



Summer 2024

Program Catalog

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



Sponsored by:



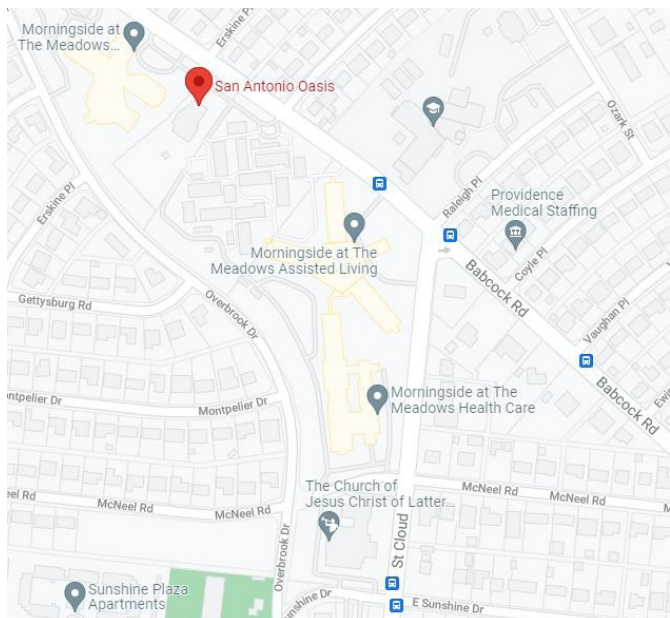
Welcome to Oasis

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:

April 5	Staff Retreat
April 26	Fiesta
May 2	Volunteer Training
May 27	Memorial Day
July 4-5	Independence Day

On The Cover

San Antonio Oasis Members
enjoy the Confluence Park Walking Tour
hosted by Bruce Martin

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Sponsors

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

Registration

Please note registration procedures on page 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.

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.

NOTE:

Not all classes are held at the Oasis Center.

Please check locations.



CHECK YOUR CALENDAR

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

Texercise

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

Location: Oasis at The Meadows

100	Mondays & Wednesdays Free	May 6-Jun 5 12:00-12:45
101	Mondays & Wednesdays Free	Jun 10-Jul 10 12:00-12:45
102	Mondays & Wednesdays Free	Jul 15-Aug 14 12:00-12:45
103	Mondays & Fridays Free	May 6-Jun 7 9:00-9:45
104	Mondays & Fridays Free	Jun 10-Jul 12 9:00-9:45
105	Mondays & Fridays Free	Jul 15-Aug 16 9:00-9:45
106	Tuesdays & Thursdays Free	May 7-Jun 6 9:00-9:45
107	Tuesdays & Thursdays Free	Jun 11-Jul 11 9:00-9:45
108	Tuesdays & Thursdays Free	Jul 16-Aug 15 9:00-9:45

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!

Tai Chi

Chiquita Picardo

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

Location: Oasis at The Meadows

109	Mondays Fee: \$32	May 6-Jun 3 10:15-11:45
110	Mondays Fee: \$40	Jun 10-Jul 8 10:15-11:45
111	Mondays Fee: \$40	Jul 15-Aug 12 10:15-11:45



Tai Chi for Arthritis and Fall Prevention

Falls 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	May 7-Jun 27 11:15-12:15
113	Tuesdays & Thursdays Free	Jun 11-Aug 6 2:00-3:00

Stretch and Restore

Gina Chinn

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

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 114 | Mondays | May 6-Jun 3 |
| | Fee: \$28 | 1:15-2:15 |
| 115 | Mondays | Jun 10-Jul 8 |
| | Fee: \$35 | 1:15-2:15 |
| 116 | Mondays | Jul 15-Aug 12 |
| | Fee: \$35 | 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

- | | | |
|------------|------------------|-----------------------|
| 117 | Mondays | May 6-Jun 3 |
| | Fee: \$28 | 2:30-3:30 |
| 118 | Mondays | Jun 10-Jul 8 |
| | Fee: \$35 | 2:30-3:30 |
| 119 | Mondays | Jul 15- Aug 12 |
| | Fee: \$35 | 2:30-3:30 |

Fitness for the Active NEW

Fred Chavez

Modeled after the National Academy of Sports Medicine (NASM) Optimum Performance Training for Seniors program, the class will be challenging and yet fun. We will individually design and follow a three step process of building core stabilization and flexibility, strength development and cardiorespiratory endurance. All exercises can be modified to meet the individual needs.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|---------------------|
| 120 | Tuesdays | May 7-Jun 4 |
| | Fee: \$35 | 6:00-7:00 |
| 121 | Tuesdays | Jun 11-Jul 9 |
| | Fee: \$35 | 6:00-7:00 |

Qigong

Fred Chavez

Qigong is an ancient Chinese form of exercise that integrates the breath, postural alignment and mindfulness. Qigong relieves stress, calms the mind and emotions, and improves overall well-being. We will 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

- | | | |
|------------|-------------------|----------------------|
| 122 | Wednesdays | May 8-Jun 5 |
| | Fee: \$40 | 9:00-10:00 |
| 123 | Wednesdays | Jun 12-Jul 10 |
| | Fee: \$40 | 9:00-10:00 |

Yin Yoga and Yoga Nidra

Fred Chavez

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

Location: Oasis at The Meadows

- | | | |
|------------|-------------------|----------------------|
| 124 | Wednesdays | May 8-Jun 5 |
| | Fee: \$40 | 10:15-11:30 |
| 125 | Wednesdays | Jun 12-Jul 10 |
| | Fee: \$40 | 10:15-11:30 |

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

- 126** Wednesdays Jun 12-Jul 10
 Fee: \$24 1:15-2:15
 No Class Jun 19
- 127** Wednesdays Jul 17-Aug 14
 Fee: \$30 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

- 128** Wednesdays Jun 12-Jul 10
 Fee: \$28 2:30-3:30
 No Class Jun 19
- 129** Wednesdays Jul 17-Aug 14
 Fee: \$35 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 May 9-Jun 6
 Fee: \$20 10:00-11:00
 No Class May 23
- 131** Thursdays Jun 13-Jul 11
 Fee: \$20 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 May 9-Jun 13
 Fee: \$42 12:30-1:30
- 133** Thursdays Jul 11-Aug 15
 Fee: \$42 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

- 134** Fridays May 10-Jun 7
 Fee: \$30 10:00-11:00
- 135** Fridays Jun 14-Jul 26
 Fee: \$36 10:00-11:00



Seated Strength Training

LeAnn Lupton

This class uses chair-assisted strength training exercises for the upper and lower body. Use 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

- 136** Fridays May 10-Jun 7
 Fee: \$30 11:15-12:15
- 137** Fridays Jun 14-Jul 26
 Fee: \$36 11:15-12:15

Deep Water Aquacise

Amaryllis Rubalcaba

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

- 138** Mondays & Wednesdays
Fee: \$54
May 6-Jun 5
9:00-9:45
- 139** Mondays & Wednesdays
Fee: \$54
No Class Jun 19
Jun 10-Jul 10
9:00-9:45
- 140** Mondays & Wednesdays
Fee: \$60
Jul 15-Aug 14
9:00-9:45

141 Walking Group

Chelsea Carriker

Join the Oasis Senior Steppers to get fit while exploring parks and walking trails in San Antonio. Each walk is about two miles and can include steep/uneven terrain. Each walk is at a different park or trail. You'll receive a list of locations in your confirmation letter.

Fridays
Fee: \$30
May 10-Jun 14
8:45-9:45

142 Guided King William Kayaking Tour

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

Tuesday
Fee: \$45
May 14
10:00-11:00

143 Pickleball 2.0

Dr. Gilda Garcia

This two-part session will be a continuation of our Pickleball - Learn and Play! If you already know the basics of pickleball and want to hone your skills, this is the class for you. These sessions will focus on different types of serves, court positions, and other strategies aimed at developing your pickleball skills.

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

Tuesdays
Fee: \$30
Jun 18-25
10:00-11:30



The Wisdom of Pooh and Friends

Fred Chavez

Think that A. A. Milne's Winnie-the-Pooh is just for children? Perhaps it is time to "Think, think, think" again. Come to the Thoughtful Spot, sit at the feet of this self-proclaimed "bear of very little brain" and discover the wisdom of the Sage from the Hundred Acre Wood. We will use the books *Winnie-the-Pooh* and *The House at Pooh Corner* for our fun adventures and discussions. Part 2 is a continuation of Part 1.

Location: Oasis at The Meadows

144 Part 1

Tuesdays
Fee: \$35
May 7-Jun 4
10:00-11:00

145 Part 2

Tuesdays
Fee: \$35
Jun 11-Jul 9
10:00-11:00

151 Effective Communication Strategies for Dementia

Alzheimer's Association

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

Location: Oasis at The Meadows

Tuesday
Free

May 14
6:00-7:30 🌙

152 Memory Dynamics Series

Craig Stimson

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

Location: Oasis at The Meadows

Wednesdays
Fee: \$14

May 15-22
1:00-2:30

153 Clinical Trials: Treatment Options for Cancer

*Institute for Health Promotion Research,
UT Health San Antonio*

When we think about cancer treatment, we usually do not think about clinical trials. It is important to get all the information we need about our treatment options from trusted sources to make an informed decision that is best for us and our family. We will talk about what clinical trials are, their phases, patients' protection and rights, the pros and cons of clinical trials, and more.

Location: Oasis at The Meadows

Friday
Free

May 17
10:00-11:30

154 Living with Purpose After Retirement

Rose Harte

Retirement marks the beginning of a brave new chapter of life. 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 this class, we will review the correlative science of a purpose-driven life and health. Through guided breakout groups, we will leave with resources and the definitive next steps for purpose in this new chapter of life.

Location: Oasis at The Meadows

Monday
Fee: \$7

May 20
1:00-2:30

155 Hearing Screening Event



*Matthew McGee,
BC-HIS, SA Custom Hearing*

Do you need to get your hearing checked? Sign up for this event to receive a complete diagnostic hearing evaluation. Each evaluation takes approximately 30 minutes. Space is limited! When signing up for the class, you will receive a call to set up an appointment time.

Location: Oasis at The Meadows

Tuesday
Free

May 28
1:00-5:00

156 Practical Skills for Behavior Change

Chelsea Carriker, MPH, CHES

Changing our health behaviors can be challenging. We will explore why new behaviors are so hard to start and discuss practical strategies for integrating new behaviors into our lives.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

May 28
6:00-7:30 🌙

157 Exercise for Stronger Bones

Angela Martin, PT, DPT

Did you know that osteoporosis is not a normal part of aging? While decreasing bone density is normal as we age, developing osteoporosis is not. In conclusion of Osteoporosis Awareness and Prevention month, learn common exercises and their modifications to slow bone loss and maintain bone strength. The goal of this course is to empower you to take an active role in your bone health.

