

Spring 2026

Program Catalog

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

San Antonio Oasis Lifelong Adventure

Sponsored by:

WellMed Charitable Foundation

Human Services City of San Antonio

Morningside Ministries Senior Living Communities

Welcome to San Antonio Oasis

Our Mission:

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

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

Center Locations:

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

Oasis at The Chandler House:
137 W. French Place
San Antonio, TX 78212
(Parking available at 510 Belknap Place)

Hours:

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

Contact Us:

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

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

(210) 236-5954



Meet Our Team

Julie Gonzalez
Program Coordinator

Ginny Brown
Interim Executive Director

Lisa Buske
Marketing and Curriculum Coordinator

Greg Perkins
Administrative Assistant

Kelley Gallant
Wellness Coordinator

Sharon Gomez
Financial Coordinator

Craig Stimson
Outreach Coordinator

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

December 22 through January 2	Holiday Break
January 9	Volunteer Training
February 16	Presidents Day
February 20	Volunteer Appreciation

On The Cover

Oasis members enjoy the "Alamo Plaza - What's Going On Down There?" walking tour, hosted by Bruce Martin.

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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!

Sponsors

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

Registration

Please note registration procedures on page 24. 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.

Texercise

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

Location: Oasis at The Meadows

100	**Mondays & Fridays** **Free**	**Jan 12-Feb 13** **9:00-9:45**
101	**Mondays & Fridays** **Free**	**Feb 23-Mar 20** **9:00-9:45**
102	**Mondays & Fridays** **Free**	**Mar 23-Apr 17** **9:00-9:45**
103	**Tuesdays & Thursdays** **Free**	**Jan 13-Feb 12** **9:00-9:45**
104	**Tuesdays & Thursdays** **Free**	**Feb 17-Mar 19** **9:00-9:45**
105	**Tuesdays & Thursdays** **Free**	**Mar 24-Apr 16** **9:00-9:45**

Location: Oasis at The Chandler House

106	**Tuesdays & Thursdays** **Free**	**Jan 13-Feb 12** **11:45-12:30**
107	**Tuesdays & Thursdays** **Free**	**Feb 17-Mar 19** **11:45-12:30**
108	**Tuesdays & Thursdays** **Free**	**Mar 24-Apr 16** **11:45-12:30**

Circuit Training

Gina Chinn

Come join us for a fun class that incorporates both cardio and strength exercises. Stations are set up to provide a full body workout as you make your way around the circuit.

Location: Oasis at The Meadows

109	**Mondays** **Fee: $35**	**Jan 12-Feb 9** **12:00-1:00**
110	**Mondays** **Fee: $28**	**Feb 23-Mar 16** **12:00-1:00**
111	**Mondays** **Fee: $21**	**Mar 23-Apr 6** **12:00-1:00**

Chair Yoga

Gina Chinn

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

Location: Oasis at The Meadows

112	**Mondays** **Fee: $35**	**Jan 12-Feb 9** **1:15-2:15**
113	**Mondays** **Fee: $28**	**Feb 23-Mar 16** **1:15-2:15**
114	**Mondays** **Fee: $21**	**Mar 23-Apr 6** **1:15-2:15**

Stretch and Restore

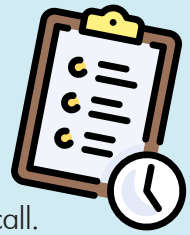
Gina Chinn

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

115	**Mondays** **Fee: $35**	**Jan 12-Feb 9** **2:30-3:30**
116	**Mondays** **Fee: $28**	**Feb 23-Mar 16** **2:30-3:30**
117	**Mondays** **Fee: $21**	**Mar 23-Apr 6** **2:30-3:30**

Waiting List Reminder



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

Neuro Qigong

NEW

Fred Chavez

Qigong is an ancient form of exercise that integrates the breath, postural alignment and mindfulness. It relieves stress, calms the mind and emotions, and improves overall well-being. Neuro Qigong will focus on how Qigong changes our brain.

Location: Oasis at The Meadows

118 **Wednesdays** **Jan 14-Feb 11**
Fee: $40 **9:00-10:00**

119 **Wednesdays** **Feb 18-Mar 18**
Fee: $40 **9:00-10:00**

120 **Wednesdays** **Mar 25-Apr 15**
Fee: $32 **9:00-10:00**

Balance for Daily Life

LeAnn Lupton

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

Location: Oasis at The Meadows

121 **Fridays** **Jan 16-Feb 13**
Fee: $35 **10:00-11:00**

122 **Fridays** **Feb 27-Mar 20**
Fee: $28 **10:00-11:00**

123 **Fridays** **Mar 27-Apr 17**
Fee: $28 **10:00-11:00**

Seated Strength Training

LeAnn Lupton

Upper and lower body chair assisted strength training exercises using dumb bells for weight bearing muscular strength and resistant bands for muscular endurance. Light cardio chair assisted exercises may be incorporated based on class needs.

Location: Oasis at The Meadows

124 **Fridays** **Jan 16-Feb 13**
Fee: $35 **11:15-12:15**

125 **Fridays** **Feb 27-Mar 20**
Fee: $28 **11:15-12:15**

126 **Fridays** **Mar 27-Apr 17**
Fee: $28 **11:15-12:15**

Stretch and Balance



Gina Chinn

This class focuses on improving flexibility, range of motion, and stability through a combination of stretching exercises and balance training. For individuals who are seeking to enhance their overall physical wellbeing, prevent injuries and improve their functional fitness.

Location: Oasis at The Meadows

127 **Thursdays** **Jan 15-Feb 19**
Fee: $42 **1:30-2:30**

128 **Thursdays** **Feb 26-Apr 2**
Fee: $42 **1:30-2:30**

Functional Fitness

Gina Chinn

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

Location: Oasis at The Meadows

129 **Thursdays** **Jan 15-Feb 19**
Fee: $42 **2:45-3:45**

130 **Thursdays** **Feb 26-Apr 2**
Fee: $42 **2:45-3:45**

131 Tai Chi for Aging Well

Fred Chavez

Tai Chi is the art of nurturing the self and the science of power. We will learn a simple seven-movement form, meditation practices and balance training skills. These three are the pillars of foundational Tai Chi practice. Postural control, balance, flexibility, coordination, agility, strength, awareness, confidence and quality of sleep are a few of the primary benefits gained through practice. In addition, there are many therapeutic and holistic benefits to be gained.

Location: Oasis at The Meadows

Tuesdays **Jan 13-Apr 14**
Fee: $90 **6:00-7:00**

Yin Yoga and Yoga Nidra

Fred Chavez

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

Location: Oasis at The Meadows

132	**Wednesdays** **Fee: $40**	**Jan 14-Feb 11** **10:15-11:30**
133	**Wednesdays** **Fee: $40**	**Feb 18-Mar 18** **10:15-11:30**
134	**Wednesdays** **Fee: $32**	**Mar 25-Apr 15** **10:15-11:30**

Tai Chi for Arthritis And Fall Prevention

Older adults are more likely to fall which can cause serious injury, and 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. It is recommended to attend at least one of the first four sessions as the skills learned will build upon each other. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

135	**Tuesdays & Thursdays** **Free**	**Jan 13-Mar 5** **11:15-12:15**
136	**Tuesdays & Thursdays** **Free**	**Feb 3-Mar 26** **2:30-3:30**



Dance Fitness

Angela Clifton

For active older adults who are looking for a fun and exciting class that combines dance steps with cardiovascular exercise. We'll focus on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Location: Oasis at The Meadows

137	**Thursdays** **Fee: $35**	**Jan 15-Feb 12** **12:30-1:30**
138	**Thursdays** **Fee: $35**	**Feb 19-Mar 19** **12:30-1:30**
139	**Thursdays** **Fee: $21**	**Mar 26-Apr 9** **12:30-1:30**

Location: Oasis at The Chandler House

140	**Thursdays** **Fee: $35**	**Mar 5-Apr 2** **2:30-3:30**

Functional Fitness

Lisa Bombela-Comuzzie, RD, LD, CPRS

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

141	**Wednesdays** **Fee: $28**	**Jan 14-Feb 4** **1:45-2:45**
142	**Wednesdays** **Fee: $35**	**Feb 18-Mar 18** **1:45-2:45**
143	**Wednesdays** **Fee: $28**	**Mar 25-Apr 15** **1:45-2:45**

144 Step It Up!

Angela Clifton

Move and groove in this aerobics class using the aerobics stepper for equipment. You will have fun as you gain endurance and muscle.

Location: Oasis at The Meadows

Wednesdays **Fee: $42**	**Jan 14-Feb 18** **3:00-3:45**

145 Beginner Ballet

Cory Fritz

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

Location: Oasis at The Meadows

Thursdays **Jan 15-Feb 12**
Fee: $35 **10:00-11:00**

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

146 **Thursdays** **Feb 19-Mar 19**
Fee: $35 **10:00-11:00**

147 **Thursdays** **Mar 26-Apr 16**
Fee: $28 **10:00-11:00**

Line Dancing



Angela Clifton

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

Location: Oasis at The Meadows

148 **Wednesdays** **Jan 14-Feb 11**
Fee: $35 **12:30-1:30**

149 **Wednesdays** **Feb 18-Mar 18**
Fee: $35 **12:30-1:30**

150 **Wednesdays** **Mar 25-Apr 8**
Fee: $21 **12:30-1:30**

151 Beginner Yoga

Marti Ewing

If you don't know a downward dog from a mountain pose-this class is for you! Learn basic yoga concepts, including positions, poses, breathing exercises and techniques. Standing, floor and chair exercises will be practiced. Bring a yoga mat.

Location: Oasis at The Chandler House

Thursdays **Mar 19-Apr 9**
Fee: $28 **9:30-10:30**

152 Walking Group

Kelley Gallant

Join this great group of walkers to get fit while exploring parks and walking trails in San Antonio. Each walk is at a different park and is about two miles. Walks can include steep and uneven terrain.

Fridays **Feb 27-Apr 3**
Fee: $30 **9:00-10:30**

153 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."

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

Thursdays **Feb 12-19**
Fee: $30 **10:00-11:30**

154 Affordable Dentures and Implants

Dr. Preeti Singh

In this class we will discuss causes of tooth loss, the consequences of tooth loss, steps and options for tooth replacement and why each step is important. We will finish with a question and answer session.

Location: Oasis at The Meadows

Monday **Jan 12**
Fee: $7 **1:00-2:30**

Meditation And Your Brain



Fred Chavez

Meditation is for everyone. However, it is not a "one size fits all" practice. Different meditation styles engage different parts of your brain. Certain meditation forms may be better for particular individuals. Discover which meditation style might be more beneficial for you.

Location: Oasis at The Meadows

155	**Tuesdays**	**Jan 13-Feb 24**
	Fee: $56	**10:00-11:00**
156	**Tuesdays**	**Mar 3-Apr 14**
	Fee: $56	**10:00-11:00**

157 Ten Warning Signs of Alzheimer's

Alzheimer's Association

Alzheimer's and other dementias affect memory, thinking, and behavior, disrupting daily life. The Alzheimer's Association created the Ten Warning Signs program to help people recognize early signs in themselves and others.

Location: Oasis at The Meadows

Tuesday	**Jan 13**
Free	**10:00-11:30**

158 Anchored in the Present: Moving Beyond the Worry Cycle

Michael Brown, CHW

Whether you're an absolute beginner or have an established practice, these one-hour sessions offer essential guidance for deepening your mindful awareness. We'll cover the core mechanics of mindfulness (breath, body, and senses) in a clear, accessible way for those starting out. For experienced practitioners, we'll focus on refining technique, exploring common challenges like a restless mind, and discussing how to move past relying solely on formal sitting. This class is designed to both establish a solid foundation and revitalize your existing practice, ensuring you walk away with immediate, practical tools for living more fully in the present moment.

Location: Oasis at The Meadows

Tuesdays	**Jan 13-Feb 10**
Fee: $35	**4:00-5:00**

159 Aging Mastery Program

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

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

Sponsored by WellMed Charitable Foundation

Location: Oasis at The Meadows

Wednesdays	**Jan 14-Mar 25***
Free	**1:00-2:30**

*** No Class Mar 11**



160 A Matter of Balance

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

Location: Oasis at The Meadows

Fridays	**Jan 16-Mar 13**
Free	**10:00-11:30**

161 Plant Based Diet

Vikky Jones

As an eight-year vegan, the instructor will share the basics of choosing a plant based diet, introducing the different versions and their benefits to your health. The most common questions surrounding plant based eating will be answered, along with providing resources and recommendations. You will also receive several delicious recipes to take home and try.

Location: Oasis at The Chandler House

Thursday	**Jan 15**
Fee: $7	**10:30-11:30**

Social Isolation

A 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

162	**Monday**	**Feb 23**
	Free	**10:00-11:30**

Location: Oasis at The Chandler House

163	**Thursday**	**Feb 17**
	Free	**2:00-3:30**

164 Substance Use Disorder and the Dangers of Fentanyl

Siria A. Arriaga, AAS, CHWI

Educational session that provides a clear and approachable overview of Substance Use Disorder, what it is, how it develops and why its considered a chronic medical condition rather than a moral failing. A special focus on "One Pill Kills" presentation highlighting the growing risks of counterfeit pill laced with fentanyl.

