



Spring 2024

Program Catalog

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



Sponsored by:



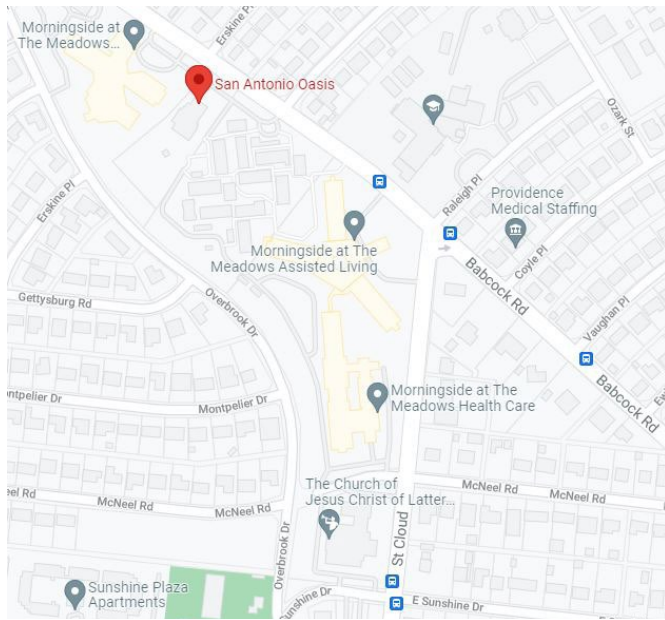
Welcome to Oasis

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:

| | |
|--------------|------------------------|
| December 20- | Holiday Break |
| January 1 | |
| January 11 | Volunteer Training |
| February 19 | Presidents Day |
| February 23 | Volunteer Appreciation |
| April 5 | Staff Retreat |
| April 26 | Fiesta |

On The Cover

The San Antonio Oasis "Senior Steppers"
walking group enjoys their walk
at Live Oak Park.

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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 26. 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.

New Credit Card Payment Policy

Members cannot pay for another member using a credit card. Only checks or cash will be accepted when paying for another member.

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 | Jan 15-Feb 14 12:00-12:45 |
| 101 | Mondays & Wednesdays Free | Feb 21-Mar 20 12:00-12:45 |
| 102 | Mondays & Wednesdays Free | Mar 25-Apr 17 12:00-12:45 |
| 103 | Tuesdays & Thursdays Free | Jan 16-Feb 15 9:00-9:45 |
| 104 | Tuesdays & Thursdays Free | Feb 20-Mar 21 9:00-9:45 |
| 105 | Tuesdays & Thursdays Free | Mar 26-Apr 18 9:00-9:45 |
| 106 | Mondays & Fridays Free | Jan 15-Feb 16 9:00-9:45 |
| 107 | Mondays & Fridays Free | Feb 26-Mar 22 9:00-9:45 |
| 108 | Mondays & Fridays Free | Mar 25-Apr 15 9:00-9:45 |

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: \$40 | Jan 15-Feb 12 10:15-11:45 |
| 110 | Mondays Fee: \$32 | Feb 26-Mar 18 10:15-11:45 |
| 111 | Mondays Fee: \$32 | Mar 25-Apr 15 10:15-11:45 |



Tai Chi for Arthritis and Fall Prevention

Older adults are more likely to fall, which can cause serious injury. The most common causes of falls include muscle weakness, poor balance, and lack of confidence about moving. Many studies have shown 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

| | | |
|------------|---|-------------------------------------|
| 112 | Tuesdays & Thursdays Free | Jan 16-Mar 7 2:00-3:00 |
| 113 | Tuesdays & Thursdays Free | Feb 27-Apr 18 11:15-12:15 |

**THANK
YOU!**

Did you know that many of our **FREE** classes are free because they have been underwritten by a grant?

Let's say a big **THANK YOU** to all of our grant funders!

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

- | | | |
|------------|-----------------------------|-----------------------------------|
| 114 | Mondays Fee: \$42 | Jan 15-Feb 26 1:15-2:15 |
| 115 | Mondays Fee: \$42 | Mar 4-Apr 8 1:15-2:15 |

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.

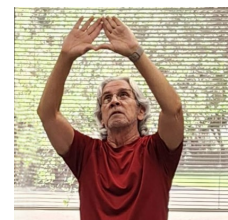
Location: Oasis at The Meadows

- | | | |
|------------|-----------------------------|-----------------------------------|
| 116 | Mondays Fee: \$42 | Jan 15-Feb 26 2:30-3:30 |
| 117 | Mondays Fee: \$42 | Mar 4-Apr 8 2:30-3:30 |



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

- | | | |
|------------|--------------------------------|------------------------------------|
| 118 | Wednesdays Fee: \$40 | Jan 17-Feb 14 9:00-10:00 |
| 119 | Wednesdays Fee: \$40 | Feb 21-Mar 20 9:00-10:00 |
| 120 | Wednesdays Fee: \$32 | Mar 27-Apr 17 9:00-10:00 |

Yin Yoga and Yoga Nidra

Fred Chavez

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

Location: Oasis at The Meadows

- | | | |
|------------|--------------------------------|-------------------------------------|
| 121 | Wednesdays Fee: \$35 | Jan 17-Feb 14 10:15-11:30 |
| 122 | Wednesdays Fee: \$35 | Feb 21-Mar 20 10:15-11:30 |
| 123 | Wednesdays Fee: \$28 | Mar 27-Apr 17 10:15-11:30 |

VISIT US ONLINE

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

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 | Jan 17-Feb 14 |
| | Fee: \$30 | 1:15-2:15 |
| 125 | Wednesdays | Feb 21-Mar 20 |
| | Fee: \$30 | 1:15-2:15 |
| 126 | Wednesdays | Mar 27-Apr 17 |
| | 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 | Jan 17-Feb 14 |
| | Fee: \$35 | 2:30-3:30 |
| 128 | Wednesdays | Feb 21-Mar 20 |
| | Fee: \$35 | 2:30-3:30 |
| 129 | Wednesdays | Mar 27-Apr 17 |
| | 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 | Jan 18-Feb 29 |
| | Fee: \$35 | 10:00-11:00 |
| 131 | Thursdays | Mar 7-Apr 18 |
| | Fee: \$35 | 10:00-11:00 |

Line Dancing



Lisa Bombela-Comuzzie

Want to exercise and have fun? Line Dancing is the best of both worlds. You can expect to learn a variety of dances in this class and no prior dance experience is required. Come join us to get your groove on!

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 132 | Thursdays | Jan 18-Feb 15 |
| | Fee: \$30 | 12:30-1:30 |
| 133 | Thursdays | Feb 22-Mar 21 |
| | Fee: \$30 | 12:30-1:30 |
| 134 | Thursdays | Mar 28-Apr 18 |
| | Fee: \$24 | 12:30-1:30 |



Balance for Daily Life

LeAnn Lupton

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

Location: Oasis at The Meadows

- | | | |
|------------|----------------|----------------------|
| 135 | Fridays | Jan 19-Feb 16 |
| | Fee: \$30 | 10:00-11:00 |
| 136 | Fridays | Mar 1-29 |
| | Fee: \$30 | 10:00-11:00 |

Seated Strength Training

LeAnn Lupton

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

Location: Oasis at The Meadows

- | | | |
|------------|----------------|----------------------|
| 137 | Fridays | Jan 19-Feb 16 |
| | Fee: \$30 | 11:15-12:15 |
| 138 | Fridays | Mar 1-29 |
| | Fee: \$30 | 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

- 139** Mondays & Wednesdays Jan 17-Feb 14
Fee: \$54 9:00-9:45
- 140** Mondays & Wednesdays Feb 21-Mar 20
Fee: \$54 9:00-9:45
- 141** Mondays & Wednesdays Mar 25-Apr 17
Fee: \$48 9:00-9:45

142 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 Mar 26-Apr 2
Fee: \$25 10:00-11:30

143 Guided Espada Park Kayaking Tour

Join us on this beautiful and fun, 2-mile guided kayaking tour down the San Antonio River at Espada Park. 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 1750 SE Military Drive. There are public restrooms at the meeting location. Price includes kayak, paddle, and lifejacket.

Tuesday Apr 16
Fee: \$42 10:00-11:00

144 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 Mar 1-29
Fee: \$25 9:00-10:00

145 Meaning and Valued Living

Fred Chavez

As we age, feelings of isolation and meaninglessness can intensify. The class will address the difficulty of defining meaning, discover various types of meaning, and learn ways to increase meaning in life. We will uncover an inherent connection between meaning and values, define and connect with our values, and learn ways to lead a life in agreement with those values thus bringing more meaning to our existence.

Location: Oasis at The Meadows

Tuesdays Jan 16-Feb 27
Fee: \$49 10:00-11:00

146 The Art and Science of Self-Acceptance

Fred Chavez

Self-acceptance means accepting ourselves for who we are at this very moment. It means relating to ourselves the same way we would relate to someone for whom we love and care deeply. When we accept ourselves, we permit ourselves to be human. Research findings have shown that self-acceptance is a healthy alternative to attempting to build self-esteem. We will learn proven methods to have a healthier relationship with ourselves by increasing self-acceptance and building self-compassion.

Location: Oasis at The Meadows

Tuesdays Mar 5-Apr 16
Fee: \$49 10:00-11:00

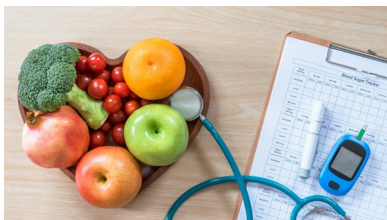
147 Diabetes Self-Management Program

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

Location: Oasis at The Meadows

Tuesdays
Free

Mar 12-Apr 16
1:00-3:30



148 A Matter of Balance

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

Location: Oasis at The Meadows

Thursdays
Free

Feb 8-Mar 28
10:00-12:00



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

149 Managing Difficult Dementia Behaviors

Tina Smith, Caregiver SOS

Has your loved one been exhibiting difficult dementia-related behaviors that seem different? This session will help participants find out what difficult behaviors are, what causes them, and some coping strategies for a variety of common difficult behaviors. You'll be able to share your questions and perspectives with other caregivers in a meaningful way.

Location: Oasis at The Meadows

Tuesday
Free

Jan 16
6:00-7:30



150 Acti-v8 Your Brain: A Brain Health Program

The Acti-v8 Your Brain is a program developed by the Global Alzheimer's Platform Foundation (GAP) to increase awareness to important health behaviors that reduce the risk of cognitive decline and may prevent the onset of the symptoms of Alzheimer's Disease. This series will discuss the 8 Pillars of Brain Health which are backed up by research as promoting cognitive health. Join us to learn more about how to improve your brain health.

Location: Oasis at The Meadows

Tuesdays
Fee: \$20

Jan 16-Feb 6
10:00-11:30

151 Hearing Aid Technology and Its Benefits

Eli Hernandez, Aud.D., CCC-A Audiologist

Join San Antonio's leading audiologist to discuss modern hearing devices. In this presentation, you will learn about the different styles of hearing devices, blue-tooth/wireless technology, and assistive listening technology. We will also discuss comprehensive audiology care and insurance benefits on hearing aids.

Location: Oasis at The Meadows

Wednesday
Fee: \$5

Jan 17
1:00-2:30

152 Alternatives for Pain Management

Richard Nevill

Most people treat their aches and pains with over-the-counter medications such as Tylenol; but have you ever considered how massage, acupuncture, and physical therapy could help you manage your pain? Join us in this presentation to learn how these alternative methods can be helpful in managing your pain and enable you to live a healthier, more enjoyable life.

Location: Oasis at The Meadows

Thursday

Jan 18

Fee: \$7

1:00-2:30

153 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

Friday

Jan 19

Free

10:00-11:00

154 Get the Facts - Nutrition Labels

Texas A&M AgriLife Extension

Do you know how to read a Nutrition Fact Label? This four-session series will help you learn how to use Nutrition Facts panels to make healthy food choices. This series will also help provide a better understanding of sodium, fats, added sugars, and portion size.

Location: Oasis at The Meadows

Tuesdays

Jan 23-Feb 13

Free

10:00-11:00



155 Health Screening

University of Texas College of Pharmacy

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

Location: Oasis at The Meadows

Tuesday

Jan 23

Free

5:00-7:00



156 Flourishing in the Second Half of Life

Pat Whitty

Embark on a transformative journey of self-discovery and personal growth in this 4-week program. Whether you're approaching retirement, navigating a career change, or simply seeking a deeper sense of purpose in your later years, this course is designed to empower you to make the most of life's second act. Week by week, you will explore various aspects of living a fulfilling and meaningful life in your later years. Topics covered include: rediscovering your passions, healthy aging, building fulfilling relationships, purpose and legacy. You'll connect with a community of like-minded individuals who are also on their own journey to flourishing in the second half of life. Join us for this empowering class and embrace the opportunities that lie ahead.

