traditions

Michael Cude, Ph.D., Schreiner University

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

Thursday
Free

Dec 8
10:00-11:30



Morningside Ministries
SENIOR LIVING COMMUNITIES

AN EXCITING NEW CHAPTER AWAITS YOU AT MORNINGSIDE MINISTRIES!

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

- Independent living
- Assisted living
- Skilled nursing
- Short-term and long-term rehabilitation
- Memory care
- Home health care

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

(210) 734-1000
www.mmliving.org





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

280 The Warrior Tradition

Gloria Jennings

The Warrior Tradition tells the astonishing, heartbreaking, inspiring, and largely-untold story of Native Americans in the United States military. Why do they do it? Why would Indian men and women put their lives on the line for the very government that took their homelands? Join us for discussion through videos and narrative.

Wednesday
Free

Sep 21
10:00-11:30



pbs.org

281 Nutrition for Older Adults

Chelsea Carriker, MPH, CHES

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

Wednesday
Free

Oct 19
10:00-11:30



282 Veterans Resources

Brenda Dever-Armstrong



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

Wednesday
Free

Nov 16
10:00-11:30

Morningside at The Chandler Estate

1502 HOWARD ST., SAN ANTONIO, TX 78212

Newly Renovated

INDEPENDENT SENIOR LIVING COMMUNITY IN MONTE VISTA!





- 89 APARTMENTS
- Studio
- One Bedroom
- Two Bedrooms
- 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:
NORTHEAST SENIOR CENTER
 4135 Thousand Oaks

283 Hydration and Healthy Beverages

Craig Stimson, LVN

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

Monday **Sep 19**
Free **1:00-2:00**

284 Healthy Holiday Eating

Natalie Ramos, Texas A&M AgriLife

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time of over-eating and weight gain. According to the National Institute of Health, holiday eating can result in an extra pound or two every year. Learn tips to enjoy holiday eating without the weight gain.

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

285 Cybercrime

Gloria Jennings

If you use the Internet or have a smartphone, then you will be targeted by cybercriminals. You can be a victim even if you don't use the Internet. Your government, financial and medical records are stored online. In this class you will learn how to minimize your risk, protect your assets and safeguard your information.

Monday **Nov 14**
Free **1:00-2:00**



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

286 Preparing for EMS's Arrival

Craig Stimson, LVN

Have you ever been in a situation where EMS was called but were unsure about how to help? Learn pointers to help your local EMS department arrive as quickly and efficiently as possible and ready to do their job. We will discuss first aid, providing accurate information to the authorities and how to remain calm in an emergency.

Wednesday **Sep 7**
Free **10:00-11:00**



287 There is No Place Like Home

Jane Paccione, San Antonio Area Foundation

Nearly 90% of older adults want to stay in their 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 successfully to age in place.

Wednesday **Oct 5**
Free **10:00-11:00**

288 All About Alamo Service Connection

Jeanie LeDeaux, Bexar Area Agency on Aging

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

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

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

289 Fall Prevention for Older Adults

Craig Stimson, LVN

Close to 70% of older adult falls can be prevented. Learn how you can prevent falls and remain safe and active for many years.

Monday **Sep 12**
Free **10:30-11:30**

290 Medicare Updates

Bexar Area Agency on Aging

If you want to learn more about Medicare and Medicaid related services, this is the class for you. We will help you understand parts A, B, and C (Medicare Advantage Plans), part D (Prescription Drug Plans) and Medicare Supplement Policies (Medigap Insurance). We will also cover the federal Medicare Savings Program.

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

291 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.

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



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

292 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 the interactive session as we learn and discuss the importance of language choice as the newest way to combat ageism.

Wednesday **Sep 14**
Free **9:00-10:00**

293 San Antonio Public Library

Morgan Yoshimura, San Antonio Public Library

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

Wednesday **Oct 12**
Free **9:00-10:00**



294 Who Decides When I Can't

Brennen Boze, Attorney at Law

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

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

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

295 Holistic Health

Craig Stimson, LVN

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

Tuesday **Sep 13**
Free **10:00-11:00**

296 Who Decides When I Can't

Brennen Boze, Attorney at Law

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

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

297 Basic Nutrition for Older Adults

Chelsea Carriker, MPH, CHES

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

Tuesday **Nov 8**
Free **10:00-11:00**

The following classes are held at:
WALKER RANCH SENIOR CENTER
 12603 West Ave.

298 Reframing Aging

Vanessa Jimenez

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

Thursday **Oct 13**
Free **10:00-11:00**



299 Hydration and Healthy Beverages

Craig Stimson, LVN

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

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



300 San Antonio Zoo Wild Walk

Take a walk on the wild side! Explore the zoo with seasoned zoo experts and discover facts and fun stories about San Antonio Zoo's favorite animals. We will meet at the entrance to the San Antonio Zoo at 3903 N St Mary's St. Free parking is available in parking lots around the zoo, as well as at the new zoo parking garage, located at 3501 Avenue B. Admission to the zoo is included in the fee.