Location: Oasis at The Meadows

Tuesday	**Jan 20**
Fee: $7	**5:30-7:00**

165 How Change Affects Us As We Age

Zuly Serrano, LCSW

As we age there are many changes we face, from physical and cognitive changes to changes in society and also changes within our families. There are good changes too, like births, perspective changes (wisdom), and changes in what we deem important. Come join us for a discussion on change.

Location: Oasis at The Meadows

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

166 Managing Anxiety

Kimberly Haney, LCSW

According to the Anxiety and Depressions Assn. of America, until recently, experts believed that anxiety disorders declined with age. However, older adults are less likely to report psychiatric symptoms. Aging and anxiety are not mutually exclusive. Anxiety is common in all ages. Learn about symptoms and the latest treatments.

Location: Oasis at The Meadows

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

167 How Sweet It Is: Limiting Sugar in Your Diet

Gretchen Hill

Learn effective ways to reduce sugar consumption. Enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Chandler House

Thursday	**Jan 22**
Fee: $5	**9:30-11:00**



168 Food Allergies

UTHSC Dietetic Intern

The prevalence of food allergies is growing worldwide. This problem is often neglected in older adults. Several age related factors can be responsible for food allergies in older adults. Come learn about these age related factors and adverse reactions from diagnosis to management.

Location: Oasis at The Meadows

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

169 All About Inflammation

Karen Robinson, RN

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

Location: Oasis at The Meadows

Monday **Jan 26**
Fee: $7 **1:00-2:30**

170 Brain Games

Karen Brown

Let's socialize and have some fun at the same time! Come join us for some card games! You will learn some new games, meet new friends, while exercising your brain! Please bring one deck of playing cards, the rest of the games will be furnished.

Location: Oasis at The Meadows

Tuesdays **Jan 27-Feb 24**
Fee: $40 **1:00-2:30**

171 Earthing/Grounding

Bill Marcus

Imagine that we are all connected. How can it be that our connection exists on an atomic level? Learn the real life scientific reasons and better understand the true theory behind the act of grounding!

Location: Oasis at The Meadows

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

172 End-of-Life and Family Dynamics

Maria Wellisch, RN, LNFA, BBA

The decisions we make at the end-of-life can be difficult to deal with, especially as a family. In this presentation, we will explore family issues, new and old, that we are confronted with at the end-of-life and learn how to better communicate with each other. The goal of this presentation is to help families become more cohesive rather than distant when we need each other the most.

Location: Oasis at The Meadows

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

173 Healthy Cooking Demonstration

Jack DeVerter and Clarissa Gorena

For this course, we will teach the class how to prepare meals for breakfast, lunch, dinner, and even healthy desserts. We will focus on high-protein and high-fiber meals that can help reduce cholesterol, improve heart health, and overall well-being.

Location: Oasis at The Meadows

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

174 Discover Yourself Through the Enneagram

Pat Whitty

Join us for an introduction to the Enneagram, a powerful exploration of one of today's most insightful tools for self-awareness and personal growth. Whether you're brand new to the Enneagram or curious to deepen your understanding, this session will help you uncover the patterns that shape your thoughts, feelings, and behaviors. You'll learn about the nine core types, how they influence relationships, and how greater awareness can lead to transformation in both your personal and professional life. Come with an open mind—and leave with fresh insights into who you are, why you do what you do, and how you can live with greater freedom and authenticity.

Location: Oasis at The Meadows

Monday **Feb 2**
Fee: $7 **10:00-11:30**

175 Menopause: Before, During and After

Cynthia Beal

Physical changes such as hot flashes, weight gain, and loss of sleep are signs of perimenopause and menopause. Learn about these changes and what can be done to combat them. You'll also learn what you will experience post-menopause and how to maintain healthy bones, heart and incontinence so you can live and thrive in your post-menopausal years.

Location: Oasis at The Meadows

Thursday **Feb 5**
Fee: $7 **10:00-11:30**

176 All About Drug, Food and Supplement Interactions

UTHSC Pharmacy Students

Many adults are unaware that certain foods, over-the-counter medications, vitamins and herbal products can interact with their prescription medications. Learn 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

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



177 Drug, Food and Supplement Interactions Check

UTHSC Pharmacy Students

Sit down one-on-one with pharmacy and dietetics 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

Thursday **Feb 5**
Free **11:30-1:30**

178 The Benefits of Eating a Plant Based Diet

Ginny Brown, LCHW

A plant-based diet is a dietary pattern that emphasizes consuming primarily plant foods, such as fruits, vegetables, whole grains, legumes, nuts and seeds. It may or may not exclude animal products, such as meat, dairy, and eggs. The class will discuss what the diet is and some of its benefits for longevity and health.

Location: Oasis at The Meadows

Wednesday **Feb 11**
Fee: $7 **10:00-11:30**



179 Top Five Ways to Thrive as a Caregiver

Tina Smith, Caregiver SOS

Have you thought about what things can make caring for a loved one or family member so difficult sometimes? This session will help you identify the things you have had to change in your life, including how you thought your future would be. Caregivers can listen to others share how they have dealt with some of the common difficulties.

Location: Oasis at The Meadows

Thursday **Feb 12**
Free **1:00-2:30**

180 Eating for a Stronger Immune System

Chelsea Carriker, MPH, CHES

Want to learn how the foods you eat can help with keeping you well? In this class, we'll explore the importance and role of nutrition in supporting your immune system. We will finish our discussion with a food demonstration to learn easy, delicious recipes with immune-supporting foods.

Location: Oasis at The Meadows

Friday **Feb 13**
Fee: $10 **10:00-11:30**

181 Skin Cancer

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

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

Location: Oasis at The Meadows

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

182 Stay Regular with Fiber

Gretchen Hill

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

Location: Oasis at The Meadows

Thursday **Feb 19**
Fee: $5 **1:00-2:30**

183 Beating Procrastination

Mark Ellis

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

Location: Oasis at The Meadows

Monday **Feb 23**
Fee: $7 **10:00-11:30**



Location, Location, Location!

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

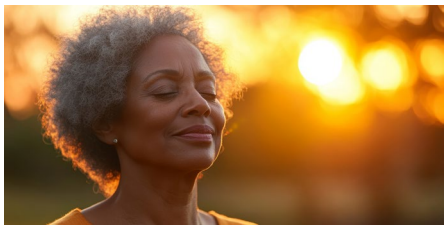
184 Fifty Questions to Free Your Mind

Ginny Brown, LCHW

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

Location: Oasis at The Meadows

Wednesday **Feb 25**
Fee: $7 **10:00-11:30**



185 Communicating Effectively With Your Doctor

Craig Stimson

As healthcare becomes more complex, having a meaningful and productive conversation with your doctor is vitally important. Come learn tips on effectively communicating with your doctor and their staff.

Location: Oasis at The Meadows

Tuesday **Feb 24**
Fee: $7 **10:00-11:30**

186 The Changing Nutritional Needs Of Older Adults

UTHSC Dietetic Intern

As you age, your taste, medications and physical activity can affect your nutritional needs. Come join us to learn how to get a lot of nutrients without a lot of calories, what foods to avoid that are empty calories, learn about low cholesterol and low fat foods and how to make sure you are hydrated.

Location: Oasis at The Meadows

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

187 Caregivers and Grief and Loss

Tina Smith, Caregiver SOS

Have you found yourself crying or troubled about the condition of your loved one or how you will cope after his/her death? The session will discuss ways to think about grief and loss and lessen the emotional pain as your loved one changes and/or gets closer to the end of life. You will hear other caregivers share what they have learned about grief and loss.

Location: Oasis at The Chandler House

Thursday	**Feb 26**
Free	**9:30-11:00**

188 Can Fiber Lower Diabetic Risks?

UTHSC Dietetic Intern

Come learn about fiber in relation to blood sugar control, healthy weight, insulin sensitivity, reducing inflammation and supporting healthy gut bacteria. This class will teach which foods to focus on and which foods to stay away from. We will also discuss research studies and how to increase your fiber intake to get the best health benefits.

Location: Oasis at The Meadows

Tuesday	**Mar 3**
Fee: $7	**10:00-11:30**



189 Label Reading, What's Changed?

Karen Robinson, RN

Do you completely understand the labels and packaging on your food? Label reading has changed over the years. Let's look at the changes. This class will help you learn to better manage your health by understanding what's going into your body.

Location: Oasis at The Meadows

Thursday	**Mar 5**
Fee: $7	**10:00-11:30**

190 Healthy Meal Planning

Chelsea Carriker, MPH, CHES

Want to eat healthier but don't know where to start? Whether you're cooking for one, managing a health condition or simply looking to eat well on a budget, come learn how to plan balanced meals, simplify grocery shopping and reduce food waste. Let's take the guesswork out of healthy eating.

Location: Oasis at The Chandler House

Thursday	**Mar 5**
Fee: $7	**9:30-11:00**

191 Optimal Breathing

Fred Chavez

Is there a better way of breathing? Science and ancient traditions agree that there is. We'll learn the importance of developing a better breath for optimal health, better sleep, and greater focus and calmness.

Location: Oasis at The Meadows

Tuesdays	**Mar 10-Apr 14**
Fee: $48	**11:15-12:15**

192 Integral Philosophy

Fred Chavez

Learn a different way of thinking about the world and gain a new perspective. Integral helps to make sense of the entire universe. Through five simple ideas of Integral, you will discover a single, unified, integrated worldview that unites different philosophies, traditions and ideas about the world.

Location: Oasis at The Meadows

Thursdays	**Mar 12-Apr 16**
Fee: $48	**11:15-12:15**

193 The Skinny on Fat

Gretchen Hill

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

Location: Oasis at The Chandler House

Tuesday	**Mar 10**
Fee: $5	**9:30-11:00**

194 The Truth Behind Protein Powders and Protein Bars

Michelle Pierce, BS, MDS

Protein powders and bars are convenient, but are highly processed and may contain concerning ingredients like added sugars, artificial sweeteners, and heavy metals. We will discuss the benefits, drawbacks and risks of these products. There are ways to choose healthier options, so come learn what to choose to be a healthier you!

Location: Oasis at The Meadows

Tuesday **Mar 3**
Fee: $7 **6:00-7:30**

195 Fibroscan Screening

Toluwalase Okubote, MPH, PMP

Receive a free non-invasive FibroScan, from The Texas Liver Institute, a quick and painless test that measures liver stiffness and fat content to assess for signs of fatty liver disease. This screening helps identify liver health concerns early, enabling timely intervention and management. After registering, you will be called to set an appointment time.

Location: Oasis at The Meadows

Tuesday **Mar 10**
Free **5:00-8:00**

CPR Training



Gyna Juarez

CPR saves lives. This free CPR course will providean 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 American Heart Association.

Location: Oasis at The Chandler House

196 **Tuesday** **Jan 27**
Free **1:00-2:30**

Location: Oasis at The Meadows

197 **Monday** **Mar 23**
Free **10:00-12:00**

198 Vitamin and Mineral Deficiencies

Lisa Bombela-Comuzzie, RD, LD, CPRS

Nutritional needs are influenced by many factors including age, medication use, physiology and activity level. There are nutrition guidelines that focus on eating practices to reduce lifestyle diseases and malnutrition. We will discuss these key nutrient requirements, drug interactions and whole food sources.

Location: Oasis at The Meadows

Monday **Mar 16**
Fee: $7 **10:00-11:30**

199 Dementia Conversations

Alzheimer's Association

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

Location: Oasis at The Meadows

Tuesday **Mar 17**
Free **6:00-7:30**

200 Eat Smart-Live Long

Michael Ortiz II

This four-session series is designed to improve fruit and vegetable consumption and physical activity among older adults.

Location: Oasis at The Meadows

Thursdays **Mar 19-Apr 9**
Free **10:00-11:30**

Like us on Facebook

Facebook.com/SanAntonioOasis

201 Sharper Brains-Extended

Dan Dimitriu, PhD, PE

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

Location: Oasis at The Meadows

Fridays **Mar 20-Apr 10**
Fee: $28 **10:00-11:30**



202 Maintain Your Brain

Alzheimer's Association

The health of the brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, playing, and even sleeping. There is a lot you can do to help keep your brain healthier as you age. Learn the steps to reduce your risk.

Location: Oasis at The Chandler House

Tuesday **Mar 24**
Free **9:30-11:00**

203 Phobias

Zuly Serrano, LCSW

There are categories of phobias from specific, social, animal, situational and even natural environment phobias. We will discuss these as well as symptoms, treatments and we will discuss the difference between fear and phobia. This class will help to explain common phobias and a few that are not so common. Let's discover and learn about phobias together.

Location: Oasis at The Meadows

Wednesday **Mar 25**
Fee: $7 **10:00-11:30**

204 Medicare Made Easy

Unidad Gonzalez

If you want to learn more about Medicare services, this is the class for you. We will help you understand Part A, B and C (Medicare Advantage Plans), Part D (Prescription Drug Plans) and Medicare Supplemental Policies (Medigap Insurance).

Location: Oasis at The Chandler House

Tuesday **Mar 24**
Free **1:30-3:00**

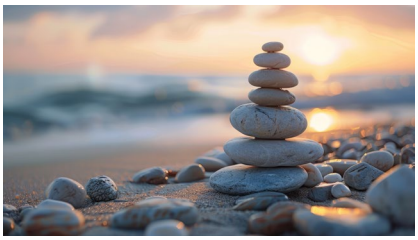
205 Mind, Body and Spirit: Exploring Holistic Health

Craig Stimson

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

Location: Oasis at The Meadows

Wednesday **Mar 25**
Fee: $7 **10:00-11:30**



206 The Importance of Relaxation for Caregivers

Tina Smith, Caregiver SOS

Do you get to the end of the day feeling like you have been completely drained of all energy and are unhappy with yourself? This session will discuss the need for relaxation in your daily routine and some proven techniques to lower your stress. You will hear other caregivers share the ways they have learned to relax.