Location: Oasis at The Meadows

Wednesdays

Jan 24-Feb 14

Fee: \$30

1:00-2:30

157 Eating for Brain Health

UTSA Dietetic Intern

Our brain is an essential part of our body and fueling it with the proper foods is important. Research has shown certain foods help improve brain health. Join us for this presentation to learn what the research says about certain foods and how they may promote brain health.

Location: Oasis at The Meadows

Thursday Jan 25
Fee: \$7 10:00-11:30



158 Living with Purpose After Retirement

Rose Harte, MA, MS

Retirement marks the beginning of a brave new chapter of life, but when the honeymoon period is over, some of us find it less exciting than we had planned. The advice we might hear at that point is "Do what you wanted to do as a kid" but most of the time, our perspective has changed since we were children. So, what is next? At every age, our brains and bodies thrive when we feel we're following our life's purpose. Our life's purpose is deeply personal and can change as we age, but we all desire to feel useful and valued. In the lecture portion, this class will review the correlative science of a purpose-driven life and your health. You will then embark on a journey of self-discovery in guided breakout groups and emerge with resources and definitive next steps. We will review resources and practices for growing these actions into the next step, on purpose, and for purpose.

Location: Oasis at The Meadows

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

159 A Deep Dive into the World of CBD

*Know Your Medicine,
UT Health School of Pharmacy*

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 Jan 30
Fee: \$7 6:00-7:30 🌙

160 Food and Supplement Interactions with Medications: What You Need to Know

University of Texas College of Pharmacy

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

Location: Oasis at The Meadows

Thursday Feb 1
Free 10:00-11:30

161 Supplement and Vitamin Interactions with Medication Checks

University of Texas College of Pharmacy

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

Location: Oasis at The Meadows

Thursday Feb 1
Free 12:00-2:00

162 Coping with Loneliness, Depression and Anxiety

Kathy Phoenix, DSW, LCSW-S

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

Location: Oasis at The Meadows

Monday

Fee: \$7

Feb 5

1:00-2:30

163 Exploring the Mediterranean Diet

UTSA Dietetic Intern

Many of us have heard of the Mediterranean Diet but do you know what this diet consists of? What's the history of this diet? Is it good for my health? In this class, we will define the diet and its foundations, explain the history, and discuss what the research says about how this diet affects your health. We will finish with a food demonstration so we can taste the Mediterranean Diet in action!

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Feb 7

1:00-2:30

164 End-of-Life Doula

Maria Wellisch, RN, LNFA, BBA

An end-of-life doula provides emotional and physical support, education about the dying process, preparation for what's to come and guidance while you're grieving. A doula wants to do as much as they possibly can to help facilitate what the person and their family need during this time of transition. Find out more about how a doula can help you navigate through this end-of-life journey.

Location: Oasis at The Meadows

Friday

Fee: \$7

Feb 9

10:00-11:30

165 The Latest Findings from the Alzheimer's International Conference

Alzheimer's Association

More and more research is being done every single year on Alzheimer's Disease. As we continue to learn more, the Alzheimer's International Conference is a place for clinicians and researchers to discuss their findings and keep the research up to date. Many new risk factors and other research findings were discussed at this Conference in Summer of 2023. Join this presentation to learn the latest in Alzheimer's Disease research.

Location: Oasis at The Meadows

Monday

Free

Feb 12

1:00-2:30

166 Anti-Aging Drugs - Is There a Pill for That?

Dean Kellogg, MD, Ph.D.

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

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Feb 14

10:00-11:30

167 How Sweet It Is: Limiting Sugar In Your Diet

Gretchen Hill

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

Location: Oasis at The Meadows

Wednesday

Fee: \$5

Feb 14

1:00-2:30

168 Relocation Planning: Easing the Move from Home to a Facility

Tina Smith, Caregiver SOS

Is the time coming for placing your loved one where 24 hour care is provided? If so, this session will discuss methods you might use to ease the transition. You will also be able to hear other caregivers provide information on how they plan to handle a nursing facility admission.

Location: Oasis at The Meadows

Thursday Feb 15
Free 10:00-11:30

169 Signs of Vision Loss

Rene Perez, M.Ed, COMS, CFPS

Although our vision may change as we get older, there are important signs to look out for that may indicate vision loss. Join us in this presentation to learn what the signs of vision loss might be, the resources that may be available to you, and what to do if you are experiencing these symptoms.

Location: Oasis at The Meadows

Thursday Feb 15
Fee: \$7 1:00-2:30

170 All About Mindfulness Meditation

Fred Chavez

Have you ever wondered what meditation is all about? Have you wanted to start meditating but never knew how to get started? Join us in this presentation to learn about the different types of meditation, how they are done, what the benefits are and tips to help you get started with integrating meditation into your life.

Location: Oasis at The Meadows

Friday Feb 16
Fee: \$7 10:00-11:30

171 The Gut-Brain Connection

Lisa Bombela-Comuzzie, RD, LD, CPRS

This presentation will examine the role of diet in shaping the gut microbiome and how dietary choices might impact brain function and mental health.

Location: Oasis at The Meadows

Tuesday Feb 20
Fee: \$7 10:00-11:30

172 Let's Get Better with Grief

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

Our experience with COVID certainly reminded us that our losses are finite and non-finite. Many of us learned that we are resilient people who can adapt and adjust to life's circumstances. We can experience healing and wholeness when we allow ourselves to process our losses and make our grief count.

Location: Oasis at The Meadows

Wednesday Feb 21
Free 1:00-2:30

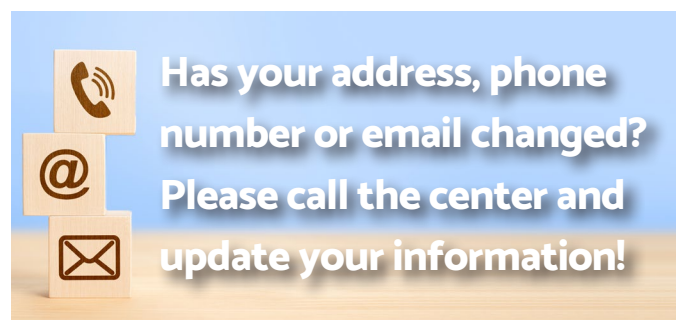
173 Adverse Childhood Experiences and Our Health

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Meadows

Wednesday Feb 21
Fee: \$7 10:00-11:30



174 Eating Healthy on a Budget

Carol White

Discuss tips for saving money at the grocery store and healthy eating on a budget. Includes a health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Monday

Feb 26

Fee: \$5

1:00-2:30

175 My Plate and Dietary Guidelines

UTSA Dietetic Intern

Have you ever heard of the Dietary Guidelines for Americans? This is a document containing dietary guidelines for all age-groups backed up by the latest in nutrition research. Within this is the MyPlate. MyPlate is a helpful tool developed by the U.S. Department of Agriculture as another way to envision healthy eating. Demonstrated by a dinner plate, this model can help us understand what healthy eating looks like, plate-by-plate. Join us in this discussion on what the dietary guidelines are for older adults and how we can use the MyPlate to make better food choices.

Location: Oasis at The Meadows

Tuesday

Feb 27

Fee: \$7

1:00-2:30

176 Understanding and Responding to Dementia Behaviors

Alzheimer's Association

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

Location: Oasis at The Meadows

Tuesday

Mar 5

Free

6:00-7:30



177 Introduction to the Enneagram Series

Pat Whitty

Unlock the power of self-awareness and personal growth in this immersive four-week class. This course is your gateway to understanding and harnessing the wisdom of the Enneagram, a powerful tool for self-discovery and transformation. Week by week, we will delve into the intricate world of the Enneagram, gaining insight into your own personality, motivations, and patterns of behavior, as well as those of others. Whether you're new to the Enneagram or seeking a deeper understanding, this program offers a structured and supportive environment to support the ancient system of personality typing. Each week examine a different topic such as Enneagram fundamentals, exploring your type, relationship dynamics and personal growth and integration. The course will consist of interactive discussions, group activities, and self-reflection exercises. Join us to embark on a profound exploration of the Enneagram's insights into human nature and potential.

Location: Oasis at The Meadows

Tuesdays

Mar 5-26

Fee: \$30

10:00-11:30

178 Can You Hear Me Now? Hearing Issues As We Age

Becky Powers, MD

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

Location: Oasis at The Meadows

Friday

Mar 8

Fee: \$7

10:00-11:30



179 Sleep and the Art of Napping

Linda Mockeridge, LCSW

Having trouble sleeping at night? Feeling tired during the day? Wonder why you're not sleepy at bedtime? We will look at what to do throughout the day to support a good night's sleep. Learn how lighting, exercise, eating, drinking, TV watching, caffeine, bedroom set up and other influences affect sleep quality. The do's and don'ts for that midday nap may be most helpful. This information can help you tweak a little habit that blocks your good night's rest.

Location: Oasis at The Meadows

Friday
Fee: \$7

Mar 8
10:00-11:30

180 Getting to Know Laughter Yoga

Joanie Brooks

Are you stressed out and want to bring laughter, health and happiness into your life? Laughter Yoga is an unique exercise program sweeping the world, where anyone can laugh for no reason. It is truly a life changing experience! Join us as we get to know Laughter Yoga, learning the history and concepts, as well as practicing some basic Laughter Yoga exercises.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Mar 12
10:00-11:30

PLEASE LET US KNOW...

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

181 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

Monday
Free

Mar 18
1:00-3:30



182 Caregiving 101

Tina Smith, Caregiver SOS

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

Location: Oasis at The Meadows

Tuesday
Free

Mar 19
6:00-7:30



183 The Scoop on Carbohydrates

UTSA Dietetic Intern

Carbohydrates are an important macronutrient that our body breaks down and uses to energize our bodies. But are carbs good or bad for you? Are some carbs better than others? This class will discuss what carbohydrates are, what they do for the body, their importance, and other helpful tools on how to make good choices when eating carbohydrates.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Mar 20
10:00-11:30

184 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 with 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.

Location: Oasis at The Meadows

Monday
Fee: \$7

Mar 25
1:00-2:30

185 The Scope of the Fentanyl Crisis in Texas and How You Can Help

Adrienne Lindsey, MA, DBH

Fentanyl is a dangerous synthetic opioid. Fentanyl overdoses continue to rise both nationally, and also here in Texas. Learn more about how you can be involved in prevention efforts in our community.

Location: Oasis at The Meadows

Friday
Fee: \$7

Mar 29
10:00-11:30

186 Conflict Resolution

Russell Gainer, LCSW, GainWel

Conflict is a natural and healthy part of human personal and professional relationships but becomes unhealthy when it is handled in an unproductive manner. Learn strategies to make your conflict more productive and empowering.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Apr 3
10:00-11:30

187 10 Warning Signs of Alzheimer's

Alzheimer's Association

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

Location: Oasis at The Meadows

Thursday
Free

Apr 4
10:00-11:30

188 Bexar Area Agency on Aging-Caregiver Services

AACOG

The Bexar Area Agency on Aging offers a variety of services to support caregivers living in Bexar county. Join this presentation to learn how to access the different resources and services that this program offers to the community.

Location: Oasis at The Meadows

Tuesday
Free

Apr 9
10:00-11:00

189 The Effects of Exercise on Mental Health

Chelsea Carriker, MPH, CHES

Research has shown that those who regularly exercise have better mental and emotional well-being. But why is that? How much do I need to exercise to reap the benefits of exercise? Join us in this discussion on how exercise improves our mental health and explore tips on how to integrate exercise into your life.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Apr 10
1:00-2:30

190 Things You Need to Know About Liver Cancer

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

At least 70% of liver cancers could be prevented by reducing exposure to known risk factors for this disease. In this session, we will talk about what causes liver cancer and what we can do to reduce our risk of developing the disease. We will also share evidence-based recommendations which apply to everyone. Increasing our knowledge of this subject can help us take control of our health and lead healthier lives.

Location: Oasis at The Meadows

**Monday
Free**

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

191 The Sacred Wild

Ginny Brown, LCHW

Many people, whether they go to church regularly or avoid it, feel closest to God while they are in nature. "A glorious sunset can summon hallelujahs from deep in your soul." (*Church of the Wild* - Victoria Lorz) Have we lost our relational language for our natural world? Have we lost pieces of our own souls along with it? This class will explore how the severing of the natural living world from spirituality has left us with serious consequences of a disconnection for both the aliveness of people and the rest of the world. The natural world in which we belong is an alluring invitation into a sacred relationship with something larger. Remembering that we belong to a much larger love story is the beginning of the reconnection.

Location: Oasis at The Meadows

**Thursday
Fee: \$7**

**Apr 18
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

Najim Family Foundation

Humana

These classes are sponsored and taught by:



192 Urinary Tract Health

Our urinary system consists of our kidneys and bladder and plays an important role in our body by eliminating waste from our body. Join us for this presentation to learn how to promote and maintain urinary tract health as well as signs of when you should speak to your doctor.

Location: Oasis at The Meadows

Thursday
Free

Jan 25
1:00-2:00

193 Sleep Apnea

Sleep apnea is a common sleep disorder in which breathing may start and stop during sleep. This can affect your quality of sleep and most people do not know they have this condition. Join us for this presentation on what the signs and symptoms of sleep apnea might be and what treatments may be available for you.

