



# Fall 2024

## Program Catalog

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



Sponsored by:



# Welcome to San Antonio 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.

## Center Locations:

### Oasis at The Meadows:

700 Babcock Rd.  
San Antonio, TX 78201

### Oasis at The Chandler House:

137 W. French Place  
San Antonio, TX 78212  
(Parking available at 510 Belknap Place)

## Hours:

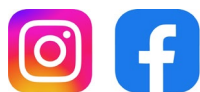
Mon. Wed. and Thurs.	9:00 - 4:00
Tuesday	9:00 - 8:00
Friday	9:00 - 1:00

## Contact Us:

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

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

(210) 236-5954



## Meet Our Staff

**Greg Perkins**  
Administrative Assistant

**Lisa Buske**  
Marketing & Curriculum  
Coordinator

**Craig Stimson**  
Outreach Coordinator

**Ginny Brown**  
Associate Director

**Brenda  
Schmachtenberger**  
Executive Director

**Kelley Gallant**  
Program Coordinator

**Sharon Gomez**  
Financial Coordinator

**Chelsea Carriker**  
Wellness Coordinator

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

August 29	Volunteer Training
September 2	Labor Day
November 25-29	Thanksgiving
December 19- January 1	Holiday Break

## On The Cover

San Antonio Oasis volunteers celebrate the grand opening of our newest location, Oasis at The Chandler House.

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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 Centers. Please check locations.**



## CHECK YOUR CALENDAR

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



## Texercise

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

**Location: Oasis at The Meadows**

- |            |   |                                     |
|------------|---|-------------------------------------|
| <b>100</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Sep 4-Oct 2</b><br>12:00-12:45   |
| <b>101</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Oct 7-Nov 6</b><br>12:00-12:45   |
| <b>102</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Nov 11-Dec 11</b><br>12:00-12:45 |
| <b>103</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Sep 3-Oct 3</b><br>9:00-9:45     |
| <b>104</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Oct 8-Nov 7</b><br>9:00-9:45     |
| <b>105</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Nov 12-Dec 12</b><br>9:00-9:45   |
| <b>106</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Sep 6-Oct 4</b><br>9:00-9:45     |
| <b>107</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Oct 7-Nov 8</b><br>9:00-9:45     |
| <b>108</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Nov 11-Dec 13</b><br>9:00-9:45   |

**Location: Oasis at The Chandler House**

- |            |   |                                    |
|------------|---|------------------------------------|
| <b>109</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Sep 3-Oct 3</b><br>12:15-1:00   |
| <b>110</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Oct 8-Nov 7</b><br>12:15-1:00   |
| <b>111</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Nov 12-Dec 12</b><br>12:15-1:00 |



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

## Tai Chi

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

**Location: Oasis at The Meadows**

- |            |                             |                                    |
|------------|-----------------------------|------------------------------------|
| <b>112</b> | <b>Mondays</b><br>Fee: \$32 | <b>Sep 9-30</b><br>10:15-11:45     |
| <b>113</b> | <b>Mondays</b><br>Fee: \$40 | <b>Oct 7-Nov 4</b><br>10:15-11:45  |
| <b>114</b> | <b>Mondays</b><br>Fee: \$32 | <b>Nov 11-Dec 9</b><br>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**

- |            |   |                                     |
|------------|---|-------------------------------------|
| <b>115</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Oct 1-Nov 21</b><br>2:00-3:00    |
| <b>116</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Oct 15-Dec 12</b><br>11:15-12:15 |

## 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**

- |            |                  |                     |
|------------|------------------|---------------------|
| <b>117</b> | <b>Mondays</b>   | <b>Sep 9-30</b>     |
|            | <b>Fee: \$28</b> | <b>1:15-2:15</b>    |
| <b>118</b> | <b>Mondays</b>   | <b>Oct 7-Nov 4</b>  |
|            | <b>Fee: \$35</b> | <b>1:15-2:15</b>    |
| <b>119</b> | <b>Mondays</b>   | <b>Nov 11-Dec 9</b> |
|            | <b>Fee: \$28</b> | <b>1:15-2:15</b>    |

## 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**

- |            |                  |                     |
|------------|------------------|---------------------|
| <b>120</b> | <b>Mondays</b>   | <b>Sep 9-30</b>     |
|            | <b>Fee: \$28</b> | <b>2:30-3:30</b>    |
| <b>121</b> | <b>Mondays</b>   | <b>Oct 7-Nov 4</b>  |
|            | <b>Fee: \$35</b> | <b>2:30-3:30</b>    |
| <b>122</b> | <b>Mondays</b>   | <b>Nov 11-Dec 9</b> |
|            | <b>Fee: \$28</b> | <b>2:30-3:30</b>    |

**Location: Oasis at The Chandler House**

- |            |                   |                      |
|------------|-------------------|----------------------|
| <b>123</b> | <b>Wednesdays</b> | <b>Sep 11-Oct 9</b>  |
|            | <b>Fee: \$35</b>  | <b>1:15-2:15</b>     |
| <b>124</b> | <b>Wednesdays</b> | <b>Oct 16-Nov 6</b>  |
|            | <b>Fee: \$28</b>  | <b>1:15-2:15</b>     |
| <b>125</b> | <b>Wednesdays</b> | <b>Nov 13-Dec 11</b> |
|            | <b>Fee: \$28</b>  | <b>1:15-2:15</b>     |

## Mindful Movement for Holistic Well-Being

**NEW**

*Marti Ewing*

Explore the art of mindful movement in this transformative class. We go beyond physical exercise, focusing on enhancing overall well-being through intentional movement, functional mobility, emotional balance, breath awareness, and mindfulness techniques. Whether you're a seasoned practitioner or a beginner, all levels and abilities are welcome.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>126</b> | <b>Tuesdays</b>  | <b>Sep 3-17</b>      |
|            | <b>Fee: \$21</b> | <b>3:15-4:15</b>     |
| <b>127</b> | <b>Tuesdays</b>  | <b>Oct 29-Nov 19</b> |
|            | <b>Fee: \$28</b> | <b>3:15-4:15</b>     |

## Recuperative Yoga

**NEW**

*Marti Ewing*

Recuperative yoga is a safe and transformational yoga that benefits everyone of all ages and levels. This program is designed to restore and maintain our body's appropriate range of motion, create good alignment, optimize balance and cultivate physical awareness. Modifications are offered. All levels and abilities welcome. Bring a yoga mat.

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>128</b> | <b>Tuesdays</b>  | <b>Sep 3-17</b>      |
|            | <b>Fee: \$21</b> | <b>4:30-5:30</b>     |
| <b>129</b> | <b>Tuesdays</b>  | <b>Oct 29-Nov 19</b> |
|            | <b>Fee: \$28</b> | <b>4:30-5:30</b>     |



## Fitness for the Active

*Fred Chavez*

Modeled after the National Academy of Sports Medicine (NASM) Optimum Performance Training for Seniors program, the class will be challenging, 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. Physical assessments are administered at the first and last session to track progress.

**You must enroll in Part 1 in order to take Part 2.**

**Location: Oasis at The Meadows**

### 130 Part 1

Tuesdays  
Fee: \$49

Sep 3-Oct 15  
6:00-7:00 

### 131 Part 2

Tuesdays  
Fee: \$49

Oct 22-Dec 10  
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**

**132** Wednesdays  
Fee: \$40

Sep 4-Oct 2  
9:00-10:00

**133** Wednesdays  
Fee: \$40

Oct 9-Nov 6  
9:00-10:00

**134** Wednesdays  
Fee: \$32

Nov 13-Dec 11  
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. Bring a yoga mat.

**Location: Oasis at The Meadows**

**135** Wednesdays  
Fee: \$40

Sep 4-Oct 2  
10:15-11:30

**136** Wednesdays  
Fee: \$40

Oct 9-Nov 6  
10:15-11:30

**137** Wednesdays  
Fee: \$32

Nov 13-Dec 11  
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**

**138** Wednesdays  
Fee: \$28

Sep 11-Oct 2  
1:45-2:45

**139** Wednesdays  
Fee: \$35

Oct 9-Nov 6  
1:45-2:45

**140** Wednesdays  
Fee: \$28

Nov 13-Dec 11  
1:45-2:45

**Location: Oasis at The Chandler House**

*Gina Chinn*

**141** Wednesdays  
Fee: \$35

Sep 11-Oct 9  
2:30-3:30

**142** Wednesdays  
Fee: \$28

Oct 16-Nov 6  
2:30-3:30

**143** Wednesdays  
Fee: \$28

Nov 13-Dec 11  
2:30-3:30



## 144 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**

**Thursdays**                      **Sep 5-Oct 17**  
**Fee: \$42**                              **10:00-11:00**



## 145 Intermediate Ballet NEW

*Cory Fritz*

In this intermediate class, we will expand upon ballet steps and positions of the arms and feet. This class is perfect for those who have previously taken Beginner Ballet and want to continue their ballet practice. Barre and center work will be incorporated to improve balance, posture, and flexibility. No ballet shoes needed.

**Location: Oasis at The Meadows**

**Thursdays**                      **Oct 24-Dec 12**  
**Fee: \$42**                              **10:00-11:00**

## Seated Strength Training

*LeAnn Lupton*

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

**146** **Fridays**                      **Sep 6-Oct 4**  
**Fee: \$35**                              **11:15-12:15**

**147** **Fridays**                      **Oct 11-Nov 8**  
**Fee: \$35**                              **11:15-12:15**

**148** **Fridays**                      **Nov 15-Dec 13**  
**Fee: \$28**                              **11:15-12:15**

## 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**

**149** **Thursdays**                      **Sep 5-Oct 3**  
**Fee: \$35**                              **12:30-1:30**

**150** **Thursdays**                      **Oct 10-Nov 7**  
**Fee: \$35**                              **12:30-1:30**

**151** **Thursdays**                      **Nov 14-Dec 12**  
**Fee: \$28**                              **12:30-1:30**

**Location: Oasis at The Chandler House**

*Mary Stahl*

**152** **Thursdays**                      **Sep 12-Oct 10**  
**Fee: \$35**                              **2:00-3:00**

## Balance for Daily Life

*LeAnn Lupton*

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

**Location: Oasis at The Meadows**

**153** **Fridays**                      **Sep 6-Oct 4**  
**Fee: \$35**                              **10:00-11:00**

**154** **Fridays**                      **Oct 11-Nov 8**  
**Fee: \$35**                              **10:00-11:00**

**155** **Fridays**                      **Nov 15-Dec 13**  
**Fee: \$28**                              **10:00-11:00**

**Location: Oasis at The Chandler House**

*Jacqueline Smith*

**156** **Tuesdays**                      **Sep 17-Oct 22**  
**Fee: \$42**                              **9:30-10:30**





## 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. Includes parking pass.

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

- |            |                                 |                      |
|------------|---------------------------------|----------------------|
| <b>157</b> | <b>Mondays &amp; Wednesdays</b> | <b>Sep 4-Oct 2</b>   |
|            | <b>Fee: \$54</b>                | <b>8:00-8:45</b>     |
| <b>158</b> | <b>Mondays &amp; Wednesdays</b> | <b>Oct 7-Nov 6</b>   |
|            | <b>Fee: \$60</b>                | <b>8:00-8:45</b>     |
| <b>159</b> | <b>Mondays &amp; Wednesdays</b> | <b>Nov 11-Dec 11</b> |
|            | <b>Fee: \$48</b>                | <b>8:00-8:45</b>     |

## 160 Walking Group

*Kelley Gallant*

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** **Sep 27-Nov 1**  
**Fee: \$30** **9:00-10:00**

## 161 Guided Espada Park Kayaking Tour

Join us on this beautiful and fun-filled, two-mile guided kayaking tour down the San Antonio River at Espada Park. Please wear clothing and shoes that you won't mind getting wet. Bring a water bottle and a hat. This tour will be meeting and parking at 1750 SE Military Drive. There are public restrooms at the meeting location. Price includes kayak, paddle, and life jacket.

**Tuesday** **Oct 8**  
**Fee: \$45** **10:00-11:00**

## 162 Pickleball - Learn and Play!

*Dr. Gilda Garcia*

Let's learn to play pickleball - a game that's fun, easy to learn, and very popular for older adults! Join us as we learn the rules, the scoring, some basic strokes and how to serve the ball. The class is designed for those new to the game of pickleball and will meet once a week for two weeks. No equipment or previous experience needed! We'll have time in each class to practice and play. Class will be held at "Chicken N Pickle" 5215 UTSA Blvd. San Antonio, TX 78249.

