



Summer 2026

Program Catalog

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



Sponsored by:



Welcome to San Antonio Oasis

Our Mission:

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

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

Center Locations:

Oasis at The Meadows:

700 Babcock Rd.
San Antonio, TX 78201

Oasis at The Chandler House:

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

Hours:

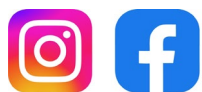
Mon. Wed. and Thurs.	9:00 - 4:00
Tuesday	9:00 - 8:00
Friday	9:00 - 1:00

Contact Us:

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

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

(210) 236-5954



Meet Our Team

Craig Stimson
Outreach Coordinator

Lisa Buske
Associate Director

Sharon Gomez
Financial Coordinator

Gizelle Henricksen
Tutoring Coordinator

Kelley Gallant
Wellness Coordinator

Ginny Brown
Executive Director

Julie Gonzalez
Program Coordinator

Greg Perkins
Administrative Assistant

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

April 24	Fiesta
April 30	Volunteer Training
May 1	Staff Retreat
May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day

On The Cover

San Antonio Oasis members enjoy the "Reflections of Opulence: The King William Historic District" walking tour hosted by Bill Perryman.

Table of Contents

Wellness.....	4
Arts and Humanities.....	17
Registration Procedures.....	24
Registration Form.....	25-28
Consumer Interest.....	35
Technology.....	41
Outreach Sites.....	44
Walking Tours.....	49
Day Trips.....	50
Travel.....	51

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.

NOTE:

Not all classes are held at the Oasis Centers. Please check locations.



CHECK YOUR CALENDAR

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

Texercise

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

Location: Oasis at The Meadows

- | | |
|-----------------------------------------|----------------------------|
| 100 Mondays & Fridays
Free | May 4-Jun 5
9:00-9:45 |
| 101 Mondays & Fridays
Free | Jun 8-Jul 10
9:00-9:45 |
| 102 Mondays & Fridays
Free | Jul 13-Aug 14
9:00-9:45 |
| 103 Tuesdays & Thursdays
Free | May 5-Jun 4
9:00-9:45 |
| 104 Tuesdays & Thursdays
Free | Jun 9-Jul 9
9:00-9:45 |
| 105 Tuesdays & Thursdays
Free | Jul 14-Aug 13
9:00-9:45 |

Location: Oasis at The Chandler House

- | | |
|-----------------------------------------|------------------------------|
| 106 Tuesdays & Thursdays
Free | May 5-Jun 4
11:45-12:30 |
| 107 Tuesdays & Thursdays
Free | Jun 9-Jul 9
11:45-12:30 |
| 108 Tuesdays & Thursdays
Free | Jul 14-Aug 13
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: \$40 | May 4-Jun 1
12:00-1:00 |
| 110 Mondays
Fee: \$40 | Jun 8-Jul 6
12:00-1:00 |
| 111 Mondays
Fee: \$40 | Jul 13-Aug 10
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: \$40 | May 4-Jun 1
1:15-2:15 |
| 113 Mondays
Fee: \$40 | Jun 8-Jul 6
1:15-2:15 |
| 114 Mondays
Fee: \$40 | Jul 13-Aug 10
1:15-2:15 |

Stretch and Restore

Gina Chinn

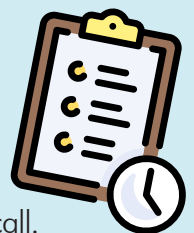
Studies show that focusing on the breath relieves anxiety, relaxes muscles, and reduces inflammatory response in the body. Move mindfully into a variety of gently stretching postures down on the yoga mat. Props such as yoga blocks, blankets, and straps will be provided to find a comfortable stretch. 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: \$40 | May 4-Jun 1
2:30-3:30 |
| 116 Mondays
Fee: \$40 | Jun 8-Jul 6
2:30-3:30 |
| 117 Mondays
Fee: \$40 | Jul 13-Aug 10
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.



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

118 Tuesdays & Thursdays **May 5-Jun 25**
Free **11:15-12:15**

119 Tuesdays & Thursdays **May 5-Jun 25**
Free **2:45-3:45**

120 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 **May 5-Jun 23**
Fee: \$60 **6:00-7:00** 

121 Step It Up!

Karen Brown and Pat Marcus

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

Tuesdays **Jun 30-Aug 4**
Fee: \$48 **10:00-11:00**

122 Aging Backwards



Angela Clifton

Do you already work out and feel like you want to challenge yourself a bit more? This class is for you. Come join us to boost your energy, strength, balance, and coordination through Dance, Cardio and Strength Training. You will feel younger, just like you aged backwards!

Location: Oasis at The Meadows

Tuesdays **Jun 30-Aug 4**
Fee: \$48 **6:00-7:00** 

Neuro Qigong

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

123 Wednesdays **May 6-27**
Fee: \$32 **9:00-10:00**

124 Wednesdays **Jun 3-24**
Fee: \$32 **9:00-10:00**

Yin Yoga and Yoga Nidra

Fred Chavez

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

Location: Oasis at The Meadows

125 Wednesdays **May 6-27**
Fee: \$32 **10:15-11:30**

126 Wednesdays **Jun 3-24**
Fee: \$32 **10:15-11:30**



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

- | | |
|-----------------------|---------------|
| 127 Wednesdays | May 6-Jun 3 |
| Fee: \$40 | 12:30-1:30 |
| 128 Wednesdays | Jun 10-Jul 8 |
| Fee: \$40 | 12:30-1:30 |
| 129 Wednesdays | Jul 15-Aug 12 |
| Fee: \$40 | 12:30-1:30 |

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

- | | |
|-----------------------|---------------|
| 130 Wednesdays | May 6-Jun 3 |
| Fee: \$40 | 1:45-2:45 |
| 131 Wednesdays | Jun 10-Jul 8 |
| Fee: \$40 | 1:45-2:45 |
| 132 Wednesdays | Jul 15-Aug 12 |
| Fee: \$40 | 1:45-2:45 |

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

- | | |
|---------------------|---------------|
| 133 Tuesdays | May 5-Jun 2 |
| Fee: \$40 | 12:30-1:30 |
| 134 Tuesdays | Jun 9-Jul 7 |
| Fee: \$40 | 12:30-1:30 |
| 135 Tuesdays | Jul 14-Aug 11 |
| Fee: \$40 | 12:30-1:30 |

