



# Spring 2025

## 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:

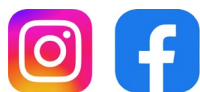
Mon. Wed. and Thurs.	9:00 - 4:00
Tuesday	9:00 - 8:00
Friday	9:00 - 1:00

## Contact Us:

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

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

(210) 236-5954



## Meet Our Staff

**Brenda Schmachtenberger**  
Executive Director

**Lisa Buske**  
Marketing & Curriculum  
Coordinator

**Ginny Brown**  
Associate Director

**Julie Gonzalez**  
Program Coordinator

**Craig Stimson**  
Outreach Coordinator

**Greg Perkins**  
Administrative Assistant

**Kelley Gallant**  
Wellness Coordinator

**Sharon Gomez**  
Financial Coordinator

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

December 19- January 1	Holiday Break
January 9	Volunteer Training
February 17	Presidents Day
February 28	Volunteer Appreciation

## On The Cover

San Antonio Oasis  
members enjoy the  
San Antonio Missions Day Trip

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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>Jan 13-Feb 12</b><br>12:00-12:45 |
| <b>101</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Feb 19-Mar 19</b><br>12:00-12:45 |
| <b>102</b> | <b>Mondays &amp; Wednesdays</b><br>Free | <b>Mar 24-Apr 16</b><br>12:00-12:45 |
| <b>103</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Jan 14-Feb 13</b><br>9:00-9:45   |
| <b>104</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Feb 18-Mar 20</b><br>9:00-9:45   |
| <b>105</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Mar 25-Apr 17</b><br>9:00-9:45   |
| <b>106</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Jan 13-Feb 14</b><br>9:00-9:45   |
| <b>107</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Feb 21-Mar 21</b><br>9:00-9:45   |
| <b>108</b> | <b>Mondays &amp; Fridays</b><br>Free    | <b>Mar 24-Apr 18</b><br>9:00-9:45   |

**Location: Oasis at The Chandler House**

- |            |   |                                    |
|------------|---|------------------------------------|
| <b>109</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Jan 14-Feb 13</b><br>12:15-1:00 |
| <b>110</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Feb 18-Mar 20</b><br>12:15-1:00 |
| <b>111</b> | <b>Tuesdays &amp; Thursdays</b><br>Free | <b>Mar 25-Apr 17</b><br>12:15-1:00 |



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

## Chair Qigong



*Gaylynne Robinson*

This is based on the Five Elements and incorporates the movements of five animals and the 18 Forms while seated. These classic exercises will give you a gentle stretch for mobility and relaxation.

**Location: Oasis at The Meadows**

- |            |                             |                                     |
|------------|-----------------------------|-------------------------------------|
| <b>112</b> | <b>Mondays</b><br>Fee: \$35 | <b>Jan 13-Feb 10</b><br>10:15-11:15 |
| <b>113</b> | <b>Mondays</b><br>Fee: \$28 | <b>Feb 24-Mar 17</b><br>10:15-11:15 |
| <b>114</b> | <b>Mondays</b><br>Fee: \$28 | <b>Mar 24-Apr 14</b><br>10:15-11:15 |

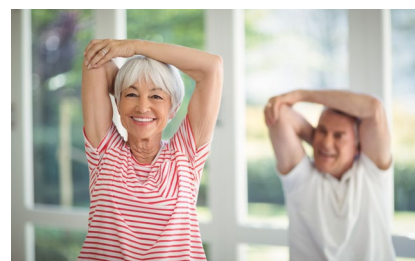
## Stretch and Restore

*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>115</b> | <b>Mondays</b><br>Fee: \$35 | <b>Jan 13-Feb 10</b><br>1:15-2:15 |
| <b>116</b> | <b>Mondays</b><br>Fee: \$28 | <b>Feb 24-Mar 17</b><br>1:15-2:15 |
| <b>117</b> | <b>Mondays</b><br>Fee: \$28 | <b>Mar 24-Apr 14</b><br>1:15-2:15 |



## Chair Yoga

*Gina Chinn*

Improve flexibility, build better posture, and maintain muscle strength while seated in a chair. Each exercise offers light to moderately challenging range of motion, along with breathing exercise instruction and meditative elements. Benefits include improved circulation, respiration, endurance, and sleep.

**Location: Oasis at The Meadows**

- 118** Mondays Jan 13-Feb 10  
Fee: \$35 2:30-3:30
- 119** Mondays Feb 24-Mar 17  
Fee: \$28 2:30-3:30
- 120** Mondays Mar 24-Apr 14  
Fee: \$28 2:30-3:30



## 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**

- 121** Tuesdays & Thursdays Jan 14-Mar 6  
Free 11:15-12:15
- 122** Tuesdays & Thursdays Jan 28-Mar 20  
Free 2:00-3:00

## 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**

### 123 Part 1

Tuesdays  
Fee: \$49

Jan 14-Feb 25  
5:00-6:00

### 124 Part 2

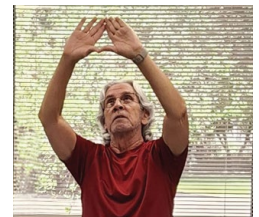
Tuesdays  
Fee: \$49

Mar 4-Apr 15  
5:00-6:00

## 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**

- 125** Wednesdays Jan 15-Feb 12  
Fee: \$40 9:00-10:00
- 126** Wednesdays Feb 19-Mar 19  
Fee: \$40 9:00-10:00
- 127** Wednesdays Mar 26-Apr 16  
Fee: \$32 9:00-10:00

## 128 Chair Pilates



Amy Steinwald

Join this Chair Pilates class, a gentle and effective way to build strength, improve posture, and enhance flexibility—all while comfortably seated or using a chair for support. This class focuses on controlled, mindful movements that help increase core stability, enhance balance, and promote joint mobility. Ideal for anyone looking for a low-impact Pilates experience. Breathing, alignment, and precision are emphasized to support your overall wellness. No previous Pilates experience is needed, and modifications are provided to accommodate all levels of ability.

**Location: Oasis at The Meadows**

**Tuesdays** **Jan 14-Feb 18**  
**Fee: \$42** **6:15-7:15** 

## Yin Yoga and Yoga Nidra

Fred Chavez

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

**Location: Oasis at The Meadows**

- |            |                   |                      |
|------------|-------------------|----------------------|
| <b>129</b> | <b>Wednesdays</b> | <b>Jan 15-Feb 12</b> |
|            | <b>Fee: \$40</b>  | <b>10:15-11:30</b>   |
| <b>130</b> | <b>Wednesdays</b> | <b>Feb 19-Mar 19</b> |
|            | <b>Fee: \$40</b>  | <b>10:15-11:30</b>   |
| <b>131</b> | <b>Wednesdays</b> | <b>Mar 26-Apr 16</b> |
|            | <b>Fee: \$32</b>  | <b>10:15-11:30</b>   |

## Functional Fitness

Lisa Bombela-Comuzzie

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

**Location: Oasis at The Meadows**

- |            |                   |                      |
|------------|-------------------|----------------------|
| <b>132</b> | <b>Wednesdays</b> | <b>Jan 15-Feb 12</b> |
|            | <b>Fee: \$35</b>  | <b>1:45-2:45</b>     |
| <b>133</b> | <b>Wednesdays</b> | <b>Feb 19-Mar 19</b> |
|            | <b>Fee: \$35</b>  | <b>1:45-2:45</b>     |
| <b>134</b> | <b>Wednesdays</b> | <b>Mar 26-Apr 16</b> |
|            | <b>Fee: \$28</b>  | <b>1:45-2:45</b>     |

**Location: Oasis at The Chandler House**

Gina Chinn

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>135</b> | <b>Tuesdays</b>  | <b>Jan 14-Feb 18</b> |
|            | <b>Fee: \$42</b> | <b>1:15-2:15</b>     |

## 136 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**

- |                  |                      |
|------------------|----------------------|
| <b>Thursdays</b> | <b>Jan 16-Feb 27</b> |
| <b>Fee: \$42</b> | <b>10:00-11:00</b>   |

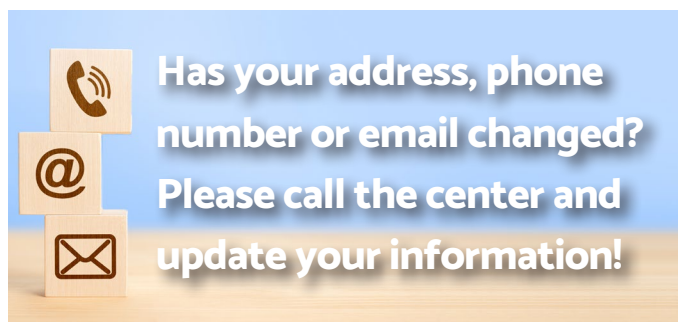
## 137 Intermediate Ballet

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**

- |                  |                     |
|------------------|---------------------|
| <b>Thursdays</b> | <b>Mar 6-Apr 17</b> |
| <b>Fee: \$42</b> | <b>10:00-11:00</b>  |



## Zumba Gold



Gaylynne Robinson

Five Rhythms inspired dance for stretch, balance, and full body movement. Just leave it all on the dance floor while we explore dance through the five basic rhythms of flow, staccato, chaos, lyrical, and stillness. There's a proverb that says that with time even a bear can learn to dance, so if you can't dance, this class is perfect for you.

**Location: Oasis at The Meadows**

- |            |                   |                      |
|------------|-------------------|----------------------|
| <b>138</b> | <b>Wednesdays</b> | <b>Jan 15-Feb 12</b> |
|            | <b>Fee: \$35</b>  | <b>9:00-10:00</b>    |
| <b>139</b> | <b>Wednesdays</b> | <b>Feb 19-Mar 19</b> |
|            | <b>Fee: \$35</b>  | <b>9:00-10:00</b>    |
| <b>140</b> | <b>Wednesdays</b> | <b>Mar 26-Apr 16</b> |
|            | <b>Fee: \$28</b>  | <b>9:00-10:00</b>    |

## Diva Dance



Gaylynne Robinson

Shimmy and sway with gentle and graceful moves to improve balance, coordination, and self-confidence. If you are looking for something special to do for yourself, diva dancing will not only keep you limber and moving, but bring a glow back to your life and a mysterious smile to your face. Do it for you!

**Location: Oasis at The Meadows**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>141</b> | <b>Tuesdays</b>  | <b>Jan 28-Mar 4</b>  |
|            | <b>Fee: \$42</b> | <b>3:15-4:15</b>     |
| <b>142</b> | <b>Tuesdays</b>  | <b>Mar 11-Apr 15</b> |
|            | <b>Fee: \$42</b> | <b>3:15-4:15</b>     |

## 143 Line Dancing

Mary Stahl

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 and have some fun!

**Location: Oasis at The Chandler House**

- |                  |                     |
|------------------|---------------------|
| <b>Thursdays</b> | <b>Feb 6-Mar 13</b> |
| <b>Fee: \$42</b> | <b>2:00-3:00</b>    |

## 144 Beginner Yoga



Gina Chinn

This beginner yoga class will include mindful movement with breathwork to bring balance to mind and body. We will start on the mat and move to some standing postures before coming back down to our mats for a guided meditation. This class will focus on building strength, balance and mobility. Adaptable for everybody.

**Location: Oasis at The Chandler House**

- |                  |                      |
|------------------|----------------------|
| <b>Tuesdays</b>  | <b>Jan 14-Feb 18</b> |
| <b>Fee: \$42</b> | <b>2:30-3:30</b>     |

## 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**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>145</b> | <b>Fridays</b>   | <b>Jan 17-Feb 14</b> |
|            | <b>Fee: \$35</b> | <b>10:00-11:00</b>   |
| <b>146</b> | <b>Fridays</b>   | <b>Feb 21-Mar 21</b> |
|            | <b>Fee: \$28</b> | <b>10:00-11:00</b>   |
| <b>147</b> | <b>Fridays</b>   | <b>Mar 28-Apr 18</b> |
|            | <b>Fee: \$28</b> | <b>10:00-11:00</b>   |

## 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**

- |            |                  |                      |
|------------|------------------|----------------------|
| <b>148</b> | <b>Fridays</b>   | <b>Jan 17-Feb 14</b> |
|            | <b>Fee: \$35</b> | <b>11:15-12:15</b>   |
| <b>149</b> | <b>Fridays</b>   | <b>Feb 21-Mar 21</b> |
|            | <b>Fee: \$28</b> | <b>11:15-12:15</b>   |
| <b>150</b> | <b>Fridays</b>   | <b>Mar 28-Apr 18</b> |
|            | <b>Fee: \$28</b> | <b>11:15-12:15</b>   |

## Deep Water Aquacise

*Danielle Villanueva*

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**

**151 Mondays & Wednesdays**      **Jan 13-Feb 12**  
**Fee: \$54**      **8:00-8:45**  
**No Class Jan 20**

**152 Mondays & Wednesdays**      **Feb 19-Mar 19**  
**Fee: \$42**      **8:00-8:45**  
**No Class Mar 10-12**

**153 Mondays & Wednesdays**      **Mar 24-Apr 16**  
**Fee: \$48**      **8:00-8:45**

## 154 Drumming Fitness

*Julie Gonzalez*

A dynamic workout that combines drumming, rhythm, and music using drumsticks to hit an exercise ball placed on a bucket.

