

# Spring 2023

## 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.*

Sponsored by:



## National News

The Oasis Institute / Spring 2023



## RRF Foundation for Aging Grant

### Pandemic Pivots for Older Volunteers: Online Tutoring and Pen Pal Programs

Through funding from the RRF Foundation, Oasis is in the midst of a three-year research partnership with Washington University's Brown School of Social Work investigating the impact of volunteerism on different groups of Oasis Intergenerational Tutors.

Published in the *Journal of Gerontological Social Work*, the article *Pandemic Pivots for Older Volunteers: Online Tutoring and Pen Pal Programs*, by Peter C. Sun, Nancy Morrow-Howell & Elizabeth Pawloski, explores the impact of the pandemic and our shifts to remote delivery of tutoring and mentoring. A poster presentation was shared at the Gerontology Society of America conference, about the impact for volunteers through virtual engagement during the pandemic. This study continues for one more year, with the current year

looking at the return to in-person tutoring and its affect on our volunteers. This is a first step in demonstrating the Oasis Tutoring program as an evidence-based model for intergenerational engagement.

This study also explored variations in self-perceived benefits of intergenerational tutoring and consisted of 329 older adults who tutored children in person in the 2021–2022 school year in the Oasis Intergenerational Tutoring program.

Due to the COVID 19-pandemic, some of the respondents had experienced a period in which volunteering was remote, virtual, or not possible. Early results indicate that targeting first-time volunteers may maximize health benefits of engagement

To learn more and read results from the first two years, visit [oasisnet.org/RRF](http://oasisnet.org/RRF).

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



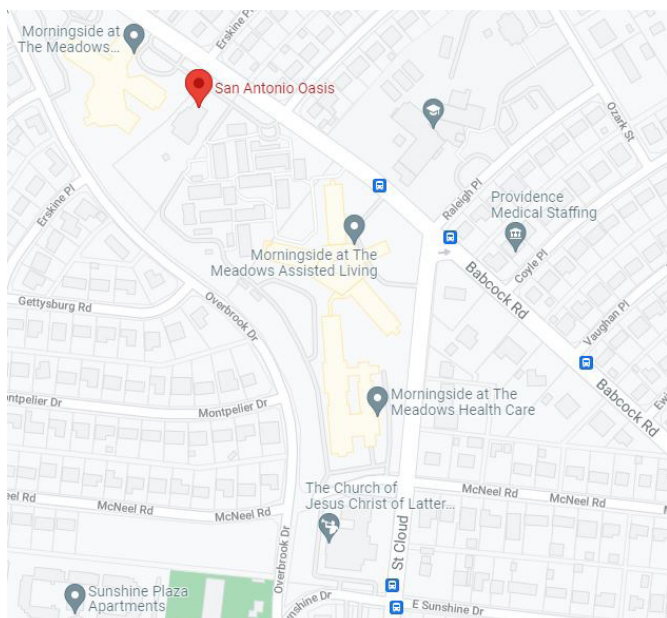
# Welcome to Oasis

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

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

## Our Main Center:

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



## Hours:

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

## Contact Us:

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

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

(210) 236-5954



## Meet Our Staff

**Greg Perkins**  
Administrative Assistant

**Craig Stimson**  
Outreach Coordinator

**Brenda Schmachtenberger**  
Executive Director

**Sharon Gomez**  
Financial Coordinator

**Lisa Buske**  
Marketing & Curriculum Coordinator

**Ginny Brown**  
Associate Director

**Kelley Gallant**  
Program Coordinator

**Chelsea Carriker**  
Wellness Coordinator

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

Dec 19- Jan 1      Holiday Break

January 12      Volunteer Training

February 20      Presidents Day

February 24      Volunteer Recognition

April 21      Staff Retreat

April 28      Fiesta

# Table of Contents

Wellness.....	5
Arts and Humanities.....	18
Online Registration .....	24
Registration Procedures.....	25
Registration Form.....	26-28
Consumer Interest.....	33
Technology.....	39
Outreach Sites.....	43
Walking Tours.....	48
Day Trips.....	49
Travel.....	51

## 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 an Oasis credit that can be used for a future program. If the fee is more than \$10 you may request a refund instead of a credit. If class supplies are included in the fee, cost of supplies will be deducted from credit or refund, unless the class is canceled by Oasis. (Refunds can take up to one month and a W-9 is required.) Transferring of classes is not permitted. Class fees are not prorated. This policy does not include day trips or travel.

## Disclaimer Notice

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

## NOTE:

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



## CHECK YOUR CALENDAR

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



## Texercise

This fun and innovative class was created by the Texas Health and Human Services Commission (HHSC) and is offered to older adults all across Texas. Learn and practice strength, flexibility and endurance-building exercises designed to keep you fit and independent. Exercises are done seated and/or standing and can be modified to meet participant needs. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>100</b> | <b>Mondays &amp; Wednesdays</b> | <b>Jan 16-Feb 15</b> |
|            | Free                            | 12:00-12:45          |
| <b>101</b> | <b>Mondays &amp; Wednesdays</b> | <b>Feb 22-Mar 22</b> |
|            | Free                            | 12:00-12:45          |
| <b>102</b> | <b>Mondays &amp; Wednesdays</b> | <b>Mar 27-Apr 19</b> |
|            | Free                            | 12:00-12:45          |
| <b>103</b> | <b>Mondays &amp; Fridays</b>    | <b>Jan 16-Feb 17</b> |
|            | Free                            | 9:00-9:45            |
| <b>104</b> | <b>Mondays &amp; Fridays</b>    | <b>Feb 27-Mar 24</b> |
|            | Free                            | 9:00-9:45            |
| <b>105</b> | <b>Mondays &amp; Fridays</b>    | <b>Mar 27-Apr 17</b> |
|            | Free                            | 9:00-9:45            |
| <b>106</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Jan 17-Feb 9</b>  |
|            | Free                            | 9:00-9:45            |

## 107 Texercise Select

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

**Location: Oasis at The Meadows**

- |                                 |                      |
|---------------------------------|----------------------|
| <b>Tuesdays &amp; Thursdays</b> | <b>Feb 14-Apr 20</b> |
| 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**

- |            |                |                      |
|------------|----------------|----------------------|
| <b>108</b> | <b>Mondays</b> | <b>Jan 16-Feb 13</b> |
|            | Fee: \$40      | 10:15-11:45          |
| <b>109</b> | <b>Mondays</b> | <b>Feb 27-Mar 20</b> |
|            | Fee: \$32      | 10:15-11:45          |
| <b>110</b> | <b>Mondays</b> | <b>Mar 27-Apr 17</b> |
|            | Fee: \$32      | 10:15-11:45          |



## Tai Chi for Arthritis and Fall Prevention

Older adults are more likely to fall, which can cause serious injury. The most common causes of falls include 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**

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>111</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Jan 17-Mar 9</b>  |
|            | Free                            | 2:00-3:00            |
| <b>112</b> | <b>Tuesdays &amp; Thursdays</b> | <b>Feb 28-Apr 20</b> |
|            | Free                            | 11:15-12:15          |

## 113 Is Yoga For You?

*Lyn Bangs*

Looking for gentle, feel-good movement, but not sure if yoga is for you? Join us for a short demonstration of what we do in our Chair Yoga and Stretch and Restore classes, followed by a question and answer session. Learn about the variety of props we have to make movement accessible and comfortable.

**Location: Oasis at The Meadows**

**Monday** Jan 16  
**Free** 1:15-2:00

### 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**

**114** Mondays Jan 16-Feb 13  
**Fee: \$35** 2:30-3:30

**115** Mondays Feb 27-Mar 20  
**Fee: \$28** 2:30-3:30

**116** Mondays Mar 27-Apr 17  
**Fee: \$28** 2:30-3:30

### 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**

**117** Fridays Jan 20-Feb 17  
**Fee: \$30** 10:00-11:00

**118** Fridays Mar 3-Apr 7  
**Fee: \$36** 10:00-11:00

## 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**

**119** Wednesdays Jan 18-Feb 15  
**Fee: \$40** 10:15-11:30

**120** Wednesdays Feb 22-Mar 22  
**Fee: \$40** 10:15-11:30

**121** Wednesdays Mar 29-Apr 19  
**Fee: \$32** 10:15-11:30



### Stretch and Restore

*Lyn Bangs*

Studies show that focusing on the breath relieves anxiety, relaxes muscles, and reduces inflammatory response 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**

**122** Wednesdays Jan 18-Feb 15  
**Fee: \$35** 1:15-2:15

**123** Wednesdays Feb 22-Mar 22  
**Fee: \$35** 1:15-2:15

**124** Wednesdays Mar 29-Apr 19  
**Fee: \$28** 1:15-2:15

## Functional Fitness



*Lisa Bombela-Comuzzie*

Functional training is focused on movement patterns that have a purpose. They can be related to walking, squatting to pick something up, lifting, pushing, sitting, standing and balance. We will focus on getting stronger for our everyday needs.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>125</b> | <b>Tuesdays</b>  | <b>Jan 17-Feb 14</b> |
|            | <b>Fee: \$30</b> | <b>12:30-1:30</b>    |
| <b>126</b> | <b>Tuesdays</b>  | <b>Feb 21-Mar 21</b> |
|            | <b>Fee: \$30</b> | <b>12:30-1:30</b>    |
| <b>127</b> | <b>Tuesdays</b>  | <b>Mar 28-Apr 18</b> |
|            | <b>Fee: \$24</b> | <b>12:30-1:30</b>    |

## Qigong

*Fred Chavez*

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

**Location: Oasis at The Meadows**

- |            |                   |                      |
|------------|-------------------|----------------------|
| <b>128</b> | <b>Wednesdays</b> | <b>Jan 18-Feb 15</b> |
|            | <b>Fee: \$40</b>  | <b>9:00-10:00</b>    |
| <b>129</b> | <b>Wednesdays</b> | <b>Feb 22-Mar 22</b> |
|            | <b>Fee: \$40</b>  | <b>9:00-10:00</b>    |
| <b>130</b> | <b>Wednesdays</b> | <b>Mar 29-Apr 19</b> |
|            | <b>Fee: \$32</b>  | <b>9:00-10:00</b>    |

## Interval Cardio Workout

*LeAnn Lupton*

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

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>131</b> | <b>Friday</b>    | <b>Jan 20-Feb 17</b> |
|            | <b>Fee: \$30</b> | <b>11:15-12:15</b>   |
| <b>132</b> | <b>Friday</b>    | <b>Mar 3-Apr 7</b>   |
|            | <b>Fee: \$36</b> | <b>11:15-12:15</b>   |

## Chairobics and Strength

*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.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>133</b> | <b>Tuesdays</b>  | <b>Jan 17-Feb 14</b> |
|            | <b>Fee: \$30</b> | <b>3:30-4:30</b>     |
| <b>134</b> | <b>Tuesdays</b>  | <b>Feb 21-Mar 21</b> |
|            | <b>Fee: \$30</b> | <b>3:30-4:30</b>     |
| <b>135</b> | <b>Tuesdays</b>  | <b>Mar 28-Apr 18</b> |
|            | <b>Fee: \$24</b> | <b>3:30-4:30</b>     |



## Circuit Training



*Lisa Bombela-Comuzzie*

This fun and diversified class incorporates both cardio and strength exercises. Stations are set up to provide a full body workout as you make your way around the circuit.

**Location: Oasis at The Meadows**

- |            |                   |                      |
|------------|-------------------|----------------------|
| <b>136</b> | <b>Wednesdays</b> | <b>Jan 18-Feb 15</b> |
|            | <b>Fee: \$30</b>  | <b>2:30-3:30</b>     |
| <b>137</b> | <b>Wednesdays</b> | <b>Feb 22-Mar 22</b> |
|            | <b>Fee: \$30</b>  | <b>2:30-3:30</b>     |
| <b>138</b> | <b>Wednesdays</b> | <b>Mar 29-Apr 19</b> |
|            | <b>Fee: \$24</b>  | <b>2:30-3:30</b>     |



## Deep Water Aquacise

A low-impact strength, flexibility and cardiovascular workout. Starts in shallow water and moves into deep water. Buoyancy belts provided - swimming ability not required. Classes are held in a heated indoor pool. Fee includes parking pass.

