



Fall 2023

Program Catalog

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



Sponsored by:





Do You Want to Talk? Try Our Chat Line!

Would you like to chat with someone who will listen with no judgement, just empathy? **Silver Connect** is a free chat line for older adults age **50 plus**. Our volunteers would love to listen and offer emotional support, reassurance, resources and opportunities to share life's experiences. Call **Silver Connect** today!

Chat Line: (210) 756-5551

Monday-Friday 5pm-9pm

Saturday-Sunday 9am-9pm

Sponsored by:



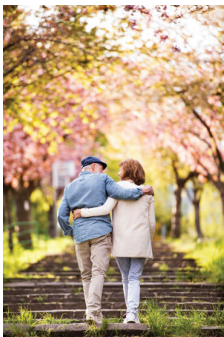
National News

The Oasis Institute / Fall 2023



Stand Strong, Live Long

Join Us For a Virtual Falls Prevention Event



Did you know that falls are the leading cause of fatal and nonfatal injuries among older adults? There are 36 million falls reported among older adults each year.

Falls Prevention Awareness Day is celebrated each September at the beginning of the fall season to increase awareness around falls health and injury prevention. This year, Oasis is excited to host a FREE virtual falls prevention event on Wednesday, September 20th from 12–3 p.m. CST.

Join expert leaders and speakers from across the country to raise your awareness about falls risks and learn practical tips on preventing falls. During the event, you will hear from the best minds in fall prevention, including the CDC, geriatricians, physical therapists, and healthcare experts.

The day will feature:

- Live demonstrations of how to assess the safety of your home
- Experts showcasing real-time balance tips and simple movements
- Pharmacists discussing medication management
- Step-by-step "how-to's" for low and no-cost home modifications

For more information about the event or to register, please visit stloasis.org/VirtualStandStrong. We hope to "see" you there!

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

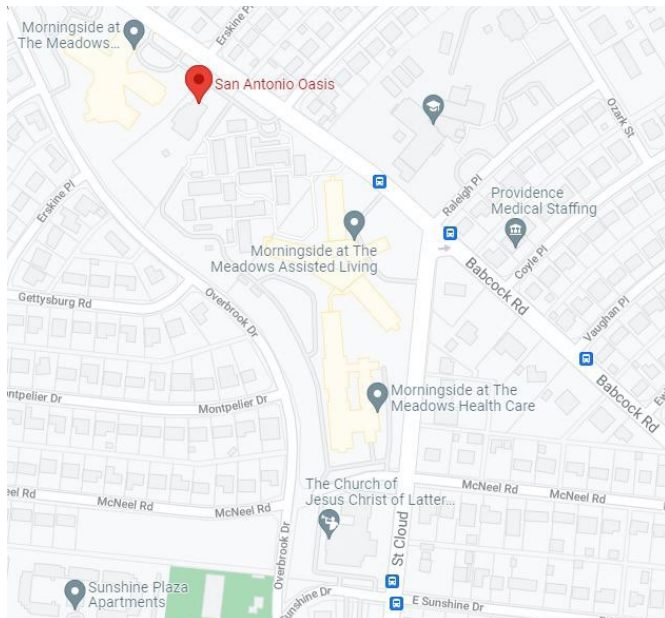
Welcome to Oasis

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

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

Our Main Center:

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



Hours:

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

Contact Us:

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

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



Meet Our Staff

Greg Perkins
Administrative Assistant

Lisa Buske
Marketing & Curriculum
Coordinator

Craig Stimson
Outreach Coordinator

Ginny Brown
Associate Director

**Brenda
Schmachtenberger**
Executive Director

Kelley Gallant
Program Coordinator

Sharon Gomez
Financial Coordinator

Chelsea Carriker
Wellness Coordinator

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

August 30	Volunteer Training
September 4	Labor day
November 20-24	Thanksgiving
December 20 - January 1	Holiday Break

On The Cover

San Antonio Oasis members enjoy
the California Rail Discovery trip.

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NOTE:

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



CHECK YOUR CALENDAR

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

Sponsors

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

Registration

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

Fees

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

Refund Policy

- All program fees listed are non-refundable unless Oasis cancels the class or you have a medical reason or jury duty . (Documentation must accompany request.)
- Oasis must be notified before the first class begins.
- If a credit is due, you will receive an Oasis store credit that can be used for a future program.
- If class supplies are included in the fee, cost of the supplies will be deducted from the store credit unless the class is cancelled by Oasis.
- Transferring of classes from one person to another is not permitted. Store credits cannot be transferred to other Oasis members. Class fees are not prorated. This policy does not include day trips or travel.
- Oasis Day trips are nonrefundable and non-transferrable.

Disclaimer Notice

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

Texercise

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

Location: Oasis at The Meadows

- | | | |
|------------|---|-------------------------------------|
| 100 | Mondays & Wednesdays
Free | Sep 6-Oct 4
12:00-12:45 |
| 101 | Mondays & Wednesdays
Free | Oct 9-Nov 8
12:00-12:45 |
| 102 | Mondays & Wednesdays
Free | Nov 13-Dec 13
12:00-12:45 |
| 103 | Mondays & Fridays
Free | Sep 8-Oct 6
9:00-9:45 |
| 104 | Mondays & Fridays
Free | Oct 9-Nov 10
9:00-9:45 |
| 105 | Mondays & Fridays
Free | Nov 13-Dec 15
9:00-9:45 |
| 106 | Tuesdays & Thursdays
Free | Sep 5-Oct 5
9:00-9:45 |
| 107 | Tuesdays & Thursdays
Free | Oct 10-Nov 9
9:00-9:45 |
| 108 | Tuesdays & Thursdays
Free | Nov 14-Dec 14
9:00-9:45 |

COURTESY CONFIRMATION CALLS

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

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

- | | | |
|------------|-----------------------------|-------------------------------------|
| 109 | Mondays
Fee: \$32 | Sep 11-Oct 2
10:15-11:45 |
| 110 | Mondays
Fee: \$40 | Oct 9-Nov 6
10:15-11:45 |
| 111 | Mondays
Fee: \$32 | Nov 13-Dec 11
10:15-11:45 |



Chair Yoga

Gina Chinn

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

- | | | |
|------------|-----------------------------|-----------------------------------|
| 112 | Mondays
Fee: \$28 | Sep 11-Oct 2
2:30-3:30 |
| 113 | Mondays
Fee: \$35 | Oct 9-Nov 6
2:30-3:30 |
| 114 | Mondays
Fee: \$28 | Nov 13-Dec 11
2:30-3:30 |

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 that Tai Chi is 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

115 Tuesdays & Thursdays Oct 3-Nov 30
Free 11:15-12:15

116 Tuesdays & Thursdays Oct 17-Dec 14
Free 2:00-3:00



Stretch and Restore

Gina Chinn

Studies show that focusing on the breath relieves anxiety, relaxes muscles, and reduces inflammatory response in the body. Move mindfully into a variety of gentle 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

117 Mondays Sep 11-Oct 2
Fee: \$28 1:15-2:15

118 Mondays Oct 9-Nov 6
Fee: \$35 1:15-2:15

119 Mondays Nov 13-Dec 11
Fee: \$28 1:15-2:15

Qigong

Fred Chavez

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

Location: Oasis at The Meadows

120 Wednesdays Sep 6-Oct 11
Fee: \$48 9:00-10:00

121 Wednesdays Oct 18-Dec 13
Fee: \$56 9:00-10:00
(No Class Nov 15)

Yin Yoga and Yoga Nidra

Fred Chavez

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

Location: Oasis at The Meadows

122 Wednesdays Sep 6-Oct 11
Fee: \$48 10:15-11:30

123 Wednesdays Oct 18-Dec 13
Fee: \$56 10:15-11:30
(No Class Nov 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

124 Wednesdays Sep 6-Oct 4
Fee: \$30 1:15-2:15

125 Wednesdays Oct 11-Nov 8
Fee: \$30 1:15-2:15

126 Wednesdays Nov 15-Dec 13
Fee: \$24 1:15-2:15

Mat Pilates

Lisa Bombela-Comuzzie

The goal of Pilates is to strengthen the body's core, lower back muscles, pelvic floor, hips and glutes. Through a series of floor exercises using resistance bands, balls and rings, this workout will help build, sculpt and tone these muscles.

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 127 | Wednesdays | Sep 6-Oct 4 |
| | Fee: \$35 | 2:30-3:30 |
| 128 | Wednesdays | Oct 11-Nov 8 |
| | Fee: \$35 | 2:30-3:30 |
| 129 | Wednesdays | Nov 15-Dec 13 |
| | Fee: \$28 | 2:30-3:30 |

Beginner Ballet

Cory Fritz

In this beginner-level class, you will learn simple ballet steps and basic positions of the arms and feet. Barre and center work will be incorporated to improve balance, posture and flexibility. Modifications can be made for any ability. No previous dance experience is needed. No ballet shoes needed.



Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 130 | Thursdays | Sep 21-Oct 26 |
| | Fee: \$30 | 10:00-11:00 |
| 131 | Thursdays | Nov 2-Dec 14 |
| | Fee: \$30 | 10:00-11:00 |

Balance for Daily Life

LeAnn Lupton

Would you like to improve your balance while also increasing strength and flexibility? Join us to work through a variety of activities to improve balance while also increasing strength and flexibility.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|---------------------|
| 132 | Fridays | Sep 8-Oct 13 |
| | Fee: \$36 | 10:00-11:00 |
| 133 | Fridays | Nov 3-Dec 15 |
| | Fee: \$36 | 10:00-11:00 |

Seated Strength Training

LeAnn Lupton

This class uses chair-assisted strength training exercises for the upper and lower body. Use dumb-bells for weight bearing muscular strength and resistance bands for muscular endurance. Light cardio chair assisted exercises may be incorporated.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|---------------------|
| 134 | Fridays | Sep 8-Oct 13 |
| | Fee: \$36 | 11:15-12:15 |
| 135 | Fridays | Nov 3-Dec 15 |
| | Fee: \$36 | 11:15-12:15 |

Deep Water Aquacise

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

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

- | | | |
|------------|---------------------------------|----------------------|
| 136 | Mondays & Wednesdays | Sep 6-Oct 4 |
| | Fee: \$54 | 9:00-9:45 |
| 137 | Mondays & Wednesdays | Oct 9-Nov 8 |
| | Fee: \$60 | 9:00-9:45 |
| 138 | Mondays & Wednesdays | Nov 13-Dec 13 |
| | Fee: \$48 | 9:00-9:45 |

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.

139 Guided King William Kayaking Tour

Join us on this beautiful and fun, 2-mile guided kayaking tour through the historic King William District. Participants may get wet so please wear clothing and shoes that you won't mind getting wet. Bring a water bottle and a hat. This tour will be meeting and parking at the San Antonio River Authority at 100 E. Gunther Street. **There are no public bathrooms at this location so please make plans accordingly.** Price includes use of kayak, paddle, and lifejacket.

Tuesday
Fee: \$42

Sep 12
10:00-11:00



140 Pickleball: Learn and Play!

Dr. Gilda Garcia

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

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

Tuesdays
Fee: \$30

Sep 26-Oct 3
10:00-11:30

141 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 two miles and can include steep/uneven terrain. Each walk is at a different park or trail. You'll receive a list of locations in your confirmation letter.

Fridays
Fee: \$30

Sep 8-Oct 13
9:00-10:00

142 Understanding Pain Relief Medications and the Internet

Over-the-counter pain medications, such as Tylenol, are convenient and in almost everyone's medicine cabinet. However, over-the-counter medications have some risks, especially if you have existing chronic health conditions or take prescription medications. Similarly, the internet is vast and has countless, convenient resources on this subject, but not all websites are reliable. This six-week program will teach you the basics of pain medications and how the internet can be used as a tool to improve your health. You will explore the following topics:

- Assessing existing or new pain and how to talk to a healthcare professional about it.
- The basics of the internet and how to evaluate reliable internet health resources.
- All about the common ingredient in many over-the-counter medications, acetaminophen, and how it can be used to treat pain and other conditions.
- How to read over-the-counter medication labels.
- How to store and dispose of medications safely.
- Various mobile health apps, wearable activity trackers and QR codes.
- Cybersecurity, scams, phishing and how to protect your information online.