136 Beginner Ballet

Cory Fritz

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

Location: Oasis at The Meadows

- | | |
|------------------|--------------|
| Thursdays | May 14-Jun 4 |
| Fee: \$28 | 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

- | | |
|----------------------|---------------|
| 137 Thursdays | Jun 11-Jul 9 |
| Fee: \$28 | 10:00-11:00 |
| No Class: Jun 25 | |
| 138 Thursdays | Jul 16-Aug 13 |
| Fee: \$28 | 10:00-11:00 |
| No Class: Jul 20 | |

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

- | | |
|----------------------|---------------|
| 139 Thursdays | May 7-Jun 4 |
| Fee: \$40 | 12:30-1:30 |
| 140 Thursdays | Jun 11-Jul 9 |
| Fee: \$40 | 12:30-1:30 |
| 141 Thursdays | Jul 16-Aug 13 |
| Fee: \$40 | 12:30-1:30 |

Beginner Yoga

Gina Chinn

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

Location: Oasis at The Meadows

- | | |
|----------------------|---------------|
| 142 Thursdays | May 7-Jun 4 |
| Fee: \$40 | 1:40-2:40 |
| 143 Thursdays | Jun 11-Jul 9 |
| Fee: \$40 | 1:40-2:40 |
| 144 Thursdays | Jul 16-Aug 13 |
| Fee: \$40 | 1:40-2:40 |

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

- | | |
|--------------------|-----------------|
| 145 Fridays | May 8 - Jun 5 |
| Fee: \$35 | 10:00-11:00 |
| 146 Fridays | Jun 12 - Jul 17 |
| Fee: \$35 | 10:00-11:00 |
| 147 Fridays | Jul 24 - Aug 14 |
| Fee: \$28 | 10:00-11:00 |

148 Recuperative Yoga

Marti Ewing

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

Location: Oasis at The Chandler House

- | | |
|-----------|-----------|
| Tuesdays | Jul 7-28 |
| Fee: \$32 | 2:30-3:30 |

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

- | | |
|--------------------|---------------|
| 149 Fridays | May 8 - Jun 5 |
| Fee: \$35 | 11:15-12:15 |
| 150 Fridays | Jun 12-Jul 17 |
| Fee: \$35 | 11:15-12:15 |
| 151 Fridays | Jul 24-Aug 14 |
| Fee: \$28 | 11:15-12:15 |



152 Balance

Marti Ewing

A balance class focuses on improving stability, coordination, and functional movement to reduce falls and risk, and increase confidence in seniors and those with mobility issues.

Location: Oasis at The Chandler House

- | | |
|-----------|-----------|
| Tuesdays | Jul 7-28 |
| Fee: \$32 | 1:15-2:15 |

153 Pickleball

Dr. Gilda Garcia

Let's learn to play pickleball - a game that's fun, easy to learn, and 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 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 held at "Chicken N Pickle."

Location: Chicken N Pickle

5215 UTSA Blvd. San Antonio, TX 78249

- | | |
|------------|-------------|
| Wednesdays | Jun 10-17 |
| Fee: \$30 | 10:00-11:30 |

154 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
Fee: \$30

May 8-Jun 12
9:00-10:30

155 Kindness Towards Yourself: Self-Compassion as a Meditation Practice

Michael Brown, CHW

In this gentle one-hour session, you'll learn how to switch from self-criticism to self-kindness. Based on the work of pioneering researchers like Kristin Neff, this class introduces the three key components of self-compassion: mindfulness (recognizing suffering), common humanity (understanding that suffering is shared), and self-kindness (responding to yourself with warmth). We'll engage in guided practices such as "Soothing Touch" and "Affectionate Breathing" to build a reliable inner resource of emotional support. Walk away with practical techniques for comforting yourself during moments of stress, failure, or difficulty, while fostering resilience and deep well-being.

Location: Oasis at The Meadows

Tuesdays
Fee: \$45

May 5-Jun 2
4:00-5:00

156 Wellness Toolbox

Mary E Tolle, MA, PSS, MHPS

Would you like to discover strategies to improve your overall mental health and recovery? This session will discuss what recovery and wellness mean to you and key recovery concepts including hope, personal responsibility, education, self-advocacy, and support. You will walk away with a holistic list of personal wellness tools to help support your wellness. You may want to bring something to write on.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

May 5
6:00-7:30 🌙

157 Deep Relaxation

Marti Ewing

This lecture class discusses Yoga Nidra as a guided relaxation practice that takes you into deep states of consciousness between wakefulness and sleep. The method draws your attention inward, similar to meditation, but is performed in a savasana (reclined) position and is accessible to everyone and can be done in a chair as well. Designed for rest and digest response activation, come prepared to relax, and for a guided deep breath and nervous system reset.

Location: Oasis at The Chandler House

Tuesdays
Fee: \$16

May 5-12
10:00-11:30

158 Grief Support -New Beginnings

Gaylynne Robinson

Healing is an individual journey, but we now know more about the mind-body connection that we all experience. The body stores pain whether it is from stress, grief, loss, or emotional pain. The body then is key in the healing process. Through a variety of gentle somatic exercises and EMDR tools you will bring calm, stress relief, and deep relaxation to your body to release the grip of pain, anxiety, and stress. For more information about somatic work for healing, see *The Body Keeps The Score* by Bessel Van Der Kolk, MD.

Location: Oasis at The Meadows

Thursdays
Free

May 7-Jun 4
10:00-11:30

159 Art Therapy

Gaylynne Robinson

In the tradition of Carl Jung, we will look at your own personal mythic journey, archetypes, and shadows. We will ask the shadows to come into the light and honor and invite new archetypes that open doors to our own wisdom and resilience. Using creativity, intuition, and intention we will learn to listen and to trust the language of the heart.

Location: Oasis at The Meadows

Tuesdays
Fee: \$16

May 12-19
5:00-7:00 🌙

Meaning, Purpose And Happiness

Fred Chavez



Is there a way of living that can bring us a greater sense of fulfillment? Through learning and practicing a few principles from both western and eastern philosophies (Stoicism and Ikigai), Japanese and western psychologies (Naikan and Positive Psychology), we will discover a lifestyle full of meaning, purpose and true happiness.