**Location: St. Mary's University Pool**  
One Camino Santa Maria

- 139** Tuesdays & Thursdays Jan 17-Feb 16  
Fee: \$60 9:00-9:45
- 140** Tuesdays & Thursdays Feb 21-Mar 23  
Fee: \$60 9:00-9:45
- 141** Tuesdays & Thursdays Mar 28-Apr 20  
Fee: \$48 9:00-9:45

## 142 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** Mar 17-Apr 14  
**Fee: \$25** 8:45-9:45

## 143 Pickleball - Learn and Play!

*Dr. Gilda Garcia*

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

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

**Tuesdays** Feb 28-Mar 7  
**Fee: \$25** 10:00-11:30



## Living an Integral Life

*Fred Chavez*

Want to make more sense of everything in the world? Integral Philosophy is a practical and comprehensive 21st century way of understanding and relating to ourselves and the world around us. The class will show you how to make sense of life and the world that gets more complex yearly, how to increase your current stage of meaning – making, how each stage of consciousness (worldview) “creates” its own world, which practices and insights can help you live a fuller, more effective and joyful life, and so much more. In the first session, we will discuss the developmental stages in life and the four dimensions of being. In the second session, we will discuss multiple intelligences, states of consciousness and referential types. The content taught in the second session builds upon the first session's content. It's highly recommended to take the first and second session sequentially.

**Location: Oasis at The Meadows**

- 144** Thursdays Jan 19-Mar 2  
**Fee: \$49** 12:30-1:30
- 145** Thursdays Mar 9-Apr 20  
**Fee: \$49** 12:30-1:30



## 146 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**

**Mondays** Feb 6-Apr 3  
**Free** 10:00-12:00

## 147 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 Charitable Foundation

**Location: Oasis at The Meadows**

**Wednesdays** **Jan 18-Mar 22**  
**Free** **1:00-2:30**

## 148 Living a Healthy Life with Chronic Conditions

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

**Location: Oasis at The Meadows**

**Wednesdays** **Mar 15-Apr 19**  
**Free** **1:00-3:30**

## 149 Over the Counter and on the Web

Over-the-counter medications, while incredibly convenient, have some risks, especially when taken with prescription drugs. Similarly, the internet has countless and convenient resources for your health, but not all websites are credible. Join this six-session workshop and learn how to better use your device and the internet to make smarter decisions about your health and how to make sure your over-the-counter medications are being used safely. Learn how crucial basic technology skills and technology literacy intersect with informed health decisions.

**Location: Oasis at The Meadows**

**Thursdays** **Mar 16-Apr 20**  
**Fee: \$12** **10:00-11:30**

## 150 Secrets Behind Timeless Skin: Anti-Aging Class

*Rebecca Gonzales, Licensed Esthetician*

Join us in this master class on the secrets to timeless skin. In this class, you will learn what causes aging, how to prevent it and reverse signs of fine lines. We will also learn the new and innovative ways the skin-care industry has advanced in tackling aging through ingredients, treatments and preventative measures. Rebecca's mission is to make women and men of all ages, races and skin concerns feel bold, brave and beautiful.

**Location: Oasis at The Meadows**

**Monday** **Jan 16**  
**Fee: \$7** **10:00-11:30**



## 151 Alzheimer's Research Updates

*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.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Jan 17**  
**6:00-7:30** 🌙

## 152 For Better or for Worse: Caring for a Spouse

*Tina Smith, Caregiver SOS*

Did you know that caring for your husband or wife is different than other types of caregiving? Sexual, family, social, emotional, physical, and financial challenges and how you can meet them head-on will be addressed in this session. You will hear other spousal caregivers in this session share what methods are used each day to take care of themselves in addition to seeking outside help.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

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



## 153 Improving Your Memory

*Craig Stimson, LVN*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Jan 24**  
**6:00-7:30** 🌙

## 154 Social Isolation: The Lonely Disease

*Ginny Brown, LCHW*

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

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

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

## 155 Purpose, Well-Being and Community After 50

*Pat Whitty*

Research from the Stanford Center on Longevity has shown that we need three things as we get older: purpose, well-being and community. This four-week class will explore the six dimensions of purpose, the six elements of optimal health and well being, and how to enrich our lives through community. In addition, it will introduce the subject of mindsets and how they can hold us back or move us ahead toward a richer, happier life, tools to navigate life transitions, and four principles for living a life of renewal.

**Location: Oasis at The Meadows**

**Mondays**  
**Fee: \$20**

**Jan 23-Feb 13**  
**10:00-12:00**





**Has your address, phone  
number or email changed?  
Please call the center and  
update your information!**



## 156 Spring Renewal of the Heart and Soul

*Gaylynne Robinson*

Find the courage to be free from worry, stress, fear, and unhealed wounds. Become more present, loving, free, know again wholeness, trust, compassion, empowerment, and healing. Ride the wind.

**Location: Oasis at The Meadows**

**Wednesdays** **Jan 25-Feb 15**  
**Fee: \$28** **1:00-3:00**

## 157 Lifestyle Intervention's Impact on Managing Type 2 Diabetes

*Rozmin Jiwani, Ph.D., RN*

Type 2 diabetes (T2D) and overweight/obesity are common in older adults (age 65 and over) and are among the most significant predictors of frailty. Frailty, a geriatric syndrome, is characterized by progressive physical decline and significantly increased risks for disability and death. Learn more about frailty, including a local study by the speaker that found interventions that helped improve T2D and frailty amid the COVID-19 pandemic.

**Location: Oasis at The Meadows**

**Friday** **Jan 27**  
**Fee: \$7** **10:00-11:30**

## 158 Be A Detective: Identify Important Signs for Your Mental Health

*Katherine Kelton, Ph.D., MSPH*

Have you ever looked back on a tough time in your life and wondered, "how did I get there?" Learn to identify the types of warning signs that your mental health may be on the decline and when and how to seek support.

**Location: Oasis at The Meadows**

**Tuesday** **Jan 31**  
**Fee: \$7** **10:00-11:30**

## 159 Fifty Questions to Free Your Mind

*Ginny Brown, LCHW*

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

**Location: Oasis at The Meadows**

**Tuesday** **Jan 31**  
**Fee: \$7** **6:00-7:30** 

## 160 Men's Health After 60

*Craig Stimson, LVN*



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

**Location: Oasis at The Meadows**

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

## 161 Can You Hear Me Now? Hearing Issues As We Age

*Becky Powers, MD*

In this presentation we will discuss age-related hearing loss and how it may impact other areas of health. We will also discuss clear communication, devices that may assist with hearing, and hearing aids.

**Location: Oasis at The Meadows**

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

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

Did you know that the food you eat can affect how your prescription medications work? Come learn about common interactions between things you eat and your medications. Presented by pharmacy students from UT College of Pharmacy and dietetic students from UTSA.

**Location: Oasis at The Meadows**

**Thursday Feb 2**  
**Free 10:00-11:30**

## 163 Supplement and Vitamin Interactions with Medications Checks

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

**Location: Oasis at The Meadows**

**Thursday Feb 2**  
**Free 12:00-2:00**

## 164 Nutrition for Chronic Diseases

*UTSA Dietetic Intern*

Living with chronic conditions makes life challenging and can make healthy choices even more challenging. The food we eat can make a big difference on our overall health and wellbeing. In this class, we will learn about how nutrition can be a helpful tool in the management of chronic health conditions through strategies, tips and recipes to take home with you.

**Location: Oasis at The Meadows**

**Thursday Feb 9**  
**Fee: \$5 10:00-11:00**

## 165 Ten Warning Signs of Alzheimer's

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Monday Feb 13**  
**Free 1:00-2:30**

## 166 Functional Foods

*Lisa Bombela-Comuzzie, RD, LD, CPRS*

Functional foods are a new frontier of nutrition and food science, but the idea has been around for centuries. The concept of "food as medicine" is gaining attention in the US, as more people understand the link between diet, wellness and disease prevention. In this class, we will learn more about the medicinal and preventative properties of some nutrients and foods and how their components have been associated with prevention and/or treatment of numerous chronic diseases.

**Location: Oasis at The Meadows**

**Friday Feb 17**  
**Fee: \$7 10:00-11:30**

## 167 Skinny on Fat: Reducing Fat in Your Diet

*Gretchen Hill*

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

**Location: Oasis at The Meadows**

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

## 168 Healthy Eating on the Go

*UTSA Dietetic Intern*

Busy schedules can make eating healthy difficult. Whether it's eating out or rushing out the door in the morning, there are things we can do to make healthier choices for our diet. Learn tips and tricks for eating healthy on the go.

**Location: Oasis at The Meadows**

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

**Feb 16**  
**1:00-2:00**



## 169 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**

**Wednesday**  
**Fee: \$7**

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



**VISIT US ONLINE**

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

## 170 Hypnosis and Guided Imagery Series

*Russell Gainer, LCSW, Gain Wel*

In this three-part series, we will take a deep dive into hypnosis and guided imagery. The first session will be an introduction to the concepts, history and philosophy behind hypnosis and guided imagery. We will explore various concepts related to near death awareness, trance state and applications for self-use. The second session will be a discussion into explorations and teachings of how to induce a trance state and how to practice deepening relaxation and meditative states. We will also learn how to create a basic script for self-practice and elements to include when working with others. In the last session, we will fine-tune the script development and talk about depth work and ways to heal ourselves. We will finish with considerations to frame a deeper more fulfilling experience for uncovering our inner potential. *NOTE: Each class builds upon previous lessons and must be taken sequentially.*

**Location: Oasis at The Meadows**

**Wednesdays**  
**Fee: \$21**

**Mar 1-15**  
**10:00-11:00**

## 171 Practical Skills for Behavior Change

*Chelsea Carriker, MPH, CHES*

Changing our habits and behaviors can be challenging. Even though we want to change, we find it hard to start, to follow through or to commit to a new habit or behavior. In this class, we will discuss practical tips and strategies to adopting new behaviors into our lives. Pulling from behavioral science and psychology, we will explore why new behaviors are so hard to start and finish with ideas that you can take home and apply to your own lives.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$7**

**Mar 3**  
**10:00-11:30**



## 172 Relaxation: Importance and Techniques

*Tina Smith, Caregiver SOS*

Do you get to the end of the day feeling like you have been completely drained of all energy and are unhappy with yourself? This session will discuss the need for relaxation in your daily routine and some proven techniques to lower your stress. You will hear other caregivers share the ways they have learned to relax.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Mar 7**  
**6:00-7:30** 🌙

## 173 Music for Self-Care

*Amy Standridge, Music Therapist*

Music has the ability to both energize and uplift us, and calm and soothe us. We've all experienced songs that make us want to dance, songs that make us want to cry, and songs that make it easier for us to sleep. But what should we listen to and when? Board-certified music therapist, Amy Standridge will help you design your own personalized music playlists. You will learn how to make music playlists for self care using free streaming programs such as Spotify and YouTube. Other ways of organizing playlists will be presented for those who don't have access to the internet. Bring a list of your favorite music!

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

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

## 174 Therapy Animals of San Antonio

*Beverly Oakes*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$5**

**Mar 14**  
**1:00-2:00**



## 175 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.

**Location: Oasis at The Meadows**

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

**Mar 13**  
**1:00-2:30**

## 176 Cooking with Plant-Based Proteins

*Chelsea Carriker, MPH, CHES*



Protein plays an important role in a healthy and balanced diet. Many people are forgoing animal-based proteins as vegetarian and vegan diets are becoming more popular. As plant-based diets grow in popularity, plant-based proteins are becoming more widespread and easier to come by. In this class, we will discuss the different types of plant-based proteins such as tofu, tempeh, lentils, and much more! We will also discuss the nutritional benefits of these proteins as well as enjoy a tasty recipe featuring tofu.