Location: Oasis at The Meadows

Mondays
Fee: \$6

Oct 30-Dec 11
1:00-2:30

143 What is a Dietitian and How to Find One

Lisa Bombela-Comuzzie, RD, LD, CPRS

Dietitians work in numerous medical and wellness fields, and are reliable nutrition experts. Learn what a dietitian is, what fields they typically practice in and how to find one to meet your individual needs.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Sep 5
10:00-11:30

144 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

Thursdays
Free

Sep 7-Nov 9
1:00-2:30



145 ThriveWell Cancer Foundation

*Erin Ercoline, Executive Director
of ThriveWell Cancer Foundation*

Receiving a cancer diagnosis is overwhelming and can be physically, emotionally, and financially challenging. Join the Executive Director of ThriveWell Cancer Foundation and learn more about community resources that are available to patients and caregivers in San Antonio and the surrounding areas.

Location: Oasis at The Meadows

Wednesday
Free

Sep 6
1:00-2:00

146 Living a Healthy Life with Chronic Conditions

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

Location: Oasis at The Meadows

Mondays
Free

Oct 2-Nov 6
10:00-12:30

147 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

Wednesdays
Free

Oct 4-Nov 29
1:00-3:00

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

148 What is a Geriatrician?

Becky Powers, MD

Have you or a loved one had problems with memory, falls, frailty, too many medications, or other age related medical issues? Have you ever wondered if there are doctors out there who are experts in these conditions? Geriatricians are internal medicine/family medicine trained doctors who have specialty training in treating common age related conditions in older adults. This session will be facilitated by a doctor who is Board Certified in Geriatric Medicine. It will cover what patients need to know about this medical specialty as well as how geriatricians can help you and your loved ones maximize your health and independence.

Location: Oasis at The Meadows

Friday

Fee: \$7

Sep 8

10:00-11:30

149 Substance Abuse Across the Lifespan

Adrienne Lindsey, MA, DBH

The COVID-19 pandemic has resulted in increased substance use, particularly alcohol use, and substance-related deaths, such as fentanyl overdoses. This class will cover what constitutes healthy or low risk substance use for you or your loved ones, how much is too much, and ways to self-screen or help others.

Location: Oasis at The Meadows

Tuesday

Fee: \$5

Sep 12

10:00-11:30



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

Using Your Mind to Change Your Brain

Fred Chavez

The ability of the neural network of the brain to change through growth and reorganization of neurons is known as neuroplasticity or brain plasticity. If we can change our brains, we can change our life. Using simple to learn practices and methods, this experimental class is about turning fleeting, beneficial experiences into lasting inner resources and strengths. Inner resources may include resilience, patience, generosity, confidence, emotional balance, mindfulness, feeling cared about, compassion and others. By learning to activate certain mental states and then installing them into your brain, you may rewire your brain to function in a more positive and beneficial way. This class is taught in two parts, with Part 2 picking up where Part 1 leaves off. There is no review in Part 2.

Location: Oasis at The Meadows

150 Part 1

Tuesdays

Fee: \$49

Sep 5-Oct 17

12:30-1:30

151 Part 2

Tuesdays

Fee: \$49

Oct 24-Dec 12

12:30-1:30

152 Depression and Aging

Anjuli Vasquez, MD

According to the American Physiological Association, there is evidence that some natural changes associated with aging may increase a person's risk of experiencing depression. Researchers also suspect that there may be a link between the onset of late-life depression and Alzheimer's disease. Learn more about aging and depression.

Location: Oasis at The Meadows

Thursday

Fee: \$7

Sep 14

10:00-11:30

153 Spirituality for Our Wisdom Years

Maggie Meigs, Ph.D.

Prison or sanctuary? Those who have not ripened in years and attained a mature spirituality and healthy mindset will view this time of aging as an "over the hill" experience. Those of us who are living into the autumn and winter of life with grace, compassion, and a commitment to embrace the gifts of this season, can experience it as a time to discover the holiness in ordinary life. Using information from a variety of spiritual traditions, meditation and poetry, we will explore the richness and freedom that is only possible at this stage of life. In this four-part interactive seminar, we will have a taste of the good news of aging as we examine four themes:

- Moving into the experience of aging: how does a mature spirituality invite me to live in ways that were not possible earlier in life?
- Letting go of beliefs, wounds and old ways of being that have outlived their usefulness, with grace and gratitude.
- What will I discover when I face the fact of my mortality?
- How can I bless those I leave behind? What does it mean to be a wise elder instead of just an old person?

Come join us as we discover the graces of aging together!

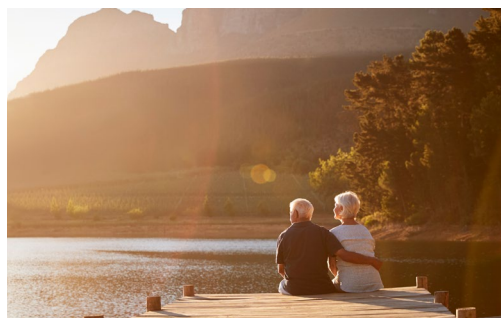
Location: Oasis at The Meadows

Mondays

Fee: \$24

Sep 11-Oct 2

1:00-2:30



154 Social Isolation: The Lonely Disease

Kelley Gallant

A recent Surgeon General's Report released in mid-2023 stated that loneliness has risen to 'epidemic' proportions, especially since COVID. Humans are hardwired to interact with others. The bad news is the lack of social contacts and having few people to interact with regularly can cause lasting physical and mental health risks. The good news is there are changes you can make in your everyday life to avoid social isolation. This class will discuss social isolation and what you can do to help alleviate the health risks, and enjoy the benefits of socialization.

Location: Oasis at The Meadows

Monday

Free

Sep 18

10:00-11:00

155 Understanding Alzheimer's and Dementia

Alzheimer's Association

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

Location: Oasis at The Meadows

Wednesday

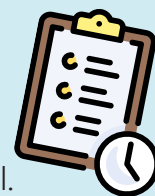
Free

Sep 20

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.



156 The Art of Communication with Adult Children

Yvonne Lozano, Ph.D., LMFT

Differences in communication styles are a root cause of tension. Communications from adult children can turn into dictation rather than a healthy style of discussing and problem-solving. This class will provide practical tips for finding the right balance between exercising understanding and patience in communications with loved ones.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Sep 19
1:00-2:30

157 What You Need to Know About Dementia

Tina Smith, Caregiver SOS

Do you sometimes feel that your best efforts make things worse when trying to get results from your loved one who has dementia? This session will discuss techniques that can be used to avoid some of the triggers that may cause unwanted behaviors and ease the frustration and anger that sometimes result from these interactions.

Location: Oasis at The Meadows

Thursday
Free

Sep 21
10:00-11:30

158 Living with Arthritis

Craig Stimson

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.

Location: Oasis at The Meadows

Monday
Fee: \$5

Sep 25
1:00-2:30



159 Curb Your Sweet Tooth

Hope Martinez, MDS

Are sugary foods always calling your name? Craving sweets is natural and may increase as we age. Proper management of cravings is essential to maintain a healthy weight and prevent or manage chronic diseases. Healthy eating ensures the body gets all the nutrients it needs to promote healthy aging. We will discuss how medication use, unbalanced diets, and lack of sleep can drive cravings while learning tips and strategies to manage them.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Sep 26
6:00- 7:30



160 Mindfulness and Meditation for Midlife and Beyond

Pat Whitty

Research has shown that people who practice mindfulness and meditation are happier and report less anxiety, symptoms of depression, anger and worries. This program is designed to walk you through everything you need to fully understand mindfulness and meditation to experience the profound effects it can have on your life. We will take a deep dive into the specific elements of mindfulness and meditation, discuss information and practices integrated with research, and explore the practices that will help weave meditation and mindfulness into your daily routine.

Location: Oasis at The Meadows

Thursdays
Fee: \$30

Sep 28-Nov 2
10:00-12:00

161 Eating the Rainbow

Carol White

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

Location: Oasis at The Meadows

Monday
Fee: \$5

Oct 9
1:00-2:30

162 Living Well with Dementia: Tips and Skills for Family and Caregivers

Neela Patel, MD, MPH, CMD, FAAFP

"Living Well with Dementia," is a presentation developed by Dr. Neela K. Patel, as a model of care for older adults with Alzheimer's and dementia and their caregivers. The objectives will guide you through things you can do to care for persons with dementia, as well as specific changes you can make at each stage of the disease. Lastly, you will find that you can still live a meaningful life and pursue what matters most when you align care with each adult's specific health outcome goals and care preferences.

Location: Oasis at The Meadows

Friday **Oct 6**
Free **9:30-11:00**

163 Advancing the Science: The Latest in Alzheimer's and Dementia Research

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

164 Dealing with Difficult People

Russell Gainer, LCSW, GainWel

Difficult people can be those you work with, eat with, depend on or live with. Understanding these people and situations makes dealing with them less frustrating. Join us as we explore the WHY'S of difficult people.

Location: Oasis at The Meadows

Thursday **Oct 12**
Fee: \$7 **10:00-11:30**

165 A Deep Dive into the World of CBD

*UT Health,
Know Your Medicine*



Cannabidiol (CBD) is a compound found in marijuana. In this class, led by UT Austin College of Pharmacy students, learn about CBD and its uses. We will compare it to tetrahydrocannabinol (THC) as well as discuss its benefits and drawbacks. The students will also discuss some potential interactions between CBD and commonly used medications along with possible sources of CBD. Through this class, members can expect to learn how to use CBD responsibly.

Location: Oasis at The Meadows

Tuesday **Oct 10**
Fee: \$7 **6:00-7:30** 🌙

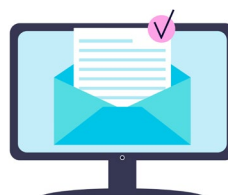
166 Dairy Foods: Calcium and Vitamin D Superstars

Gretchen Hill

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

Location: Oasis at The Meadows

Wednesday **Oct 11**
Fee: \$5 **1:00-2:30**



Make sure you read our weekly e-blasts to receive up-to-date information on classes and other news!

167 Build Better Bones

Angela Martin, PT, DPT

In honor of World Osteoporosis Day on October 20th, join this presentation to learn all about osteoporosis. Did you know that osteoporosis is not a normal part of aging? Learn the basics behind osteoporosis and osteopenia as well as some exercise strategies to address a decline in bone density. The goal of this class is to empower people to take an active role in their bone health.

Location: Oasis at The Meadows

Monday

Fee: \$7

Oct 16

1:00-2:30

168 Sleep Disorders in Older Adults

Brande Harris, DO

What are common sleep problems in older adults, and how much sleep should we be getting? Learn more about the importance of maintaining proper sleep hygiene.

Location: Oasis at The Meadows

Monday

Fee: \$7

Oct 23

1:00-2:30



169 Exercise for Older Adults: Tips for Getting Started

Jaime Acosta, COTA, Morningside Rise

This class provides information and ideas for older adults who want to start exercising or improve their current exercise routine. The goal of this class is to help older adults understand the benefits of regular physical activity and provide practical tips and ideas for getting started. You will learn about the various benefits of exercise for older adults, such as improved cardiovascular health, stronger bones and muscles, and better mental health. You will also learn about the different types of exercise that are suitable for older adults, such as low-impact aerobic activities, strength training, and flexibility exercises.

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Oct 25

10:00-11:30

170 Nutrition for Thyroid Health

Lisa Bombela-Comuzzie, RD, LD, CPRS

Optimal foods for thyroid health depend on whether you have a condition that impairs your thyroid function. There are certain foods that may trigger the immune system and cause inflammation. Learn about which foods to eat and avoid to maintain thyroid health.

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Oct 24

10:00-11:30

171 Stress and Your Health

Chelsea Carriker, MPH, CHES

Stress is everywhere - it is a necessary part of life but excessive and chronic stress can lead to the development of numerous chronic conditions. Recent research has begun to explore the connection between the stress we experience in our lives and adverse effects on our health. Join us in this two-part series that explores the relationship between chronic stress and our health. In the first part, we will take a deep dive into defining what stress is, how our bodies respond to it physiologically, and what are the consequences of unmanaged chronic stress. The second part will discuss in detail practical strategies proven by research for reducing and managing stress in our lives. While we can't escape stress completely, there are ways to manage it and live a happy and fulfilled life.