**Location: Oasis at The Chandler House**

**Thursdays**      **Mar 6-27**  
**Fee: \$20**      **9:30-10:30**

## 155 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.

**Fridays**      **Feb 21-Apr 4**  
**Fee: \$30**      **9:00-10:00**



## 156 Pickleball

*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**      **Feb 13-20**  
**Fee: \$30**      **10:00-11:30**

## 157 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. Learn to view falls and the fear of falling as controllable. The program incorporates group discussion, physical activity and a visit from a healthcare professional. You must attend sessions one or two in order to participate in the sessions that follow. Sponsored by Bexar Area Agency on Aging.

**Location: Oasis at The Meadows**

**Mondays**      **Jan 13-Mar 10**  
**Free**      **1:00-3:00**

**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!



## Change Your Brain

*Fred Chavez*

The ability of the neural network of the brain to change through growth and reorganization of neurons is known respectively as neurogenesis and neuroplasticity. If we can change our brains, we can change our life. Our brains are much more adaptive than previously believed. Through easy to learn practices and methods, we can rewire our brain to develop inner resources. These include, but are not limited to, resilience, increased happiness, emotional balance, mindfulness, improved memory, confidence and others. Let's build a better brain together and have fun while doing so. **This class is taught in two parts, with part 2 picking up where part 1 leaves off. There is no review in part 2 so please join us in both.**

**Location: Oasis at The Meadows**

### 158 Part 1

**Tuesdays**  
**Fee: \$49**

**Jan 14-Feb 25**  
**10:00-11:00**

### 159 Part 2

**Tuesdays**  
**Fee: \$49**

**Mar 4-Apr 15**  
**10:00-11:00**

## 160 Stay MRSA/Sepsis Savvy

*Donna Badowski, DNP, RN, CNE, CHSE*

Learn the essential facts about MRSA and sepsis. These are serious life-threatening conditions that often strike older adults. In this engaging and interactive workshop, we'll dive into the signs, symptoms, and risk factors of sepsis, equipping you with the knowledge to recognize early warning signals and take action. You will receive practical prevention tips, when to seek help, and what to expect from treatment. You'll walk away empowered to protect yourself and your loved ones with newfound confidence.

**Location: Oasis at The Meadows**

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

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

## 161 Healthy Living to 100

*Gretchen Peterson*

There are actions that we can take to stay healthy when we do it consistently, that can massively increase our chances of being healthy, active, and sharp when we get older... even up to 100 years old and beyond.

**Location: Oasis at The Meadows**

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

**Jan 14**  
**10:00-11:00**

## 162 Juicing

*Marti Ewing*

Join us for an invigorating juice class where you'll discover the secrets to creating delicious and nutritious juices that can boost your health and vitality. In this interactive workshop, we provide everything you need: fresh fruits, a variety of juices, and easy-to-follow recipes.

**Location: Oasis at The Meadows**

**Wednesday**  
**Fee: \$9**

**Jan 15**  
**1:00-2:30**



## 163 Beers List

*Craig Stimson*

This list, updated each year, includes medications that should be avoided or used with caution by older adults, including 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.

**Location: Oasis at The Chandler House**

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

**Jan 16**  
**9:30-11:00**

## 164 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**

**Fridays** Jan 17-Mar 28  
**Free** 10:00-11:30

## 165 Active Aging: Movement for Life

*Chelsea Carriker, MPH, CHES*

Join us for this class that explores the transformative impacts of regular physical activity on health and well-being. We will discuss the numerous benefits physical activity offers, discuss practical strategies for integrating physical activity into your daily life, and learn about different types of exercises you can do at any level.

**Location: Oasis at The Meadows**

**Tuesday** Jan 21  
**Fee: \$7** 1:00-2:30



## 166 The Secret to Weight Loss

*Sarvani Ginjupalli, MD*

Given the obesity epidemic, weight loss has become one of the top five New Year's resolutions along with exercising more and eating healthier. This seminar will discuss the key to achieving healthy weight loss and debunk some common myths about fad diets and the new weight loss medications.

**Location: Oasis at The Meadows**

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

## 167 Be Unbreakable

*Nancy Reiland, DNP, RN, PHNA-BC*

This interactive presentation will highlight the importance of bone health and ways to promote it. We will review the benefits of a bone building diet and types of exercise that strengthen the skeleton.

**Location: Oasis at The Meadows**

**Friday** Jan 24  
**Fee: \$7** 10:00-11:30



## 168 Communicating With Your Doctor

*Craig Stimson*

The relationship with a doctor is a very personal one, built on communication and trust. You must be able to trust, confide in and tell your doctor about your health problems, including all symptoms. Your doctor, in turn, should listen to you, give you options and feedback, and have your best interest in mind. In this class you will learn how to help build an effective partnership.

**Location: Oasis at The Meadows**

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

## 169 What You Need to Know About Drug, Food and Supplement Interactions

*University of Texas College of Pharmacy*

Many adults are unaware that certain foods, over-the-counter medications, vitamins and herbal products can interact with their prescription medications. Come listen to a presentation about the most common drug, food, and supplement interactions that you may be at risk for, and how you can handle them.

**Location: Oasis at The Meadows**

**Tuesday** **Jan 28**  
**Free** **10:00-11:30**

## 170 Drug, Food and Supplement Interactions with Medication Checks

*University of Texas College of Pharmacy*

Sit down one-on-one with pharmacy and dietetic students to review your list of medications and discuss the drug, food and supplement interactions you may encounter. Please bring all of your prescription medications in a bag when you come to the event. Space is limited.

**Location: Oasis at The Meadows**

**Tuesday** **Jan 28**  
**Free** **1:00-4:00**

## 171 Head Over Heels, A Class On Falls Prevention

*Sarvani Ginjupalli, MD*

Falls are the most common cause of traumatic injuries in older adults and preventing these falls can be the key to maintaining a healthy and independent life. This class aims to provide helpful tips on everyday practices that may promote balance and decrease your risk of falling.

**Location: Oasis at The Meadows**

**Monday** **Feb 3**  
**Fee: \$7** **10:00-11:30**

## 172 Stressed Out Life

*Gretchen Peterson*

What is stress, where does it come from, and how can we best adapt to it? We will go over the sources of stress, types of stress, the body's response to stress and finally what strategies we can put in place to more effectively adapt to the stresses in our lives.

**Location: Oasis at The Chandler House**

**Tuesday** **Feb 4**  
**Fee: \$7** **9:30-11:00**

## 173 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. The 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** **Feb 4**  
**Free** **5:00-6:30** 

## 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.

## 174 Get the Facts

*Texas A&M AgriLife Extension*

This series teaches how to successfully read Nutrition Facts Labels and identify portion sizes, sodium, fat, and added sugar found in foods. This is a four-session series.

**Location: Oasis at The Chandler House**

**Thursdays**  
**Free**

**Feb 6-27**  
**9:30-10:30**



## 175 The Glycemic Index and Type 2 Diabetes

*UTSA Dietetic Intern*

When you have Type 2 Diabetes, one of the best ways to control your glucose levels is to eat foods that don't cause major blood sugar (glucose) spikes. Come learn about glycemic index (GI) of common foods and how the glycemic index is measured. Becoming more mindful of carb choices can help with glucose management.

**Location: Oasis at The Meadows**

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

**Feb 6**  
**10:00-11:30**

## 176 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**

**Tuesday**  
**Free**

**Feb 11**  
**6:00-7:30** 🌙

## 177 Earthing/Grounding

*Kelley Gallant, MBA 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 Meadows**

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

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

## 178 Whole Food, Plant-Based Lifestyle

*Rick Nevill*

Come join us to see how a whole food, plant-based lifestyle can benefit your health.

**Location: Oasis at The Meadows**

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

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



## 179 Mindfulness for Everyday Life

*Linda Mockeridge, LCSW*

Whether in terms of being mindful of our breath, our body, our feelings, or our surroundings, mindfulness helps us to better understand our emotions and reactions. Just as we train our bodies to climb mountains and our hands to play instruments, having a regular mindfulness practice is vital to making our mindsets stronger, more resilient, and more prepared for whatever trials we may face. This class will give you many different ways to bring mindfulness to your everyday life.

**Location: Oasis at The Meadows**

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

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

## 180 Malnutrition: Are You at Risk?

*Lacey Gimpel, MDS, RD, LD*

Malnutrition is a condition known for lacking proper nutrition and insufficient nutrients. Older adults are at an increased risk for malnutrition, and about 25% are already malnourished. Malnutrition can negatively impact a person's overall quality of life and increase the risk of complications related to chronic diseases. Consuming enough calories and protein in your diet is one of the many ways to prevent malnutrition. Learn how malnutrition is diagnosed and the steps to take to improve your overall diet to avoid malnutrition.

**Location: Oasis at The Meadows**

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

**Feb 18**  
**6:00-7:30** 🌙

## 181 Keeping the Home Safe for Someone with Dementia

*Tina Smith, Caregiver SOS*

When you are caring for someone with dementia, you have to be aware of what he or she is doing at all times. That can be tough as it only takes seconds for something to happen. Come learn about ways to make the home safer for someone living with dementia.

**Location: Oasis at The Chandler House**

**Tuesday**  
**Free**

**Feb 25**  
**2:00-3:30**

## 182 Caregiving 101

*Tina Smith, Caregiver SOS*

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

**Location: Oasis at The Meadows**

**Thursday**  
**Free**

**Feb 27**  
**10:00-11:00**

## 183 Rediscovering Joy in the Second Half of Life

*Pat Whitty and Dorothy Potts*

This class is a four-session course designed to help participants reconnect with what brings them fulfillment and meaning as they navigate life's later chapters. Through reflective exercises, engaging discussions, and practical strategies, participants will explore ways to cultivate joy, purpose, and well-being. Whether transitioning from a career, seeking deeper connections, or aiming to live more fully, this course offers insights and tools to embrace a vibrant and enriching second half of life. Join us in this journey of rediscovery and empowerment to live each day with renewed passion and joy.

**Location: Oasis at The Meadows**

**Mondays**  
**Fee: \$28**

**Mar 3-24**  
**1:00-2:30**



## 184 Grow Bolder, Not Older

*Karen Luisi*

In this fun and dynamic class, you'll discover how to radically reframe aging and experience your own 'genaissance'-a time of growth and endless possibility! Together, we'll shatter old stereotypes and pave the way for future generations. Celebrate who you are right now and blaze your own trail! By the end of this class, you'll boldly break through aging boundaries, gain a fresh perspective to fully embrace your next chapter, and confidently bring your whole self to everything you do. You'll thrive in a multigenerational workforce, fostering meaningful connections, while lighting up the world with your vibrancy, insight, and joy.

**Location: Oasis at The Meadows**

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

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

## 185 Protein, The Body's Own Superman

*Carol White*

Learn about the role of protein in our body and the importance of lean protein in our diet. Participants will enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

**Location: Oasis at The Meadows**

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

**Mar 4**  
**5:30-7:00** 🌙

## 186 Stay Upright - Fall Prevention

*Gina Dawson, DPT*

A fall in a person 60 years old 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 about why falls occur and what steps you can take to control your fall risk.

**Location: Oasis at The Meadows**

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

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

## 187 Self Care Through Massage

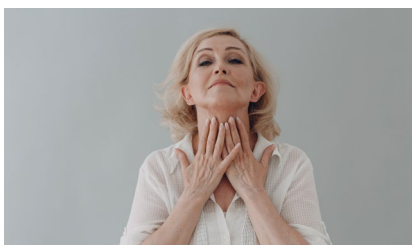
*Amy Steinwald*

This class invites you to explore therapeutic touch techniques to support your body's natural healing processes. Learn simple yet effective self-massage methods to relieve tension, improve circulation, and reduce stress. Ideal for anyone looking to enhance their body awareness and practice self-care.

**Location: Oasis at The Meadows**

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

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



## 188 Embracing Wellness

*Yvonne Lozano, PhD, LMFT*

This course will discuss the importance of prioritizing self-care with a focus on mental and emotional health. It will include finding balance in everyday life that promotes mental clarity, emotional resilience, and inner peace.