Location: Oasis at The Meadows

Thursday **Mar 26**
Free **10:00-11:30**

207 Cancer Prevention

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

Cancer Prevention involves taking measures to reduce your risk of developing cancer. We will discuss lifestyle modifications, vaccinations, screenings, some specific cancer prevention recommendations, as well as other measures.

Location: Oasis at The Meadows

Monday **Mar 30**
Fee: $7 **10:00-11:30**

208 How Do I Spell Relief: Guide to Stress Management

Tina Smith, Caregiver SOS

How would you rate your ability to manage the stress you feel as you care for your loved one or family member? Learn healthy strategies and techniques to manage stress in this session. Also, you will hear about the importance of preparing for stressful events by maintaining physical and emotional balance every day. You will hear other caregivers share their successful experiences in recognizing and coping with stress.

Location: Oasis at The Chandler House

Tuesday **Mar 31**
Free **9:30-11:00**

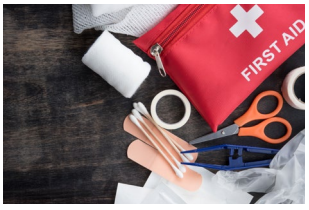
209 Stop the Bleed

Cynthia Beal

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

Location: Oasis at The Meadows

Thursday **Apr 2**
Free **10:00-11:30**



210 Stay Upright - Falls 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 risks.

Location: Oasis at The Meadows

Monday **Apr 6**
Fee: $7 **1:00-2:30**



211 Dairy Foods: Calcium and Vitamin D Superstars

Gretchen Hill

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

Location: Oasis at The Meadows

Tuesday **Apr 7**
Fee: $5 **1:00-2:30**

212 Intuitive Eating

Terrell Davenport

Intuitive eating is an anti-diet framework that emphasizes listening to your body's internal hunger and fullness cues to guide your eating. Rather than following external rules about what or how much to eat, this approach focuses on building a healthy relationship with food and your body by integrating instinct, emotion, and rational thought.

Location: Oasis at The Meadows

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

213 Managing Stress and Being Overwhelmed with Meditation

Michael Brown, CHW

The goal is to equip participants with practical meditation techniques to calm the nervous system and respond to stress more effectively.

Location: Oasis at The Chandler House

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

214 Forgiveness

Ginny Brown, LCHW

Forgiveness is the process of voluntarily giving up resentment and anger toward someone who has harmed you. While it is not always easy, forgiveness can lead to significant personal benefits like peace of mind, improved mental and physical health, and, in some cases, stronger relationships. This class will discuss barriers to forgiveness and the deeper resolution of forgiveness and its possible outcome.

Location: Oasis at The Meadows

Wednesday	**Apr 8**
Fee: $7	**10:00-11:30**

215 Music Therapy

Catherine Befi-Hensel, PhD, MT-BC

Join us for a class using music interventions to address physical, emotional, cognitive and social needs. Music therapy improves mood, reduces stress and anxiety, improves focus, memory recall and enhances self-confidence. Come enjoy some music and see what the benefits can be for you!

Location: Oasis at The Meadows

Wednesday	**Apr 8**
Fee: $7	**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.

216 Alzheimer's Research Updates

Alzheimer's Association

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

Location: Oasis at The Meadows

Thursday	**Apr 9**
Free	**1:00-2:30**

217 Autoimmune Diseases: What Are They?

Chelsea Carriker, MPH, CHES

An autoimmune disease is a condition in which the immune system attacks itself, mistaking its own cells as an invader. But are autoimmune diseases contagious? If you have one, does that mean you have a compromised immune system? Is there a cure? In this class, we will discuss what autoimmune diseases are, the most common types and the risk factors.

Location: Oasis at The Meadows

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

218 Better Bones And Balance



Pat Marcus

Come learn how your bone strength and balance are integral. We need strong bones to reduce fall risk, increase our overall strength, better balance and flexibility and to remain independent. The other component that will be discussed is good nutrition for bone health. The instructor will have you participate in a few exercises and will demonstrate others. Please wear comfortable clothes and suitable footwear for exercising.

Location: Oasis at The Meadows

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

219 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 12, Feb 9, Mar 9, Apr 13**
Fee: $8	**10:00-11:30**

220 Alcohol Ink

Gaylynne Robinson

If you think you can't do art, this is the class for you. We will use alcohol inks to make beautiful organic designs that you will be proud to frame. We will put these designs on a special paper, black and white tile squares, and glass. Supply list will be provided. Approximate cost of supplies is $30.

Location: Oasis at The Chandler House

Tuesdays	**Jan 13-Feb 17**
Fee: $42	**9:30-11:30**

221 Container Gardening - Succulents

Bexar County Master Gardeners

Growing succulents in containers is easy with the right care. We will explore using the right pot with the right plant palette, and learn how to care for succulents by using the correct soil, water, light and temperature.

Location: Oasis at The Chandler House

Tuesday	**Jan 13**
Fee: $7	**1:00-2:30**

222 Women Artists

Vikky Jones, MFA, UTSA

From the Renaissance to the present, women have been creating amazing art despite having been left out of art history books for decades. We'll learn about how through time and with perseverance, women have strengthened their voices to become prominent and influential in contemporary art.

Location: Oasis at The Meadows

Wednesday	**Jan 14**
Fee: $7	**1:00-2:30**

223 Lord Byron- The Man and His Writings

Molly Valdez

Explore the life and works of George Gordon, Lord Byron — one of the most celebrated and controversial poets of the Romantic era. While his scandalous personal life often drew public attention, it is his passionate, lyrical, and emotionally charged poetry that secured his place in literary history. We'll focus on Byron's writings, examining their beauty, brilliance, and enduring influence. Discover how his poetic voice captured the spirit of Romanticism and why his legacy continues to fascinate readers around the world.

Location: Oasis at The Meadows

Tuesday	**Jan 13**
Fee: $7	**5:30-7:00**

224 British Literature from 1500-1800

Judith Hurst, MA

The Three R's: Renaissance, Restoration and Romanticism: Discussion on how literature reflected the history of England from 1500 to 1870. Using Shakespeare as our departure point—concentrating on how the Italian movement of the Renaissance allowed/encouraged English authors to delve into the interior workings of the mind and individualism—thereby countering the legacy of feudalism. The Restoration period of 1660, with Dryden and Milton, includes the restoration of the Stuarts and the Romantic period from 1798 to 1870 of Keats, Shelley, Coleridge, Wordsworth and Jane Austin incorporates the use of imagination—influenced by the French Revolution.

Location: Oasis at The Meadows

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

225 Chandler Book Club

Kelley Gallant, MBA

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 20, Feb 17, Mar 10, Apr 14**
Fee: $5	**10:00-11:30**

226 Joshua: Big Trouble in Little Jericho

Christina Howard, MA, I.B. History

Joshua was the unsung hero in the story of Exodus. He was always there at Moses's side as his guardian and friend, and continued his work even after the great man died. He was God's soldier, a bit of the Archangel Michael on Earth, for his time. God even favored him with a few miracles to help him move the expansion of the Hebrew nation along. We'll look at his life and accomplishments in this fast-paced PowerPoint presentation.

Location: Oasis at The Meadows

Thursday **Jan 15**
Fee: $7 **1:00-3:00**

227 Singer Songwriters

D C Bloom

Scores of outstanding singer/songwriters have been born and raised in San Antonio. This class will highlight what can be considered the Mount Rushmore of native recording artists who have made the Alamo City proud with their outstanding albums and live performances. The class will explore the careers of Doug Sahm, Terri Hendrix, Tish Hinojosa and Alejandro Escovedo.

Location: Oasis at The Chandler House

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

228 European Revolutions-American Connections

Michael Cude, Ph.D., Schreiner University

This course will summarize three revolutions, the Glorious Revolution of 1688 in England, The French Revolution in the 1790s, and the Polish Revolution of 1794, to show connecting points to the American Revolution. It will illustrate how the American Revolution was part of a broader 'Age of Revolutions' across Europe and the Americas.

Location: Oasis at The Meadows

Thursday **Jan 15**
Fee: $7 **10:00-11:30**

229 A Star is Born: A Story with Many Remakes

Beverly Prado

Audiences throughout film history have been drawn to the story of the young woman rising to stardom, while the fading star who discovers her sinks into self-destruction. We know about the most recent movie starring Lady Gaga and Bradley Cooper, but what about the others. This class will explore the five films with this theme. Beginning in 1932 with *What Price Hollywood?*, we'll examine this popular tale of success and failure.

Location: Oasis at The Meadows

Monday **Jan 19**
Fee: $7 **1:00-2:30**

230 Much Ado About Nothing: Wit and Treachery



Molly Valdez

Much Ado About Nothing is one of Shakespeare's most witty and treacherous comedies. This play contains barely bridled love, unsure admirers, bawdy humor, shenanigans, and a guaranteed happy ending, worked out at the very last, last, last minute. We will take a look at some of the best interactions, explain the language and "in" jokes, admire the quick wit; word play, and watch snippets of one of the best video adaptations of this work.

Location: Oasis at The Meadows

Tuesday **Jan 20**
Fee: $7 **5:30-7:00**

231 Men's Discussion Group

Craig Stimson

Calling all men! Are you looking for a way to get out and socialize with others? Join the Oasis Men's Discussion Group for a monthly discussion where we will talk about current events and enjoy each other's company.

Location: Oasis at The Meadows

Wednesdays **Jan 21, Feb 18, Mar 18, Apr 15**
Fee: $5 **1:00-2:30**

232 Writers Group

Gloria Jennings

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

Location: Oasis at The Meadows

Tuesdays	**Jan 20, Feb 17, Mar 17, Apr 14**
Fee: $9	**10:00-11:30**

233 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 15, Feb 19, Mar 19, Apr 16**
Fee: $5	**10:00-11:30**

234 Inspiring Women

Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Thursday	**Jan 22**
Fee: $11	**10:00-11:30**

Severe Weather or Emergencies

In the event of severe weather or emergencies, class cancellations will be posted to our website. Oasis does not automatically close following the closure of local school districts.

235 The Good, Bad and Ugly: Sibling Rivalry in the Bible

Christina Howard, MA, I.B. History

Those of us with brothers and sisters can understand the complex relationships we have with our siblings. The Bible gives us more than a few interesting examples to take a detailed look at. Among them are Cain and Abel, Leah and Rachel, Jacob and Esau, Joseph and his 11 brothers and sister Dinah, Goliath and his kingly brothers, David and his unsupportive brothers, Mary, Martha and Lazarus, Simon Peter and Andrew, and Jesus and his brothers and sisters. Even Herod had brothers and sisters. We'll put on our observer hazard suits and forge into the family muck via a fast-paced PowerPoint presentation.

Location: Oasis at The Chandler House

Thursday	**Jan 22**
Fee: $7	**1:30-3:30**

236 "Let Them" Theory

Kelley Gallant, MBA

Want to be happier? Let's talk about giving up control of what others think and do. Control can be exhausting and cause unneeded and unwanted stress in your life. If we can learn to accept that we cannot control others around us and learn to use two words, "Let Them" we can move towards less drama and more energy and freedom.

Location: Oasis at The Meadows

Tuesday	**Jan 27**
Fee: $7	**5:30-7:00**

237 Color Pencil Love

Molly Valdez

In this class, you'll get to know and use the best ways to make color pencil look like paint. Yes, that's right, paint, not middle school geography map squiggles. You'll come to love this easy to carry, easy to clean up art supply for its fabulous look and ease of use. Supply list will be provided. Approximate cost of supplies is $30.

Location: Oasis at The Meadows

Tuesdays	**Jan 27-Feb 17**
Fee: $32	**5:30-7:00**

238 Wine Tasting: Ancient Origins of Wine

Bob Bragg, WSET Level 3, CSW

Journey back to the beginnings of winemaking with a guided tasting that explores wine's earliest history. Learn how ancient civilizations cultivated grapes, developed fermentation techniques, and shaped the traditions we enjoy today-all while sampling wines inspired by these rich origins.

Location: Oasis at The Meadows

Thursday **Jan 29**
Fee: $40 **1:00-3:00**



239 Saturday Morning Cartoons

Kelley Gallant, MBA

Remember when we couldn't wait to eat our cereal in front of the TV and watch those marvelous shows? Let's watch *The Jetsons*, *The Flintstones*, *H.R. Pufnstuf*, *Scooby Doo*, *Bugs Bunny*, and so many other great cartoons. Let's talk about their origins and take a walk down memory lane!

Location: Oasis at The Meadows

Wednesday **Jan 28**
Fee: $7 **1:00-2:30**

240 Alamo Plaza - What's Going On Down There?

Bruce Martin, Certified Professional Tour Guide

This new slideshow will bring you up to date regarding substantial enhancements at Alamo Plaza. Some construction is finished and some work is in progress – we will review both. Also, we will study design challenges and the decisions involved in working toward substantial improvements at Texas' most sacred ground.