Location: Oasis at The Meadows

Tuesday **May 28**
Fee: \$7 **1:00-2:30**

158 Hearing Aid Technology and Its Benefits

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

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

Location: Oasis at The Meadows

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

159 Blue Zones

Chelsea Carriker, MPH, CHES

Blue Zones are specific areas in the world where its inhabitants live longer and happier on average compared to other areas. Join us for this discussion on what makes these areas so special and what we can apply to our own lives to live longer and happier.

Location: Oasis at The Meadows

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

160 Dementia Conversations

Alzheimer's Association

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

Location: Oasis at The Meadows

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

161 Shake the Salt Habit

Carol D. White

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

Location: Oasis at The Meadows

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

162 The Scientific Secrets to Being Happy

Don Lucas, Ph.D.

Psychological science has revealed 10 factors associated with happy people. There are also things people often think are associated with being happy but in fact are not. We will discuss all of this as well as the emotion beyond happiness.

Location: Oasis at The Meadows

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



163 Understanding YOU

*Chelsea Carriker, MPH, CHES,
Ginny Brown, LCHW*

Combining both mindfulness and spirituality, join us in this interactive program to explore how these two areas can help you achieve lasting behavior change and ultimately, a better understanding of YOU.

Location: Oasis at The Meadows

Wednesdays **Jun 12-Jul 3**
Fee: \$32 **10:00-12:00**

164 The Truth About Whole Grains

Gretchen Hill

There are many benefits to eating whole grains. Learn the difference between whole grains and refined grains. Participants will enjoy a healthy snack and receive a health guide with recipes and more tips for healthy living.

Location: Oasis at The Meadows

Wednesday **Jun 12**
Fee: \$5 **1:00-2:30**



165 Dietary and Herbal Supplements

Lisa Bombela-Comuzzie, RD, LD, CPRS

Herbal and dietary supplements are products that are intended to supplement the diet and are taken by mouth. Learn how to use dietary and herbal supplements safely and recognize that “natural” does not always mean “safe.”

Location: Oasis at The Meadows

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

166 Therapy Animals of San Antonio

Beverly Oakes

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

Location: Oasis at The Meadows

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



167 Fatherhood Over the Years

Russell Gainer, LCSW, GainWel

Fatherhood has evolved and looks different to each generation - what we experienced from our fathers is different than how we fathered our children. Let's take a retrospective look at some of the ways fatherhood has changed and how it may look in the future.

Location: Oasis at The Meadows

Friday **Jun 14**
Fee: \$7 **10:00-11:30**

168 Nutrition and Diabetes

Hope Martinez, MDS, RD, LD

Good nutrition is essential for individuals living with diabetes. Achieving blood sugar control can help prevent diabetes complications. Learn about the ADA nutrition guidelines and tips on how to improve your diet to achieve positive health outcomes.

Location: Oasis at The Meadows

Tuesday **Jun 18**
Fee: \$7 **6:00-7:30** 🌙

169 When Less Is More

Craig Stimson

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

Location: Oasis at The Meadows

Wednesday **Jun 19**
Fee: \$7 **1:00-2:30**

170 Inflammation and Health

Richard Nevill

Inflammation is possibly the most important, changeable factor affecting our health. Our lifestyle affects inflammation more than genetics. Inflammation can be affected by our work, sleep, play, exercise and especially, foods. Join us to learn more!

Location: Oasis at The Meadows

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

171 Recent Findings from the Alzheimer's 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 **Jul 1**
Free **1:00-2:30**

172 Safe at Home

Gina Dawson, DPT

Did you know that most falls occur in the home? This course will provide a self-home assessment to identify fall hazards in your home and what you can do to fix them.

Location: Oasis at The Meadows

Tuesday **Jul 9**
Free **1:00-2:30**

173 Control Your Blood Pressure

Jordan Campos, MPH

Nearly half of American adults have high blood pressure, also known as hypertension. Many don't even know they have it or how to get it under control properly. High blood pressure usually has no symptoms; that's why it's called the "silent killer." Join the American Heart Association in discussing prevention and management of hypertension, as well as how hypertension negatively impacts your body. Screenings will be provided for any interested.

Location: Oasis at The Meadows

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

174 Managing Money as a Caregiver

Alzheimer's Association

This program contains some general information on legal, financial and medical issues, including videos of dementia care experts as well as real caregivers. We'll also go through a number of activities that will help you create a financial plan. By the end, you will be able to describe how caregiving affects finances, list the legal and financial documents caregivers should put in place, prepare for useful discussions about financial decisions and planning, identify steps to lower the chances of financial abuse and fraud and begin to create a backup plan in case you can no longer provide care.

Location: Oasis at The Meadows

Monday **Jul 15**
Free **1:00-2:30**

175 Intuitive Eating

Chelsea Carriker, MPH, CHES

We are all born intuitive eaters - eating when we're hungry and eating what we like - but as we go through life, the intuitive eater inside of us can diminish. It can be replaced with diet culture messages and obsessions with what we "should" be eating. Join us in this conversation to learn how we can reconnect with the intuitive eater inside of us.

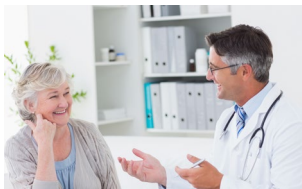
Location: Oasis at The Meadows

Thursday
Fee: \$7

Jul 18
10:00-11:30

176 What is a Geriatrician?

Becky Powers, MD



Have you ever wondered if there are doctors out there who are experts in conditions that are age-related? Geriatricians are internal medicine/family medicine trained doctors who have specialty training in treating common age-related conditions in older adults. This session will be facilitated by a doctor who is Board Certified in Geriatric Medicine and will cover what you need to know about this medical specialty as well as how geriatricians can help you and your loved ones maximize your health and independence.

Location: Oasis at The Meadows

Monday
Fee: \$7

Jul 22
1:00-2:30

177 Beating Procrastination

Mark Ellis, Certified Health Coach

Ever wonder why putting things off until later is so easy? In this class, we will discuss the science behind procrastination and learn tricks and tips to turn "I'll do it later" into "Let's do it now." Join us to learn how to kick procrastination to the curb and make your days more productive and fun.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Jul 25
1:00-2:30

178 Food Allergies and Intolerances

Lisa Bombela-Comuzzie, RD, LD, CPRS

Learn the difference between a food allergy and a food intolerance, how to identify them and avoid them.

Location: Oasis at The Meadows

Thursday
Fee: \$7

Aug 1
10:00-11:30

179 Social Isolation

Kelley Gallant

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

Location: Oasis at The Meadows

Wednesday
Free

Jul 31
10:00-11:00

180 Medical Weight Management

Tiffany Cortes, MD

There are many ways we can manage our weight and one is through medical intervention. New options are available with more on the horizon. Join us for this presentation on the different types of pharmacological methods for weight management as well as the benefits and risks.

Location: Oasis at The Meadows

Monday
Fee: \$7

Aug 5
1:00-2:30



181 Anger and Stress Management

Russell Gainer, LCSW, Gain Wel

Sometimes anger gets a bad rap. It can take control of a situation and become a threat to our feeling of safety, which creates stress for us and others. Successfully managing anger (yours or others) can effectively reduce stress and make our lives easier.

Location: Oasis at The Meadows

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

182 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 **Aug 12**
Free **1:00-3:30**

183 Alzheimer's Research Updates

Alzheimer's Association

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

Location: Oasis at The Meadows

Wednesday **Aug 14**
Free **1:00-2:30**

184 End-of-Life Resources

Charlie Gerdes

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

Location: Oasis at The Meadows

Thursday **Aug 15**
Free **10:00-11:30**

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. Please consider making a gift to Oasis today.

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

San Antonio
Oasis
Lifelong Adventure

LIFESTYLE MEDICINE SERIES

Chelsea Carriker, MPH, CHES

185 Whole Food Nutrition

Evidence supports the use of a whole food, plant-predominant diet to prevent, treat and reverse chronic illness. We'll discuss how food is also a powerful medicine that can either improve our health or make us sicker.

Location: Oasis at The Meadows

Friday **May 10**
Fee: \$7 **10:30-11:30**

186 Social Connection

Positive social connections have beneficial effects on physical, mental and emotional health. This session will help participants consider the places and ways to build their social connections and why it is important to our health.

Location: Oasis at The Meadows

Friday **May 24**
Fee: \$7 **10:30-11:30**

187 Restorative Sleep

Improving sleep quality can improve attention span, mood, insulin resistance and can reduce hunger, sluggishness and more. This session will consider common reasons sleep becomes a challenge and what we can do to improve it.

Location: Oasis at The Meadows

Friday **May 31**
Fee: \$7 **10:30-11:30**

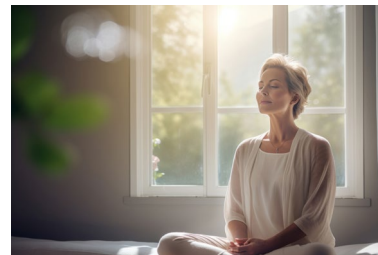


188 Stress Management

Managing negative stress can lessen anxiety, depression and immune dysfunction and leads to improved well-being. This session will explore the importance of how we each manage our personal stress and how it can affect our health.

Location: Oasis at The Meadows

Friday **Jun 7**
Fee: \$7 **10:30-11:30**



189 Risky Substances

Use of tobacco and excessive alcohol consumption have been shown to increase risk of chronic diseases and death. This session will look at the evidence against the use of and treatments for risky substances.

Location: Oasis at The Meadows

Friday **Jun 21**
Fee: \$7 **10:30-11:30**

190 Physical Activity

Regular, consistent physical activity is an important part of overall health and resiliency. This session will explore ways of incorporating daily movement into a healthy lifestyle.

Location: Oasis at The Meadows

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

These classes are sponsored by:



191 Tell Tale Signs of Caregiver Stress

Tina Smith, Caregiver SOS

You will learn that both good and bad experiences can cause stress and how to read the warning signs in order to take action. You will be able to hear some of the stressful experiences of other caregivers and their successful methods of coping.

Location: Oasis at The Meadows

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

192 San Antonio Christian Dental

Join us for a presentation by San Antonio Christian Dental to learn about the dental services available. You will also learn about the importance of your teeth on your overall health as well as tips for promoting your dental health.

Location: Oasis at The Meadows

Thursday **Jun 13**
Free **1:00-2:30**

193 Top 5 Ways to Thrive as a Caregiver

Tina Smith, Caregiver SOS

This session will help you identify the things you have had to change in your life, including how you thought your future would be. Caregivers can listen to others share how they have dealt with some of the common difficulties.

Location: Oasis at The Meadows

Tuesday **Jul 30**
Free **6:00-7:30** 🌙

194 How to Set Realistic Limits as a Caregiver

Tina Smith, Caregiver SOS

Do you feel like you need to say “yes” every time your loved one asks you to do something? This session will discuss how to keep your balance as an individual by setting limits on what you are able to accomplish each day—for yourself and your loved one. You will hear other caregivers share some of the ways in which they have been successful in setting limits.