**Location: Oasis at The Meadows**

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

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

## 189 Healthy Steps for Older Adults

*Craig Stimson*

This class was developed by the Pennsylvania Department of Aging. It is an evidence-based falls prevention program. The interactive, facilitated program raises participants' awareness of multiple aspects of fall risk including home safety, medication management, strength, balance, flexibility, effective communication with medical professionals, nutrition, depression, substance use, stress, sensory challenges, foot health, social connection, well-being, and more. Through activities, assessments and discussions, participants discover potential risks in their own lives. This class offers a comprehensive fall risk assessment, a student handbook and a complete exercise plan for all skill levels..

**Location: Oasis at The Meadows**

**Tuesdays**  
**Fee: \$35**

**Mar 18-Apr 1**  
**10:00-11:30**

## 190 Starting Your Mindfulness Journey

*Mark Ellis*

In our fast-paced world, it can be challenging to slow down and be present. Starting this journey provides practical techniques to cultivate mindfulness, including the body scan and daily moments of awe.

**Location: Oasis at The Meadows**

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

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

## 191 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.

**Location: Oasis at The Chandler House**

**Tuesday**

**Fee: \$7**

**Mar 18**

**9:30-11:00**

## 192 Acupressure

*Fred Chavez*

Learn the ancient healing art that uses the pressure of fingers or hands on acupoints to stimulate the body's natural self-healing abilities. Using acupressure may improve your physical, emotional, cognitive and spiritual health.



**Location: Oasis at The Meadows**

**Tuesdays**

**Fee: \$48**

**Mar 11-Apr 15**

**11:15-12:15**

## 193 Alzheimer's Association Effective Communication

*Alzheimer's Association*

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

**Location: Oasis at The Meadows**

**Tuesday**

**Free**

**Mar 18**

**6:00-7:30**



## 194 Functional Foods

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

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

**Location: Oasis at The Meadows**

**Monday**

**Fee: \$7**

**Mar 24**

**1:30-3:00**

## 195 Sharper Brains

*Dan Dimitriu, PhD, PE*

As we age, our brains need continuous stimulation to maintain basic functions. The Sharper Brains 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 Chandler House**

**Tuesday**

**Fee: \$7**

**Mar 25**

**9:30-11:00**

## 196 Understanding YOU

*Ginny Brown, LCHW and  
Chelsea Carriker, MPH*

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

**Location: Oasis at The Meadows**

**Thursdays**

**Fee: \$28**

**Mar 27-Apr 17**

**1:00-2:30**

## 197 Sharper Brains-Extended Program

*Dan Dimitriu, PhD, PE*

As we age, our brains need continuous stimulation to maintain basic functions. The Sharper Brains Program is designed to improve a participant's brain performance. The first session contains a foundation of the concepts presented in this class. The second session has more advanced exercises. The third session contains even more concepts to emphasize brain development.

**Location: Oasis at The Meadows**

**Fridays** **Mar 28-Apr 18**  
**Fee: \$28** **10:00-11:30**

## 198 Memory Dynamics

*Craig Stimson*

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

**Location: Oasis at The Meadows**

**Mondays** **Mar 31-Apr 7**  
**Fee: \$14** **1:00-2:30**

## 199 Sleep and the Art of Napping

*Linda Mockeridge, LCSW*

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

**Location: Oasis at The Chandler House**

**Tuesday** **Apr 1**  
**Fee: \$7** **9:30-11:00**

## 200 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 Chandler House**

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

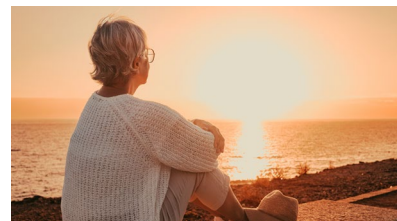
## 201 Living in the Moment

*Ginny Brown, LCHW*

Living in the present moment means no longer worrying about what happened in the past and not fearing what will happen in the future. It means enjoying what's happening now and living for today. Choosing to live in the past or the future not only robs you of enjoyment today, but it also robs you of truly living. Along the lines of mindfulness, we will explore practices and behaviors to help us live in the moment.

**Location: Oasis at The Meadows**

**Friday** **Apr 4**  
**Fee: \$7** **10:00-11:30**



## 202 Social Isolation

*Kelley Gallant, MBA*

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**

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



## 203 Dairy Foods: Calcium and Vitamin D Superstars

*Kelley Gallant, MBA*

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

**Location: Oasis at The Meadows**

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

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

## 204 CPR Training

*Jenny Shreve*

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 MCPR saves.

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

**Apr 15**  
**1:00-3:00**

## 205 Eating Healthy On a Budget

*Gretchen Hill*

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

**Location: Oasis at The Chandler House**

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

**Apr 15**  
**9:30-11:00**

## 206 Self-Care Tool Box: Kindness Starts Here

*Linda Mockeridge, LCSW*

Kindness starts with ourselves. If we are not caring for ourselves we won't be around for our family and friends. This class gives you opportunities to learn how to care for yourself. Together, we go through a tool box of strategies to see what you need to gently and kindly take care of yourself and live each day in good physical and mental health. Take what you need and leave the rest in the tool box for later.

**Location: Oasis at The Meadows**

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

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

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

While our mission is partly supported by class fees and grants, we rely on donations to bring our programs to you. Please consider making a gift to Oasis today.

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[san-antonio.oasisnet.org](http://san-antonio.oasisnet.org)  
or call (210)236-5954

**San Antonio**  
**Oasis**  
Lifelong Adventure

These classes are sponsored by:



## 207 Hearing Loss

Learn about free services that are available and get referrals to non-profit agencies that can assist with the cost of hearing aids. Also learn about the STAP program, and the free devices available. Some devices available are the Android tablets, iPads, caption call phones, or smart phones, and are available for those individuals who have a hearing impairment and have difficulty with phone usage.

**Location: Oasis at The Meadows**

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

## 208 Hearing Screening

Do you need to get your hearing checked? Sign up for this event to receive a complete diagnostic hearing evaluation. Each evaluation takes approximately 20 minutes. Space is limited! You will receive a call to set up an appointment time.

**Location: Oasis at The Meadows**

**Monday** **Mar 31**  
**Free** **11:00-3:00**

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**Thank you to WellMed and  
WellMed Charitable Foundation  
for their continued support  
over the years.**

## 209 What is Palliative Care?

*Frances Jackson, BS, Psychology*

Come learn how palliative care focuses on quality of life. They treat people suffering from the symptoms and stress of serious illnesses such as cancer, heart failure, chronic obstructive pulmonary disease (COPD), kidney disease, Alzheimer's, Parkinson's, Amyotrophic Lateral Sclerosis (ALS), and many more.

**Location: Oasis at The Meadows**

**Monday** **Jan 13**  
**Fee: \$7** **10:00-11:30**

## 212 Death and Dying

*Staci Makela Kerr LPC-A, MS, BA*

The dying process can be difficult because it also means coping with our own feelings of loss, grief, and death. Come and have a conversation about the physiological, psychological, and existential needs when entering the stages of death and dying.

**Location: Oasis at The Meadows**

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

## 210 What is Hospice Care?

*Frances Jackson, BS, Psychology*

Hospice is a compassionate, patient-centered approach to medical care and support for people at the end-of-life and their families. Through an interdisciplinary team, hospice provides care primarily designed to reduce pain and enhance the quality of life of patients facing life-limiting illnesses.

**Location: Oasis at The Meadows**

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

## 211 End-of-Life Financial Planning

*Joseph Warren, Financial Planner*

End-of-life financial planning ensures your loved ones are cared for and your wishes honored, sparing them confusion and disputes during a difficult time. Whether you're starting your journey or reviewing existing plans, there are key considerations for developing your end-of-life financial plan.

**Location: Oasis at The Meadows**

**Tuesday** **Apr 8**  
**Fee: \$7** **1:00-2:30**

## 213 Advanced Planning and Five Wishes

*Byron Cordes, LCSW, C-ASWCM*

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

**Location: Oasis at The Meadows**

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



## 214 End-of-Life Planning With Your Family

*Maria Wellisch, RN, LNFA, BBA*

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

**Location: Oasis at The Meadows**

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

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



## 215 Loving Legacy Letter

*Judith Hurst, MA*

This letter, also referred to as an ethical will, allows you to not only convey your unique history, adventures, and challenges but also lessons learned from life. This class will discuss tone (how you want to sound), audience (who you want to reach), sequencing (establishing a time line), and word choice (synonyms/vocabulary). This loving letter is your opportunity to leave a lasting testament as to your values, wisdom and beliefs-providing a lasting message of hope, faith and love.

**Location: Oasis at The Meadows**

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

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



**A new documentary on the personal, medical, and spiritual issues surrounding end-of-life care... and the active role many people are now taking to ensure their death goes according to their own plans.**

**Airing nationally on PBS**  
**Monday, March 31, 2025 – 10:00pm ET / 9:00pm CT**

Produced by Nine PBS with expert consultation provided by The Oasis Institute

## 216 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** Jan 14, Feb 11, Mar 11, Apr 8

**Fee: \$5** 9:30-11:00

## 217 Norman Rockwell

*Gloria Jennings*

Norman Percevel Rockwell (February 3, 1894 – November 8, 1978) was an American painter and illustrator. His works have a broad popular appeal in the United States for their reflection of the country's culture. Rockwell is most famous for the cover illustrations of every day life he created for *The Saturday Evening Post* magazine for over nearly five decades. Join us as we discuss this prolific artist and his impact on the American scene. Much of his art will be featured.

**Location: Oasis at The Chandler House**

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

## 218 Murals on the Road

*Bruce Martin, Certified Professional Tour Guide*

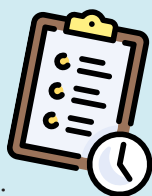
San Antonio isn't the only city where murals have become an acceptable art form. Join us as we discover vibrant murals from grand to modest, abstract to realistic, historic to kooky. Enjoy an exciting range of murals found both stateside and overseas!

**Location: Oasis at The Meadows**

**Tuesday** Jan 14  
**Fee: \$10** 1:00-2:30

### 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.



## 219 Collage Art: 50 Shades of Love

*Gaylynnne Robinson*

Let's make collaged cards that express our love and appreciation for the gifts of family and friends, those with us and departed, celebrating and remembering with gratitude how our lives were enriched by them. Gift, share, or keep your cards as a remembrance to visit again and again. Cost includes 12 cards and sleeves. Bring images from books, magazines, or original art to use in collage. All other supplies will be provided.

**Location: Oasis at The Meadows**

**Tuesdays** Jan 14-21  
**Fee: \$28** 4:00-6:00

## 220 Downtown Landmarks and Icons

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

Are you ready to be dazzled? Teacher and certified tour guide, Bill Perryman, shares a collection of facts, details, and intriguing stories regarding some of San Antonio's most iconic downtown landmarks! Prepare to be entertained—you will never view certain structures in downtown San Antonio the same again!

**Location: Oasis at The Meadows**

**Wednesday** Jan 15  
**Fee: \$11** 10:00-11:30

## 221 Book Discussion Group

*Sherry Wilson*

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

**Location: Oasis at The Meadows**

**Thursdays** Jan 16, Feb 20, Mar 20, Apr 17  
**Fee: \$5** 10:00-11:30

## 222 History of Insane Asylums in Texas

*Kelley Gallant, MBA*

From San Antonio to Austin, Wichita Falls and El Paso, come learn about these places of nightmares. These asylums operated throughout the 1800s and into the 1900s, with some not closing their doors until 1993. Come hear the stories about the experiments, the abuse and the haunted halls and spaces.

**Location: Oasis at The Meadows**

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

## 223 Women's Discussion Group

*Gloria Jennings*

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

**Location: Oasis at The Meadows**

**Mondays** **Jan 20, Feb 24, Mar 17, Apr 14**  
**Fee: \$7** **10:00-11:30**

## 224 Chuckbox Cuisine

*The Witte Museum*

What kinds of food were eaten on the trail? Who was the bean wrangler and why was he paid more? Join the staff of the Witte Museum to find out what life was like on the trail.

**Location: Oasis at The Meadows**

**Tuesday** **Jan 21**  
**Fee: \$9** **10:00-11:30**



## 225 Ancient to Medieval Romania

*Michael Cude, PhD, Schreiner University*

This class will cover Romanian history from before the time Romania existed as a country. The course will begin in ancient times with the Dacian people, followed by an overview of Dacia's absorption into the Roman Empire. It will then transition into the medieval era, focusing on the development of the principalities of Wallachia, Moldavia, and Transylvania, including key figures such as Vlad Tepes, the "real Dracula." If you are going on our trip to Romania in May, this would be a great class to take!

**Location: Oasis at The Meadows**

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

## 226 Modern Romania

*Michael Cude, PhD, Schreiner University*

This class will pick up in the early modern era to illustrate how the medieval principalities of Wallachia, Moldavia, and Transylvania evolved into the modern country of Romania starting in the 1800s. It will then address Romania's modern history, covering watershed events such as World War I, World War II, and the rise, and subsequent fall, of Romanian communism during the Cold War. If you are going on our trip to Romania in May, this would be a great class to take!