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

**Thursdays** **Oct 17-24**  
**Fee: \$30** **10:00-11:30**

## 163 Diabetes Self-Management Program

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

**Location: Oasis at The Meadows**

**Mondays** **Oct 28-Dec 9**  
**Free** **1:00-3:30**

**THANK  
YOU!**

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

**THANK YOU**  
to all of our  
grant funders!



## 164 A Matter of Balance

This class is for people who have a fear of falling and want to reduce their risk of a future fall. Participants attend a total of eight 2-hour sessions. Enjoy snacks and learn to view falls and the fear of falling as controllable. The program incorporates group discussion, physical activity and a visit from a healthcare professional. You must attend sessions one or two in order to participate in the sessions that follow. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

**Fridays** **Oct 4-Nov 22**  
**Free** **10:00-12:00**

## 165 Aging Mastery Program

Modest lifestyle changes can produce big results! Be empowered and supported to cultivate health and longevity. We will encourage mastery-developing sustainable behaviors across many dimensions leading to improved health, stronger financial security and overall well-being. This is a fun, engaging education and behavior change incentive program for aging well. Ten-part series includes:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention

Sponsored by WellMed Charitable Foundation

**Location: Oasis at The Meadows**

**Wednesdays** **Sep 4-Nov 6**  
**Free** **10:00-11:30**



## 166 Mindfulness Series

*Fred Chavez*

According to research, mindfulness is an important indicator of well-being. For instance, it has been associated with higher levels of life satisfaction, more positive effect, less negative effect, and a greater sense of autonomy and competence. Over eight weeks, we will learn what mindfulness is and how it might enrich our life. We will also learn and practice various mindfulness meditations and work towards either beginning or deepening a daily mindfulness practice.

**Location: Oasis at The Meadows**

**Tuesdays** **Sep 3-Oct 22**  
**Fee: \$64** **10:00-11:00**

## 167 Working With Our Strengths

*Fred Chavez*

Positive psychology is concerned with positive human traits and seeks to identify positive human characteristics that promote well-being. These characteristics are referred to as "strengths." Discover your strengths through professional assessment and learn several skills that promote optimal strength use. Maximizing our strengths helps us feel more authentic (our true self), more energized, joyful, and promotes optimal functioning.

**Location: Oasis at The Meadows**

**Tuesdays** **Oct 29-Dec 10**  
**Fee: \$48** **10:00-11:00**

## 168 Better Sleep, Better You

*Linda Mockeridge, LCSW*

This three-session class will help you learn about and adopt better sleep habits. Each week features a new topic and the group will discuss and practice new and not so new skills to help you practice good sleep hygiene.

**Location: Oasis at The Meadows**

**Tuesdays** **Sep 3-17**  
**Fee: \$18** **10:00-11:30**

## 169 Earthing/Grounding, What Is It?

*Kelley Gallant and Anita Saldana*

Remember walking barefoot as a child and connecting with nature? Grounding, sometimes called earthing, is the process of connecting to the Earth's electrical energy. This practice is rooted in the theory that the electrical charges from the Earth can have a positive impact on your body, your health, and your mood. Let's discuss the health benefits and the research being done. You will get the chance to try out a grounding mat.

**Location: Oasis at The Chandler House**

<b>Tuesday</b>	<b>Sep 3</b>
<b>Fee: \$7</b>	<b>2:00-3:30</b>

## 170 Living Well With Dementia

*Dr. Neela Patel*

Join us for this presentation to discuss caring for older adults with Alzheimer's Dementia and their caregivers. We will discuss the things you can do to care for persons with dementia, as well as specific changes that can be made at each stage of the condition. We will explore how you can live a meaningful life and pursue what matters most by aligning each adult's health goals and care preferences.

**Location: Oasis at The Meadows**

<b>Tuesday</b>	<b>Sep 3</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 171 The DASH Diet

*UTSA Dietetic Intern*

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

**Location: Oasis at The Meadows**

<b>Thursday</b>	<b>Sep 5</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 172 Expression of the Heart Through Art

*Lisa Brown*

Grief can be isolating and lonely. No one may be able to understand what you are going through because we each need to do what is best for ourselves. Join us as we use collage and journal writing to express memories using simple words, phrases, images and pictures. We will create a personal memorial of those whom we have lost. We will explore grief through art. Supplies are included in the fee of the class.

**Location: Oasis at The Meadows**

<b>Wednesday</b>	<b>Sep 4</b>
<b>Fee: \$12</b>	<b>1:00-3:00</b>

## Sharper Minds Program

*Dan Dimitriu, Ph.D., PE*

As we age, our brains need continuous stimulation to maintain basic functions. The Sharper Minds Program is designed to improve a participant's brain performance through a series of fun activities that focus on improving spatial skills, 3D visualization, analytical skills, memory and so much more. Join us for this fun, hands-on program for your mind. Sharp minds stay fit!

**Location: Oasis at The Meadows**

<b>173 Monday</b>	<b>Sep 9</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

<b>174 Monday</b>	<b>Oct 28</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 175 Stay Upright - Fall Prevention

*Gina Dawson, DPT*

A fall by a person 60 years and older can often affect their quality of life and their ability to live independently. The good news is 60-70 percent of the falls can be prevented. Learn why falls occur and what steps you can take to control your fall risks.

**Location: Oasis at The Meadows**

<b>Tuesday</b>	<b>Sep 10</b>
<b>Fee: \$7</b>	<b>1:00-2:30</b>

## 176 Acupressure and Acupuncture for Neck Pain

*Joeming Dunn, MD*

If you have experienced neck pain, you are not alone. While we will not be delving into the cause of neck pain, this class will look at the neck and discuss acupuncture as a treatment option. We will also show some common acupressure points that can be used to help combat neck pain.

**Location: Oasis at The Meadows**

**Wednesday** **Sep 11**  
**Fee: \$7** **1:00-2:30**



## 177 The Skinny on Fat

*Gretchen Hill*

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

**Location: Oasis at The Meadows**

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

## 178 Build Better Balance

*Angela Martin, PT, DPT*

Many people experience changes in their balance as they age. The good news is that there is a lot we can do to maintain and build better balance as we age. Join us for this presentation to discuss why balance changes as we age and what we can do about it.

**Location: Oasis at The Meadows**

**Thursday** **Sep 12**  
**Fee: \$7** **1:00-2:30**

## 179 Stop the Bleed

*Cynthia Beal*

Join us for Stop the Bleed - an interactive course that guides you through the methods of controlling bleeds, applying tourniquets, and other important life-saving steps. Come learn what the average person can do to manage bleeding and potentially save a life.

**Location: Oasis at The Meadows**

**Friday** **Sep 13**  
**Fee: \$5** **10:00-11:00**

## 180 Alzheimer's Research Updates

*The 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**

**Monday** **Sep 16**  
**Free** **10:00-11:30**

## 181 On Purpose, With Purpose

*Rose Harte*

This interactive workshop will guide participants through self-reflection exercises, group discussions, and practical activities to help identify personal values, passions, and strengths. Participants will learn strategies to cultivate a sense of purpose through volunteering, hobbies, mentorship, and community engagement.

**Location: Oasis at The Meadows**

**Monday** **Sep 16**  
**Fee: \$7** **1:00-2:30**



### Location, Location, Location!

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

## Hearing Screening

*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! You will receive a call to set up an appointment time.

**Location: Oasis at The Meadows**

- |            |                |                  |
|------------|----------------|------------------|
| <b>182</b> | <b>Tuesday</b> | <b>Sep 17</b>    |
|            | <b>Free</b>    | <b>1:00-5:00</b> |
| <b>183</b> | <b>Tuesday</b> | <b>Nov 12</b>    |
|            | <b>Free</b>    | <b>1:00-5:00</b> |

## 184 How to Land Safely After a Fall

*Erica Parazo, PT*

This presentation will discuss safe fall landing strategies to improve your confidence and decrease risk for injury after a fall. This course is great for people who feel nervous about falling, have hurt themselves as a result of a fall, or who want to be proactive about their fitness and independence.

**Location: Oasis at The Meadows**

- |                 |                    |
|-----------------|--------------------|
| <b>Monday</b>   | <b>Sep 23</b>      |
| <b>Fee: \$7</b> | <b>10:00-11:30</b> |

## 185 Effective Communication and Listening Skills

*Russell Gainer, LCSW, Gain Wel*

A major part of effective communication is being able to be a good listener. But is listening a sense or a skill? How can we increase our effectiveness and reduce confusion with others? What are the three levels of listening and how do they impact our communication with others?

**Location: Oasis at The Meadows**

- |                 |                    |
|-----------------|--------------------|
| <b>Tuesday</b>  | <b>Sep 24</b>      |
| <b>Fee: \$7</b> | <b>10:00-11:30</b> |

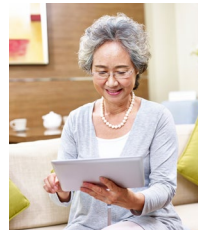
## 186 Technology Use and Our Health

*Chelsea Carriker, MPH, CHES*

Technology is a rapidly growing area of our world. The health implications of every day technology usage is highly debated, with concerning preliminary data. In this discussion-style class, we will dive into different areas of technology such as mobile phones, video games, and TV. We will explore how these areas may affect our mental, physical and emotional health.

**Location: Oasis at The Meadows**

- |                 |                    |
|-----------------|--------------------|
| <b>Tuesday</b>  | <b>Sep 24</b>      |
| <b>Fee: \$7</b> | <b>6:00-7:30</b> 🌙 |



## 187 I Am No Longer A Caregiver, Now What?

*Tina Smith, Caregiver SOS*

When the person you have been caring for passes away, the grieving process takes hold as you grieve the loss of your loved one. For many caregivers, they have dedicated so much time and energy providing care that they have lost their own sense of self. Come learn how to move past the loss and find a new sense of purpose as you travel through this transition.

**Location: Oasis at The Meadows**

- |                 |                    |
|-----------------|--------------------|
| <b>Thursday</b> | <b>Sep 26</b>      |
| <b>Free</b>     | <b>10:00-11:30</b> |

## 188 Social Isolation

*Kelley Gallant*

A recent Surgeon General's Report released in 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**

- |               |                    |
|---------------|--------------------|
| <b>Monday</b> | <b>Sep 30</b>      |
| <b>Free</b>   | <b>10:00-11:00</b> |



## 189 Health Screening Event

*Project Collaborate-UT Health*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Oct 1**  
**5:00-7:00** 

## 190 Live Well, Be Well

*Mary Masterson, Texas A&M AgriLife Extension*

This five-week session promotes healthy aging for adults over age 50. In each session we will discuss a different topic on healthy aging such as nutrition, hydration, reading food labels, food safety, staying fit and more!

**Location: Oasis at The Meadows**

**Thursdays**  
**Free**

**Oct 3-31**  
**10:00-11:00**

## 191 Anatomy of Life Transitions

*Pat Whitty*

Our lives are filled with transitions beginning with birth. But the transitions in the second half of life have a different flavor and cadence than those in our youth. Some changes hit us out of the blue, and some have been brewing for decades. Suddenly the words “legacy” and “mortality” have a more profound and urgent pull. This sometimes makes transitions in the second half of life a confusing and lonely place to be. Other times, these transitions bring a tremendous sense of freedom and adventure. We’ll explore the different aspects of a transition and learn how to navigate them with greater confidence.

**Location: Oasis at The Meadows**

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

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

## 192 The Sacred Wild

*Ginny Brown, LCHW*

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

**Location: Oasis at The Chandler House**

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

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

## 193 The Gut-Brain Connection

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

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

**Location: Oasis at The Meadows**

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

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

### COURTESY CONFIRMATION CALLS

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

## 194 All You Need to Know About Breast Cancer

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

Breast cancer is the most commonly diagnosed cancer and the second cause of cancer deaths among women in the United States. However, this does not have to be the case. Remember, knowledge is power. In this session, we will cover factors that may increase our risk of developing breast cancer, its warning signs, the current screening guidelines, and things we can do to reduce our risk. We will also share evidence-based recommendations which apply to everyone. Increasing our understanding of this subject can help us advocate for our wellness and take control of our health.

**Location: Oasis at The Meadows**

**Monday** **Oct 14**  
**Free** **1:00-2:30**

## 195 Understanding Alzheimer's and Dementia

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Tuesday** **Oct 15**  
**Free** **6:00-7:30** 🌙

## 196 The Power of Habits

*Chelsea Carriker, MPH, CHES*

Habits drive our lives, whether we're aware of it or not. In this class, we will discuss how powerful habits are, how to break habits, and integrate new habits to promote better health and well-being.

**Location: Oasis at The Meadows**

**Friday** **Oct 18**  
**Fee: \$7** **10:00-11:30**

## 197 Empowering Families: Caring For Those Affected by Substance Abuse

*Jarisma Urteaga, MSW*

Substance use affects not only individuals facing challenges but also their families and loved ones. This presentation aims to enhance our understanding of how substances impact people and how we can offer compassionate support.

**Location: Oasis at The Meadows**

**Wednesday** **Oct 16**  
**Fee: \$5** **1:00-2:30**

## 198 Holistic Health

*Craig Stimson*

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

**Location: Oasis at The Chandler House**

**Thursday** **Oct 17**  
**Fee: \$7** **9:30-11:00**

## 199 Sleep Hygiene for Brain Health

*Dr. Neela Patel*

Quality sleep is a key indicator of longevity and helps maintain brain function. Join us for this discussion on sleep and how beneficial sleep is for the brain. We will also discuss how and why sleep changes as we get older, how to improve your sleep, and when to speak to your doctor about your concerns.