Location: Oasis at The Meadows

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

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The following classes take place at
Oasis at The Chandler House
 137 W. French Place (Parking available at 510 Belknap Place)

Texercise

Anita Saldana

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

- | | | |
|------------|---------------------------------|----------------------|
| 195 | Tuesdays & Thursdays | May 7-Jun 6 |
| | Free | 12:15-1:00 |
| 196 | Tuesdays & Thursdays | Jun 11-Jul 11 |
| | Free | 12:15-1:00 |
| 197 | Tuesdays & Thursdays | Jul 16-Aug 15 |
| | Free | 12:15-1:00 |

198 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 Chandler House

- | | |
|------------------|---------------------|
| Thursdays | May 16-Jun 6 |
| Fee: \$28 | 9:00-10:00 |

199 Functional Fitness

Gina Chinn

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 Chandler House

- | | |
|------------------|---------------------|
| Thursdays | May 16-Jun 6 |
| Fee: \$24 | 10:15-11:15 |

200 Ten Warning Signs of Alzheimer's

Alzheimer's Association

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. This program is designed to help people recognize common signs of the disease and know what to watch for in themselves and others.

Location: Oasis at The Chandler House

- | | |
|-----------------|------------------|
| Thursday | May 9 |
| Free | 2:00-3:30 |

201 A Fresh Start to a Healthier You

Texas A&M AgriLife Extension

This 4-part nutrition series focuses on the importance of staying active, consuming a balanced diet with the recommended amounts of fruits and vegetables, as well as the importance of food safety. This series will help you gain the confidence to prepare healthy and budget-friendly meals at home for yourself and your family.

Location: Oasis at The Chandler House

- | | |
|-----------------|----------------------|
| Tuesdays | May 21-Jun 11 |
| Free | 10:15-11:15 |

PLEASE LET US KNOW...

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

The following classes take place at
Oasis at The Chandler House
137 W. French Place (Parking available at 510 Belknap Place)

207 Living a Healthy Life with Chronic Conditions

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

Location: Oasis at The Chandler House

Tuesdays Jul 2-Aug 6
Free 9:00-11:30

208 Stress and Your Health

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Chandler House

Tuesdays Jul 30-Aug 6
Fee: \$14 2:00-3:30

209 Hydration for Older Adults

Craig Stimson

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

Location: Oasis at The Chandler House

Thursday Jul 25
Fee: \$7 2:00-3:30

210 Social Isolation

Kelley Gallant

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

Location: Oasis at The Chandler House

Thursday Aug 1
Free 2:00-3:30

211 Eating the Rainbow

Carol White

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



Location: Oasis at The Chandler House

Tuesday Aug 13
Fee: \$5 2:00-3:30

212 Gardening with Earth-Kind® Roses

*Candy Roach,
Bexar County Master Gardeners*

Earth-Kind® roses demonstrate superior pest tolerance, combined with outstanding landscape performance, do well in a variety of soil types, and have excellent heat and drought tolerance. Using Earth-Kind® roses provides you with flowering plants while limiting the use of fertilizers, pesticides, and water. Learn how to incorporate them into your landscape and how to care for them.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

May 7
6:00-7:30 🌙



213 From Pagan to Patriarch: Abraham

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

The history of this patriarch is still being unearthed, archaeologically speaking. In the Bible, he was the father of Isaac who was father of Jacob whose sons comprised the 12 tribes of Israel. He played an important role in 3 of the world's primary religions: Judaism, Christianity, and Islam. His life story included Abram's conquest over the Elamite King Chedorlaomer, a meeting with the mysterious Melchizedek, and the fiery fates of Sodom and Gomorrah. In a fast-paced PowerPoint presentation, we'll take a look at the myths and facts of this important character from the past.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

May 7
1:00-3:00

214 Saturday Night Live

Beverly Prado

For over 40 years, SNL has entertained viewers with comedy that pushes the limits of cultural taste and political satire. Unknown actors at the time, stars like John Belushi, Chevy Chase, Gilda Radner, and Jane Curtain launched successful careers. Each time that SNL appeared to be ending, a new crop of names emerged to revive the show: Jimmy Fallon, Tina Fey, Eddie Murphy, Adam Sandler and others. Guest stars like Tom Hanks, Steve Martin, and Drew Barrymore, plus popular musical guests, found the key to late night success and have never stopped. Join us for clips and conversation that is bound to tickle our funny bones.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

May 8
10:00-11:30

215 Presidential Wives

Gloria Jennings

Learn more about some of the most powerful women behind the Presidents throughout history, including Michelle Obama, Melania Trump, Hillary Clinton, Abigail Adams, Betty Ford, Dolly Madison, Jacqueline Kennedy, Laura Bush, Mary Todd Lincoln, Nancy Reagan and Pat Nixon. Join us as we discuss the lives of the unelected, unpaid White House hostesses who have had the considerable duty of smoothing the way for diplomacy, preserving White House history, and influencing the nation as fashion icons, social activists and arbiters of change. Some have had major influence on policy in a nation where women are still underrepresented in government.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

May 14
10:00-11:30

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.

216 Writers Group

Gloria Jennings

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

Location: Oasis at The Meadows

Tuesdays **May 21, Jun 18, Jul 16, Aug 13**
Fee: \$5 **10:00-11:30**

217 Thomas Kinkade Inspired Watercolor

Molly Valdez



Take inspiration from the color use of artist Thomas Kinkade to create unique watercolor art. No experience needed. Supply list will be provided. Approximate cost of supplies is \$30.

Location: Oasis at The Meadows

Tuesdays **May 21-Jun 11**
Fee: \$28 **10:00-12:00**

218 Hotel Hysteria!

Bill Perryman, M.Ed.

What Main Plaza hotel provided lodging for Sam Houston? Which hotel was the scene of a San Antonio mayor's funeral who died in office? What hotel was the scene of an unsolved murder mystery? Which hotel hosted European royalty who checked out early because of unsavory accommodations? Join Bill Perryman for tantalizing tales regarding murder, mystery, intrigue, and good old-fashioned buffoonery in some of San Antonio's historic hotels! Prepare yourselves for... HOTEL HYSTERIA – San Antonio style!

Location: Oasis at The Meadows

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

219 Book Discussion Group

Sherry Wilson

Read a book, come talk about it! Join your friends at Oasis to discuss a different book each month. A list of books will be provided.

Location: Oasis at The Meadows

Thursdays **May 16, Jun 20, Jul 18, Aug 15**
Fee: \$5 **10:00-11:30**

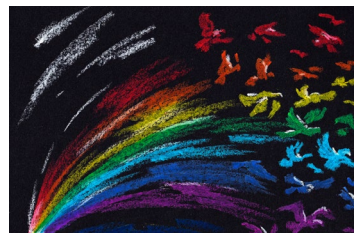
220 Black Magic: Pastels on Black Paper

Georgia Stok

Using soft pastels on Mi-Tientes black pastel paper gives a startling vividness to the image! We will try it on a variety of subjects from owls to seascapes. Open to all levels of experience. Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Tuesdays **May 21-Jun 25**
Fee: \$42 **1:00-3:00**



221 Rock and Roll Pioneers

Beverly Prado

What is rock 'n roll? It's a musical genre difficult to define. What's the difference between 'rock' and 'pop?' From the roots of swing, blues and country music of the late 1940s, a new kind of explosive sound began to emerge. Post-World War II prosperity brought with it a restlessness in youth culture. Join us as we discuss pioneers of this musical phenomenon, people like Little Richard, Bill Haley, Chuck Berry and Elvis. Let's not forget American Bandstand. And the women...something else to examine? Bring your memories (dancing shoes optional).

Location: Oasis at The Meadows

Tuesday **May 21**
Fee: \$7 **6:00-7:30** 🌙

222 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 **May 20, Jun 17, Jul 15, Aug 12**
Fee: \$5 **10:00-11:30**

223 Men's Discussion Group

Craig Stimson

Calling all men! Are you looking for a way to get out and socialize? Join our monthly Men's Discussion Group, where you will meet others in a similar life-stage for topical discussions while enjoying each other's company.

Location: Oasis at The Meadows

Wednesdays **May 29, Jun 26, Jul 24, Aug 14**
Fee: \$5 **1:00-2:30**

224 History of Father's Day

Craig Stimson

From the early 1900's to today, Fathers Day has been celebrated to honor the men that helped raise us from children to adults. We will discuss the history of this holiday and many fun facts about the day designed just for fathers!

Location: Oasis at The Meadows

Monday **Jun 3**
Fee: \$5 **1:00-2:30**

MEDIEVAL MANIA SERIES

Judith Hurst, MA

225 Industrial Revolution

Lecture/discussion will address the agricultural revolution; labor conditions within the three medieval industries-mining, textiles, masons; the architecture and engineering of visionary Villard de Honnecourt; unintended long-ranging consequences of the mechanical clock; reason, mathematics and science; environment and pollution; and the Islamic world's theory of perpetual motion.

Location: Oasis at The Meadows

Thursday **May 23**
Fee: \$7 **10:00-11:30**

226 Mysticism and Monasticism

In 269 AD, 18-year-old Anthony entered a church- symbolically signifying the beginning of monasticism. Lecture addresses the inward journey; hermit vs community monks; Saint Benedict of Nursia; Cluniac Monks; the interweaving of manual labor, rest, and prayer with holy offices such as vigils, lauds, prime, vespers and compline. How did monasteries accrue so much wealth that Henry VIII called for the dissolution of monasteries so as to control its riches?

Location: Oasis at The Meadows

Wednesday **Jul 24**
Fee: \$7 **10:00-11:30**

227 Cathedrals-Architecture & Art

Height + Light = God. The taller and brighter the edifice –the closer to the Primum Mobile. This simple belief inspired construction of Cathedrals. Lecture will address the architecture of Western Europe from 1050 to 1400—from Romanesque to Early, High, Late, and German Gothic—medieval building types, styles and methods; and medieval images, iconography, stained glass, and pilgrimages.

Location: Oasis at The Meadows

Wednesday **Aug 14**
Fee: \$7 **10:00-11:30**



Location, Location, Location!

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

228 Wine Tasting and Geology of the Wines of Bordeaux and Cahors

Bob Bragg, WSET Level 3, CSW,
David Turner, Ph.D., St. Mary's University

There is evidence to suggest that the geological history and features of a specific wine-growing area can contribute to the sense of place of the wines or “terroir” that influences the characteristics of specific wines. In this class we will look at both the geologic features, such as topography, soils, and water quality, of the Bordeaux region of France, and explore the impacts those factors have on the terroir and flavor profiles of wines produced in the region and its sub-regions. Not just about geology, this class will include the opportunity to taste some of the resulting wines from various parts of the region.

Location: Oasis at The Meadows

Tuesday Jun 4
Fee: \$40 1:00-3:00



229 Beginning Acrylic Painting

Andy Villarreal

This class will be an introduction to painting. Students will learn about shading, composition, mixing colors, process and paint application, and will be guided through the entire process. Supply list will be provided. Approximate cost of supplies is \$45.