**Location: Oasis at The Meadows**

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



## 227 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. 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** Jan 21, Feb 18, Mar 18, Apr 15  
**Fee: \$7** 10:00-11:30

## 228 Men's Discussion Group

*Craig Stimson*

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

**Location: Oasis at The Meadows**

**Wednesdays** Jan 22, Feb 26, Mar 19, Apr 16  
**Fee: \$5** 1:00-2:30

## 229 Intellectual Shenanigans

*Judith Hurst, MA*

Team-building workshop wherein the class splits into teams (juries), is given real-life cases, historical and modern, and decides the verdict using critical thinking skills. Lots of laughter with more humorous cases, a few surprises, and loads of fruitful discussion.

**Location: Oasis at The Meadows**

**Tuesday** Jan 28  
**Fee: \$7** 10:00-11:30

## 230 New Orleans Traditional Jazz

**LIVE MUSIC!**

*Glad Hatters Jazz Band*

The Glad Hatters Jazz Band (cornet, clarinet, trombone, tuba, guitar, piano and drums) will play famous New Orleans tunes and demonstrate the roles of the various instruments in making a jazz ensemble. We will see and hear the distinct musical personalities of several famous jazz bands such as Louis Armstrong, The Firehouse Five Plus Two, The Dukes of Dixieland, and Tuba Skinny. Bring your voices, instruments, kazoos and tambourines and join us in songs like "Down by the Riverside," "You Are My Sunshine," "Bill Bailey," "Just a Closer Walk with Thee," and "When the Saints."

**Location: Oasis at The Meadows**

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



## 231 Jimmy Carter

*Kelley Gallant, MBA*

Jimmy Carter: 39th President, centenarian, humanitarian, philanthropist, husband and father. Join us to learn about the life and times of James Earl Carter. His presidency was filled with twists and turns. He found his true purpose and meaning after his presidency.

**Location: Oasis at The Meadows**

**Monday** Feb 3  
**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.

## 232 Art in Public Places

*Bruce Martin,  
Certified Professional Tour Guide*

San Antonio has dramatically increased the number and variety of public art across the city. From sculpture to painting, from dramatic to subtle, from successful to less so. Join this enlightening and engaging presentation.

**Location: Oasis at The Meadows**

**Tuesday  
Fee: \$10**

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



## 233 The Holocaust

*Holocaust Memorial Museum of  
San Antonio*

The Holocaust Memorial Museum of San Antonio has educated thousands of students and visitors every year on the history of the Holocaust since 1975 through survivor testimony, interactive exhibits and tours. Come to this class to learn more about the Holocaust and the museum itself.

**Location: Oasis at The Meadows**

**Tuesday  
Fee: \$7**

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

## 234 Movie Discussion: Billy Crystal Movies

*Lynn Waghalter and Alonso Jasso*

Billy Crystal is known as a stand-up comedian and for his many film and stage roles. We will watch, discuss and compare two of his movies, *When Harry Met Sally* and *Mr. Saturday Night*. Refreshments will be provided.

**Location: Oasis at The Meadows**

**Tuesdays  
Fee: \$8**

**Feb 4-11  
3:30-6:00**

## 235 Jazz Band Leaders

*Beverly Prado*

From the 1920s until present day, jazz bands have remained a popular staple of the genre. This class explores the leaders of these groups, beginning with Louis Armstrong. Big Band personalities such as Duke Ellington, Benny Goodman, Count Basie and Woody Herman will also be featured, along with some modern-day innovators. Film clips will highlight this presentation.

**Location: Oasis at The Meadows**

**Wednesday  
Fee: \$7**

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

## 236 Ink and Wash

*Georgia Stok*

This is an exciting combination! First we will lay in light watercolor washes for a background. When dry, we draw on some details with water proof India ink by brush or pen. This is a great technique to explore nature and landscape subjects. No drawing required. Open to all levels of experience. Supply list will be provided. Approximate cost of supplies is \$40.

**Location: Oasis at The Meadows**

**Tuesdays  
Fee: \$48**

**Feb 4-Mar 11  
1:00-3:00**



## 237 Elements of Poetry

*Sean Rima*

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

**Location: Oasis at The Meadows**

**Thursday  
Fee: \$7**

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



## 238 Tequila and Mezcal Tasting

*Bob Bragg, WSET Level 3, CSW*

Join us as we explore the origins of both Mezcal (Mexico's oldest spirit), and Tequila (Mexico's most famous spirit). We will also sample various examples of today's versions of these historic spirits. Mezcal, Mexico's oldest distilled spirit, originated around 1520 when the Spanish who had recently taken control of what would become Mexico, ran low on Brandy and started making a crude version of Mezcal. The word Mezcal is possibly a reference to the Nahuatl word "metl ixcali" which means cooked agave. Around 1600, the Marquis of Altamira opened the first large-scale distillery in the town of Tequila in the Mexican state of Jalisco and the spirit was originally referred to as "mezcal vino de Tequila" referring to the town of Tequila.

**Location: Oasis at The Meadows**

**Wednesday** **Feb 12**  
**Fee: \$40** **1:00-3:00**



## 239 Creative Writing 101

*Gloria Jennings*

Do you have a story you want to write? Have you been told you have a way with words? Then this course is for you. Join us as we explore the seven elements of creative writing and turn your writing into a masterpiece.

**Location: Oasis at The Meadows**

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

## 240 Audie Murphy

*Gloria Jennings*

Audie Leon Murphy was an American soldier, actor, and songwriter. He was widely celebrated as the most decorated American combat soldier of World War II, and has been described as the most highly decorated soldier in U.S. history. He received every military combat award for valor available from the United States Army. Join us as we discuss through narrative and video the heroic and sometimes tragic life of this Hollywood icon.

**Location: Oasis at The Meadows**

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

## 241 Beginning Oil Painting

*Andy Villarreal*



Students will be introduced to basic painting techniques and skills needed to begin a work. Color, light, simulating texture, and form will also be covered. No experience needed. Supply list will be provided. Approximate cost of supplies is \$45.

**Location: Oasis at The Meadows**

**Tuesdays** **Feb 18-Mar 25**  
**Fee: \$48** **4:30-6:30**

## 242 Tumultuous Times: 1603-1660

*Judith Hurst, MA*

The death of Elizabeth I resulted in a power vacuum which several factions attempted to fill. Discussion will address the Gunpowder Plot, the arrival of the Pilgrim Fathers in the New World, the outbreak of civil war, the execution of Charles I, the Protectorate, the Restoration of Charles II, and the glorious poetry of John Donne.

**Location: Oasis at The Meadows**

**Tuesday** **Feb 18**  
**Fee: \$7** **10:00-11:30**

# Registration Procedures

See Refund  
Policy on  
Page 4

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

- **Walk-In and Mail-In - Registrations Processed January 6, 2025**  
*(Registrations are placed in a box and randomly drawn and processed.)*

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

- **Online - Registration Opens January 6, 2025 at 9:00am**
- **Phone-In - Registration Opens January 8, 2025**

**It is best to have your  
registration at Oasis  
before January 6**

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	Chair Qigong	\$35			
	113	Chair Qigong	\$28			
	114	Chair Qigong	\$28			
	115	Stretch and Restore	\$35			
	116	Stretch and Restore	\$28			
	117	Stretch and Restore	\$28			
	118	Chair Yoga	\$35			
	119	Chair Yoga	\$28			
	120	Chair Yoga	\$28			
	121	Tai Chi for Arthritis	Free			
	122	Tai Chi for Arthritis	Free			
	123	Fitness for the Active	\$49			
	124	Fitness for the Active	\$49			
	125	Qigong	\$40			
	126	Qigong	\$40			
	127	Qigong	\$32			
	128	Chair Pilates	\$42			
	129	Yin Yoga and Yoga Nidra	\$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	130	Yin Yoga and Yoga Nidra	\$40			
	131	Yin Yoga and Yoga Nidra	\$32			
	132	Functional Fitness	\$35			
	133	Functional Fitness	\$35			
	134	Functional Fitness	\$28			
	135	Functional Fitness	\$42			
	136	Beginner Ballet	\$42			
	137	Intermediate Ballet	\$42			
	138	Zumba Gold	\$35			
	139	Zumba Gold	\$35			
	140	Zumba Gold	\$28			
	141	Diva Dance	\$42			
	142	Diva Dance	\$42			
	143	Line Dancing	\$42			
	144	Beginner Yoga	\$42			
	145	Balance for Daily Life	\$35			
	146	Balance for Daily Life	\$28			
	147	Balance for Daily Life	\$28			
	148	Seated Strength Training	\$35			
	149	Seated Strength Training	\$28			
	150	Seated Strength Training	\$28			
	151	Deep Water Aquacise	\$54			
	152	Deep Water Aquacise	\$42			
	153	Deep Water Aquacise	\$48			
	154	Drumming Fitness	\$20			
	155	Walking Group	\$30			
	156	Pickleball	\$30			
	157	A Matter Of Balance	Free			
	158	Change Your Brain Part One	\$49			
	159	Change Your Brain Part Two	\$49			

# 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	Stay MRSA/Sepsis Savvy	\$7			
	161	Healthy Living to 100	\$7			
	162	Juicing	\$9			
	163	Beers List	\$7			
	164	Aging Mastery Program	Free			
	165	Active Aging	\$7			
	166	The Secret to Weight Loss	\$7			
	167	Be Unbreakable	\$7			
	168	Communicating W/Doctor	\$7			
	169	Drug/Food Interactions	Free			
	170	Interactions/Med Checks	Free			
	171	Falls Prevention	\$7			
	172	Stressed Out Life	\$7			
	173	Health Screening Event	Free			
	174	Get the Facts	Free			
	175	Glycemic Index	\$7			
	176	Self Care for Caregivers	Free			
	177	Earthing/Grounding	\$7			
	178	Plant Based Life Style	\$7			
	179	Mindfulness	\$7			
	180	Malnutrition	\$7			
	181	Keeping the Home Safe	Free			
	182	Caregiving 101	Free			
	183	Rediscovering Joy	\$28			
	184	Grow Bolder, Not Older	\$7			
	185	Protein/Body's Superman	\$5			
	186	Stay Upright - Fall Prevention	\$7			
	187	Self Care Through Massage	\$7			
	188	Embracing Wellness	\$7			
	189	Healthy Steps	\$35			
	190	Mindfulness Journey	\$7			
	191	Healthy Relationships	\$7			
	192	Acupressure	\$48			
	193	Alzheimer's Communication	Free			
	194	Functional Foods	\$7			
	195	Sharper Brains	\$7			
	196	Understanding YOU	\$28			
	197	Sharper Brains-Extended	\$28			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	198	Memory Dynamics	\$14			
	199	Art of Napping	\$7			
	200	Understanding Alzheimer's	Free			
	201	Living in the Moment	\$7			
	202	Social Isolation	Free			
	203	Vitamin D Superstars	\$5			
	204	CPR Training	Free			
	205	Eating Healthy on a Budget	\$5			
	206	Self-Care Tool Box	\$7			
	207	Hearing Loss	Free			
	208	Hearing Screening	Free			
	209	What is Palliative Care?	\$7			
	210	What is Hospice Care?	\$7			
	211	EOL Financial Planning	\$7			
	212	Death and Dying	\$7			
	213	Advanced Planning	\$7			
	214	EOL Planning With Family	\$7			
	215	Loving Legacy Letter	\$7			
	216	Chandler House Book Club	\$5			
	217	Norman Rockwell	\$7			
	218	Murals on the Road	\$10			
	219	Collage Art	\$28			
	220	Downtown Landmarks	\$11			
	221	Book Discussion Group	\$5			
	222	History of Insane Asylums	\$7			
	223	Women's Discussion Group	\$7			
	224	Chuckbox Cuisine	\$9			
	225	Ancient/Medieval Romania	\$7			
	226	Modern Romania	\$7			
	227	Writers Group	\$7			
	228	Men's Discussion Group	\$5			
	229	Intellectual Shenanigans	\$7			
	230	New Orleans Traditional Jazz	\$10			
	231	Jimmy Carter	\$7			
	232	Art in Public Places	\$10			
	233	The Holocaust	\$7			
	234	Movie Discussion	\$8			
	235	Jazz Band Leaders	\$7			