**Location: Oasis at The Meadows**

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

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

## 177 Vitamin and Mineral Deficiencies

*Lisa Bombela-Comuzzie, RD, LD, CPRS*

Nutritional needs are influenced by many factors including age, medication use, physiology and activity level. Dietary Reference Intakes are guidelines for nutrient intake and are sorted by population groups. These guidelines are valuable, as they focus on eating practices to avoid or reduce lifestyle diseases and malnutrition. We will discuss key nutrient requirements, drug interactions and whole food sources.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$7**

**Mar 10**  
**10:00-11:30**

## 178 Sexual Health and Wellness

This class promotes awareness of sexual health and wellness by exploring an array of topics. Issues discussed in the class will target areas involving contraception, sexually-transmitted infections, vaginal and penile health and wellness, and more. The class aims to be completely inclusive and is open to any participants willing to learn more about sexual health and wellness. This class is put on by Know Your Medicine, a student-led pharmacy group from the University of Texas at Austin College of Pharmacy.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Mar 21**  
**5:15-6:15** 🌙

## 179 Alcohol and Marijuana Safety

This class highlights important aspects of alcohol and marijuana usage that are not often publicized. The topics in the class will include areas involving the appropriate use of alcohol and marijuana, potential interactions with medications, and other topics that revolve around the safety of their use. This class is put on by Know Your Medicine, a student-led pharmacy group from the University of Texas at Austin College of Pharmacy.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Mar 21**  
**6:45-7:45** 🌙

## 180 Stay Regular: Dietary Fiber

*Carol White*



Learn about the benefits of fiber and how to identify whole grains. Come away with a general understanding of food labels, focusing on fiber and tips to increase fiber and whole grain consumption. Participants will enjoy a healthy snack. Attendees will receive a free health guide with recipes and tips for healthy living.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$5**

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

## 181 Healthy Living for Your Eyes

*Rene Perez, M.Ed, COMS, CFPS*

Our eyes change as we age but we can do a lot to maintain the health of our eyes. In this class we will learn about how aging changes the eyes as well as several tips and strategies for living healthy for our aging eyes.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Mar 30**  
**1:00-2:30**

## 182 Physical Activity: The Why, The What, and The Ways to Keep Active

*Lisa Kilpela, Ph.D.*

Learn some of the ways in which staying physically active across the lifespan will benefit your mind and body. We will explore the current research on how physical activity helps the mind and body (the "why"), review what the recommendations are for physical activity (the "what"), and discuss barriers to staying physically active and strategies and tips to becoming more active (the "ways"). Class will include didactic material, discussion, and in-class activities.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$7**

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

## 183 Living Healthy After Menopause

*Dr. Erica Parazo, PT*

Post-menopausal women are at increased risk for osteoporosis, heart disease and urinary incontinence. Dr. Erica Parazo, physical therapist, will discuss ways that you can maintain healthy bones, a healthy heart, and manage urinary incontinence so that you can thrive in your post-menopausal years.

**Location: Oasis at The Meadows**

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

**Apr 3**  
**1:00-2:30**

## 184 Essential Oils

*Ginny Brown, LCHW*



Essential oils are made from parts of certain plants like leaves, seeds, barks, roots, and rinds. Makers use different methods to concentrate them into oils. They may be added to carrier oils like almond oil or jojoba, creams, or bath gels. Additionally, essential oils may be diffused into the air for scent enjoyment and relaxation. Various research shows that they can be helpful, if you know how to use them the right way.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Apr 5**  
**10:00-11:30**

## 185 How Do I Spell Relief: Guide to Stress Management

*Tina Smith, Caregiver SOS*

How would you rate your ability to manage the stress you feel as you care for your loved one or family member? Learn healthy strategies and techniques to manage stress in this session. Discover the importance of preparing for stressful events by maintaining physical and emotional balance every day. You will hear other caregivers share their successful experiences in recognizing and coping with stress.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

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


## 186 Healthy Fiesta Foods

*San Antonio Food Bank*

There are so many iconic and delicious foods associated with Fiesta in San Antonio. Come enjoy a cooking demonstration by the San Antonio Food Bank and come hungry to taste healthy foods inspired by Fiesta.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Apr 18**  
**6:00-7:30** 

## 187 Anti-Inflammatory Cooking

*Chelsea Carriker, MPH, CHES*

Inflammation is a natural process that helps your body heal and defend itself from harm. Prolonged inflammation can cause chronic health conditions. There are a number of foods that can minimize harmful inflammation in our bodies. 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**

**Thursday**  
**Fee: \$10**

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

## 188 Effective Communication Strategies

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Free**

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

## 189 Building Better Bones

*Angela Martin, PT, DPT*

True or False? Osteoporosis is a normal part of aging. The answer is FALSE! While decreasing bone density is normal as we age, developing osteoporosis is not. Learn the basics behind osteoporosis and osteopenia as well as some exercise strategies to address a decline in bone density. The goal of this course is to empower participants to take an active role in their bone health.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

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



These classes are sponsored by:



Classes taught by WellMed

## 190 Causes and Treatments of Anemia

Anemia is a common blood condition that affects approximately 6% of the population. But what is anemia? What causes it and what treatment options are out there? All these questions and more will be answered in this class.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Jan 26**  
**1:00-2:00**

## 191 All About Strokes

Strokes are a serious medical emergency and understanding the signs can save a life. In this class, you will learn the symptoms of a stroke, the treatment and prevention.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Feb 16**  
**1:00-2:00**

## 192 Oh, My Aching Knees

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

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Mar 16**  
**1:00-2:00**



## 193 All About the Thyroid

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

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Apr 13**  
**1:00-2:00**



## IMAGINE AGING WITHOUT LIMITS.

Let's redefine your health, together.



**With WellMed,** healthy aging has no limits. We've been helping older adults feel their best for more than 30 years. Our preventive care approach is tailored for people turning 65 or new to Medicare.

### What's different about WellMed?

- Personalized, primary care with access to specialists who share our care philosophy.
- Same-day appointments available when necessary, so you can get care as soon as you need it.
- Locations offer 24/7 support including online clinicians, so you can always reach someone from your clinic.
- In-person, or online video appointments offer you safe, convenient choices to access care your way.

**If you're turning 65, about to retire, or new to Medicare, we can help you live healthy, without limits.**

We're in your neighborhood. Let's redefine your health, together. Learn more at [DiscoverWellMed.com/T65](https://www.discoverwellmed.com/T65) or call **1-877-563-7390** (toll free).



WellMed does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call 888-781-WELL (9355). ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 888-781-WELL (9355). 請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：888-781-WELL (9355).  
©WellMed Medical Management, Inc. 21\_6516\_WM\_AD\_T65a#FY150\_NT\_JH\_C020421

## 194 Writers Group

*Virginia Bennack*

The Oasis Writers Group is devoted to bringing out the writer in all of us. Bring your stories, essays, or memoirs and share your work in a friendly, helpful environment. Our writers group will provide a place for writers to meet with their peers for feedback and discussion.

**Location: Oasis at The Meadows**

**Tuesdays** Jan 17, Feb 21, Mar 21, Apr 18  
**Fee: \$5** 10:00-11:30

## 195 Edgar B. Davis and the Discovery of the Luling Oil Field

*Bill Perryman, M.Ed.*

How did a young man from Brockton, Massachusetts journey to Luling, Texas and change the trajectory of a quiet farming community forever? The enchanting story of Edgar Byram Davis and the Luling Oil Field provides a tale packed with astonishment fit for the movie screen! Master teacher, Bill Perryman, brings the story of Mr. Davis, the Luling oil field and the uniqueness of this Main Street City to life!

**Location: Oasis at The Meadows**

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

## 196 Machiavelli's The Prince

*Judith Hurst, MA*

Machiavelli's claim that "the ruler who intends to be successful must be prepared to do bad things when political realities demand such action" is so very relevant today. Without delving into a political forum, discussion will focus on the morality of this assertion as well as Machiavelli's thoughts on fortune, virtue (courage), human nature, the qualities of a leader and patriotism/nationalism.

**Location: Oasis at The Meadows**

**Monday** Jan 23  
**Fee: \$7** 1:00-2:30

## 197 World War I's "Miracle of the Marne"

*John Boswell, Retired Adjunct History Professor*

Since France's 1870-1871 humiliating Franco-Prussian War defeat, both sides had made contingency plans for the resumption of hostilities. With the outbreak of WWI, Germany's August-early September 1914 long-planned grand offensive was on the verge of overwhelming the French Army, seizing Paris, and driving the British Army into the sea. Then, in less than a week of fighting in the Marne River valley, the French and British armies accomplished their "miracle" by decisively stopping and forcing back the seemingly irresistible German offensive. This study will focus on the personalities and perspectives of the key military leaders and the critical German mistakes which opened the way for the French/British victory.

**Location: Oasis at The Meadows**

**Friday** Jan 20  
**Fee: \$7** 10:30-12:00

## 198 Air Quality in San Antonio

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

Regulated by EPA and the Texas Commission on Environmental Quality (TCEQ), San Antonio's air quality is routinely monitored and checked against National Ambient Air Quality Standards established by the Clean Air Act as amended in 1990. San Antonio and the surrounding counties are part of one of the fastest growing regions in the country, with hundreds of people moving to South Texas each and every day. One of the major challenges facing our city is how to manage this rapid growth, while maintaining clean and healthy air across the region. Recent developments suggest that our city is encountering challenges in maintaining air quality, which can have significant long-term implications for both the physical health of our residents, and the economic future of our community. In this class, we will discuss the basics of air quality regulation and discuss the impacts on Bexar County and the surrounding area.

**Location: Oasis at The Meadows**

**Thursday** Jan 26  
**Fee: \$7** 10:00-11:30

## 199 Writers Have No Age

*Gloria Jennings*

Using the book, *Writers Have No Age*, we will share our insights and develop a style for older writers. This class will help older writers value themselves and their potential and increase the pleasure and satisfaction found in writing. Gain both information and inspiration!

**Location: Oasis at The Meadows**

**Thursday Jan 26**  
**Fee: \$7 10:00-11:30**

## 200 Art Deco Architecture

*Bruce Martin, Certified Professional Tour Guide*

Come and discover San Antonio's wonderful Art Deco architecture treasures.

**Location: Oasis at The Meadows**

**Friday Jan 27**  
**Fee: \$10 10:00-11:30**



## 201 Creative Abstract Painting

*Georgia Stok*

Following the universal guidelines of creative design, we will create our individual masterpieces or "wall hangings" on canvas. No drawing involved. You will learn to select your theme or mood, use two color complement harmony, paint shapes, lines, drips, spatters, etc., and put them into a simple composition. It is all about using color in a personal, creative manner. Acrylics will be the paint of choice due to its forgiving characteristics. Open to all creative souls! Supply list will be provided. Approximate cost of supplies is \$40.

**Location: Oasis at The Meadows**

**Tuesdays Jan 31-Mar 7**  
**Fee: \$48 1:00-3:00**

## 202 Discover the McNay Art Museum

*Kate Carey*

The McNay offers a unique art museum experience filled with moments of inspiration and beauty throughout their 25-acre campus. Join a representative from the McNay Art Museum as they discuss upcoming exhibitions, programs, and favorite works of art in the museum's permanent collection.

**Location: Oasis at The Meadows**

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

## 203 Growing Herbs

*Bexar County Master Gardeners*

Do you want to plant an herb garden but are not sure how? Growing herbs is an easy and delicious way to start gardening! Come learn how to start an herb garden- it is one of the easiest things you can do.