**Location: Oasis at The Meadows**

**Monday** **Oct 21**  
**Fee: \$7** **1:00-2:30**



## 200 Self-Care For Caregivers

*Tina Smith, Caregiver SOS*

As a family caregiver, it is easy to get lost in the shuffle of all you must do for the person you are caring for. Your own healthcare appointments may be missed. Eating regular, balanced meals seems next to impossible, and there definitely isn't time to think about exercising. Participants will learn why it is so important that they take steps to care for themselves and how they can fit these tasks into their routine.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

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

## 201 Safe and Responsible Medication Disposal

*Travis Carlson, PharmD, BCIDP*

Disposing of medications, whether prescription or over-the-counter, can be confusing. In this presentation, join us for a discussion on how to safely and responsibly dispose of unused, unwanted or expired medications. We will specifically discuss how these efforts can prevent accidental ingestion by loved ones, including children and animals, and can reduce environmental contamination. As an added benefit, you will receive a take-home medication disposal kit for attending this presentation.

**Location: Oasis at The Meadows**

**Friday**  
**Free**

**Oct 25**  
**10:00-11:30**

## 202 Let's Get Happier Today

*Dr. Gilda Garcia*

In this class, we will learn ways to get happier every day. Join us to explore ways to increase your happiness by using gratefulness, thankfulness and consideration. Who doesn't want to be happy? Lets fill our hearts with joy and happiness today!

**Location: Oasis at The Meadows**

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

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

## 203 Nutrition and Heart Health

*Lacey Gimpel, MDS*

Heart disease remains the leading cause of death in the United States for both men and women. Research has long suggested that specific diet modifications can lower your risk of cardiovascular disease. Join us for this presentation to learn the synergistic relationships between nutrients and the dietary patterns linked to better heart health.

**Location: Oasis at The Meadows**

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

**Nov 5**  
**6:00-7:30**



## 204 Understanding and Responding to Dementia-Related Behaviors

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

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

## 205 Nutrition, Neural Pathways and Brain Health

*Marti Ewing, Certification in Healthy Living*

Your brain is always "on." It takes care of your thoughts and movements, your breathing, heartbeat and your senses - it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood. Learn the best foods for brain health and how to cultivate a healthy brain through proper nutrition.

**Location: Oasis at The Chandler House**

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

## 206 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** **Nov 12** 🌙  
**Fee: \$7** **6:00-7:30**

## 207 Salt, Fat and Thyme

*Craig Stimson*

Salt and fat are the challenge in our diet. Join us to explore salt and fat and how thyme (and other spices) can add layers of flavor to our food.

**Location: Oasis at The Meadows**

**Wednesday** **Nov 20**  
**Fee: \$7** **10:00-11:30**

## 208 Stay Regular: Fiber In Your Diet

*Carol White*

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

**Location: Oasis at The Meadows**

**Tuesday** **Nov 19**  
**Fee: \$5** **1:00-2:30**

## 209 Fifty Questions to Free Your Mind

*Ginny Brown, LCHW*

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

**Location: Oasis at The Meadows**

**Tuesday** **Nov 19** 🌙  
**Fee: \$7** **6:00-7:30**

## 210 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** **Dec 2**  
**Free** **1:00-3:30**





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

*Tina Smith, Caregiver SOS*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Dec 3**  
**6:00-7:30** 

## 212 Let's Talk About Anxiety and Depression

*Russell Gainer, LCSW, GainWell*

Traveling companions who are seldom separated, is a good way of understanding depression and anxiety. We will examine the symptoms of each and evaluate some reasons that they show up in our lives.

**Location: Oasis at The Meadows**

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

**Dec 4**  
**10:30-12:00**

## 213 Finding Hope in a Chaotic World

*Ginny Brown, LCHW*

Events such as depression, loneliness, chronic disease, death of a loved one, or catastrophic world events can or will definitely halt our growth, making us feel temporarily lost, stuck or hopeless. We need a solid foundation anchoring us for the many storms that derail or threaten our life. Without the right internal resources or tools to help us, it may be difficult to persevere such trials. We will discuss what it takes to navigate the pillars in our lives, learn from them, find hope and ultimately deepen the relationship with our authentic self.

**Location: Oasis at The Meadows**

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

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

## 214 Healthy Living for Your Brain and Body

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Free**

**Dec 4**  
**1:00-2:30**

## 215 Social Factors Affecting Diabetes

*Emily Nicklett, Ph.D., MSW*

Type 2 diabetes is a complex health condition, affecting many people living in San Antonio. This presentation will examine potential social, environmental and behavioral factors that contribute to type 2 diabetes as well as methods for managing the condition.

**Location: Oasis at The Meadows**

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

**Dec 5**  
**1:00-2:30**

## 216 Master Time: Strategies to Enhance Daily Life

*Mark Ellis*

Learn 7 practical time management strategies to enhance your well-being and daily life. Prioritize tasks, reduce stress, and create a balanced lifestyle. This class will help you make the most of your time for more enjoyable activities and personal growth. Transform your day-to-day life with simple, effective techniques.

**Location: Oasis at The Meadows**

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

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

## 217 Alzheimer's: Effective Communication Strategies

*Alzheimer's Association*

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. 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 Chandler House**

**Thursday**  
**Free**

**Dec 5**  
**9:30-11:00**



## 218 The Mechanisms of Aging

*Dean L Kellogg, Jr., MD, Ph.D.*

Aging involves the progressive deterioration of physiological function, leading to increased impairment and increased vulnerability to death. This deterioration is the primary risk factor for major human pathologies, including cancer, frailty, diabetes, cardiovascular disorders, and neurodegenerative diseases. This review will discuss aspects of the 12 mechanisms of aging that happen in all organisms and how they can be ameliorated by anti-aging interventions to improve human health.

**Location: Oasis at The Meadows**

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

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

## 219 Moving Meditation

*Craig Stimson*

If you have ever been curious about the slow relaxed movements of Tai Chi, Qi Gong and Yoga, this class is for you. Join us to explore the history and philosophy of these practices and enjoy a few demonstrations.

**Location: Oasis at The Meadows**

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

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

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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.

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## 220 All About Medicare

Are you getting what you've paid for? Come learn about all the basics of Medicare, how the Medicare Advantage Plans work and what they include.

**Location: Oasis at The Meadows**

**Tuesday** **Nov 5**  
**Free** **1:00-2:30**



## 222 Flu Shot Event

Thank you to our sponsor WellMed for providing flu shots for our members for the upcoming flu season. Sign up for this event to receive your free flu shot!

**Location: Oasis at The Meadows**

**Monday** **Oct 7**  
**Free** **11:00-1:00**



## 221 What You Need to Know About Flu Vaccines

Influenza, commonly called the flu, is a contagious upper respiratory illness that is caused by the flu virus. During this class, you will learn how the flu spreads, the flu symptoms, and treatment options. You will also learn about how flu vaccinations can be a helpful tool to prevent the flu.

**Location: Oasis at The Meadows**

**Monday** **Oct 7**  
**Free** **10:00-11:00**



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## 223 Growing Herbs

*Nancy Mills,  
Bexar County Master Gardeners*

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

**Location: Oasis at The Meadows**

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



## 224 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 Chandler House**

**Thursday** **Sep 5**  
**Fee: \$7** **2:00-3:30**

## 225 The Chandler House Book Club

*Kelley Gallant*

Do you enjoy reading? Let's read books and have a discussion. A book list will be provided.

**Location: Oasis at The Chandler House**

**Tuesdays** **Sep 10, Oct 29, Nov 19, Dec 10**  
**Fee: \$5** **9:30-11:00**

## 226 Amazing American Authors

*Judith Hurst, MA*

This class is a view of early American writers from John D. and Abigail Adams and the founding fathers through slave literature with Harriet Beecher Stowe, Harriet Jacobs and Frederick Douglas and finishing with Hawthorne, Thoreau, and the Cowboy and the Lady: Walt Whitman and Emily Dickinson. Discussion will highlight the contrast between British Literature with its slow, gentle pace and American Literature with its sense of immediacy and harshness.

**Location: Oasis at The Meadows**

**Monday** **Sep 9**  
**Fee: \$7** **10:00-11:30**

## 227 Thomas Jefferson-Independency 1776!

*Bill Perryman, M.Ed.*

An individual of contradictions, he would help define the ideals of a democratic republic and encourage the birth of a new nation. Filled with personal anecdotes of a man who spanned the 18<sup>th</sup> and 19<sup>th</sup> centuries, this presentation highlights both the private and public sides of Thomas Jefferson and the world in which he lived. Prepare for an experience as Bill Perryman brings to life the story of one of our nation's fascinating founders-Thomas Jefferson!

**Location: Oasis at The Meadows**

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

## 228 Conversational German

*Laurie Clark*

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

**Location: Oasis at The Meadows**

**Fridays** **Sep 13-Oct 4**  
**Fee: \$20** **10:00-11:30**



## 229 Breakout Stars of the 50s

*Beverly Prado*

The changing American culture after World War II is reflected in Hollywood films, especially during the 1950s. The new prosperity Americans were feeling quickly came into conflict with the restlessness of its youth. The new generation was fascinated with its new Hollywood actors, who were also restless, adventurous and rebellious...enter James Dean, Marlon Brando, Marilyn Monroe and others. Join us for film clips and conversation to explore this period in film.

**Location: Oasis at The Meadows**

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

**Sep 10**  
**6:00-7:30** 🌙



## 232 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**  
**Fee: \$5**

**Sep 17, Oct 15, Nov 19, Dec 3**  
**10:00-11:30**

## 230 Writing for Beginners

*Gloria Jennings*

This class will include many different ways students can use to begin a writing piece with exciting and colorful text, even pictures. Some of the techniques covered in class include listing main points, starting with a funny story or asking a question to make the reader wonder. All of these strategies are ones good writers use in their writing. We will cover writer's block and use prompts to bolster our writing skills.

**Location: Oasis at The Meadows**

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

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

## 231 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**  
**Fee: \$5**

**Sep 16, Oct 21, Nov 18, Dec 9**  
**10:00-11:30**

## 233 Toga Party! Rome and Romans in the Bible

*Christina Howard, MA, I.B. History*

The rise and fall of Rome was perhaps the most important influence on setting the stage for our modern world. Its true heyday lasted around 400 years and it had many positive influences in terms of technologies, medicine, architecture, art, literature, and government. Its rise to power mostly happened in the intertestamental period in the Bible (the 400 years between the Old and New Testaments.) Its role in the Bible was that of the villain, the embodiment of Satan's armies, fighting against the existing theocracies (the Jewish governments and the burgeoning Christian ideologies.) This quick-paced presentation will look at this conquering giant in both the Old and New Testaments of the Bible.

**Location: Oasis at The Meadows**

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

**Sep 17**  
**1:00-3:00**



## 234 60s Bands

*Kelley Gallant*

Let's go back to the 60s where life was simpler and listen to some great music from Simon and Garfunkel, The Mamas and The Papas, Creedence Clearwater and more! Come join us to learn some very interesting facts and reminisce about growing up in this era!

**Location: Oasis at The Chandler House**

<b>Tuesday</b>	<b>Sep 17</b>
<b>Fee: \$7</b>	<b>2:00-3:00</b>

## 235 Movie Discussion: Woodstock - 3 Days of Peace and Music

*Lynn Waghalter and Alonso Jasso*

1969 was a year unlike any other. For three days, half a million people experienced the single most defining moment of their generation; unprecedented in scope and influence, a coming together of people from all walks of life with a common goal: Peace and music. It was called Woodstock. One year later, an Oscar®-winning documentary captured the essence of the music, the electricity of the performances, and the experience of those who lived it. The first week we will watch the first part of the movie. The second week we will watch the remainder of the movie and discuss it. Refreshments will be served.

**Location: Oasis at The Meadows**

<b>Tuesdays</b>	<b>Sep 17-24</b>
<b>Fee: \$8</b>	<b>3:30-6:00</b>

## 236 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**

<b>Thursdays</b>	<b>Sep 19, Oct 17, Nov 21</b>
<b>Fee: \$5</b>	<b>10:00-11:30</b>

## 237 Alphabet Zentangle

*Gaylynnne Robinson*

Zentangle-inspired alphabets are playful decorative letters for inking, colored pencils, or watercolors. A beautiful addition to journals, scrapbooks, or envelopes. Supply list will be provided. Approximate cost of supplies is \$10.

**Location: Oasis at The Meadows**

<b>Tuesday</b>	<b>Sep 17</b>
<b>Fee: \$8</b>	<b>4:00-6:00</b>



## 238 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 musical popular guests, found the key to late night success and has never stopped. Join us for clips and conversation that is bound to tickle our funny bones.