# Oasis Registration Form

Please place a check mark in the left hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	236	Ink and Wash	\$48			
	237	Elements of Poetry	\$7			
	238	Tequila and Mezcal Tasting	\$40			
	239	Creative Writing 101	\$7			
	240	Audie Murphy	\$7			
	241	Beginning Oil Painting	\$48			
	242	Tumultuous Times	\$7			
	243	60s Bands	\$7			
	244	Mining in Texas	\$7			
	245	African-American Cinema	\$7			
	246	Easy Backyard Composting	\$7			
	247	Colored Pencils	\$32			
	248	Technology/Biblical Times	\$7			
	249	Thomas Jefferson	\$11			
	250	Silver Sounds Performance	Free			
	251	Paint with Paper	\$32			
	252	Texas Wildflowers	\$7			
	253	Create a Floral Arrangement	\$40			
	254	Wreath Making	\$40			
	255	Fossil Finds	\$9			
	256	Shirley MacLaine	\$7			
	257	History of Japan	\$7			
	258	Scandalous San Antonio	\$10			
	259	Pioneers of TV: Funny Ladies	\$7			
	260	Container Gardening	\$7			
	261	Wine Tasting and Geology	\$40			
	262	Drawing For Everyone	\$32			
	263	Aerosmith	\$7			
	264	Arthur of Avalon	\$7			
	265	Prophets in the Bible	\$7			
	266	Old Time Radio Themes	\$7			
	267	TV Breakthroughs	\$7			
	268	High Tea	\$7			
	269	Cookie Decorating	\$40			
	270	Charcoal Drawing	\$20			
	271	Code Girls of World War II	\$7			
	272	Tarantula Talks	\$9			
	273	Fiesta Tapas/Wine Tasting	\$55			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	274	Italian Opera	\$7			
	275	Easy Plant Propagation	\$7			
	276	Mel Brooks	\$7			
	277	Fred Astaire/Ginger Rogers	\$7			
	278	On Parade!	\$11			
	279	Criminal Justice	\$7			
	280	Transfer on Death Deeds	\$7			
	281	History of SA's Water	Free			
	282	Tax Planning for 2025	\$7			
	283	Meet SAPD SAFFE Officers	Free			
	284	Birds of South Texas	\$7			
	285	Bridge Basics	\$20			
	286	Volunteering at Oasis	Free			
	287	San Antonio Public Library	Free			
	288	Community Resources	Free			
	289	Community Resources	Free			
	290	Living at Chandler Estates	Free			
	291	Decluttering	\$7			
	292	Voter Integrity	\$5			
	293	Fire Safety	Free			
	294	Serving as an Executor	\$7			
	295	Transportation Options	Free			
	296	Financial Planning	\$7			
	297	Guide Dogs of Texas	Free			
	298	Swearing in a New President	\$7			
	299	Ask the Director	Free			
	300	Love Where You Live for Life	Free			
	301	Estate Planning 101	\$7			
	302	City Services for Older Adults	Free			
	303	All About Silver Connect	Free			
	304	Community Engagement	Free			
	305	Avoiding Probate	\$7			
	306	Don't Get Scammed	\$7			
	307	False Confessions	\$7			
	308	Judicial Decision Making	\$7			
	309	VIA Services	Free			
	310	Solo Aging	Free			
	311	Silver Connect	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	312	Chandler House Fun Day	\$5			
	313	Plans Work in Harmony	\$7			
	314	Veterans Resources	Free			
	315	Beginner iPhone	\$22			
	316	Intermediate iPhone	\$22			
	317	Meet the Computer	\$25			
	318	Android Essentials	\$35			
	319	Android Essentials	\$35			
	320	Intro to Mac Computers	\$40			
	321	Cybercrime Fighters	\$5			
	322	Online Shopping and Safety	\$11			
	323	Social Media Safety	Free			
	324	Digital Forensics	\$7			
	325	Protecting Digital Castle	\$7			
	326	Fun Things/iPad	\$11			
	327	YouTube	\$11			
	328	Apple Photos	\$20			
	329	Sharing Your Family Stories	\$11			
	330	Google Calendar/Maps	\$13			
	331	Everything iPad	\$40			
	332	Sign Up for Classes Online	Free			
	333	Intro to iMovie	\$40			
	334	History of Ukraine	Free			
	335	Heart Health	Free			
	336	Changing Interest Rates	Free			
	337	Sleep Health	Free			
	338	Sleep Health	Free			
	339	Heart Health	Free			
	340	Transportation Options	Free			
	341	Food Bank Healthy Swaps	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	342	Sleep Health	Free			
	343	Life and Goal Setting	Free			
	344	Social Isolation	Free			
	345	San Antonio Public Library	Free			
	346	The Work of Project MEND	Free			
	347	When Less is More	Free			
	348	Fire Safety	Free			
	349	Calcium Superstars	Free			
	350	All About Silver Connect	Free			
	351	Heart Health	Free			
	352	History of SA's Water	Free			
	353	What is a SAFFE Officer	Free			
	354	Social Isolation	Free			
	355	Healthy Relationships	Free			
	356	Reframing Aging	Free			
	357	What is a SAFFE Officer?	Free			
	358	Transportation Options	Free			
	359	Hoarding Disorder	Free			
	360	Cyber Security	Free			
	361	Do Your Paperwork Now	Free			
	362	Museum Reach Walking Tour	\$29			
	363	King William Walking Tour	\$29			
	364	Nature/Mission Walking Tour	\$29			
	365	Mitchell Lake Walking Tour	\$29			
	366	Jersey Boys	\$98			
	367	San Antonio Murals Tour	\$59			
	368	Touring SA's Non-Profits	\$56			
	369	Riverboat Dinner Cruise	\$99			
	370	New Mexico Preview Show	Free			
	814	New Mexico Balloon Fiesta	\$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

**Bring registration form or mail it to:  
Oasis at The Meadows  
700 Babcock Rd., San Antonio, TX 78201  
Or sign up online beginning January 6 at 9:00am**

**FOR OFFICE USE ONLY**

Date: \_\_\_\_\_

- Walk In                       Phone In
- Mail In                         Morningside Resident

Vol Initials \_\_\_\_\_

Fee Total \$ \_\_\_\_\_

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

Entry \_\_\_\_\_

## 243 60s Bands

*Kelley Gallant, MBA*

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 Meadows**

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

**Feb 20**  
**10:00-11:30**

## 244 Mining in Texas

*David Turner, PhD, St. Mary's University*

Everything that we use as a modern society has its origins in the rocks and minerals of Earth, but humans have relied on the natural resources for thousands of years. Mining for these needed resources is one of the oldest of human activities, beginning with materials to make spear and arrow points during the Stone Age, to copper and tin that made the Bronze Age possible. The quest for resources continues today, and although we are searching for many new minerals to electrify our transportation infrastructure or power the newest Artificial Intelligence, much of the mining process used to extract these resources would look very familiar to miners from previous centuries. Mining also has a long history in Texas, and in this presentation, we will discuss some of the major mineral resources found in our state and in the San Antonio area, and explore the economic and social impacts associated with the hunt for mineral resources.

**Location: Oasis at The Meadows**

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

**Feb 27**  
**10:00-11:30**

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

## 245 African-American Contributions to Cinema

*Beverly Prado*

From the early days of silent movies, black films have had lasting importance to the American experience. Many early films, though often featuring stereotypical themes and characters, made way for later movies that introduced stars like Paul Robeson, Sidney Poitier, Hattie MacDaniel, Dorothy Dandridge, and Denzel Washington. Modern filmmakers like Spike Lee, Ava DuVernay and John Singleton will also be discussed!

**Location: Oasis at The Chandler House**

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

**Feb 25**  
**9:30-11:00**

## 246 Easy Backyard Composting

*Bexar County Master Gardeners*

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

**Location: Oasis at The Meadows**

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

**Feb 26**  
**10:00-11:30**

## 247 Colored Pencils

*Molly Valdez*



Enjoy the growing adult art form of colored pencils. We will learn blending techniques and tips to achieve paint-like effects. Supply list will be provided. Cost of supplies is \$20.

**Location: Oasis at The Chandler House**

**Tuesdays**  
**Fee: \$32**

**Mar 4-25**  
**2:00-3:30**

## 248 Technology and Machines During Biblical Times

*Christina Howard, MA, IB, History*

When we think of machines and technology, we tend to apply it to our world today; a world of computers and 'smart' devices that do the work for us. But those two things have been around since man picked up the first bone or stone and made his first 'tool.' The world of the Bible was hardly a primitive society. After all, wasn't Jesus a tekton? A carpenter that built things? And what of the Egyptians, Babylonians, Greeks and Romans? In this fast-paced presentation, we'll take a quick look at some of the technology and machines used to make the Old and New Testament a progressive society.

**Location: Oasis at The Meadows**

**Tuesday** **Feb 25**  
**Fee: \$7** **1:00-3:00**

## 249 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 18th and 19th 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** **Mar 4**  
**Fee: \$11** **10:00-11:30**



## 250 Silver Sounds of Oasis Performance

**LIVE MUSIC!**

Come join us and enjoy the music of the Silver Sounds of Oasis choir as they perform some of their favorite songs.

**Location: Oasis at The Meadows**

**Wednesday** **Mar 5**  
**Free** **10:30-11:30**



## 251 Paint with Paper

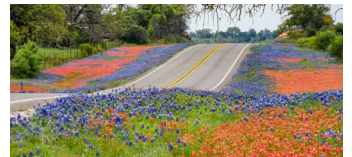
*Gaylynnne Robinson*

Take your collage skills to the next level to create beautiful botanicals or soft subtle abstracts with layers of hand-stained paper, metallic paints, and more. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Wednesdays** **Mar 5-26**  
**Fee: \$32** **1:00-3:00**

## 252 Wild About Texas Wildflowers



*Bexar County Master Gardeners*

Spring wildflower season arrives in Texas with blankets of colorful blooms across fields and lining roadways. It's easier than you might think to grow your own patch of Texas wildflowers at home. All it takes to get started is a patch of dirt, a bag of seeds, and a dose of patience. Come learn how to add Texas wildflowers to your landscape.

**Location: Oasis at The Meadows**

**Tuesday** **Mar 11**  
**Fee: \$7** **6:00-7:30** 🌙



## 253 Create a Spring Floral Arrangement

*The Rose Boutique*

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

**Location: Oasis at The Meadows**

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

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



## 254 Wreath Making

*Kelley Gallant*

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

**Location: Oasis at The Meadows**

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

**Apr 17**  
**1:00-3:00**

## 255 Fossil Finds

*The Witte Museum*

Get hands-on experience in identifying unique Texas fossils, as well as learn from Witte staff the process of creating molds and casts. In addition, participants will create their own casts based on real fossils and engage in discussions relating to the Mesozoic world.

**Location: Oasis at The Meadows**

**Monday**  
**Fee: \$9**

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



## 256 Shirley MacLaine, Modern Woman of the Arts

*Beverly Prado*

One of the enduring female stars of film, theater, and activism, this legendary personality broke many barriers for women in the arts. First appearing in the 1950s, she has been honored with an Oscar, several Golden Globes and other awards. One of the last stars of the "Golden Age of Hollywood," she is also an author and activist. Join us to showcase this multi-faceted woman with clips from her famous career, including *The Apartment*, *Terms of Endearment*, *Steel Magnolias*, and *Downton Abbey*.

**Location: Oasis at The Meadows**

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

**Mar 6**  
**10:00-11:30**

## 257 History of Japan

*Roger Pratt, MA in East Asian Studies*

We hear a lot about Japan's economy, international trade, anime, manners, etc., but how did she get to where she is, today? From whence cometh thou, Japan? Let's take a short journey through her pre-historic and historical phases and look at the building blocks that accumulated over the millennia. We'll look at periods ranging from Ancient Japan to Modern Japan and a very brief look at Contemporary Japan. When did the archipelago break away from the mainland? What are the roots of the Japanese? Were they hunters/gatherers-domesticated-between? What was the high point and mark of Japanese culture? Who was in charge-the feudal lords or the emperor? Who and why did the samurai come about?

**Location: Oasis at The Meadows**

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

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



## 258 Scandalous San Antonio: Crime and Misconduct in The Alamo City

*Bruce Martin,  
Certified Professional Tour Guide*

Discover scruffy behavior from our city's past-colorful characters and tragic consequences, scheming scallywags that got caught-others that got away. Some scandals you may remember, but other tales of illicit activity may surprise you. Join this presentation that will reveal the sketchy side of San Antonio's history.

**Location: Oasis at The Meadows**

**Wednesday** **Mar 19**  
**Fee: \$10** **10:00-11:30**

## 259 Pioneers of TV: Funny Ladies

*Gloria Jennings*

This class offers surprising new insights into television's most beloved funny ladies: Carol Burnett, Lucille Ball, Betty White, and Phyllis Diller. Join us as we explore their rise to fame; it was not always an easy one.

**Location: Oasis at The Chandler House**

**Thursday** **Mar 20**  
**Fee: \$7** **2:00-3:30**

## 260 Container Gardening

*Bexar County  
Master Gardeners*



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

**Location: Oasis at The Meadows**

**Tuesday** **Mar 25**  
**Fee: \$7** **1:00-2:30**

## 261 Wine Tasting and Geology: The Wine of Napa Valley

*Bob Bragg, WSET Level 3, CSW  
David Turner, PhD, St. Mary's University*

While grapes have been cultivated in the Napa Valley since the early 1800s, the wine regions actual origins span back millions of years. Come join Dr. David Turner and Bob Bragg as we explore the Napa's geologic history and taste some of the wines of this incredible wine region.