Location: Oasis at The Meadows

Fridays

Fee: \$12

Nov 3-10

10:00-11:30

172 Cooking with Canned Foods

UTSA Dietetic Intern

Canned foods are an easy and affordable way to enjoy the foods we love. Join us in this educational lecture and cooking demonstration to learn how we can incorporate canned foods into your diet through tips and tasty recipes.

Location: Oasis at The Meadows

Thursday

Fee: \$7

Nov 16

10:00-11:30

173 Hoarding Disorder: Let's Not Call It Hoarders

Helen Flores

In this presentation, we will take a mental health focus on reviewing the four definitions of a hoarding disorder, what types of professions typically are seen to have hoarding tendencies, how to obtain a diagnosis, and how can we help resolve or be a part of the solution for healthier living.

Location: Oasis at The Meadows

Monday

Nov 13

Fee: \$7

10:00-11:30

174 Keys to Overcoming Negative Thoughts

Yvonne Lozano, Ph.D., LMFT

Every single moment of every single day, you're choosing who you want to be. This seminar will provide practical tips to be more thoughtful about the choices we're making and the impact of those choices.

Location: Oasis at The Meadows

Tuesday

Nov 14

Fee: \$7

1:00-2:30

175 When Less is More: Getting the Most from Your Meds

Craig Stimson

In this class, we will understand the physiologic changes that occur with aging and how they affect your body's response to medications, discuss common issues in older adults that are barriers to successful medication management, and learn when and how to discuss reducing and stopping high risk, low reward medications.

Location: Oasis at The Meadows

Tuesday

Nov 14

Fee: \$7

6:00-7:30



176 Introduction to the Enneagram

Pat Whitty

The Enneagram tells us about the relationship between our personality and our essence, or spirit. This workshop will help us see through the veils of our personality structures to have a more direct experience of our essence, our true spiritual nature. We will look at the personality types as nine distinct aspects of human nature that can be found in all of us regardless of our type. We will see how these different parts of ourselves manifest personally in our lives, and how, rightly understood, they can lead us to deeper inner resources and lasting joy.

Location: Oasis at The Meadows

Monday

Nov 27

Fee: \$7

10:00-11:30

177 The Truth about Cooking Oils

UTSA Dietetic Intern

There are so many different cooking oils out there - olive oil, canola, peanut, and avocado, just to name a few. But which one is the "healthiest?" Are all oils created equal? In this class, you will learn all about the different types of cooking oils, their best uses, and what the leading research is saying about the nutritional benefits or drawbacks of these oils in your diet.

Location: Oasis at The Meadows

Tuesday

Nov 28

Fee: \$7

1:00-2:30

**PLEASE LET US
KNOW...**

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

178 CPR Training

CPR saves lives. This free CPR course will provide an opportunity for you to practice CPR hands-on, choking training as well as how to use an AED. This is not a certification course. This training is provided by the Miss Tristan Foundation.

Location: Oasis at The Meadows

Tuesday
Free

Nov 28
1:00-3:30

179 At The End of My Rope: Warning Signs for Caregiver Burnout

Tina Smith, Caregiver SOS

Sometimes caring for an older loved one can be stressful. Do you know the difference between stress and burnout? In this session, the causes, outcomes, and warning signs of caregiver burnout and what you can do to prevent it will be discussed. You will learn about the “Three R Approach” (Recognize, Reverse, and Resilience) and hear how others have experienced and handled burnout.

Location: Oasis at The Meadows

Tuesday
Free

Nov 28
6:00-7:30 🌙

180 Healthy Living for the Brain and Body

Alzheimer's Association

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

Location: Oasis at The Meadows

Tuesday
Free

Dec 5
6:00-7:30 🌙

181 Acupuncture and Acupressure for Lower Back Pain

Joeming Dunn, MD

If you have experienced lower back pain, you are not alone. About 80% of us experience some sort of low back pain at some point in our lifetime. More than 25% of adults reported having some low back pain during the past three months. While we will not be delving into the cause of low back pain, this class will look at the lower back and discuss acupuncture as a treatment option. We will also show some common acupressure points that can be used to help combat low back pain.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Nov 29
1:00-2:30



182 Screen Time and the Brain

Chelsea Carriker, MPH, CHES

Many of us and our loved ones spend a lot of time in front of screens - whether that's hand-held devices like phones or larger devices such as TVs or computers. While these advancements have led to great achievements, our brains have not evolved quick enough to mitigate the effects of screen time. Screen time has become a heavily investigated area of health research and early findings suggest that excessive screen time can interfere with brain development in children and lead to mood changes, and sleeping problems. In this class, we will learn how screen time affects the brain, learn how much is too much screen time, and how we can minimize our screen time to promote better health and much more.

Location: Oasis at The Meadows

Monday
Fee: \$7

Dec 4
10:00-11:30

183 Eating for Bone Health

UTSA Dietetic Intern

Osteoporosis is a condition where the bones become porous and brittle and affects many older adults. One way that we can support our bone health is through our diet. In this class, you will learn what nutrients are important in maintaining bone health and how we can eat to support our physical health.

Location: Oasis at The Meadows

Wednesday

Dec 6

Fee: \$7

1:00-2:30

184 A Healthier You - Boosting the Immune System

Ginny Brown, LCHW

Our immune systems are complex and are influenced by many factors. While vaccines build immunity against specific diseases, there are numerous ways you can begin to naturally strengthen and boost your immune system. In this class, we will discuss nutritional strategies for eating a healthy diet, discuss ways to reduce stress and touch on physical activity. With cold and flu season in our midst, protecting your immune system helps ensure a healthier YOU!

Location: Oasis at The Meadows

Thursday

Dec 7

Fee: \$7

10:00-11:30

185 Exploring the Aging Process

Lisa Kilpela, PhD

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

Location: Oasis at The Meadows

Monday

Dec 11

Fee: \$7

10:00-11:30

186 Low Vision Technology

Rene Perez, M.Ed, COMS, CFPS

Did you know there are many adaptive, technological devices designed to help those who are blind or have low vision? Join us in this class to learn about the latest and best pieces of technology to improve the quality of life for those who are blind or have low vision.

Location: Oasis at The Meadows

Thursday

Dec 14

Fee: \$5

1:00-2:30



We Need Your Help!

Silver Connect is looking for volunteers for our program. Would you like to be the support for someone who may be lonely, or just wants to share their day? After one day of training, this volunteer opportunity is from the comfort and safety of your own home. We would love to hear from you, please call **(210)236-5954** to find out the next **Silver Connect** volunteer training.

Sponsored by:



These classes are sponsored and taught by:



187 Understanding Medicare

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.

Location: Oasis at The Meadows

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

188 Breast Cancer Awareness

Did you know that October is Breast Cancer Awareness month? Breast Cancer is a commonly diagnosed cancer and the second leading cause of cancer related death among U.S. women. In this class, you will learn the risk factors, warning signs, screening guidelines and treatment options for breast cancer.

Location: Oasis at The Meadows

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

189 Diabetes and You

Diabetes affects 1 in 4 people over the age of 65. People with diabetes are at risk for other serious, and sometimes deadly health issues and diseases. Learn more about diabetes and how you can survive and thrive with this condition.

Location: Oasis at The Meadows

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

190 Skin Cancer

The risk for skin cancer rises as we age and other factors can also increase your risk. One in five Americans will develop skin cancer by the age 70. In this class, you will learn about how to detect early signs, as well as prevention of skin cancer.

Location: Oasis at The Meadows

Thursday **Dec 14**
Free **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).



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191 Resources for the End-of-Life: Series Kick Off

Charlie Gerdes, Family Tree In-Home Care

Planning for the end of life can be confusing and stressful. Join us for this discussion on the different resources that are available to help ease the end-of-life planning process.

Location: Oasis at The Meadows

Tuesday
Free

Sep 5
1:00-2:30

192 Hospice and Palliative Care

Compassus

Do you know the difference between hospice and palliative care? Both types of care can be helpful to you or a loved one and knowing the difference can help you or a loved one make an informed decision about what type of care is best. Join us for this discussion on the differences and how they can be helpful.

Location: Oasis at The Meadows

Tuesday
Free

Oct 10
10:00-11:30

193 End-of-Life Planning with Your Family

Maria Wellisch, RN, LNFA, BBA

Communicating with our family can be challenging in everyday life, but communicating the important aspects of end-of-life can be even harder. Successful communication with family in this process can make it easier. Join us to learn tips and strategies for the best ways to discuss your end of life wishes to your family.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Nov 29
10:00-11:30

194 Getting Your Financial Affairs in Order

Jake Yetterberg, CSA

In this class we will learn about:

- Deciding between a will or a trust - how the legal documents affect everything else.
- Understanding and implementing powers of attorney.
- Proper beneficiary planning: Avoid misunderstandings and planning mistakes later by knowing the facts now.
- Proper tax planning: Controlling the future in the present.
- Survivor income planning: Don't wait to have a plan.
- Asset management strategies that enhance all other elements of estate planning and take advantage of current trends.
- Proper charitable giving strategies: Benefit both your charities and your heirs.
- Leaving the right person (people) in charge of your estate.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Nov 2
1:00-2:30

195 Getting Your Legal Affairs in Order

Brennen Boze, Attorney at Law

Being prepared and having important documents in a single place can give you peace of mind, help ensure your wishes are honored, and ease the burden on your loved ones. We will discuss what documents you should make sure to have in place.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Dec 12
1:00-2:30

196 Fall is for Planting Texas Superstars®!

Lynn Cox, Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Tuesday Sep 5
Fee: \$7 1:00-2:30

197 Harper Lee's To Kill a Mockingbird

Judith Hurst, MA

Lecture/discussion will focus on this coming of age novel which grapples with gender concerns, as well as questions such as courage, cowardice, tolerance, compassion, conscience, societal expectations and the issue of prejudice weaving through the fabric of society-establishing Atticus Finch as a moral compass for future generations.

Location: Oasis at The Meadows

Thursday Sep 7
Fee: \$7 10:00-11:30

198 The History of Mariachi Music

Gino Rivera, Guadalupe Cultural Arts Center

Mariachi music is a dynamic genre that dates back to the nineteenth century, and originated in west-central Mexico in the late 1700s or early 1800s. Come learn more about its origins and how it has developed over time.

Location: Oasis at The Meadows

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



199 Hollywood Movie Studios

Beverly Prado

Film studios are production and distribution companies that release a substantial number of films annually and command a significant share of box office revenue. During the Golden Age of Hollywood, mainly in the 1930s-40s, The Big Eight were MGM, Universal, Paramount, Warner Bros, Columbia, RKO, 20th Century Fox, and United Artists. As times changed, business mergers began to be common. How did the 'studio system' in Hollywood emerge? How has it changed over the years? What does the film industry look like today? Join us to explore these questions.

Location: Oasis at The Meadows

Tuesday Sep 12
Fee: \$7 6:00-7:30 🌙

200 Paper Arts

Gaylynn Robinson

For the love of paper - paint it, stencil it, roll it, fold it, twist it, collage it, stain it, print it, weave it...and that's just the beginning of making a paper art construction! This class helps us think of art and design in new ways using papers prepared in class to construct a finished piece suitable for hanging. Supply list will be provided. Approximate cost of supplies is \$25.



Location: Oasis at The Meadows

Wednesdays Sep 13-Oct 4
Fee: \$32 1:00-3:00

201 Introduction to Improv

Craig Stimson

Hey fellow actors and actresses! Here's another chance to try out your theatrical improvisation skills and have fun in the process. You will be both the actors and the audience in this continuing series of theatrical merriments.

Location: Oasis at The Meadows

Tuesday Sep 19
Fee: \$7 6:00-7:30 🌙

202 More Marvelous Murals

Bruce Martin, Certified Professional Tour Guide

This is another delightful slideshow highlighting San Antonio's incredible murals. We will see murals from all corners of town, grand murals and modest murals, obvious murals and hidden murals. The richness of our unique community is expressed via its murals. Join professional tour guide and "urban archeologist," Bruce Martin as he reveals more murals.