**Location: Oasis at The Meadows**

**Tuesday Jan 31**  
**Fee: \$7 10:00-11:30**

## 204 Folklorico Dancing

*Beckie Crispino*

Come learn about different Mexican Ballet Folklorico dances and costumes. Now is your chance to understand the dances, the costumes, the meanings, and learn about the regions of Mexico that the dances came from. Enjoy the beautiful music and dances of Mexican culture!

**Location: Oasis at The Meadows**

**Tuesday Jan 31**  
**Fee: \$7 1:00-2:30**



*sanantonio.gov*

## 205 Understanding and Appreciating Abstract Art

*Andy Villarreal*

Have you ever looked at a piece of art and been perplexed with what is in front of you? In this class we will learn the steps to understanding abstract art and how to appreciate its elements.

**Location: Oasis at The Meadows**

**Thursday**

**Feb 2**

**Fee: \$7**

**10:00-11:30**

## 206 Jane Austen

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

Jane Austen is one of the only “classic” authors whose readership and fan base have grown since her lifetime. In this course we will consider why Austen is a contemporary popular culture icon. We will look at her life, her works, and how she has morphed into an internet sensation.

**Location: Oasis at The Meadows**

**Friday**

**Feb 3**

**Fee: \$7**

**10:00-11:30**

## 207 The Mighty Failures of the Old Testament

*Christina Howard, MA*

Imagine that you are set up for greatness. You're given superpowers and everything else that would lead you to total success and happiness. And you fail. You give in to various temptations and ego. Yep, The Bible shows us that even the best can fail. Just go back a few generations to see these guys gene pool. Uh huh. Adam. Using the Bible and other contemporary or newer sources, this presentation will primarily focus on the stories of Nimrod and Samson, but will touch on a few others.

**Location: Oasis at The Meadows**

**Tuesday**

**Feb 7**

**Fee: \$7**

**1:00-3:00**

## BLACK HISTORY MONTH

## 208 Exploring the Impact of Motown Music

*Beverly Prado*

From the 1950s until present times, the music coming out of Detroit, the motor town of Michigan, has had a lasting influence on the American music scene. How did this movement begin? Who were the movers and shakers who put popular soul music on the map? This program will explore the stars and those behind them. The Supremes, Aretha Franklin, Stevie Wonder, Marvin Gaye, The Temptations, The Jackson Five and many other names will be featured.

**Location: Oasis at The Meadows**

**Monday**

**Feb 6**

**Fee: \$7**

**1:00-2:30**

## 209 African American Cultural Context in San Antonio

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

Culture is a fundamental role in human society. Through culture, people, and even cities, form cultural identities. The City of San Antonio is creating cultural context statements for the city's many cultures. The first context statement, due to a generous grant, will be on African American culture. From the first Black surgeon to the discovery of ruins of the first St. James African American Methodist Episcopal church along San Pedro Creek to connections to the Seminole Native American Tribe, this presentation will tell the stories of the African American experience in San Antonio including a national and transnational perspective.

**Location: Oasis at The Meadows**

**Thursday**

**Feb 9**

**Fee: \$7**

**1:00-2:30**



## 210 Chasing Alfred Giles in Downtown San Antonio

*Bruce Martin, Certified Professional Tour Guide*

English architect, Alfred Giles established himself in San Antonio in the late 1800's, producing an impressive range of residential and commercial work across South Texas and into Northern Mexico.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$10**

**Feb 16**

**10:00-11:30**



## 211 History Behind Commonly Used Phrases

*Gloria Jennings*

What makes idioms different from other common phrases is that you usually cannot understand the given expression by its literal meaning. For example, imagine you're learning a new language and hear someone saying 'it's raining cats or dogs,' or they tell you to 'break a leg,' this would be very confusing! And on top of it all, even if you ask a native speaker what that phrase means, he might just be able to explain it to you, but rarely does somebody know the origin story of a popular saying.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$7**

**Feb 16**

**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.



## 212 William B. Travis: The Alamo 1836

*Bill Perryman, M.Ed.*

Everyone has heard of William B. Travis of Alamo fame. But, who was William Travis? Where was he from? How did he get to Texas? What did he do inside the walls of The Alamo during the 13-day siege of 1836? Master teacher and storyteller, Bill Perryman, brings to life the stories of Lieutenant Colonel Travis and the Alamo siege from the perspective of this legendary defender. Historical slide images will accompany this lecture.

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$11**

**Feb 23**

**10:00-11:30**

## 213 The Healing Art Journal

*Gaylynne Robinson*

The healing art journal helps us record and explore thoughts, ideas, and feelings about the healing topics to be discussed in class. Collage, doodling, dangling, scribbling, sketching, and reflection gives us fresh takes on letting go and living life with joy and compassion. Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Thursdays**

**Fee: \$48**

**Feb 23-Mar 30**

**1:00-3:00**

## 214 Shintoism and Buddhism in Japan

*Roger Pratt, MA in East Asian Studies*

This class will focus on the beginnings of Shinto, the native religion of Japan, its basic tenets, the introduction of Buddhism into Japan, a compare and contrast analysis of the two, and the use and relevance of each to the Japanese, both culturally and socially, over the centuries.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$7**

**Feb 27**

**1:00-2:30**

## 215 Wine Tasting: Texas Wines

*Bob Bragg, WSET Level 3, CSW*

Texas is one of the oldest wine growing states in the U.S., with vines planted here more than a hundred years before they were planted in California. Come taste and learn about Texas Wines.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$40**

**Feb 23**  
**1:00-3:00**



## 216 Elizabeth I

*Judith Hurst, MA*

After a tempestuous, uncertain and dangerous beginning, Elizabeth I became one of England's and Ireland's strongest rulers. Lecture/discussion will address Henry VIII's legacy to his legitimate/illegitimate daughter; her childhood; her feud with her sister, Mary; the Catholic vs Protestant conflict; and the lasting contributions this queen made to the stability of society and the expansion/elaboration of the arts.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Feb 28**  
**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.

## 217 The Southwest Water Crisis

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

From the Rocky Mountains to the Pacific Ocean, the western United States has been suffering through drought for much of the last 20 years, with some data indicating these are the driest conditions for the region in the last 1,200 years. Feedbacks due to human-induced climate change and natural weather cycles such as El Niño/La Niña complicate our ability to understand the causes of the ongoing 'mega-drought,' and challenge our ability to predict future conditions. At the same time, many of the cities in these regions have experienced rapid growth, and development of reliable water supplies is becoming even more critical. In this class, we will discuss the basics of water, the different processes and policies that have influenced the history of water development in the Southwest, and some of the difficult choices that will need to be made in the future to address this ongoing water crisis.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

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

## 218 Rock Art of the Lower Pecos Canyonlands

*Harry Shafer, Ph.D., Witte Museum*

What do we know about the people who painted on the canyon land walls of Southwest Texas? What does the art reveal about them? Dr. Harry Shafer, Witte Museum Curator of Archeology, will discuss the Pecos style art and what researchers have learned about the lives of the people of the Pecos.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$8**

**Mar 2**  
**1:00-2:30**



## 219 Art of Simple Soap Making

*Ginny Brown*

Melt and pour soap is a great option for beginners. All you have to do is melt the premade base, customize it with your favorite colors and scents, and pour into a mold. Once you get the hang of the process, you can experiment with advanced techniques like layers and swirls. This class will share with you how to get started, demonstrate the process of making a bar of soap, as well as tools and fun techniques. You will also take-home a bar of soap to help inspire you!

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$8**

**Mar 7**  
**10:00-11:30**

## 220 The History of Radio and TV in San Antonio

*Society of San Antonio Radio Broadcasters*

2022 marked the 100th anniversary of radio in San Antonio, and San Antonio is widely recognized as the home of the first full-time Spanish-language station owned by a Latino. Come learn all about the history of broadcast radio in San Antonio and the beginnings of Hispanic radio and television.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

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



*colfa.utsa.edu*

## 221 Spring and Summer Annuals

*Bexar County Master Gardeners*

Spring and summer annuals fill a garden with bold waves of color. Learn which annuals work best in our area and tips for growing them.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$7**

**Mar 10**  
**10:00-11:30**

## 222 Forgotten Women Who Contributed to Victory in World War II

*Beverly Prado*

Did you know that one of the most important American spies in World War II was a woman? Did you realize that a breakthrough in modern technology was invented by Hollywood star, Hedy Lamar? Who were the military women who helped the war effort? In honor of Women's History Month, let's explore the sometimes untold stories of heroism that led to victory in World War II.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

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

## 223 Forms of Entertainment in Biblical Times

*Christina Howard, MA*

What did people do for basic entertainment other than populate then repopulate the world? What did they do in the fields while watching over the cattle and sheep? After dinner, did they just go to bed, study the sky, tell stories, read church documents, or did they chat or play games with family, friends, and neighbors? What games were brought in by foreigners and conquerors? Using various sources from the past and evidence in archaeology, this presentation will look at some of the early sports and entertainments during Biblical times.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

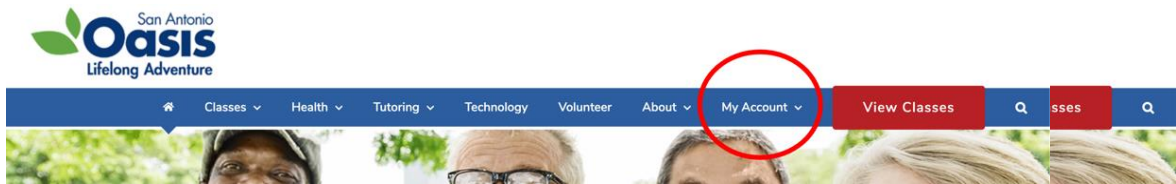
**Mar 14**  
**1:00-3:00**

**PLEASE LET US  
KNOW...**

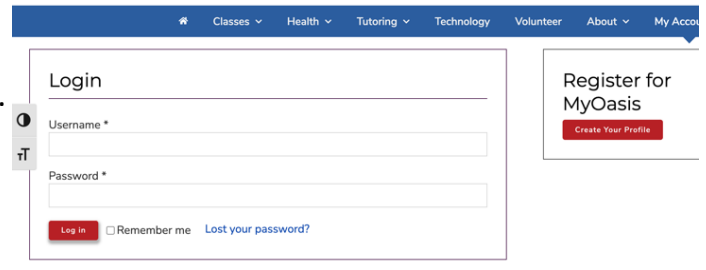
**If you can't attend a class for  
which you have registered.  
Many classes have wait lists.**

# Registering for Classes Online

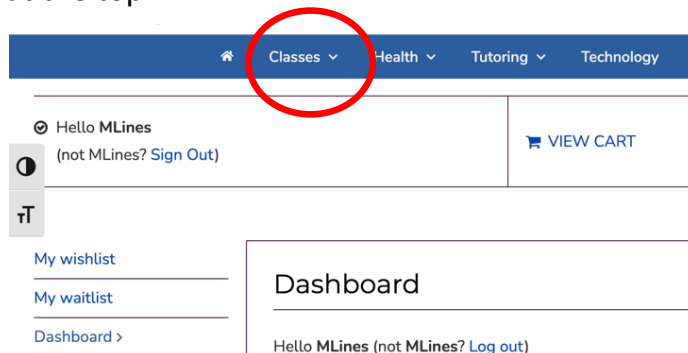
1) Visit: <https://san-antonio.oasisnet.org/> and at the top of the page – click on “My Account”.