**Location: Oasis at The Meadows**

<b>Tuesday</b>	<b>Sep 24</b>
<b>Fee: \$7</b>	<b>10:00-11:30</b>

## 239 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**

<b>Wednesdays</b>	<b>Sep 25, Oct 30, Nov 20</b>
<b>Fee: \$5</b>	<b>1:00-2:30</b>

## 240 Zentangle-Inspired Large Format Art

*Gaylynn Robinson*

Zentangle-inspired large format art begins with a simple geometric figures within a frame that are adorned with different patterns and designs. Ink, simple watercolor washes and metallic watercolors make a spectacular finished piece of art. Supply list will be provided. Approximate cost of supplies is \$30.



**Location: Oasis at The Meadows**

**Wednesdays** **Sep 18-Oct 9**  
**Fee: \$32** **1:00-3:00**

## 241 Geology of Electric Vehicles

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

The rapid electrification of worldwide transportation systems is one of the most exciting developments of the 21<sup>st</sup> century. Like the fossil fuels that they are replacing, however, these cutting edge electrical systems and battery technologies depend on scarce and finite natural resources. Some of the most critical elements like copper and nickel are widely used today, but will require increased production. Other elements like lithium and cobalt, although they have been known and used for more than 200 years, will be used in new ways and need to be mined in unprecedented amounts to meet the expected demand. Producing metals at these levels will require finding new deposits and developing new extraction technologies. In this class, we will discuss the technical and economic basics of the mining process, specific extraction technologies, and some of the new frontiers that are being explored, including producing key metals from the deepest oceans to asteroid mining. We will also discuss some of the environmental impacts associated with mineral production, and explore some of the choices that will need to be made with regard to sustainability.

**Location: Oasis at The Meadows**

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

## 242 Acrylics on Canvas

*Georgia Stok*

Such a versatile medium. Now it will look like an "oil" painting! Subjects varied. Open to all levels of experience. Drawing not required. Supply list will be provided. Approximate cost of supplies is \$45.

**Location: Oasis at The Meadows**

**Tuesdays** **Sep 24-Oct 29**  
**Fee: \$48** **1:00-3:00**



## 243 Classic TV Commercials

*Gloria Jennings*

Enjoy reminiscing about years gone by while watching all of your favorite commercials from the past. Includes legendary favorites from some of the most well-known household brands like Speedy from Alka-Seltzer, the Jolly Green Giant, Barbie, Marlboro, Chevy and more! This fun and entertaining form of American pop culture will leave you singing your favorite jingles!

**Location: Oasis at The Chandler House**

**Tuesday** **Sep 24**  
**Fee: \$7** **2:00-3:30**

## 244 Dream Boards

*Marti Ewing*

A dream board is a collection of images and words that inspire and motivate you to reach your goals. They represent the changes you'd like to see in your life. They may be big changes or small changes. Come join us to learn the benefits of Dream Boards and have fun making this art project. Fee includes all supplies.

**Location: Oasis at The Chandler House**

**Tuesdays** **Oct 1-22**  
**Fee: \$42** **2:30-3:30**

## 245 What Was Here Before?

*Bruce Martin,*  
*Certified Professional Tour Guide*

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

**Location: Oasis at The Meadows**

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

## 246 Impressionistic Pastels

*Andy Villarreal*

Pastels are a fantastic drawing medium and are perfect for impressionistic drawings and paintings. In this class, you will learn how you can draw impressionistic landscapes with pastels. Supply list will be provided. Approximate cost of supplies is \$40.

**Location: Oasis at The Meadows**

**Tuesdays** **Oct 1-Nov 5**  
**Fee: \$48** **4:30-6:30**



## 247 Wreath Making 101

*Kelley Gallant*

Come to this class and learn how to make a fall wreath using mesh and ribbon and of course adding a sign. We will learn this easy technique and take home a beautiful wreath that you created! All supplies included.

**Location: Oasis at The Meadows**

**Tuesday** **Oct 8**   
**Fee: \$40** **5:30-7:30**

## 248 Whiskey By Any Other Name: Whisky, Scotch, and Bourbon Tasting

*Bob Bragg, WSET Level 3, CSW*

Whiskey, Bourbon, Scotch, Rye, Canadian: Whisky(ey) By Any Other Name... Join us for an exploration of some of the most popular liquors around the world hailing from the peat bogs of Scotland to the hills of Kentucky. “Like the spelling, the true place of whisky's origin remains a point of deliberation between our friends in Ireland and Scotland, both claiming to have invented the spirit. North of the border, records of the Scottish Exchequer first evidenced a history of whisky in Scotland in production in the late 1400s.” Together we have a unique chance to learn about and taste some of the different iterations of this centuries-old spirit.

**Location: Oasis at The Meadows**

**Thursday** **Sep 26**  
**Fee: \$40** **1:00-2:30**



## 249 Texas Native Perennials and Annuals for Your Landscape

*Grace Emery, Bexar County Master Gardeners*

There are many benefits to using native plants. They provide food sources for local birds and insects, have long root systems that help protect the soil, conserve water, and are resistant to local pests and diseases. Come learn how to incorporate these valuable plants into your landscape.

**Location: Oasis at The Meadows**

**Tuesday** **Oct 8**  
**Fee: \$7** **10:00-11:30**



## 250 Math and Man's Destiny

*Betty Burson*

The twentieth century saw more dramatic changes that altered the path of mankind than any previous century. Without mathematics most could not have occurred; others would be questionable. The Allies victory in WWII preserved our freedom to put a man on the moon, drive with confidence to a new destination via GPS, and explore the world and universe, not to mention shop, compliments of the world wide web. To whom do we owe our appreciation and how did we apply this legacy? We will follow the math.

**Location: Oasis at The Meadows**

**Tuesday**

**Oct 8**

**Fee: \$7**

**1:00-2:30**

## 251 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**

**Thursday**

**Oct 10**

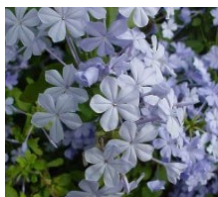
**Fee: \$11**

**10:00-11:30**

## 252 Fall is For Planting Texas Superstars

*Bexar County*

*Master Gardeners*



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

**Location: Oasis at The Chandler House**

**Thursday**

**Oct 17**

**Fee: \$7**

**2:00-3:30**

## 253 Ancestor Spirits and Oracles of Power

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

Ancestor veneration is very much part of many Native American cultures, as we see today in Day of the Dead celebrations and alters. In the Mimbres culture of southwest New Mexico (ca. A.D. 950-1130), the ancestors or katsinas were present in their daily lives and were attributed to good health, and, most importantly, bringing rain. Join Dr. Harry Shafer, Curator of Archeology, as he discusses the many ways various cultures honor their ancestors, in the past and today.

**Location: Oasis at The Meadows**

**Thursday**

**Oct 10**

**Fee: \$9**

**1:00-2:30**

## 254 Babylon's Babbling: Languages in the Bible

*Christina Howard, MA, I.B. History*

We're vaguely aware of the three major languages that made up the complete Bible (Hebrew, Aramaic, and Greek). But what languages were the people mentioned in the Bible actually speaking? How were they able to communicate in terms of business, government and social settings? What difficulties do translators face when interpreting the emerging archaeological finds? This fast-paced presentation will look at the cultures and their individual languages roaming through the pages of the Bible.

**Location: Oasis at The Meadows**

**Tuesday**

**Oct 15**

**Fee: \$7**

**1:00-3:00**

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

# Registration Procedures

See Refund  
Policy on  
Page 4

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

- **Walk-In and Mail-In - Registrations Processed August 21, 2024**  
*(Registrations are placed in a box and randomly drawn and processed.)*
- **Online - Registration Opens August 21, 2024 at 9:00am**
- **Phone-In - Registration Opens August 26, 2024**

**It is best to have your  
registration at Oasis  
before August 21**

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](https://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	Texercise	Free			
	110	Texercise	Free			
	111	Texercise	Free			
	112	Tai Chi	\$32			
	113	Tai Chi	\$40			
	114	Tai Chi	\$32			
	115	Tai Chi for Arthritis	Free			
	116	Tai Chi for Arthritis	Free			
	117	Stretch and Restore	\$28			
	118	Stretch and Restore	\$35			
	119	Stretch and Restore	\$28			
	120	Chair Yoga	\$28			
	121	Chair Yoga	\$35			
	122	Chair Yoga	\$28			
	123	Chair Yoga	\$35			
	124	Chair Yoga	\$28			
	125	Chair Yoga	\$28			
	126	Mindful Movement	\$21			
	127	Mindful Movement	\$28			
	128	Recuperative Yoga	\$21			
	129	Recuperative Yoga	\$28			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	130	Fitness for the Active Part 1	\$49			
	131	Fitness for the Active Part 2	\$49			
	132	Qigong	\$40			
	133	Qigong	\$40			
	134	Qigong	\$32			
	135	Yin Yoga and Yoga Nidra	\$40			
	136	Yin Yoga and Yoga Nidra	\$40			
	137	Yin Yoga and Yoga Nidra	\$32			
	138	Functional Fitness	\$28			
	139	Functional Fitness	\$35			
	140	Functional Fitness	\$28			
	141	Functional Fitness	\$35			
	142	Functional Fitness	\$28			
	143	Functional Fitness	\$28			
	144	Beginner Ballet	\$42			
	145	Intermediate Ballet	\$42			
	146	Seated Strength Training	\$35			
	147	Seated Strength Training	\$35			
	148	Seated Strength Training	\$28			
	149	Line Dancing	\$35			
	150	Line Dancing	\$35			
	151	Line Dancing	\$28			
	152	Line Dancing	\$35			
	153	Balance for Daily Life	\$35			
	154	Balance for Daily Life	\$35			
	155	Balance for Daily Life	\$28			
	156	Balance For Daily Life	\$42			
	157	Deep Water Aquacise	\$54			
	158	Deep Water Aquacise	\$60			
	159	Deep Water Aquacise	\$48			

# 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#
	160	Walking Group	\$30			
	161	Espada Park Kayaking Tour	\$45			
	162	Pickleball - Learn and Play!	\$30			
	163	Diabetes Self-Management	Free			
	164	A Matter of Balance	Free			
	165	Aging Mastery Program	Free			
	166	Mindfulness Series	\$64			
	167	Working With Our Strengths	\$48			
	168	Better Sleep, Better You	\$18			
	169	Earthing/Grounding	\$7			
	170	Living Well with Dementia	\$7			
	171	The DASH Diet	\$7			
	172	Expression of the Heart	\$12			
	173	Sharper Minds Program	\$7			
	174	Sharper Minds Program	\$7			
	175	Stay Upright - Fall Prevention	\$7			
	176	Acupressure / Acupuncture	\$7			
	177	The Skinny on Fat	\$5			
	178	Build Better Balance	\$7			
	179	Stop the Bleed	\$5			
	180	Alzheimer's Research	Free			
	181	On Purpose, With Purpose	\$7			
	182	Hearing Screening	Free			
	183	Hearing Screening	Free			
	184	How to Land Safely	\$7			
	185	Effective Communication	\$7			
	186	Technology Use / Our Health	\$7			
	187	I Am No Longer A Caregiver	Free			
	188	Social Isolation	Free			
	189	Health Screening Event	Free			
	190	Live Well, Be Well	Free			
	191	Anatomy of Life Transitions	\$7			
	192	The Sacred Wild	\$7			
	193	The Gut-Brain Connection	\$7			
	194	Breast Cancer	Free			
	195	Understanding Alzheimer's	Free			
	196	The Power of Habits	\$7			
	197	Empowering Families	\$5			
	198	Holistic Health	\$7			

	#	Class Name	Fee	Office Use		
				W	E	Ck#
	199	Sleep Hygiene	\$7			
	200	Self-Care For Caregivers	Free			
	201	Medication Disposal	Free			
	202	Let's Get Happier Today	\$7			
	203	Nutrition and Heart Health	\$7			
	204	Dementia-Related Behaviors	Free			
	205	Nutrition and Brain Health	\$7			
	206	Nutrition and Diabetes	\$7			
	207	Salt, Fat and Thyme	\$7			
	208	Stay Regular	\$5			
	209	50 Questions	\$7			
	210	CPR Training	Free			
	211	Caring For A Spouse	Free			
	212	Anxiety and Depression	\$7			
	213	Finding Hope	\$7			
	214	Healthy Living/Brain & Body	Free			
	215	Factors Affecting Diabetes	\$7			
	216	Master Time	\$7			
	217	Communication Strategies	Free			
	218	The Mechanisms of Aging	\$7			
	219	Moving Meditation	\$7			
	220	All About Medicare	Free			
	221	Flu Vaccines	Free			
	222	Flu Shot Event	Free			
	223	Growing Herbs	\$7			
	224	Math in Nature	\$7			
	225	Chandler House Book Club	\$5			
	226	Amazing American Authors	\$7			
	227	Thomas Jefferson	\$11			
	228	Conversational German	\$20			
	229	Breakout Stars of the 50s	\$7			
	230	Writing for Beginners	\$7			
	231	Women's Discussion Group	\$5			
	232	Writers Group	\$5			
	233	Romans in the Bible	\$7			
	234	60's Bands	\$7			
	235	Movie Discussion	\$8			
	236	Book Discussion Group	\$5			
	237	Alphabet Zentangle	\$8			