Location: Oasis at The Meadows

160 Tuesdays **May 5-26**
Fee: \$32 **10:00-11:00**

161 Tuesdays **Jun 2-23**
Fee: \$32 **10:00-11:00**

162 Dementia: I Didn't Plan to Be A Caregiver, Now What?

Angela Clifton

My husband and I had finished raising our children, we thought that we were moving to the next step in our lives. Then we got the diagnosis of a loved one and became caregivers, not what we expected. Let's learn together how to have a life and be a caregiver. We will share stories and what we have learned.

Location: Oasis at The Meadows

Tuesday **May 12**
Fee: \$8 **2:00-3:30**

163 Self-Care For Caregivers

Tina Smith, Caregiver SOS

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

Location: Oasis at The Meadows

Thursday **May 14**
Free **2:00-3:30**

164 Medicare 101

Joni Reyna, WellMed

Learn more about the changes to Medicare and your Medicare options. Sponsored by WellMed.

Location: Oasis at The Meadows

Friday **May 15**
Free **10:00-11:30**

165 Exercise Is Medicine

Blaise Collins

In this class, we will focus on how to easily and conveniently incorporate exercise into your day. There is a lot of data out there around these micro-sessions, which I call Exercise Snacks that can significantly improve quality of life. We will also talk about principles of exercise.

Location: Oasis at The Meadows

Monday **May 18**
Fee: \$8 **10:00-11:30**

166 Managing Anxiety

Kimberly Haney, LCSW

According to the Anxiety and Depressions Association 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

Monday **May 18**
Fee: \$8 **1:00-2:30**

167 Nutrition for Thyroid Health

Lisa Bombela-Comuzzie, RD, LD, CPRS

Optimal foods for thyroid health depend on whether you have a condition that impairs your thyroid function. There are certain foods that may trigger the immune system and cause inflammation. Learn about which foods to eat and avoid to maintain thyroid health.

Location: Oasis at The Meadows

Monday **May 18**
Fee: \$8 **2:00-3:30**

168 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

Tuesdays **May 19-Jul 21**
Free **1:00-2:30**

169 Let's Get Happier Today

Dr. Gilda Garcia

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

Location: Oasis at The Meadows

Wednesday **May 20**
Fee: \$8 **10:00-11:30**



THANK YOU!

Did you know that many of our **FREE** classes are free because they have been underwritten by a grant? **THANK YOU** to all of our grant funders!

170 State of Texas Deaf and Hard of Hearing Services

Sara Filippone, Health and Human Services

Come join the Health and Human Services Hard of Hearing and Deaf division as they give much needed information on advocacy, demonstrations on assistive technology and community resources for the deaf and hard of hearing.

Location: Oasis at The Meadows

Tuesday **May 19**
Free **10:00-11:30**

171 The Whole Truth About Whole Grains



Gretchen Hill

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

Location: Oasis at The Meadows

Friday **May 22**
Fee: \$5 **10:00-11:30**

172 Improving Your Memory

Craig Stimson

Learn about the memory processes, discovering new techniques to improve memory, and examining ways to improve and boost memory skills.

Location: Oasis at The Chandler House

Tuesday **May 26**
Fee: \$8 **9:30-10:30**

173 Caffeine and Your Health

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 pros and cons of this ancient beverage.

Location: Oasis at The Meadows

Wednesday **May 27**
Fee: \$8 **10:00-11:30**

174 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

Thursdays **May 7-Jun 25**
Free **12:00-2:00**

175 Gut-Brain Connection

San Antonio Food Bank

The Gut-Brain Connection curriculum covers the various factors that affect mental health as well as the strong connection between the gut microbiome and emotional well-being. Participants will learn the importance of taking care of themselves during seasons of poor mental health through eating foods that support a healthy gut microbiome. We will demonstrate a recipe that incorporates prebiotics and probiotics.

Location: Oasis at The Meadows

Tuesdays **Jun 2-23**
Free **10:00-11:30**

176 Understanding Substance Use Disorder and the Dangers of Fentanyl

Siria A. Arriaga, AAS, CHWI

An 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 a counterfeit pill laced with Fentanyl.

Location: Oasis at The Meadows

Tuesday **Jun 2**
Fee: \$8 **5:30-7:00** 

177 The Practice of Connection: Building Deeper Relationships

Pat Whitty

In a world that moves too fast and demands too much, genuine connection has become quietly radical. This four-week workshop invites you to slow down and rediscover the simple, powerful practices that create meaningful relationships—not through grand gestures, but through small acts of presence, curiosity, and authenticity. Over four 90-minute sessions, you'll explore how to be fully present with others, replace judgment with wonder, help people feel truly heard, and share yourself honestly without oversharing. Whether you're seeking deeper friendships, more meaningful family connections, or simply want to feel connected, this class offers practical tools and a supportive community to help you cultivate connection as a way of life. You'll leave with practices you can use immediately and a renewed sense that authentic relationship is not only possible—it's within reach.

Location: Oasis at The Chandler House

Thursdays **Jun 4-25**
Fee: \$32 **1:30-3:00**

178 Calcium and Vitamin D

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 Chandler House

Tuesday **Jun 9**
Fee: \$5 **1:30-3:00**

Please let us know...
if you can't attend a class for
which you have registered.
Many classes have wait lists.

179 Food as Medicine

Karen Robinson, RN

Food as Medicine means choosing whole, nutrient-dense foods that support healing, reduce inflammation, and improve overall health. These daily food choices can help prevent chronic disease and improve how the body functions. Food is not just fuel—it gives instructions to the body.

Location: Oasis at The Meadows

Thursday

Jun 11

Fee: \$8

1:00-2:30

180 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 what it is, how it affects our body, and steps to reduce it.

Location: Oasis at The Meadows

Friday

Jun 12

Fee: \$8

10:00-11:30

181 CPR

American Heart Association

CPR saves lives. This free CPR course will provide an opportunity for you to practice CPR hands-on, choking training as well as how to use an AED. This is not a certification course. This training is provided by the American Heart Association.

Location: Oasis at The Meadows

Friday

Jun 12

Free

10:00-12:00

182 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 Chandler House

Thursdays

Jul 2-30

Fee: \$40

10:00-11:30

183 Improve Your Balance

Jaime Acosta, COTA

According to the Center for Disease Control and Prevention, more than one third of adults 65 and older fall each year in the United States. 20 to 30 percent of people who fall suffer moderate to severe injuries. For many, these falls are a precursor to more serious problems. In this class, we will provide recommendations for better balance and fall management to help you minimize falls with the goal of helping you to age more successfully.