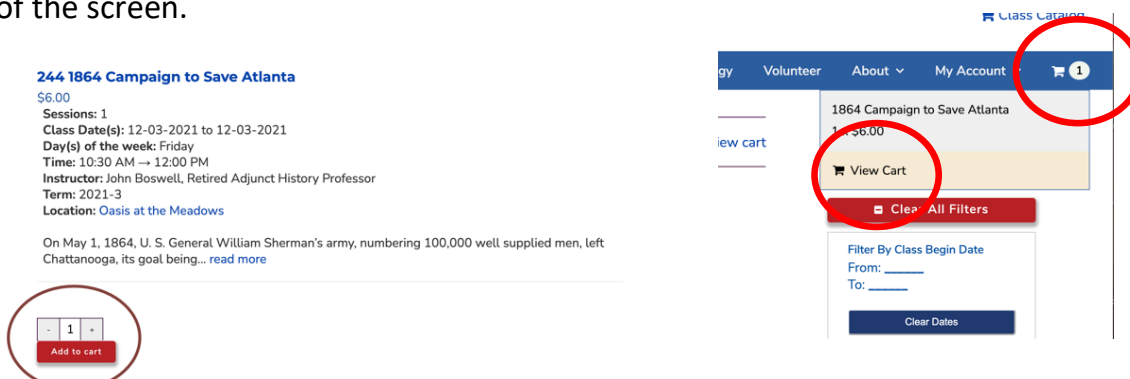
2) Login with your username and password or Register for MyOasis. \*If you are unsure of your username, give Oasis a call at 210-236-5954.



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



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



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



# Registration Procedures

See Refund  
Policy on  
Page 4

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

- **Walk-In and Mail-In - Registrations Processed January 4, 2023**

Center will be closed December 19-January 1. There is a mail slot at the front door of the Oasis Center.

**Registrations are placed in a box and randomly drawn and processed.**

- **Online - Registration Opens January 4, 2023 at 10:00am**

- **Phone-In - Registration Opens January 9, 2023**

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](http://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	\$40			
	109	Tai Chi	\$32			
	110	Tai Chi	\$32			
	111	Tai Chi for Arthritis	Free			
	112	Tai Chi for Arthritis	Free			
	113	Is Yoga For You?	Free			
	114	Chair Yoga	\$35			
	115	Chair Yoga	\$28			
	116	Chair Yoga	\$28			
	117	Balance for Daily Life	\$30			
	118	Balance for Daily Life	\$36			
	119	Yin Yoga / Yoga Nidra	\$40			
	120	Yin Yoga / Yoga Nidra	\$40			
	121	Yin Yoga / Yoga Nidra	\$32			
	122	Stretch and Restore	\$35			
	123	Stretch and Restore	\$35			
	124	Stretch and Restore	\$28			
	125	Functional Fitness	\$30			
	126	Functional Fitness	\$30			
	127	Functional Fitness	\$24			
	128	Qigong	\$40			
	129	Qigong	\$40			
	130	Qigong	\$32			
	131	Interval Cardio Workout	\$30			
	132	Interval Cardio Workout	\$36			
	133	Chairbics and Strength	\$30			
	134	Chairbics and Strength	\$30			
	135	Chairbics and Strength	\$24			
	136	Circuit Training	\$30			
	137	Circuit Training	\$30			
	138	Circuit Training	\$24			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	139	Deep Water Aquacise	\$60			
	140	Deep Water Aquacise	\$60			
	141	Deep Water Aquacise	\$48			
	142	Walking Group	\$25			
	143	Pickleball - Learn and Play!	\$25			
	144	Living an Integral Life	\$49			
	145	Living an Integral Life	\$49			
	146	A Matter of Balance	Free			
	147	Aging Mastery Program	Free			
	148	Living with Chronic Conditions	Free			
	149	Over the Counter/On the Web	\$12			
	150	Timeless Skin	\$7			
	151	Alzheimer's Research Updates	Free			
	152	Caring for a Spouse	Free			
	153	Improving Your Memory	\$7			
	154	Social Isolation	Free			
	155	Well -Being After 50	\$20			
	156	Spring Renewal	\$28			
	157	Managing Type 2 Diabetes	\$7			
	158	Be A Detective	\$7			
	159	50 Questions	\$7			
	160	Men's Health After 60	\$7			
	161	Hearing Issues As We Age	\$7			
	162	Interactions with Medications	Free			
	163	Medications Checks	Free			
	164	Nutrition / Chronic Diseases	\$5			
	165	Warning Signs of Alzheimer's	Free			
	166	Functional Foods	\$7			
	167	Skinny on Fat	\$5			
	168	Healthy Eating on the Go	\$5			
	169	God Can Change Your Brain	\$7			
	170	Hypnosis and Guided Imagery	\$21			
	171	Behavior Change	\$7			
	172	Relaxation	Free			
	173	Music for Self-Care	\$7			
	174	Therapy Animals	\$5			
	175	Holistic Health	\$7			
	176	Plant-Based Proteins	\$10			
	177	Vitamin Deficiencies	\$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#
	178	Sexual Health and Wellness	Free			
	179	Alcohol and Marijuana Safety	Free			
	180	Stay Regular: Dietary Fiber	\$5			
	181	Healthy Living for Your Eyes	\$7			
	182	Physical Activity	\$7			
	183	Healthy After Menopause	\$7			
	184	Essential Oils	\$7			
	185	Guide to Stress Management	Free			
	186	Healthy Fiesta Foods	Free			
	187	Anti-Inflammatory Cooking	\$10			
	188	Communication Strategies	Free			
	189	Building Better Bones	\$7			
	190	Anemia	Free			
	191	All About Strokes	Free			
	192	Oh, My Aching Knees	Free			
	193	All About the Thyroid	Free			
	194	Writers Group	\$5			
	195	Edgar B. Davis/Luling Oil Field	\$11			
	196	Machiavelli's The Prince	\$7			
	197	Miracle of the Marne	\$7			
	198	Air Quality in San Antonio	\$7			
	199	Writers Have No Age	\$7			
	200	Art Deco Architecture	\$10			
	201	Creative Abstract Painting	\$48			
	202	Discover the McNay	\$5			
	203	Growing Herbs	\$7			
	204	Folklorico Dancing	\$7			
	205	Appreciating Abstract Art	\$7			
	206	Jane Austen	\$7			
	207	Failures of the Old Testament	\$7			
	208	Motown Music	\$7			
	209	African American Context	\$7			
	210	Chasing Alfred Giles	\$10			
	211	Commonly Used Phrases	\$7			
	212	William B. Travis	\$11			
	213	The Healing Art Journal	\$48			
	214	Shintoism and Buddhism	\$7			
	215	Wine Tasting: Texas Wines	\$40			
	216	Elizabeth I	\$7			
	217	The Southwest Water Crisis	\$7			
	218	Rock Art of the Lower Pecos	\$8			
	219	Art of Simple Soap Making	\$8			
	220	History of Radio and TV in SA	\$7			
	221	Spring and Summer Annuals	\$7			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	222	Forgotten Women	\$7			
	223	Entertainment/Biblical Times	\$7			
	224	Paper Weaving	\$8			
	225	Peek into the Math World	\$7			
	226	Judy Garland/Mickey Rooney	\$7			
	227	Cupcake Decorating	\$40			
	228	Interpretive Drawing	\$32			
	229	Container Gardening 101	\$7			
	230	Introduction to Improv	\$7			
	231	Movie Discussion	\$8			
	232	Native American Movies	\$7			
	233	San Antonio: The 'Fiesta' City	\$7			
	234	A Letter to My Grandchildren	\$7			
	235	Opera 101	\$7			
	236	On Parade!	\$11			
	237	Actors Lost Too Soon	\$7			
	238	President Woodrow Wilson	\$7			
	239	The Old Spanish Trail	\$7			
	240	Fabulous Fiesta Flowers	\$40			
	241	The Judds	\$7			
	242	Rolled Art	\$8			
	243	2023 Planning	\$7			
	244	Before EMS Arrives	\$7			
	245	Volunteering at Oasis	Free			
	246	Truth in Advertising	\$7			
	247	All About Silver Connect	Free			
	248	Canned Foods Fill My Plate	Free			
	249	Accessibility in SA Parks	Free			
	250	Reframing Aging	Free			
	251	All About Medicare	Free			
	252	Art of Chocolate and Coffee	Free			
	253	San Pedro Creek Update	\$5			
	254	Fighting Robocalls	\$5			
	255	Estate Planning	\$7			
	256	National Oasis	Free			
	257	Stop Inflation/Retirement	\$7			
	258	From Rain to Drain	Free			
	259	All About ASC	Free			
	260	Senior Companion Program	Free			
	261	Protesting Property Taxes	\$5			
	262	Elder Abuse and Exploitation	Free			
	263	Speaking Without Fear	\$7			
	264	Transfer on Death Deeds	\$7			
	265	Veterans Benefits	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	266	When My Spouse Dies	\$7			
	267	Using Old and New Tax Laws	\$7			
	268	Getting Your Affairs in Order	Free			
	269	VIA Senior Services	Free			
	270	City of SA Services	Free			
	271	Serving as an Executor	\$7			
	272	Sign Up for Classes Online	Free			
	273	Sign Up for Classes Online	Free			
	274	Everything iPad	\$44			
	275	Android Essentials	\$33			
	276	How to Use Zoom	\$5			
	277	Windows 11	\$33			
	278	Smartphone Photography	\$13			
	279	Apple Photos-iPhone/iPad	\$11			
	280	Guide to Internet Safety	\$5			
	281	Google Photos	\$13			
	282	YouTube	\$11			
	283	Beginner iPhone	\$22			
	284	Intermediate iPhone	\$22			
	285	Alternatives to Cable	\$11			
	286	Using Password Managers	\$13			
	287	Essential Apps	\$11			
	288	Fun Things/iPad	\$11			
	289	Social Media Safety	\$5			
	290	Veterans Benefits	Free			
	291	Dementia Conversations	Free			
	292	Fall of the Roman Empire	Free			
	293	Preserving Your Nest Egg	Free			
	294	The Star-Spangled Banner	Free			
	295	All About Oasis	Free			
	296	Caffeine and Your Body	Free			
	297	Healthy Relationships	Free			
	298	San Antonio Public Library	Free			
	299	Warning Signs of Alzheimer's	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	300	Decluttering	Free			
	301	Who Decides When I Can't	Free			
	302	Food Bank Healthy Swaps	Free			
	303	Growing Herbs	Free			
	304	SA Christian Dental	Free			
	305	Medicare Updates	Free			
	306	Medications/Hospital	Free			
	307	SA Christian Dental	Free			
	308	Weatherization	Free			
	309	Basic Nutrition	Free			
	310	Improving Your Memory	Free			
	311	Living with Arthritis	Free			
	312	VIA Services for Older Adults	Free			
	313	Fire Safety	Free			
	314	Project MEND	Free			
	315	All About Wills and Trusts	Free			
	316	Funeral Consumer Alliance	Free			
	317	Weatherization	Free			
	318	What to Do Until EMS Arrives	Free			
	319	Medications/Hospital	Free			
	320	Improving Your Memory	Free			
	321	Levels of Care in Senior Living	Free			
	322	San Pedro Creek Walking Tour	\$29			
	323	Cemetery Walking Tour	\$29			
	324	Spanish Treasures Tour	\$29			
	325	Brackenridge Park Tour	\$29			
	326	LBJ Library	\$71			
	327	Austin Historic Homes Tour	\$72			
	328	Chicago at the Majestic	\$140			
	329	Vanishing River Cruise	\$75			
	330	Presidents Preview Show	Free			
	331	Free Health Screening	Free			
	807	At Home With the Presidents	\$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 \_\_\_\_\_



## 224 Paper Weaving

*Gaylynne Robinson*

We will use a variety of patterns and colored papers to create small paper weavings suitable for cards, framing, or art journals. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$8**

**Mar 14**

**5:30-7:30**



## 225 Peek into the Math World: Shapes: Their History and Uses

*Betty Burson*

We will go to distant corners and around the corner, to distant times and yesterday to look at shapes. When and how were they recognized and why were they developed? Gone are the days when you learned all your shapes in daycare, with an added layer of knowledge in math classes! In less than the last 50 years, new words have had to be coined to address realities that have always been but only recently recognized. From circles and triangles, to fractals and scutoids, we will visit this fascinating corner of the beautiful world of mathematics.