Location: Oasis at The Meadows

Thursday **Jan 29**
Fee: $10 **10:00-11:30**

241 The Crusades: Untold Stories and Hidden Agendas

Richard Luduena, Ph.D.

The Crusades are not a black and white story. We will discuss some obscure stories that make clear that the participants acted from a variety of motives with all kinds of agendas in a period that changed history and shaped our world today.

Location: Oasis at The Meadows

Monday **Feb 2**
Fee: $7 **1:00-2:30**

242 Bob Dylan

D C Bloom

This class will explore Bob Dylan's lyrical genius and the profound influence the bible has on his songwriting poetry and philosophical storytelling. While focusing on the three Christian albums he released in the early "80's, we will also explore Old testament imagery and moral allegories sprinkled throughout his music. Students will gain a greater appreciation of Dylan's lifelong dialogue on faith, philosophy and the human experience.

Location: Oasis at The Chandler House

Tuesday **Feb 3**
Fee: $7 **1:00-2:30**

243 Classic Romantic Films

Beverly Prado

In the 'golden days' of Hollywood and beyond, movies usually contain a romantic story. Unlike modern action films that feature violence and special effects, some other stories center on character development and the exploration of love and romance. Sometimes, these are the movies we cherish most. Happy endings, or unhappy ones, films such as *Casablanca*, *Roman Holiday*, *Camille*, *The Quiet Man*, even *Lady and the Tramp* remain with us. What is the attraction? Let's explore with film clips and conversation.

Location: Oasis at The Meadows

Tuesday **Feb 10**
Fee: $7 **5:30-7:00**

244 Color Theory/Abstract Cartoon

Vikky Jones, MFA, UTSA

A fun project that involves several steps, first we experiment with changing colors on a chosen cartoon image, then we combine the image with abstract artwork to push your creativity to the max! Plenty of instruction, examples, and materials will be provided.

Location: Oasis at The Chandler House

Thursdays	**Feb 5-19**
Fee: $7	**10:00-11:30**

245 George Washington Carver: Innovator and Visionary

Khalilah Bilal

Discover the inspiring life and legacy of Dr. George Washington Carver, the remarkable American agricultural scientist, educator, and inventor often hailed by *Time* magazine as the "Black Leonardo." Known as the "plant doctor" in his youth and later celebrated as the "peanut man," Dr. Carver's innovations transformed agriculture and improved countless lives. This presentation will highlight his groundbreaking work and inventions, complemented by a reading of original prose from the presenter—who shares a unique personal connection through a mentor, one of Dr. Carver's own students, who taught her the art of beekeeping at the Tuskegee Institute (now Tuskegee University).

Location: Oasis at The Meadows

Tuesday	**Feb 10**
Fee: $7	**1:00-2:30**

246 Mysteries of the Deep Sea

The Witte Museum

Have you ever wondered how life can exist in the crushing pressure and ice-cold temperatures at the bottom of the ocean? Learn about how deep-sea marine fish control their buoyancy, survive extreme pressure and temperature, and find food in one of the most inhospitable environments on Earth.

Location: Oasis at The Meadows

Thursday	**Feb 12**
Fee: $8	**10:00-11:30**

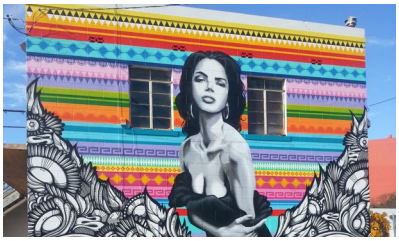
247 Murals, Murals, Murals

Bruce Martin, Certified Professional Tour Guide

This new slideshow will introduce you to a wonderful variety of dynamic murals now enhancing San Antonio. But wait, there's more... We will experience fabulous murals not only in San Antonio but from urban centers both overseas and stateside. Join this exciting opportunity to appreciate the vitality of artistic expression as represented in the truest form of public art.

Location: Oasis at The Meadows

Thursday	**Feb 12**
Fee: $9	**1:30-3:00**



248 Movie Discussion: All the President's Men

Lynn Waghalter

Dive into the groundbreaking 1976 film starring Robert Redford and Dustin Hoffman that follows journalists Bob Woodward and Carl Bernstein as they uncover the Watergate scandal. The first week we will watch the movie, the second week we will discuss it. Refreshments will be served.

Location: Oasis at The Meadows

Tuesdays	**Feb 17-24**
Fee: $11	**3:30-6:00**

249 George Washington: A Call to Duty



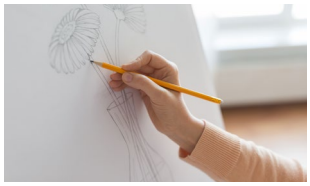
Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Thursday	**Feb 19**
Fee: $11	**10:00-11:30**

250 Pencil Texturing/ Shading



Molly Valdez

Let's look at and draw some normal and unusual textures and shading techniques with pencil. We'll discuss how to use texture and shading to create 3-dimensional images and try some water-soluble pencils for "paint wash" effects. Supply list will be provided. Approximate cost of supplies is $25.

Location: Oasis at The Meadows

Tuesdays **Feb 24-Mar 3**
Fee: $16 **5:30-7:00**

251 Starting a Spring Vegetable Garden

Bexar County Master Gardeners

Participants will learn the Earth Kind principles which will guide them through the planning and planting of a successful vegetable garden. Spring varieties of vegetables will be described, along with tips for successful planting, as well as harvesting the vegetables.

Location: Oasis at The Meadows

Tuesday **Feb 24**
Fee: $7 **10:00-11:30**

252 Downton Abbey

Judith Hurst, MA

After a six-series run and with its third movie release, *Downton Abbey* challenges Americans to appreciate the intricacies of British society. Why does this show create such a wide swath through American society, a society which usually shuns aristocrats and tradition for the sake of tradition? Learn about the Buccaneers—American heiresses who traveled across the ocean to marry a title and rescue noblemen and estates from financial distress and the evolving, merging, even integration of the upstairs/downstairs classes.

Location: Oasis at The Meadows

Thursday **Feb 26**
Fee: $7 **10:00-11:30**

253 Create a Spring Wreath

Kelley Gallant, MBA

Students will learn to create colorful wreaths to take home to celebrate spring in San Antonio. Cost includes supply fee.

Location: Oasis at The Meadows

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

when you Give we Grow

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

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

San Antonio Oasis Lifelong Adventure

Registration Procedures

See Refund Policy on Page 3

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

- **Walk-In and Mail-In: Registrations Processed January 6, 2026**
  (Registrations are placed in a box and randomly drawn and processed.)
- **Online: Registration Opens January 6, 2026 at 9:00am**
- **Phone-In: Registration Opens January 8, 2026**

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. **Membership is free.**
- Please complete the registration form, found on pages 25-28, including name, phone number and Oasis membership number. Please print clearly. Place a check mark in the left-hand column in front of each class for which you want to register.
- All participants must sign the registration form, which serves as signature of the Waiver of Liability below.
- If there are two members in one household, please make a photocopy of the full 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	Circuit Training	$35			
	110	Circuit Training	$28			
	111	Circuit Training	$21			
	112	Chair Yoga	$35			
	113	Chair Yoga	$28			
	114	Chair Yoga	$21			
	115	Stretch and Restore	$35			
	116	Stretch and Restore	$28			
	117	Stretch and Restore	$21			
	118	NeuroQigong	$40			
	119	NeuroQigong	$40			
	120	NeuroQigong	$32			
	121	Balance for Daily Life	$35			
	122	Balance for Daily Life	$28			
	123	Balance for Daily Life	$28			
	124	Seated Strength Training	$35			
	125	Seated Strength Training	$28			
	126	Seated Strength Training	$28			
	127	Stretch and Balance	$42			
	128	Stretch and Balance	$42			
	129	Functional Fitness	$42			
	130	Functional Fitness	$42			
	131	Tai Chi for Aging Well	$90			
	132	Yin Yoga and Yoga Nidra	$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	133	Yin Yoga and Yoga Nidra	$40			
	134	Yin Yoga and Yoga Nidra	$32			
	135	Tai Chi for Arthritis	Free			
	136	Tai Chi for Arthritis	Free			
	137	Dance Fitness	$35			
	138	Dance Fitness	$35			
	139	Dance Fitness	$21			
	140	Dance Fitness	$35			
	141	Functional Fitness	$28			
	142	Functional Fitness	$35			
	143	Functional Fitness	$28			
	144	Step It Up!	$42			
	145	Beginner Ballet	$35			
	146	Intermediate Ballet	$35			
	147	Intermediate Ballet	$28			
	148	Line Dancing	$35			
	149	Line Dancing	$35			
	150	Line Dancing	$21			
	151	Beginner Yoga	$28			
	152	Walking Group	$30			
	153	Pickleball	$30			
	154	Affordable Dentures	$7			
	155	Meditation and Your Brain	$56			
	156	Meditation and Your Brain	$56			
	157	Signs of Alzheimer's	Free			
	158	Beyond the Worry Cycle	$35			
	159	Aging Mastery Program	Free			
	160	A Matter of Balance	Free			
	161	Plant Based Diet	$7			
	162	Social Isolation	Free			
	163	Social Isolation	Free			
	164	Substance Use Disorder	$7			
	165	How Change Affects Us	$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#
	166	Managing Anxiety	$7			
	167	How Sweet It Is	$5			
	168	Food Allergies	$7			
	169	All About Inflammation	$7			
	170	Brain Games	$40			
	171	Earthing/Grounding	$7			
	172	End-of-Life/Family	$7			
	173	Cooking Demonstration	$10			
	174	Enneagram	$7			
	175	Menopause	$7			
	176	Drug Interactions	Free			
	177	Drug Interactions Check	Free			
	178	Plant Based Diet	$7			
	179	Thrive As A Caregiver	Free			
	180	Eating for Immune System	$10			
	181	Skin Cancer	$7			
	182	Stay Regular with Fiber	$5			
	183	Beating Procrastination	$7			
	184	50 Questions	$7			
	185	Communicate With Doctor	$7			
	186	Changing Nutritional Needs	$7			
	187	Caregivers / Grief and Loss	Free			
	188	Fiber/Diabetic Risks	$7			
	189	Label Reading	$7			
	190	Healthy Meal Planning	$7			
	191	Optimal Breathing	$48			
	192	Integral Philosophy	$48			
	193	The Skinny on Fat	$5			
	194	Protein Powders/Bars	$7			
	195	Fibroscan Screening	Free			
	196	CPR Training	Free			
	197	CPR Training	Free			
	198	Vitamin Deficiencies	$7			
	199	Dementia Conversations	Free			
	200	Eat Smart-Live Long	Free			
	201	Sharper Brains - Extended	$28			
	202	Maintain Your Brain	Free			
	203	Phobias	$7			
	204	Medicare Made Easy	Free			
	205	Exploring Holistic Health	$7			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	206	Relaxation for Caregivers	Free			
	207	Cancer Prevention	$7			
	208	Stress Management	Free			
	209	Stop the Bleed	Free			
	210	Falls Prevention	$7			
	211	Dairy Foods	$5			
	212	Intuitive Eating	$7			
	213	Managing Stress	$7			
	214	Forgiveness	$7			
	215	Music Therapy	$7			
	216	Alzheimer's Research	Free			
	217	Autoimmune Disease	$7			
	218	Better Bones and Balance	$7			
	219	Women's Discussion Group	$8			
	220	Alcohol Ink	$42			
	221	Succulents	$7			
	222	Women Artists	$7			
	223	Lord Byron	$7			
	224	British Literature	$7			
	225	Chandler Book Club	$5			
	226	Joshua/Little Jericho	$7			
	227	Singer Songwriters	$7			
	228	European Revolutions	$7			
	229	A Star is Born	$7			
	230	Much Ado about Nothing	$7			
	231	Men's Discussion Group	$5			
	232	Writers Group	$9			
	233	Book Discussion Group	$5			
	234	Inspiring Women	$11			
	235	Sibling Rivalry in the Bible	$7			
	236	'Let Them' Theory	$7			
	237	Color Pencil Love	$32			
	238	Wine Tasting-Origins	$40			
	239	Saturday Morning Cartoons	$7			
	240	Alamo Plaza	$10			
	241	The Crusades	$7			
	242	Bob Dylan	$7			
	243	Classic Romantic Films	$7			
	244	Color Theory	$7			
	245	George Washington Carver	$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#
	246	Mysteries of the Deep Sea	$8			
	247	Murals, Murals, Murals	$9			
	248	All the President's Men	$11			
	249	Washington: A Call to Duty	$11			
	250	Pencil Texturing/Shading	$16			
	251	Spring Vegetable Garden	$7			
	252	Downton Abbey	$7			
	253	Create a Spring Wreath	$40			
	254	Traditional Jazz	$10			
	255	Memoir Writing	$7			
	256	Cosmology	$7			
	257	Bob Wills	$7			
	258	Art Appreciation, Picasso	$7			
	259	Wine Tasting-The Andes	$40			
	260	Introduction to Origami	$10			
	261	Monsters in the Bible	$7			
	262	Robert Redford	$7			
	263	The Girls in the Band	$7			
	264	Trees of San Antonio	$7			
	265	Paint Like Matisse/Picasso	$54			
	266	Who Was Anne Boleyn?	$7			
	267	Omissions from the Bible	$7			
	268	Pastels on Colored Paper	$48			
	269	Unusual/Cool San Antonio	$10			
	270	Hotel Hysteria	$11			
	271	Tenors of the High C's	$9			
	272	Plaster Pottery	$32			
	273	Herb Gardening	$7			
	274	Aging in Ancient Greece	$7			
	275	Introduction to Birding	$7			
	276	Medieval Medusa	$7			
	277	Protest Songs	$7			
	278	Spring Floral Arrangement	$40			
	279	Tackling Writers' Block	$7			
	280	Extinction Excavations	$9			
	281	Iconic Directors	$7			
	282	Tales of Survivors	$7			
	283	Jazz Appreciation	$7			
	284	Brandy Uncorked	$40			
	285	Young at Heart	$8			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	286	Protest Songs Part 2	$7			
	287	Controversial Art	$7			
	288	History of Space Shuttle	$7			
	289	Container Gardening	$7			
	290	Planetary Geology	$7			
	291	Effective Problem Solving	$7			
	292	Multi-Generational Living	$5			
	293	Downsizing	$7			
	294	One Big, Beautiful Bill	$7			
	295	Avoiding Probate	$7			
	296	BiblioTech	$5			
	297	Love Where Live for Life	Free			
	298	All About Silver Connect	Free			
	299	Edwards Aquifer Update	$7			
	300	I Love My Kids	$7			
	301	Volunteering at Oasis	Free			
	302	Aging Alone Together	$18			
	303	Beyond Books	$7			
	304	Community Resources	Free			
	305	Money Safer in Mattress	$7			
	306	Property Appraisal	$5			
	307	Green House Homes	Free			
	308	VIA Services	Free			
	309	Hoarding Disorder	$5			
	310	Tax Reduction Strategies	$7			
	311	SAPD SAFFE Officers	Free			
	312	My Wishes, My Desires	$7			
	313	CPS Energy Programs	Free			
	314	Fire Safety: SAFD	Free			
	315	TXDot Construction Projects	$5			
	316	Decluttering	$7			
	317	Fraud: Protect Yourself	$5			
	318	Artificial Intelligence	$7			
	319	Veteran's Resources	Free			
	320	American GI Forum	Free			
	321	Texas Criminal Justice	$7			
	322	Guide to Genealogy	$7			
	323	Five Critical Factors	$7			
	324	Smartphone Photography	$24			
	325	Adobe Fresco for iPad	$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	326	Windows 11	$35			
	327	Ten Fun Things/iPad	$11			
	328	Choosing the Right Device	$11			
	329	YouTube	$11			
	330	iPad Basics	$11			
	331	Using Your Apple Devices	$11			
	332	Internet Scams	$11			
	333	What is ChatGPT	$11			
	334	Guide to Internet Safety	$11			
	335	Apple Watch	$11			
	336	Beginner iPhone	$22			
	337	Intermediate iPhone	$22			
	338	Meet the Computer	$24			
	339	Wellness on the Web	$13			
	340	Tech Accessibility	$11			
	341	Effective Online Searches	$11			
	342	Google Photos	$13			
	343	Sign Up for Classes Online	Free			
	344	Stress and Your Health	Free			
	345	Introduction to Tai Chi	Free			
	346	The Late Roman Republic	Free			
	347	Intuitive Watercolor	Free			
	348	Caffeine and You	Free			
	349	Warning Signs/Alzheimer's	Free			
	350	SAFFE Officer	Free			
	351	Exercise is Easy	Free			
	352	Hydration/Beverages	Free			
	353	Exercise for Older Adults	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	354	ID Theft	Free			
	355	VIA Resources	Free			
	356	Hydration/Beverages	Free			
	357	Heart Health	Free			
	358	Raising Grandchildren	Free			
	359	Exercise is Easy	Free			
	360	The Skinny on Fat	Free			
	361	ID Theft, Scams, Credit	Free			
	362	The Importance of Sleep	Free			
	363	Fire Safety and FireSafeSA	Free			
	364	Community Resources	Free			
	365	Hoarding Disorder	Free			
	366	Exercise Is Easy	Free			
	367	Sole Source to Diversity	Free			
	368	Heart Health	Free			
	369	Estate Sales	Free			
	370	Protecting Your Money	Free			
	371	Transition of Care	Free			
	372	Mission San Jose	$29			
	373	Mitchell Lake	$29			
	374	King William District	$29			
	375	Alamo Plaza	$29			
	376	Dreamgirls	$106			
	377	Bastrop	$94			
	378	Historic Boerne	$99			
	379	Burton and Brenham	$88			
	380	New York City Preview	Free			