Location: Oasis at The Meadows

Thursday
Free

Feb 22
1:00-2:00



194 How to Read Your Labs

Unless you enjoy a dictionary of medical terms, your routine lab results can seem downright cryptic. During this presentation, you will learn tips on how to read those results.

Location: Oasis at The Meadows

Thursday
Free

Mar 21
1:00-2:00

195 Podiatry

Believe it or not, your feet are very important for your overall health and safety. Join us for this presentation to learn the importance of foot care and how to seek treatment for foot issues.

Location: Oasis at The Meadows

Thursday
Free

Apr 18
1:00-2:00



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The following classes take place at
Oasis at The Chandler House
 137 W. French Place



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 Chandler House

196 Tuesdays & Thursdays Feb 6-Mar 14
 Free 12:15-1:00

197 Tuesdays & Thursdays Mar 19-Apr 18
 Free 12:15-1:00

198 Balance for Daily Life

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 Chandler House

Tuesdays Mar 12-Apr 2
 Fee: \$24 9:30-10:30

199 Caregiving 101

Tina Smith, Caregiver SOS

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

Location: Oasis at The Chandler House

Thursday Feb 8
 Free 2:00-3:30

200 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, 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 Chandler House

Thursdays Feb 8-Apr 11
 Free 9:30-11:00

201 Dealing With Grief

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



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

Location: Oasis at The Chandler House

Tuesday Feb 13
 Free 9:30-11:00

202 Living with Arthritis

Craig Stimson

If you have joint pain or have been diagnosed with arthritis, there is hope! 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 Chandler House

Tuesday

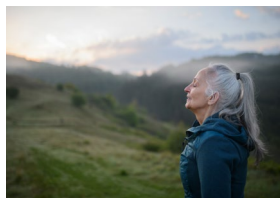
Fee: \$7

Feb 20

9:30-11:00

203 50 Questions to Free Your Mind

Ginny Brown, LCHW



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

Location: Oasis at The Chandler House

Tuesday

Fee: \$7

Mar 5

9:30-11:00

204 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 Chandler House

Tuesday

Free

Mar 26

2:00-3:30

205 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 Chandler House

Thursdays

Fee: \$6

Mar 14-Apr 18

2:00-3:30

206 DASH Diet

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Chandler House

Tuesday

Fee: \$7

Apr 9

2:00-3:30

207 Women's Roundtable Discussion Group

Gloria Jennings

Join the discussion with facilitator, Gloria Jennings, and talk about the current events relating to older adults that make you ask "why don't they.....". Come and engage in a lively conversation with your peers.

Location: Oasis at The Meadows

Mondays Jan 15, Feb 12, Mar 11, Apr 8
Fee: \$5 10:00-11:30

208 All About the Upcoming Total Solar Eclipse

Michelle Risse, Scobee Education Center and Planetarium

On April 8, 2024, a total solar eclipse will be visible along a thin line arcing through Mexico to Texas to Maine. Come learn about solar eclipses and what you can expect from the eclipse in April.

Location: Oasis at The Meadows

Tuesday Jan 16
Fee: \$7 1:00-2:30



209 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

Mondays Jan 16, Feb 20, Mar 19, Apr 16
Fee: \$5 10:00-11:30

210 Men's Discussion Group

Craig Stimson

Join us for a monthly discussion where we will talk about current events and enjoy each other's company.

Location: Oasis at The Meadows

Wednesdays Jan 17, Feb 21, Mar 20, Apr 17
Fee: \$5 1:00-2:30

211 Poetry Posse

Molly Valdez

Poets and poetry lovers, welcome! Let's start each workshop with an inspiring work by one of the masters. We'll talk about what we like, don't like, and why it's considered a master work. We'll individually write a bit based on what we just read, voluntarily share, and/or share a piece that you've written before and need some feedback on.

Location: Oasis at The Meadows

Mondays Jan 22-Feb 12
Fee: \$28 10:00-11:30

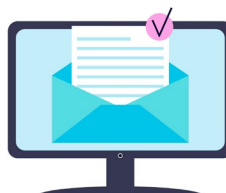
212 Paradise Lost

Judith Hurst, MA

Discussion on John Milton's masterpiece set within the context of his time (1608-1674). Political and religious tensions; war between Scotland and England; and the Restoration played a crucial role in Paradise Lost. Also Milton's blindness, his marriage and his wife's desertion influenced his writings. We will address these issues as well as the superb craftsmanship of the poem.

Location: Oasis at The Meadows

Monday Jan 22
Fee: \$7 10:00-11:30



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

213 Inspiring Women

Bill Perryman, M.Ed.

The year 2020 marked the 100th anniversary of the 19th Amendment which garnered women their right to vote in our nation! We often hear about the men in America's history but what about the women of the 18th and 19th centuries and beyond? Filled with contemplation and intrigue, Bill Perryman brings to life interesting facts and details regarding some famous and not-so-famous American women! Expect the unusual-prepare for an experience! Leave inspired!

Location: Oasis at The Meadows

Wednesday

Jan 24

Fee: \$11

10:00-11:30

214 Remembering Lost San Antonio

Bruce Martin, Certified Professional Tour Guide

This new slideshow revisits San Antonio's history via buildings, businesses, and signs – with a focus on Broadway. Come and enjoy this "drive" as we cruise back in time experiencing San Antonio scenes that no longer exist. Learn what was where and when during this delightful opportunity to remember more of lost San Antonio.

Location: Oasis at The Meadows

Friday

Jan 26

Fee: \$10

10:00-11:30

215 Black Cowboys of the Old West

Witte Museum

Did you know that about 25% of the cowboys who went up the cattle trails were black? Join the Witte staff as we learn some tales from the trails and ranches about the people who make up an important part of our iconic history.

Location: Oasis at The Meadows

Wednesday

Feb 7

Fee: \$8

10:00-11:30



216 Clint Eastwood

Gloria Jennings

Clinton Eastwood Jr. is an American actor and film director. After achieving success in the Western TV series *Rawhide*, Eastwood rose to international fame with his Spaghetti Westerns during the mid-1960s and as anti-hero cop Harry Callahan in the five Dirty Harry films throughout the 1970s and 1980s. These roles, among others, have made Eastwood an enduring cultural icon of masculinity. Join us through discussion and videos, as we explore the man behind the lens.

Location: Oasis at The Meadows

Wednesday

Jan 31

Fee: \$7

10:00-11:30

217 Ghost Stories

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

There isn't anything much better than curling up at night with a good book. If you're a fan of all things paranormal then the very best kind of book is a ghost story, one that sends a shiver down your spine. Come learn about some of the most famous (and spooky) ghost stories and their authors.

Location: Oasis at The Meadows

Friday

Feb 2

Fee: \$7

10:00-11:30

218 Basic Watercolor with Acrylics

Georgia Stok



In this class we will use acrylics thinned down to drips and splashes on watercolor paper or a mixed media pad. Results are fun, even if somewhat unpredictable. Subjects will be varied, no drawing required, open to all levels. Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Tuesdays

Feb 6-Mar 12

Fee: \$48

1:00-3:00

219 A Peek into the Math World: String Theory - A Gentle Introduction

Betty Burson

The Big Bang initiated events that brought our universe to where it is today. Eons later, we are trying to learn its secrets. What is the smallest most fundamental component? What would that look like? How would it behave? What role does mathematics play in finding these answers? Pondered since the late 1960's, string theory, aka superstring/M-theory, poses many questions. Our visit will look at some of them, and the approach to finding the answers, from the perspective of the curious layperson; thus, a gentle introduction.

Location: Oasis at The Meadows

Thursday **Feb 15**
Fee: \$7 **1:00-2:30**

220 Movie Discussion: Stan and Ollie

Lynn Waghalter and Alonso Jasso

Laurel and Hardy, the world's greatest comedy team, face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can't quite shake the past. The first week we will watch the movie. The second week we will discuss it. Refreshments will be served.

Location: Oasis at The Meadows

Tuesdays **Feb 20-27**
Fee: \$8 **3:30-6:00**

Have you considered signing up for Oasis Classes Online?

Signing up for Oasis classes online is easy, and can sometimes offer a greater chance of getting into popular classes without being placed on a wait list.

HOLLYWOOD DIRECTOR SERIES

Beverly Prado

A good film becomes a great film with the right director. These classes will examine masters of three movie genres: comedies, dramas and musicals. Often the memorable people behind the camera were skilled in all three. Comedy directors class will focus on Charlie Chaplin, Frank Capra, Billy Wilder and Blake Edwards. For part two, Orson Welles, Alfred Hitchcock, John Huston and Stanley Kubrick will be featured. Busby Berkeley, Vincent Minnelli, Gene Kelly, and Stanley Donen, will be our musical directors of note in film. Sign up for one class, or all three. Film clips and conversation - a great mix for these programs.

221 Part One: Comedies

Location: Oasis at The Meadows

Thursday **Feb 8**
Fee: \$7 **1:00-2:30**

222 Part Two: Dramas

Location: Oasis at The Meadows

Monday **Mar 11**
Fee: \$7 **1:00-2:30**

223 Part Three: Musicals

Location: Oasis at The Meadows

Tuesday **Apr 9**
Fee: \$7 **10:00-11:30**

224 Introduction to Wine Making

Craig Stimson

If you can follow a simple recipe, you can make wine! All you need is curiosity, patience and a sense of adventure. Join us for an introductory class on how you can make a delicious wine at home.

Location: Oasis at The Meadows

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



U.S. CONSTITUTION SERIES*Judith Hurst, MA***225 Civil Liberties and the Bill of Rights**

Overview on this uniquely American invention-exploring the relationship of law of the original (1791) ten amendments to the most fundamental questions about politics, morality, and human nature. We'll address what Justice Frankfurter called the clash of rights, not the clash of wrongs-the conflict between our commitment to two or more positive values such as the inevitable and recurrent conflict between the values of liberty and those of equality.

Location: Oasis at The Meadows**Tuesday**
Fee: \$7**Feb 20**
10:00-11:30**226 First Amendment-Speech**

Our Constitution encourages a free exchange of ideas and robust debate but 100 years ago the Supreme Court began to place restrictions/parameters. Lecture/discussion will address internal security (clear and present danger); symbolic speech (are we allowed to burn the flag?); indecency and obscenity; fighting words and hate speech; speech NOT protected by the First Amendment; and the right to silence.

Location: Oasis at The Meadows**Thursday**
Fee: \$7**Mar 14**
10:00-11:30**227 First Amendment-Religion**

Lecture/discussion on Freedom of Religion issues: school prayer and the Establishment Clause; Strict Separation or Accommodation; Free Exercise Clause and acting upon beliefs; State interest v Individual-addressing thorny issues such as polygamy, home schooling for Amish, and the infamous Peyote case.

Location: Oasis at The Meadows**Thursday**
Fee: \$7**Apr 11**
10:00-11:30**228 Queen - Then & Now***Kelley Gallant*

The legendary band Queen has marveled audiences for decades. Come learn about the history, the heartbreak, the fascination with their music, and the emergence of the band after Freddie Mercury. The band has rebranded themselves and is still touring today. Let's remember Freddie Mercury and listen to some great hits you will know that are still played in movies and commercials to this day.

Location: Oasis at The Meadows**Tuesday**
Fee: \$7**Feb 20**
6:00-7:30**229 Literary Churchill Part 2***John Boswell, Retired Adjunct History Professor*

Having covered Churchill's early writing career late last fall, this lecture will address his WWI and inter-war writings. Among these works will be *The World Crisis* and *Marlborough: His Life and Times*, which some critics consider to be his two finest histories.

Location: Oasis at The Meadows**Thursday**
Fee: \$7**Feb 22**
10:30-12:00**230 Literary Churchill Part 3***John Boswell, Retired Adjunct History Professor*

This final lecture will "catch us up" if there is any of Part II left to be covered. But the focus will be on Churchill's post-war writings - *The Second World War* and *A History of the English Speaking Peoples*. As time permits, I will also endeavor to give you excerpts from his finest speeches dating from the 1920s to near the time of his passing in 1965.

Location: Oasis at The Meadows**Thursday**
Fee: \$7**Apr 11**
10:30-12:00

231 History-Inspired Drawing

Molly Valdez

Beginners and experts welcome! We'll draw using history-inspired photographs as our subjects. In this series, we'll sketch in basic shapes and then develop our sketches into drawings with techniques like shading, texture, and perspective. All levels of talent and experience are welcome. Supply list will be provided; be sure to check what you have first. Cost of supplies is approximately \$25.

Location: Oasis at The Meadows

Mondays **Feb 26-Apr 1**
Fee: \$48 **10:00-11:30**

232 Edgar B. Davis and The Discovery of the Luling Oil Field

Bill Perryman, M.Ed.

How did a young man from Brockton, Massachusetts journey to Luling, Texas and change the trajectory of a quiet farming community forever? The enchanting story of Edgar Byram Davis and the Luling Oil Field provides a tale packed with astonishment fit for the movie screen! Master teacher, Bill Perryman, brings the story of Mr. Davis, the Luling oil field and the uniqueness of this Main Street City to life! If you are signed up for the day trip to Luling, don't miss this class!