Location: Oasis at The Meadows

Monday

Jun 15

Fee: \$8

10:00-11:30

184 Somatic Workshop for Stress and Anxiety

Gaylynn Robinson

Somatic movement is a gentle series of mind-body exercises that releases contracted muscles, calms the nervous system, reduces stress, and increases mobility. Somatic exercises are mostly seated and lying on a yoga mat. Please bring a yoga mat or you can complete exercises in a chair.

Location: Oasis at The Meadows

Thursdays

Jun 18-25

Fee: \$16

9:30-11:30

185 Understanding and Responding to Dementia Related Behaviors

Alzheimer's Association

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

Location: Oasis at The Meadows

Monday

Jun 22

Free

1:00-2:30

193 Brain Foods

Rachel Porter, MDS

Food can be powerful for brain health. Brain foods are nutrient-dense choices that support memory and help protect against cognitive decline. Research shows the MIND diet may lower the risk of dementia, including Alzheimer's disease. Come learn about these essential foods and simple ways to keep your brain healthy as you age.

Location: Oasis at The Meadows

Tuesday

Fee: \$8

Jul 7

6:00-7:30 🌙



194 All About Strokes

Cynthia Beal

Strokes are a serious medical emergency and understanding the signs can save a life. In this class, you will learn the symptoms of a stroke, the treatment, and how to prevent them from happening.

Location: Oasis at The Meadows

Wednesday

Fee: \$8

Jul 8

1:00-2:30

195 High Blood Pressure And Heart Health

American Heart Association

About 1 in 3 adults in the US have high blood pressure. HBP itself usually has no symptoms. You can have it for many years without realizing it. Unfortunately, it can lead to damage of the kidneys, heart and blood vessels as well as other parts of the body. Come learn about this silent killer.

Location: Oasis at The Meadows

Monday

Free

Jul 20

10:00-11:30

196 The Enneagram for Life Transitions: Moving from Pattern to Presence

Pat Whitty

Ready to go deeper? This 3-week workshop is designed for those who've been introduced to the Enneagram and want to use it as a practical tool for navigating life's transitions—retirement, changing roles, health shifts, or simply asking "what now?" Over three 90-minute sessions, we'll move beyond identifying your type to understanding how your patterns show up under stress, recognizing what once served you but may now limit you, and discovering your type's unique path toward greater freedom and presence. Limited to 15 participants to ensure meaningful group interaction. This isn't about becoming a better version of your type—it's about becoming less owned by it.

Location: Oasis at The Meadows

Fridays

Fee: \$24

Jul 10-24

10:00-11:30

197 Living with Arthritis

Craig Stimson

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

Location: Oasis at The Meadows

Thursday

Fee: \$8

Jul 9

1:00-2:30

198 Social Connectedness, Health, and Well-Being

Emily Nicklett, PhD, MSW

This session will explore how social relationships and connectedness influence health and well-being across the life course, drawing on current research as well as examples from Dr. Nicklett's own work.

Location: Oasis at The Meadows

Wednesday

Fee: \$7

Jul 22

1:00-2:30

199 Hero's Journey on Aging

Pat Whitty

Are you navigating a major life transition or entering a new chapter in the second half of life? The Hero's Journey of Aging invites you to see this time not as an ending, but as a powerful adventure. In this engaging and reflective class, we'll explore the aging process through the timeless lens of the Hero's Journey—from the call to adventure and crossing the threshold, to meeting mentors, facing trials, discovering inner treasure and ultimately returning with wisdom to share. Aging is not a decline—it's a deepening. Join us to reframe your story, embrace the unknown and uncover the meaning, purpose, and strength that come with growing older.

Location: Oasis at The Meadows

Tuesday **Jul 14**
Fee: \$8 **10:00-11:30**

200 What is a Dietitian And How to Find One

Lisa Bombela-Comuzzie, RD, LD, CPRS

Dietitians work in numerous medical and wellness fields and are reliable nutrition experts. Learn what a dietitian is, what fields they typically practice in and how to find one to meet your individual needs.

Location: Oasis at The Meadows

Monday **Jul 13**
Fee: \$8 **2:00-3:30**

201 Social Isolation

Kelley Gallant, MBA

A recent Surgeon General's Report released in 2023 stated that loneliness has risen to 'epidemic' proportions. The bad news is the lack of social contacts and having few people to interact with regularly can cause lasting physical and mental health risks. The good news is there are changes you can make in your everyday life to avoid social isolation.

Location: Oasis at The Meadows

Friday **Jul 31**
Free **10:00-11:30**

202 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.

Location: Oasis at The Meadows

Wednesday **Jul 29**
Fee: \$8 **10:00-11:30**

203 Liver Cancer

Sandra Sivak, MS, TTS, ACS Lion

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

Location: Oasis at The Meadows

Tuesday **Aug 4**
Fee: \$8 **1:00-2:30**

204 How to Remember Names

Pat Whitty

Do you ever walk away from a conversation thinking, "I don't know who I just talked to..."? Remembering names isn't about having a better brain — it's about having better attention. In this practical and energizing session, How to Remember Names, you'll learn simple, science-backed techniques that dramatically improve recall and deepen connection. Because remembering someone's name isn't just polite — it's powerful. It says, "I see you. You matter." If you care about building stronger relationships, strengthening your confidence in social settings, and staying mentally sharp at any age, this class is for you. Join us — and start turning introductions into lasting impressions.

Location: Oasis at The Chandler House

Tuesday **Aug 4**
Fee: \$8 **9:30-11:00**

205 For Better or Worse, Caring for Your Loved One

Tina Smith, Caregiver SOS

Caring for a spouse is different from other types of caregiving. This session addresses the unique sexual, family, social, emotional, physical, and financial challenges involved—and how to face them. You'll also hear from spousal caregivers about how they practice self-care and seek outside support.

Location: Oasis at The Meadows

Tuesday
Free

Aug 4
6:00-7:30 

206 Supporting Independence

Alzheimer's Association

This class focuses on helping the person living with dementia to take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Location: Oasis at The Meadows

Thursday
Free

Aug 6
1:00-2:30

207 Breaking Up with Sugar

Karen Robinson, RN

This class explains how too much sugar affects energy, weight, inflammation, and overall health. Participants learn how to spot hidden sugars in foods and drinks and understand why cravings happen. Simple, realistic tips are shared to help reduce sugar intake without feeling deprived.