I'm proud to support Oasis!

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 _____

254 Traditional Jazz Lights Up The Red Carpet

LIVE MUSIC!

Glad Hatters Jazz Band

Traditional jazz music hasn't just captured the hearts of the Glad Hatters Jazz Band, cinema and the theatre have been incorporating jazz music into their artistic creations for over a century. The Glad Hatters Jazz band will revisit some beloved classic films, musicals and animated favorites featuring a number of our best-loved traditional jazz numbers. So come join us, grab a chair, grab your "Glad Hat," and enjoy the sounds of traditional jazz music dancing down the red carpet!

Location: Oasis at The Meadows

Friday **Feb 27**
Fee: $10 **10:00-11:30**



255 Memoir Writing

Gloria Jennings

In this class we will discuss the many ways you can write about your life experiences. Stories, tucked away inside of our memories are time treasures, and writing about them can not only be a cathartic experience, but gratifying. The first class we will discuss what a memoir is, discuss the different parts of your memoir and receive a prompt for your story. The second class, we will share our stories (if you feel comfortable doing so) and participants can ask for feedback as a way of improving your story.

Location: Oasis at The Meadows

Mondays **Feb 23-Mar 2**
Fee: $7 **10:00-11:00**

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

256 Cosmology: Origins and Expansion of the Universe

Ben Jurewicz
E.A.A., MS Aeronautics and Astronautics-MIT

If you're fascinated by cosmic mysteries, join us for an exploration of the universe's grand story. Beginning with the Big Bang 13.8 billion years ago, we'll trace the birth of stars and galaxies, the creation of life's building blocks, and the explosive cycles of supernovae that seed new worlds. Along the way, we'll touch on dark matter, dark energy, and gravitational waves—forces that shape most of the cosmos. Cosmology invites us to ask profound questions: Where do we come from? What is the universe made of? What lies ahead? No science background needed—just bring your curiosity and wonder.

Location: Oasis at The Meadows

Wednesday **Feb 25**
Fee: $7 **1:00-2:30**

257 Bob Wills

D C Bloom

Kosse, Texas native, Bob Wills often referred to as the king of western swing, revolutionized music with his innovative blend of country, jazz, blues and swing. Bob Wills and his songs helped shape the unique cultural identity of Texas music, making him an enduring icon in American musical history.

Location: Oasis at The Chandler House

Thursday **Feb 26**
Fee: $7 **1:00-2:30**

258 Art Appreciation: Picasso

Vikky Jones, MFA, UTSA

A dynamic presentation about Spanish artist Pablo Picasso, one of the most well-known modern artists of the 20th century. As we learn his biography, we'll see a selection of images and video clips, surveying the several shifts in his work styles, concepts, and range of mediums throughout the 75 years of his prolific career.

Location: Oasis at The Chandler House

Tuesday **Mar 3**
Fee: $7 **10:00-11:30**

259 Wine Tasting and Geology- The Andes

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

Explore how the dramatic landscapes of the Andes shape some of the world's most distinctive wines. In this tasting class, you'll learn about the region's unique geology and sample wines that reflect its terroir.

Location: Oasis at The Meadows

Tuesday **Mar 3**
Fee: $40 **4:00-5:30**



260 Introduction to Origami

Vikky Jones, MFA, UTSA

To begin learning the Japanese art of paper folding, join us in this follow-along class where we'll start with a couple of basic items before we fold the iconic origami crane. Paper will be provided.

Location: Oasis at The Meadows

Wednesday **Mar 4**
Fee: $10 **10:00-11:30**

261 Monsters in the Bible

Christina Howard, MA, I.B. History

There is a literal zoo of animals mentioned in the Bible and its non-canonical books. The early Hebrews, Egyptians, Romans, Persians and Greeks all enjoyed household pets or service-type animals, but there's a whole dictionary of critters, wild or unique in the texts. In this zoo are also creatures we've relegated to myth, beasts like unicorns, dragons and leviathans. Nearly a dozen monsters controlled by the Divine walked the Earth on occasion. In this animal allergy-free presentation, we'll take a look at the various 'fantastic fauna' inhabiting the Bible's pages.

Location: Oasis at The Chandler House

Tuesday **Mar 3**
Fee: $7 **1:30-3:30**

262 Robert Redford

Beverly Prado

One of the true legends of film passed away recently, so it is fitting that we explore his life and career. Redford was known for movies such as *Butch Cassidy and the Sundance Kid*, *The Natural* and *The Way We Were*, but he was much more than a leading man. He founded the Sundance Film Festival and mentored many young actors. We will also explore some of his lesser known films.

Location: Oasis at The Chandler House

Tuesday **Mar 10**
Fee: $7 **2:00-3:30**

263 The Girls in the Band

Beverly Prado

In honor of Women's History Month, let's explore the role of women in modern American music. Women like Ella Fitzgerald and Billie Holiday were trailblazers. Women like Lil Hardin Armstrong, Ina Ray Hutton, Carol Kaye, and The Sweethearts of Rhythm may not be household names, but their influence was great. All-female bands like The Bangles and The Go-Gos will also be featured in musical clips.

Location: Oasis at The Meadows

Wednesday **Mar 4**
Fee: $7 **10:00-11:30**

264 Trees of San Antonio

Mark Bird, City Arborist, City of San Antonio

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

Location: Oasis at The Meadows

Tuesday **Mar 10**
Fee: $7 **1:00-2:30**



265 Paint Like Matisse and Picasso



Andy Villarreal, BA, MFA

Explore the vibrant colors and bold styles of Matisse and Picasso. Learn their techniques and create your own expressive artworks in this fun, hands-on class. Supply list will be provided. Approximate cost of supplies is $40.

Location: Oasis at The Meadows

Tuesdays	**Mar 10-Apr 14**
Fee: $54	**4:30-6:30**

266 Who Was Anne Boleyn?

Chelsea Carriker, MPH, CHES

Anne Boleyn was the second wife of King Henry VIII and one of the most infamous queens in English History. Her scandalous rise and fall to the crown are shrouded by hearsay, deception, and mystery. But who was Anne Boleyn? Was she really a devious marriage-wrecker as she is often portrayed, or was she a self-made woman in a time where women were oppressed? Join us to explore who Anne Boleyn may have been by examining the works of different historians and eyewitnesses.

Location: Oasis at The Meadows

Tuesday	**Mar 10**
Fee: $7	**10:00-11:30**

267 Curious Omissions from the Bible

Christina Howard, MA, I.B. History

Does the Bible mention dinosaurs? No. Does it pick up on the fact that the pyramids are older than Genesis? Although astronomy existed during Biblical times, is there mention of other planets, aliens, cosmic anomalies? Is science fiction blasphemous? Does it mention that there were already other people on Earth when Cain and Able went to find wives? Yep, there were a lot of things not mentioned in the bible or considered outside of accepted thought. Even the study of the body for physicians was forbidden. This fast-paced PowerPoint presentation will touch on some of these topics and their obvious omissions.

Location: Oasis at The Meadows

Wednesday	**Mar 11**
Fee: $7	**1:00-3:00**

Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed Charitable Foundation

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

Greehey Family Foundation

Najim Family Foundation

Mays Family Foundation

268 Pastels on Colored Paper



Georgia Stok

Explore the unique effects of working with pastels on colored paper backgrounds. Learn how the paper itself becomes part of the artwork, with complementary colors subtly shining through and enhancing your subject. This class will guide you in creating dynamic, layered compositions that highlight the interplay of color and texture. Supply list will be provided. Approximate cost of supplies is $40.

Location: Oasis at The Meadows

Tuesdays **Mar 10-Apr 14**
Fee: $48 **1:00-3:00**

269 Unusual and Cool San Antonio

Bruce Martin, Certified Professional Tour Guide

This new slideshow will combine hidden and lessor known corners of Downtown San Antonio. Historic graffiti, ancient lights, and subtle architectural treasures are hiding in the open. Come along as we discover unusual surprises and learn of tragically scandalous behavior.

Location: Oasis at The Meadows

Thursday **Mar 19**
Fee: $10 **1:00-2:30**

270 Hotel Hysteria

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

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

Location: Oasis at The Meadows

Tuesday **Mar 24**
Fee: $11 **10:00-11:30**

271 Tenors of the High C's

LIVE MUSIC!

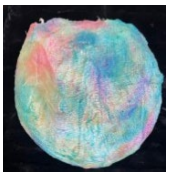
Sarah Davis, Professional Opera Singer

In this course, we will explore the chestnut arias and repertoire written for the high soaring, romantic tenor voice (composers include Puccini, Verdi, Massenet, Donizetti, Gounod, and Bizet).

Location: Oasis at The Meadows

Friday **Mar 27**
Fee: $9 **10:00-11:30**

272 Plaster Pottery



Gaylynne Robinson

We will use plaster cloth and cheese-cloth to make art vessels and bowls. These lightweight materials are easy on the hands. Both can be painted or collaged and make beautiful art statement pieces. The possibilities are endless and endlessly beautiful. Supply list will be provided. Approximate cost of supplies is $30.