**Location: Oasis at The Meadows**

**Thursday** **Mar 20**  
**Fee: \$40** **1:00-3:00**



## 262 Drawing for Everyone

*Molly Valdez*

This drawing class is for any skill level. We'll practice different techniques with pencil and charcoal and have fun with composition and graphite washes. Supply list will be provided. Approximate cost of supplies is \$20.

**Location: Oasis at The Meadows**

**Wednesdays** **Mar 26-Apr 16**  
**Fee: \$32** **10:00-11:30**

## 263 Aerosmith

*Kelley Gallant, MBA*

Aerosmith, along with their front man Steven Tyler, sang their way through the 70s, 80s, 90s and into the 2000s. Come learn about their legacy, their lives and how they changed the rock scene forever!

**Location: Oasis at The Chandler House**

**Thursday** **Mar 27**  
**Fee: \$7** **2:00-3:30**

## 264 Arthur of Avalon

*Judith Hurst, MA*

How did a warrior chieftain in 550 AD come to the throne of a romantic kingdom six hundred years later? Follow the stuff of legends from the historical fact of Arthur as a war lord to the fiction of Arthur as King of Camelot-the epitome of wisdom, virtue, tolerance and chivalry. Why is Arthur still interwoven into our psyche 1600 years later?

**Location: Oasis at The Meadows**

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

**Mar 27**  
**10:00-11:30**

## 265 The Majors and the Minors: Prophets in the Bible

*Christina Howard, MA, IB, History*

When we think of prophets in the Bible, we think of the 'Big' names like Samuel, Ezekiel, Isaiah and Daniel. But did you realize there are at least 88 of the God-fearing ones mentioned in the Bible? Some are remembered for their crazy exploits like streaking through the Middle East or being swallowed by a giant fish. Yes, there were countless pagan prophets as well. And how were they categorized as majors or minors? Who were they? What made them king-makers and king breakers? What did they have to say that put them in the Big League of God's spokesmen? In this presentation, we'll take a quick look at these men (and women) and what they had to say.

**Location: Oasis at The Meadows**

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

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

## 266 Old Time Radio Themes

*Sean Rima, KTSA*

During the class, KTSA personality Sean Rima will play examples from old radio shows and discuss how these programs were the prime entertainment of their era, and then evolved into television, changing radio forever.

**Location: Oasis at The Meadows**

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

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

## 267 TV Breakthroughs and Fascinating Trivia

*Beverly Prado*

Most everyone will agree that television changed the face of media and modern culture. From the first live broadcasts of current events, to controversial programming, TV has given us many unforgettable moments...think talk shows, *Murphy Brown*, *Ellen* and live sports events. What other groundbreaking TV moments can you think of? Conversation and film clips will highlight this presentation.

**Location: Oasis at The Meadows**

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

**Apr 1**  
**6:00-7:30** 🌙

## 268 High Tea

*Jane Paccione*

Afternoon tea is a tradition that is a part of English history. It was introduced in England by Anna, the seventh Duchess of Bedford, in 1840. She wanted something small to satisfy her hunger, nothing too large just something to see her through until dinner time. From this want, the afternoon tea ritual was born. Come and enjoy some tea!

**Location: Oasis at The Chandler House**

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

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

## 269 Cookie Decorating: Fun Fiesta Cookies



*Over the Top Cake Supplies*

These fun and colorful cookies are easier to make than you think! In this class students will learn to tell the difference between piping and flooding consistencies of royal icing, and learn techniques to get that perfect look to your cookies. Each student will decorate and take home 6 cookies. All supplies are included.

**Location: Oasis at The Meadows**

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

**Apr 8**  
**1:00-2:30**

## 270 Charcoal Drawing

*Vikky Jones*

An opportunity to be artsy and messy with charcoal while learning several drawing techniques. Exercise observation skills while drawing a still life, allowing the space to offer your own creative flair. All supplies will be included.

**Location: Oasis at The Chandler House**

**Thursdays**  
**Fee: \$20**

**Apr 10-17**  
**9:30-11:00**

## 271 Code Girls of World War II

*Gloria Jennings*

Far less well-known than Rosie the Riveter are the more than 10,000 women who traveled to Washington, D.C., to lend their minds and their hard-won educations to the war effort, and were behind some of the most significant individual code-breaking triumphs of the war. These women were a crucial part of the war and broke numerous codes that were of significant importance to the Allied Forces and helped them to win and shorten the Second World War. Come listen to their story.

**Location: Oasis at The Meadows**

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

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

## 272 Tarantula Talks

*The Witte Museum*



Learn about the anatomy, behavior, and tactics of tarantulas and other spiders that allow them to thrive in their ecosystems. Join Witte Museum staff in an educational presentation that includes a live animal encounter.

**Location: Oasis at The Meadows**

**Thursday**  
**Fee: \$9**

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

## 273 Special Event: Fiesta Tapas And Wine Tasting

*Bob Bragg, WSET Level 3, CSW*

Viva Fiesta! Join us as we enjoy delicious tapas paired with various wines. Learn how to pair wine with food in this fun pre-fiesta event!

**Location: Oasis at The Meadows**

**Tuesday**  
**Fee: \$55**

**Apr 8**  
**5:00-7:00** 



## 274 Italian Opera

*Sarah Davis,*  
*Professional Opera Singer*

**LIVE  
MUSIC!**

Professional opera singer, Sarah Davis, will take you through a survey of some of the major operas written in the Italian language, by composers such as Monteverdi, Handel, Mozart, Rossini, Bellini, Donizetti, Verdi, and Puccini. Using audio, video and maybe live examples, this class will explore the history of Italian opera, the plots, the arias, and the famous singers of today.

**Location: Oasis at The Meadows**

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

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

**PLEASE LET US  
KNOW...**

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

## 275 Easy Plant Propagation

*Bexar County Master Gardeners*

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

**Location: Oasis at The Chandler House**

**Tuesday**

**Fee: \$7**

**Apr 15**

**2:00-3:30**



## 276 Mel Brooks, Master of Comedy

*Beverly Prado*

Just the mention of his name will make fans of this historic comedian, writer and director, smile or even laugh out loud. Pushing boundaries in comedy has always been Brooks' trademark. As he approaches his 100th birthday, he's still going strong. Join us to explore some of his best work, including *Blazing Saddles*, *The Producers*, *Young Frankenstein*, and his Oscar, Tony, Emmy and Grammy wins. Get ready to laugh!

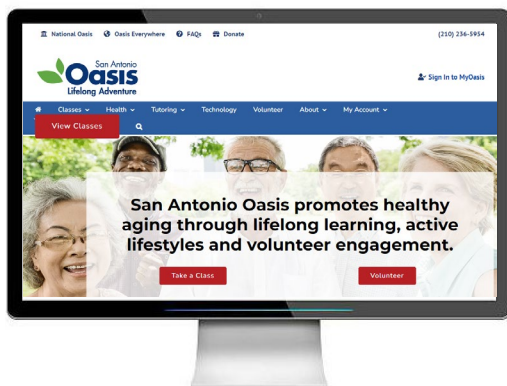
**Location: Oasis at The Meadows**

**Tuesday**

**Fee: \$7**

**Apr 15**

**1:00-2:30**



## 277 Fred Astaire and Ginger Rogers: Dancing Magic

*Beverly Prado*

During the 1930s, audiences were dazzled by the films of Astaire and Rogers. The nine films they made together were musicals with plenty of dancing, singing and comedy. This elegant duo introduced such songs as "Cheek to Cheek", "The Way You Look Tonight", and "The Continental." Their light-hearted films provided an escape from the hard times of the Depression. Learn more about them with film clips from their movies and later careers.

**Location: Oasis at The Chandler House**

**Thursday**

**Fee: \$7**

**Apr 17**

**2:00-3:30**

## 278 On Parade! The History of San Antonio's Fiesta Parades

*Bill Perryman, M.Ed.,*

*Certified Professional Tour Guide*

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

**Location: Oasis at The Meadows**

**Thursday**

**Fee: \$11**

**Apr 17**

**10:00-11:30**

**VISIT US ONLINE**

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

## 279 Criminal Justice Around the World

*Geary Reamey*

This is an overview of how the world's major legal systems approach criminal justice, particularly in the prosecution of cases. Students will be introduced to the fundamentals of the "civil law" or "inquisitorial" approach, the "common law" systems used in the U.S. and Great Britain, the Chinese "authoritarian" or communist approach, and a religion-based approach to criminal justice using Islamic Law.

**Location: Oasis at The Meadows**

**Wednesday** **Jan 15**  
**Fee: \$7** **1:00-2:30**

## 280 Transfer on Death Deeds

*Todd Marquardt, Attorney at Law*

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

**Location: Oasis at The Meadows**

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

## 281 History of San Antonio's Water

*Gregg Eckhardt, SAWS*

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

**Location: Oasis at The Chandler House**

**Tuesday** **Jan 21**  
**Free** **9:30-11:00**

## 282 Tax Planning for 2025 and Beyond

*Jake Yetterberg, CSA*

Big changes are coming soon as the Jobs and Tax Act, also known as the Trump tax cuts, finally expire. These changes are substantial and will affect nearly everyone.

**Location: Oasis at The Meadows**

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

## 283 Meet Your SAPD SAFE Officers

*San Antonio Police Department*

Meet your Monte Vista SAPD SAFE Officers: SAPD substations serve as a base for patrol officers, property crime and crisis response investigators. Each substation includes a San Antonio Fear Free Environment (SAFE) unit with officers assigned to specific neighborhoods.

**Location: Oasis at The Chandler House**

**Thursday** **Jan 23**  
**Free** **9:30-11:00**

## 284 Birds of South Texas

*Erin Magerl, Mitchell Lake Audubon Center*

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

**Location: Oasis at The Meadows**

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



## 285 Bridge Basics

*Ed Rawlinson*

Have you ever wanted to learn to play bridge? If you want to learn the game, come to this class to help you get started.

**Location: Oasis at The Meadows**

**Thursdays** Jan 23-Feb 13  
**Fee: \$20** 1:00-2:30



## 286 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** Jan 23  
**Free** 1:00-2:00

## 287 San Antonio Public Library

*Michelle Rickman*

The San Antonio Public Library (SAPL) changes lives through the transformative power of information, imagination, and ideas. Come learn about everything SAPL has to offer for adults, including digital collections and services. Whether you are new to the library or a proud card member, we welcome your questions and suggestions!

**Location: Oasis at The Chandler House**

**Tuesday** Jan 28  
**Free** 9:30-11:00



## Community Resources

*Kelley Gallant, MBA*

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

**Location: Oasis at The Meadows**

**288 Tuesday** Jan 28  
**Free** 6:00-7:30

**Location: Oasis at The Chandler House**

**289 Tuesday** Mar 4  
**Free** 9:30-11:00

## 290 Living at the Chandler Estates

*Maria Reyna*

Have you ever wondered what happens when you decide to sell your home and move into a 55+ apartment community? Come and ask current residents your questions and learn what a day in the life is like.

**Location: Oasis at The Chandler House**

**Thursday** Jan 30  
**Free** 9:30-11:00

## 291 Decluttering

*Gloria Jennings*

The new year is a great chance for a fresh start—a time to reflect and move forward. It's a great opportunity to set new resolutions and goals for ourselves. It's a great time to declutter! Join us as we discuss 24 easy ways to a less stressful new year.

**Location: Oasis at The Meadows**

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



## 292 Voter Integrity

*Audrey Fisher,  
Texas Silver-Haired Legislature*

Secure elections are the cornerstone of a thriving republic. Learn more about policies that safeguard elections, ensuring that every vote counts.

**Location: Oasis at The Meadows**

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



## 293 Fire Safety

*San Antonio Fire Department*

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

**Location: Oasis at The Meadows**

**Monday Feb 10**  
**Free 10:00-11:30**

## 294 The Thankless Job- Serving as an Executor

*Brennen Boze, Attorney at Law*

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

**Location: Oasis at The Meadows**

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

## 295 Transportation Options for Older Adults

*Jo Ann Tobias-Molina*

Transportation is one of the biggest hurdles that older adults 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 Feb 13**  
**Free 1:00-2:30**

## 296 Financial Planning

*Joseph Warren, Financial Planner*

Learn how to make important decisions regarding money and legal documents, and ways to put legal and financial plans in place.

**Location: Oasis at The Chandler House**

**Tuesday Feb 18**  
**Fee: \$7 9:30-11:00**

## 297 Guide Dogs of Texas

*Su Young Bae, Guide Dogs of Texas*

Guide Dogs of Texas is a nonprofit organization with the mission of providing guide dogs for the blind or visually impaired in order to increase their freedom, mobility and independence. Learn what a guide dog does, how it becomes a guide dog and the benefits guide dogs can give to their visually impaired client.