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$7**

**Mar 20**

**1:00-2:30**

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

## 226 The Movie Magic of Judy Garland and Mickey Rooney

*Beverly Prado*

Lifelong friends since they were childhood stars at MGM in the 1930s and 1940s, these two multi-talented stars delighted audiences. They made 10 films together, each one filled with comedy, music and their undeniable chemistry. Although they went their separate ways with successful careers, their friendship remained strong throughout the decades to follow. What was their special bond? Film clips and conversation will help to explore their magic.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$7**

**Mar 21**

**1:00-2:30**

## 227 Spring in Bloom: Cupcake Decorating

*Over the Top Cake Supplies*

In this class students will learn basic piping skills for cupcake decorating. You'll be working with Over the Top's very own signature Bakeaholic buttercream, while learning various techniques on piping to create these gorgeous flowers. Each student will take home six of their own decorated cupcakes, and the knowledge of how to recreate them at home. A box to carry your cupcakes and a certificate of completion will also be provided. Fee includes cost of supplies.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$40**

**Mar 28**

**10:00-12:00**



## 228 Interpretive Drawing

*Georgia Stok*

Improve your drawing through observation. Learn several different visual strategies such as contour, blind contour and constructionism, with the goal of interpretive drawing. You are constantly visually measuring space and items all around you. So what happens when the pencil in your hand reaches out to follow your eyes into space? Join us for some instructional and fun experiments. Interpretive drawing involves different skills than photo copying with a grid. Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Tuesdays**

**Fee: \$32**

**Mar 28-Apr 18**

**1:00-3:00**

## 229 Container Gardening 101

*Bexar County Master Gardeners*

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

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$7**

**Mar 28**

**6:00-7:30**



## 230 Introduction to Improv

*Craig Stimson*

In this fun, interactive class, come prepared to be a part of the improvisational theater process as all participants will be both the performers and the audience! No acting experience needed!

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$7**

**Apr 4**

**10:00-11:30**

## 231 Movie Discussion: Father of the Bride (1991 vs. 1950)

*Lynn Waghalter*

The popular 1991 movie *Father of the Bride* starring Steve Martin is a remake of a 1950 movie of the same name starring Spencer Tracy. The story is about a suburban family and the father's reaction to the surprising news that his only daughter is going to get married. The first week we will watch the 1991 version. The second week we will watch the 1950 version, and then discuss their differences, similarities, and how the movies reflect the times in which they were made. Refreshments will be served.

**Location: Oasis at The Meadows**

**Tuesdays**

**Fee: \$8**

**Apr 4-11**

**3:30-5:30**



## 232 Native American Representation in Movies

*Gloria Jennings*

Native American characters in twentieth century films have featured a range of stereotypes - everything from a bloodthirsty, raging beast to a noble savage. Slowly our perception of who Native Americans are is changing. Join us through film clips and discussion as we listen to indigenous actors and filmmakers tell their own stories.

**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$7**

**Apr 4**

**10:00-11:30**



### Location, Location, Location!

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

## 233 San Antonio: The "Fiesta" City

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

It's said that in San Antonio, you could stand on your front porch, pop open a beer and before you know it friends and neighbors have come over and you have a party! From the world famous "Fiesta Week" to "Day of the Dead" festivities, come learn about San Antonio's historic festivities, their historic beginnings, how they connect to the city's culture and why San Antonio is known as the "Fiesta City."

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$7**

**Apr 6**  
**1:00-2:30**

## 234 A Letter to My Grandchildren

*Judith Hurst, MA*

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**

**Thursday**  
**Fee: \$7**

**Apr 6**  
**1:00-2:30**

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



*Sarah Davis*

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

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$7**

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

## 236 On Parade! The History of Fiesta Parades

*Bill Perryman, M.Ed.*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$11**

**Apr 11**  
**10:00-11:30**



*Battle of Flowers' Association, Javier Fernandez, and Jon Alonzo*

## 237 Actors Lost Too Soon

*Beverly Prado*

Some of the legendary icons of Hollywood left us way before we would have liked. Stars like Marilyn Monroe, James Dean, Sal Mineo, Elvis Presley, Jean Harlow, Carole Lombard, Bruce Lee, and others graced the screen for a short time, then were gone, sometimes under mysterious circumstances. Some are still larger than life even today. This class will take a deep look into their careers, lives and deaths with film clips and discussion.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Apr 11**  
**6:00-7:30**



[Facebook.com/SanAntonioOasis](https://www.facebook.com/SanAntonioOasis)

## 238 President Woodrow Wilson and His Foreign Policy

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

Despite being less well-known than other U.S. Presidents, Woodrow Wilson left a notable legacy in foreign affairs. His ideas and actions played a central role in the decisive moment at the end of World War I that set the stage for much of the rest of the century, from World War II to the Cold War. Additionally, he is the only major American political figure to have an approach to international affairs widely named for him in Wilsonianism. This course will overview the significance of Wilson's foreign policy, while considering the historical debates over his presidency.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

**Apr 12**  
**1:00-2:30**

## 239 The Old Spanish Trail Centennial

*Charlotte Kahl*

When completed in 1929, the Old Spanish Trail was one of the first to span the width of Texas. San Antonio-based, OST100 is commemorating the OST Centennial with a decade-long celebration. Come learn about upcoming events, and how The Old Spanish Trail evokes Texas' storied past and inspires further adventure.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

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



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

## 240 Fabulous Fiesta Flowers

*The Rose Boutique*

What better way to decorate for Fiesta than with a colorful floral arrangement? Come learn how to create a beautiful floral arrangement using fun, fiesta colors and take your arrangement home with you! All supplies will be provided. If you have a pair of small pruning shears, please bring them.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$40**

**Apr 18**  
**10:00-12:00**



## 241 The Judds

*Gloria Jennings*

Wynonna Judd and her mother, Naomi Judd, were an American country music duo. Join us as we discuss their early life and musical career. Find out why they were one of the most successful acts in country music history.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

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

## 242 Rolled Art

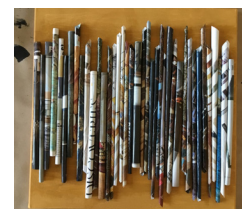
*Gaylynne Robinson*

Save your magazine pages to arrange rolled pages to make unique designs on canvas. Always pleasantly surprising and fun. Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$8**

**Apr 20**  
**1:00-3:00**





## 243 2023 Planning: Steps to Take to Protect Your Money

*Jake Yetterberg, CSA*

During this class we will cover:

- Current trends and where we are heading.
- How to use inflation to your benefit.
- Financial strategies to keep pace with inflation without risking major losses.
- Crypto currencies and how to view them in your portfolio.
- Where gold and precious metals fit in a portfolio.
- The perfect 'crazy insurance:' how to protect your money from the unprecedented worldwide chaos.
- Who insures your money and why it matters now more than ever.

**Location: Oasis at The Meadows**

**Tuesday Jan 17**  
**Fee: \$7 10:00-11:30**

## 244 What to do Before EMS Arrives

*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.

**Location: Oasis at The Meadows**

**Tuesday Jan 17**  
**Fee: \$7 10:00-11:30**

## 245 Volunteering at Oasis

*Brenda Schmachtenberger*

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

**Location: Oasis at The Meadows**

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

## 246 Truth in Advertising- Persuasion Techniques

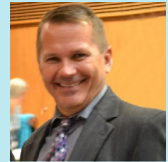
*Beverly Prado*

This class will explore persuasion techniques used in advertising. Our daily lives are filled with pleas to buy, subscribe, or join. What methods are employed by media? Target groups for advertisers have particular purposes in mind, and consumers must pay close attention to how they might be manipulated without being aware of it. Let's examine the history of advertising and how it influences our choices.

**Location: Oasis at The Meadows**

**Thursday Jan 19**  
**Fee: \$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](http://www.yetterberg.com)**  
**or call (210) 495-3711**

## 247 All About Silver Connect

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

**Location: Oasis at The Meadows**

**Wednesday Jan 18**  
**Free 1:00-2:00**

## 248 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**

**Monday Jan 23**  
**Free 10:00-11:30**

## 249 Accessibility in San Antonio Parks

*Tony Forshage,  
San Antonio Parks and Recreation*

This course will provide an overview of accessible outdoor spaces in San Antonio parks. Discussion will include disability statistics, concepts of accessible and inclusive design, and consider issues related to geographic proximity, physical disability and cognitive impairment. We will look at playgrounds, fishing piers, walking trails, furnishings, etc., and present case studies, including a survey of Elmendorf Lake Park.

**Location: Oasis at The Meadows**

**Wednesday Jan 25**  
**Free 10:00-11:30**



*sanantonio.gov*

## 250 Reframing Aging

*Jane Paccione*

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.

**Location: Oasis at The Meadows**

**Wednesday Feb 1**  
**Free 10:00-11:30**

## 251 All About Medicare

*Bexar Area Agency on Aging*

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

**Location: Oasis at The Meadows**

**Wednesday Feb 8**  
**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.**

## 252 Art of Chocolate and Coffee

*San Antonio Food Bank*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

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

## 253 San Pedro Creek Improvement Project Update

*San Antonio River Authority*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$5**

**Feb 15**  
**10:00-11:30**

## 254 Fighting Robocalls

*Jason Meza, Better Business Bureau*

If you answer the phone and hear a recorded message instead of a live person, it's a robocall. Calls use a computerized autodialer to deliver a pre-recorded message. Many different scams use robocalls, from bogus companies claiming to lower utility bills to individuals posing as IRS agents. This presentation from the Better Business Bureau will tell you how to know if a call is scam, how to avoid these scams, what you can do to stop robocalls, and how to report a scam.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$5**

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

## 255 I Don't Need Estate Planning, Do I?

*Brennan Boze, Attorney at Law*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

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

## 256 History and Future of National Oasis

*Marylen Mann*

Since 1982, Oasis has been engaging and educating older adults. Come and hear how Oasis got its start, how it has evolved over the years and the vision for the future from its founder Marylen Mann. Marylen will be virtual from the Oasis Institute headquarters in St. Louis, Missouri.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Feb 28**  
**1:00-2:30**

### SEVERE WEATHER OR EMERGENCIES

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

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



## 257 Stop Inflation from Wrecking Your Retirement

*Jake Yetterberg, CSA*

In this class we will discuss:

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Feb 28**  
**6:00-7:30** 🌙

## 258 From Rain to Drain: The Story of San Antonio's Water

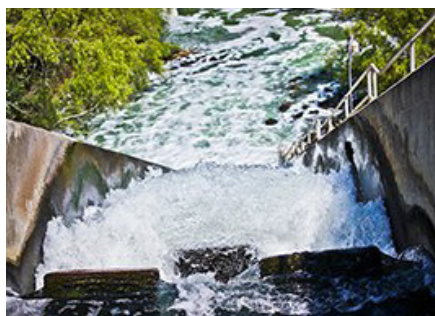
*SAWS*

Water is perhaps the most important resource in a community, but it's also the resource we take for granted the most. Understanding where your water comes from, how it gets to you and what happens to it "after the flush" is the focus of this class. In this fun, informative presentation you will follow the journey water takes through our community - from the time it falls as rain, all the way to wastewater treatment.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Mar 6**  
**1:00-2:30**



*saws.org*

## 259 All About Alamo Service Connection

*Bexar Area Agency on Aging*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Mar 7**  
**10:00-11:30**

## 260 Senior Companion Volunteer Program

*Bexar Area Agency on Aging*

The Senior Companion Program helps make independence a reality by helping older adults age in place. The program provides companionship to anyone 60 or older. The volunteers are able to assist the older adult with sorting mail, playing games, running errands, walking together, small chores around the house and making phone calls to name a few. Join us to learn more about this program.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

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



## 261 Protesting Your Property Taxes

*Bexar Appraisal District*

The law gives property owners the right to protest actions concerning their property tax appraisals. Come learn how to protest appraised property values, and dates and deadlines to remember.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$5**

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



## 262 Elder Abuse and Exploitation

*Judge Veronica Vasquez,  
Bexar County Probate Court 2*

Up to five million older Americans are abused every year, and the annual loss by victims of financial abuse is estimated to be at least \$36.5 billion. Join us as we discuss this issue and what can be done to help prevent it.