Location: Oasis at The Meadows

Wednesdays **Mar 11-Apr 1**
Fee: $32 **1:00-3:00**

273 Herb Gardening

Bexar County Master Gardeners

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

Location: Oasis at The Meadows

Tuesday **Mar 24**
Fee: $7 **5:30-7:00**

274 Healthy Aging in Ancient Greece

Richard Luduena, Ph.D.

An interesting fact about the ancient Greeks is that many leaders in their 60s, 70s, 80s, and even 90s, were entrusted with critical roles despite their age. Examples will be given and explanations for their excellent health at advanced ages explored.

Location: Oasis at The Meadows

Thursday **Mar 26**
Fee: $7 **1:00-2:30**

275 Introduction to Birding

Emma Stimson, MSC, Marine Biology

Join us for a class that invites you to tune in to the sights and sounds of the birds all around us. Discover the art of birding close to home as we explore how to observe and appreciate the feathered life in our backyards and neighborhood parks.

Location: Oasis at The Meadows

Tuesday **Mar 10**
Fee: $7 **10:00-11:30**

276 Medieval Medusa

Judith Hurst, MA

Follow the manipulative, misanthropic, misogynistic, figure of fortune or fate as she cuts a swath through early Chinese and Christian philosophy with Sun Tzu and Boethius; becoming the household name of Fortuna affixed to the Wheel of Fortune during the middle ages with Dante, Chaucer, Cortes, and Machiavelli; morphing into the fog of war with our most famous 19th century war theorists: Clausewitz and Jomini and ending up with us today as Lady Luck.

Location: Oasis at The Meadows

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

277 Protest Songs of the 60s and 70s

Kelley Gallant, MBA

"The times they are a changin'...," "I ain't no Senator's son...," Sign, sign, everywhere a sign...," "He was just 18, proud and brave...," these and many other lyrics changed America forever. The 1960s and 70s were a tumultuous time, dominated by political and social unrest, the Vietnam War, Civil Rights protests, feminist activism, and more. The music industry was filled with young artists singing for an entire generation. Come learn and listen to songs where singers and songwriters speak their minds in hopes to influence change.

Location: Oasis at The Meadows

Monday **Mar 2**
Fee: $7 **10:00-11:30**

278 Create a Spring Floral Arrangement

The Rose Boutique

A classic mixed-flower arrangement doesn't have to be difficult! In this hands-on workshop, you'll learn how to use your natural intuition—along with a few simple design techniques—to create beautiful, balanced bouquets. You will be guided step-by-step through the process, and leave class with a stunning floral arrangement to take home and display, along with the confidence and skills to continue creating your own floral designs. Cost includes supply fee.

Location: Oasis at The Meadows

Thursday **Mar 19**
Fee: $40 **1:00-2:30**



279 Tackling Writers' Block

D C Bloom

This class will offer practical tips and engaging exercises to help members ignite their creativity. Members will explore prompts and various techniques designed to spark ideas and encourage spontaneous expression. Members will develop personalized methods to overcome writing obstacles and jumpstart inspiration.

Location: Oasis at The Chandler House

Tuesday **Mar 31**
Fee: $7 **1:00-2:30**

280 Extinction Excavations

Witte Museum

Texas prehistoric animals were some of the first creatures to be affected by the meteor that ended a near 200 million year reign of dinosaurs on our planet. Have you ever wanted to learn more about extinction events and how paleontologists learn from these catastrophes?

Location: Oasis at The Meadows

Wednesday **Apr 1**
Fee: $9 **1:00-2:30**

281 Iconic Directors: Coppola, Scorsese, Spielberg

Beverly Prado

Just when we might have thought that Hitchcock, Wilder, Curtiz and Ford could not be matched, our modern directing class has done magnificent work on the shoulders of those giants. Movies like *The Godfather*, *Indiana Jones*, *Schindler's List*, *Raging Bull*, and many others have thrilled us with everything from realism to fantasy. Let's not forget George Lucas of *Star Wars* or Quentin Tarantino. In an attempt to examine their differences from the rest, join us for conversation and film clips.

Location: Oasis at The Meadows

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

282 Tales of Survivors

Kelley Gallant, MBA

Have you ever wondered how only one person can survive a plane crash or how some people can fall from high places or how a car crash that should have not been survivable but the person did indeed survive? Join us for stories of survival against all odds.

Location: Oasis at The Meadows

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

283 Jazz Appreciation



Beverly Prado

From the 1920's until present day, jazz bands have remained a popular staple of music. This class explores the leaders of these groups, beginning with Louis Armstrong, big band personalities, Duke Ellington, Benny Goodman, Count Basie and Woody Herman will also be featured. We will also discuss some modern day innovators. Film clips will highlight this presentation.

Location: Oasis at The Chandler House

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

284 Brandy Uncorked: Tasting and History

Bob Bragg, WSET Level 3, CSW

Explore the evolution of brandy from its European origins to today while sampling a variety of styles. Learn about its traditions, production methods, and cultural significance in this flavorful blend of history and tasting.

Location: Oasis at The Meadows

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



285 Movie Discussion: Young at Heart

Lynn Waghalter

A 2007 British documentary film set in Northampton, MA, about a New England Choir of senior citizens that sings various rock and pop songs, and their rehearsals for their performances. It offers an encouraging vision of old age in which the depression commonly associated with decrepitude is held at bay by music making, camaraderie and a sense of humor.

Location: Oasis at The Chandler House

Thursdays **Apr 9-16**
Fee: $8 **1:30-3:30**

286 Protest Songs of the 70s - Part 2

Kelley Gallant, MBA

We will discuss the songs of the 70s that were anti-establishment in Part 2 of protest songs. The songs that will jog your memory of years gone by and what the country was going through. Songs are a good way to learn about different eras of time. Come join us and hear those songs that showed the rebellious side of the 70s.

Location: Oasis at The Chandler House

Tuesday **Apr 14**
Fee: $7 **2:00-3:30**

287 Controversial Art

Vikky Jones, MFA, UTSA

Not for the faint of heart! This class discusses the most controversial artworks through art history. From questionable to conceptual to R-Rated. These works have offended many, but ultimately the emotions they ignite can spark thoughtful dialogue, which exemplifies the power and importance of artmaking.

Location: Oasis at The Chandler House

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

288 History of the Space Shuttle



Ben Jurewicz, E.A.A., MS Aeronautics and Astronautics-MIT

The Space Shuttle program (1972–2011) revolutionized space exploration with its reusable orbiters—Columbia, Challenger, Discovery, Atlantis, and Endeavour—flying 135 missions. Achievements included launching the Hubble Space Telescope, building the International Space Station, and conducting vital experiments. Despite the Challenger and Columbia tragedies, the program left a lasting legacy of innovation and international cooperation in human spaceflight.

Location: Oasis at The Meadows

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

289 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

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

290 Planetary Geology



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

Formed over 4.5 billion years ago, Earth shares its origins with planets, moons, asteroids, and comets shaped by similar—and sometimes very different—histories. By studying Earth systems alongside our Solar System neighbors, we gain insights into both our planet's past and the thousands of exoplanets discovered beyond. This class explores how scientists study planetary bodies, the geologic processes that shape them, and what these discoveries mean for the search for life. No prior geology background required—just curiosity about planetary science.

Location: Oasis at The Meadows

Tuesday **Apr 14**
Fee: $7 **10:00-11:30**

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.

San Antonio Oasis Lifelong Adventure

291 Effective Problem Solving

Ben Jurewicz,
E.A.A., MS Aeronautics and Astronautics-MIT

This presentation explores practical problem-solving strategies for personal and professional life. Beginning with the psychology of problem-solving, we'll examine methods such as Brainstorming, Six Thinking Hats, and Root Cause Analysis. Participants will learn to analyze problems accurately, think creatively and critically, and apply effective strategies for decision-making under uncertainty. By the end, attendees will gain practical tools to approach challenges with clarity, confidence, and agility.

Location: Oasis at The Meadows

Monday **Jan 12**
Fee: $7 **10:00-11:30**

292 Benefits of Multi-Generational Living

Marisa Gomez

Did you know that the number of Americans living in multigenerational households has nearly quadrupled in just the last decade? This growing trend offers a wide range of benefits for both seniors and their families - from emotional support and shared responsibilities to financial savings and strengthened family bonds. Join us as we explore the advantages of multigenerational living, and why more families are choosing to live under one roof. Whether you're considering this lifestyle or simply curious, this session will provide valuable insights and practical takeaways.

Location: Oasis at The Meadows

Tuesday **Jan 13**
Fee: $5 **5:30-7:00**

293 Downsizing

Peggy Brown, Generations Team

This class is designed to give you the knowledge and tools to simplify your living spaces, reduce stress and create a more organized environment.

Location: Oasis at The Meadows

Monday **Jan 26**
Fee: $7 **10:00-11:30**

294 Good, Bad, and Ugly of the One Big, Beautiful Bill

Jake Yetterberg, CSA

Here is what you will learn:

- The truth about Social Security changes-it's not always what you hear in the press
- A brand new charitable deduction
- Who qualifies for the free $1,000 "Trump Accounts" (and what are the catches)
- What retirees get out of the new law
- What the IRS defines as "too much income" to qualify for some benefits
- How to "triple-dip" on deductions, especially if you give any money to charities
- What is permanent and what goes away very soon
- Strategies to leverage these changes to your benefit…while we have them!

Location: Oasis at The Meadows

Tuesday **Jan 20**
Fee: $7 **1:00-2:30**

295 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

Wednesday **Jan 21**
Fee: $7 **10:00-11:30**

COURTESY CONFIRMATION CALLS

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

296 All About the BiblioTech All-Digital Public Library

Carlos Sauceda

This course will be an introduction to Bexar County's BiblioTech, the nation's first all-digital library. Learn what BiblioTech has to offer, including access to a collection of eBooks, magazines, movies, software tutorials, database and our popular language learning app.

Location: Oasis at The Meadows

Tuesday	**Jan 27**
Fee: $5	**10:00-11:30**

297 Love Where You Live for Life

Sarah Davis

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

Location: Oasis at The Meadows

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

298 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 Chandler House

Thursday	**Jan 29**
Free	**10:00-11:00**

299 Edwards Aquifer Update

Gregg Eckhardt, SAWS

The Edwards Aquifer is the cornerstone of our water supply. Join environmental scientist Gregg Eckhardt for a discussion of how the Edwards Aquifer works, why we have a problem, and the big issues yet before us.

Location: Oasis at The Chandler House

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

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

Autumn Puckett, Attorney at Law

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

Location: Oasis at The Meadows

Tuesday	**Feb 3**
Fee: $7	**5:30-7:00**

301 Volunteering at Oasis

Ginny Brown, LCHW

Do you want to become a volunteer at Oasis? Learn about the many volunteer opportunities available, the roles and responsibilities of our volunteers, and how you can make a meaningful difference in the lives of older adults in our community. Whether you're interested in tutoring, joining a committee, or helping in the office, this session will guide you through the process of joining our dedicated team.

Location: Oasis at The Meadows

Tuesday	**Feb 3**
Free	**1:00-2:00**

302 Aging Alone Together



Brenda Schmachtenberger

This class is designed for solo agers. Solo agers are individuals who, by choice or circumstances, expect to age or make decisions about their future independently. This three-week class helps develop connections with other solo agers in a community of support sharing and learning. The class includes a workbook and resource guide with information on building community, advance care planning, financial and legal matters and aging in place. The Aging Alone Together curriculum was developed by the DOROT organization.

Location: Oasis at The Meadows

Tuesdays	**Feb 3-17**
Fee: $18	**10:00-12:00**

303 Beyond Books

Michelle Rickman,
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 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

Thursday **Feb 5**
Fee: $7 **1:30-3:30**

304 Community Resources

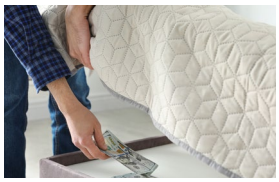
Kelley Gallant, MBA

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

Monday **Feb 9**
Free **1:00-2:30**

305 Is My Money Safer In My Mattress?



Jake Yetterberg, CSA

In this class we will learn:

- Trends that affect your money and the vital steps to protect yourself in an unpredictable political and global environment
- The worst type of accounts (and the best) to use to take risk as the market breaks volatility records
- How to guarantee that you will not outlive your money
- How to use historical analysis of volatile time periods like a crystal ball
- How to thrive financially in a recessionary environment and a financial slowdown

Location: Oasis at The Chandler House

Tuesday **Feb 10**
Fee: $7 **1:00-2:30**

306 Understanding Your Property Appraisal

Bexar Appraisal District

Property taxes are an essential aspect of homeownership, but they can often be confusing. A representative from the Bexar County Tax Assessor will tell you what you need to know about property taxes in San Antonio, from the basics to exemptions, and ways to save money.

Location: Oasis at The Meadows

Monday **Feb 9**
Fee: $5 **10:00-11:30**



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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
or call (210) 495-3711

307 All About the Morningside Green House Homes

Patrick Crump, CEO Morningside Ministries

Learn about the Green House homes at Morningside, how they work, and how they are revolutionizing care and disrupting the status quo. Green House homes have proven to afford older adults, and the team that supports them, a superior quality of life.

Location: Oasis at The Meadows

Tuesday	**Mar 3**
Free	**10:00-11:30**

308 VIA Service 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

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

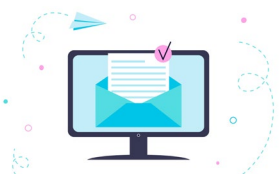
309 Understanding Hoarding Disorder

Helen Flores

We will take a mental health focus on reviewing the four definitions of 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.