Location: Oasis at The Meadows

Thursday
Fee: \$10

Sep 14
10:00-11:30

203 Detective Novels

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

Detective fiction has been one of the most popular literary forms since its origins in the 19th century in Edgar Allen Poe's short stories featuring C. Auguste Dupin. Arthur Conan Doyle's Sherlock Holmes stories took the genre to even greater popularity. This course examines the history of the detective story, looking at key authors, characters, and sub-genres such as police procedurals, the hard-boiled detective, historical stories, and cozies. We will also discuss why the genre has remained so popular.

Location: Oasis at The Meadows

Friday
Fee: \$7

Sep 15
10:00-11:30

204 Charcoal Drawing

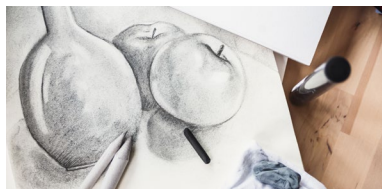
Molly Valdez

Drawing with charcoal produces beautiful shades and dramatic lights. Come to this two-session class to learn the basics of charcoal drawing. No previous art experience is necessary. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Mondays
Fee: \$16

Sep 25-Oct 2
10:00-12:00



205 Urban Geology

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

When most people think about geology, they picture remote areas, mountains, and rugged terrain, and this kind of scenery is what attracts many to the geosciences. But because the term geology means "the study of the Earth," geological features and resources are around us all the time, even in the heart of the largest city. Geologic features have influenced the location, layout and planning of cities, the structural requirements for buildings, and access to key resources such as water. Geologic materials provide the literal building blocks for cities, and the local geology can have a significant effect on architectural design that gives each city its own unique personality. And geologic processes like earthquakes, volcanoes, and flooding can have devastating effects on cities that last for decades. In this class, we will discuss the ways that geology has continued to shape some of the world's major cities, including our own hometown of San Antonio.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Sep 19
10:00-11:30

206 Writers Group

Gloria Jennings, Published Author

Attention writers and would be writers. Would you like to hone your skills and improve overall as a writer? Join the Oasis Writers Group. Guest speakers/writers will be invited to each meeting. Also, you will receive writing tips and valuable information to write your best story. The Oasis Writers Group will provide a friendly and supportive environment for writers to meet with their peers for feedback and discussion, using prompts and writing exercises.

Location: Oasis at The Meadows

Tuesdays
Fee: \$5

Sep 19, Oct 17, Nov 14, Dec 12
10:00-11:30

207 Structures: Four Centuries of Architecture in Downtown San Antonio

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

Which downtown skyscraper sports a French mansard chateausque roof? What building lost its Victorian top and never found it? What was Joske's hiding behind their modern fiber glass screens on Commerce Street? Relax and enjoy a rich visual presentation by Bill Perryman featuring many known and less known structures in downtown San Antonio and the architectural features and styles that make them unique. Historic and modern-day photo comparisons enhance this seminar. Prepare to view downtown San Antonio from a new perspective!

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Sep 26
10:00-11:30

208 History of the Chandler House

Shawn Gillen

The Chandler Estate's Legacy House sits in the original Victorian home of Mr. and Mrs. E. B. Chandler, built in 1887. According to the book, *San Antonio's Monte Vista*, the Chandler Estate's Legacy House "can truthfully be called one of the show places of Texas." One of the many unique features of the Legacy House is the detailed wood carvings found throughout the entire mansion, hand-made by Mrs. Chandler herself. Come learn more about the history of this beautiful house built during San Antonio's "Gilded Age."

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Oct 3
10:00-11:30



209 Basic Acrylics on Canvas

Georgia Stok

Acrylics on canvas is an exciting way to explore the "look" of an oil painting. We will cover all the basics of brush handling and color mixing. Subjects will be varied to include landscape, seascape and still life. Open to all levels of experience (or none). Drawing not required. Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Tuesdays
Fee: \$48

Sep 26-Oct 31
1:00-3:00



210 Uppity Women of Medieval Times

Judith Hurst, MA

We talk about King Arthur, the Holy Grail, Knights Templar, and the Crusades, but what were medieval women doing while medieval men strutted and swaggered around the countryside? Let's discuss *Uppity Women of Medieval Times* - a compilation of anecdotes by Vicki Leon describing Catalina de Erauso, cross dresser; Chiyome, rent-a-ninja; Zubayda, Arab queen with a Martha Stewart touch, and others.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Oct 3
10:00-11:30

211 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
Fee: \$7

Oct 3
6:00-7:30



212 Cosmic Crossroads

The Witte Museum

San Antonio is in the path of two solar eclipses this year, but what is an eclipse? This interactive workshop explores the different types of eclipses, the motion of objects in space, light and shadow, and how to safely experience the wonders of the sun.

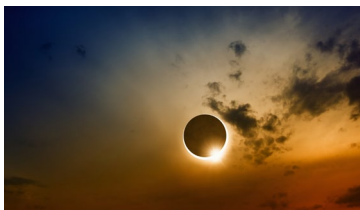
Location: Oasis at The Meadows

Wednesday

Fee: \$8

Sep 27

1:00-2:30



213 Movie Discussion: The Wizard of Oz vs. The Wiz

Lynn Waghalter

With the popularity of the story, it's no surprise that the 1939 MGM movie-musical *The Wizard of Oz*, has received several major dramatized adaptations. One of the most prominent was the 1975 "super soul musical," *The Wiz*. The first week we will watch *The Wizard of Oz*. The second week we will watch *The Wiz*, and discuss the differences and similarities of both movies. Refreshments will be served.

Location: Oasis at The Meadows

Tuesdays

Fee: \$8

Oct 3-10

3:30-6:00

214 Conversational German

Laurie Clark

For those of you who want to brush up on your conversational German, or are planning an upcoming trip to Germany, this informal German class is for you. We will be covering basic vocabulary needed for the airport, eating out, transportation, numbers, etc.

Location: Oasis at The Meadows

Fridays

Fee: \$20

Oct 13-Nov 3

10:00-11:30

215 Colored Pencils

Molly Valdez

If you like colored pencil art or mandalas, this is a great two-session class for you! The Prismacolor pencil brand uses a very blendable wax in their pencils which allows fabulous blendable color possibilities. Come to this class to learn the simple technique of color blending with Prismacolor. No previous art experience necessary. Supply list will be provided. Approximate cost of supplies is \$30. (Cost varies with your choice of the pencil set.)

Location: Oasis at The Meadows

Mondays

Fee: \$16

Oct 9-16

10:00-12:00



216 Another Postcard Adventure

Bruce Martin,

Certified Professional Tour Guide

Join postcard collector, Bruce Martin, and be delighted as you learn of this hidden world. Are old postcards valuable? Where can I find them? What is the history of postcards? Why would anyone collect postcards? All these questions will be answered during this entertaining presentation, which will also share dozens of beautiful, historic, weird, odd and unusual postcards.

Location: Oasis at The Meadows

Wednesday

Fee: \$10

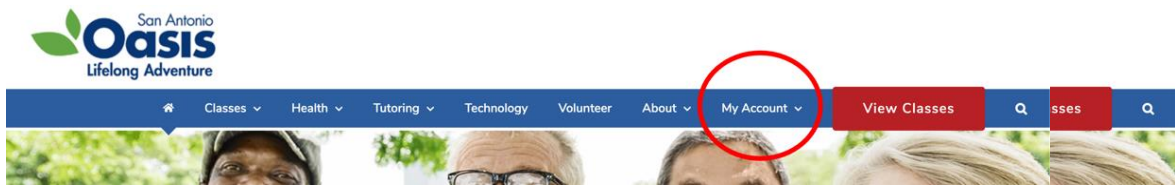
Oct 11

10:00-11:30

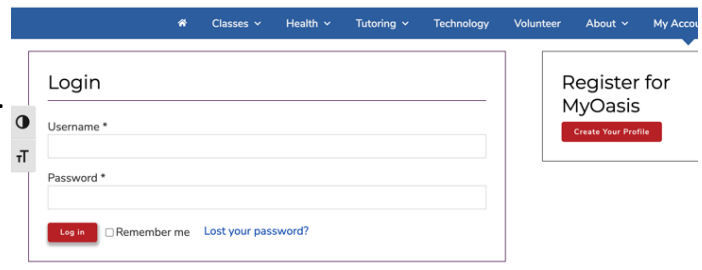


Registering for Classes Online

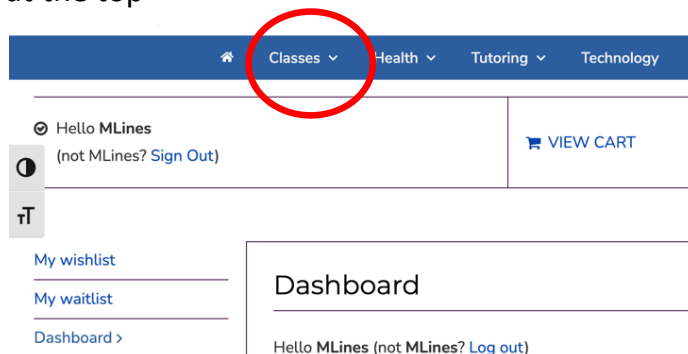
1) Visit: <https://san-antonio.oasisnet.org/> and at the top of the page – click on “My Account”.



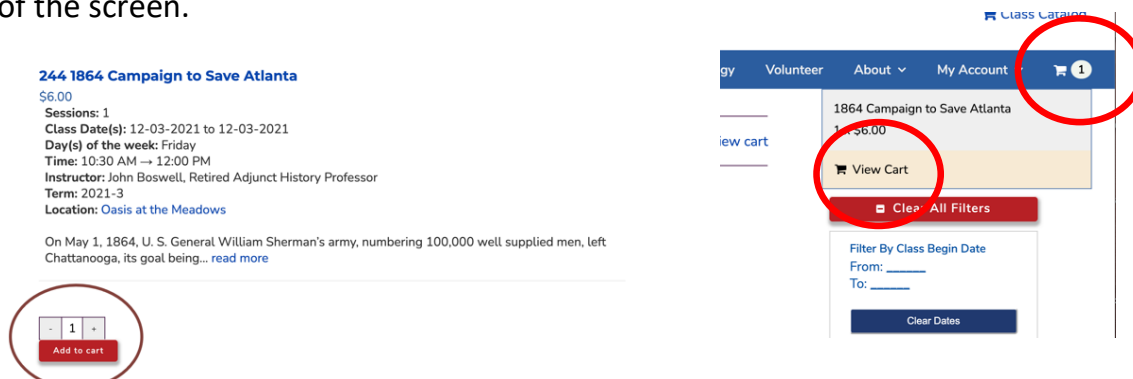
2) Login with your username and password or Register for MyOasis. *If you are unsure of your username, give Oasis a call at 210-236-5954.