Location: Oasis at The Meadows

Monday
Fee: \$8

Aug 10
10:00-11:30

208 The Power of Habits

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Aug 11
1:00-2:30

209 The Art of Friendship: Expanding Your Circle

Jane Paccione

Making friends as an older adult or solo ager can be challenging. Friendships change with shifts in life, and periods of loneliness are common. By recognizing the roles of proximity, timing, and energy, older adults can intentionally build meaningful, enriching connections.

Location: Oasis at The Chandler House

Tuesday
Fee: \$8

Aug 4
1:00-2:30

210 Pet Therapy and Mental Health

Kelley Gallant, MBA

Have you ever felt calmer after petting a cat or dog—or cheered up just thinking about your pet? Pets enrich our lives, and research shows they can reduce anxiety and depression. Discover the powerful benefits of pets and meet a rescue dog who became unexpected therapy for someone who didn't know he needed it.

Location: Oasis at The Meadows

Friday
Fee: \$8

Aug 7
10:00-11:30

211 Healthy Cooking Demonstration

Jack DeVerter and Clarissa Gorena

Learn to prepare breakfast, lunch, dinner, and even healthy desserts. We'll 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
Fee: \$11

Aug 14
10:00-11:30

212 CPR

American Heart Association

CPR saves lives! This free CPR course will provide an opportunity for you to practice CPR hands-on, choking training as well as how to use an AED. This is not a certification course.

Location: Oasis at The Chandler House

Thursday
Free

Aug 6
1:30-3:30

213 Chili Queens of San Antonio

The Witte Museum

Who were the chili queens and why was their chili so good? Come learn the secret as we explore the history and ingredients of a chili queen's table with the staff of the Witte Museum.

Location: Oasis at The Meadows

Tuesday
Fee: \$10

May 5
10:00-11:30



214 Public Art

Julen Navarrete, San Antonio River Authority

Forgotten in recent decades, the banks of the San Pedro Creek have witnessed the story of San Antonio since it's birth. In reconstructing the creek into a vibrant linear park, these narratives come to life through works of Public Art, telling a captivating history of the city's relationship with water. The San Antonio River Authority invites you to join our presentation about the beautiful art pieces that adorn the 2.2 miles of the San Pedro Creek Culture Park.

Location: Oasis at The Chandler House

Tuesday
Fee: \$7

May 5
1:30-3:00

215 Tiny Drawings

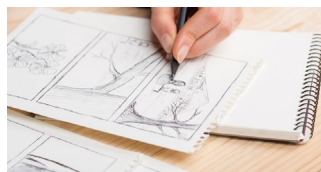
Molly Valdez

Let's explore the possibilities of working with pencil and ink on a small scale. In this class, we will create drawings no larger than 4"x6" in a variety of styles and subjects. Supply list will be provided. Approximate cost of supplies is \$10-\$15.

Location: Oasis at The Meadows

Tuesdays
Fee: \$16

May 5-12
5:30-7:00 ☾



216 Chess for Active Minds

Carter Williams

This four-week chess class is for adults ages 50+ who want to learn (or relearn) chess in a relaxed, friendly setting. Whether you've never played before or you remember playing a few games with family or friends years ago, you'll feel right at home. We'll cover the basics step by step, introduce simple strategies and familiar patterns, and leave plenty of time to practice through guided games. The focus is on enjoyment, social connection, and keeping your mind active. No prior experience required.

Location: Oasis at The Chandler House

Thursdays
Fee: \$32

May 7-28
9:30-11:30

217 Wives of Henry VIII

Chelsea Carriker, MPH, CHES

Divorced. Beheaded. Died. Divorced. Beheaded. Survived. Six women have been flattened into this infamous rhyme. This class will dive into the real, complicated lives of the women who married the larger-than-life monarch, King Henry VIII. We will explore their backgrounds and marriages to King Henry and the political and religious upheavals surrounding them.

Location: Oasis at The Meadows

Thursday
Fee: \$8

May 7
1:00-2:30

218 The Heroism of American Writers

Judith Hurst, MA

Against a society that often lost sight of principles—aesthetic, social or political—Emerson offered a challenge which other writers accepted: to rid the new country of “smooth mediocrity and squalid contentment.” Embark on an extraordinary adventure with the literati of the day—45 delicious years of Emerson, Hawthorne, Longfellow, Edgar Allan Poe, Lincoln, Oliver Wendell Holmes, Harriet Beecher Stowe, Harriet Jacobs, Thoreau, Frederick Douglass, Walt Whitman, Melville and Emily Dickinson.

Location: Oasis at The Meadows

Monday
Fee: \$8

May 11
10:00-11:30

219 Cocktails and Frozen Drinks For Summer

Bob Bragg, WSET Level 3, CSW

Sit back, sip, and savor the flavors of summer in this lively demonstration and tasting experience. Watch as the instructor prepares a selection of refreshing cocktails and frozen drinks, sharing tips on flavor balance, seasonal ingredients, and simple techniques you can use at home. Enjoy guided tastings of each beverage while learning presentation ideas perfect for warm-weather gatherings and celebrations.

Location: Oasis at The Meadows

Wednesday
Fee: \$40

May 6
1:00-3:00



220 High Tea

Jane Paccione

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

Location: Oasis at The Chandler House

Thursday
Fee: \$15

May 7
1:30-3:00

221 Conversational Spanish

Yesenia Zepeda

For those of you who want to brush up on your conversational Spanish or are planning an upcoming trip, this informal Spanish class is for you. We will be covering basic vocabulary needed for casual conversation.

Location: Oasis at The Meadows

Tuesdays
Fee: \$30

May 19-Jun 23
5:30-7:00



222 Landscape Design School

Gardening Volunteers of South Texas



This class is comprised of four sessions that include information on:

- Planning a landscape and saving water
- Basic needs including soil, mulch, fertilizer, and light conditions
- Designing a cohesive landscape
- WaterSaver® plant selection for beauty and resilience

Location: Oasis at The Meadows

Tuesdays
Fee: \$30

May 12-Jun 2
9:00-10:00

223 Women's Discussion Group

Gloria Jennings

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

Location: Oasis at The Meadows

Mondays
Fee: \$8

May 11, Jun 8, Jul 13, Aug 10
10:00-11:30

224 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
Fee: \$6

May 14, Jun 11, Jul 9, Aug 13
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
Fee: \$6

May 19, Jun 16, Jul 14, Aug 11
10:00-11:30

HAPSBURG EMPIRE SERIES

Michael Cude, Ph.D., Schreiner University

226 The Origins and Foundation of The Hapsburg Empire

This class will survey the rise of the Hapsburg's from a minor noble family during the late Middle Ages to become the dominant royal family in Europe by the 1500s.