**Location: Oasis at The Meadows**

**Thursday Feb 20**  
**Free 1:00-2:30**





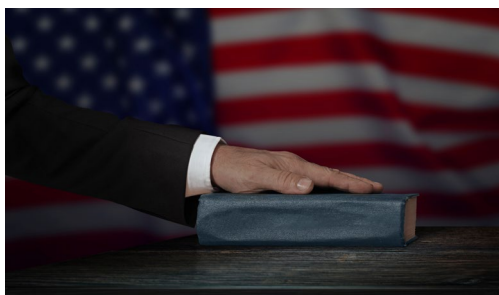
## 298 Swearing in a New President: How Policies Will Help or Hurt Your Financial Plan

*Jake Yetterberg, CSA*

In this class we will learn how promised polices help or hurt your personal financial plan. We will examine the policies that the new administration has promised and cover how these policy changes will affect the individual investor.

**Location: Oasis at The Meadows**

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



## 299 Ask the Director

*Brenda Schmachtenberger*

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

**Location: Oasis at The Meadows**

**Thursday Feb 20**  
**Free 1:00-2:00**

## 300 Love Where You Live For Life

*Sarah Davis*

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

**Location: Oasis at The Meadows**

**Monday Feb 24**  
**Free 10:00-11:30**

## 301 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**

**Tuesday Feb 25**  
**Fee: \$7 6:00-7:30** 🌙

## 302 City of San Antonio Services for Older Adults

*Debra Colorado, City of San Antonio*

Every day in San Antonio people age 60 and older are participating in an exciting array of programs and services specifically designed for older adults. Come learn more about the services that are available.

**Location: Oasis at The Meadows**

**Thursday Feb 27**  
**Free 1:00-2:30**

## 303 All About Silver Connect

*Julie Gonzalez*

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**

**Monday Mar 3**  
**Free 10:00-11:00**

### SEVERE WEATHER OR EMERGENCIES

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

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

## 304 Community Engagement

*Brenda Schmachtenberger*

One way to use your gift of time is to spend some of it to help others. There are many ways to help others that range all the way from small acts of kindness, to engaging across generations to immersing yourself in community service. Come and learn how to get involved in your community. This will be a panel discussion with representatives from Oasis, Meals on Wheels, Ride Connect and the Alzheimer's Association to talk about various volunteer opportunities in the San Antonio community.

**Location: Oasis at The Meadows**

**Wednesday**  
Free

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

## 305 Tips and Tricks for Avoiding Probate

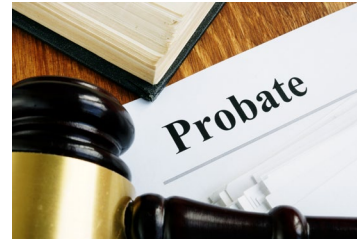
*Brennen Boze, Attorney at Law*

Probate can be a time-consuming and costly process involving the court overseeing your assets' distribution after your death. There are several strategies you can employ to bypass probate and ensure a smoother transfer of your estate to your loved ones.

**Location: Oasis at The Meadows**

**Thursday**  
Fee: \$7

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



## GIVE FOR THE FUTURE



### Making a gift is easy.

Through your will or estate plan you can meet the needs of your loved ones and also leave a legacy to Oasis by supporting the programs you love.

Call Oasis at (210) 236-5954 for more information.

**Thank you for considering the ultimate gift - a gift that is your legacy.**



## 306 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 Meadows**

**Thursday**  
Fee: \$7

**Mar 20**  
10:00-11:30

## 307 False Confessions

*Geary Reamey*

False confessions-untrue admissions of guilt by criminal suspects-account for many wrongful convictions. Why would anyone confess to a crime he or she didn't commit? This class explores the prevalence of false confessions, how they can be induced, and how the criminal justice system seeks to prevent them.

**Location: Oasis at The Meadows**

**Tuesday**  
Fee: \$7

**Apr 1**  
10:00-11:30

## 308 Judicial Decision Making in Texas Criminal Courts



*Judge Ron Rangel*

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

**Location: Oasis at The Meadows**

**Wednesday**

**Apr 2**

**Fee: \$7**

**1:00-2:30**

## 309 VIA Services for Older Adults

*Andrew Guajardo, VIA Metropolitan Transit*

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

**Location: Oasis at The Meadows**

**Tuesday**

**Apr 8**

**Free**

**10:00-11:30**

## 310 Solo Aging

Solo agers are older adults that are making decisions about their future independently. You might be a solo ager if you are...

- An individual or couple without children
- An individual who never married or had children
- An individual living alone since the divorce or death of a partner
- An individual or couple whose children or relatives live far away or are estranged

It is important to understand solo aging because many older adults fall into this category, and many more will become solo agers in the future. Solo aging can be full of joys and assets, but early planning is crucial to maintain choice, independence, and satisfaction throughout later life. This means planning so that your home, finances, medical team, and social community are set up for aging well. This class will include a panel discussion on legal and financial information that is important for solo agers and will also include information about a safety app for those who live alone.

**Location: Oasis at The Meadows**

**Tuesday**

**Mar 25**

**Free**

**10:00-11:30**



## Do You Want to Talk? Try Our Chat Line!

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

**Chat Line: (210) 756-5551**

**Monday-Friday 5pm-9pm**

**Saturday-Sunday 9am-9pm**

Sponsored by:



### 311 Volunteering for Silver Connect

Julie Gonzalez

In this class you will learn about volunteer opportunities available for the Silver Connect program. The Silver Connect program offers adults age 50 plus the opportunity to talk with a friendly, trained volunteer.

**Location: Oasis at The Chandler House**

**Thursday** **Apr 3**  
**Free** **9:30-10:30**

### 312 Chandler House Fun Day



Let's have some fun! Join us for games, snacks, laughter and socialization. Spend the afternoon playing giant size Jenga, Connect Four, Yahtzee, cards and others.

**Location: Oasis at The Chandler House**

**Thursday** **Apr 10**  
**Fee: \$5** **1:30-3:30**

### 313 Ensuring Your Financial, Legal and Beneficiary Plans Work in Harmony

Jake Yetterberg, CSA

In this class we will:

- Learn how to tie your financial plan to your legal plan to ensure your exact wishes are met.
- Find out the most common mistake that could disinherit your loved ones.
- Talk about two ways to control payouts to heirs who are not good at managing money-one is free and one can be costly.
- Learn the best strategy to pass money to a grandchild...it is good for you AND it is good for them.
- Learn how to protect a spouse from the loss of the primary income/pension earner.

**Location: Oasis at The Meadows**

**Tuesday** **Apr 15**   
**Fee: \$7** **6:00-7:30**

### 314 Veterans Resources

Joe Gomez, Bexar County Military and Veterans Services Center

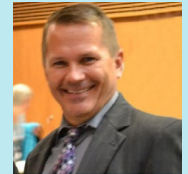
If you are a Veteran or a spouse, dependent or survivor of a Veteran, this class is for you. You may not be aware of the range of benefits available for Veterans and their dependents. Sign up for this class to learn more benefits available to you.

**Location: Oasis at The Meadows**

**Monday** **Apr 14**  
**Free** **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.yourretirementsolutions.com](http://www.yourretirementsolutions.com)**  
**or call (210) 495-3711**

## 315 Beginner iPhone

*Doris Slay-Barber*

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

**Location: Oasis at The Meadows**

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

**Jan 13-20**  
**10:00-12:00**



## 316 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**

**Mar 24-31**  
**10:00-12:00**

## 317 Meet the Computer

*Julie Gonzalez*

Ready to take that first step and learn about computers? This course will introduce the new user to computers, beginning with the components that make up a computer system and how to use a mouse and keyboard. This course also covers basic Windows. Skills including starting apps, the Start menu, and working with the desktop and Windows. Book is included in the fee. Laptops will be provided for use during class.

**Location: Oasis at The Meadows**

**Mondays**  
**Fee: \$25**

**Jan 13-20**  
**1:00-3:00**

## Android Essentials

*Julie Gonzalez*

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 the fee.

**Location: Oasis at The Chandler House**

**318** **Thursdays**  
**Fee: \$35**

**Jan 16-30**  
**2:00-3:30**

**Location: Oasis at The Meadows**

**319** **Fridays**  
**Fee: \$35**

**Mar 7-21**  
**10:00-11:30**

## 320 Intro to Mac Computers

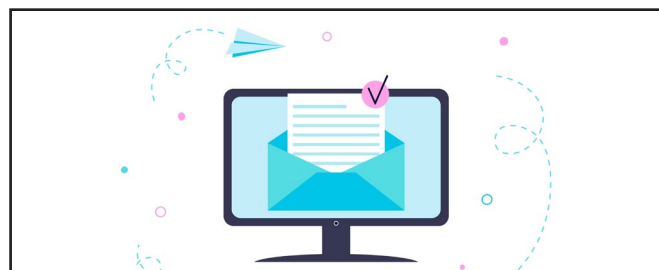
*Carita DeVilbiss*

If you have a Mac computer (MacBook Air, MacBook Pro, iMac, or Mac mini), come join us for this Introduction to Mac Computers. For participants who use desktop Mac computers (iMac or Mac Mini), this workshop is built around handouts for each session so you repeat the exercises at home between sessions and write down your questions to address in the next session. That is why this workshop is spread over four sessions to give you plenty of time to get your questions answered.

**Location: Oasis at The Meadows**

**Mondays & Wednesdays**  
**Fee: \$40**

**Jan 27-Feb 5**  
**1:00-3:00**



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

## 321 Cybercrime Fighters- Phishing and ID Theft

*Sharon Parson*

If you have email, use social media, or even text on your mobile device, you are a target for phishing. Phishing is an attempt to trick you into divulging personal confidential information a cybercriminal can use to steal money or even your identity. This course will teach you to recognize the hallmark signs of phishing and how to stay safer online. Book is included in the fee.

**Location: Oasis at The Meadows**

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

**Feb 6**  
**10:00-12:00**



## 322 Online Shopping And Safety

*Glenda Raichlen*

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

**Location: Oasis at The Meadows**

**Friday**  
**Fee: \$11**

**Feb 7**  
**10:00-12:00**

## 323 Social Media Safety

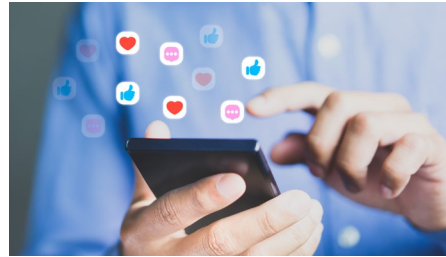
*Jason Meza, Better Business Bureau*

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

**Location: Oasis at The Meadows**

**Tuesday**  
**Free**

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



## 324 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 Meadows**

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

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

## 325 Protecting Your Digital Castle

*David Gallant*

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

**Location: Oasis at The Chandler House**

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

**Apr 8**  
**1:30-3:00**



### Location, Location, Location!

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

## 326 Ten Fun Things To Do With Your iPad

*Doris Slay-Barber*

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

**Location: Oasis at The Meadows**

**Tuesday**

**Feb 4**

**Fee: \$11**

**3:30-5:00**

## 327 YouTube

*Julie Gonzalez*

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

**Location: Oasis at The Meadows**

**Monday**

**Feb 10**

**Fee: \$11**

**1:00-3:00**

## 328 Apple Photos

*Carita De Vilbiss*

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 topics: how to capture/organize/edit/share your visual images (photos and videos). The first session will use a lecture format to cover all four areas. In the second session, you will have an opportunity to ask questions and find answers in this informal hands-on session.

**Location: Oasis at The Meadows**

**Monday & Wednesday**

**Feb 24-26**

**Fee: \$20**

**1:00-3:00**

## 329 Sharing Your Family Stories

*Carita De Vilbiss*

Genealogy or family history? What's the difference? In this class we will discover the difference and focus on our family history. We will explore ways that we can share our own family stories and contribute to our family history and genealogy. Since we are in a digital world, we will also explore ways to preserve and share our family stories after we spend time writing them down. You and I have many years of life experiences and very different family histories that I am sure contain lessons-learned that could be a benefit to others.

**Location: Oasis at The Meadows**

**Monday**

**Mar 10**

**Fee: \$11**

**1:00-3:00**

## 330 Google Calendar and Google Maps

*Sharon Parson*

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. Book is included in the fee.