Location: Oasis at The Meadows

Mondays Jun 3-Jul 8
Fee: \$48 1:00-3:00



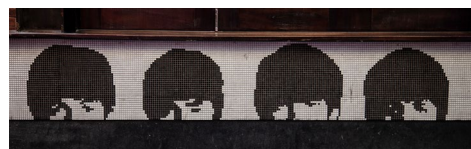
230 Movie Discussion: Hard Days Night vs Help!

Lynn Waghalter and Alonso Jasso

During the years of Beatlemania, the Beatles appeared in two films, *A Hard Day's Night* (1964) and *Help!* (1965) The first week we will watch *A Hard Day's Night* and the second week we will watch *Help!* and discuss both films. Refreshments will be served.

Location: Oasis at The Meadows

Tuesdays Jun 4-11
Fee: \$8 3:30-6:00



231 Fresh From the Garden

The Witte Museum

Discover how easy it can be to create and enjoy a quick, easy-to-prepare healthy snack. Join us to learn how you can grow healthy foods and enjoy them fresh from the garden!

Location: Oasis at The Meadows

Thursday Jun 6
Fee: \$9 10:00-11:30

232 Last Words: Interesting Images in Revelation

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

The Christian Bible contains several stories and characters that many people recognize and generally know the basic storyline. When we hear someone mention the Book of Revelation, we only know a few things. We know that it describes an apocalypse and that a bunch of believable and unbelievable things are going to happen. But what specific images are in this book, the final one, the one the other 65 books are leading up to? In this PowerPoint program, we'll take a brief look at some of those images and their possible interpretations.

Location: Oasis at The Meadows

Thursday Jun 6
Fee: \$7 1:00-3:00

233 Creating Art with Pressed Flowers

Gaylynnne Robinson

In this class we will dry and press flowers and leaves to make cards, small art pieces, or to create a nature art journal. We will practice preparing flowers for drying and mounting and add nature-related words, writings, quotes, or images to create a stunning art journal. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Tuesdays Jun 4-11
Fee: \$14 4:00-6:00



234 Creative Writing Exercises

Gloria Jennings

Writing doesn't come easily to some of us. How do you get the words to express your thoughts and combine them in a well-thought and crisp manner? Join us as we explore exercises to kick-start our imagination.

Location: Oasis at The Meadows

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

235 Writing Around Shakespeare

Molly Valdez

Creative writers, this is your call! Let's read and break down select Shakespearean sonnets and see where the images, concepts, and structures take us in creative writing. No experience necessary; sharing your written product is voluntary.

Location: Oasis at The Meadows

Mondays Jun 24-Jul 8
Fee: \$21 10:00-11:30

WOODROW WILSON'S FOREIGN POLICY AND WORLD WAR I

Michael Cude, Ph.D., Schreiner University

236 Background and Early Foreign Policy

This class will introduce Woodrow Wilson's background and philosophy of foreign policy, and overview his policy before World War I, focusing on Latin America and Asia.

Location: Oasis at The Meadows

Thursday May 23
Fee: \$7 1:00-2:30

237 Neutrality and the Buildup to World War I

With the outbreak of World War I in Europe, Wilson embraces a policy of neutrality for the United States. This class will survey Wilson's policy and explain the United States' shift into war.

Location: Oasis at The Meadows

Thursday Jun 20
Fee: \$7 1:00-2:30

238 The U.S. During World War I

This class will begin with U.S. entry into World War I and address the U.S. role in the conflict. It will cover Wilson's goals for a new post-war system based around his Fourteen Points.

Location: Oasis at The Meadows

Thursday Jul 18
Fee: \$7 1:00-2:30

239 The Treaty of Versailles

This final class will explain the debates and decisions at the Versailles Conference in Paris, France in 1919 that formally ended World War I. It will focus on Wilson's goals, successes, and failures at the conference. It will conclude covering the "treaty fight" over ratification in the U.S. Senate.

Location: Oasis at The Meadows

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

240 History of Talk Radio

Sean Rima, KTSA



No one can deny that Talk Radio has had an impact on American politics and discourse. As a 34-year veteran of radio, KTSA's Sean Rima will discuss the history of Talk from its early days in the 70's and 80's, to the conservative revolution of the early 90's, to the current craze of podcasting. Sean will ask the class about their thoughts on Talk and the place it occupies (or doesn't) in their lives, as well as describe how the students can develop their own podcast at home.

Location: Oasis at The Meadows

Wednesday Jun 12
Fee: \$7 1:00-2:30

241 Japanese Gangsters: The Yakuza

Roger Pratt, MA in East Asian Studies

This class will provide you with a brief overview of criminal activity in Japan, with specific reference to the Yakuza (pronounced Yah-koo-zah) and how/why they operate and how the general populace feels about them and reacts to them. Rather than a lecture, it's more of a discussion, where your questions, experience and input are encouraged and welcome.

Location: Oasis at The Meadows

Wednesday Jun 19
Fee: \$7 1:00-2:30

242 History of Folk Music

Craig Stimson

From the 1700's to the present, Folk songs have told the story of our personal lives, our joys, our frustrations and that of our country. Join us for a musical walk through the history of folk music from the past to modern times; and, it may be an opportunity to sing along!

Location: Oasis at The Meadows

Tuesday Jun 25
Fee: \$7 6:00-7:30 🌙

243 Create a Fun Floral Arrangement

The Rose Boutique

A classic mixed-flower arrangement doesn't have to be difficult. Using your intuition, and a few easy instructions, you will learn how to create floral arrangements and make one to take home with you. All supplies will be provided.

Location: Oasis at The Meadows

Wednesday Jun 26
Fee: \$40 1:00-3:00

244 Norman Rockwell

Gloria Jennings

His works have a broad popular appeal in the United States for their reflection of the country's culture as he painted the soul of America. Rockwell is most famous for the cover illustrations of everyday life he created for *The Saturday Evening Post* magazine over nearly five decades. Join us for a pictorial journey into his best known paintings.

Location: Oasis at The Meadows

Thursday Jun 27
Fee: \$7 10:00-11:30

245 Elvis, Musical Icon

Beverly Prado

Why, after more than 40 years since his death, do we still have a fascination with Elvis Presley? This class will explore his charismatic rise to stardom, his groundbreaking, yet controversial music, and his influence on American culture. Who was the man? Who was the star? This class will attempt to unravel the mystery of who he really was.



Location: Oasis at The Meadows

Tuesday Jul 2
Fee: \$7 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 April 24, 2024**
(Registrations are placed in a box and randomly drawn and processed.)
- **Online - Registration Opens April 24, 2024 at 9:00am**
- **Phone-In - Registration Opens April 29, 2024**

**It is best to have your
registration at Oasis
before April 24**

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

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	129	Mat Pilates	\$35			
	130	Beginner Ballet	\$20			
	131	Beginner Ballet	\$20			
	132	Line Dancing	\$42			
	133	Line Dancing	\$42			
	134	Balance for Daily Life	\$30			
	135	Balance for Daily Life	\$36			
	136	Seated Strength Training	\$30			
	137	Seated Strength Training	\$36			
	138	Deep Water Aquacise	\$54			
	139	Deep Water Aquacise	\$54			
	140	Deep Water Aquacise	\$60			
	141	Walking Group	\$30			
	142	King William Kayaking Tour	\$45			
	143	Pickleball 2.0	\$30			
	144	Pooh and Friends Part 1	\$35			
	145	Pooh and Friends Part 2	\$35			
	146	A Matter of Balance	Free			
	147	Aging Mastery Program	Free			
	148	Joint Replacement	\$7			
	149	Land Safely After a Fall	\$7			
	150	Treatment of Obesity	\$7			
	151	Communication Strategies	Free			
	152	Memory Dynamics Series	\$14			
	153	Clinical Trials	Free			
	154	Living with Purpose	\$7			
	155	Hearing Screening Event	Free			
	156	Behavior Change	\$7			
	157	Exercise for Stronger Bones	\$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	Hearing Aid Technology	\$7			
	159	Blue Zones	\$7			
	160	Dementia Conversations	Free			
	161	Shake the Salt Habit	\$5			
	162	Secrets to Being Happy	\$7			
	163	Understanding YOU	\$32			
	164	The Truth about Whole Grains	\$5			
	165	Dietary and Herbal Supplements	\$7			
	166	Therapy Animals of San Antonio	Free			
	167	Fatherhood Over the Years	\$7			
	168	Nutrition and Diabetes	\$7			
	169	When Less Is More	\$7			
	170	Inflammation and Health	\$7			
	171	Alzheimer's Conference	Free			
	172	Safe at Home	Free			
	173	Control Your Blood Pressure	\$5			
	174	Managing Money as a Caregiver	Free			
	175	Intuitive Eating	\$7			
	176	What is a Geriatrician?	\$7			
	177	Beating Procrastination	\$7			
	178	Food Allergies and Intolerances	\$7			
	179	Social Isolation	Free			
	180	Medical Weight Management	\$7			
	181	Anger and Stress Management	\$7			
	182	CPR Training	Free			
	183	Alzheimer's Research Updates	Free			
	184	Resources for the End of Life	Free			
	185	Whole Food Nutrition	\$7			
	186	Social Connection	\$7			
	187	Restorative Sleep	\$7			
	188	Stress Management	\$7			
	189	Risky Substances	\$7			
	190	Physical Activity	\$7			
	191	Caregiver Stress	Free			
	192	San Antonio Christian Dental	Free			
	193	Thrive as a Caregiver	Free			
	194	Realistic Limits as a Caregiver	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	195	Texercise	Free			
	196	Texercise	Free			
	197	Texercise	Free			
	198	Chair Yoga	\$28			
	199	Functional Fitness	\$24			
	200	10 Warning Signs of Alzheimer's	Free			
	201	A Fresh Start to a Healthier you	Free			
	202	Cooking with Herbs and Spices	\$7			
	203	Functional Foods	\$7			
	204	Mindfulness Meditation	\$7			
	205	Healthy Relationships	\$7			
	206	Vitamin/Mineral Deficiencies	\$7			
	207	Chronic Conditions	Free			
	208	Stress and your Health	\$14			
	209	Hydration for Older Adults	\$7			
	210	Social Isolation	Free			
	211	Eating the Rainbow	\$5			
	212	Earth-Kind® Roses	\$7			
	213	Pagan to Patriarch: Abraham	\$7			
	214	Saturday Night Live	\$7			
	215	Presidential Wives	\$7			
	216	Writers Group	\$5			
	217	Kinkade Inspired Watercolor	\$28			
	218	Hotel Hysteria!	\$11			
	219	Book Discussion Group	\$5			
	220	Pastels on Black Paper	\$42			
	221	Rock and Roll Pioneers	\$7			
	222	Women's Discussion Group	\$5			
	223	Men's Discussion Group	\$5			
	224	History of Father's Day	\$5			
	225	Industrial Revolution	\$7			
	226	Mysticism and Monasticism	\$7			
	227	Cathedrals/Architecture & Art	\$7			
	228	Wine Tasting and Geology	\$40			
	229	Beginning Acrylic Painting	\$48			
	230	Movie Discussion	\$8			
	231	Fresh From the Garden	\$9			