**Location: Oasis at The Meadows**

**Friday** **Mar 17**  
**Free** **10:00-11:30**

## 263 Speaking Without Fear

*Gloria Jennings*

Public speaking continues to be a top fear of humanity. Whether you're speaking to a group of 10 or 10,000, public speaking is nerve-wracking. Retired or not, whether you're giving a company presentation, a eulogy, or a toast at your best friend's wedding, if you don't learn to overcome your fear, you're bound to trip up and suffer in the process. Speaking without fear is a powerful skill capable of transforming one's confidence. Join us as we follow a world known organization's methods to speak without fear.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 21**  
**Fee: \$7** **10:00-11:30**

## 264 Transfer on Death Deeds

*Todd Marquardt, Attorney at Law*

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

**Location: Oasis at The Meadows**

**Wednesday** **Mar 22**  
**Fee: \$7** **10:00-11:30**

## 265 Veterans Benefits

*George Gallegos,  
Bexar County Veteran Service Center*

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

**Location: Oasis at The Meadows**

**Thursday** **Mar 23**  
**Free** **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](http://www.marquardtlawfirm.com)

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



## 266 When My Spouse Dies

*Carol Bertsch, Attorney at Law*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Mar 21**  
**6:00-7:30** 🌙

## 267 Using Old and New Tax Laws to Your Benefit

*Jake Yetterberg, CSA*

During this class we will cover:

- The brand new Inflation Reduction Act (Does it really reduce inflation?)
- The Jobs and Tax Act (which you only have 4 years to use to your advantage.)
- Charitable IRA distributions and how to pay no taxes on your RMD's.
- The Secure Act- major changes to IRA's and beneficiary planning.
- How mid-term election results will affect retirement planning in 2023 and beyond.
- We'll examine new retirement legislation moving through Congress.
- Finally, we'll show you how to use all these laws to save taxes, earn more dividends and pass more money along to your heirs.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$7**

**Mar 28**  
**1:00-2:30**

## 268 Getting Your Affairs in Order

*Esther Pipoly*

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

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Apr 3**  
**1:00-2:30**

## 269 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**  
**Free**

**Apr 10**  
**1:00-2:30**

## 270 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**

**Apr 17**  
**1:00-2:30**

## 271 The Thankless Job- Serving as an Executor

*Brennen Boze, Attorney at Law*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$7**

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

## How to Sign Up for Oasis Classes Online

*Chelsea Carriker*

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**

**272 Monday** Jan 16  
Free 1:00- 2:30

**273 Tuesday** Feb 7  
Free 6:00-7:30 🌙

## 274 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. You will have an input in deciding which items get extra attention. In addition to surfing the internet and checking mail, your iPad can video chat with loved ones across the world, record the voices of your loved ones, shoot videos, take photos, play music, and much more.

**Location: Oasis at The Meadows**

**Tuesdays & Thursdays** Jan 17-26  
Fee: \$44 1:00-3:00



## 275 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** Feb 22-Mar 8  
Fee: \$33 1:00-3:00

## 276 How to Use Zoom

*Chelsea Carriker*

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

**Location: Oasis at The Meadows**

**Tuesday** Jan 24  
Fee: \$5 10:00-11:30

## 277 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** Jan 30-Feb 13  
Fee: \$33 1:00-3:00

## OASIS VOLUNTEER OPPORTUNITIES

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

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

## 278 Smartphone Photography for Android Phones

*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. This class is for Android phones only. Book included in fee.

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$13**

**Feb 3**  
**10:00-12:00**

## 279 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**

**Thursday**  
**Fee: \$11**

**Feb 9**  
**1:00-3:00**

## 280 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 W-Fi, and much more. Book included in fee.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$5**

**Mar 6**  
**10:00-12:00**



## 281 Google Photos

*Pat Jasso*

Google Photos offers free, unlimited backup of your mobile phone's pictures! It's automatic and comes with a host of features too. Google Photos' Assistant will even create collages, animations, and albums you will enjoy. And that's only the beginning. This class is a great introduction to these features and will teach you how to install and use the app on your mobile device as well as on your desktop or laptop. Book is included in fee.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$13**

**Mar 13**  
**1:00-3:00**



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



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

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



## 282 YouTube

Marta Torres

YouTube is a video-sharing website, on which users can upload, view and share videos. YouTube uses technology to display a wide variety of user-generated video content, including movie clips, TV clips and music videos, as well as amateur content such as video blogging, short original videos, and educational videos. Find out how you can use YouTube for information, education and entertainment.

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$11**

**Apr 4**  
**6:00-7:30** 🌙

## 283 Beginner iPhone

Thalia Williams

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

**Location: Oasis at The Meadows**

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

**Mar 20-27**  
**10:00-12:00**



## 284 Intermediate iPhone

Thalia Williams

Now that you have a working knowledge of your iPhone, you might want to take it to the next level. Come learn more about the features and apps available to you. *Beginner iPhone, or a working knowledge of iPhones is a prerequisite for this class.*

**Location: Oasis at The Meadows**

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

**Apr 10-17**  
**10:00-12:00**

## 285 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**  
**Fee: \$11**

**Mar 27**  
**1:00-3:00**

## 286 Using 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 included in fee.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$13**

**Apr 3**  
**10:00-12:00**

### 2023 Tax Day Program Update

**We regret to inform our members that we will no longer be able to provide the AARP Tax-Aide Service.**

**The AARP Foundation has made the decision to drop San Antonio Oasis as a tax site, due to the decrease of volunteers in their program.**

**We will have a list in February of alternate sites that will be available.**

## 287 Essential Apps

*Glenda Raichlen*

Essential apps are for people who want to use the best and most popular Android applications. You can search a lot of useful and special Android applications on your device for easy access and daily use.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$11**

**Apr 5**  
**1:00-3:00**

## 288 Ten Fun Things To Do With Your iPad

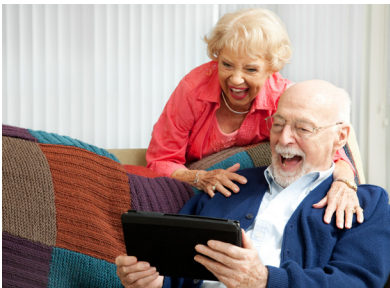
*Doris Slay-Barber*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$11**

**Apr 11**  
**10:00-12:00**



## 289 Social Media Safety

*Jason Meza, Better Business Bureau*

With all the benefits social media offers, it is easy to overlook the risks that are involved. Come to this class to learn tips to stay safe while using social media and make the best use of social networking while avoiding the risks.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$5**

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

## Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed  
Charitable Foundation

WellMed  
Medical Management

Morningside Ministries

Bexar Area Agency on Aging

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

Najim Family Foundation

Humana Foundation

Mays Family Foundation

## 290 Veterans Benefits

*Ron Cortez, Kendall Co. Veterans Service Office*

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

**Thursday Jan 19**  
**Free 10:00-11:30**

## 291 Dementia Conversations

*Alzheimer's Association*

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

**Thursday Feb 16**  
**Free 10:00-11:30**

## 292 Fall of the Roman Empire

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

This course will cover the period of late antiquity and the fall of the classical Roman Empire. Starting with the Crisis of the Third Century, it will illustrate the many factors contributing to the eventual disintegration of Western Rome by 476 AD, while addressing how Eastern Rome survived this collapse.

**Thursday Mar 9**  
**Free 10:00-11:30**



## 293 Preserving Your Nest Egg

*Jake Yetterberg, CSA*

In this class you will learn about:

- Two ways to guarantee you cannot outlive your money.
- Two important steps to protect yourself in this unpredictable environment.
- The worst types of accounts to take risks in while the market is at an all-time high.
- Using the historical analysis of volatile time periods like a crystal ball.
- A 100% accurate recession predictor and how a recession really affects your money.

**Thursday Apr 13**  
**Free 10:00-11:30**

**Morningside Ministries**  
 SENIOR LIVING COMMUNITIES  
*Live Your Best Life with Peace of Mind!*

Menger Springs  
(Boerne, TX)

The Meadows  
(Medical District, SATX)

The Chandler Estate  
(Monte Vista, SATX)

**Since 1961, Morningside Ministries has provided retirement living and services for older adults, including:**

- Independent Living
- Assisted Living
- Skilled Nursing
- Therapy
- Memory Care
- Home Health Care

**To learn more about our communities or to schedule a tour, please call:**  
**(210) 734-1000 • [mmliving.org](http://mmliving.org)**

**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

## 294 The Star-Spangled Banner

*Gloria Jennings*

Join us through video and narrative, as we travel back to 1814, when Washington D.C. was under British attack during the "Second War of Independence," and the very bricks and mortar of American democracy were reduced to smoking rubble.

**Wednesday** **Jan 18**  
**Free** **10:00-11:30**

## 295 All About Oasis

*Brenda Schmachtenberger,*  
*Executive Director*

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

**Wednesday** **Feb 15**  
**Free** **10:00-11:30**

## 296 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.

**Wednesday** **Mar 8**  
**Free** **10:00-11:30**



## 297 Healthy Relationships

*Ginny Brown, LCHW*

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

**Wednesday** **Apr 12**  
**Free** **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

## 298 San Antonio Public Library

*Joseph Gonzalez*

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

**Monday** **Jan 23**  
**Free** **1:00-2:00**

## 299 Ten Warning Signs of Alzheimer's Disease

Alzheimer's Association of San Antonio will speak on the 10 warning signs of Alzheimer's Disease.

**Monday** **Feb 13**  
**Free** **1:00-2:00**

## 300 Decluttering

*Gloria Jennings*

Can you spare just five minutes a day so you can walk into any room in your house without tripping over something? Decluttering your home is a great way to feel more calm and comfortable in your space. Let's talk about how to sort through your things, recognize your space and maintain a comfortable and clean living environment.

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

## 301 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? The legal answer is: It depends! Elder Law Attorney, Brennen Boze answers these questions and explains the differences between guardianship and power of attorney.

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

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

## 302 San Antonio Food Bank Healthy Swaps

Sugary cereals, white bread, and soda are examples of foods that people consume daily. These items can harm your health. Fortunately, healthier alternatives are easy to buy or make at home. Learn how to make food "swaps" for healthier and more nutritious meals.

**Wednesday** **Jan 18**  
**Free** **9:00-10:00**

## 303 Growing Herbs

*Bexar County Master Gardeners*

Do you want to plant an herb garden but are not sure how? Growing herbs is an easy and delicious way to start gardening! Come learn how to start an herb garden - it is one of the easiest things you can do.

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

## 304 Work of San Antonio Christian Dental

Join us for a presentation of the work of San Antonio Christian Dental and their free or low cost dental services for San Antonio and Bexar County.

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

## 305 Medicare Updates

*Bexar Area Agency on Aging*

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

**Tuesday** **Apr 4**  
**Free** **10:00-11:00**

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

### 306 Medications that Put You in the Hospital

*Craig Stimson, LVN*

Learn commonly used medications found to cause 67% of hospitalizations in older adults. Learn how to more safely use these medications when they are necessary.

**Monday** **Jan 23**  
**Free** **10:30-11:30**

### 307 Work of San Antonio Christian Dental

Join us for a presentation of the work of San Antonio Christian Dental and their free or low cost dental services.

**Monday** **Feb 13**  
**Free** **10:30-11:30**

### 308 Weatherization

*AACOG*

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

**Monday** **Mar 13**  
**Free** **10:30-11:30**

### 309 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. We will discuss the basics of good nutrition, what healthy eating means and how we can incorporate healthy eating into our lives.