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



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



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

Registration Procedures

See Refund
Policy on
Page 4

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

- **Walk-In and Mail-In - Registrations Processed August 23, 2023**
Registrations are placed in a box and randomly drawn and processed.
- **Online - Registration Opens August 23, 2023 at 9:00am**
- **Phone-In - Registration Opens August 28, 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. **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	Free			
	108	Texercise	Free			
	109	Tai Chi	\$32			
	110	Tai Chi	\$40			
	111	Tai Chi	\$32			
	112	Chair Yoga	\$28			
	113	Chair Yoga	\$35			
	114	Chair Yoga	\$28			
	115	Tai Chi for Arthritis	Free			
	116	Tai Chi for Arthritis	Free			
	117	Stretch and Restore	\$28			
	118	Stretch and Restore	\$35			
	119	Stretch and Restore	\$28			
	120	Qigong	\$48			
	121	Qigong	\$56			
	122	Yin Yoga and Yoga Nidra	\$48			
	123	Yin Yoga and Yoga Nidra	\$56			
	124	Functional Fitness	\$30			
	125	Functional Fitness	\$30			
	126	Functional Fitness	\$24			
	127	Mat Pilates	\$35			
	128	Mat Pilates	\$35			
	129	Mat Pilates	\$28			
	130	Beginner Ballet	\$30			
	131	Beginner Ballet	\$30			
	132	Balance for Daily Life	\$36			
	133	Balance for Daily Life	\$36			
	134	Seated Strength Training	\$36			
	135	Seated Strength Training	\$36			
	136	Deep Water Aquacise	\$54			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	137	Deep Water Aquacise	\$60			
	138	Deep Water Aquacise	\$48			
	139	King William Kayaking Tour	\$42			
	140	Pickleball - Learn and Play!	\$30			
	141	Walking Group	\$30			
	142	Pain Meds and the Internet	\$6			
	143	What is a Dietitian	\$7			
	144	Aging Mastery Program	Free			
	145	ThriveWell Cancer Foundation	Free			
	146	Living with Chronic Conditions	Free			
	147	A Matter of Balance	Free			
	148	What is a Geriatrician?	\$7			
	149	Substance Abuse	\$5			
	150	Using Your Mind Part 1	\$49			
	151	Using Your Mind Part 2	\$49			
	152	Depression and Aging	\$7			
	153	Spirituality/Wisdom Years	\$24			
	154	Social Isolation	Free			
	155	Alzheimer's and Dementia	Free			
	156	Communication w/Children	\$7			
	157	Know About Dementia	Free			
	158	Living with Arthritis	\$5			
	159	Curb Your Sweet Tooth	\$7			
	160	Mindfulness and Meditation	\$30			
	161	Eating the Rainbow	\$5			
	162	Living Well with Dementia	Free			
	163	Alzheimer's Research	Free			
	164	Dealing with Difficult People	\$7			
	165	World of CBD	\$7			
	166	Dairy Foods	\$5			
	167	Build Better Bones	\$7			
	168	Sleep Disorders	\$7			
	169	Exercise for Older Adults	\$7			
	170	Nutrition for Thyroid Health	\$7			
	171	Stress and Your Health	\$12			
	172	Cooking with Canned Foods	\$7			
	173	Hoarding Disorder	\$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#
	174	Negative Thoughts	\$7			
	175	When Less is More	\$7			
	176	Introduction to Enneagram	\$7			
	177	Truth about Cooking Oils	\$7			
	178	CPR Training	Free			
	179	Caregiver Burnout	Free			
	180	Healthy Living/Brain and Body	Free			
	181	Acupuncture and Acupressure	\$7			
	182	Screen Time and the Brain	\$7			
	183	Eating for Bone Health	\$7			
	184	Boosting the Immune System	\$7			
	185	Exploring the Aging Process	\$7			
	186	Low Vision Technology	\$5			
	187	Understanding Medicare	Free			
	188	Breast Cancer Awareness	Free			
	189	Diabetes and You	Free			
	190	Skin Cancer	Free			
	191	End-of-Life Series Kick Off	Free			
	192	Hospice and Palliative Care	Free			
	193	EOL Planning with Your Family	\$5			
	194	Financial Affairs in Order	\$7			
	195	Legal Affairs in Order	\$7			
	196	Planting Texas Superstars	\$7			
	197	To Kill a Mockingbird	\$7			
	198	The History of Mariachi Music	\$7			
	199	Hollywood Movie Studios	\$7			
	200	Paper Arts	\$32			
	201	Introduction to Improv	\$7			
	202	More Marvelous Murals	\$10			
	203	Detective Novels	\$7			
	204	Charcoal Drawing	\$16			
	205	Urban Geology	\$7			
	206	Writers Group	\$5			
	207	Architecture in Downtown SA	\$11			
	208	History of the Chandler House	\$7			
	209	Basic Acrylics on Canvas	\$48			
	210	Women of Medieval Times	\$7			
	211	Growing Herbs	\$7			
	212	Cosmic Crossroads	\$8			
	213	The Wizard of Oz vs. The Wiz	\$8			
	214	Conversational German	\$20			
	215	Colored Pencils	\$16			
	216	Another Postcard Adventure	\$10			
	217	From Pagan to Patriarch	\$7			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	218	History of Halloween	\$7			
	219	Wine and Geology	\$7			
	220	Assemblage and Collage	\$32			
	221	Actors Lost Too Soon - Part 2	\$7			
	222	Memoir Writing	\$7			
	223	Innovative San Antonio	\$7			
	224	Fall Floral Arrangement	\$40			
	225	Male Dancers in Film	\$7			
	226	Female Dancers in Film	\$7			
	227	Texas Dinosaurs	\$8			
	228	Elements of Poetry	\$5			
	229	Easy Backyard Composting	\$7			
	230	Commonly Used Phrases	\$7			
	231	History of Hotel Emma	\$7			
	232	The Crusades	\$7			
	233	What they Wore/Biblical	\$7			
	234	Color Theory	\$7			
	235	George Washington	\$11			
	236	Wine Tasting: Holiday Wines	\$40			
	237	Amelia Earhart	\$7			
	238	Operas of Verdi and Puccini	\$7			
	239	The Literary Churchill	\$7			
	240	Holiday Cookie Decorating	\$40			
	241	Analyzing Film and Fiction	\$7			
	242	That Special Year in Film: 1939	\$7			
	243	Comedy Has No Age	\$7			
	244	San Antonio: Why I Love Her	\$10			
	245	The Elder Justice Initiative	\$5			
	246	Levels of Care in Senior Living	Free			
	247	Volunteering at Oasis	Free			
	248	Protecting Against Fraud	\$5			
	249	Iconic and Regional Parks	\$5			
	250	Crime Victims Compensation	Free			
	251	Judicial Decision-Making	\$7			
	252	Economic Recovery	\$7			
	253	Improve Play at Bridge	\$15			
	254	Drought-Resilient Landscaping	\$5			
	255	All About Silver Connect	Free			
	256	CPS Energy	Free			
	257	Decluttering	\$7			
	258	Transfer on Death Deeds	\$7			
	259	One Pill Can Kill	Free			
	260	Dress for Success San Antonio	Free			
	261	Bexar County Elections	\$5			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	262	Medicare Updates	Free			
	263	Getting Your Affairs in Order	Free			
	264	Ask the Director	Free			
	265	Sole Source to Diversity	Free			
	266	Understanding Stock Market	\$7			
	267	My Wishes, My Desires	\$7			
	268	Top Scams Against Seniors	\$5			
	269	Birds of South Texas	\$5			
	270	End of Year Tax Planning	\$7			
	271	City of SA Services	Free			
	272	Alternatives to Cable	\$11			
	273	Google Photos	\$13			
	274	How to Use Zoom	\$5			
	275	Beginner iPhone	\$22			
	276	Intermediate iPhone	\$22			
	277	Advanced iPhone	\$11			
	278	Intro to Mac Computers	\$40			
	279	Online Shopping	\$11			
	280	Cybersecurity	Free			
	281	Google Calendar	\$11			
	282	Apple Photos	\$11			
	283	Password Managers	\$13			
	284	Android Essentials	\$33			
	285	Smartphone Photography	\$13			
	286	Ten Fun Things iPad	\$11			
	287	Sign Up for Classes Online	Free			
	288	Sign Up for Classes Online	Free			
	289	Active Listening	Free			
	290	Your Relationship with Food	Free			
	291	The Classical Greek Legacy	Free			
	292	Dolly and Kenny	Free			
	293	Improving Your Memory	Free			
	294	Transportation Options	Free			
	295	Sun Safety	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	296	Community Resources	Free			
	297	Domestic Violence Awareness	Free			
	298	Fire Safety	Free			
	299	Feral Cat Coalition	Free			
	300	The BEERS List	Free			
	301	Adult Protective Services	Free			
	302	Community Resources	Free			
	303	Senior Bullying	Free			
	304	Aging in Place	Free			
	305	Social Isolation	Free			
	306	Ask ASC	Free			
	307	All About Cybercrime	Free			
	308	Funeral Consumer Alliance	Free			
	309	Fire Safety	Free			
	310	Who Decides When I Can't?	Free			
	311	Hydration for Older Adults	Free			
	312	Transportation Options	Free			
	313	Community Resources	Free			
	314	Who Decides when I Can't?	Free			
	315	Fall Prevention	Free			
	316	Holistic Health	Free			
	317	Community Resources	Free			
	318	Estate Planning	Free			
	319	Mitchell Lake Tour	\$29			
	320	Riverwalk Stroll Tour	\$29			
	321	Botanical Gardens Tour	\$35			
	322	Downtown Murals Tour	\$29			
	323	Vanishing River Cruise	\$79			
	324	Annie at the Majestic	\$160			
	325	Hill Country Holiday Lights	\$74			
	326	Cape Cod Preview Show	Free			
	327	Flu Shot Event	Free			
	809	Cape Cod and the Islands	\$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 _____

217 From Pagan to Patriarch: Abraham

Christina Howard, M.A., I.B. History

The history of this patriarch is still being unearthed, archaeologically speaking. In the Bible, he was the father of Isaac, who was father of Jacob, whose sons comprised the 12 tribes of Israel. He played an important role in three of the world's primary religions: Judaism, Christianity, and Islam. His life story included Abram's conquest over the Elamite King Chedorlaomer, a meeting with the mysterious Melchizedek, and the fiery fates of Sodom and Gomorrah. In a fast-paced PowerPoint presentation, we'll take a look at the myths and facts of this important character from the past.

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Oct 17

1:00-3:00

218 History of Halloween

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

This course will examine the history of Halloween traditions in the United States. We will begin by looking at the historical roots of the holiday from its Celtic origins and how it was adapted by medieval Christians. We will then examine how modern Americans adopted the holiday and the ways in which they modified and built upon the older traditions.



Location: Oasis at The Meadows

Wednesday

Fee: \$7

Oct 18

10:00-11:30

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

219 Wine and Geology

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

Our favorite wines may have distinctive characteristics, but each wine shares a common origin in the soil. The links between geology and soil, water, and climate make it tempting to look for a link between wine characteristics and the geology of each wine growing region. As one might expect, however, the things that can make a wine great are many, the interactions are complex, and the connections between geology, geochemistry, soil science and the wine in your glass are complicated and difficult to follow. In this class, we will explore the idea of "terroir" - the complex way that climate, soil, geology, and viticulture come together in the wine-making process. While drinks will not be served in class, you may come away with something to think about when you enjoy your next glass.

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Oct 17

10:00-11:30

220 Assemblage and Collage

Gaylynne Robinson

We will begin with collage and making colorful papers using paint, gelli plates, inks, metallics, and stencils to make collages. We'll add textures, scraps, threads, and found objects. The assemblage project takes pieces of metal, wood, ceramics, paper, or botanical materials to make an art piece that can be framed. Supply list will be provided. Approximate cost of supplies is \$25.



Location: Oasis at The Meadows

Wednesdays

Fee: \$32

Oct 18-Nov 8

1:00-3:00

221 Actors Lost Too Soon - Part 2

Beverly Prado

Quite a few film actors left us before the age of 50. This presentation explores where we left off in Part One. Fatty Arbuckle, Natalie Wood, Judy Garland, Montgomery Clift, Errol Flynn, Dorothy Dandridge, Jayne Mansfield, and John Belushi will be featured this time. What were the circumstances surrounding their deaths? Film clips and discussion will explore this question.

Location: Oasis at The Meadows

Tuesday	Oct 24
Fee: \$7	1:00-2:30

222 Memoir Writing

Gloria Jennings, Published Author

The best memoirs combine a number of elements to convey their story to the reader. Join us as we discuss, and put on paper the essential elements of memoir writing. Bring your life experiences as we explore a way of telling a story that proves a point, moves the readers, and stays true to reality.

Location: Oasis at The Meadows

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

223 Innovative San Antonio

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

From the first air-conditioned building in the world to the invention of the corn chip, San Antonio is a city of firsts. In this class, we'll learn how San Antonio has contributed to some of the world's newest inventions while tying these innovations to the history and culture of San Antonio, the state, and the nation.

Location: Oasis at The Meadows

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

224 Create a Fall Floral Arrangement



The Rose Boutique

With the bounty of fall foliage and the colors of autumn, you can put together beautiful, colorful arrangements you can't make any other time of year. Come learn tips and tricks and create a beautiful arrangement that you can take home. All supplies are included.