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#
	232	Images in Revelation	\$7			
	233	Art with Pressed Flowers	\$14			
	234	Creative Writing Exercises	\$7			
	235	Writing Around Shakespeare	\$21			
	236	Background/Early Foreign Policy	\$7			
	237	Neutrality/Buildup to WWI	\$7			
	238	The US during World War I	\$7			
	239	The Treaty of Versailles	\$7			
	240	History of Talk Radio	\$7			
	241	Japanese Gangsters: The Yakuza	\$7			
	242	History of Folk Music	\$7			
	243	Create a Floral Arrangement	\$40			
	244	Norman Rockwell	\$7			
	245	Elvis, Musical Icon	\$7			
	246	Geology of Fireworks	\$7			
	247	Basic Watercolor with Acrylics	\$42			
	248	American Muscle Cars	\$7			
	249	Comedy Has No Age	\$7			
	250	Flights of Fancy: Bird Caricatures	\$28			
	251	Murals Across the USA	\$10			
	252	Summer Colored Pencils	\$28			
	253	Making Rock Art	\$9			
	254	Legends of New Orleans Jazz	\$10			
	255	Jim Cullums' Jazz Music	\$10			
	256	Debacle: France - Part 1	\$7			
	257	Debacle: France - Part 2	\$7			
	258	The Lewis and Clark Expedition	\$11			
	259	Disease/Remedies in the Bible	\$7			
	260	Math in Nature	\$7			
	261	Commonly Used Phrases Part 2	\$7			
	262	Opera in French!	\$7			
	263	Texas Superstar Vegetables	\$7			
	264	San Antonio National Cemetery	\$10			
	265	Spaghetti Westerns	\$7			
	266	Toys We Grew Up With	\$7			
	267	Queen, Then and Now	\$7			
	268	Elements of Poetry	\$10			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	269	This is Bob Hope	\$7			
	270	String Theory	\$7			
	271	Easy Art Notecards	\$16			
	272	Growing Herbs	\$7			
	273	Drawing the Wild West	\$32			
	274	Navajo Code Talkers	\$7			
	275	Heartthrobs of the '70s	\$7			
	276	Cryptocurrency	\$7			
	277	Happening at Morningside	Free			
	278	Aging in Place	Free			
	279	All About Silver Connect	Free			
	280	Self Defense for Older Adults	Free			
	281	What's New at a Park Near You	\$5			
	282	Volunteering at Oasis	Free			
	283	Contractor Fraud	\$5			
	284	Human Trafficking	Free			
	285	Estate Planning Essentials	\$7			
	286	Roth IRA Conversion Planning	\$7			
	287	New Member Orientation	Free			
	288	My Wishes, My Desires	\$7			
	289	Alamo Service Connection	Free			
	290	Home Weatherization	Free			
	291	Beginners Guide to Genealogy	\$5			
	292	Community Resources	Free			
	293	History of San Antonio's Water	Free			
	294	Improve Your Defense in Bridge	\$15			
	295	Transportation Options	Free			
	296	Protecting Your Money	\$7			
	297	Serving as an Executor	\$7			
	298	Advanced Directives	\$7			
	299	VIA Services for Older Adults	Free			
	300	Veterans Benefits	Free			
	301	Criminal Justice System	\$7			
	302	Asset Protection and Growth	\$7			
	303	Adult Protective Services	Free			
	304	Do Your Paperwork Now!	\$7			
	305	All About Project Mend	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	306	Community Engagement	\$5			
	307	New Member Orientation	Free			
	308	Identity Theft	\$5			
	309	Getting Your Affairs in Order	Free			
	310	Decluttering	\$7			
	311	Ride Connect Texas	Free			
	312	All About Silver Connect	Free			
	313	Introduction to Mac Computers	\$40			
	314	Translation Tools	\$11			
	315	Windows 11	\$35			
	316	Apple Photos App	\$11			
	317	Apple Photos Workshop	\$11			
	318	Smartphone Photography	\$13			
	319	iPad Basics	\$11			
	320	Android Essentials	\$35			
	321	Cybersecurity	Free			
	322	Social Media Safety	Free			
	323	Introduction to PowerPoint	\$35			
	324	Beginner iPhone	\$22			
	325	Everything iPad	\$40			
	326	Google Calendar	\$11			
	327	Sign Up for Classes Online	Free			
	328	Protecting your Digital Castle	\$7			
	329	Cyber Security	\$7			
	330	Emojis, GIFS and More	\$11			
	331	Sign Up for Classes Online	Free			
	332	Sleep Health	Free			
	333	Men's Health After 60	Free			
	334	History of San Antonio Water	Free			
	335	What to do Until EMS Arrives	Free			
	336	Living With Arthritis	Free			
	337	Ask Alamo Service Connection	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	338	San Antonio Public Library	Free			
	339	All About Dietary Fiber	Free			
	340	Feral Cat Coalition	Free			
	341	Hydration - More Than Water	Free			
	342	Healthy Eating on a Budget	Free			
	343	Domestic Violence Awareness	Free			
	344	Sun Safety	Free			
	345	Transportation Options	Free			
	346	Ask Alamo Service Connection	Free			
	347	Hoarding Disorder	Free			
	348	Sun Safety	Free			
	349	Hoarding Disorder	Free			
	350	Calcium Superstars	Free			
	351	Disaster Preparedness	Free			
	352	Getting Your Affairs in Order	Free			
	353	Men's Health - 60 and Beyond!	Free			
	354	Disaster Preparedness	Free			
	355	Hydration - More Than Water	Free			
	356	Long-Term Care Protection	Free			
	357	Memory Matters	Free			
	358	East European Communism	Free			
	359	Nutrition Quackery	Free			
	360	San Pedro Creek Walking Tour	\$29			
	361	San Antonio Zoo Wild Walk	\$29			
	362	Exploring New Braunfels	\$93			
	363	The Wizard of Oz	\$96			
	364	An Adventure in San Marcos	\$82			
	365	San Antonio Museums	\$75			
	366	Normandy/Paris Preview Show	Free			
	367	Best of Romania Preview Show	Free			
	811	Normandy/Paris River Cruise	\$600 dep			
	812	Best of Romania	\$600 dep			



I am adding a \$10.00 donation to help Oasis

I am including \$10 check or cash

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

FOR OFFICE USE ONLY

Date: _____

Walk In Phone In

Mail In Morningside Resident

Vol Initials _____

Fee Total \$ _____

Entry _____

Bring registration form or mail it to:
Oasis at The Meadows
700 Babcock Rd., San Antonio, TX 78201
or sign up online beginning April 24

246 Geology of Fireworks and the 4th of July

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

Fireworks create spectacular light shows in celebrations and festivals around the world. Colorants and propellants used in fireworks are obtained by resource-specific mineral extraction techniques, and their use leaves transient chemical signatures in the environment, including air, water, and soil. Environmental impacts associated with fireworks depends not just on firework design, but also on local conditions such as soil types, rainfall, wind speed and direction. During this class, we will discuss some of the resources that light up the night sky and the way geologic process controls their movement through the environment.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Jul 2
1:00-2:30



247 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
Fee: \$42

Jul 2-Aug 6
1:00-3:00

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

248 American Muscle Cars

Kelley Gallant

1964 changed driving forever! Come relive the glory days of muscle cars before gas mileage mattered. We just wanted to go fast! Baby Boomers enjoyed driving and knew how to make driving fun. Let's learn about the muscle car and why even today, these cars are in high demand! Bring your memories and your stories about your favorite cars with you to class!

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Jul 2
6:00-7:30 

249 Comedy Has No Age

Gloria Jennings

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

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Jul 10
10:00-11:30

250 Flights of Fancy: Bird Caricatures

Gaylynnne Robinson

Learn to draw simple humorous, expressive caricatures of birds, animals, and imaginary characters.



Use your drawings in whimsical art journals, children's books, cards, or framed. No art experience needed, just a few simple supplies. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Wednesdays
Fee: \$28

Jul 10-31
1:00-3:00

251 Murals Across The USA



*Bruce Martin,
Certified Professional Tour Guide*

Experience exciting murals from across the country in this NEW slideshow presentation. Professional Tour Guide Bruce Martin will share a surprising range of murals from the West Coast, East Coast, and in between! From small towns to large cities, murals in public spaces represent one of the most varied and accessible expressions of public art. Plus, maybe you will see some new murals from San Antonio!

Location: Oasis at The Meadows

Friday **Jul 19**
Fee: \$10 **10:00-11:30**

252 Summer Relaxation with Colored Pencils

Molly Valdez

With certain techniques, colored pencils can be blended to look like paint but has none of the stress of wet paintwork! This is a growing art form with adults with a huge variety of subjects to explore. Come learn about the materials and practice techniques with this dry painting form. No experience necessary. Supply list will be provided. Approximate cost of supplies is \$30.

Location: Oasis at The Meadows

Mondays **Jul 22-Aug 12**
Fee: \$28 **10:00-12:00**

253 Making Rock Art

The Witte Museum

How did people make paint thousands of years ago? Examine the ancient techniques used by making your own paint. Then create your own story about the land, sky and water, much like the people of the Pecos did 4,000 years ago.

Location: Oasis at The Meadows

Thursday **Jul 25**
Fee: \$9 **10:00-11:30**

JAZZ MUSIC SERIES

Glad Hatters Jazz Band

**LIVE
MUSIC!**

254 Legends of New Orleans Traditional Jazz

The Glad Hatters Jazz Band (cornet, clarinet, trombone, guitar, tuba and drums) will play tunes made famous by New Orleans style jazz icons including Louis Armstrong, Joe 'King' Oliver, Jack Teagarden, 'Jelly Roll' Morton, W.C. Handy, 'Fats' Waller and Hoagy Carmichael. We will hear parts of their famous recordings, such as "Basin Street Blues," "Dr. Jazz," "Dippermouth Blues," "Up a Lazy River," and learn about the musical lives of these musicians.

Location: Oasis at The Meadows

Friday **Jul 12**
Fee: \$10 **10:00-11:30**

255 Remembering Jim Cullums' Jazz Music

The Cullum family entertained San Antonio and the world for several decades with tunes by Louis Armstrong, Jelly Roll Morton, George Gershwin, Duke Ellington, Bix Beiderbecke, and many more. After we listen to recordings of Jim Cullum's Band playing a couple of choruses of various tunes like "Cakewalkin' Babies from Home," "Milenburg Joys," "Struttin' with Some Barbecue" and "Singing the Blues," the Glad Hatters Jazz Band will entertain you with their own rendition of many of these tunes as we all learn about and enjoy the development of the Jim Cullum Jazz Bands over several decades.

Location: Oasis at The Meadows

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



Debacle: France, May-July 1940

John Boswell, Retired Adjunct History Professor

On May 9, 1940, Hitler's Wehrmacht began smashing through the "impenetrable" Ardennes into France. In the brief space of six weeks, the British Expeditionary Force had its back to the sea, and the French high command had surrendered to the triumphant Germans at Compiegne. Twenty-two years earlier, it had been Germany surrendering at Compiegne after having failed to conquer France for four bloody years. These lectures will address the numerous reasons for France's sudden, humiliating World War II surrender.