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

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

### 310 Improving Your Memory

*Craig Stimson, LVN*

Forgetting names, dates and other items? Learn how to put your memory skills to work.

**Wednesday** **Jan 25**  
**Free** **9:00-10:00**

### 311 Living with Arthritis

*Craig Stimson, LVN*

If you have joint pain or have been diagnosed with arthritis, there is hope! You will learn about how to break the cycle of pain, current treatment methods, exercise and other modalities to help you manage this disease.

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

### 312 VIA Services for Older Adults

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

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

### 313 Fire Safety

Please join the San Antonio Fire Department for a presentation on their work in the community which includes the FireSafeSA program for home, work and school safety. Learn what you can do to be fire safe today.

**Wednesday** **Apr 5**  
**Free** **9:00-10:00**



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

### 314 Project MEND

*Allie Rodriguez*

Project MEND refurbishes, reuses and distributes medical equipment and other assistive technology. Learn how to access this valuable service and how you can help others by donating equipment.

**Tuesday** **Jan 17**  
**Free** **10:00-11:00**

### 315 All About Wills and Trusts

*Brennen Boze, Attorney at Law*

"I don't have any money." "My spouse will get everything automatically, anyway." If those statements sound familiar, then you need estate planning. Your estate is possessions and more; you can save a lot of family heartache by making decisions on who gets what with an estate plan.

**Tuesday** **Feb 14**  
**Free** **10:00-11:00**

### 316 Funeral Consumer Alliance of San Antonio

*Janice Barsun*

The Funeral Consumer Alliance of San Antonio is a non-profit educational and service organization, whose goals are to educate the public on end-of-life-planning, and provide education to help you navigate the funeral transaction with confidence.

**Tuesday** **Mar 14**  
**Free** **10:00-11:00**

### 317 Weatherization

*AACOG*

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

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

The following classes are held at:  
**WALKER RANCH SENIOR CENTER**  
835 W. Rhapsody

### 318 What to Do Until EMS Arrives

*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 as possible. We will discuss first aid, providing accurate information and how to remain calm.

**Thursday** **Jan 19**  
**Free** **10:00-11:00**

### 319 Medications That Put You in the Hospital

*Craig Stimson, LVN*

Learn about commonly used medications/ medication categories found to cause 67% of hospitalizations in older adults. Learn how to more safely use these medications when they are necessary.

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

### 320 Improving Your Memory

*Craig Stimson, LVN*

Forgetting names, dates and other items? Learn how to put your memory skills to work.

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

### 321 Levels of Care in Senior Living

*mmCare*

Senior living organizations offer a variety of options. However, their products and services often leave people with more questions than answers. Come learn about the different levels of care.

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

## 322 San Pedro Creek Culture Park Walking Tour

*San Antonio River Authority*

The birthplace of San Antonio, San Pedro Creek, is now a beautiful retreat. Come celebrate culture, art, and nature at the San Pedro Creek Culture Park during this walking tour. Tour will begin and end at 715 Camaron St. Free parking for San Pedro Creek Culture Park is available at 201 Piazza Italia, behind the Christopher Columbus Italian Society. Look for the designated sign.

**Friday**

**Fee: \$29**

**Mar 3**

**9:30-11:00**



*spcculturepark.com*

## 323 Historic Eastside Cemetery Walking Tour

*Bruce Martin, Certified Professional Tour Guide*

Discover more surprises as we investigate lesser-visited areas of the Historic Eastside Cemetery District, which is listed on the National Register of Historic Places. **If you have been on previous cemetery tours, this tour will feature new areas we have not visited before.** The tour will begin and end at the San Antonio National Cemetery, located at 517 Paso Hondo. Free on-street parking is available.

**Wednesday**

**Fee: \$29**

**Mar 22**

**9:30-11:30**

**Walking Tours do not meet at the Oasis Center.**

**Check catalog for location.**



## 324 Spanish Treasures of San Antonio Walking Tour

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



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

**Friday**

**Fee: \$29**

**Mar 31**

**9:30-11:30**

## 325 Brackenridge Park Walking Tour

*Bruce Martin, Certified Professional Tour Guide*

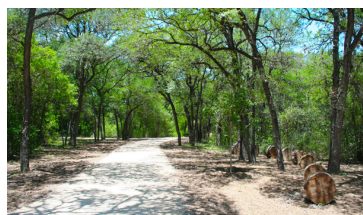
Brackenridge Park has been a gathering place for generations of Texans. Powerful memories include wading, swimming, camping, fishing, celebrating, riding the train, and driving through the low water crossing. Return with us to Brackenridge Park for this comfortable tour. We will stroll beneath majestic trees alongside the calming river as we learn of the park's colorful past, reveal some of its secrets, and look ahead toward the park's promising future. Tour will begin and end in the parking lot adjacent to the Brackenridge Park Conservancy Office at 531 Brackenridge Way. Look for the brightly colored children's playground. Parking is free.

**Friday**

**Fee: \$29**

**Apr 14**

**9:30-11:30**



*brackenridgepark.org*



## 326 LBJ Library and Bob Bullock Museum

Upon arrival in Austin, we will enjoy a self-guided tour of the LBJ Library and Museum, with several floors of fascinating artifacts and memorabilia, your time will slip by quickly! The LBJ Library and Museum is one of 13 Presidential libraries and underwent a multi-million dollar redesign in 2012. The LBJ Library houses 45 million pages of historical documents. Next we will have a box lunch at The Star Cafe. Following lunch, we will have a self-guided tour of the Bob Bullock Museum. This museum features some of the most significant Texas artifacts, spanning 4,000 years of history. Cost includes motor coach transportation, lunch, admission fees and tips.

**Thursday**  
**Fee: \$71**

**Feb 16**  
**8:00-5:30**



**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**

## 327 Austin Historic Homes Tour

Austin's historic homes are a unique blend of locations that are laden with interesting details and offer a one-of-a-kind tour. This tour will begin at the Neill-Cochran House that is considered one of Austin's most important historic residences. We will have a tour of this house built in 1855 as a suburban estate. This Greek Revival house has survived war, neglect and the immense growth of the University of Texas area. Next we will enjoy lunch at Rudy's BBQ. After lunch we will tour the French Legation Museum. It was built originally in 1840-41 to be the residence of the French representative to the Republic of Texas. This property is owned by the State of Texas and the Daughters of the Republic of Texas. Next we will enjoy two other historic properties - O'Henry Museum which offers a look into the life of William Sidney Porter who went to prison and then became a famous author of short stories under the pen name of O'Henry. Right next door is the home of Susanna Dickinson who survived the Battle of the Alamo and became known as the "Messenger of the Alamo." Cost includes motor coach transportation, lunch, admission fees and tips.

**Thursday**  
**Fee: \$72**

**Mar 9**  
**8:30-5:30**



## 328 Chicago at the Majestic

Come join us as we return to the beautiful Majestic Theatre for an evening performance of *Chicago*. Before attending the theater we will have dinner at Milano's. If you're looking for pure Broadway, then look no further than *Chicago*. After 25 years, *Chicago* is still the musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one show stopping song after another and the most astonishing dancing you've ever seen. No wonder *Chicago* has been honored with 6 Tony Awards, 2 Oliver Awards, a Grammy and thousands of standing ovations. Don't be surprised if you find yourself singing "And all that Jazz" on the way home. Cost includes motor coach transportation, dinner, admission fees and tips. Seating is on the main floor.

**Friday**

**Fee: \$140**

**Apr 14**

**5:00-11:30**



## 329 Vanishing River Cruise

Join us for a scenic trip through the Texas Hill Country. Just outside Burnet we will board a river boat and do a wilderness cruise for an 18 mile journey across Lake Buchanan to the mouth of the Colorado River. We will view regional and migrating birds, cascading waterfalls, native Texas wildlife and towering cliffs during our journey. Our knowledgeable tour guide will tell us about the history, geology and points of interest along the way. While on our river cruise we will be having a box lunch on the riverboat. You may have a chance to view or photograph magnificent birds of prey, so bring along your camera and binoculars. After debarking the riverboat, the bus will take us to historic downtown Marble Falls for a visit to The Falls on the Colorado Museum. This museum is housed in the historic granite school building, built in 1891. The exhibits chronicle Marble Falls unique history. Cost includes motor coach transportation, lunch, admission fees and tips.

**Tuesday**

**Fee: \$75**

**May 16**

**8:00-6:00**



## We Need Your Help!

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. Currently we are looking for volunteers for the **Silver Connect** program. If you would like to reach out with support to someone who may be lonely, we want to hear from you! For more information please call (210) 236-5954.



Sponsored by:



## 807 At Home With the Presidents

October 12-18, 2023

Join us and tour five presidential homes and many more interesting sites in the Northeast. First, we will arrive in Washington D.C., meet our tour manager, and transfer to our hotel in Arlington for a four-night stay. The next morning we will have a tour of Presidential history in our capital city. We will be making stops at the White House Visitor's Center, Octagon House that was built for President Madison, Woodrow Wilson House, Blair House where President Truman lived, and Lincoln's Cottage. Next, we will tour the impressive U.S. Capitol Building where Congress meets, and then stop at the Lincoln and Jefferson Memorials, and walk through the Kennedy Center. We will end the day with our welcome dinner.

Next, we will travel north to Pennsylvania to Gettysburg and visit the Dwight D. Eisenhower home and farm, his weekend retreat while in office and where he retired. After lunch a guide will join us for a fascinating tour of the Civil War Gettysburg Battlefield where all the major events of this three-day battle occurred, resulting in Robert E. Lee's first defeat. The next day we will motor east to Maryland and stop in historic Annapolis, where we will visit the Maryland State House and tour the U.S. Naval Academy. After lunch we will do a city tour of Baltimore's neighborhoods, including a visit to Ft. McHenry National Monument and Historic Shrine, site of the star-shaped fort that successfully defended Baltimore from a British attack during the War of 1812. This event was the inspiration for Francis Scott Key's poem "The Star-Spangled Banner." The next day we will visit Mt. Vernon, the estate of George Washington and tour the plantation house grounds and visit the Interpretive Center to see amazing artifacts. We will then motor south to historic Charlottesville, home to three Virginia Presidents. We will tour the home of James and Dolly Madison in Montpelier. The next day we will visit two presidential homes. First, Thomas Jefferson's Monticello where we will tour the Smith Gallery filled with fascinating exhibits, and see a film about Jefferson before touring the classical architecture and gardens of his mountaintop home. We will then continue on to nearby Ash Lawn-Highland, home of James Monroe. On our final day we will tour three historic attractions: Hugh Mercer Apothecary, Rising Sun Tavern and the James Monroe Museum.

Tour includes round-trip home pick-up, round trip airfare, bag fee, baggage handling, travel insurance, gratuities for tour manager, drivers and local guides. Deposit: \$350 per person. Double: \$3,495 per person. Single: \$4,245. Final payment due July 28, 2023. Credit cards accepted. Make check payable to AFC Vacations. **You may sign up for this trip on or after November 29, 2022.**

## 330 At Home With the Presidents Preview Show

**Location: Oasis at The Meadows**

**Tuesday  
Free**

**Jan 24  
10:00-11:00**

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





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



700 Babcock Rd.  
San Antonio, TX 78201

Non-Profit  
U.S. Postage  
PAID  
Permit No. 1135  
San Antonio, TX

## **SPECIAL EVENTS**

### **Free Health Screenings**

Need to have your blood pressure checked? What about blood glucose? In collaboration with Project Collaborate, a student-run initiative from the University of Texas at Austin College of Pharmacy, join us at this free health screening event to have your blood pressure, blood glucose, total cholesterol, body fat percentage, waist circumference, and weight checked. Student pharmacist volunteers will provide quality screenings and are properly trained. Feel free to bring any and all medication questions for their pharmacists.

**Register for Class #331.**

**Tuesday, February 21**

**5:00pm - 7:00pm**

**Location: Oasis at The Meadows**