# 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#
	238	Saturday Night Live	\$7			
	239	Men's Discussion Group	\$5			
	240	Zentangle Large Format Art	\$32			
	241	Geology of Electric Vehicles	\$7			
	242	Acrylics on Canvas	\$48			
	243	Classic TV Commercials	\$7			
	244	Dream Boards	\$42			
	245	What Was Here Before?	\$10			
	246	Impressionistic Pastels	\$48			
	247	Wreath Making 101	\$40			
	248	Whiskey Tasting	\$40			
	249	Texas Native Perennials	\$7			
	250	Math and Man's Destiny	\$7			
	251	Lewis and Clark Expedition	\$11			
	252	Planting Texas Superstars	\$7			
	253	Ancestor Spirits	\$9			
	254	Languages in the Bible	\$7			
	255	Hispanic Heritage Month	\$7			
	256	Celebrating the Suffragists	\$5			
	257	Shade Gardening	\$7			
	258	Gone Too Soon	\$7			
	259	Collage Journeys	\$32			
	260	Groundwater Geology	\$7			
	261	Cupcake Decorating	\$42			
	262	John Wayne: The Duke	\$7			
	263	Colored Pencils	\$32			
	264	Amelia Earhart	\$7			
	265	Alfred Hitchcock's Ladies	\$7			
	266	Stephen King	\$7			
	267	Spirits Among Us	\$7			
	268	Edgar Allen Poe	\$7			
	269	Dinosaurs Across Texas	\$9			
	270	Introduction to Improv	\$7			
	271	History of Chandler House	\$7			
	272	Selena-Remembered	\$7			
	273	Wine Tasting	\$40			
	274	Sports at the Movies	\$7			
	275	World War II Secret Rosies	\$7			
	276	Abraham Lincoln	\$11			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	277	Geology of the Seasons	\$7			
	278	Juggling	\$7			
	279	American Muscle Cars	\$7			
	280	Artificial Intelligence	\$7			
	281	Media Bias and Propaganda	\$7			
	282	Christmas Traditions	\$7			
	283	Music of Early America	\$7			
	284	Shrubs-Herbed Vinegars	\$7			
	285	Geology of Fireworks	\$7			
	286	Jimmy Stewart	\$7			
	287	Create a Floral Arrangement	\$40			
	288	Marvelous Murals	\$10			
	289	Story of My Life	\$17			
	290	Elvis, A Musical Icon	\$7			
	291	Opera 101	\$7			
	292	Happening at Morningside	Free			
	293	Senior Fraud	Free			
	294	Veterans Resources	Free			
	295	Volunteering at Oasis	Free			
	296	Identity Theft	\$5			
	297	Community Resources	Free			
	298	Community Resources	Free			
	299	Don't Get Scammed	\$7			
	300	Prepare Your Home to Sell It	\$7			
	301	Choosing a Financial Advisor	\$7			
	302	I Love My Kids	\$7			
	303	Until EMS arrives	\$7			
	304	All About Silver Connect	Free			
	305	How to Pick a Candidate	\$7			
	306	VIA Services for Older Adults	Free			
	307	VIA Services for Older Adults	Free			
	308	Protesting Property Taxes	\$7			
	309	Digital Library	\$4			
	310	Self Defense	Free			
	311	Ask the Director	Free			
	312	Raising Grandkids	Free			
	313	New Member Orientation	Free			
	314	Love Where You Live for Life	Free			
	315	Wills and Trusts	\$7			

#	Class Name	Fee	Office Use		
			W	E	Ck#
316	Avoiding Conflict	\$7			
317	The Grand Jury	\$7			
318	Roth IRA Conversion Plans	\$7			
319	Increase Your Income	\$7			
320	Estate Planning 101	\$7			
321	Texas Criminal Jury Process	\$7			
322	Transfer on Death Deeds	\$7			
323	Transportation Options	Free			
324	Annuities	\$7			
325	Levels of Care	Free			
326	CPS Energy	Free			
327	Why Probate?	\$7			
328	Reframing Aging	Free			
329	Google Calendar/Google Maps	\$11			
330	What is ChatGPT?	\$11			
331	Android Essentials	\$35			
332	What is a Digital Wallet?	\$11			
333	Apple Photos	\$22			
334	Everything iPad	\$40			
335	What is a Virtual Tour?	\$11			
336	Intro to Excel	\$35			
337	Intermediate iPhone	\$22			
338	Digital Forensics	\$7			
339	Guide to Internet Safety	Free			
340	Google Photos	\$13			
341	Emojis, GIFs and More	\$11			
342	Translation Tools	\$11			
343	WhatsApp	\$11			
344	Apple Watch	\$11			
345	Sign Up for Oasis Classes	Free			
346	Weatherization	Free			
347	Self Defense for Older Adults	Free			
348	Community Resources	Free			
349	Medications/Hospital	Free			
350	CPS Energy	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	351	Low Vision Resources	Free			
	352	Senior Bullying	Free			
	353	Calcium Superstars	Free			
	354	Medicaid Planning	Free			
	355	Until EMS Arrives	Free			
	356	Adult Protective Services	Free			
	357	Living with Arthritis	Free			
	358	Beers List	Free			
	359	Senior Bullying	Free			
	360	Community Resources	Free			
	361	Calcium Superstars	Free			
	362	Decluttering	Free			
	363	All About Wills and Trusts	Free			
	364	Healthy Relationships	Free			
	365	Sleep Health	Free			
	366	Healthy Relationships	Free			
	367	Growing Your Family Tree	Free			
	368	My Wishes, My Desires	Free			
	369	Fall Prevention	Free			
	370	My Wishes, My Desires	Free			
	371	History of U.S. Immigration	Free			
	372	Anger/Stress Management	Free			
	373	Cave Without a Name	\$29			
	374	Eastside Cemetery Tour	\$29			
	375	San Pedro Creek Tour	\$29			
	376	Mission San Jose Tour	\$29			
	377	San Antonio Missions	\$86			
	378	Exploring Castroville	\$89			
	379	The Gift of the Magi	\$98			
	380	Normandy Preview Show	Free			
	381	Romania Preview Show	Free			
	382	Canadian Cities Preview Show	Free			
	811	Normandy, Paris, Seine River	\$600 dep			
	812	Best of Romania	\$600 dep			
	813	Canadian Cities/Niagara Falls	\$400 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 \$ \_\_\_\_\_

Payment Type \_\_\_\_\_

Entry \_\_\_\_\_

**Bring registration form or mail it to:**  
**Oasis at The Meadows**  
**700 Babcock Rd., San Antonio, TX 78201**  
**Or sign up online beginning August 21**

## 255 Hispanic Heritage Month Tribute to Its Film Legends

*Beverly Prado*

The film industry has been filled with Latinx stars over the years, not only in America, but throughout the Western Hemisphere. This class explores the careers of the popular stars who made their way to the big screen. Some of them broke new ground, some continued to be stereotyped by their ethnicity. Who were they? Anthony Quinn, Rita Moreno, Ricardo Montalban, Dolores Del Rio, Lupe Velez, Katie Jurado and Cesar Romero come to mind.

**Location: Oasis at The Meadows**

**Monday** **Oct 21**  
**Fee: \$7** **10:00-11:30**

## 256 Celebrating the Suffragists

*League of Women Voters of San Antonio*

Many people can identify Susan B. Anthony and Elizabeth Cady Stanton as leaders of the Suffrage Movement. However, there were many more women who worked tirelessly for the passage of the 19<sup>th</sup> Amendment. The work didn't stop with the passage of the amendment. Many of these same women, along with others, continued to fight so that we all could vote. Learn about these amazing women and the lasting impact they have made in our democracy.

**Location: Oasis at The Meadows**

**Tuesday** **Oct 22**  
**Fee: \$5** **10:00-11:30**

## 257 Shady Characters in the Garden: Shade Gardening

*Lynn Cox, Bexar County Master Gardeners*

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

**Location: Oasis at The Meadows**

**Tuesday** **Oct 22**   
**Fee: \$7** **6:00-7:30**

## 258 Gone Too Soon

*Kelley Gallant*

Four amazing singers were taken from us in their prime: Karen Carpenter, John Denver, Mama Cass and Jim Croce. They sang like angels and wrote songs that touched all of us. Let's listen to their songs and learn about their lives, both personal and in the limelight.

**Location: Oasis at The Meadows**

**Wednesday** **Oct 23**  
**Fee: \$7** **1:00-2:30**

## 259 Collage Journeys

*Gaylynnne Robinson*

We will make a collection of collages using watercolors, layers of tissue paper, and art scraps to construct mini-collages for small books. Besides making beautiful books, this process will enhance your collage skills in new ways. Supply list will be provided. Approximate cost of supplies is \$30.

**Location: Oasis at The Meadows**

**Wednesdays** **Oct 23-Nov 13**  
**Fee: \$32** **1:00-3:00**

## 260 Groundwater Geology of Bexar County

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

The history of San Antonio has always been tied to water, and water in San Antonio is tied to the geology beneath our feet. This presentation will offer a virtual tour of the geology that controls our water, including the characteristics of the rocks that make our aquifers so productive, and the history of their formation. This will be a hands-on discussion with rocks, minerals, and maps that participants can examine up-close.

**Location: Oasis at The Chandler House**

**Thursday** **Oct 24**  
**Fee: \$7** **9:30-11:00**

## 261 Cupcake Decorating

*Over the Top Cake Supplies*

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

**Location: Oasis at The Chandler House**

**Thursday** **Oct 24**  
**Fee: \$42** **2:00-3:30**

## 262 John Wayne: The Duke

*Gloria Jennings*

Marion Robert Morrison (May 26, 1907 – June 11, 1979), professionally known as John Wayne and nicknamed "the Duke" or "Duke Wayne," was an American actor who became a popular icon through his starring roles in films which were produced during Hollywood's Golden Age, especially in Western and war movies. His career flourished from the silent era of the 1920s through the American New Wave, as he appeared in a total of 179 films and television productions. He was among the top box-office draws for three decades. The American Film Institute selected Wayne as one of the greatest male stars of classic American cinema. Join us through narrative and movie clips as we explore the life of this American icon.

**Location: Oasis at The Meadows**

**Tuesday** **Oct 29**  
**Fee: \$7** **10:00-11:30**

### Waiting List Reminder

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



## 263 Colored Pencils: Winter Wonderland

*Molly Valdez*



Color pencil art is a rapidly growing art form for adults. Learn to blend this medium into thousands of shades with paint-like effects. No experience needed; repeaters welcome! Supply list will be provided. Approximate cost of supplies is \$25.

**Location: Oasis at The Meadows**

**Tuesdays** **Oct 29-Nov 19**  
**Fee: \$32** **10:00-11:30**

## 264 Amelia Earhart Remembered

*Gloria Jennings*

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

**Location: Oasis at The Chandler House**

**Tuesday** **Oct 29**  
**Fee: \$7** **2:00-3:30**

## 265 Alfred Hitchcock's Leading Ladies

*Beverly Prado*

Famed director, Alfred Hitchcock, was known for his choice of leading ladies, many of them blondes. Some of his most famous leading ladies included Grace Kelly, Kim Novak, Eva Marie Saint, and Tippy Hedren. Critics have pondered why Hitchcock had an 'obsession' about these women. Was it early life trauma? Was it his sense of voyeurism behind the camera? Join us for an examination of this brilliant, yet eccentric director with conversation and film clips.

**Location: Oasis at The Chandler House**

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



# HALLOWEEN HIJINKS!

## 266 Stephen King- The Master of Horror

*Kelley Gallant*

Stephen King is the master of horror books and films. Come learn about his life and why he decided to write horror. We will discuss *Salem's Lot*, *Carrie*, *Pet Cemetery*, *It*, and many others. This class will talk about your favorites and give you a variety of books and movies to check out!

**Location: Oasis at The Chandler House**

**Thursday**                                       **Oct 31**  
**Fee: \$7**   **9:30-11:00**

## 267 Spirits Among Us

*Ginny Brown and Chelsea Carriker*

There's a difference between being in a room alone and having your departed loved one there with you in spirit. The feeling that they're there with you may also be a way the recently deceased communicate with us. Countless people experience their loved one's passing by feeling a presence-getting the sense that the person is nearby. Experiencers also describe being able to sense their deceased loved one's emotions during the encounter. We'll discuss possible reasons for this, dive into a few experiences and even discuss a "haunting" or two in the Chandler House!