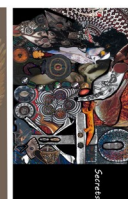
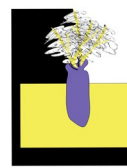
Location: Oasis at The Meadows

Wednesday **Feb 28**
Fee: \$11 **10:00-11:30**

COURTESY CONFIRMATION CALLS

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

233 Create a "Soul" Card Deck



Gaylynn Robinson

In this class we will create a 16-card intuitive Soul Card Deck using intuitive collage and guided meditative prompts. Start collecting your images now to assemble your personalized card deck. What will your cards reveal? Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Wednesdays **Feb 28-Mar 20**
Fee: \$32 **1:00-3:00**

234 Daniel vs. Nebuchadnezzar: The Writing's on the Wall

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

Daniel and Nebuchadnezzar were two powerful forces going head-to-head in a battle to free the Hebrew captives from the Babylonian king's grip. One man and his friends used their unwavering faith in God against the other, a king who relied on his own ego and authoritative power to prove his supremacy. This presentation focuses on these two men, their lives, the miracles, and the prophecies.

Location: Oasis at The Meadows

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

235 Toys We Grew Up With

Gloria Jennings

Many of America's favorite toys were introduced during the post-World War II era and gained popularity among the baby boom generation. At Christmastime, children asked Santa Claus for things such as a Barbie doll, Etch-A-Sketch, G.I. Joe or a Tonka Truck. Other popular playthings included Play-Doh, Slinkys and Mr. Potato Head. What fun, and not an app in sight! Join us as we discuss some interesting facts about some of these classic items.

Location: Oasis at The Meadows

Thursday **Feb 29**
Fee: \$7 **10:00-11:30**



236 Women Innovators

Beverly Prado

Many brilliant females helped shape history, from ancient times to the present, but some have been overlooked. This class examines such legendary women as Cleopatra, Marie Curie, Hedy Lamarr, and Mileva Maric Einstein. But, have you ever heard the names Virginia Hall, C.J. Walker, Grace Hopper, Rosalind Franklin or Katherine Johnson? Come to class and find out the accomplishments of these women too.

Location: Oasis at The Meadows

| | |
|-----------------|--------------------|
| Monday | Mar 4 |
| Fee: \$7 | 10:00-11:30 |

237 Easy Plant Propagation

Bexar County Master Gardeners

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

Location: Oasis at The Meadows

| | |
|-----------------|------------------|
| Monday | Mar 4 |
| Fee: \$7 | 1:00-2:30 |

238 Hot Times Ahead?

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

Only a little more than two years after Winter Storm Uri put Texas in a deep freeze, the summer of 2023 was, by many measures, the hottest summer on record for San Antonio. In this class, we will not only discuss 'How Hot Was It?', but we will also explore some of the reasons for the high temperatures, and consider the potential impacts of increasing weather extremes on our city. We will discuss whether the heat of 2023 is a one-off exception, or an indication of summers to come. And if there is more heat ahead, are there steps that we can be taking to better prepare for a warmer future?

Location: Oasis at The Meadows

| | |
|-----------------|--------------------|
| Tuesday | Mar 5 |
| Fee: \$7 | 10:00-11:30 |

239 Heartthrobs of the 70s

Kelley Gallant

Remember Tigerbeat and Teenbeat magazines? We couldn't wait to buy the latest issues and pull out the posters, hang them on our wall and stare at our crushes! Let's go way back and chat about those guys and girls and learn about them, then and now! We'll have some fun clips to take us back to those days!

Location: Oasis at The Meadows

| | |
|------------------|--------------------|
| Wednesday | Mar 6 |
| Fee: \$7 | 10:00-11:30 |

240 History of Ukraine

Michael Cude, Ph.D., Schreiner University

This course will contextualize current events in Ukraine through an overview of its history. The class will illustrate how the "borderlands" of Eastern Europe evolved from the powerful medieval kingdom of Kievan Rus to a region divided by neighboring powers. After overviewing its experience as part of the Soviet Union, the class will conclude with a consideration of independent Ukraine leading to the present.

Location: Oasis at The Meadows

| | |
|------------------|------------------|
| Wednesday | Mar 6 |
| Fee: \$7 | 1:00-2:30 |



241 Toxic Texas

Witte Museum

Have you ever wondered what the difference is between poisonous and venomous? Join us on a deep dive into toxins and how animals and plants utilize poison. Discover the creepy creatures and frightening flora that call our state home in Toxic Texas.

Location: Oasis at The Meadows

| | |
|-----------------|--------------------|
| Thursday | Mar 21 |
| Fee: \$8 | 10:00-11:30 |

Registration Procedures

See Refund
Policy on
Page 4

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

- **Walk-In and Mail-In - Registrations Processed January 3, 2024**
(Registrations are placed in a box and randomly drawn and processed.)
 - * **The Oasis Center will be closed December 20-January 1**
There is a mail slot at the front door of the Oasis Center.*
- **Online - Registration Opens January 3, 2024 at 9:00am**
- **Phone-In - Registration Opens January 8, 2024**

**It is best to have your
registration at Oasis
before January 3**

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 registration form, found on pages 27-30, 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 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. **Address of credit card must match name and address of Oasis member.**
- 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 store credit.
- Members who want to attend classes with another member should send their registrations to Oasis in one envelope. Members cannot pay for another member using a credit card. Only checks or cash will be accepted when paying for another member.
- 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 Number*: _____ Exp. Date. ____/____ CVV: _____ (On Back of Card)

*** To prevent a delay in processing, make sure the name/address on the credit card matches the name/address of the Oasis member.**

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 | \$40 | | | |
| | 110 | Tai Chi | \$32 | | | |
| | 111 | Tai Chi | \$32 | | | |
| | 112 | Tai Chi for Arthritis | Free | | | |
| | 113 | Tai Chi for Arthritis | Free | | | |
| | 114 | Stretch and Restore | \$42 | | | |
| | 115 | Stretch and Restore | \$42 | | | |
| | 116 | Chair Yoga | \$42 | | | |
| | 117 | Chair Yoga | \$42 | | | |
| | 118 | Qigong | \$40 | | | |
| | 119 | Qigong | \$40 | | | |
| | 120 | Qigong | \$32 | | | |
| | 121 | Yin Yoga | \$35 | | | |
| | 122 | Yin Yoga | \$35 | | | |
| | 123 | Yin Yoga | \$28 | | | |
| | 124 | Functional Fitness | \$30 | | | |
| | 125 | Functional Fitness | \$30 | | | |
| | 126 | Functional Fitness | \$24 | | | |
| | 127 | Mat Pilates | \$35 | | | |
| | 128 | Mat Pilates | \$35 | | | |

| ✓ | # | Class Name | Fee | Office Use | | |
|---|-----|--------------------------|------|------------|---|-----|
| | | | | W | E | Ck# |
| | 129 | Mat Pilates | \$28 | | | |
| | 130 | Beginner Ballet | \$35 | | | |
| | 131 | Beginner Ballet | \$35 | | | |
| | 132 | Line Dancing | \$30 | | | |
| | 133 | Line Dancing | \$30 | | | |
| | 134 | Line Dancing | \$24 | | | |
| | 135 | Balance Daily Life | \$30 | | | |
| | 136 | Balance Daily Life | \$30 | | | |
| | 137 | Strength Training | \$30 | | | |
| | 138 | Strength Training | \$30 | | | |
| | 139 | Deep Water Aquacise | \$54 | | | |
| | 140 | Deep Water Aquacise | \$54 | | | |
| | 141 | Deep Water Aquacise | \$48 | | | |
| | 142 | Pickleball | \$25 | | | |
| | 143 | Kayaking Tour | \$42 | | | |
| | 144 | Walking Group | \$25 | | | |
| | 145 | Valued Living | \$49 | | | |
| | 146 | Self-Acceptance | \$49 | | | |
| | 147 | Diabetes Self-Management | Free | | | |
| | 148 | A Matter of Balance | Free | | | |
| | 149 | Dementia Behaviors | Free | | | |
| | 150 | Acti-v8 Your Brain | \$20 | | | |
| | 151 | Hearing Aid Technology | \$5 | | | |
| | 152 | Pain Management | \$7 | | | |
| | 153 | Social Isolation | Free | | | |
| | 154 | Nutrition Labels | Free | | | |
| | 155 | Health Screening | Free | | | |
| | 156 | Second Half of Life | \$30 | | | |
| | 157 | Eating for Brain Health | \$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# |
| | 158 | Living with Purpose | \$7 | | | |
| | 159 | World of CBD | \$7 | | | |
| | 160 | Interactions with Meds | Free | | | |
| | 161 | Medications Checks | Free | | | |
| | 162 | Coping with Loneliness | \$7 | | | |
| | 163 | Mediterranean Diet | \$7 | | | |
| | 164 | End-of-Life Doula | \$7 | | | |
| | 165 | Alzheimer's Conference | Free | | | |
| | 166 | Anti-Aging Drugs | \$7 | | | |
| | 167 | How Sweet It Is | \$5 | | | |
| | 168 | Relocation Planning | Free | | | |
| | 169 | Signs of Vision Loss | \$7 | | | |
| | 170 | Mindfulness Meditation | \$7 | | | |
| | 171 | The Gut-Brain Connection | \$7 | | | |
| | 172 | Let's Get Better with Grief | Free | | | |
| | 173 | Childhood Experiences | \$7 | | | |
| | 174 | Eating Healthy on a Budget | \$5 | | | |
| | 175 | Dietary Guidelines | \$7 | | | |
| | 176 | Dementia Behaviors | Free | | | |
| | 177 | Intro to the Enneagram | \$30 | | | |
| | 178 | Hearing Issues As We Age | \$7 | | | |
| | 179 | Art of Napping | \$7 | | | |
| | 180 | Laughter Yoga | \$7 | | | |
| | 181 | CPR Training | Free | | | |
| | 182 | Caregiving 101 | Free | | | |
| | 183 | Carbohydrates | \$7 | | | |
| | 184 | Relationship with Food | \$7 | | | |
| | 185 | Fentanyl Crisis in Texas | \$7 | | | |
| | 186 | Conflict Resolution | \$7 | | | |
| | 187 | Signs of Alzheimer's | Free | | | |
| | 188 | Caregiver Services | Free | | | |
| | 189 | The Effects of Exercise | \$7 | | | |
| | 190 | Liver Cancer | Free | | | |
| | 191 | The Sacred Wild | \$7 | | | |
| | 192 | Urinary Tract Health | Free | | | |

| ✓ | # | Class Name | Fee | Office Use | | |
|---|-----|----------------------------|------|------------|---|-----|
| | | | | W | E | Ck# |
| | 193 | Sleep Apnea | Free | | | |
| | 194 | How to Read Your Labs | Free | | | |
| | 195 | Podiatry | Free | | | |
| | 196 | Texercise | Free | | | |
| | 197 | Texercise | Free | | | |
| | 198 | Balance for Daily Life | \$24 | | | |
| | 199 | Caregiving 101 | Free | | | |
| | 200 | Aging Mastery Program | Free | | | |
| | 201 | Dealing With Grief | Free | | | |
| | 202 | Living with Arthritis | \$7 | | | |
| | 203 | 50 Questions | \$7 | | | |
| | 204 | Alzheimer's Research | Free | | | |
| | 205 | Medication and Internet | \$6 | | | |
| | 206 | DASH Diet | \$7 | | | |
| | 207 | Women's Discussion Group | \$5 | | | |
| | 208 | Total Solar Eclipse | \$7 | | | |
| | 209 | Writers Group | \$5 | | | |
| | 210 | Men's Discussion Group | \$5 | | | |
| | 211 | Poetry Posse | \$28 | | | |
| | 212 | Paradise Lost | \$7 | | | |
| | 213 | Inspiring Women | \$11 | | | |
| | 214 | Lost San Antonio | \$10 | | | |
| | 215 | Black Cowboys | \$8 | | | |
| | 216 | Clint Eastwood | \$7 | | | |
| | 217 | Ghost Stories | \$7 | | | |
| | 218 | Basic Watercolor | \$48 | | | |
| | 219 | String Theory | \$7 | | | |
| | 220 | Movie Discussion | \$8 | | | |
| | 221 | Directors Part 1: Comedies | \$7 | | | |
| | 222 | Directors Part 2: Dramas | \$7 | | | |
| | 223 | Directors Part 3: Musicals | \$7 | | | |
| | 224 | Wine Making | \$7 | | | |
| | 225 | Civil Liberties | \$7 | | | |
| | 226 | First Amendment-Speech | \$7 | | | |
| | 227 | First Amendment-Religion | \$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# |
| | 228 | Queen - Then and Now | \$7 | | | |
| | 229 | Literary Churchill Part 2 | \$7 | | | |
| | 230 | Literary Churchill Part 3 | \$7 | | | |
| | 231 | History-Inspired Drawing | \$48 | | | |
| | 232 | Luling Oil Field | \$11 | | | |
| | 233 | Making a 'Soul' Card Deck | \$32 | | | |
| | 234 | Daniel vs. Nebuchadnezzar | \$7 | | | |
| | 235 | Toys We Grew Up With | \$7 | | | |
| | 236 | Women Innovators | \$7 | | | |
| | 237 | Easy Plant Propagation | \$7 | | | |
| | 238 | Hot Times Ahead? | \$7 | | | |
| | 239 | Heartthrobs of the 70s | \$7 | | | |
| | 240 | History of the Ukraine | \$7 | | | |
| | 241 | Toxic Texas | \$8 | | | |
| | 242 | National Park Service | \$7 | | | |
| | 243 | Roy Rogers and Dale Evans | \$7 | | | |
| | 244 | Zentangle Inspired Art | \$8 | | | |
| | 245 | Perennial Pleasures | \$7 | | | |
| | 246 | Architecture in S.A. | \$11 | | | |
| | 247 | Wine Tasting | \$40 | | | |
| | 248 | Movies of Spring | \$7 | | | |
| | 249 | Jesus, Family and Friends | \$7 | | | |
| | 250 | Spring Floral Arrangement | \$40 | | | |
| | 251 | Texas Wildflowers | \$7 | | | |
| | 252 | History/Future of Alamo | \$7 | | | |
| | 253 | Improvitational Theater | \$7 | | | |
| | 254 | Cupcake Decorating | \$40 | | | |
| | 255 | Jazz Appreciation Month | \$7 | | | |
| | 256 | Mozart & American Opera | \$7 | | | |
| | 257 | Water in San Antonio | \$7 | | | |
| | 258 | Dolly Parton/Kenny Rogers | \$7 | | | |
| | 259 | Alfred Hitchcock | \$7 | | | |
| | 260 | Body Language | \$7 | | | |
| | 261 | Walt Disney | \$7 | | | |
| | 262 | History of Chandler House | \$7 | | | |