Location: Oasis at The Meadows

Thursday **May 14**
Fee: \$8 **1:00-2:30**

227 The Hapsburg Empire in the Age of Absolutism

This course will cover the Hapsburg Empire during an age of notable monarchs in the 1600s and 1700s that established a multinational empire covering much of Central Europe.

Location: Oasis at The Meadows

Thursday **Jun 18**
Fee: \$8 **1:00-2:30**

228 The Hapsburg Empire in the Age of Nationalism

This course will consider the Hapsburg Empire during the early 1800s. During this era, the empire faced external and internal strains spurred by national movements looking to reshape Europe, from the Napoleonic Wars through the 1848 Revolutions.

Location: Oasis at The Meadows

Thursday **Jul 16**
Fee: \$8 **1:00-2:30**

229 The Twilight of the Hapsburg Empire

This class will address the final era of the Hapsburg Empire starting in the late 1800s from its reorganization as the Austro-Hungarian Dual Monarchy through its disintegration following World War I.

Location: Oasis at The Meadows

Thursday **Aug 13**
Fee: \$8 **1:00-2:30**

230 Oil Pastels: Bold Color, Beautiful Blends

Andy Villarreal, BA, MFA

Discover the vibrant, expressive world of oil pastels in this hands-on class designed for all experience levels. We'll explore basic techniques such as blending, layering, and creating texture, while learning how to use color confidently. No prior art experience is needed—just a willingness to play and experiment. Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Wednesdays **May 13-Jun 17**
Fee: \$54 **1:00-3:00**



231 Writers Group

Gloria Jennings

Attention writers and would-be writers. Would you like to hone your skills and improve overall as a writer? The Oasis Writers Group provides writing tips and valuable information to write your best story in a friendly and supportive environment. Meet with your peers for feedback and discussion, using prompts and writing exercises.

Location: Oasis at The Meadows

Wednesdays **May 20, Jun 17, Jul 22, Aug 12**
Fee: \$9 **10:30-12:00**

232 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 Chandler House

Tuesday **May 19**
Fee: \$8 **10:00-11:30**

233 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 **May 20, Jun 17, Jul 15, Aug 12**
Fee: \$5 **1:00-2:30**

234 George Strait

Kelley Gallant, MBA

George Strait is the King of Country Music and proud native son of Texas. Come enjoy some terrific oldies like "Amarillo by Morning," "All my Exes live in Texas," "The Fireman" and some of his new songs, "Three Drinks Behind," "God and Country Music" and many more. Learn about his life, his friends and family and some escapades, too!

Location: Oasis at The Chandler House

Thursday **May 21**
Fee: \$8 **1:30-3:00**

235 John Wayne, "The Duke"

Beverly Prado

When we think of the Golden Age of Hollywood, we often think of the famous movie stars that filled the silver screen. One of the biggest personalities was John Wayne, who starred in westerns and war movies that are classics. Much beloved, he was a complicated man, however, who lived with many contradictions in his life and career. Our movie hero will be discussed with conversation and film clips.

Location: Oasis at The Chandler House

Tuesday **May 26**
Fee: \$8 **1:30-3:00**

Severe Weather or Emergencies

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

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

236 Finding Plants That Thrive

*Marybeth Parsons,
Bexar County
Master Gardeners*



This presentation is designed for all levels of gardeners. Participants will learn about the plants that are most resilient to the heat of summer. These plants can be incorporated in the garden with the confidence that they will not only survive, but thrive.

Location: Oasis at The Meadows

Tuesday **May 26**
Fee: \$8 **5:30-7:00** 🌙

237 Code Girls of WWII

Gloria Jennings

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

Location: Oasis at The Meadows

Thursday **May 28**
Fee: \$7 **10:00-11:30**

238 Diamond Art

Julie Gonzalez

Also known as diamond painting, Diamond Art is a creative hobby where tiny, resin rhinestones are applied to a canvas to create sparkling, mosaic-style artwork. It's similar to paint-by-numbers and cross-stitch, but instead of paint or thread, you use the resin diamonds to fill in the design. Diamond Art is known for its calming and stress-relieving effects. Cost includes supply fee.

Location: Oasis at The Meadows

Fridays **May 29-Jun 5**
Fee: \$26 **10:00-12:00**

239 Create a Summer Floral Arrangement

The Rose Boutique

Creating a mixed flower arrangement doesn't have to be difficult. Using your intuition and a few easy instructions, you can arrange gorgeous bouquets. In this class you will learn tips and tricks, and will make one to take home. If you have a pair of small pruning shears, please bring them. Cost includes supply fee.

Location: Oasis at The Chandler House

Thursday **May 28**
Fee: \$40 **1:30-3:00**

240 Fanciful Fantasy Adult Coloring Books

Gaylynnne Robinson

Learn special effects techniques to make your adult coloring book a stunning work of art. Bring your glitter, your markers, your colors and let's deep dive into some serious fun this summer. Supply list will be provided. Approximate cost of supplies is \$35.

Location: Oasis at The Meadows

Mondays **Jun 1-15**
Fee: \$24 **10:00-12:00**

241 Search for Intelligent Life In the Universe

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



Is there intelligent life in the universe? This presentation explores humanity's search—from the scale and biological potential of the universe to defining “intelligence.” We'll examine the Fermi Paradox, the Drake Equation, SETI, and exoplanet biosignatures, contrast scientific efforts with public fascination around UFOs, and consider emerging technologies and the profound implications such a discovery would have for humanity.

Location: Oasis at The Meadows

Wednesday **Jun 3**
Fee: \$8 **10:00-11:30**

242 Geology and Wine Tasting: Wines of Oregon and Burgundy

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

Learn how the Earth beneath the vineyard shapes what's in your glass. This engaging class explores the geology, soils, and climate that define two world-class wine regions: Oregon and Burgundy. Through guided tastings, participants will compare varietals while learning how terroir, rock types, and landscape influence aroma, flavor, and structure.