**Location: Oasis at The Chandler House**

**Thursday**                                       **Oct 31**  
**Fee: \$7**   **2:00-3:30**

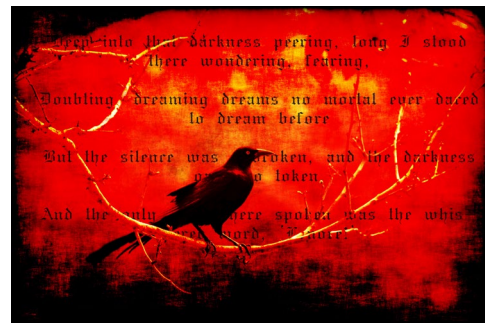
## 268 Master of the Macabre: Edgar Allen Poe

*Judith Hurst, MA*

Discussion on this melodramatic writer who has become the stuff of lurid legends-many self-created. One of the main challenges lies within determining the genre of his work-imitation? satire? spoof? hoax? Poe worked diligently to create aristocratic madmen; self-tormented murderers, neurotic necrophiliacs so as to produce the greatest horrific effects on the reader. His manipulation of language and literary conventions makes Poe a master storyteller.

**Location: Oasis at The Meadows**

**Thursday**                                       **Oct 31**  
**Fee: \$7**   **10:00-11:30**



## 269 Tracking Dinosaurs Across Texas

*Dr. Thomas Adams, The Witte Museum*

Dinosaur tracks and trackways represent an integral part of the cultural and scientific history of Texas. By studying these fossil footprints, we can discover clues as to dinosaur behavior, ecology, and ancient environments.

**Location: Oasis at The Meadows**

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

## 270 Introduction to Improv

*Craig Stimson*

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

**Location: Oasis at The Chandler House**

**Thursday**                                       **Nov 14**  
**Fee: \$7**   **9:30-11:00**

## 271 The History of The Chandler House

*Shawn Gillen*

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

**Location: Oasis at The Chandler House**

**Tuesday** **Nov 12**  
**Fee: \$7** **9:30-11:00**

## 272 Selena Remembered

*Gloria Jennings*

Selena Quintanilla- Perez's tragic death in 1995 was a shock to the entertainment world. The "Queen of Tejano" music was shot and killed on March 31, 1995 by the president of her fan club. Selena was named Billboard's "Best Selling Latin Artist of the Decade" in the 90s after selling approximately 18 million records worldwide. Join us as we listen to rare interviews with Selena and her band members "Los Dinos" along with exclusive footage that provides an insight into her incredible rise to stardom and her charismatic personality.

**Location: Oasis at The Meadows**

**Tuesday** **Nov 12**  
**Fee: \$7** **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.

## 273 Wine Tasting: Sparkling Wines

*Bob Bragg, WSET Level 3, CSW*

When you think of celebrating, you might think it is hard to properly celebrate without the pop of a cork from a sparkling wine. But what should you choose? Should you go with the classic, Champagne or another sparkling wine? What is the difference? Come learn about the different varieties of sparkling wines and give some a taste.

**Location: Oasis at The Meadows**

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



## 274 Sports at the Movies

*Beverly Prado*

Moviegoers seem to enjoy stories about sports. Many films were built around certain individuals or teams. Many were based on true stories of challenge, triumph or defeat. This class explores some examples of this popular genre. Films clips include those from *A League of Their Own*, *The Lou Gehrig Story*, *Seabiscuit*, *Raging Bull*, *The Boys in the Boat* and others.

**Location: Oasis at The Meadows**

**Thursday** **Nov 14**  
**Fee: \$7** **10:00-11:30**

## 275 World War II Secret Rosies

*Gloria Jennings*

In 1942 a secret U. S. military program was launched to recruit female mathematicians who would become "human" computers for the U. S. Army. Join us as we, through video and discussion, unfold the story of the female heroes who worked around the clock in the Allied effort converting brain power into military might.

**Location: Oasis at The Chandler House**

**Tuesday** **Nov 19**  
**Fee: \$7** **2:00-3:30**

## 276 Abraham Lincoln- The Conscience of a Nation

*Bill Perryman, M.Ed.*

Who was Abraham Lincoln? What was his story? Enjoy the captivation as historian and story teller Bill Perryman brings to life the mystery and intrigue of Abraham Lincoln; our 16<sup>th</sup> United States President. Prepare for an experience! Leave intellectually refreshed!

**Location: Oasis at The Meadows**

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

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

## 277 Geology of the Seasons

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

Societies are organized around the dependable change in seasons. Each season has enjoyed a special meaning throughout human history. Seasons follow from our unique geometry with respect to the Sun, and reflect the redistribution of solar energy around the planet. Geographic features like mountain ranges, coastlines, and ocean currents further modify the climate in a way that makes each season unique and location-specific. With climate change, some features of each season are becoming more extreme and less predictable. We will discuss the basic causes of the seasons, and explore the geologic processes throughout Earth's history that have influenced their expression.

**Location: Oasis at The Meadows**

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

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

## 278 Juggling

*Craig Stimson*

Juggling builds hand-eye coordination in ways that improve reaction time, reflexes, spatial awareness, strategic thinking, and concentration. These are all skills we can utilize as older adults. Join us for a beginner's class on juggling including making your own juggling balls.

**Location: Oasis at The Chandler House**

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

**Dec 3**  
**9:30-11:00**

## 279 American Muscle Cars

*Kelley Gallant*



1964 changed driving forever! Come relive the glory days of muscle cars before gas mileage mattered. 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 Chandler House**

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

**Nov 14**  
**2:00-3:30**

## 280 What is Artificial Intelligence?

*Richard Nevill*

This introductory class by a professional with practical AI use (Artificial Intelligence) will provide a lecture with questions and discussion. It is impossible to guess what the fast-changing world of AI will look like when this class meets. Come begin to learn about it.

**Location: Oasis at The Meadows**

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

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

## 281 Media Bias and Propaganda

*Judith Hurst, MA*

Democracy works most effectively within a well-informed citizenry who can think independently and critically-detecting the slant and spin of media propaganda. Discussion will focus on stepping outside the "cultural box" becoming a critical independent thinker-avoiding sociocentric, ethnocentric and privileged views.

**Location: Oasis at The Meadows**

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

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

## 282 History of Christmas Traditions

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

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

**Location: Oasis at The Meadows**

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

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

## 283 The Music of Early America

*Craig Stimson*



Much of the music of America in the early 1800s was played on traditional instruments by unknown composers. Join us for a short musical journey into the music and memories of early America.

**Location: Oasis at The Meadows**

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

**Dec 4**  
**1:00-2:30**

## 284 Shrubs-Herbed Vinegars

*Craig Stimson*

These drinks made of fruit, vinegar and sugar get their name from the Arabic sharab, meaning "drink." People have enjoyed versions of shrubs for hundreds if not thousands of years. From biblical times to colonial America, where sailors used them to prevent scurvy, to modern Asia, where people sip drinking vinegars as a health tonic. Learn more about the history of this tangy drink and sample a few variations.

**Location: Oasis at The Meadows**

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

**Dec 10**  
**6:00-7:30** 🌙

## 285 Geology of Fireworks and New Years Eve

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

Fireworks create spectacular light shows in celebrations and festivals around the world. These fireworks function by combusting bursting powder and coloring agents, which are specific metals and chemicals depending on desired size and the colors of the fireworks. For example, red, white, and blue colors that are common in New Year's Eve celebrations might be the result of trace amounts of strontium, titanium, and copper. These colorants and propellants 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, and wind speed and direction. During this class, we will discuss some of the resources that light up the night sky and the way geologic processes control their movement through the environment.

**Location: Oasis at The Meadows**

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

**Dec 5**  
**1:00-2:30**



## 286 Jimmy Stewart

*Gloria Jennings*

James Stewart is remembered for portraying idealist "everyman" characters, such as George Bailey, in his films. His heroism on screen and devotion to his family made him relatable and representative of the American ideal, leading Stewart to be considered one of the best-loved figures in twentieth-century American popular culture. In this class through narrative, and film clips, we will discuss his illustrious career.

**Location: Oasis at The Meadows**

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

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



## 287 Create a Holiday Floral Arrangement

*The Rose Boutique*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$40**

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



## 288 Many More Marvelous Murals

*Bruce Martin, Certified Professional Tour Guide*

See new, exciting, beautiful murals from across San Antonio! Sit back and enjoy the range of artistic expression that is energizing and enriching our community via murals, both subtle and outrageous. Bruce Martin, certified professional tour guide, will present this slideshow.

**Location: Oasis at The Meadows**

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

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

**PLEASE LET US  
KNOW...**

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

## 289 Story of My Life

*Lisa Brown*

Life is a series of adventures that shape us as we age. Finding a simple way to tell your life story can seem daunting but by using collage and journal writing we will help you organize and illustrate your story in the form of a book. You can share it or keep it private as you find a way to hold memories in a sacred place and recognize your contribution to others. Fee includes all supplies.

**Location: Oasis at The Chandler House**

**Thursday**  
**Fee: \$17**

**Dec 5**  
**1:30-3:30**

## 290 Elvis, A 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 Chandler House**

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

**Dec 12**  
**2:00-3:30**

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

*Sarah Davis, Professional Opera Singer*

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

**Location: Oasis at The Meadows**

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

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

## 292 What's Happening at Morningside?

*Patrick Crump*

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

**Location: Oasis at The Chandler House**

**Tuesday** **Sep 3**  
**Free** **9:30-11:00**

## 293 Senior Fraud

*Sheriff Javier Salazar*

Financial scams and abuses that target older people are happening more and more. Elder fraud reports to FBI's Internet Crime Complaint Center rose by 14% in 2023. Learn the types of fraud and scams targeted at seniors and how to protect yourself.

**Location: Oasis at The Meadows**

**Wednesday** **Sep 4**  
**Free** **1:00-2:30**

## 294 Veterans Resources

*Nicklus Rivera*

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

**Location: Oasis at The Chandler House**

**Thursday** **Sep 5**  
**Free** **9:30-11:00**

## 295 Volunteering at Oasis

*Brenda Schmachtenberger*

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

**Location: Oasis at The Meadows**

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

## 296 Identity Theft

*Jason Meza, Better Business Bureau*

Is your identity safe? Do you know the techniques that ID scammers use? Learn how to recognize the signs of scammers and how to protect yourself.

**Location: Oasis at The Meadows**

**Monday** **Sep 9**  
**Fee: \$5** **1:00-2:30**

## Community Resources

*Kelley Gallant*

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

**Location: Oasis at The Chandler House**

**297 Tuesday** **Sep 10**  
**Free** **2:00-3:30**

**Location: Oasis at The Meadows**

**298 Wednesday** **Nov 6**  
**Free** **1:00-2:30**

## 299 Don't Get Scammed! What You Need to Know

*David Gallant*

This class will discuss some of the most common types of scams that target people – especially older adults. Lessons learned and ways to protect yourself (and others) will be presented.

**Location: Oasis at The Chandler House**

**Thursday** **Sep 12**  
**Fee: \$7** **9:30-11:00**

## 300 Prepare Your Home to Sell It

*Mason Brown, Generations Team*

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

**Location: Oasis at The Meadows**

**Thursday** **Sep 12**  
**Fee: \$7** **1:00-2:30**

## 301 Critical Steps to Take When Choosing a Financial Advisor

*Jake Yetterberg, CSA*

In this class we will learn:

- Tell-tale signs of a ponzi scheme and how to avoid another Bernie Madoff
- The three most important questions to ask when interviewing an advisor
- What is a fiduciary and why it matters to you
- Where to check to see if your advisor has complaints or regulatory actions against them
- How to determine if fee based or commission based advising models are better for you
- The best kind of references to check out (it's not the BBB)
- The single most important part of the advisor relationship

**Location: Oasis at The Meadows**

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

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

## 302 I Love My Kids But I Don't Want to Live with Them

*Brennen Boze, Attorney at Law*

What are my options if I can't live by myself? What happens if I run out of money before I run out of time? Attorney, Brennan Boze discusses these issues and answers your questions.

**Location: Oasis at The Meadows**

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

**Sep 16**  
**1:00-2:30**

## 303 What to Do Until EMS Arrives

*Craig Stimson*

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

**Location: Oasis at The Chandler House**

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

**Sep 19**  
**9:30-11:00**

## 304 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**

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

## 305 How to Pick a Candidate

*League of Women Voters of San Antonio*

The League of Women Voters of the San Antonio Area, a nonpartisan organization, will provide suggestions on things to consider when evaluating candidates.

**Location: Oasis at The Meadows**

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

**Sep 26**  
**1:00-2:30**

## Yetterberg Retirement Solutions



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



We can help you manage prudent solutions like:

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

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

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

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

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

**[www.yetterberg.com](http://www.yetterberg.com)**  
**or call (210) 495-3711**

## VIA Services for Older Adults

*VIA Metropolitan Transit*

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

**Location: Oasis at The Chandler House**

**306** Thursday Sep 26  
Free 9:30-11:00

**Location: Oasis at The Meadows**

**307** Thursday Dec 5  
Free 10:00-11:30

## 308 Protesting Your Property Taxes

*Bexar Appraisal District*

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

**Location: Oasis at The Meadows**

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

## 309 The San Antonio Public Library's Digital Library

*San Antonio Public Library*

With digital downloads, your public library is open 24/7! The San Antonio Public Library offers a variety of ways to access eBooks, eAudiobooks, and movies on your personal mobile device or computer. All you need to access these free services is your San Antonio Public Library card. Come learn about what is offered and how to access these services.