| ✓ | # | Class Name | Fee | Office Use | | |
|---|-----|---------------------------|------|------------|---|-----|
| | | | | W | E | Ck# |
| | 263 | Container Gardening | \$7 | | | |
| | 264 | Maya Angelou | \$7 | | | |
| | 265 | Math of Ancient Egypt | \$7 | | | |
| | 266 | Geology of Bexar County | \$7 | | | |
| | 267 | Volunteering at Oasis | Free | | | |
| | 268 | All About Silver Connect | Free | | | |
| | 269 | Ombudsman Program | Free | | | |
| | 270 | What's New at Oasis | Free | | | |
| | 271 | 2024 Tax Planning | \$7 | | | |
| | 272 | Better Bidder at Bridge | \$15 | | | |
| | 273 | Legendary Legacy | \$7 | | | |
| | 274 | Veterans Resources | Free | | | |
| | 275 | Levels of Care | Free | | | |
| | 276 | Protesting Property Taxes | \$7 | | | |
| | 277 | Basic Wills and Trusts | \$7 | | | |
| | 278 | Crimes/Older Adults | Free | | | |
| | 279 | Preparing Your Home | \$7 | | | |
| | 280 | New Member Orientation | Free | | | |
| | 281 | Simple Steps to Protect | \$7 | | | |
| | 282 | The Grand Jury | \$7 | | | |
| | 283 | Trees of the S.A. Region | \$5 | | | |
| | 284 | Why Probate? | \$7 | | | |
| | 285 | Disaster Preparedness | Free | | | |
| | 286 | New River Authority Parks | \$7 | | | |
| | 287 | Who Decides? | \$7 | | | |
| | 288 | Retiree Questions | \$7 | | | |
| | 289 | Reframing Aging | Free | | | |
| | 290 | Identity Theft | \$5 | | | |
| | 291 | VIA Services | Free | | | |
| | 292 | Park Amenities | \$5 | | | |
| | 293 | CPS Energy Savings | Free | | | |
| | 294 | Capital Murder in Texas | \$7 | | | |
| | 295 | Community Resources | \$5 | | | |
| | 296 | City of SA Services | Free | | | |
| | 297 | Protecting Against Fraud | \$5 | | | |

| ✓ | # | Class Name | Fee | Office Use | | |
|---|-----|-----------------------------|------|------------|---|-----|
| | | | | W | E | Ck# |
| | 298 | Reframing Aging | Free | | | |
| | 299 | Medicare Updates | Free | | | |
| | 300 | Volunteering at Oasis | Free | | | |
| | 301 | Advanced Planning | \$7 | | | |
| | 302 | Intro to Excel | \$44 | | | |
| | 303 | WhatsApp | \$11 | | | |
| | 304 | Apple Photos | \$11 | | | |
| | 305 | Cybersecurity | Free | | | |
| | 306 | Advanced iPhone | \$11 | | | |
| | 307 | Intro to Gmail | \$24 | | | |
| | 308 | Intro to the Apple Watch | \$11 | | | |
| | 309 | Android Essentials | \$33 | | | |
| | 310 | iPhone Notes | \$11 | | | |
| | 311 | Password Managers | \$13 | | | |
| | 312 | Everything iPad | \$40 | | | |
| | 313 | Emojis, GIFs and More | \$11 | | | |
| | 314 | Sign Up for Classes Online | Free | | | |
| | 315 | Sign Up for Classes Online | Free | | | |
| | 316 | Fun Things iPad | \$11 | | | |
| | 317 | Do Your Paperwork Now | Free | | | |
| | 318 | Inflammation | Free | | | |
| | 319 | History of the Hill Country | Free | | | |
| | 320 | Mindfulness/Meditation | Free | | | |
| | 321 | Disaster Preparedness | Free | | | |
| | 322 | Senior Bullying | Free | | | |
| | 323 | Social Isolation | Free | | | |
| | 324 | Senior Safety | Free | | | |
| | 325 | Fall Prevention | Free | | | |
| | 326 | VIA Services | Free | | | |

| ✓ | # | Class Name | Fee | Office Use | | |
|---|-----|----------------------------|-----------|------------|---|-----|
| | | | | W | E | Ck# |
| | 327 | All About Cybercrime | Free | | | |
| | 328 | Understanding Alzheimer's | Free | | | |
| | 329 | Transportation Options | Free | | | |
| | 330 | Visually Impaired | Free | | | |
| | 331 | Reframing Aging | Free | | | |
| | 332 | Ask ASC | Free | | | |
| | 333 | Fall Prevention | Free | | | |
| | 334 | Social Isolation | Free | | | |
| | 335 | All About APS | Free | | | |
| | 336 | Healthy Relationships | Free | | | |
| | 337 | Improving Your Memory | Free | | | |
| | 338 | Funeral Consumer Alliance | Free | | | |
| | 339 | Low Vision Resources | Free | | | |
| | 340 | VIA Services | Free | | | |
| | 341 | Sleep Health | Free | | | |
| | 342 | All About APS | Free | | | |
| | 343 | Social Isolation | Free | | | |
| | 344 | Veterans Resources | Free | | | |
| | 345 | Fredericksburg | \$92 | | | |
| | 346 | Discovering San Antonio | \$79 | | | |
| | 347 | Treasures of Uvalde | \$79 | | | |
| | 348 | Discovery Luling | \$88 | | | |
| | 349 | National Cemetery Tour | \$29 | | | |
| | 350 | Mitchell Lake Tour | \$29 | | | |
| | 351 | King William District Tour | \$29 | | | |
| | 352 | San Pedro Creek Tour | \$29 | | | |
| | 353 | Kentucky Preview Show | Free | | | |
| | 810 | Kentucky with Noah's Ark | \$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 _____

242 History of the National Park Service and San Antonio's Missions

Paul Lathrop, San Antonio Missions National Historical Park

San Antonio's Missions are a National Park Service site and the only UNESCO World Heritage Site in Texas. This class will be an overview of the history of the National Park Service, as well as San Antonio's Missions.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Mar 7
10:00-11:30



243 Roy Rogers & Dale Evans

Gloria Jennings

Roy Rogers and Dale Evans were a famous American couple who were both actors and singers. Roy Rogers was known as the "King of the Cowboys" and Dale Evans was known as the "Queen of the West." Join us as we discuss their triumphs and tragedies and view some of their many western movies and television shows.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Mar 26
10:00-11:30

244 Zentangle Inspired Art

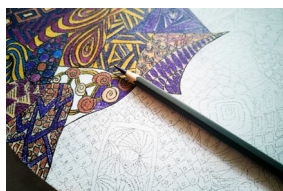
Gaylynne Robinson

We will start with simple borders and designs, work our way to shading and coloring, and then take on more complex designs using geometrics, florals, scrolls, jewels, border and more. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Mar 12
4:00-6:00



245 Texas Superstars: Perennial Pleasures

*Marybeth Parsons,
Bexar County Master Gardeners*

Perennials can be highly useful and attractive in the home landscape. They often persist for many years and usually require less maintenance than annuals. They can provide long seasons of color and cut flowers while enhancing overall landscape development. Come learn what perennials grow best in South Texas, and how to grow them.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Mar 26
6:00-7:30



246 Structures: Four Centuries of Architecture in Downtown San Antonio

Bill Perryman, M.Ed.

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

Thursday
Fee: \$11

Mar 28
10:00-11:30

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

247 Wine Tasting: French Wines

Bob Bragg,
WSET Level 3, CSW



French winemaking started in the 6th century B.C. after the Greek settlers colonized Southern Gaul. However, it was the Romans who planted vines in all the major wine regions in the 300s. Come learn about the many wine names, regions, and grape varieties, and sample several French wines.

Location: Oasis at The Meadows

Thursday **Mar 28**
Fee: \$40 **1:00-3:00**

248 Movies of Spring

Beverly Prado

This class focuses on the settings of many famous films that contain the season as a refreshing part of the story. From early movies like *Springtime in the Rockies*, *Easter Parade* and *April in Paris* to more modern takes on the season, such as *The Sound of Music*, *A League of Their Own*, *Where the Boys Are*, and *A Bug's Life*, let's celebrate one of our favorite times of the year.

Location: Oasis at The Meadows

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

249 Jesus, His Family & Friends

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

The New Testament is entirely about Jesus and his ministry on Earth and even going into the future. Snatches of his youth are mentioned, his three-year ministry is documented in the Gospels and his teachings explored thereafter. After his final ascension, we know from Revelations, he will return as a warrior against evil. We know a bit about his friends and apostles, but the lives of his Earthly family are vague. We'll touch on some of the archaeological and scholarly works on his mom, dad, siblings, and extended family and a few friends.

Location: Oasis at The Meadows

Wednesday **Apr 3**
Fee: \$7 **1:00-2:30**

250 Create a Spring Floral Arrangement



Rose Boutique

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

Location: Oasis at The Meadows

Monday **Apr 8**
Fee: \$40 **1:00-2:30**

251 Wild About Texas Wildflowers

Kathy Breniman, Bexar County Master Gardeners

Spring wildflower season arrives in Texas with blankets of colorful blooms across fields and lining roadways, and fall is like a "second spring" in Texas as wildflowers bloom creating colorful landscapes. It's easier than you might think to grow your own patch of Texas wildflowers at home. All it takes to get started is a patch of dirt, a bag of seeds, and a dose of patience.

Location: Oasis at The Meadows

Tuesday **Apr 9**
Fee: \$7 **1:00-2:30**

252 The History and Future of The Alamo

Kate Carey, The Alamo Trust

Alamo Plaza's history and the development of its built environment is reflective of the evolution of San Antonio itself. It transformed from a religious area associated with a Spanish mission during the eighteenth century, to a military headquarters during the early nineteenth century, and then finally to an area dedicated to transportation, commerce, and recreation during the late nineteenth and twentieth centuries. Learn all about the history of the Alamo, and what is planned for the redevelopment of the Alamo and Alamo Plaza.

Location: Oasis at The Meadows

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

253 Improvisational Theater for the Heart and Soul

Craig Stimson

Improvisational theater is not just about laughter. While that is an important part, improv can also be used as a tool to improve memory, promote relaxation, and increase self-confidence. Join us!

Location: Oasis at The Meadows

Thursday

Apr 11

Fee: \$7

1:00-2:30

254 Spring in Bloom: Cupcake Decorating

Over the Top Cake Supplies

Learn basic piping skills for cupcake decorating. You will be working with Over the Top's very own signature Bakeaholic buttercream. You'll learn various techniques on piping to create these gorgeous flowers. Each student will take home 6 of their own decorated cupcakes and the knowledge how to recreate them at home. A box to carry your cupcakes and a certificate of completion will be provided. Fee includes cost of supplies.



Location: Oasis at The Meadows

Thursday

Apr 11

Fee: \$40

1:00-2:30

255 In Honor of Jazz Appreciation Month

George and Beverly Prado

Many events seem to happen in April. In San Antonio, we anticipate Fiesta, and the Easter season is in full swing. Jazz is the focus during this month also. Why? Because so many famous jazz musicians and composers share birthdays during this time. A few featured in this presentation: Duke Ellington, Ella Fitzgerald, Billie Holiday, and Herbie Hancock. Celebrate 'America's Original Music' with discussion and film clips.