**Location: Oasis at The Meadows**

**Thursday**

**Mar 13**

**Fee: \$13**

**10:00-12:00**



### 331 Everything iPad

*Carita DeVilbiss*

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

**Location: Oasis at The Meadows**

**Mondays & Wednesdays**      **Mar 24-Apr 2**  
**Fee: \$40**      **1:00-3:00**

### 332 How to Sign Up for Oasis Classes Online

*Kelley Gallant, MBA*

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**

**Monday**      **Apr 14**  
**Free**      **10:00-11:30**

### 333 Intro to iMovie

*Carita DeVilbiss*

In this workshop, those of you who have either an Apple iPad or an Apple computer (desktop or laptop) will have an opportunity to learn about a wonderful creative program called iMovie. This is a hands-on workshop where we will explore the basics of this powerful software program by making your first movie. Since 2017, Apple has been providing iMovie (along with Pages, Numbers, Keynote and GarageBand) for free access to all Apple users. Come join us and have fun giving it a try.

**Location: Oasis at The Meadows**

**Mondays & Wednesdays**      **Apr 7-16**  
**Fee: \$40**      **1:00-3:00**

## 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

Kronkosky  
Charitable Foundation

Greehey Family Foundation

Mays Family Foundation



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

### 334 History of Ukraine

*Michael Cude, PhD, Schreiner University*

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

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

### 335 Heart Health

*Craig Stimson*

Heart health is not only our heart but our whole body as well. By learning to care for ourselves as a whole person, we nourish our hearts. Join us for a look at how to keep our hearts beating strong for a long time to come.

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



### 336 Taking Advantage of Changing Interest Rates

*Jake Yetterberg, CSA*

The Fed and other central banks have promised big changes into and through 2025. Learn how to protect your assets and your income as central banks worldwide manipulate interest rate policy. We will track and explain how to prepare a portfolio for those changes.

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

### 337 Sleep Health

*Chelsea Carriker, MPH, CHES*

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

**Thursday** **Apr 17**  
**Free** **10:00-11:30**





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



Menger Springs  
(Boerne, TX)



The Meadows  
(Medical District, SATX)



The Chandler Estate  
(Monte Vista, SATX)

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

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

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

 Discrimination is Against the Law. Morningside Ministries complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Morningside Ministries does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. License Nos. 101799 & 000697.

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

### 338 Sleep Health

*Craig Stimson*

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 night's sleep.

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

### 339 Heart Health - The Ornish Method

*Craig Stimson*

In 1990, cardiologist Dr. Dean Ornish published his findings on improving heart health through diet, exercise and spiritual well-being. Join us for a look at Dr. Ornish's findings and how you can start improving your health today.

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

### 340 Transportation Options

*Jo Ann Tobias-Molina*

Transportation is one of the biggest hurdles that older adults 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.

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

### 341 Food Bank Healthy Swaps

*San Antonio Food Bank*

Sugary cereals, white bread and soda are foods that people consume daily. They may be convenient and tasty, but they can harm your health. Healthier alternatives are easy to buy or make at home. Learn how to make healthier and more nutritious food "swaps."

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

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

### 342 Sleep Health

*Craig Stimson*

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 night's sleep.

**Wednesday** **Jan 22**  
**Free** **10:00-11:00**

### 343 Life and Goal Setting Just For You

*Jill Davila*

In this class we will use online resources, encourage group discussions, and share lived experiences on goal setting. We will discuss five steps we can all take to identify the want or need, then set goals in order to get things DONE.

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

### 344 Social Isolation

*Kelley Gallant, MBA*

Lack of social contacts and having few people to interact with regularly can cause lasting physical and mental health risks. The good news is there are changes you can make in your everyday life to avoid social isolation.

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

### 345 San Antonio Public Library

*Joseph Gonzales, San Antonio Public Library*

The San Antonio Public Library (SAPL) changes lives through the transformative power of information, imagination and ideas. Come learn about everything the SAPL has to offer for adults, including digital collections and services.

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



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

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

### 354 Social Isolation

*Kelley Gallant, MBA*

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.

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

### 355 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 other tips on how to have healthier relationships.

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

### 356 Reframing Aging

*Jo Ann Tobias-Molina*

Embrace the joy of aging! It's time to change the way we talk and think 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.

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

### 357 What is a SAFFE Officer?

*San Antonio Police Department*

Your local police substation has a special San Antonio Fear Free Environment Unit. You will learn from a SAFFE officer how you can assist the police as they focus on identifying, evaluating and resolving community crime.

**Tuesday** **Apr 8**  
**Free** **10:00-11:00**

### 358 Transportation Options

*Jo Ann Tobias-Molina*

Transportation is one of the biggest hurdles that older adults 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.

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

### 359 Hoarding Disorder

*Helen Flores*

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

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

### 360 Cybersecurity

*Gloria Jennings*

Cyber crimes against adults age 60 and over resulted in \$1 billion in losses in 2020 alone. In this class you'll learn how to stay safe online.

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

### 361 Do Your Paperwork Now

*Brennen Boze, Attorney at Law*

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

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

## 362 Museum Reach Walking Tour 364 Nature Tour at Mission San Juan

*Bruce Martin, Certified Professional Tour Guide*

Experience the beautiful Museum Reach of the San Antonio River via this fascinating walking tour, which will feature public art, architecture, history, and nature. Many wonderful surprises await. We will begin near the entrance to La Gloria at 100 E. Grayson. Parking is available under the freeway adjacent to the Pearl, as well as on street parking. Parking fees not included.

**Friday**  
**Fee: \$29**

**Mar 7**  
**9:00-11:00**



*Bruce Martin,*  
*Certified Professional Tour Guide*

Experience nature's beauty and diversity alongside the historic San Antonio River in this popular walk on the Mission Reach Hike and Bike Trail. Appreciate the significant restoration of natural habitat and enjoy wildflowers and water birds on this comfortable walk that will make you proud of our community's investment in the river. Tour will begin and end at Mission San Juan parking lot - 9101 Graf Rd.

**Friday**  
**Fee: \$29**

**Apr 4**  
**9:00-11:00**



## 363 Reflections of Opulence! The King William Historic District

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

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

**Thursday**  
**Fee: \$29**

**Mar 27**  
**10:00-11:45**

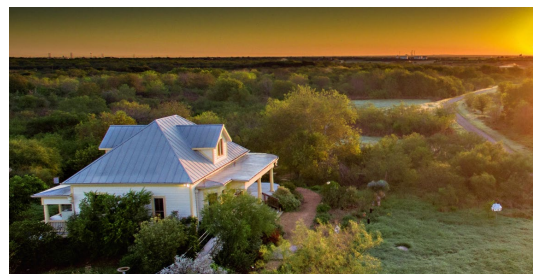


## 365 Mitchell Lake Audubon Center Walking Tour

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

**Tuesday**  
**Fee: \$29**

**Apr 15**  
**9:00-11:00**



## 366 Jersey Boys at the San Pedro Playhouse

Get ready to embark on a musical journey! We will begin the night with dinner at Albi's Vite Italian Kitchen. Then we will head to the San Pedro Playhouse for the regional-produced premiere of the Broadway sensation, *Jersey Boys*. This is a jukebox musical with a book by Marshall Brickman and Rick Elice. The musical steps into the vibrant world of Frankie Valli and the Four Seasons as they go from the streets of New Jersey to the Rock and Roll Hall of Fame. It is a heartwarming, catchy, moving musical about the rise of singer Frankie Vallie and the Four Seasons, and is a bio-musical inspired by the lives of four band members: Frankie Vallie, Tommy DeVito, Bob Gaudio and Nick Massi. It features legendary top 10 hits like "Sherry," "Big Girls Don't Cry," "Walk Like a Man," "Can't Take My Eyes Off You," and "December 1963 (Oh What a Night)." Cost includes motor coach transportation, dinner, admission fees and tips.

**Friday**  
**Fee: \$98**

**Feb 7**  
**4:30-10:30**

## 367 San Antonio Murals Tour

Experience some of San Antonio's wonderful murals, via the comfort of a motor coach driving tour. The tour will highlight dramatic murals you never knew existed, plus a chance to revisit favorites. It is an excellent opportunity to better appreciate San Antonio's artistic and cultural vitality as expressed through murals. Bruce Martin, professional tour guide, will lead this tour. During the tour we will be making a stop at Luby's for lunch. This mural tour will include murals from the Westside, Eastside, and also N. St. Mary's, Presa and Roosevelt streets in San Antonio. Cost includes motor coach transportation, lunch, tour guide fee and tips.



**Thursday**  
**Fee: \$59**

**Mar 6**  
**9:00-3:00**

## 368 Touring San Antonio's Non-Profits

Join us for this day trip and learn about 3 non-profit organizations in San Antonio. Our first stop will be KLRN-TV for a studio tour. Our next stop will be Meals on Wheels that was established in 1977 in conjunction with Grace Place Alzheimer's Activity Centers through public-private partnerships. We will be having lunch there and also have a tour of the brand new facility. Our last stop of the day will be the San Antonio Food Bank for a tour and to learn about the food needs in San Antonio and how the hungry in San Antonio are fed through this innovative program. Cost includes motor coach transportation, lunch, and tips.

**Thursday**  
**Fee: \$56**

**Apr 17**  
**9:30-4:30**

## 369 Sunset Riverboat Dinner Cruise on Lake Austin



When is the last time you did a sunset dinner cruise? Come join us on this 2 ½ hour Sunset Riverboat Dinner Cruise and enjoy a buffet style dinner. Lake Austin, formerly Lake McDonald, is an artificial lake in the western part of Austin on the Colorado River. The reservoir was formed in 1939 by the construction of Tom Miller Dam by the Lower Colorado River Authority. Relax as we cruise and see Austin's beautiful skyline and maybe we will even witness the famous Mexican free-tailed bats as we depart at sunset. The tour will include a short narration by the captain. Don't forget to bring your camera to take pictures of the sunset. Cost includes motor coach transportation, 2 ½ hour cruise with dinner and gratuities.

**Wednesday**  
**Fee: \$99**

**May 7**  
**4:30-11:30**

**Day trips will depart from the corner of St. Cloud and McNeel. Parking is available at The Church of Jesus Christ of Latter Day Saints, located at 2103 St. Cloud.**  
**Day Trips are Non-Refundable.**

## 814 New Mexico Balloon Fiesta

October 10-15, 2025

Upon arrival in Albuquerque we will meet our tour manager and board our motor coach to our hotel for a two night stay in Albuquerque. The first night we will enjoy a welcome dinner with our fellow travelers. The next morning we will experience one of the most photographed events in the world, the Albuquerque International Balloon Fiesta. We will be attending the Hot Air Balloon Fiesta to witness the spectacular “Balloon Glow” as the balloons are lit by their gas jets. The balloons make the sky become a palette of multicolored orbs dancing in the cool morning light. Next we stop in Old Town to see historic adobe buildings and the San Felipe de Neri Church. In the evening we will return to the Balloon Fiesta to witness the “Balloon Glow” again, just before dusk as burners from hundreds of balloons light up the evening sky. The next morning we will visit the Indian Pueblo Cultural Center depicting the history and culture of New Mexico’s 19 Native American pueblos, then head north to visit the Los Alamos Bradbury Science Museum to learn about the Manhattan Project and the creation of the world’s first atomic bomb. Then we will head to Santa Fe for our three night stay.

Santa Fe is renowned for its Pueblo-style architecture. The next morning we’ll travel north via the “High Road to Taos” passing through ancient villages founded in the 1700s and stop in the Spanish village of Chimayo to visit El Santuario, revered by pilgrims for the healing power of the dirt found inside the chapel. Taos is the historic home of the Pueblo Indians and we will enjoy a Taos Pueblo tour. The next day we will enjoy a wonderful Santa Fe city tour including details about the history, culture, and unique architecture of this interesting city. We will see the plaza, Loretto Chapel, and the Palace of the Governors, a Santa Fe landmark built in 1610. The last night we will enjoy a farewell dinner at a local restaurant in the Santa Fe area.

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: \$3,675 per person. Single: \$4,575. Final payment is due July 25, 2025. Credit cards accepted. Make checks payable to AFC Vacations. **You may sign up for this trip on or after January 16, 2025. Phone-in registrations will not be accepted on January 16th. You must register in person at the Oasis Center.**

## 370 New Mexico Balloon Fiesta Preview Show

Location: Oasis at The Meadows

Tuesday  
Free

Jan 14  
10:30-11:30

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



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



700 Babcock Rd.  
San Antonio, TX 78201

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## SPECIAL EVENTS

The graphic for the event features a dark blue background with colorful, stylized flowers and a string of colorful paper banners (papel picado) at the top. The text "FIESTA" is written in large, bold, yellow letters, and "TAPAS AND WINE TASTING" is written in smaller, bold, yellow letters below it.

# FIESTA

## TAPAS AND WINE TASTING

Join us as we enjoy delicious tapas paired with various wines.  
Learn how to pair wine with food in this fun pre-fiesta event!

Tuesday, April 8 from 5:00 pm - 7:00 pm

See class #273 on page 36 for registration information.

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

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