Location: Oasis at The Meadows

256 Part 1

Thursday
Fee: \$7

Jul 25
10:30-12:00

257 Part 2

Thursday
Fee: \$7

Aug 1
10:30-12:00

258 Expedition Extraordinaire: The Lewis and Clark Expedition

Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Jul 30
10:00-11:30



259 Physician, Heal Thyself: Plagues, Disease and Remedies in the Bible

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

Post pandemic, we tend to be more curious about the health issues we face in the modern world. As it happens, pandemics, plagues, and disease were fairly consistent throughout the Bible. It was one of the few statistics that survived throughout the B.C. world. In this PowerPoint program, we'll take a look at some of them and even some of the cures (some tangible, some spiritual).

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Jul 31
1:00-3:00

260 Peek into the Math World: Fibonacci Sequence - Math in Nature

Betty Burson

Number patterns pop up in the most unexpected places! From checking out certain produce at your grocery store to waves to galaxies we will look at a fascinating one called the Fibonacci sequence. Who, or what, was Fibonacci? Let's take just a peek into the world of mathematics and see what we find.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Jul 31
10:00-11:30

261 Commonly Used Phrases Part 2

Gloria Jennings

There are over 45,000 idioms in the English language. Join us as we discuss further the origins of ordinary sayings. Do we really want someone to 'break a leg'?

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Aug 7
10:00-11:30

262 Opera in French!

Sarah Davis, Professional Opera Singer

Professional opera singer, Sarah Davis, will take you through a survey of some of the major operas written in the French language, such as Bizet's *Carmen*, Gounod's *Faust*, and *Romeo & Juliette*, Massenet's *Manon*, and Gluck's *Orpheus et Eurydice* using audio, video and maybe live examples! We will explore the history of Parisian grand opera, the plots, and the famous singers and arias....c'est magnifique!

Location: Oasis at The Meadows

Friday

Fee: \$7

Aug 2

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

Valero Energy Foundation

Myra Stafford Pryor
Charitable Trust

L.L. and Eva Lentz
Charitable Trust

Najim Family Foundation

Humana

263 Texas Superstar® Vegetables

Nancy Mills, Bexar County Master Gardeners

Texas Superstar® plants are specially recognized by Texas A&M AgriLife Research and Texas A&M AgriLife Extension Service for superior performance in tough growing conditions in Texas. This class will introduce you to the best of the best as you prepare to plant your vegetable garden.

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Aug 7

1:00-2:30

264 San Antonio National Cemetery

Bruce Martin, Certified Professional Tour Guide

This NEW slideshow will take you on a "walk" through San Antonio's first National Cemetery, which was established shortly after the Civil War. Learn of Medal of Honor awardees, Buffalo Soldiers, pilots, and cavalymen, as well as background regarding some familiar local names. We will see a dramatic range of cemetery headstones and iconography, and we will learn how management of national cemeteries has evolved over 150 years.

Location: Oasis at The Meadows

Friday

Fee: \$10

Aug 16

10:00-11:30

The following classes take place at
Oasis at The Chandler House
137 W. French Place (Parking available at 510 Belknap Place)

265 Spaghetti Westerns

Beverly Prado

Who would have guessed that the classic American film genre, 'The Western,' would take a new turn in movie making? That's what happened with the new kind of Western beginning in the mid 1960s. Films with foreign locations, directors and producers became increasingly popular. This class will explore the evolution of this trend with a discussion of the scores of European filmmakers, notably Italian director Sergio Leone, who reshaped the genre beginning in the 1960s. We will also explore the impact of Clint Eastwood and others on what came to be nicknamed 'the Spaghetti Westerns'.

Location: Oasis at The Chandler House

Tuesday
Fee: \$7

May 7
2:00-3:30

266 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 boomer 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, Slinkies 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.

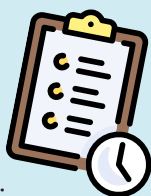
Location: Oasis at The Chandler House

Thursday
Fee: \$7

May 16
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.



267 Queen, Then and 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 Chandler House

Tuesday
Fee: \$7

Jun 18
2:00-3:30

268 Elements of Poetry

Sean Rima

Sean Rima, local talk radio host and published author, will discuss the impact of poetry-writing on his own life, then talk about structure, imagery, metaphor, and composition. Participants will write a short poem based upon a suggested theme, after which they will be asked to share their work and discuss.

Location: Oasis at The Chandler House

Thursdays
Fee: \$10

Jun 20-27
2:00-3:30

269 This is Bob Hope

Beverly Prado

Bob Hope was the only performer to achieve top-rated success in every form of mass entertainment: Vaudeville, Broadway, movies, radio, television, popular song and personal appearances. Come learn more about this comedy innovator.

Location: Oasis at The Chandler House

Tuesday
Fee: \$7

Jun 25
9:30-11:00

The following classes take place at
Oasis at The Chandler House
 137 W. French Place (Parking available at 510 Belknap Place)

270 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. 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 Chandler House

Tuesday	Jun 25
Fee: \$7	2:00-3:30

271 Easy Art Notecards

Molly Valdez

Use this summer to make your fall and winter notecards, birthday cards, or occasion cards with easy techniques and ideas. Notecard illustration is all about simple and fast, just aiming to create energy and interest for what you put on the inside of the card! We'll create several in these 2 sessions. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Chandler House

Tuesday	Jul 9-16
Fee: \$16	1:30-3:30

272 Growing Herbs

Bexar County Master Gardeners

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

Location: Oasis at The Chandler House

Thursday	Jul 18
Fee: \$7	2:00-3:30

273 Drawing the Wild West

Molly Valdez

Come join us for draw along instruction of the mythic West, from buffalo to sunburnt cowpokes to iconic mountains and landscapes. We'll be inspired by looks at masterworks from Remington, Russell, Catlin, Bierstadt, and Moran but do our own interpretations in pencil on a small scale. No experience needed. Supply list will be provided. Cost of supplies is \$25.

Location: Oasis at The Chandler House

Thursday	Jul 11-Aug 1
Fee: \$32	9:30-11:30

274 Navajo Code Talkers

Gloria Jennings

This class will provide an overview of the *Wind Talkers of WWII*. Generally associated with Navajo speakers, they enrolled during World War II by the U.S. Marines, to serve in communications units in the Pacific. They served in all six Marine divisions and transmitted messages in their native language, which was a code the Japanese were unable to translate.

Location: Oasis at The Chandler House

Thursday	Aug 8
Fee: \$7	2:00-3:30

275 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 will have some fun clips to take us back to those days!

Location: Oasis at The Chandler House

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

276 Cryptocurrency, The Story of Digital Money

Bill Marcus

From the Diners Club Card to Bitcoin - the past, the present and the future of digital money, given by cryptocurrency user and investor, Bill Marcus.

Location: Oasis at The Meadows

Thursday
Fee: \$7

May 16
10:00-11:30



278 Aging in Place

Sarah Davis

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

Location: Oasis at The Meadows

Friday
Free

May 17
10:00-11:30



277 What's Happening at Morningside?

Patrick Crump, Morningside Ministries

Do you have questions about what is happening at Morningside Ministries? Come learn all about ongoing and upcoming projects and get answers to questions you may have.

Location: Oasis at The Meadows

Wednesday
Free

May 15
10:00-11:30

279 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
Free

May 29
10:00-11:00



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

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Pres. & Managing Attorney

14603 HUEBNER, SUITE 3801
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280 Self Defense for Older Adults

Ashley Martinez,
Bexar County Sheriff's Office

Criminals prefer an easy target, so it's no surprise that older adults are one of the groups most at risk of an attack. This class will focus on providing older adults protection strategies to guard against these attacks.

Location: Oasis at The Meadows

Wednesday **May 29**
Free **10:00-11:30**

281 What's New at a Park Near You

City of San Antonio - Parks and Recreation

Join the City of San Antonio Parks and Recreation department as you learn about new parks and the updates to established parks through videos and pictures. You will be surprised by the amazing trails, features and accessibility of San Antonio parks.

Location: Oasis at The Meadows

Wednesday **May 29**
Fee: \$5 **1:00-2:30**



sanantonio.gov

282 Volunteering at Oasis

Brenda Schmachtenberger

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

Location: Oasis at The Meadows

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

283 Contractor Fraud

Jason Meza, Better Business Bureau

Contractor fraud occurs when individual contractors or firms offer services that knowingly mislead the other party, such as performing unsatisfactory repairs or charging more than a job is worth. Usually, these illegal acts are expensive for homeowners because they rack up costly bills or can even lead to unnecessary additional repairs. In this class you will learn how to avoid becoming a victim of contractor fraud.

Location: Oasis at The Meadows

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

284 Human Trafficking

ChildSafe San Antonio

This class provides a strong foundation to understanding human trafficking and how to identify and report suspected victims.

Location: Oasis at The Meadows

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

285 Estate Planning Essentials

Rick Escamilla, Attorney at Law

This class is an overview of estate planning, wills, trusts, POA, living wills, revocable/living trusts, transfer on death deeds and affidavit of heirships.

Location: Oasis at The Meadows

Tuesday **Jun 11**
Fee: \$7 **1:00-2:30**

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.

286 Roth IRA Conversion Planning and Other Tax-Planning Opportunities

Jake Yetterberg, CSA

In two years, taxes go up automatically as the Tax and Jobs Act of 2018 automatically Sunsets. The window is closing fast for these planning strategies. Come learn what you need to do before it's too late.

Location: Oasis at The Meadows

Wednesday Jun 12
Fee: \$7 10:00-11:30

287 New 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

Thursday Jun 13
Free 1:00-2:00

288 My Wishes, My Desires

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday Jun 18
Fee: \$7 1:00-2:30



289 All About Alamo Service Connection

Bexar Area Agency on Aging

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

Location: Oasis at The Meadows

Thursday Jun 20
Free 10:00-11:30

290 Home Weatherization

AACOG

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

Location: Oasis at The Meadows

Monday Jun 24
Free 1:00- 2:30



291 Beginners Guide to Genealogy

Deborah Countess, San Antonio Public Library

This class will focus on how to start uncovering your family history and the types of records that are most useful to a beginning genealogist. Birth, marriage and death records will be discussed, with an emphasis on utilizing federal census records.

Location: Oasis at The Meadows

Tuesday Jun 25
Fee: \$5 10:00-11:30

292 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 Meadows

Wednesday Jun 26
Free 10:00-11:30

293 The History of San Antonio's Water

Gregg Eckhardt, SAWS

From Spanish Colonial acequias to gushing artesian wells, San Antonio has a unique and colorful water history like no place on Earth. Gregg Eckhardt will trace the development of the city's water supply and management from sole source to diversity.