Thursday
Fee: \$29

Oct 13
9:30-11:30



301 Confluence Park Walking Tour

Bruce Martin, Certified Professional Tour Guide

Located near the confluence of San Pedro Creek and the San Antonio River, Confluence Park is one of our community's newest treasures. Join this walking tour to better appreciate the effective combination of award-winning architectural design and landscape architecture highlighted by an impressive palette of native Texas plants. Enjoy seeing how thoughtful, unique design can effectively serve education and create a community gathering place. We will meet at the entrance of Confluence Park, 310 W. Mitchell St. Free on-site parking is available at the park.

Friday
Fee: \$29

Oct 28
9:30-11:00



sariverfound.org

302 Travis Park and Beyond

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

Prepare for an adventure! Master teacher, storyteller and certified tour guide, Bill Perryman, will showcase points of interest in the once fashionable neighborhood of Travis Park. Interesting facts, details and tales regarding the St. Anthony Hotel, St. Mark's Episcopal Church, Veteran's Memorial Plaza, The Tobin Center and the El Tropicano Hotel will be revealed! The tour includes a walk down Taylor Street for an exterior view of the Maverick Carter House - the only home remaining in the area dating from the 19th century. Tour includes Listen Audio Technology for the listening ease and social distancing comfort of each tour guest. We will meet at Travis Park directly across the street from the St. Anthony Hotel at 300 E. Travis. Parking fees not included. Public parking is available around Travis Park.

Friday
Fee: \$29

Nov 11
9:30-11:30



maverickcarterhouse.org

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



303 Barbecue Capital of Texas: Lockhart

The Texas Legislature proclaimed Lockhart to be the "Barbecue Capital of Texas." Lockhart is the county seat of Caldwell County and is named after Byrd Lockhart. Our first stop of the day will be the Southwest Museum of Clocks & Watches. The museum opened its doors March 29, 2008. When visitors enter the front door of the museum the first exhibit to catch your eyes is a beautifully restored tower clock. The clock is in fact the original Caldwell County courthouse clock. Next, we visit the Caldwell County Museum, former jail. The first floor is full of artifacts and furniture from when the Sherriff's family lived there. The jail was constructed in 1908 and continued to house inmates until 1983. This five-story brick structure contains nine main jail cells. Next stop will be for lunch at Black's Barbecue. The restaurant opened in Lockhart in 1932. Black's Barbecue was originally a meat market and grocery store. After lunch, we will visit the Dr. Eugene Clark Library. This is the oldest continuously operated library in the State of Texas and the first city library built in the state. This unique and historically significant building was built in 1889 with a \$10,000 bequest from Dr. Eugene Clark. The library is a two-story Greek cross plan and is a Classical Revival building of red brick and limestone trim. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$65

Oct 12
8:45-5:00



304 Gem of the Hill Country: Mason

Mason is known as the "Gem of the Hill Country" and the only place in Texas where you can find Texas Topaz in nature. The city is located on the western side of the Hill Country and is an extremely agriculturally based town located on Comanche Creek. Mason residents take pride in their German heritage. Our first stop of the day will be for a tour of the Seaquist House. This historic mansion formally owned by the Seaquist family is the oldest standing mansion in Texas. The mansion sat empty for ten years, until 2015, when it was purchased by the Seaquist House Foundation for restoration as a Texas Historical Site. The house received a Texas State historical marker in 1974 and was listed on the National Register of Historical Places. The house is three stories with a basement. This house is not ADA compatible. For those who cannot do stairs, they have a computer program that gives the history of the house, shows every room in the house and tells about the two families that lived there. After the house tour we will take a break and go to lunch at the Willow Creek Cafe. Following lunch we will stop and visit the Mason Square Museum. The museum brings history alive with chronological displays ranging from prehistoric times. Feature displays of Fort Mason, the Mason County "Hoodoo" War in 1877, Indian captives, the early German Colonists, geology, and archaeology. Our last stop of the day will be Fort Mason where we meet our docent that will tell us about Fort Mason. The fort was the last U.S. Army Command of Robert E. Lee. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday
Fee: \$88

Nov 10
7:30-6:30



masontxcoc.com

305 Hill Country Holiday Lights

Back by popular demand! Come join us by starting the holiday season seeing holiday lights along 281 south of Marble Falls. We'll begin with dinner at the River City Grille, on the banks of the Colorado River. After dinner enjoy the "Walkway of Lights" with two million lights in Marble Falls. Then we will board our coach to start the Lights Fantastic Tour South to Johnson City where lighting on the old Blanco County Courthouse and in the city park are a beautiful prelude to the Fairland of Lights around the Pedernales Electric Company. Johnson City, with one of the largest light displays in the state, will have millions of lights, including the courthouse with 100,000 lights and the Pedernales Electric Co-op Headquarters with 1.3 million lights. Cost includes motor coach transportation, dinner and tips.