Location: Oasis at The Meadows

Wednesday

Apr 17

Fee: \$7

10:00-11:30

256 Mozart & American Opera

Sarah Davis, Professional Opera Singer

Professional opera singer, Sarah Davis, will take you through a survey of the major operas by Mozart and prominent American composers using audio, video and maybe live examples! We'll explore the history, the plots, and the famous singers and arias from operas such as: *Marriage of Figaro*, *Don Giovanni*, *Magic Flute*, *The Hours*, *Dead Man Walking*, *Susannah*, and *Porgy and Bess*.

Location: Oasis at The Meadows

Friday

Apr 12

Fee: \$7

10:00-11:30

257 Water in San Antonio – Planning for the Future

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

South Texas has always had to deal with inconsistent rainfall. With some of the fastest growth in the country, however, our region is now faced with even more significant challenges to providing water for a rapidly growing population. We will focus on the history of water in San Antonio, including how much we use, how we currently get our water, challenges that we are currently facing, and anticipated changes in the water system that will be necessary to meet our needs over the coming decades.

Location: Oasis at The Meadows

Tuesday

Apr 16

Fee: \$7

10:00-11:30

258 Dolly Parton & Kenny Rogers

Gloria Jennings

Kenny Rogers and Dolly Parton have collaborated on a series of duets, and have appeared on stage together on dozens of occasions. Their undeniable chemistry has often been the subject of romance rumors, even though the pair always denied being anything more than friends. Come hear the truth about the decades-long relationship between Dolly Parton and Kenny Rogers.

Location: Oasis at The Meadows

Thursday

Apr 18

Fee: \$7

10:00-11:30

The following classes take place at
Oasis at The Chandler House
 137 W. French Place



259 Alfred Hitchcock, Master of Mystery and Suspense

Beverly Prado

One has only to mention the director's name to elicit smiles and/or frowns by moviegoers. Hitchcock's place in film has become firmly established with such classics as *Psycho*, *Vertigo*, *Rear Window*, *Suspicion*, *North by Northwest* and others. What made the man tick? Did he delight in putting us on the edge of our seats or was he poking fun at human frailty and fear? This director is a fascinating craftsman who changed much about going to the movies.

Location: Oasis at The Chandler House

Tuesday **Feb 6**
Fee: \$7 **9:30-11:00**

260 Non-Verbal Communication: Using Body Language

Gloria Jennings

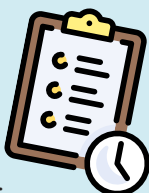
"It's not just what you say, it's how you say it." Our facial expressions, gestures, eye contact, posture and tone of voice can speak the loudest. Noticing the signals that people send out with their body language is a very useful social skill. Learn how to become more sensitive not only to the body language and nonverbal cues of others, but also your own.

Location: Oasis at The Chandler House

Thursday **Feb 15**
Fee: \$7 **2:00-3:30**

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.



261 Walt Disney

Beverly Prado

One of the most recognized names in film history, Walt Disney began as an animator in early Hollywood movies. His ideas for comic characters, like Mickey Mouse, soon led to not only a storied career in entertainment, but also enabled him to make his dream of a magical place for all ages to visit come true. Disneyland and the Disney brand have become synonymous with our love of fun, fantasy and adventure. But what was the man really like? Explore his life and legacy with us.

Location: Oasis at The Chandler House

Tuesday **Feb 27**
Fee: \$7 **9:30-11:00**

262 History of the Chandler House

Shawn Gillen

The Chandler Estate's Legacy House sits in the original Victorian home of Mr. & 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." Learn more about the history of this beautiful house built during San Antonio's "Gilded Age."

Location: Oasis at The Chandler House

Tuesday **Mar 5**
Fee: \$7 **2:00-3:30**

263 Container Gardening

Bexar County Master Gardeners

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

Location: Oasis at The Chandler House

Tuesday **Apr 2**
Fee: \$7 **2:00-3:30**

264 Maya Angelou

Gloria Jennings

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

Location: Oasis at The Chandler House

Tuesday
Fee: \$7

Mar 12
2:00-3:30

265 Math of Ancient Egypt

Betty Burson

Ancient Egypt conjures up images of pharaohs and pyramids but there is more to be considered. What was their mathematical base? How did they live and how necessary was mathematics to them? We will journey back in time to visit a fascinating era.

Location: Oasis at The Chandler House

Thursday
Fee: \$7

Apr 18
9:30-11:00

266 Geology of Bexar County

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

Texas and Bexar County are part of an exciting and varied geological landscape that spans hundreds of millions of years. This spectacular geologic setting has influenced the development of San Antonio in profound ways that are not always apparent. In this hands-on discussion, we will explore the unique geology of our region with maps and samples of local rocks, minerals, and fossils that participants can examine up-close.

Location: Oasis at The Chandler House

Tuesday
Fee: \$7

Mar 19
2:00-3:30



pubs.usgs.gov



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:



267 Volunteering at Oasis

Brenda Schmachtenberger

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

Location: Oasis at The Meadows

Tuesday Jan 16
Free 1:00-2:00

268 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

Wednesday Jan 17
Free 10:00-11:00

269 The Bexar AAA Ombudsman Program

Cindy Boyum, Bexar Area Agency on Aging

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

Location: Oasis at The Meadows

Thursday Jan 18
Free 1:00-2:30

270 What's New at Oasis

Brenda Schmachtenberger

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

Location: Oasis at The Meadows

Tuesday Jan 23
Free 6:00-7:30 🌙

271 2024 Tax Planning

Jake Yetterberg, CSA

In this class you will learn about leveraging changes to the tax code to save you money, now and later. We will discuss:

- Understanding the brand-new 2024 tax brackets, deductions and exemption amounts.
- How to prepare for the massive changes that come next year with the expiration of the Trump tax cuts.
- How to take the larger standard deduction and still get a benefit from charitable donations-even if you are not itemizing.
- 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.
- How to use all of the legislative changes (5 major tax changes) to your advantage.
- The catches in the "Qualified Charitable Tax-Free IRA Distribution" rules and how to benefit it even if you don't have an IRA.

Location: Oasis at The Meadows

Monday Jan 22
Fee: \$7 1:00-2:30

272 Become a Better Bidder at Bridge

Ed Rawlinson

"Better" bridge players know that bidding is a tool, a language which can be used to provide their partner with information about the strength and shape of your hand. This class will teach a fundamental bidding system and an introduction to a limited number of the most popular conventions. There will be so many easy opportunities to practice these skills that they will not be hard to learn.

Location: Oasis at The Meadows

Tuesdays Jan 23-Feb 6
Fee: \$15 1:00-3:00



273 How to Leave a Legendary Legacy

Todd Marquardt, Attorney at Law

"Maybe you have never thought of your life having a lasting purpose on your family or even the broader community, but you do have that power, that opportunity, to be something more, and to make a difference for an individual, a philosophy, or even a larger set."

– Dr. Terry Marquardt, *My Father*

In this class, learn how to leave a legendary legacy by understanding philosophies, beliefs, and paradigms and the common estate planning mistakes you can avoid.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Jan 23
1:00-2:30

274 Veterans Resources

Joe Gomez,

Bexar County Military & Veterans Services Center

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

Location: Oasis at The Meadows

Monday
Free

Jan 29
10:00-11:30

275 Levels of Care in Senior Living

Brooks Powell

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

Location: Oasis at The Meadows

Tuesday
Free

Jan 30
1:00-2:30

276 Protesting Your Property Taxes

Bexar County Tax Office

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

Location: Oasis at The Meadows

Monday
Fee: \$7

Feb 5
10:00-11:30





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

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

14603 HUEBNER, SUITE 3801
SAN ANTONIO, TEXAS 78230

www.marquardtlawfirm.com

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



277 Basic Wills and Trusts

Carol Bertsch, Attorney at Law

Elder Law Attorney, Carol Bertsch will discuss the difference between two courses of action: probating a will or establishing a trust.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Feb 6
6:00-7:30 



278 Crimes Against Older Adults

Jo Ann Tobias-Molina

People age 65 and older experience the same crimes as the rest of the population, but can be more vulnerable to them. Come to this class to learn about crimes that are committed most often, and what can be done to keep from becoming a victim.

Location: Oasis at The Meadows

Thursday
Free

Feb 8
10:00-11:30

279 Preparing Your Home to Sell It

Mason Brown, Generations Team

Thinking about selling your home? This session will tell you the things you need to consider when selling your home. We will describe the steps you should take to ready your home for sale, and resources that are available to assist you. We will also talk about downsizing and the possibilities for your next home.

Location: Oasis at The Meadows

Monday
Fee: \$7

Feb 26
1:00-2:30

280 New Oasis Member Orientation

Brenda Schmachtenberger

Are you a new Oasis member? Do you want to know how registration works? Are you interested in the history of Oasis? Come to new member orientation to learn all of these things and more.

Location: Oasis at The Meadows

Tuesday
Free

Feb 27
10:00-11:00

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


Jake Yetterberg, CSA

In this class you will discover how to integrate your legal, tax and financial plans. We will learn:

- The mistake many people make that could disinherit their spouse and kids.
- How the SECURE Act and other legislation made major changes to inheritance rules.
- How to know whether a will or a trust is better for your circumstances.
- How the Biden tax changes will change who you should leave money to.
- What assets are better to hold under the new economic set-up.
- How leaving an IRA to the wrong beneficiary could cost you 35% to 50% in additional taxes.
- Who should inherit each different type of money.
- IRAs, ROTH, non-qualified, stocks, bonds, annuities, etc. all have different tax consequences.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Feb 27
6:00-7:30 

SEVERE WEATHER OR EMERGENCIES

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

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

282 The Grand Jury

Prof. Geary Reamey

We will discuss where, why, and how the Grand Jury fits into the American (and Texas) system of criminal justice, and how it works. Discussion will include information about the purpose of the Grand Jury, service on a Grand Jury and the powers of the Grand Jury.

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Feb 28

1:00-2:30

283 Trees of the San Antonio Region

Mark Bird, City Arborist, City of San Antonio

Trees add to the beauty of your property, help reduce energy costs and improve your home's value. But which trees are best suited for the extreme heat and dry conditions we often experience here in Texas? In this class, we will discuss the different trees that we have here in south Texas and how to plant and care for them in your landscape.

Location: Oasis at The Meadows

Friday

Fee: \$5

Mar 1

10:00-11:30



284 Why Probate?

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Mar 5

1:00-2:30

285 Disaster Preparedness

Craig Stimson

Do you have supplies, medications and other necessities in the case of a natural disaster, such as a flood or tornado? You will learn what you need and how to store it in this informative class.

Location: Oasis at The Meadows

Thursday

Free

Mar 14

1:00-2:30

286 New San Antonio River Authority Parks: Hendrick Arnold Park and Trueheart Ranch Park

San Antonio River Authority

The San Antonio River Authority recently opened a 74-acre park in West Bexar County and a 351-acre park in South Bexar County. Come learn all about Hendrick Arnold Park, located along the Medina River, and Trueheart Ranch Park, located on the San Antonio River.

Location: Oasis at The Meadows

Monday

Fee: \$7

Mar 25

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**

287 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 doctor appointments, or getting the plumbing fixed? Who decides who takes over? The legal answer is: It depends! Elder Law Attorney, Brennen Boze answers these questions and explains the differences between guardianship and power of attorney.

Location: Oasis at The Meadows

Monday **Apr 1**
Fee: \$7 **10:00-11:30**

288 Most Pressing Retiree Questions of the Last 20 Years

Jake Yetterberg, CSA

Top questions covered:

- How do I protect myself from the increase in fraud on retirees?
- How do my financial holdings determine what's better...a will or a trust?
- Do we need different types of powers of attorney?
- How have recent laws changed required minimum distributions (RMD's) and how and when should I take them?
- Why is the "IRS Qualified Charitable Tax-Free IRA Distribution" more important now?
- How should I manage my money now that interest rates are so high?
- Should I buy gold?
- What are the real differences between a fixed annuity, a variable annuity, and an indexed annuity?
- What should we change in light of all the new tax laws, and how do we keep up with all of these changes?

We will wrap up the program with an open question and answer segment.

Location: Oasis at The Meadows

Tuesday **Apr 2**
Fee: \$7 **10:00-11:30**

289 Reframing Aging

Jo Ann Tobias-Molina

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

Location: Oasis at The Meadows

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

290 Identity Theft

Jason Meza, Better Business Bureau

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

Location: Oasis at The Meadows

Monday **Apr 8**
Fee: \$5 **10:00-11:30**

Yetterberg Retirement Solutions



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



We can help you manage prudent solutions like:

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

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

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

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

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

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

291 VIA Services for Older Adults

VIA Metropolitan Transit

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

Location: Oasis at The Meadows

Thursday
Free

Apr 4
1:00-2:30

292 City of San Antonio Park Amenities and Features

Patrick Partch,
City of San Antonio Parks and Recreation

The San Antonio Parks and Recreation Department offers a variety of special amenities at select city parks. Enjoy a game of disc golf, take your furry friend to a dog park, get a quick workout at an outdoor fitness class, enjoy a game of tennis, or go for a hike. Find out what amenities each of the parks offers.