**Location: Oasis at The Meadows**

Wednesday Oct 9  
Fee: \$4 1:00-2:30

## 310 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**

Thursday Oct 3  
Free 1:00-2:30

## 311 Ask the Director

*Brenda Schmachtenberger*

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

**Location: Oasis at The Chandler House**

Thursday Oct 3  
Free 2:00-3:00

## 312 Grandparents Raising Grandkids

*AACOG*

Being a grandparent or older relative raising a grandchild or minor relative can come with a unique set of challenges. Come to this class to learn about the resources available from AACOG through their Older Relative Care Program.

**Location: Oasis at The Meadows**

Monday Oct 7  
Free 1:00-2:30

## 313 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 Oct 17  
Free 1:00-2:00



## 314 Love Where You Live for Life

*Sarah Davis*

During this class will talk about planning and resources for thriving at home.

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

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

## 315 Wills and Trusts

*Todd Marquardt, Attorney at Law*

If you're thinking about an estate plan, you might have one question: What's the difference between a will and a trust, and which one is right for me? Join us to learn more.

**Location: Oasis at The Meadows**

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

**Oct 24**  
**1:00-2:30**

## 316 Avoiding Conflict

*Russell Gainer, LCSW, GainWel*

Maintaining healthy boundaries lets others know where they stand with you and can prevent additional conflict in your relationships. During this course we will take a look at personal boundaries and how to effectively avoid conflicts.

**Location: Oasis at The Chandler House**

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

**Nov 5**  
**9:30-11:00**

## 317 The Grand Jury

*Geary Reamey*

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

**Location: Oasis at The Meadows**

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

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



## 318 Roth IRA Conversion Plans

*Joseph D. Warren, Financial Planner*

A Roth conversion of an existing retirement account is a major decision. There are many factors to consider. Come learn what your options are and what you need to consider when making this decision.

**Location: Oasis at The Chandler House**

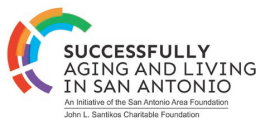
**Tuesday**  
**Fee: \$7**

**Nov 12**  
**2:00-3:30**



## We Need Your Help!

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



## 319 How to Increase Your Income and Protect Your Assets

*Jake Yetterberg, CSA*

In this class we will:

- Learn about preparing for higher property taxes and understanding Bexar County tax increase caps
- Learn how to keep pace with inflation by using it to your advantage to increase your income
- See the historical relationship between inflation, stock market values, and bond risk
- Learn how to use the best fixed rate management strategy as rates are at 25 year highs
- Learn how inflation will affect your TRUE Social Security COLA increases
- Talk about inflation and Medicare premiums—how to plan for the coming changes
- Learn what inflation means for future tax increases

**Location: Oasis at The Meadows**

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

**Oct 29**  
**6:00-7:30** 🌙

## 320 Estate Planning 101

*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**

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

**Nov 4**  
**10:00-11:30**

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

## 321 The Texas Criminal Jury Process

*Judge Ron Rangel*

Criminal jury trials play a significant role in our justice system. Judge Ron Rangel will analyze and discuss every aspect of the process from the jury summons, through jury selection and trial, culminating in the final verdict and sentencing.



**Location: Oasis at The Meadows**

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

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

## 322 Transfer on Death Deeds

*Brennen Boze, Attorney at Law*

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

**Location: Oasis at The Meadows**

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

**Nov 12**  
**6:00-7:30** 🌙

## 323 Transportation Options for Older Adults

*Jo Ann 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**

**Thursday**  
**Free**

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

## 324 Annuities: The Good, Better, Best and Worst

*Jake Yetterberg, CSA*

In this class we will learn:

- Are “bonus” annuities good or bad, and the only time you should use them (hint: it's in the fine print)
- How the newer CD-type MYGA annuities work and why they pay a higher rate than most other fixed products
- How the fixed indexed annuity really works, which indexes have the highest potential, and how to find the best contracts
- The three most important questions to ask your advisor
- Who insures annuities, and why it is imperative that you understand these limits
- How to get an annuity that will pay you a long-term care health care insurance benefit, and how to know if you qualify for tax-free distributions on these
- How to analyze whether your current annuity is good, mediocre, or terrible, and how to fix the bad ones quickly and easily
- Using IRS code 1035(a) to improve your old annuity policy without paying any income taxes. You may even be able to turn "tax deferred" into "tax free"

**Location: Oasis at The Meadows**

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

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

## 325 Levels of Care

*Wesley Wells, Morningside Ministries*

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

**Location: Oasis at The Chandler House**

**Thursday**  
**Free**

**Nov 21**  
**2:00-3:30**

## 326 CPS Energy-Tips on Safety and Savings Programs

*CPS Energy*

CPS Energy will offer tips for saving energy, and how to be safe around gas and electricity, and give information on the latest savings programs.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

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

## 327 Why Probate?

*Brennen Boze, Attorney at Law*

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

**Location: Oasis at The Chandler House**

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

**Dec 3**  
**2:00-3:30**

## 328 Reframing Aging

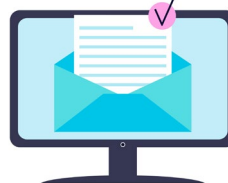
*Jo Ann Tobias-Molina*

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

**Location: Oasis at The Meadows**

**Wednesday**  
**Free**

**Dec 11**  
**10:00-11:30**



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

## 329 Google Calendar and Google Maps

*Glenda Raichlen*

Google Calendar is a time-management and scheduling calendar service that allows users to create and edit events. Google Maps is a mapping app that offers satellite imagery, aerial photography, street maps, 360° interactive panoramic views of streets, real-time traffic conditions, and route planning for traveling by foot, car, bicycle, air and public transportation. Come learn how to use both of these in this class.

**Location: Oasis at The Meadows**

**Friday** **Sep 6**  
**Fee: \$11** **10:00-12:00**

## 330 What is ChatGPT?

*Doris Slay-Barber*

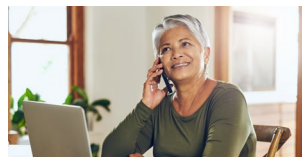
You've heard of chatting. Your parents or teachers may have labeled you as being "too chatty." So what is ChatGPT? In this class we will learn how ChatGPT began and how it relates to AI. Join this class to see how ChatGPT can be helpful to just about everyone, and experience ChatGPT for yourself. Bring your laptop, tablet or iPad to experience ChatGPT.

**Location: Oasis at The Meadows**

**Monday** **Sep 16**  
**Fee: \$11** **10:00-12:00**

## 331 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** **Nov 1-15**  
**Fee: \$35** **10:00-12:00**

## 332 What is a Digital Wallet?

*Doris Slay-Barber*

Have you ever been ready to pay for a purchase and you don't have enough cash or your credit card? A digital wallet can help you! In this class we will discover what a digital wallet is and how it works. You will learn what the different types of digital wallets are and what you can store in a digital wallet. After this class your pocket or purse may become lighter because you are using a digital wallet. Bring your smartphone. Bring your email address and email password.

**Location: Oasis at The Meadows**

**Tuesday** **Sep 17**  
**Fee: \$11** **10:00-12:00**

## 333 Apple Photos

*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" as 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**

**Tuesdays & Thursdays** **Sep 17-19**  
**Fee: \$22** **1:00-3:00**

## 334 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 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** **Oct 22-31**  
**Fee: \$40** **1:00-3:00**



## 335 What is a Virtual Tour?

*Doris Slay-Barber*

Have you ever wanted to visit or travel but can't at the moment? Do you wonder what the inside of a home for sale looks like and the pictures online are confusing? Join this class to learn about virtual tours that are available. Learn how virtual tours are created. We'll look at one tool available if you want to create your own virtual tour. Bring your smartphone, laptop or tablet/iPad to discover and experience virtual tours.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$11**

**Nov 4**  
**1:00-3:00**

## 336 Intro to Excel

*Sharon Parson*

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

**Location: Oasis at The Meadows**

**Mondays**  
**Fee: \$35**

**Nov 4-18**  
**10:00-12:00**

## 337 Intermediate iPhone

*Doris Slay-Barber*

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

**Location: Oasis at The Meadows**

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

**Nov 11-18**  
**1:00-3:00**

## 338 Digital Forensics - What's in Your Pocket?

*David Gallant*

This class will dive into the world of digital forensics. Analyzing data from cell phones, computers, cell towers, and other sources will amaze (and possibly frighten). Come hear the stories of what has been uncovered using digital forensics.

**Location: Oasis at The Chandler House**

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

**Nov 21**  
**9:30-11:00**

## 339 Oasis Guide to Internet Safety

*Sharon Parson*

The Internet is a daily part of our family, social, and business lives. The Internet is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for Internet users of all ages. You'll learn how to create and manage safe passwords, bulletproof your online accounts with multi-factor (2-factor) authentication, recognize unsafe website connections, safely use public Wi-Fi, and much more.

**Location: Oasis at The Meadows**

**Monday**  
**Free**

**Dec 2**  
**10:00-12:00**

## 340 Google Photos

*Sharon Parson*

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

**Location: Oasis at The Meadows**

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

**Dec 9**  
**10:00-12:00**

## 341 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 will also learn where to find and create those.

**Location: Oasis at The Meadows**

**Monday**  
Fee: \$11

**Dec 9**  
1:00-3:00



## 342 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 Chandler House**

**Thursday**  
Fee: \$11

**Dec 12**  
9:30-11:00

## 343 WhatsApp

*Glenda Raichlen*

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

**Location: Oasis at The Meadows**

**Friday**  
Fee: \$11

**Dec 13**  
10:00-12:00

## 344 Apple Watch

*Carita DeVilbiss*

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

**Location: Oasis at The Meadows**

**Tuesday**  
Fee: \$11

**Dec 3**  
1:00-3:00

## 345 How to Sign Up for Oasis Classes Online

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

**Location: Oasis at The Meadows**

**Thursday**  
Free

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

### 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

Greehey Family Foundation

Mays Family Foundation

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

## 346 Weatherization

*AACOG*

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

**Monday** **Sep 9**  
**Free** **1:00-2:00**

## 347 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.

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

## 348 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.

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

## 349 Medications That Put You in the Hospital

*Craig Stimson*

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

**Monday** **Dec 9**  
**Free** **1:00-2:00**

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

## 350 CPS Energy

*CPS Energy Representative*

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

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

## 351 Vibrant Works - Low Vision Resources

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

Vibrant Works, formally Lighthouse for the Blind, has been empowering the blind and visually impaired community since 1933. Join us to learn about all the services Vibrant Works has to offer our community.

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

## 352 Senior Bullying

*Russell Gainer, LCSW, Gain Wel*

We've heard a lot about this issue in the context of children in schools, but what about seniors? Senior bullying is a real phenomenon and can lessen the quality of life, contribute to fear and isolation, and depression. Learn what you can do to make a difference in your life and others.

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

## 353 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.

**Wednesday** **Dec 4**  
**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

### 354 Medicaid Planning

*Helen Flores*

Learn about a special Medicaid program designed to help the most vulnerable in our midst.

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

### 355 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** **Oct 14**  
**Free** **10:30-11:30**

### 356 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.

**Monday** **Nov 4**  
**Free** **10:30-11:30**

### 357 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 it.

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

### 358 Beers List

*Craig Stimson*

This list is updated each year and includes medications that should be avoided or used with caution by older adults. It includes many common medications such as Proton-pump inhibitors, Benadryl, estrogens and others. Join us to learn how to talk with your provider about the best medication choice for you.

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

### 359 Senior Bullying

*Russell Gainer, LCSW, GainWel*

We've heard a lot about this issue in the context of children in schools, but what about seniors? Senior bullying is a real phenomenon and can lessen the quality of life, contribute to fear and isolation, and depression. Learn what you can do to make a difference in your life and others.

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

### 360 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.

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

### 361 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.

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



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

## 362 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.

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

## 363 All About Wills and Trusts

*Brennen Boze, Attorney at Law*

Your estate is possessions and more. You can save a lot of family heartache by making decisions on who gets what with an estate plan. Elder law attorney Brennen Boze explains why and answers your questions.

**Tuesday** **Oct 15**  
**Free** **10:00-11:00**

## 364 Healthy Relationships

*Ginny Brown, LCHW*

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

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

## 365 Sleep Health

*Craig Stimson*

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.

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

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

## 366 Healthy Relationships

*Ginny Brown, LCHW*

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

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

## 367 Growing Your Family Tree

*Deborah Countess, San Antonio Public Library*

Learn how to begin un-puzzling your family history in this introduction to genealogy. Get tips to start your research and the kind of genealogical goldmines you can unearth in courthouse records, church records, cemeteries, archives and the public library.

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

## 368 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. Know the questions and answers in making sure your wishes and desires are followed when the time comes.

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

## 369 Fall Prevention

*Craig Stimson*

Learn about why falls occur and what steps you can take to control your fall risks. We will discuss special situations on being safe during the holidays.