Location: Oasis at The Meadows

Monday	Oct 30
Fee: \$40	1:00-2:30

225 Male Dancers in Film

Beverly Prado

The first two names that come to mind when examining the great 'hoofers' in Hollywood are probably Fred Astaire and Gene Kelly. Hollywood's early dancers might be men you wouldn't expect. James Cagney? George Raft? Yes, they began as dancers in film. Others like Donald O'Connor, Bobby Van, Jose Greco, Dan Dailey, Ricardo Montalban and Bill 'Bojangles' Robinson became very popular as well. Join us to view some film clips of their fancy footwork.

Location: Oasis at The Meadows

Thursday	Nov 2
Fee: \$7	10:00-11:30

226 Female Dancers in Film

Beverly Prado

In Hollywood's musical history, many women have played important roles in film. This class will explore the dancing careers of such greats as Ginger Rogers, Cyd Charisse, Leslie Caron, Ann Miller, Rita Hayworth, Eleanor Powell, Audrey Hepburn, plus Joan Crawford, and of course, Miss Shirley Temple. Discussion and film clips will be featured.

Location: Oasis at The Meadows

Thursday	Nov 9
Fee: \$7	10:00-11:30

227 Creatures of the Cretaceous: Texas Dinosaurs

The Witte Museum

Have you ever wondered what kind of animals inhabited the land we now call Texas over 66 million years ago? Join us to learn more about some of Earth's oldest native Texans in Creatures of the Cretaceous: Texas Dinosaurs.

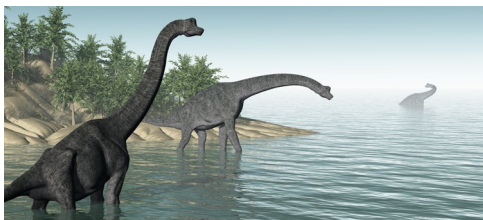
Location: Oasis at The Meadows

Tuesday

Fee: \$8

Oct 31

10:00-11:30



228 Elements of Poetry

Sean Rima

Sean will briefly discuss the impact of poetry writing on his own life, then talk about structure, imagery, metaphor, and composition. Participants will write a short poem based upon a suggested theme, after which they will be encouraged to share their work and discuss.

Location: Oasis at The Meadows

Monday

Fee: \$5

Nov 6

1:00-2:30

229 Easy Backyard Composting

Bexar County

Master Gardeners

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

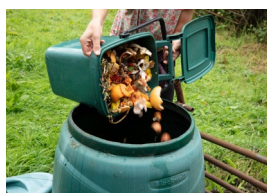
Location: Oasis at The Meadows

Monday

Fee: \$7

Nov 6

10:00-11:30



230 History of Commonly Used Phrases

Gloria Jennings

What makes idioms different from other common phrases is that usually, you 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 'break a leg,' this would be very confusing! Even if you ask a native speaker what that phrase means, they might be able to explain it to you, but rarely does somebody know the origin story of a popular saying.

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Nov 7

10:00-11:30

231 The History of Hotel Emma

Hannah Marks

Come learn about the history of the building itself, the history of the Koehler family, and the story of how the hotel got its name.

Location: Oasis at The Meadows

Monday

Fee: \$7

Nov 13

1:00-2:30

232 The Crusades: Unintended Consequences

Judith Hurst, MA

Even though the five Crusades did not realize their goal of reclaiming the Holy Land, they served as an impetus for the Magna Carta—the seed of our democracy; the growth of towns-urban vs. agriculture and the stimulation of Western trade with the East leading to the birth of banking and a new merchant class. This discussion will address the highlights of the five Crusades and how they ushered in democracy, commerce, our banking system and a new venue for success.

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Nov 14

10:00-11:30

233 "Semper Ubi Sub Ubi" What They Wore in Biblical Times

Christina Howard, M.A., I.B. History

When we think of Biblical clothing, we tend to revert to the simplistic Joseph and Mary costumes we wear for the Christmas plays. What you wore represented who you were, what tribe you belonged to, what job you did, what culture you came from or were part of, what god you worshipped, and your economic status. This fast-paced PowerPoint presentation will get down to the 'intimate' details. 'Semper ubi sub ubi.' [Always where (wear) under where (wear).] (Don't try this without Latin teacher supervision!)

Location: Oasis at The Meadows

Thursday **Nov 16**
Fee: \$7 **1:00-3:00**

234 Color Theory

Andy Villarreal

Color theory is the art of combining colors based on the color wheel in order to communicate with users through appealing color schemes. In this class, we will learn how colors interact with one another, how they can evoke different emotions and meanings, and how they're used to communicate visually.

Location: Oasis at The Meadows

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

235 George Washington: A Call to Duty

Bill Perryman, M.Ed.

A man of duty and steadfast perseverance - from surveyor to soldier from Pope's Creek to Mount Vernon from general to president; Bill Perryman brings to life the emotional story of America's first Constitutional President - George Washington!

Location: Oasis at The Meadows

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

236 Wine Tasting: Holiday Wines

Bob Bragg,
WSET Level 3, CSW



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

Location: Oasis at The Meadows

Tuesday **Nov 14**
Fee: \$40 **1:00-2:30**

237 Amelia Earhart, Aviation Pioneer

Gloria Jennings

Earhart was the first female aviator to fly solo across the Atlantic Ocean, and was one of the first aviators to promote commercial air travel. There has been considerable speculation about her disappearance in July 1937. Join us as we discuss through narrative and video, the "crash and sink" theory, including several conspiracy theories.

Location: Oasis at The Meadows

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

238 Operas of Verdi & Puccini

Sarah Davis, Professional Opera Singer

Professional opera singer, Sarah Davis, will take you through a survey of the major operas of Verdi and Puccini using audio, video and maybe live examples! We will explore the history, the plots, and the famous singers and arias from operas such as: *La Boheme*, *Madama Butterfly*, *Tosca*, *Aida*, *Rigoletto*, and *La Traviata*.

Location: Oasis at The Meadows

Friday **Dec 1**
Fee: \$7 **10:00-11:30**

239 The Literary Churchill

John Boswell, Retired Adjunct History Professor

In his spare time, Churchill produced fourteen published works between 1898-1958, and the quality of this literary outpouring was appropriately recognized in 1953 with a Nobel Prize for Literature. Over three sessions beginning with this one, we will review his books in chronological order. By doing so, we can learn what he had to say about the topics at hand, but more importantly, discover what was in his heart and mind that made Sir Winston Churchill the Twentieth Century's greatest leader.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Dec 7
10:30-12:00

240 Holiday Cookie Decorating

Over the Top Cake Supplies

Creating fun holiday cookies is easier than you think! In this class students will learn to tell the difference between piping and flooding consistencies of royal icing, and learn techniques to get that perfect look to your cookies. Each student will decorate and take home six cookies. All supplies are included.

Location: Oasis at The Meadows

Thursday
Fee: \$40



Dec 7
1:00-2:30

241 Analyzing Film and Fiction

Judith Hurst, MA

We will discuss the craft inherent in both film and fiction-literary devices such as round/flat characters, foreshadowing, motifs/leitmotifs, metaphors/similes, dramatic monologue, hubris, satire, irony, sarcasm, and CCCR: the four essential elements-conflict, complication, crisis and resolution. This class will raise awareness and appreciation of both genres and the director/author's skill.

Location: Oasis at The Meadows

Friday
Fee: \$7

Dec 8
10:00-11:30

242 That Special Year in Film: 1939

Beverly Prado

Most film critics and scholars agree that a magical year for movie making was 1939. This class will examine some of the best examples of this idea. *Gone With the Wind*, *Stagecoach*, *Goodbye, Mr. Chips*, *The Wizard of Oz*, *The Women*, *Mr. Smith Goes to Washington*, *Wuthering Heights*, *Of Mice and Men*, *Ninotchka*, and others will be featured in this examination of Hollywood's golden year.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Dec 12
10:00-11:30

243 Comedy Has No Age

Gloria Jennings

Carol Burnett, Dick Van Dyke and Rita Moreno are well into their 90's and are still able to make us laugh. Join us as we relive through videos and movie clips, their hilarious sitcoms and skits. Can you believe one of them was actually discouraged from doing comedy?

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Dec 13
10:00-11:30

244 San Antonio: Why I Love Her More

Bruce Martin, Certified Professional Tour Guide

Sit back and enjoy some of the best of San Antonio. From public art to architecture, from historic to modern, and from famous to obscure – our community is an amazing mix. This will be a positive experience and a wonderful way to enjoy why San Antonio continues to be one of America's most unique cities.

Location: Oasis at The Meadows

Wednesday
Fee: \$10

Dec 13
1:00-2:30

245 The Elder Justice Initiative

*Justin Simmons,
Assistant United States Attorney*

In this class you will learn about a few of the tactics used by fraudsters to target older individuals, how to recognize them, and what to do when you're contacted by someone you believe is a fraudster.

Location: Oasis at The Meadows

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

246 Levels of Care in Senior Living

Brooks Powell, Morningside Ministries

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

Location: Oasis at The Meadows

Wednesday **Sep 6**
Free **1:00-2:30**

247 Volunteering at Oasis

Brenda Schmachtenberger, Executive Director

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

Location: Oasis at The Meadows

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



Location, Location, Location!

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

248 Protecting Yourself Against Fraud

*Sandy Sullivan,
Retired SVP, Fraud Management*

This class will provide you with many resources and tools which will help you to avoid being a victim. If you were to fall victim of a fraud, this class will provide tools to help you find the appropriate assistance. Come learn to be a fraud fighter!

Location: Oasis at The Meadows

Friday **Sep 8**
Fee: \$5 **10:00-11:30**

249 Iconic and Regional Parks

*Patrick Partch, City of San Antonio
Parks and Recreation*

When it comes to parks, San Antonio has much to offer. Come to this class to learn about the history of iconic San Antonio Parks and other parks in our region, and what they have to offer.

Location: Oasis at The Meadows

Monday **Sep 11**
Fee: \$5 **1:00-2:30**



250 Crime Victims Compensation Program

Dr. Ann Jones, SAPD Victim Advocacy Office

The Crime Victims' Compensation (CVC) Program helps crime victims and their immediate families with the financial costs of crime. CVC covers crime-related costs such as counseling, medical treatment, funerals, and loss of income not paid by other sources. Come to this class to learn more.

Location: Oasis at The Meadows

Tuesday **Sep 12**
Free **1:00-2:30**

251 Sentencings and Judicial Decision-Making in Criminal Cases

Judge Ron Rangel



Sentencings in criminal courts can be confusing to individuals outside of the justice system. Decision-making involves a myriad of complex factors, combined with constitutional protections to ensure justice in each individual case. This discussion will examine how defendants are sentenced in courtrooms, and what specific roles that judges, juries, and other courtroom personnel have in administering justice.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Sep 13
1:00-2:30

253 Improve Your Declarer Play at Bridge

Ed Rawlinson

In this class, participants will learn a variety of techniques for winning tricks and the importance of "planning the play" and how to do that.

Location: Oasis at The Meadows

Fridays
Fee: \$15

Sep 15-29
10:00-11:30



252 Turning the Corner to Economic Recovery

Jake Yetterberg, CSA

In this class we will discuss the steps to take to survive and thrive now that the government has changed the rules. You will learn:

- What history tells us about major economic disruptions and what happens in the wake of those changes.
- How to use the "Sunset" provision of the Jobs and Tax Act to lock in a tax shelter for the rest of your life.
- The most important trends to watch as a retiree-especially now that there are new rules.
- What the stock market can foretell about future values as we ride out unprecedented volatility.
- Steps to take to take advantage of the new interest rate mentality-before it changes!
- How to lock in safe money rates at 5.00% or higher-and still earn over 5% when rates go back down in a year or two.
- Why December 2025 is such an important date-and what to do before then.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Sep 13
10:00-11:30

Yetterberg Retirement Solutions



Tired of Market Volatility?
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Looking for better fixed interest rates?



We can help you manage prudent solutions like:

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

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

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

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

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

254 Drought-Resilient Landscaping

SAWS

Water is a precious and limited resource that all living things depend on, including plants. Traditional gardens and lawns can guzzle water, but they don't have to. A representative from SAWS will discuss what you can do to create a drought-resilient landscape.