Thursday
Fee: \$71

Dec 8
3:15-10:15



visitmarblefalls.org

**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

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

Myra Stafford Pryor
Charitable Trust

L.L. and Eva Lentz
Charitable Trust

Greehey Family Foundation

805 Big Bend National Park

February 11-15, 2023

Join us for a fantastic scenic and historic vacation exploring the wonders within our own state of Texas. You will meet your tour manager at the Airport Security parking lot and board our private motor coach. We will motor west through Junction, Ozona, Fort Stockton, and drive through the beautiful Davis Mountains where we will arrive in historic old Fort Davis for a two-night stay. After a welcome dinner we will drive up to Mt. Locke to the McDonald Observatory for an incredible Star Gazing Party. The McDonald Observatory was built in 1939 and now houses four telescopes.

Next, we will tour Fort Davis, a well-preserved 1854 U.S. Army military post used by the Buffalo Soldiers. We will then journey to Marfa (the movie Giant with Rock Hudson and James Dean was filmed here) and Presidio, and start our drive on the most scenic road in Texas, as we follow the Rio Grande River past Big Bend Ranch State Park to Lajitas Golf Resort for two nights. We will visit Barton Warnock Environmental Educational Center and then continue on to Terlingua Ghost Town, a former 1880's quicksilver mining boom town.

Next we will visit Big Bend National Park that covers 1,250 square miles and pick up our National Park Service Guide for a tour of this spectacular scenic wonder. Along the way we will make stops at historic Sam Nail Ranch, Mule Ears Viewpoint and Cottonwood General Store. Then we will explore Santa Elena Canyon, visit Chisos Basin and stop at Panther Junction Visitor's Center. After breakfast the next morning we will motor north to Marathon, then east with stops in Sanderson, Langtry (historic home of famous hanging Judge Roy Bean), then Pecos River Bridge overlook, Del Rio, and back to San Antonio and the Airport Security parking lot. This vacation includes deluxe motor coach, 8 meals, tour manager, Oasis escort, travel insurance and gratuities. Deposit: \$350 per person. Double: \$1,575 per person. Single: \$1,975. Final payment is due November 28, 2022. Payment accepted by check or credit card. Make check payable to AFC Vacations. **You can sign up for overnight travel trips as soon as you receive your catalog.**

306 Big Bend National Park Preview Show

Location: Oasis at The Meadows

**Wednesday
Free**

**Sep 14
1:00-2:00**

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



806 California Rail Discovery

June 14-20, 2023

Join us for this fabulous trip and tour. First, we will arrive at the San Francisco airport and meet our tour manager and transfer to our hotel for a two-night stay. Next morning, enjoy a San Francisco city tour to see the Civic Center area, Chinatown, Golden Gate Park, Union Square, Seal Rocks and Pier 39. Enjoy a San Francisco Bay Cruise and view the Golden Gate Bridge, Alcatraz, and the city's skyline. Next, we will cross the Golden Gate Bridge to Muir Woods National Monument and see some of the oldest and tallest Redwood trees in the world. Later, enjoy leisure time to browse the stores along Fisherman's Wharf.

Next, we will travel to the famous Napa Valley and stop for a Winery Tour and Tasting. In the afternoon we will travel to Sacramento to visit the California State Railroad Museum to see beautifully restored railroad cars and locomotives. The next day we will board an Amtrak train for a Sierra Nevada Rail Journey. It's one of the most beautiful train trips in all of north America and disembark in Truckee and coach to the spectacular resort area of South Lake Tahoe for a three night stay. The next day we will travel through historic Carson City Nevada, capital of the Silver State en route to Reno. We will then visit Reno's famous National Automobile Museum, recognized as one of the top auto museums in the world featuring the original Harrah Auto Collection of gaming pioneer Bill Harrah.

The following day, enjoy a Lake Tahoe Paddle Wheeler Cruise for spectacular views of the Sierra Nevada Mountains and Emerald Bay which features the 1929 Nordic-style mansion Vikingsholm. On our final evening in Lake Tahoe we will enjoy our farewell dinner. Tour includes round-trip home pick-up, round-trip airfare, bag fee, baggage handling, travel insurance, gratuities for tour manager, drivers and local guides. Deposit: \$350 per person. Double: \$3,595 per person. Single: \$4,545. Final payment due March 31, 2023. Credit cards accepted. Make check payable to AFC Vacations.

You can sign up for overnight travel trips as soon as you receive your catalog.

TRAVEL

307 California Rail Discovery Preview Show

Location: Oasis at The Meadows

**Tuesday
Free**

**Jan 24
2:15-3:15**

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



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



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SPECIAL EVENTS

All About Us

Bexar Area Agency on Aging Services



Learn about all of the programs available to older adults through Bexar Area Agency on Aging. There will be a free one-hour information session, with an opportunity after the session to talk with BAAA staff and receive information.

Monday, October 17, 2022
9:00 am - 11:30 am
Oasis at The Meadows
Register for Class #308



*This event is sponsored by the
Bexar Senior Advisory Committee*