Location: Oasis at The Meadows

Thursday **Jun 4**
Fee: \$40 **1:00-3:00**



243 Joan Crawford: Ultimate Star of Old Hollywood

Beverly Prado

Glamorous and talented, this Hollywood icon rose from humble San Antonio beginnings to become one of the silver screen's most famous stars. A singer and dancer who later became an Oscar-winning actress, her journey to fame is a true fairy tale—with more to her story than meets the eye. Join us for film clips and conversation.

Location: Oasis at The Chandler House

Tuesday **Jun 9**
Fee: \$8 **9:30-11:00**

244 Drawing Basics

Molly Valdez

Whether you are looking to start drawing or want to sharpen your existing skills, this class is for you. We will cover pencil techniques such as shading and texture, as well as compositional elements like focal points and perspective. Beginners, experts, and returning folks are all welcome. Supply list will be provided. Approximate cost of supplies is \$25.

Location: Oasis at The Meadows

Tuesdays **Jun 9-30**
Fee: \$32 **10:00-11:30**

245 Acrylics on Canvas

Georgia Stok

Such a versatile medium! In this class, you'll explore techniques that transform your work to resemble the rich look of an oil painting. Subjects will vary, allowing for creativity and personal expression. Open to all levels of experience—no drawing skills required. Supply list will be provided. Approximate cost of supplies is \$45.

Location: Oasis at The Meadows

Tuesdays Jun 9-Jul 14
Fee: \$48 1:00-3:00

246 Medieval Madness: Heresies

Judith Hurst, MA

Recognize the three different types of Christian vs. Catholic heresies: syncretic: addressing the fusion of Jewish or pagan with Christian elements (Gnosticism); Evolutionary: issues/discrepancies rising from the ante-Nicene age (Monarchianism, Arianism, Donatitism) and Revolutionary directed against the Church, its theory and its practice, rather than its doctrine--(Carharists, Albigensian.) Explore the village of Montailou wherein all 114 residents were heretics. Most intriguing is how geography played a role in propagating and preserving medieval unorthodoxy.

Location: Oasis at The Meadows

Wednesday Jun 10
Fee: \$8 10:00-11:30

247 Printmaking

Vikky Jones, MFA, UTSA

In the first session, we'll begin with an informative presentation of the different types of printmaking with plenty of images as well as physical examples, followed by the second session, in which we'll choose a simple design to carve and print on a small block to get familiar with the process. In the third session, you'll start your own composition on a larger block and roll out the ink to make a small edition of your own hand-pulled prints! Cost includes supply fee.

Location: Oasis at The Chandler House


Thursdays Jun 11-25
Fee: \$36 10:00-11:30

248 Your Memories in Vinyl Records

Craig Stimson

Take those old records off the shelf! Why are vinyl recordings making a comeback? Join Oasis and our resident audiophile to explore new technology that brings your old records to life once again.

Location: Oasis at The Meadows

Tuesday Jun 16
Fee: \$6 5:30-7:00 

249 Adversaries of the Ancient Israelites

Christina Howard, MA, I.B. History



The ancient Israelites faced many enemies throughout the Old and New Testaments, including the Egyptians, Canaanites, Philistines, Babylonians, Assyrians, Greeks, and Romans—each shaping the culture of the Levant. This fast-paced presentation explores who they faced, how they fought, and how faith sustained them against powerful armies with advanced weapons, horses, and chariots. We'll also examine how shifting from the Bronze Age to the Iron Age brought new technologies, cultural changes, and innovations. Drawing from the Bible and other contemporary sources, we'll uncover the Israelites' struggle to survive and adapt.

Location: Oasis at The Meadows

Wednesday Jun 17
Fee: \$8 1:00-3:00

250 Let Them Theory

Kelley Gallant, MBA

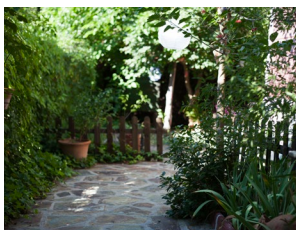
Want to be happier? Let's talk about giving up control of what others think and do. Control can be exhausting and cause unneeded and unwanted stress in your life. If we can learn to accept that we cannot control others around us and learn to use two words, "Let Them" we can move towards less drama and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

Location: Oasis at The Meadows

Wednesday Jun 17
Fee: \$8 10:00-11:30

251 Shady Characters In the Garden: Shade Gardening

Alisa Travis, Bexar County Master Gardeners



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

Location: Oasis at The Meadows

Thursday

Fee: \$8

Jun 18

10:00-11:30

252 Van Life: Stories from the Road

Rachel Goeres

Ever think about RV-ing across America? Do you love hearing stories of exploration? Does beautiful photography lift you up? This is the class for you. Rachel is a senior citizen who transformed an empty cargo van into a tiny house on wheels and travels the country with her dog, Vera Grace. Come and see her story of how she created her camper van. Learn how she plans her trips. Travel the country with her virtually as she shares pictures of some of her adventures. The van will be on site and you'll get a full tour.

Location: Oasis at The Chandler House

Tuesday

Free

Jun 23

1:30-3:00

253 Scandalous San Antonio-Chapter One

Bruce Martin, Certified Professional Tour Guide

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

Location: Oasis at The Meadows

Wednesday

Fee: \$10

Jun 24

1:00-2:30

254 The Ticonderoga/Saratoga Campaign of 1777

John Boswell, Retired Adjunct History Professor

The American Revolution was the most significant event in American history. Without this victorious Revolution—no USA. This fact leads one to the inevitable conclusion that the battle campaign producing the victory was the most significant military affair in American history. That military confrontation took place in upstate New York in the summer and fall of 1777, ending with British General John Burgoyne's surrender of his entire army, a first in Great Britain's storied history. What made this particular Patriot victory the most significant in all US history? It brought France and Spain into the war on our side. Without their military and financial support, no Yorktown, no USA. This presentation will attempt to provide answers as to how the ragtag American Army led by mediocre General Horatio Gates defeated the best troops Britain and her German mercenary allies had to offer.

Location: Oasis at The Meadows

Thursday

Fee: \$8

Jun 25

10:00-11:30

255 Visiting Classic American Short Stories

Molly Valdez

In this class we will explore *An Occurrence at Owl Creek Bridge* by Ambrose Pierce, *The Gift of the Magi* by O. Henry, *The Monkey's Paw* by W.W. Jacobs, *Eve's Diary* by Mark Twain.