Location: Oasis at The Meadows

Monday
Fee: \$5

Sep 18
1:00-2:30



255 All About Silver Connect

Kelley Gallant

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

Tuesday
Free

Sep 19
1:00-2:00

256 CPS Energy - Energy Savings and Community Assistance

CPS Energy

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

Location: Oasis at The Meadows

Monday
Free

Oct 2
1:00-2:30



257 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, reorganize your space and maintain a comfortable and clean living environment.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Oct 4
10:00-11:30

258 Transfer on Death Deeds

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

Thursday
Fee: \$7

Oct 5
10:00-11:30

OASIS VOLUNTEER OPPORTUNITIES

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

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

259 One Pill Can Kill

Bexar County Sheriff's Office

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. The DEA found that 6 out of 10 fentanyl-laced fake prescription pills now contain a potentially lethal dose of fentanyl. Join us for this presentation by the Bexar County Sheriff's Office, in conjunction with the DEA, on fentanyl awareness.

Location: Oasis at The Meadows

Monday
Free

Oct 9
1:00-2:30



260 Dress for Success San Antonio

Michael Pursley, Dress for Success San Antonio

Dress for Success San Antonio targets the needs of low-income women by promoting economic security and self-sufficiency to break the chains of generational poverty through job preparation, employment retention and career development programs. Come to this class to learn more.

Location: Oasis at The Meadows

Tuesday
Free

Oct 10
1:00-2:30

261 Bexar County Elections

Gilbert Saiz, Bexar County Elections Office

During this course you will learn about the elections process and find out how you can fulfill your civic duty while participating in the elections process.

Location: Oasis at The Meadows

Monday
Fee: \$5

Oct 16
1:00-2:30



262 Medicare Updates

Jim Jonson

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.

Location: Oasis at The Meadows

Monday
Free

Oct 23
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

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



263 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

Tuesday
Free

Oct 24
6:00-7:30 🌙

264 Ask the Director

Brenda Schmachtenberger,
Executive Director, San Antonio Oasis

Do you have questions about Oasis? How does registration work? How do you decide what classes to offer? How is Oasis funded? In this class you have the opportunity to ask the director these questions and more.

Location: Oasis at The Meadows

Tuesday
Free

Oct 31
1:00-2:30

265 Sole Source to Diversity

SAWS

The Edwards

Aquifer is San Antonio's primary source of water. But what you might not know is that we actually have several different sources of water. This presentation tells the story of how SAWS was able to meet the short and long term needs of the fastest growing city in the nation through the development of a diversified water supply portfolio.

Location: Oasis at The Meadows

Monday
Free

Dec 4
10:00-11:30



266 Understanding the Stock Market

Jake Yetterberg, CSA

In this class we will:

- Learn what drives stock market valuations.
- Understand the financial and economic trends that will define and shape the stock market over the next 10-20 years.
- Prepare for the changes that are coming as our world, our systems, and demographics change around us all.
- Manage market risk to reduce catastrophic events from wiping you out.
- Stay updated and informed on changes to our economic environment.
- Learn the proper adjustments to make to protect and preserve your nest egg as circumstances shift under our feet.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Oct 17
6:00-7:30 🌙

267 My Wishes, My Desires

Stett Jacoby, Attorney at Law

If you want to control your own end-of-life decisions, you need to be very clear in your wishes and desires-with your family and the courts. Attorney, Stett Jacoby knows the questions and answers in making sure your wishes and desires are followed when the time comes.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Nov 7
6:00-7:30 🌙

268 Top Scams Against Seniors

Jason Meza, Better Business Bureau

Financial scams targeting seniors are prevalent and costly. The FBI estimates that seniors lose more than \$3 billion each year to fraudsters. Come learn about some of the top scams targeting older adults and what you can do to avoid becoming a victim.

Location: Oasis at The Meadows

Thursday
Fee: \$5

Nov 30
1:00-2:30

269 Birds of South Texas

Erin Magerl, Mitchell Lake Audubon Center

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

Location: Oasis at The Meadows

Monday

Dec 4

Fee: \$5

1:00-2:30

270 End of Year Tax Planning

Jake Yetterberg, CSA

Learn about taking advantage of the 2023 rules and preparing for the 2024 rules, including:

- Utilizing this year's tax rules and preparing for next year's changes.
- How to take the larger standard deduction and still get a benefit from charitable donations-even if you are not itemizing.
- Tax strategies that make more sense now with the intersection and overlapping of 5 tax laws.
- How to lock in today's lower income tax rates so you cannot get hit by a tax increase later-or ever!
- Critical IRA planning and changes to how your kids can inherit IRA and ROTH money
- A review of all the legislative changes of the last year and how they will affect you now.
- The catches in the "Qualified Charitable Distribution" rules and how to avoid them.

Location: Oasis at The Meadows

Thursday

Dec 7

Fee: \$7

1:00-2:30

271 City of San Antonio Services for Older Adults

Debra Colorado

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. Learn more about the services that are available.

Location: Oasis at The Meadows

Monday

Dec 11

Free

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

Johnson & Johnson

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

Bexar County

272 Alternatives to Cable

Marta Torres

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

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Sep 5
6:00-7:30 

273 Google Photos

Sharon Parson

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

Wednesday
Fee: \$13

Sep 20
1:00-3:00

274 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 are available for use.

Location: Oasis at The Meadows

Monday
Fee: \$5

Sep 25
10:00-11:30



[Facebook.com/SanAntonioOasis](https://san-antonio.oasisnet.org/)

275 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

Sep 11-18
10:00-12:00

276 Intermediate iPhone

Thalia Williams

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

Location: Oasis at The Meadows

Wednesdays
Fee: \$22

Nov 1-8
10:00-12:00



277 Advanced iPhone

Thalia Williams

Are you looking for more ways to personalize your iPhone? Tired of running out of space? Learn some hidden secrets of your device!

You must be well versed in using your device. Update iOS 16.5 or higher required.

Location: Oasis at The Meadows

Wednesday
Fee: \$11

Sep 27
10:00-11:00

278 Intro to Mac Computers

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesdays & Thursdays
Fee: \$40

Sep 26-Oct 5
1:00-3:00

279 Online Shopping

Sharon Parson

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

Location: Oasis at The Meadows

Thursday
Fee: \$11

Sep 28
10:00-12:00

280 Cybersecurity

Sharon Parson

In 2020, in the U.S. alone, cyber crimes against adults aged 60 and over resulted in approximately \$1 billion in losses. In this course you will learn how to stay safe online and avoid becoming a victim.

Location: Oasis at The Meadows

Friday
Free

Oct 13
10:00-12:00



281 Google Calendar

Glenda Raichlen

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

Location: Oasis at The Meadows

Friday
Fee: \$11

Oct 27
10:00-12:00

when you **Give** we **Grow**

While our mission is partly supported by class fees and grants, we rely on donations to bring our programs to you.

Please consider making a gift to Oasis today.

Donate Online
san-antonio.oasisnet.org
or call (210)236-5954

San Antonio
Oasis
Lifelong Adventure

282 Apple Photos

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

Nov 16

Fee: \$11

1:00-3:00

283 Password Managers

Sharon Parson

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

Location: Oasis at The Meadows

Thursday

Nov 30

Fee: \$13

10:00-12:00

284 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

Fridays

Dec 1-15

Fee: \$33

10:00-12:00

285 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

Wednesday

Dec 6

Fee: \$13

10:00-12:00

286 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

Monday

Dec 11

Fee: \$11

1:00-3:00

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. Laptops are available for use.

Location: Oasis at The Meadows

287 Tuesday
Free

Dec 12
6:00-7:30



288 Thursday
Free

Dec 14
10:00-11:30

289 Active Listening

Ginny Brown, LCHW

"Are you really listening?" Sometimes we are too busy mentally preparing for what we are getting ready to say. Active listening is the practice of preparing to listen, observing what verbal and non-verbal messages are being sent, and then providing appropriate feedback for the sake of showing attentiveness to the message being presented. This class will provide tips on "how to listen."

Thursday
Free

Sep 14
10:00-11:30



290 You and Your Relationship with Food

Chelsea Carriker, MPH, CHES

Have you ever considered the relationship between yourself and the foods you eat? Just like our personal relationship between other people, our relationship with food has a massive impact on our lives. A negative relationship with food can detrimentally impact not only your physical health but also your mental health. In this class, we will explore our relationship with food and explore ways that we can foster a more positive relationship with food to improve our health and well-being.

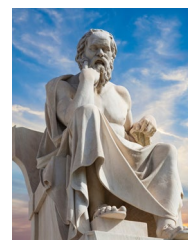
Thursday
Free

Oct 12
10:00-11:30



291 The Classical Greek Legacy

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



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

Thursday
Free

Nov 30
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



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

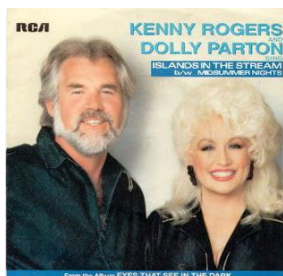
292 Dolly and Kenny: Country's Most Iconic Stars

Gloria Jennings

Dolly and Kenny, iconic Music Duo: Not only did Rogers and Parton share a lot of love for each other, but they also worked together on various projects. From the duo's 1985 movie, *Kenny Rogers and Dolly Parton: Together*, to their hits like "Islands in the Stream," they were an unstoppable force. Join us as they discuss their friendship in music and narrative. Come listen to their incredible musical duets and their often feisty banter.

Wednesday
Free

Sep 13
10:00-11:30



RCA Records

293 Improving Your Memory

Craig Stimson

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

Wednesday
Free

Oct 18
10:00-11:30



294 Transportation Options

Jane Paccione

Transportation is one of the biggest hurdles that seniors face. Affordable public and private transportation options exist for seniors who are unable to drive. Come to this class to learn about resources in your area.

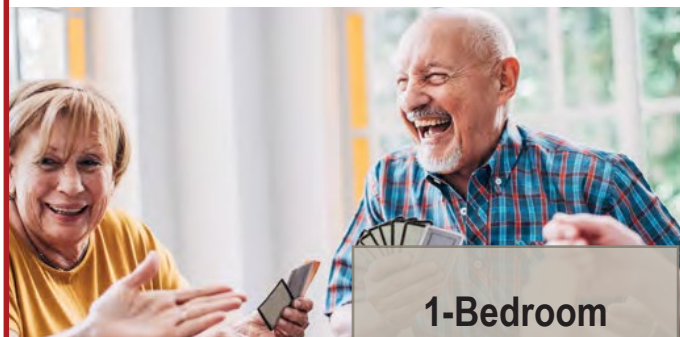
Wednesday
Free

Nov 15
10:00-11:30



THE LIFESTYLE YOU LOVE, ONLY BETTER!

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Starting
at \$1975!**

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For More Information and to Schedule a Tour Call

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Morningside at The Chandler Estate
1502 HOWARD ST. • SAN ANTONIO, TX 78212

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

295 Sun Safety

Craig Stimson

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

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

296 Community Resources

Kelley Gallant

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Learn about the many resources available for you as an older adult.

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

297 Domestic Violence Awareness

Lisa Senteno, APS

Abuse can happen to anyone, no matter the person's age. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. During this course we will learn how to recognize the signs of abuse, neglect and exploitation, and touch on the issue of domestic abuse.

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

298 Fire Safety

San Antonio Fire Department

Join a member of 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.

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

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

299 Feral Cat Coalition

Sherry Derdak

This non-profit organization helps to control the cat population of our city in a unique way. Learn about it and how it is making a positive impact to help our feline friends all over San Antonio.

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

300 The BEERS List

Craig Stimson

This list is updated each year and includes medications that should be avoided or used with caution by older adults. It includes many common medications. Join us to learn how to talk with your provider about the best medication choice for you.

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

301 Adult Protective Services

Lisa Senteno, APS

Learn how this agency is helping older adults by investigating abuse, neglect, and exploitation and connecting victims with short-term help with shelter, home repairs, food, transportation, managing money, medical care, home healthcare services, and mental health services.