Location: Oasis at The Meadows

Tuesday Jul 9
Free 10:00-11:00

294 Improve Your Defense in Bridge

Ed Rawlinson

Introductory bridge classes generally focus on bidding or declarer play, but defense is the third element of developing a stronger bridge game. Participants will learn basic defensive techniques and have a wealth of opportunities to practice mastering them.

Location: Oasis at The Meadows

Wednesdays Jul 10-24
Fee: \$15 10:00-12:00



295 Transportation Options for Older Adults

JoAnn Tobias-Molina

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 to this class to learn about resources in your area.

Location: Oasis at The Meadows

Monday Jul 15
Free 1:00-2:30



296 Protecting Your Money

Jake Yetterberg, CSA

As record high interest rates start falling and long term trends start shifting, it is important to find ways to protect your money. Rates are turning lower and will change the investing landscape. We will likely be in this trend for an extended period of time as the economy readjusts and debt skyrockets.

Location: Oasis at The Meadows

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

297 The Thankless Job - Serving as an Executor

Autumn Puckett, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday Jul 16
Fee: \$7 6:00-7:30



298 Advanced Directives

Brennen Boze, Attorney at Law

Advanced directives are legal documents that allow you to convey your decisions about end-of-life care before the time comes. You will need to know which of those you need to communicate to your family, friends and health care professionals, to avoid confusion later on.

Location: Oasis at The Meadows

Monday

Fee: \$7

Aug 5

10:00-11:30

299 VIA Services for Older Adults

VIA Metropolitan Transit

Learn about community programs offered to older adults. The class will inform participants how to access these services/programs and provide an update to projects in progress.

Location: Oasis at The Meadows

Wednesday

Free

Aug 7

10:00-11:30

300 Veterans Benefits

Joe Gomez, Bexar County

Military & Veterans Services Center

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

Location: Oasis at The Meadows

Friday

Free

Aug 9

10:00-11:30

301 Twelve Myths of the American Criminal Justice System

Geary Reamey

This presentation focuses on common misconceptions about everything from the use of forensic evidence to burden of proof and the effectiveness of long prison sentences in deterring crime.

Location: Oasis at The Meadows

Friday

Fee: \$7

Aug 16

10:00-11:30

302 Asset Protection and Growth

Jake Yetterberg, CSA

As we battle inflation, higher rates, digital currency, gold volatility, worldwide turmoil and changing tax policy, we are all looking for ways to protect and grow our assets. There is a lot of chaos that has retirees questioning what steps they should be taking. We will cover those steps and highlight proven strategies you can use.

Location: Oasis at The Meadows

Tuesday

Fee: \$7

Aug 6

6:00-7:30



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

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

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

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

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

The following classes take place at
Oasis at The Chandler House
 137 W. French Place (Parking available at 510 Belknap Place)

303 All About Adult Protective Services

Lisa Senteno, APS

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

Location: Oasis at The Chandler House

Tuesday **May 7**
Free **9:30-11:00**

304 Do Your Paperwork Now!

Brennen Boze, Attorney at Law

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

Location: Oasis at The Chandler House

Tuesday **May 14**
Fee: \$7 **9:30-11:00**

305 All About Project Mend

Michael Darilek

The mission of Project MEND is to improve the quality of life for individuals living with disabilities and illness through the refurbishment, reuse and distribution of medical equipment and other assistive technology. Please join us for a presentation on how to access this valuable service and how you can help others by donating equipment for those in need.

Location: Oasis at The Chandler House

Tuesday **May 21**
Free **2:00-3:00**

306 Community Engagement

Brenda Schmachtenberger

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

Location: Oasis at The Chandler House

Thursday **May 23**
Fee: \$5 **2:00-3:00**

307 New 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 Chandler House

Tuesday **Jun 4**
Free **2:00-3:00**

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

The following classes take place at
Oasis at The Chandler House
137 W. French Place (Parking available at 510 Belknap Place)

308 Identity Theft

Jason Meza, Better Business Bureau

Is your identity safe? Do you know the techniques that ID scammers use? Jason Meza of the Better Business Bureau will teach you how to recognize the signs of scammers and how to protect your identity.

Location: Oasis at The Chandler House

Thursday
Fee: \$5

Jun 13
2:00-3:30

309 Getting Your Affairs in Order

Esther Pipoly

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

Location: Oasis at The Chandler House

Thursday
Free

Jun 20
9:30-11:00

310 Decluttering

Gloria Jennings

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

Location: Oasis at The Chandler House

Thursday
Fee: \$7

Jul 11
2:00-3:30



311 Ride Connect Texas

Ride Connect Texas partners with local businesses and community members like yourself in opening more doors to those in need by assisting older adults and people with disabilities to obtain transportation services. A representative from Ride Connect Texas will talk about the services they have available and how to access them.

Location: Oasis at The Chandler House

Tuesday
Free

Jul 23
2:00- 3:30



312 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 Chandler House

Thursday
Free

Aug 8
9:30-10:30

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.

313 Introduction to Mac Computers

Carita DeVilbiss

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

Location: Oasis at The Meadows

Tuesdays & Thursdays **May 14-23**
Fee: \$40 **1:00-3:00**

314 Translation Tools

Sharon Parson

Translation apps allow users to quickly and easily translate words and phrases in a foreign language, making it easier to communicate with people who speak different languages. Additionally, many translation apps are cost-effective, with some being free or very affordable.

Location: Oasis at The Meadows

Monday **Jun 3**
Fee: \$11 **10:00-12:00**

315 Windows 11

Glenda Raichlen

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

Location: Oasis at The Meadows

Fridays **Jun 7-21**
Fee: \$35 **10:00-12:00**

316 Apple Photos App

Carita DeVilbiss

Would you like to know more about the powerful Photos app on your iPhone/iPad/MacBook/iMac? In this class we will delve into four key areas of your visual images (photos or videos): how to capture / organize / edit / share visual images. This course is lecture-style to cover all four areas. A follow-up companion class "Apple Photos Workshop" will be a hands-on session to address your questions. Join us to learn how to use the wonderful tool you carry around with you.

Location: Oasis at The Meadows

Thursday **Jun 27**
Fee: \$11 **1:00-3:00**

317 Apple Photos Workshop

Carita DeVilbiss

Have you previously taken the "Apple Photos App" class? If so, this workshop is open to you. Now that you have the information from the lecture, it is a time to focus on your questions and work with your device. Let's work on some answers together.

Location: Oasis at The Meadows

Thursday **Jul 25**
Fee: \$11 **1:00-3:00**

318 Smartphone Photography for Androids

Sharon Parson

Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else. If you want to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. Bump your smartphone skills up a notch and learn how to use the full complement of camera features for fun and creative photography and videography. This class is for Android phones only. Book included in fee.

Location: Oasis at The Meadows

Friday **Jun 28**
Fee: \$13 **10:00-12:00**

319 iPad Basics

Doris Slay-Barber

iPads are replacing desktops and laptops for many people. Get a general overview and learn the basics about popular apps that you can run on your iPad. This is a basic starter course. (This is not for Android tablets. Apple products only.) Students are encouraged to bring their own iPad to class.

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Jul 9
6:00-7:30 🌙

320 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
Fee: \$35

Jul 12-26
10:00-12:00

321 Cybersecurity

Sharon Parson

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

Monday
Free

Jul 22
10:00-11:30

322 Social Media Safety

Jason Meza, Better Business Bureau

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

Location: Oasis at The Meadows

Tuesday
Free

Jul 23
10:00-11:30

323 Introduction to PowerPoint

Sharon Parson

Microsoft PowerPoint is the most widely used presentation format in the world. This course is a comprehensive overview that will teach you how to create presentations that include video, charts, animations, and more. Students should already have a working knowledge of Windows and basic computer operations. Book is included in fee.

Location: Oasis at The Meadows

Mondays
Fee: \$35

Jul 29-Aug 12
1:00-3:00

324 Beginner iPhone

Doris Slay-Barber



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

Location: Oasis at The Meadows

Tuesdays
Fee: \$22

Aug 6-13
10:00-12:00

325 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
Fee: \$40

Aug 6-15
1:00-3:00

326 Google Calendar

Glenda Raichlen

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

Location: Oasis at The Meadows

Friday **Aug 9**
Fee: \$11 **10:00-12:00**

327 How to Sign Up for Oasis Classes Online

Chelsea Carriker

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

Location: Oasis at The Meadows

Wednesday **Aug 14**
Free **10:00-11:30**

328 Protecting Your Digital Castle

David Gallant

This class will discuss 10 basic security steps all users should take to protect their online presence while on the computer, tablet or phone and to feel more safe and secure while online.

Location: Oasis at The Chandler House

Thursday **May 9**
Fee: \$7 **9:30-11:00**

329 Cybersecurity

Gloria Jennings

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 Chandler House

Tuesday **Jun 11**
Fee: \$7 **2:00-3:30**

330 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 Chandler House

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



331 How to Sign Up for Classes Online

Chelsea Carriker

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

Location: Oasis at The Chandler House

Thursday **Aug 15**
Free **9:30-11:00**

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

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

332 Sleep Health

Chelsea Carriker, MPH, CHES

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

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

333 Men's Health After 60

Craig Stimson

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

Monday **Jun 10**
Free **1:00-2:00**

334 History of San Antonio's Water

Gregg Eckhardt, SAWS

From Spanish Colonial acequias to gushing artesian wells, San Antonio has a unique and colorful water history like no place on Earth. Gregg Eckhardt will trace the development of the city's water supply and management from sole source diversity.

Monday **Jul 8**
Free **1:00-2:00**

335 What to do Until EMS Arrives

Craig Stimson

Learn pointers to help your local EMS department arrive as quickly and efficiently as possible and ready to do their job. We will discuss first aid, providing accurate information to the authorities and how to remain calm in an emergency.

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

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

336 Living With Arthritis

Craig Stimson

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

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

337 Ask Alamo Service Connection

Bexar Area Agency on Aging

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

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

338 San Antonio Public Library

Joseph Gonzales

The San Antonio Public Library will speak about services available to the older adult community of San Antonio.

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

339 All About Dietary Fiber

Craig Stimson

Learn the benefits of fiber and whole grains in your diet and the benefit of both. We will discuss how to increase fiber in your diet and look at recipes that contain whole grains.

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

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

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

340 Feral Cat Coalition

Sherry Derdak

This city-wide non-profit organization helps to control the cat population of our city in a unique way. You will learn about the Feral Cat Coalition and how they are making a positive impact to help our feline friends all over San Antonio.

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

341 Hydration - More Than Water

Craig Stimson

Proper hydration is crucial for our bodies, especially as we age. Learn about the importance of hydration for our bodies, the consequences of dehydration and strategies for increasing your hydration intake.

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

342 Healthy Eating on a Budget

Chelsea Carriker, MPH, CHES

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

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

343 Domestic Violence Awareness

Lisa Senteno, APS

During this course we will learn how to recognize the signs of abuse, neglect and exploitation and touch on the issue of domestic abuse.

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

344 Sun Safety

Craig Stimson

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

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

345 Transportation Options

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 to this class to learn about resources in your area.