Location: Oasis at The Meadows

Monday
Fee: \$5

Apr 15
10:00-11:30

293 CPS 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

Apr 15
1:00-2:30

294 Capital Murder in Texas

Judge Ron Rangel

Capital punishment remains a hotly debated topic in our country, however, our community has sentenced very few defendants to death. Although the issues can be complex, Judge Ron Rangel will analyze and help you understand what constitutes capital murder, and the penalties surrounding capital murder in Texas.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Apr 16
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:



The following classes take place at
Oasis at The Chandler House
 137 W. French Place



295 Community Resources

Kelley Gallant

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

Location: Oasis at The Chandler House

Tuesday Feb 6
Fee: \$5 2:00-3:30



296 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. Come learn more about the services that are available.

Location: Oasis at The Chandler House

Thursday Feb 22
Free 2:00-3:30

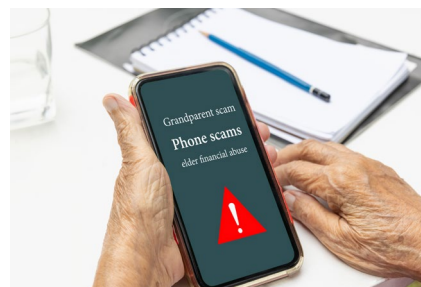
297 Protecting Yourself Against Fraud

Sandy Sullivan,
Retired SVP Fraud Management

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

Location: Oasis at The Chandler House

Tuesday Feb 27
Fee: \$5 2:00-3:30



298 Reframing Aging

Jo Ann Tobias-Molina

This class is designed to help change common misconceptions and myths about aging by replacing them with new ways to reframe our language that embraces older people.

Location: Oasis at The Chandler House

Tuesday Apr 9
Free 9:30-11:00



Location, Location, Location!

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

299 Medicare Updates and Benefits Counseling

Bexar Area Agency on Aging

If you want to learn more about Medicare 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 Chandler House

Tuesday
Free

Apr 16
2:00-3:30



300 Volunteering at Oasis and All About Silver Connect

Brenda Schmachtenberger and Kelley Gallant

Interested in becoming a volunteer for Oasis? This class will give you all the information needed to volunteer at Oasis and become a part of our community. Silver Connect offers adults age 50 and above the opportunity to talk with a friendly, trained volunteer for emotional support. Come to this class to learn more.

Location: Oasis at The Chandler House

Tuesday
Free

Apr 16
9:30-11:00



301 Advanced Planning and Five Wishes

Byron Cordes, LCSW, C-ASWCM

What if you became seriously ill and were unable to express your wishes; who would speak for you? Most importantly, how would they know what your wishes are? In this course, we will discuss the steps to plan in advance for such an event. We will also discuss the "Five Wishes" program, the living will that addresses your personal, emotional and spiritual needs, as well as your medical wishes.

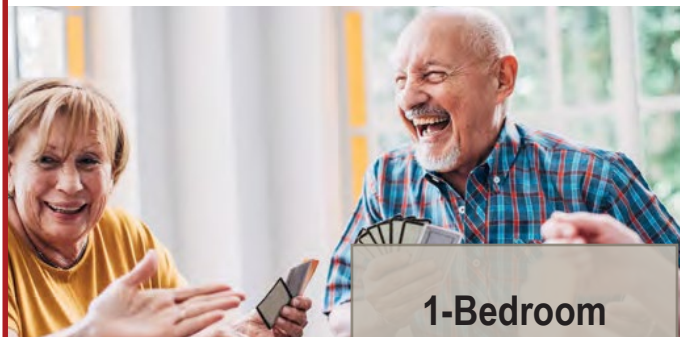
Location: Oasis at The Chandler House

Thursday
Fee: \$7

Feb 29
2:00-3:30

THE LIFESTYLE YOU LOVE, ONLY BETTER!

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Apartments
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- Independent and active senior living
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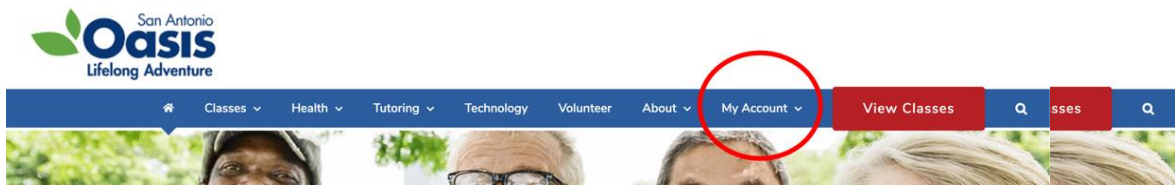
For More Information and to Schedule a Tour Call

(210) 580-2500

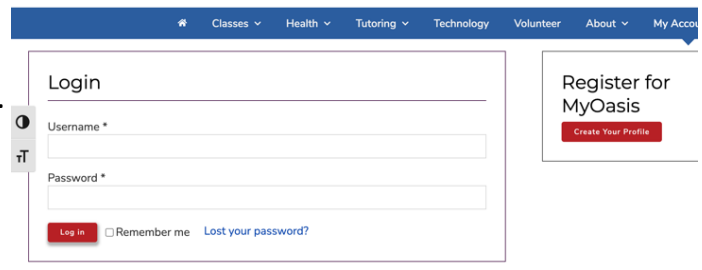
Morningside at The Chandler Estate
1502 HOWARD ST. • SAN ANTONIO, TX 78212

Registering for Classes Online

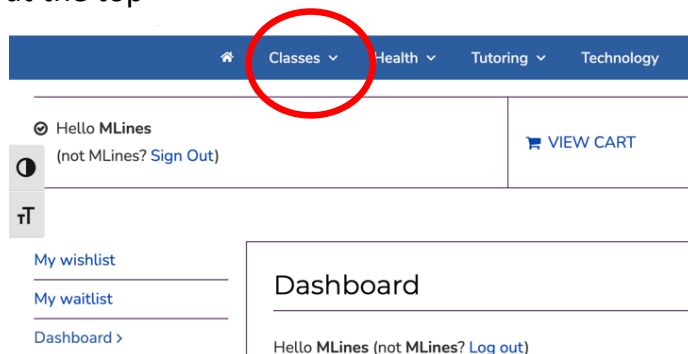
1) Visit: <https://san-antonio.oasisnet.org/> and at the top of the page – click on “My Account”.



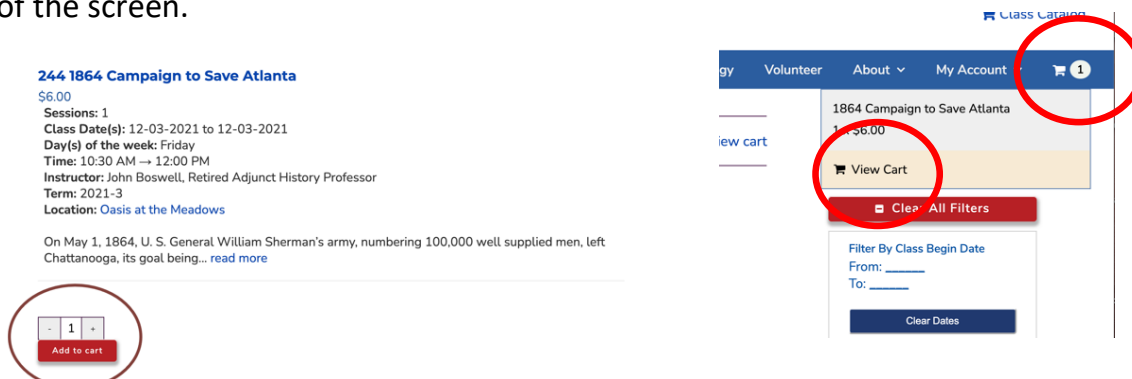
2) Login with your username and password or Register for MyOasis. *If you are unsure of your username, give Oasis a call at 210-236-5954.



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.

302 Intro to Excel

Sharon Parson

This course teaches Microsoft Excel basics. Excel is a spreadsheet program that helps you manage mathematical information. It is frequently used in today's workplace. Once you begin to understand the basics, you will find it is an easy and fun application to use. For example, you can use Excel to budget your personal finances and keep track of your investments. You can also use Excel to follow loan repayments, compare different mortgages, create invoices and more. Prior experience with the computer and an understanding of the Windows operating system is recommended. This is a hands-on course. Laptops will be provided for use during class. Book is included in fee.

Location: Oasis at The Meadows

Mondays
Fee: \$44

Jan 15-Feb 5
1:00-3:00



303 WhatsApp

Glenda Raichlen

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

Location: Oasis at The Meadows

Friday
Fee: \$11

Feb 2
10:00-12:00



304 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

Monday
Fee: \$11

Feb 12
1:00-3:00



305 Cybersecurity

Craig Stimson

In 2020, in the US 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

Tuesday
Free

Feb 13
6:00-7:30



306 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

Monday
Fee: \$11

Feb 26
10:00-11:30

307 Intro to Gmail

Doris Slay-Barber

Want to know more about email? This course will teach you how to create an account, send and receive messages, attach pictures, avoid spam, create and organize folders, use email safely, and lots more. The course is based on Gmail, but the concepts are the same no matter what provider you use. Laptops will be provided for use in class. Book is included in fee.

Location: Oasis at The Meadows

Mondays **Mar 4-11**
Fee: \$24 **1:00-3:00**

308 Intro to the Apple Watch

Carita DeVilbiss

The Apple Watch is a versatile wrist-worn companion that can help motivate you to be more active, track important health information, stay in touch with those who matter most to you, and so much more. This class will help you discover all the amazing things Apple Watch can do.

Location: Oasis at The Meadows

Thursday **Mar 14**
Fee: \$11 **1:00-3:00**



309 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 **Mar 15-29**
Fee: \$33 **10:00-12:00**

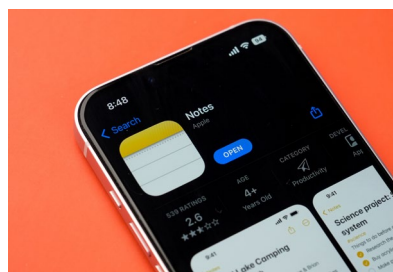
310 iPhone Notes

Thalia Williams

Do you scramble for a pen and paper to jot something down when you have an idea or want to remember something? iPhone Notes is your best friend to capture those thoughts. This class will show you how to capture photos in your notes, highlight specific items in your entry, create folders, add bullet points for ease of reading and more. This is for an intermediate user of iPhone and iOS updates of 14.1 and higher on your device.

Location: Oasis at The Meadows

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



311 Password Managers

Sharon Parson

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

Location: Oasis at The Meadows

Monday **Mar 18**
Fee: \$13 **1:00-3:00**



312 Everything iPad

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesdays & Thursdays **Mar 19-28**
Fee: \$40 **1:00-3:00**

313 Emojis, GIFs and More

Doris Slay-Barber

Want to learn what some of the most common emojis mean, where to find them on your smartphone keyboard, and when to use them? Learn how to create an avatar using Bitmoji and Memoji (iPhone only). GIFs and Memes are also ways to add some color to your communications. We can learn where to find and create those also.

Location: Oasis at The Meadows

Monday **Apr 1**
Fee: \$11 **1:00-3:00**

How to Sign Up for Oasis Classes Online

Chelsea Carriker, MPH, CHES

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 will be provided for use in class.

Location: Oasis at The Meadows

314 Monday **Apr 15**
Free **1:00-2:30**

315 Tuesday **Apr 9**
Free **6:00-7:30** 🌙

316 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 Chandler House

Tuesday **Feb 13**
Fee: \$11 **2:00-3:30**



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.
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San Antonio
Oasis
Lifelong Adventure

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

317 Do Your Paperwork Now

Brennen Boze, Attorney at Law

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

Thursday
Free

Jan 25
10:00-11:30

318 Inflammation and Your Body

Chelsea Carriker, MPH, CHES

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

Thursday
Free

Feb 15
10:00-11:30

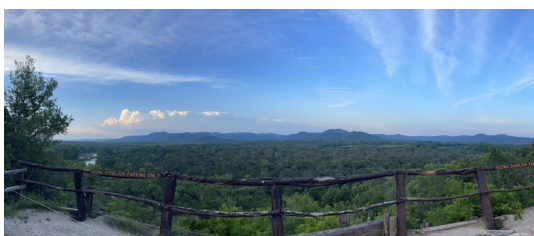
319 A Brief History of the Hill Country

Michael Cude, Ph.D., Schreiner University

This course will cover the history of the Texas Hill Country, focusing on the areas northwest of San Antonio. The emphasis will be on immigrant communities and the founding of towns such as Boerne, Kerrville and Fredericksburg.

Thursday
Free

Mar 7
10:00-11:30



320 Mindfulness and Meditation

Ginny Brown, LCHW

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Learn more about the benefits of mindfulness and how to practice, through breathing methods, guided imagery, and other practices that encourage relaxation of the body and mind, and help to reduce stress.