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

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

### 370 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.

**Thursday**  
**Free**

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

### 372 Anger and Stress Management

*Russell Gainer, LCSW, GainWell*

Sometimes anger gets a bad rap. It is something that takes control of a situation and becomes 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.

**Thursday**  
**Free**

**Oct 17**  
**10:00-11:30**

### 371 The History of U.S. Immigration

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

From its start as a series of colonies, the United States has seen multitudes of people migrate to its shores. Accordingly, Americans came to identify in part as a nation of immigrants. This course will overview the history of U.S. immigration from the 18th century to the present, outlining the peak periods and how they've changed over time, as well as periods of exclusion. This course will show how diverse groups of immigrants have changed American culture and society and illustrate how present-day debates over immigration have long-standing roots.

**Thursday**  
**Free**

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



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

Menger Springs (Boerne, TX)    The Meadows (Medical District, SATX)    The Chandler Estate (Monte Vista, SATX)

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- Therapy
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### 373 Cave Without a Name Walking Tour NEW

In the heart of the scenic, rolling hills of the Texas Hill Country, Cave Without a Name is a natural, living cavern. The Cave is filled with spectacular formations of stalactites, stalagmites, delicate soda straws, cave drapery, magnificent flowstones, rimstone dams, and more. Join us for an approximate 60-minute guided tour of the six major rooms in comfort; 66 degrees year-round, easy walkways, brilliant lighting. We will meet at Cave Without a Name, located at 325 Kreutzberg Rd. Boerne, TX. Free parking is available on site. Tour includes damp conditions, stairs and steep terrain, and could be difficult for those with mobility issues.

**Friday** **Sep 27**  
**Fee: \$29** **10:00-11:30**



### 374 Historic Eastside Cemetery Walking Tour

*Bruce Martin, Certified Professional Tour Guide*

Join this spirited visit to San Antonio's historic eastside cemeteries for an unforgettable experience. Learn tragic, humorous, and inspiring stories about famous and less well-known cemetery residents, and gain a better understanding of cemetery history and architecture during this comfortable tour through a lovely, but often overlooked, historic treasure. Bruce Martin, certified professional tour guide, will lead this tour. The tour starts and ends at the corner of Paso Hondo and Monumental. Free on-street parking is available.

**Friday** **Oct 11**  
**Fee: \$29** **9:00-11:00**

### 375 San Pedro Creek Phase One Walking Tour NEW

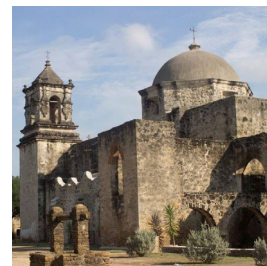
*Bruce Martin, Certified Professional Tour Guide*

Visit this exciting downtown enhancement and gain insight into the beautiful public artwork, handsome creekway redesign, and substantial habitat restoration. This will be a comfortable walk along the fully accessible, first phase of San Pedro Creek Culture Park, which opened in 2018. We will meet on the Houston Street bridge adjacent to the Alameda Theatre, 318 W. Houston Street. Parking information will be included in your confirmation letter. Parking fees not included.

**NOTE: This is a different tour from what was offered in April and May.**

**Friday** **Oct 25**  
**Fee: \$29** **9:00-11:00**

### 376 Mission San Jose Walking Tour



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

Mission Impossible - Mission Achieved! Founded in 1720 by Father Antonio Margil de Jesus, this fully restored complex offers visitors a visual representation of the complexities of 18th Century mission life in Spanish Texas. Today, our San Antonio Franciscan Missions stand proudly as a UNESCO World Heritage Site. Join master teacher, Bill Perryman, for an experiential interactive walking tour of Mission San Jose. Tour begins in front of the Mission San Jose Visitor's Center at 6701 San Jose Drive. Listen 400 series audio technology will be available for the listening ease of each tour guest. Free parking is available at Mission San Jose.

**Friday** **Nov 8**  
**Fee: \$29** **9:00-11:00**



## 377 San Antonio Missions

Join us on a tour of the four missions. Touring the missions brings the true understanding of this part of San Antonio's deep rich history. Our first stop will be Mission Concepcion. It was built in 1731 and looks almost exactly as it did when it was built. Next stop will be Mission San Jose. The Queen of the missions, as she is known, is the largest of all the missions on the Mission Trail. La Gloria will be our next stop for lunch. After lunch we will proceed to Mission San Juan Capistrano and Mission Espada. These two missions are tucked away treasures where many visitors never go. Mission San Juan has the only land protected by the park service as Holy Ground and the role it played in the American Revolution. Mission Espada appears as remote today as it did in the mid 1700's. We will be met by a Park Ranger for a tour at each mission. Cost includes motor coach transportation, lunch and tips.

**Wednesday**  
**Fee: \$86**

**Oct 9**  
**9:30-5:00**



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

**Parking is available at The Church of Jesus Christ of Latter Day Saints, located at 2103 St. Cloud.**

**Day Trips are Non-Refundable.**

## 378 Exploring Castrovilla



Nestled in the Medina River Valley, Castrovilla is known as "The Little Alsace of Texas." Castrovilla was established in 1844 by Henri Castro and is the sister city of Alsace, France. We will meet our step-on-guide and start our tour at the Steinbach Haus that was disassembled in Wahlbach, France and shipped to Houston and came by truck to Castrovilla in 1998. The Steinbach House was originally built in Alsace, France between 1618 and 1648 by the Steinbach family. Next, we will drive through Castrovilla and enjoy the history and architecture of this town with 96 structures on the National Historic Register. We will make two stops: first at the St. Louis Catholic Church, which was the first church built in Castrovilla, and then stop at the Castro Colonies Living History Center. Next stop will be Julianna's Restaurant for lunch. Following lunch we will make a stop at the Landmark Inn. On our way home we will stop at Haby's Bakery and pick up a treat for everyone. Cost includes motor coach transportation, lunch, admission fees, and tips.

**Thursday**  
**Fee: \$89**

**Nov 7**  
**9:00-4:30**

## 379 The Gift of the Magi at the Fredericksburg Theater

Come join us for dinner and a show. Before going to the theater, we will have dinner at the Fredericksburg Brewery. Then we'll head to Fredericksburg Theater where we will see *The Gift of the Magi*. O. Henry's classic Christmas story vividly comes to life in this romantic musical adaptation. It is Christmas in New York, but for two young lovers, Jim and Della, the prospects are bleak, as both are out of work and penniless. Their dilemma is solved when both part with their most precious possessions...her beautiful long hair and his pocket watch, in order to buy presents for each other. Cost includes motor coach transportation, dinner, admission fees and tips.

**Thursday**  
**Fee: \$98**

**Dec 5**  
**4:00-11:15**



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Thu. Aug. 22 from 9am-3pm and Fri. Aug. 23 from 9am-12pm\*  
- OR -

Thu. Sep. 19 from 9am-3pm and Fri. Sep. 20 from 9am-12pm\*

*\* Must Attend Both Days*

**For More Information Contact:**

**Ginny Brown (210) 236-5954**

**[gbrown@oasisnet.org](mailto:gbrown@oasisnet.org)**



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## 811 Normandy, Paris and The Seine River Cruise

**April 1-9, 2025**

Join us for an amazing European river cruise on the Seine River sailing RT from Paris for 7 nights aboard Amadeus Diamond. Visit the village of Auvers-sur-Oise, an inspiration to many of the famous Impressionist masters including Vincent Van Gogh. See Auberge Ravoux, where Van Gogh lived, and experience a multimedia museum journey at the Chateau D'Auvers featuring paintings with sound effects and music. Enjoy a tour of Rouen 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. Visit Etretat to walk the famous Normandy coastline featuring cliff-top paths for views of steep chalk rocks with impressive needle-like formations. Enjoy a full day tour of Normandy including a stop at the Omaha landing beach, then visit Pointe du Hoc, the site where the U.S. Army climbed 100 foot cliffs. Later visit Colleville Sur Mer, an American Cemetery on the coast and then explore a World War II Museum. Visit Claude Monet's House if you wish. The last day features a Paris City Tour with sights like the Eiffel Tower. Program includes home pick-up in the San Antonio area, RT Air - SAT, travel and cancellation protection, and gratuities. Deposit: \$600 per person at the time of booking. Cabins start at \$5,699 per person double and single cabins at \$7,199. A two-night London extension is available for \$999 pp double and \$1,499 for single. Final payment is due December 1, 2024. Make checks payable to AFC Vacations. Credit cards accepted. This is a Level 4 active trip.

## 812 Best of Romania

**May 14-23, 2025**

Join us and special Oasis escort, Dr. Michael Cude to enjoy an experience in Romania, a hidden gem of Europe. Arrive in Bucharest and transfer to our Bucharest hotel for a 3 night stay. Explore the capital of Romania on a Bucharest city tour with a visit to the Parliament Palace, explore Old Town, and visit the Village Museum, an open-air museum. Enjoy a Romanian Folklore dinner show. Travel to Transylvania and stop in Sinaia to visit the Peles Castle, former summer residence of the royal family, and visit the Sinaia Monastery. Arrive in Brasov for a two night stay in the beautiful medieval city. Explore the medieval Bran Castle, completed in 1388 and of the vampire Dracula fame. Return to Brasov for a walking tour to see medieval Saxon walls and bastions, and the towering Gothic-style Black Church. Visit Viscri, a little Saxon village and visit the White church, one of the fortified churches of Transylvania, a UNESCO Heritage Site. Then a guided tour of Sighisoara, another UNESCO Heritage site. Stay for two nights in Sibiu, one of Romania's most beautiful cities. Travel to Hunedoara and visit the beautiful fairytale Corvin Castle. Stop in the white citadel Alba Iulia for a walking tour. Pass through Oltului Gorge, a narrow pass in the Carpathian Mountains enroute to your final night in Bucharest. Program includes home pick-up, RT Air from SAT, travel & cancellation protection, 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. Make checks payable to AFC Vacations. Credit cards accepted. This is a Level 4 active trip.

## 380 Normandy, Paris and The Seine River Cruise Preview Show

**Tuesday**  
**Free**

**Sep 10**  
**2:30-3:30**

## 381 Best of Romania Preview Show

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Oct 1**  
**2:30-3:30**

## 813 Great Canadian Cities and Niagara Falls

July 16-24, 2025

Montreal, Quebec, Ottawa and Toronto – they are all the GREAT cities of Ontario and Quebec. Join us on this exciting trip, as we visit our neighbors to the north, touring these four cultural cities. First, we will arrive in Montreal, meet our tour manager, and transfer to our hotel in Montreal for a two-night stay. The next morning we will enjoy a Montreal city tour and see the Notre Dame Cathedral, St. Joseph's Oratory, Jacques Cartier Square, McGill University, and a panoramic view of the city from atop Mount Royal. Next morning, board VIA Rail Canada, for the scenic and relaxing train ride to the "Paris of North America," Quebec City. Next day we will enjoy a Quebec City tour introducing you to Old and New Quebec, North America's only walled city. The tour will include the Plains of Abraham, the famous Le Chateau Frontenac, and the Citadel. In the afternoon visit the Albert Gilles Copper Museum and discover his creations from copper ore to works of art. Later visit the historic Montmorency Falls, the highest Falls in Eastern Canada.

Next day travel along the banks of the St. Lawrence River, a route used by early French explorers to Canada's stately capital city, Ottawa and enjoy a city tour and see Parliament Buildings, Parliament Hill, Supreme Court, Prime Minister's residence, the War Memorial, Peace Tower, Byward Market, and Rideau Canal. After breakfast the next morning enjoy the scenery as we travel to the 1000 Islands area which is made up of 1,864 islands straddling the US-Canadian border. Later travel to Toronto, Canada's largest city and check into our hotel. Next morning enjoy a Toronto city tour featuring Yorkville and the Provincial Parliament. Later visit Niagara-on-the-Lake, and then travel to Niagara Falls and check into our hotel for two nights on the Canadian side of the Falls. Next enjoy a Niagara Falls city tour featuring the Floral Clock (largest in the world) and the Horticultural Center. Later in the day experience the legendary Niagara Falls boat tour for a breathtaking up close encounter with awe-spiring thundering falls. Final night enjoy our farewell dinner at the world-famous Skylon Tower.

Tour includes round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for tour manager, drivers and tour guides. Deposit: \$400 per person. Double: \$4,599 per person. Single: \$5,774. Final payment is due May 2, 2025. Credit cards accepted. Make checks payable to AFC Vacations. A passport is required for this trip and must be valid through January 24, 2026. This is a level 3 active trip. **You may sign up for this trip on or after September 12, 2024. Phone-in registrations will not be accepted on September 12<sup>th</sup>. You must register in person at the Oasis Center.**



## 382 Great Canadian Cities and Niagara Falls Preview Show

**Location: Oasis at The Meadows**

**Tuesday  
Free**

**Sep 10  
1:00-2:00**

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

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Saturday-Sunday 9am-9pm

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