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

346 Ask Alamo Service Connection

Bexar Area Agency on Aging

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

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

347 Hoarding Disorder

Helen Flores

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

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

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

348 Sun Safety

Craig Stimson

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

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

349 Hoarding Disorder

Helen Flores

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

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

350 Calcium Superstars

Craig Stimson

Learn the benefits of dairy in our diet and how to choose low fat and fat free options. We will explore the world of 'milks' and look at food labels to find accurate information on dairy products.

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

351 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.

Tuesday **Aug 6**
Free **10:00-11:00**

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

352 Getting Your Affairs in Order

Esther Pipoly

Learn how to navigate the unexpected loss of a loved one including what paperwork is needed, dealing with the hospital, funeral homes and other entities.

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

353 Men's Health After 60

Craig Stimson

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

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

354 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.

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

355 Hydration - More Than Water

Craig Stimson

Proper hydration is crucial for our bodies, especially as we age. Learn about the importance of hydration for our bodies, the consequences of dehydration and strategies for increasing your hydration intake.

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

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

356 New Long-Term Care Protection Ideas

Jake Yetterberg, CSA

There are new coverages that make this expensive insurance a better buy for retirees who cannot afford to pay high monthly premiums. This market is ever-changing with several newly designed products entering the market in the last several months.

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

357 Memory Matters

Craig Stimson

Learn about memory processes, discover new techniques to improve memory, and examine ways to maintain and boost memory skills.

Thursday **Jun 20**
Free **10:00-11:30**

358 East European Communism

Michael Cude, Ph.D., Schreiner University

This class will examine the Cold War era from the East European perspective. It will overview the social and political organization of Communism in the region to illustrate what life was like on the other side of the iron curtain. It will address watershed moments such as the Hungarian Revolution in 1956 and the Prague Spring in 1968.

Thursday **Jul 25**
Free **10:00-11:30**



359 Nutrition Quackery

Lisa Bombela-Comuzzie, RD, LD, CPRS

Have you heard that certain foods or supplements can miraculously cure diseases? In this class we will explore the psychology of nutritional quackery, describe some common nutrition myths and learn how to spot false claims.

Thursday **Aug 15**
Free **10:00-11:30**



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 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:
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360 San Pedro Creek Walking Tour

*Bruce Martin,
Certified Professional
Tour Guide*



This comfortable walking tour will introduce Phase 2 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 will see new buildings already drawn to San Pedro Creek, including San Antonio's new federal courthouse - and we will appreciate how historic buildings are enhanced via our community's impressive 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.

Tuesday
Fee: \$29

May 7
9:00-10:30

361 San Antonio Zoo Wild Walk

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

Friday
Fee: \$29

May 17
9:00-10:30



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:



362 Exploring New Braunfels and Gruene

German immigrants were on their way to New Braunfels in 1844. New Braunfels was established in 1845 by Prince Carl who named the settlement in honor of his home of Solms-Braunfels, Germany. New Braunfels thrived and by 1850 it was the fourth largest city in Texas. We will start our tour at the Sophienburg Museum where you can immerse yourself in the life of a German colonist, the hardships suffered and the freedoms gained. Our next stop will be the New Braunfels Railroad Museum. This museum is dedicated to the preservation of railroad artifacts and education. They have a variety of artifacts and photographs from the golden age of railroading on display related to the past New Braunfels operations of the International and Great Northern, MOPAC and MKT railroads. Next stop will be the Gristmill River Restaurant. This restaurant is located in the historic district of Gruene, TX and opened in 1977. After lunch there will be time for shopping in Gruene. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday
Fee: \$93

Jun 6
9:00-4:00



363 The Wizard of Oz

Come join us at the San Pedro Playhouse and step into the enchanting world of *The Wizard of Oz*. Before going to the theater, we will have dinner at Albi's Vite Italian Kitchen. *The Wizard of Oz* musical is where dreams come to life! Follow the iconic journey of young Dorothy Gale, who embarks on a quest to find the elusive Wizard after a tornado transports her to the magical Land of Oz, alongside her new found friends: the Scarecrow, the Tin Man, and the Cowardly Lion. Dorothy faces wicked witches, flying monkeys, and a yellow brick road with surprises. This timeless tale brought to life with stunning costumes, dazzling sets, and unforgettable songs like "Over the Rainbow". This musical will capture your heart and transport you to a world of wonder and imagination and leave you believing there is no place like home. Cost includes motor coach transportation, dinner, admission fees and tips.

Friday
Fee: \$96

Jul 12
4:30-10:30



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

364 An Adventure in San Marcos 365 San Antonio Museums

We will begin the day trip with our first stop at Wimberley Glassworks. Known worldwide for beautiful hand blown glass art and lighting pieces. We will see a live hand-blown glass demonstration. Wimberley Glassworks is Texas' premier hand-blown glass light and art glass studio, creating exclusive glass collections and lighting since 1992. Our next stop will be for lunch at Chuy's. After lunch we will have a self-guided tour of the LBJ Museum of San Marcos. The museum commemorates the formative role of LBJ's years as a college student and school teacher in the landmark Great Society legislation he passed as the 36th president of the United States between November 1963 and January 1969. Our next stop will be a docent guided tour of the Calaboose African American History Museum. This is a small museum in a former 1873 jail with artifacts and exhibits tracing local African American history. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday
Fee: \$82

Aug 8
9:00-5:45



visitsanmarcos.com

On this day trip we will visit two of San Antonio's great museums. Our first stop will be the Holocaust Museum housed at the Jewish Community Center. The main exhibit relates to the twelve-year history of the Nazi era with photographs, artifacts, films and maps. Then we will head to the Witte Museum and enjoy a box lunch at the museum. After lunch, we will have a docent guided tour of the museum. The Witte was founded by school teacher and botanist Ellen Shulz Quillin. This museum inspires people to shape the future of Texas through relevant and transformative experience in nature, science and culture. As San Antonio's most visited museum, the Witte reaches a diverse audience of hundreds of thousands from within Bexar County and beyond. Cost includes motor coach transportation, lunch, admission fees and tips.

Wednesday
Fee: \$75

Sep 11
9:15-3:00



witemuseum.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, located at 2103 St. Cloud, San Antonio, TX 78228.

Day Trips are Non-Refundable.

811 Normandy, Paris and The Seine River Cruise

April 1-9, 2025

Join us for an amazing cruise of Europe! We will first take an overnight flight to Paris, France and transfer to the MS Amadeus Diamond river cruise ship for 7 nights. The next day we will visit the village of Auvers-sur-Oise, an inspiration to many of the famous Impressionist masters including Cezanne, Pissarro, and Daubigny. The most famous of these artists is Vincent Van Gogh, whose final resting place is located here and where he was inspired to create nearly 80 canvases. We will also see Auberge Ravoux, where Van Gogh lived, and experience a multimedia museum journey at the Chateau D'Auvers featuring over 500 paintings with sound effects and music. Next we'll enjoy a Rouen Walking Tour including a visit to the magnificent cathedral that inspired Claude Monet and modern Church of Joan of Arc with its fantastic 16th century stained glass windows.

The next day we will visit a UNESCO World Heritage Site and important port, LeHavre, which sits where the Seine River meets the English Channel. This harbor was destroyed in World War II and was rebuilt. We will also enjoy a Etretat tour to walk the famous Normandy coastline featuring cliff-top paths for views of steep chalk rocks with impressive needle-like formations. The next day we will have a full day tour of Normandy and visit Pointe du Hoc, the site where the U.S. Army climbed 100 foot cliffs. We will stop at Omaha Beach and visit Colleville Sur Mer, an American Cemetery where over 9,000 American troops are laid to rest. The next day brings a visit to a World War II Museum to learn more about the landings, battles and liberation of this region. The following morning we will visit the little town of Les Andelys in the shadow of Chateau Gaillard, one time home to Richard the Lionheart.

Tour includes round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for tour manager, drivers, and tour guides. Deposit: \$600 per person at the time of booking. Double ranges from \$5,699 to \$7,399 per person, depending on cabin selection. Single rates range from \$7,199 to \$10,099. A two-night London extension is available for an additional cost of \$999 per person double and \$1,499 for single. Final payment is due December 1, 2024. Credit cards accepted. Make checks payable to AFC Vacations. **You may sign up for this trip on or after May 13, 2024. Phone-in registrations will not be accepted on May 13, 2024. You must register in person at the Oasis Center. This is a Level 4 active trip.**

366 Normandy, Paris and The Seine River Cruise Preview Show

Location: Oasis at The Meadows

Thursday
Free

May 9
1:00-2:00

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



812 Best of Romania

May 14-23, 2025

Join us and special San Antonio Oasis escort Dr. Michael Cude and enjoy an extensive experience in Romania, a hidden gem of Europe. First, we will arrive in Bucharest, meet your tour manager and then transfer to our hotel for a 3 night stay in Bucharest. The next day we'll explore the capital of Romania on a Bucharest city tour. We will visit the Parliament Palace, the second-largest building in the world after the Pentagon, and explore Old Town. The next morning we will start with a visit to the Village Museum, an open-air museum featuring traditional thatched-roof houses. In the evening we will enjoy a Romanian Folklore show and dinner.

The next day we'll depart for Transylvania and stop in Sinaia and visit Peles Castle, former summer residence of the royal family, and then visit Sinaia Monastery and see buildings that were completed between 1690 and 1695, and later arrive in Brasov for a two night stay in this beautiful medieval city. Next morning travel to Bran to explore Bran Castle of the famous vampire Dracula. Learn its history and the legend behind this medieval castle completed in 1388, then return to Brasov for a walking tour and observe the medieval Saxon walls and bastions, the towering Gothic-style Black Church. Next morning depart for Viscri, the little Saxon village that charmed King Charles. Next we'll visit the White church, one of the fortified churches of Transylvania, a UNESCO Heritage Site and enjoy a walk through the streets of the village and continue with a guided tour of Sighisoara, another UNESCO World Heritage site. Next we will arrive in Sibiu for a two night stay. Next day travel to Hunedoara and visit a beautiful fairytale castle: Corvin Castle. In the afternoon we will stop in the white citadel Alba Iulia for a walking tour. Next day we will discover one of the most beautiful cities in Romania: Sibiu. In the afternoon we will return to Bucharest, passing through Oltului Gorge, a narrow pass in the Carpathian Mountains and arrive in Bucharest for our 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: \$600 per person at the time of booking. Double: \$5,299 per person. Single: \$5,899. Final payment is due February 14, 2025. Credit cards accepted. Make checks payable to AFC Vacations. **You may sign up for this trip on or after May 14, 2024. Phone-in registrations will not be accepted on May 14th. You must register in person at the Oasis Center.**

367 Best of Romania Preview Show

Location: Oasis at The Meadows

Thursday
Free

May 9
2:30-3:30



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



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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.

Upcoming Training Dates:

- Wednesday, May 15 from 9:00 am - 3:00 pm
 - Wednesday, July 17 from 9:00 am - 3:00 pm
- Lunch will be served

For more information or to sign up for training please call **(210) 236-5954**.

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