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

302 Community Resources

Kelley Gallant

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Learn about the many resources available for you as an older adult.

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

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

303 Senior Bullying

Russell Gainer, LCSW, Gain Wel

Senior bullying is a real phenomenon and can lessen the quality of life and contribute to fear, isolation and depression.

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

304 Aging in Place

Sarah Davis

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

Monday **Oct 9**
Free **10:30-11:30**

305 Social Isolation

Kelley Gallant

A recent Surgeon General's Report released in mid-2023 stated that loneliness has risen to "epidemic" proportions. This class will discuss social isolation and what you can do to help alleviate the health risks and enjoy the benefits of socialization.

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

306 Ask ASC

AACOG

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

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

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

307 All About Cybercrime

Gloria Jennings

If you use the internet or have a smartphone, then you will be targeted by cybercriminals. In this class you will learn how to minimize your risk and safeguard your information.

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

308 All About Funeral Consumer Alliance

Janice Barsun

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

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

309 Fire Safety

San Antonio Fire Department

Join a member of 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 **Nov 8**
Free **9:00-10:00**

310 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? Get the answers to these questions and learn the differences between guardianship and power of attorney.

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

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

311 Hydration for Older Adults

Craig Stimson

Proper hydration is crucial for our bodies, especially as we age. In this class, you will learn about the importance of proper hydration for our bodies, the consequences of dehydration, and strategies for increasing your hydration intake.

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

312 Transportation Options

Jane Paccione

Transportation is one of the biggest hurdles that seniors face. Affordable public and private transportation options exist for seniors who are unable to drive. Come to this class to learn about resources in your area.

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

313 Community Resources

Kelley Gallant

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Learn about the many resources available for you as an older adult.

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

314 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? Get the answers these questions and learn the differences between guardianship and power of attorney.

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

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

315 Fall Prevention

Chris Jimenez, MMCare

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

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

316 Holistic Health

Craig Stimson

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

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

317 Community Resources

Kelley Gallant

San Antonio and Bexar County are great places to age. There are many resources you may not be aware of. Learn about the many resources available for you as an older adult.

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

318 Estate Planning

Brennen Boze, Attorney at Law

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.

Thursday **Dec 7**
Free **10:00-11:00**

We can't think of a reward so great as... **Oasis Tutoring**



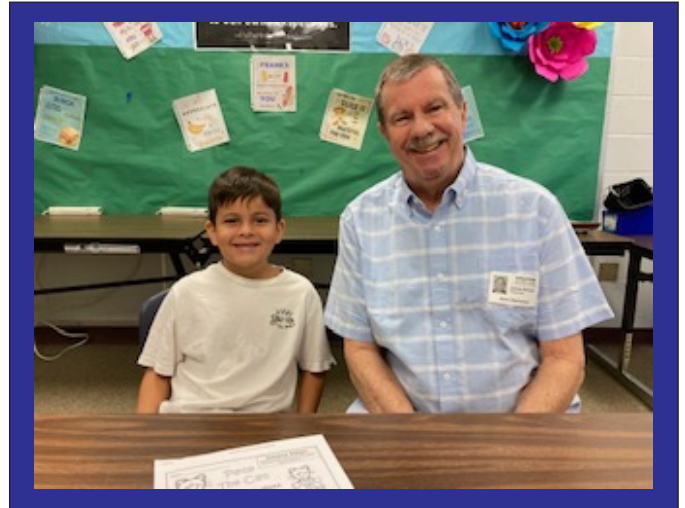
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Oasis Member, James Barrett w/ student, Andrew (Elrod Elementary)

Pick a fall training convenient for you!!

* Must attend both days / 700 Babcock



Oasis Member, Kathe Barrett w/ student, Kinsley (Elrod Elementary)

Sept 21st 9:30-3:00 and Sept 22nd 9:00-12:00

OR

Oct 19th 9:30-3:00 and Oct 20th 9:00-12:00

OR

Nov 15th 9:30-3:00 and Nov 16th 9:00-12:00



Making a Difference...one child at a time.

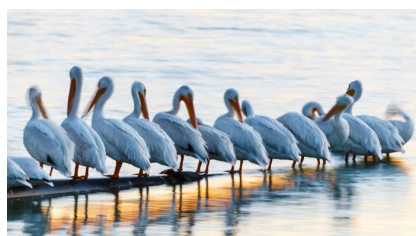
Call Ginny Brown for more information: 210-236-5954

319 Mitchell Lake Audubon Center Walking Tour

Mitchell Lake Audubon Center is managed by the National Audubon Society and includes over 7.5 miles of trails that wind through the various habitats. Bird-watchers come from all over the world to see the unique variety of birds that visit there. With an expert guide by our side, we will explore the wonders of Mitchell Lake and experience the local flora and fauna as we hike to Bird Pond and back. We will meet at Mitchell Lake Audubon Center, located at 10750 Pleasanton Rd. Free parking is available on-site.

Tuesday
Fee: \$29

Oct 10
9:00-10:30



mitchelllake.audubon.org

320 The Riverwalk Stroll Walking Tour

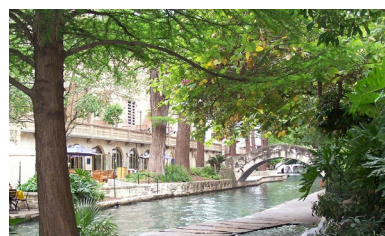


Bill Perryman, M.Ed,
Certified Professional Tour Guide

Did you know that our San Antonio River Walk is the top visitor attraction in the State of Texas? Come see the River Walk from a new perspective! Escape to San Antonio's enchanting River Walk with Bill Perryman for a multi-sensory stroll filled with fun surprises and intriguing stories. Listen 400 series audio technology will be used for the listening ease of each tour participant. Tour begins and ends in the lobby of the Drury Plaza Hotel at 105 S. St. Mary's Street in downtown San Antonio. Wear comfortable shoes and attire. Be prepared to walk two miles with stairways and steps. Parking is on your own. Parking fees not included.

Thursday
Fee: \$29

Oct 19
9:30-11:30



321 Botanical Gardens Walking Tour

The San Antonio Botanical Garden serves as a 38-acre living museum of plants, tranquil escape, living classroom, research and conservation facility, and entertainment venue where art and cultural experiences come to life. Enjoy a guided tour of the garden from one of their knowledgeable docents. Admission to the Botanical Gardens is included in the fee. Free parking is available on-site at 555 Funston Place.

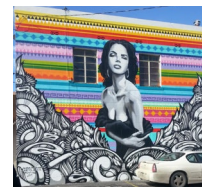
Tuesday
Fee: \$35

Nov 14
9:30-11:30



sabot.org

322 Downtown Murals Walking Tour



Bruce Martin,
Certified Professional Tour Guide

Discover the surprising number of wonderful, but frequently overlooked murals in downtown San Antonio. This enjoyable walking tour combines history, art, and a mixture of contemporary and historic murals rendered in a variety of materials. Experience another aspect of what makes downtown San Antonio such a rich and rewarding place to visit. Bruce Martin, certified professional tour guide, will lead this tour. Wear comfortable shoes and meet at the base of the Cenotaph on Alamo Plaza near the SE corner of Alamo and Houston Streets. Parking fees not included.

Friday
Fee: \$29

Nov 3
9:30-11:30

323 Vanishing River Cruise

The Texas Eagle II is a custom-built tour boat with passenger capacity of 120. The boat is covered with an open air upper deck for ideal scenery watching, and includes an enclosed lower weather deck with large picture windows, air-conditioning, heating and restrooms. Sailing pristine Lake Buchanan affords passengers the opportunity to escape the chaos of day-to-day life and enjoy the peacefulness only nature can provide. Experienced guides narrate the entire trip, detailing the history and geology of the area as well as points of interest along the way. While on our river cruise we will be having a box lunch. You may have a chance to view or photograph magnificent birds of prey, so bring along your binoculars. To get to the riverboat, you will have a little walk that is kind of steep, but there are handrails. 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 which was built in 1891. The exhibits chronicle Marble Falls' unique history. Cost includes motor coach transportation, lunch, admission fees and tips.

Tuesday
Fee: \$79

Oct 3
8:00-6:00



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.

324 Annie at the Majestic Theatre

Join us for an evening performance of *Annie* at the Majestic Theatre and dinner at Poblanos! The musical, *Annie*, is set in The Big Apple, New York City, and is based on a daily newspaper comic strip that premiered in 1924, itself based on an 1885 poem, "Little Orphan Annie." Holding onto hope when times are tough can take an awful lot of determination, and sometimes comes in a surprisingly small package. Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner. Like the song says, "The sun will come out tomorrow!" Cost includes motor coach transportation, dinner, admission fees and tips. Seating is on the main floor.

Thursday
Fee: \$160

Nov 9
5:00-11:30



majesticempire.com

325 Hill Country Holiday Lights

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

Thursday
Fee: \$74

Dec 7
3:15-10:15

809 Cape Cod and the Islands

June 15-21, 2024

Come join us and tour Cape Cod and the Islands. First, we will arrive in Boston, meet our tour manager, and transfer to our hotel in Boston for a one-night stay. The next morning we will enjoy a Boston city tour and see Boston Commons, Old State House, Old North Church (where Paul Revere got the signal to start his famous ride), Old South Meeting House, Beacon Hill, and Old Ironsides. We will also visit Funeuil Hall Marketplace, near the waterfront.

Later we will depart Boston and travel to Plymouth and visit Plimont Patuxet Museums, a recreation of the Pilgrim's 1627 village with costumed interpreters. We will then visit Mayflower II, the 1620 ship reproduction that was recently renovated for the 400th Anniversary of the voyage. We will also see famous Plymouth Rock, where the Pilgrims first stepped ashore after a 66-day Trans-Atlantic voyage. The next day we will enjoy a scenic ferry ride to famous Martha's Vineyard. The island's resident population includes writers, artists, entertainers, and fishermen. The following morning we will travel along the Cape Cod National seashore, dedicated in 1961 by President JFK, featuring forty miles of pristine sandy beaches, marshes, ponds and uplands supporting diverse wildlife dotted with lighthouses and wild cranberry bogs. We will visit a traditional cranberry bog and learn about the harvesting of Cape Cod's famous fruit.

The next day we will visit Newport, Rhode Island, favorite vacation site for affluent socialites and have a city tour and drive by Touro Synagogue, the oldest synagogue in America, the International Tennis Hall of Fame, and the splendid estates along Bellevue Avenue. We will have a guided tour of the Breakers Mansion, the Vanderbilt's lavishly decorated turn-of-the-century mansion. On our final day we will take a ferry to the Nantucket Whaling Museum.

Tour includes round-trip home pick-up, round-trip airfare, bag fee, baggage handling, travel insurance, and gratuities. Deposit: \$350 per person. Double: \$3,575 per person. Single: \$4,400. Final payment is due April 1, 2024. Credit cards accepted. Make checks payable to AFC Vacations.

You may sign up for this trip on or after August 2, 2023.

326 Cape Cod and the Islands Preview Show

Location: Oasis at The Meadows

**Friday
Free**

**Sep 29
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



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SPECIAL EVENTS

Flu Shot Event Brought to you by WellMed

For older adults and those with chronic health conditions, the flu can be very serious and even life-threatening. Getting a flu vaccine every year can help prevent the flu. WellMed will be providing flu shots for our members for the upcoming flu season.

Sign up for this event to receive your free flu shot!

Register for Class #327.

Location: Oasis at The Meadows

Thursday

Free

Oct 12

1:00-3:00



Stand Strong - Live Long Virtual Falls Prevention Awareness Event

Join Oasis and Ames Productions for a dynamic, interactive and fast-paced virtual event. Enjoy a link to watch the documentary-style film *Saving Claire* that sets the stage for this exciting event. Learn about risk factors for falls, ideas for preventing falls and ways to test your risks. Expert speakers from a variety of sectors will share their knowledge about preventing falls through their professional lens. Choose which topic you'd like to learn more about in a breakout session. There will be many specialists available to take a deeper dive into falls prevention. **This event is online only.**

Wednesday, September 20

12:00 pm - 3:00 pm

This Event is Free



For more info visit: stloasis.org/VirtualStandStrong