Location: Oasis at The Meadows

Thursday	**Mar 5**
Fee: $5	**10:00-11:30**



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

310 Income Tax Reduction Strategies

Jake Yetterberg, CSA

Here are the strategies we will discuss:

- Taking advantage of the perfect window for Roth IRA Planning (it may never get better than this)
- Learn about another income tax-free vehicle that has some long term care benefit built-in
- The OBBB offers limited-time strategies that will greatly benefit you and your heirs
- How to use newly enacted charitable deductions to enhance your tax planning-even if you do not itemize
- Learn how to legally double dip: Tax-free options that pay you if you need long term care…and pays your heirs if you don't. (You don't lose the money!)
- Case study on the benefit of Roth conversions

Location: Oasis at The Meadows

Wednesday	**Mar 11**
Fee: $7	**10:00-11:30**

311 Meet Your SAPD SAFFE Officers

Robert Henderson

Meet your Monte Vista SADP SAFFE 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 (SAFFE) unit with officers assigned to specific neighborhoods.

Location: Oasis at The Chandler House

Thursday	**Mar 12**
Free	**9:30-11:00**

312 My Wishes, My Desires

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

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

313 CPS Energy Programs

Alondra Sanches, CPS Energy

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

Location: Oasis at The Meadows

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

314 Fire Safety

Martin Selva, 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 Chandler House

Tuesday	**Mar 17**
Free	**1:30-3:00**

315 TxDOT Construction Update

Jennifer Serold, Texas Dept. of Transportation

Stay informed about current and upcoming Texas Department of Transportation construction projects that impact our region. A representative from the Texas Department of Transportation will provide updates on major roadway improvements, timelines, and expected benefits.

Location: Oasis at The Meadows

Tuesday	**Mar 24**
Fee: $5	**1:00-2:30**

316 Decluttering

Gloria Jennings

Looking for a fresh start? This class offers practical tips to reflect, reset, and simplify your daily life. Together, we'll explore 24 easy strategies to reduce stress, stay organized, and create more space for what truly matters.

Location: Oasis at The Meadows

Tuesday	**Mar 31**
Fee: $7	**10:00-11:30**

317 Fraud: How to Protect Yourself

Sandy Sullivan, Retired SVP-Fraud Management

Learn all you need to know about past and current frauds. Take away tools and resources that will help you avoid being a victim of a fraud/scam, and leave the class with the knowledge to educate your family, friends, and neighbors about fraud.

Location: Oasis at The Meadows

Monday	**Mar 30**
Fee: $5	**1:00-2:30**

318 Intro to Artificial Intelligence

Jack DeVerter

For this course, we will offer a friendly and engaging introduction to the world of artificial intelligence. We'll explore the exciting possibilities and practical applications of AI in a way that's easy to understand and relevant to your everyday life.

Location: Oasis at The Meadows

Thursday	**Apr 2**
Fee: $7	**1:00-2:30**

319 Veterans Resources



Craig Harris, Bexar Co. Veterans Services Center

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

320 American GI Forum: National Veterans Outreach

Jai Winn

Come join us for an information session about The Veteran and Family Wellness Program and National Veterans Outreach.

Location: Oasis at The Chandler House

Tuesday	**Apr 14**
Free	**9:30-11:00**

321 The Texas Criminal Justice System



Judge Ron Rangel

What is the basis of our states criminal justice system and how exactly does it work? Who is in charge and what are the goals of the system? State District Judge Ron Rangel will answer these important questions and more, as he explains how our system operates to handle the problem of crime in our everyday lives.

Location: Oasis at The Meadows

Tuesday **Mar 31**
Fee: $7 **1:00-2:30**

322 Beginner's Guide to Genealogy

Deborah Countess, San Antonio Public Library

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

Location: Oasis at The Meadows

Wednesday **Apr 15**
Fee: $7 **10:00-11:30**

323 Five Critical Factors Affecting Your Money, Income and Lifestyle

Jake Yetterberg, CSA

In this class we will discuss:

- Income and inflation protection: The best ways to generate guaranteed income—both now and in the future
- Tax Control: Locking in today's best tax planning options while you can - the OBBB gave us a slightly longer window of opportunity if you know how to use the brand new law to your advantage
- Risk management: what to own…and what not to own given today's volatile circumstances
- Understanding and controlling the visible risks and the hidden risks as the rules change
- Interest rate risk: Protect against plummeting rates, as they are falling now. With our debt, they will continue to fall
- How to ensure your rates and income are protected
- Protecting it all: The best Long Term Care coverage options that protect you and your family without throwing away expensive annual premiums

Location: Oasis at The Meadows

Tuesday **Apr 14**
Fee: $7 **5:30-7:00**



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

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SUCCESSFULLY AGING AND LIVING IN SAN ANTONIO
An Initiative of the San Antonio Area Foundation
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Silver Connect
A chat line for older adults
Addressing the challenges of loneliness and aging

324 Smartphone Photography for Android Phones

Sharon Parson

If you want to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. Bump your smartphone skills up a notch and learn how to use the full complement of camera features for fun and creative photography and videography. This class is for Android phones only. Book included in the fee.

Location: Oasis at The Meadows

Mondays	**Jan 19-26**
Fee: $24	**10:00-12:00**

325 Intro to Adobe Fresco for iPad

Carita DeVilbiss

Learn the basics of Adobe Fresco, the digital drawing and painting app that brings traditional art tools to your screen. Explore essential features, experiment with brushes, and practice layering and blending to create your own digital artwork. Perfect for beginners or anyone new to digital art.

Location: Oasis at The Meadows

Tuesdays & Thursdays	**Jan 20-29**
Fee: $40	**1:00-3:00**



326 Windows 11

Glenda Raichlen

This class will show you how to use features like snap layouts and the Start menu. You'll also learn how to personalize your computer with themes and use Edge for fast and convenient browsing. Laptops will be provided for use during the class. Book is included in the fee.

Location: Oasis at The Meadows

Mondays	**Jan 26-Feb 9**
Fee: $35	**1:00-3:00**

327 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. Students are encouraged to bring their iPad to class. This class is for Apple products only.

Location: Oasis at The Meadows

Monday	**Feb 2**
Fee: $11	**10:00-12:00**

328 Tech Tools: Choosing the Right Device

Jack DeVerter and Clarissa Gorena

For this class, we will help you navigate the world of personal technology and choose the device that best suits your needs and lifestyle. We'll compare and contrast smartphones, computers, and tablets, focusing on their strengths and weaknesses.

Location: Oasis at The Meadows

Wednesday	**Feb 4**
Fee: $11	**10:00-11:30**

329 YouTube

Glenda Raichlen

YouTube is a video-sharing website on which users can upload, view, and share videos. Find out how you can use YouTube for information, education, and entertainment.

Location: Oasis at The Meadows

Friday	**Feb 6**
Fee: $11	**10:00-12:00**

330 IPad Basics

Doris Slay-Barber

This class is for you if you have a new iPad or think you may need more information about the basic functions. Learn about the important features which will enhance your enjoyment of your device. Learn a few tips and tricks.

Location: Oasis at The Chandler House

Tuesday	**Feb 24**
Fee: $11	**1:00-2:30**

331 Learn with an Expert: Using Your Apple Devices

Garrett Armijo

Elevate your Apple experience by mastering basic features while maximizing productivity! This hands-on session will transform you from a basic user into a confident power-user of your iPhone or iPad. Don't miss this opportunity to unlock the full potential of your device and stop struggling with your tech!

Location: Oasis at The Chandler House

Thursday	**Feb 12**
Fee: $11	**1:30-3:00**

332 Learn with an Expert: Internet Scams

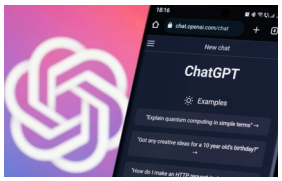
Garrett Armijo

Unmask the sophisticated tricks and manipulative tactics of online criminals so you can stop them before they steal your data! You will learn to recognize the red flags in phishing emails, fake websites, and phone calls with confidence. Join this vital class to become your own best defense and secure your digital life against the rising tide of internet scams!

Location: Oasis at The Chandler House

Thursday	**Feb 19**
Fee: $11	**1:30-3:00**

333 What is ChatGPT



Doris Slay-Barber

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

Location: Oasis at The Chandler House

Tuesday	**Feb 24**
Fee: $11	**9:30-11:00**

334 Oasis Guide to Internet Safety

Sharon Parson

The Internet is a daily part of our lives. It is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for Internet users of all ages. Book is included in the fee.

Location: Oasis at The Meadows

Monday	**Feb 23**
Fee: $11	**1:00-3:00**

335 Apple Watch

Carita DeVilbiss

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

Location: Oasis at The Meadows

Wednesday	**Mar 4**
Fee: $11	**1:00-3:00**

336 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. Learn the basics of how to use your iPhone.

Location: Oasis at The Meadows

Mondays	**Mar 2-9**
Fee: $22	**1:00-3:00**

337 Intermediate iPhone

Doris Slay-Barber

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

Location: Oasis at The Meadows

Mondays	**Apr 6-13**
Fee: $22	**10:00-12:00**

338 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. Laptops will be provided for use during class. Book is included in the fee.

Location: Oasis at The Meadows

Fridays	**Mar 6-13**
Fee: $24	**10:00-12:00**

339 Wellness on the Web Through Technology

Barbara Cheaney

The web is a great place to learn about maintaining your health and managing illness. Apps connected to mobile devices can really help track progress toward goals and motivate activity. Discover a wide range of possibilities and learn about less credible sites as well. Book is included in the fee.

Location: Oasis at The Meadows

Wednesday	**Mar 11**
Fee: $13	**10:00-12:00**

340 Tech Accessibility: Making Technology Work for You



Jack DeVerter

For this class, we will focus on the accessibilityfeatures built into modern phones, computers, tablets, and their operating systems, designed to make technology easier and more enjoyable to use for senior citizens. We'll explore a range of features to help overcome potential barriers related to vision, hearing, dexterity, and cognitive abilities.

Location: Oasis at The Meadows

Tuesday	**Mar 17**
Fee: $11	**10:00-11:30**

341 Effective Online Searches

Molly Valdez

Let's learn simple and effective ways to search online and find what you are looking for, without deceptive ads and links to sponsored retailers.

Location: Oasis at The Meadows

Tuesday	**Mar 31**
Fee: $11	**5:30-7:00**

342 Google Photos

Barbara Cheaney

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

Location: Oasis at The Meadows

Wednesday	**Apr 8**
Fee: $13	**1:00-3:00**

343 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 13**
Free	**1:00-2:00**

Have you considered signing up for Oasis classes online?

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

The following classes are held at and are sponsored by:

MORNINGSIDE AT MENGER SPRINGS

1100 Grand Blvd., Boerne, TX 78006

344 Stress and Your Health

Chelsea Carriker, MPH, CHES

Stress is everywhere. It is a necessary part of life, but excessive and chronic stress can lead to serious health consequences. In this class, we will explore what the research says about the connection between stress and our health. We will also discuss practical strategies for reducing and managing stress in our lives. While we can't escape stress completely, there are always ways to manage it and live a happy and fulfilled life.

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

345 Introduction to Tai Chi

Craig Stimson

Discover the ancient practice of Tai Chi in this beginner-friendly class. Learn about its rich history and health benefits while trying out a few basic poses designed to promote balance, relaxation, and overall well-being.

Thursday **Feb 19**
Free **10:00-11:30**



346 The Late Roman Republic

Michael Cude, Ph.D., Schreiner University

This class will address Roman expansion, such as the Punic Wars with Carthage, and consider how the Roman Republic changed as it became a territorial empire by the first century B.C.