Thursday
Free

Apr 11
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
- Therapy
- Assisted Living
- Memory Care
- Skilled Nursing
- 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:
NORTHEAST SENIOR CENTER
4135 Thousand Oaks

321 Disaster Preparedness

Craig Stimson

Do you have supplies, medications and other necessities in the case of a natural disaster, such as a flood, hurricane or tornado? You will learn what you need and how to prepare for a natural disaster in this class.

Monday **Jan 22**
Free **1:00-2:00**

322 Senior Bullying

Russell Gainer, LCSW, GainWel

Senior bullying is a real phenomenon and can lessen the quality of life, contribute to fear and isolation, and depression. Learn what you can do to make a difference in your life and others.

Monday **Feb 12**
Free **1:00-2:00**

323 Social Isolation

Kelley Gallant

A recent Surgeon General's Report released in mid-2023 stated that loneliness has risen to 'epidemic' proportions. 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.

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

324 Senior Safety

Capt. Carlos Garcia

Learn practical safety strategies and crime prevention tips from a SAPD SAFPE officer.

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

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

325 Fall Prevention

Craig Stimson

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

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

326 VIA Services for Older Adults

VIA Metropolitan Transit

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

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

327 All About Cybercrime

Gloria Jennings

If you are on the internet or have a smart-phone, then you will be targeted by cybercriminals. In the class you will learn how to minimize your risk, protect your assets and safeguard your online information.

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

328 Understanding Alzheimer's and Dementia

Alzheimer's Association

Learn about the risk factors for Alzheimer's and Dementia, as well as the three general stages of the disease. Identify FDA-approved treatments available to treat some symptoms and look ahead to what's on the horizon for Alzheimer's research.

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

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

329 Transportation Options for Older Adults

Jane Paccione

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

Monday **Jan 22**
Free **10:30-11:30**

330 Programs for the Visually Impaired

Rene Perez, M.Ed, COMS, CFPS

A representative from Vibrant Works will talk about adaptive aids that may be helpful for visually impaired seniors, and discuss the free senior programs that are available.

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

331 Reframing Aging

Jo Ann Tobias-Molina

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

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

332 Ask Alamo Service Connection

Bexar Area Agency on Aging

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

Monday **Apr 8**
Free **10:30-11:30**

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

333 Fall Prevention

Craig Stimson

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

Wednesday **Jan 17**
Free **9:00-10:00**

334 Social Isolation

Kelley Gallant

A recent Surgeon General's Report released in mid-2023 stated that loneliness has risen to 'epidemic' proportions. 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.

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

335 All About Adult Protective Services

Lisa Senteno, APS

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

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

336 Healthy Relationships

Ginny Brown, LCHW

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

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

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

337 Improving Your Memory

Craig Stimson

Join us for a class on learning about the memory processes, discovering new techniques to improve memory, and examining ways to improve and boost memory skills.

Tuesday **Jan 16**
Free **10:00-11:00**

338 Funeral Consumer Alliance

Janice Barsun

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

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

339 Low Vision Resources

Rene Perez, M.Ed, COMS, CFPS

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

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

340 VIA Services for Older Adults

VIA Metropolitan Transit

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

Tuesday **Apr 9**
Free **10:00-11:00**

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

341 Sleep Health

Chelsea Carriker, MPH, CHES

This class will discuss how age impacts our sleep, importance of sleep on various aspects of our health and strategies to get a better night's sleep.

Thursday **Jan 18**
Free **10:00-11:00**

342 All About Adult Protective Services

Lisa Senteno, APS

Learn how this agency is helping older adults by investigating abuse, neglect, and exploitation and learn about their services.

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

343 Social Isolation

Ginny Brown, LCHW

A recent Surgeon General's Report released in mid-2023 stated that loneliness has risen to 'epidemic' proportions. 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.

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

344 Veterans Resources

Joe Gomez, Bexar County Military & Veterans Services Center

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

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

345 Fredericksburg - Chocolate and Pacific War History

The National Museum of the Pacific War will be our first stop of the day. It's about 1,200 miles to the Pacific Ocean and over 3,500 air miles to Pearl Harbor where World War II began for the United States. So, why do visitors ask why the National Museum of the Pacific War is located in Fredericksburg? The answer: Admiral Chester W. Nimitz, who led the U.S. Navy to victory in the Pacific War, was born in Fredericksburg in February 1885. In the 1960's Fredericksburg citizens asked Nimitz if they could create a museum in his honor and he first said no, but later agreed to a museum that honored all of those who served with him in WWII. The museum spans six acres and more than 55,000 square feet that includes the Admiral Nimitz Gallery, George H.W. Bush Gallery, Pacific Combat Zone, Plaza of Presidents, Japanese Garden of Peace and the Memorial Courtyard. Our next stop will be for lunch at the Fredericksburg Brewery Co. This unique eatery is the oldest brew pub in Texas and is housed in a historic building next door to the birthplace of Admiral Nimitz. After lunch we will split into two groups; each group will have time to browse downtown and attend a chocolate production tour at Chocolat, a chocolate lover's dream shop, see and sample unique, liqueur-filled chocolates as they are being made. Cost includes motor coach transportation, lunch, chocolate tasting, admission fees and tips.

Friday
Fee: \$92

Feb 9
8:15-5:00



www.pacificwarmuseum.org

346 Discovering San Antonio - Toyota Plant, Dixie Flag and Texas Air Museum

We will start by visiting the Toyota plant for a guided tour. It is a complete assembly plant that builds the Tundra and Tacoma trucks. To take this tour you will be required to wear a hard hat, safety glasses and earplugs during the tour. Our next stop will be at the Dixie Flag Company. The company was founded in 1958 by Henry P. Van Putte, Sr. Dixie Flag is one of the most respected and trusted flag companies in the country, and has grown from a small home-based business to an industry leader. Our next stop will be for lunch at Don Pedro Mexican Restaurant. After lunch we will make a stop at the Texas Air Museum at Stinson Field. Since 1999, the Texas Air Museum at Stinson Field has been dedicated to telling the story of Texas and San Antonio's vital role in the development of military air power. It also pays tribute to aviation, pioneers, technical achievements in the realm of aviation, and above all, pays respect and honor to those who gave their lives to defend freedom. Cost includes motor coach transportation, lunch admission fees and tips.

Tuesday
Fee: \$79

Mar 19
7:30-4:00



www.texasairmuseum.org

347 Treasures of Uvalde

Uvalde is a city and the county seat of Uvalde County, Texas. The population was 15,312 at the 2021 census. Employment sectors are construction, educational services and healthcare. Upon arrival in Uvalde, we will meet our step-on guide and then visit the First State Bank that is still a working bank and is home to former Governor Dolph Briscoe's excessive artwork and antique collection. Next, we will do a 30 to 45-minute walk to see the first set of murals of Uvalde victims. Next, we will board the bus and drive around the town square to see more murals. The next stop will be for lunch at Oasis Outback BBQ Grill. After lunch we will visit El Progreso Memorial Library that was founded in 1903 by a group of women who wished to start a new civic organization and then do a drive by of the Robb Elementary School. We will also visit the 1891 Opera House where melodramas and traveling tour companies performed over 100 years ago and visit the Brisco-Garner Museum built in 1920. This was the beautiful home of John Vance Garner, Vice President of the United States under F.D.R. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday
Fee: \$79

Apr 4
7:30-5:30



uvaldeoperahouse.org

Day trips will depart from the corner of St. Cloud and McNeel.

Parking is available at The Church of Jesus Christ of Latter Day Saints.

Day Trips are Non-Refundable.

348 Discovery Luling! Texas Main Street City Sesquicentennial 1874-2024

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

Prepare for an experience! Escape to Luling for a day of fun and adventure led by a certified professional tour guide and master teacher/storyteller. Bill Perryman. The first stop in Luling will be at the historic 1874 Fritz Zedler Mill which remains the only standing mill left along the San Marcos River. Enjoy a self-guided tour of the museum, grounds and mill buildings scattered along the riverbanks. A recent multi-million dollar investment has made this property the "beauty spot" of Caldwell County. From the mill, we'll travel Magnolia Avenue to downtown and enjoy fun and educational exhibits at the Luling Oil Museum. Then enjoy a multitude of interactive displays that relay an abundance of compelling stories regarding Luling's vibrant oil industry and the history of Luling. Of note is the narrative of Mr. Edgar B. Davis who ignited the Luling oil boom in 1922 with the Discovery Well-Rios #1. Following the museum tour, we will have lunch served by Chef Blue Grant! After lunch, feel free to stroll unique shops along Davis Street and enjoy a "Texas Main Street" adventure! Next board the motor coach for a city highlights tour including a drive by the oldest house in Luling, plus the Luling Foundation. Be prepared to find active oil wells in unusual places such as church lawns, bank parking lots and along the railroad tracks! This tour requires moderate physical activity. Cost includes motor coach transportation, lunch, admission fees and gratuities. Class #232, "Luling - Edgar B. Davis and the Luling Oil Field" scheduled for Wednesday, February 28, 2024, will serve as an orientation and preview for the Luling day trip.

Wednesday
Fee: \$88

May 8
8:30-5:15

349 National Cemetery Walking Tour



Bruce Martin,
Certified Professional Tour Guide

This comfortable walking tour will highlight San Antonio's first national cemetery. Established following the Civil War and before Ft. Sam Houston National Cemetery, this sacred ground is impeccably maintained and presents an impressive range of historic and lesser known individuals. The peaceful setting among mature live oaks and perfectly trimmed grass within a handsome limestone perimeter wall invites us to linger as we respectfully recall the lives of the individuals at rest. We will meet at the entrance to the cemetery, located at 517 Paso Hondo St. Free on-street parking is available.

Friday **Mar 22**
Fee: \$29 **9:00-11:30**



351 Reflections of Opulence! The King William Historic District Tour

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

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

Thursday **Apr 4**
Fee: \$29 **10:00-11:45**



350 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.

Friday **Mar 29**
Fee: \$29 **9:00-10:00**



352 San Pedro Creek Walking Tour

Bruce Martin,
Certified Professional
Tour Guide



This tour will introduce Phase Two of the San Pedro Creek project in downtown. Experience dramatic artworks, thoughtful engineering, and impressive use of landscaping that highlights native and low water use plants. We'll see new buildings already drawn to San Pedro Creek, including our new federal courthouse, and we'll appreciate how historic buildings are enhanced via our community's commitment to this revitalized waterway. We'll meet on the Houston St. bridge adjacent to Alameda Theatre, 318 W. Houston, near the intersection of Houston St. and Camaron St. Parking information will be included in your confirmation letter.

Thursday **Apr 18**
Fee: \$29 **9:00-11:30**

810 Kentucky with Noah's Ark

Oct 17-22, 2024

Join us and explore the state of Kentucky, known as the "Bluegrass State." Experience all the attractions you know about and discover all those you don't. First, we will arrive in Louisville, meet our tour manager, and transfer to our hotel in Louisville for a two-night stay. The next morning we will enjoy a Louisville city tour and see the Kentucky Derby Museum, enjoy a walking tour of Churchill Downs race track, visit the Mohammad Ali Center, and tour the Louisville Slugger Baseball Bat Factory and museum and then enjoy the evening at the Derby Dinner Playhouse, with a delicious buffet dinner.

The next day we will motor south to Bardstown to the famous "My Old Kentucky Home" state park and see a restored 1795 farm. Our next stop will be in Loretto for a Bourbon Tour and Tasting at the Maker's Mark Distillery, and also visit Shaker Village, a restored early 1800's Shaker religious community. Next, we will tour the Hall of Champions, the International Museum of the Horse, and see the Parade of Breeds. Later we will visit Ashland, the plantation home of statesman Henry Clay.

The next morning we'll drive north to Williamstown to see the life-size replica of Noah's Ark, the largest timber frame structure in the world, which opened in 2016 and was built to the dimensions given in the Bible. The structure measures 510 feet long, 85 feet wide and 51 feet high and has three decks of exhibits. Later we will travel to Georgetown to visit the Toyota Auto Plant for a up-close look at what it takes to build a car. The plant is home of the Camry and Avalon. On our final night of the trip we will enjoy a farewell dinner.

Tour includes round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for tour manager, drivers and tour guides. Deposit: \$350 per person. Double: \$3,350 per person. Single: \$4,030. Final payment is due August 2, 2024. Credit cards accepted. Make checks payable to AFC Vacations. **You may sign up for this trip on or after December 11, 2023.**

Phone-in registrations will not be accepted on December 11th. You must register in person at the Oasis Center.

353 Kentucky with Noah's Ark Preview Show

Location: Oasis at The Meadows

Wednesday
Free

Mar 27
1:00-2:00

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

**Oasis is excited to be opening
another location this spring!**



**We will have a classroom
inside the historic Morningside
Chandler House, located at
137 W. French Place.**

**Parking will be available at
Christ Episcopal Church,
located at 510 Belknap Place.**

**Check out the catalog for classes
at **Oasis at the Chandler House!****