Thursday **Mar 19**
Free **10:00-11:30**

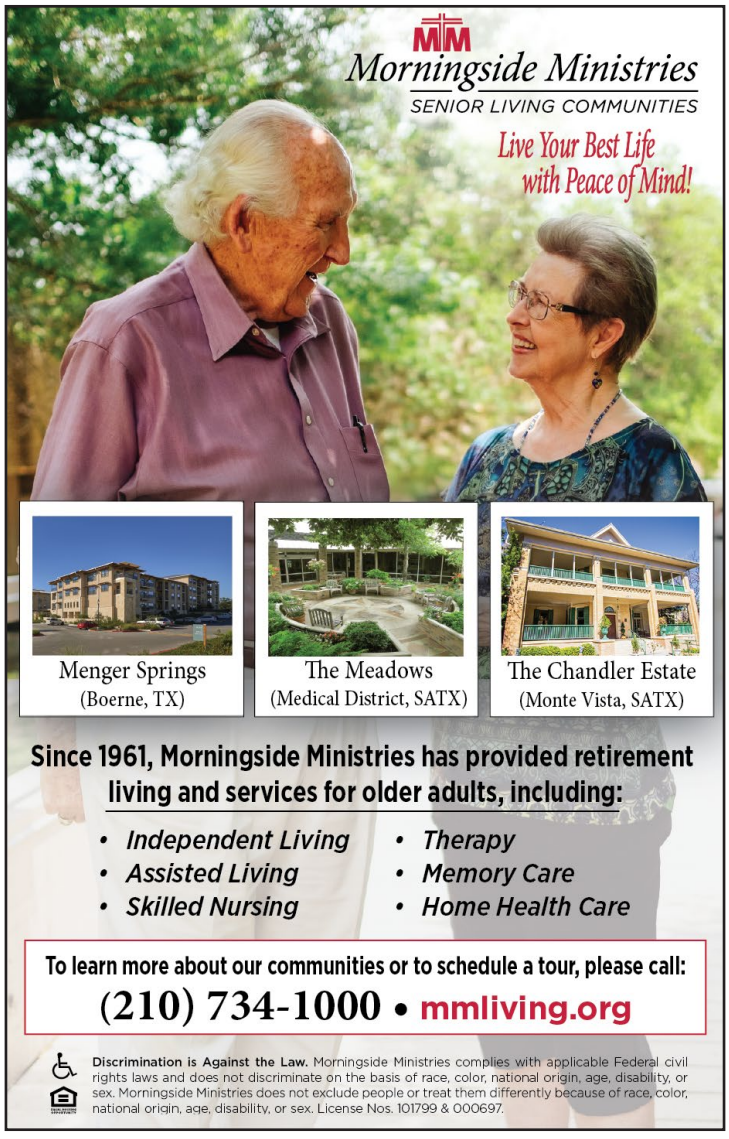
347 Intuitive Watercolor Painting



Ginny Brown, LCHW

Intuitive Watercolor Painting is a style of painting that involves following your intuition without trying to plan the end result. This practice can give you a different perspective on watercolor painting allowing you to release expectations, play and paint from the heart. Intuitive painting is fun and suitable for both beginning and advanced artists.

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



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

348 Caffeine and You

Craig Stimson

Caffeine can have both beneficial and detrimental side effects. People who consume caffeine daily may develop fewer chronic diseases but too much may be very detrimental to your health. Come learn the pro's and con's of this ancient beverage.

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

349 Ten Warning Signs of Alzheimer's

Alzheimer's Association

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily life. The Alzheimer's Association® created the Ten Warning Signs program to help people recognize early signs in themselves and others.

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

350 Get to Know Your SAFFE Officer

San Antonio Police Department

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

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

351 Exercise is Easy

Blaise Collins

In this class, we will focus on how to easily and conveniently incorporate exercise into your day. We'll discuss the data around these micro-sessions, which I call Exercise Snacks that significantly improve quality of life. We'll also discuss principles of exercise and have a Q&A session.

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

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

352 Hydration and Healthy Beverages

Craig Stimson

Hydration is always important but for older adults it is more so! Learn about different sources of water and healthy beverages that can add to healthy hydration.

Wednesday **Jan 21**
Free **10:00-11:00**

353 Exercise for Older Adults

Jaime Acosta, COTA

Join a certified occupational therapist for an introductory look at starting an exercise program as an older adult. He will discuss the benefits of exercising along with various types suitable for older adults.

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

354 ID Theft and the Older Adult

Summer Reyes

Is your identity safe? Do you know the techniques that ID scammers use? Summer Reyes of Texas Regional Bank will teach you how to recognize the signs of scammers and how to protect your identity.

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

355 VIA Resources for the Older Adult

Andrew Guajardo

This class will inform participants how to access services and programs for older adults and provide an update to projects in progress.

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

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

356 Hydration and Healthy Beverages

Craig Stimson

Hydration is always important but for older adults it is more so! Learn about different sources of water and healthy beverages that can add to healthy hydration.

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

357 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 9**
Free **10:30-11:30**

358 Grandparents Raising Grandchildren

Texas Grandparents Raising Grandchildren

Grandparents are sometimes challenged with the task of raising grandchildren. Texas Grandparents Raising Grandchildren advocates for and empowers these grandparents who are raising grandchildren and kinship by providing access to resources, information, and support.

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

359 Exercise is Easy

Blaise Collins

In this class, we will focus on how to easily and conveniently incorporate exercise into your day. We'll discuss the data around these micro-sessions, which I call Exercise Snacks that significantly improve quality of life. We'll also discuss principles of exercise and have a Q&A session.

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

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

360 The Skinny on Fat

Craig Stimson

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

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

361 ID Theft, Scams and Credit, Oh My!

Summer Reyes

In this class, we will explore texts, calls, emails, and how to protect yourself. Other strategies include freezing your credit, getting your credit report, using a VPN, and more. We'll also discuss your stories of scams and what you learned in order to prevent others from a similar experience.

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

362 The Importance of Sleep

Craig Stimson

Sleep is an important part of our health and many older adults struggle with sleep issues. 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 **Mar 11**
Free **9:00-10:00**

363 Fire Safety and FireSafeSA

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.

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

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

364 Community Resources

Craig Stimson

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.

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

365 All About 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.

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

366 Exercise is Easy

Blaise Collins

In this class, we will focus on how to easily and conveniently incorporate exercise into your day. We'll discuss the data around these micro-sessions, which I call Exercise Snacks that significantly improve quality of life. We'll also discuss principles of exercise and have a Q&A session.

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

367 San Antonio Water: Sole Source to Diversity

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.

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

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

368 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.

Thursday **Jan 15**
Free **10:00-11:00**

369 Estate Sales and Living Transitions

Benjamin Bleichold

Part of life transitions as we age is slimming down all the items we have collected through a lifetime. Join us for a class on how to accomplish this task in an efficient and profitable manner.

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

370 Protecting Your Money from Risk and Volatility

Jake Yetterberg, CSA

As record-high interest rates fall and long-term trends shift, it is important to find ways to protect your money. Rates are turning lower and will change the investing landscape. We are likely to be in this trend for a while as the economy re-adjusts and debt skyrockets.

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

371 Transition of Care

Helen Flores

Knowing the various options or alternatives to living at home independently always helps to prepare for the unknown. Come learn about in-home care resources and expenses to include community living environments. Updated fees and rental rates will be reviewed.

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

372 Mission San Jose Walking Tour

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

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

Thursday **Mar 5**
Fee: $29 **9:00-11:00**



373 Mitchell Lake Audubon Center: Walking Tour and Shuttle to the Main Lake

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 Audubon Center and experience the local flora and fauna. A shuttle will also take us to the main lake so we can observe the wildlife on the lake. We will meet at the visitor center located at 10750 Pleasanton Rd. Free parking is available on-site.

Wednesday **Mar 18**
Fee: $29 **9:00-11:00**



374 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 mansions in San Antonio's first fashionable neighborhood. The highly interactive tour includes audio Listen 400 series technology-you won't miss a word! Tour begins and ends at the Guenther House 205 E. Guenther St. Free parking is available on-site.

Thursday **Apr 2**
Fee: $29 **10:00-11:45**



375 Alamo Plaza - What's Going On Down There?

Bruce Martin, Certified Professional Tour Guide

Join this comfortable walking tour to see for yourself dramatic improvements to Alamo Plaza – some are recently completed while others are still underway. We will discuss design challenges and the decisions involved to achieve a successful future for the Alamo and San Antonio. We will meet at the short flag pole with the Texas flag on it in front of the Alamo. Parking is available at several pay-to-park lots and garages in the area. Parking fees are not included in the fee for the tour.

Friday **Apr 10**
Fee: $29 **9:00-11:00**



376 Dreamgirls at San Pedro Playhouse

Let's go to dinner and a show! Before heading to the San Pedro Playhouse, we will have dinner at Maria Bonita's Mexican restaurant. Then it's off to the theater for *Dreamgirls*. Inspired by the Motown and R&B legends of the 1960s and '70s, *Dreamgirls* follows the rise of the Dreamettes, a Chicago girl-group of three best friends - talented Effie White, glamorous Deena Jones, and romantic Lorrell Robinson. Guided by their ambitious manager Curtis Taylor, the group's path to fame brings success, heartbreak, and sacrifice as they chase pop stardom. Inspired by groups like The Supremes and The Shirelles, *Dreamgirls* is a vibrant tribute to American R&B music. The Broadway hit went on to win three Golden Globes and two Academy Awards. Cost includes motor coach transportation, dinner, admission fees, and tips.

Friday **Feb 6**
Fee: $106 **4:45-11:00**

377 Bastrop: The Most Historic Small Town in Texas

Upon arrival in Bastrop we will meet our step-on tour guide and take a tour of the city, learning about the history of Bastrop's early families and buildings listed in the National Register of Historic Places that have earned Bastrop the title "Most Historic Small Town in Texas." Our next stop will be the Lost Pines Art Center, located in the former historic 100 year old Powell Cotton Seed Mill. It is the largest comprehensive art center in Texas. Next we will have lunch at 602 Brewing Company. After lunch we will make our last stop of the day at the Bastrop Opera House. Built in 1889, it served as the center for entertainment through World War II, and was restored in the late 1970's. Since 1984 it has consistently offered award winning performances. Cost includes motor coach transportation, lunch, admission fees, and tips.

Friday **Mar 13**
Fee: $94 **7:30-6:15**

Parking and departure takes place at The Church of Jesus Christ of Latter Day Saints, located at 2103 St. Cloud.
Day Trips are Non-Refundable.

378 Historic Boerne and Sister Creek Vineyards



A tiny treasure nestled in the setting of the wonderful Texas Hill Country; Boerne combines the very best of yesterday and today. German immigrants first settled this land near the cool waters of the Cibolo Creek over 150 years ago. Our first stop of the day will be to tour the Kendall County Historic Jail Museum and the Kendall County Courthouse. The jail was constructed in 1887 and served for a century as the county jail and has been restored and is now a museum and has historic exhibits and artifacts. The courthouse has both a historic and a modern building. The historic courthouse was built in 1870 and the modern courthouse was completed in 1998. Our next stop will be for lunch at Popo's Family Restaurant. After lunch we will drive to Sister Creek Vineyards for a wine tasting. This winery is housed in a historic 1885 cotton gin. You will see artifacts of the gin as well as the vineyard and winery, and have an opportunity to taste the large variety of wines. Cost includes motor coach transportation, lunch, gratuities and wine tasting session.

Thursday **Apr 9**
Fee: $99 **9:15-4:15**

379 Touring Burton and Brenham

History comes alive at the official Cotton Gin Museum of Texas, home of the oldest operating cotton gin in America. The Burton Farmer's Gin is powered by a 1925 Bessemer engine-the largest still operating in the USA! The museum is recognized by the Smithsonian Institution, National Trust for Historic Preservation and the National Register of Historic Places. During the tour we will see a video and take a guided tour through the historic 1914 Burton Farmers Gin. Our next stop will be for lunch at Los Patrones Mexican Grill in Burton. After lunch, we will travel to Brenham and visit the Blue Bell Creameries. During our visit, we will learn more about Blue Bell in the Visitors Center, shop in the country store, and get a scoop of ice cream at the Ice Cream Parlor. Cost includes motor coach transportation, lunch, admission fees and tips.

Thursday **May 14**
Fee: $88 **7:00-6:30**

817 New York City Holiday

December 4-8, 2026

Experience the magic of the holidays in New York City! Join us for this five-day holiday getaway and immerse yourself in the glitter and glamour of the Big Apple. No city celebrates the holidays quite like New York - before the first snowflakes even fall, the city sparkles with festive lights, dazzling displays, and the joyful energy of skaters at Rockefeller Center and the world-famous Rockettes at Radio City Music Hall. Upon arrival, we'll meet our Tour Manager and transfer to our Manhattan hotel for a four-night stay.

The next morning, we'll enjoy a guided tour showcasing many of Manhattan's most iconic sights, including Greenwich Village, Chinatown, Times Square, Little Italy, Central Park, and landmarks such as the Chrysler Building, Empire State Building, and St. Patrick's Cathedral. We'll stop at Rockefeller Center for dining, shopping, and entertainment, and visit one of Manhattan's most popular Christmas stores - decked out in full holiday splendor. That evening, we'll delight in the legendary Radio City Music Hall Rockettes Holiday Show, followed by a sparkling Holiday Lights Tour featuring Rockefeller Plaza and its famous Christmas tree.

The following day, we'll board a ferry to visit the Statue of Liberty and Ellis Island, once the gateway for millions of immigrants beginning their American journey. Later, we'll visit the One World Observatory, perched atop the tallest building in the Western Hemisphere, and the 9/11 Memorial, a poignant tribute to the events of September 11, 2001. Enjoy your next day at leisure exploring Manhattan on your own - stroll through Central Park, browse world-class museums, or indulge in some last-minute holiday shopping. In the evening, we'll gather for a special farewell dinner followed by a dazzling Broadway show in the heart of the theater district.

Tour includes: round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for the tour manager, coach driver, and step-on guides. Deposit: $400 per person. Double: $4,599 per person. Single: $5,799 per person. Final payment is due September 5, 2026. Credit cards accepted. Checks payable to AFC Vacations. **Registration opens January 15, 2026, at 8:30 a.m. Phone-in registrations will not be accepted that day-you must register in person at the Oasis Center.** For more information or to request a flyer, please call Oasis. **This is an active Level 3 trip.**

380 New York City Holiday Preview Show

Location: Oasis at The Meadows

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

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






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

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San Antonio, TX

COMING MARCH `26!

Celebrate Fiesta with the First Annual San Antonio Oasis Fiesta Medal Fundraiser!



Join in the spirit of Fiesta by collecting our very first official Oasis medal - a keepsake that celebrates community, culture, and fun.

Quantities are limited, so don't miss your chance to own a piece of San Antonio Oasis history!

$12