Location: Oasis at The Meadows

Mondays

Fee: \$24

Jun 29-Jul 20

1:00-2:30

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

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 April 21, 2026**
(Registrations are placed in a box and randomly drawn and processed.)
- **Online: Registration Opens April 21, 2026 at 9:00am**
- **Phone-In: Registration Opens April 27, 2026**

It is best to have your registration at Oasis before April 21

Please follow all procedures listed below:

- You must be a member of Oasis to register. If you are not a member you may join by coming to the Oasis Center, by phone or online at the Oasis web site: oasisnet.org/san-antonio-tx. **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	\$40			
	110	Circuit Training	\$40			
	111	Circuit Training	\$40			
	112	Chair Yoga	\$40			
	113	Chair Yoga	\$40			
	114	Chair Yoga	\$40			
	115	Stretch and Restore	\$40			
	116	Stretch and Restore	\$40			
	117	Stretch and Restore	\$40			
	118	Tai Chi for Arthritis	Free			
	119	Tai Chi for Arthritis	Free			
	120	Tai Chi for Aging Well	\$60			
	121	Step It Up!	\$48			
	122	Aging Backwards	\$48			
	123	NeuroQigong	\$32			
	124	NeuroQigong	\$32			
	125	Yin Yoga and Yoga Nidra	\$32			
	126	Yin Yoga and Yoga Nidra	\$32			
	127	Dance Fitness	\$40			
	128	Dance Fitness	\$40			
	129	Dance Fitness	\$40			
	130	Functional Fitness	\$40			
	131	Functional Fitness	\$40			
	132	Functional Fitness	\$40			
	133	Line Dancing	\$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	134	Line Dancing	\$40			
	135	Line Dancing	\$40			
	136	Beginner Ballet	\$28			
	137	Intermediate Ballet	\$28			
	138	Intermediate Ballet	\$28			
	139	Stretch and Balance	\$40			
	140	Stretch and Balance	\$40			
	141	Stretch and Balance	\$40			
	142	Beginner Yoga	\$40			
	143	Beginner Yoga	\$40			
	144	Beginner Yoga	\$40			
	145	Balance for Daily Life	\$35			
	146	Balance for Daily Life	\$35			
	147	Balance for Daily Life	\$28			
	148	Recuperative Yoga	\$32			
	149	Seated Strength Training	\$35			
	150	Seated Strength Training	\$35			
	151	Seated Strength Training	\$28			
	152	Balance	\$32			
	153	Pickleball	\$30			
	154	Walking Group	\$30			
	155	Kindness Towards Yourself	\$45			
	156	Wellness Toolbox	\$8			
	157	Deep Relaxation	\$16			
	158	Grief Support	Free			
	159	Art Therapy	\$16			
	160	Meaning, Purpose	\$32			
	161	Meaning, Purpose	\$32			
	162	Caregiver Now What?	\$8			
	163	Self-Care For Caregivers	Free			
	164	Medicare 101	Free			
	165	Exercise Is Medicine	\$8			
	166	Managing Anxiety	\$8			
	167	Thyroid Health	\$8			

Oasis Registration Form

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

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	168	Aging Mastery Program	Free			
	169	Let's Get Happier Today	\$8			
	170	Hard of Hearing Services	Free			
	171	Whole Grains	\$5			
	172	Improving Your Memory	\$8			
	173	Caffeine and Your Health	\$8			
	174	A Matter of Balance	Free			
	175	Gut-Brain Connection	Free			
	176	Substance Use Disorder	\$8			
	177	The Practice of Connection	\$32			
	178	Calcium and Vitamin D	\$5			
	179	Food As Medicine	\$8			
	180	All About Inflammation	\$8			
	181	CPR	Free			
	182	Brain Games	\$40			
	183	Improve Your Balance	\$8			
	184	Stress and Anxiety	\$16			
	185	Dementia Behaviors	Free			
	186	Kidney Health Class	Free			
	187	Kidney Screening	Free			
	188	Shake the Salt Habit	\$5			
	189	Mind Over Matter	Free			
	190	African Heritage	Free			
	191	Hospice Lunch and Learn	Free			
	192	Latin American Heritage	Free			
	193	Brain Foods	\$8			
	194	All About Strokes	\$8			
	195	High Blood Pressure	Free			
	196	Enneagram	\$24			
	197	Living with Arthritis	\$8			
	198	Social Connectedness	\$7			
	199	Hero's Journey on Aging	\$8			
	200	What is a Dietitian	\$8			
	201	Social Isolation	Free			
	202	The Ornish Method	\$8			
	203	Liver Cancer	\$8			
	204	How to Remember Names	\$8			
	205	Caring For Your Loved One	Free			
	206	Supporting Independence	Free			
	207	Breaking Up with Sugar	\$8			
	208	The Power of Habits	\$8			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	209	The Art of Friendship	\$8			
	210	Pet Therapy	\$8			
	211	Healthy Cooking Demo	\$11			
	212	CPR	Free			
	213	Chili Queens of S.A.	\$10			
	214	Public Art	\$7			
	215	Tiny Drawings	\$16			
	216	Chess for Active Minds	\$32			
	217	Wives of Henry VIII	\$8			
	218	American Writers	\$8			
	219	Cocktails and Frozen Drinks for	\$40			
	220	High Tea	\$15			
	221	Conversational Spanish	\$30			
	222	Landscape Design School	\$30			
	223	Women's Discussion Group	\$8			
	224	Book Discussion Group	\$6			
	225	Chandler Book Club	\$6			
	226	The Origins of Hapsburg	\$8			
	227	Hapsburg Absolutism	\$8			
	228	Hapsburg Nationalism	\$8			
	229	Twilight of Hapsburg	\$8			
	230	Oil Pastels	\$54			
	231	Writers Group	\$9			
	232	Women Artists	\$8			
	233	Men's Discussion Group	\$5			
	234	George Strait	\$8			
	235	John Wayne, 'The Duke'	\$8			
	236	Finding Plants that Thrive	\$8			
	237	Code Girls of WWII	\$7			
	238	Diamond Art	\$26			
	239	Floral Arrangement	\$40			
	240	Adult Coloring Books	\$24			
	241	Life in the Universe	\$8			
	242	Geology and Wine Tasting	\$40			
	243	Joan Crawford	\$8			
	244	Drawing Basics	\$32			
	245	Acrylics on Canvas	\$48			
	246	Medieval Madness	\$8			
	247	Printmaking	\$36			
	248	Memories in Vinyl Records	\$6			
	249	Adversaries of Israelites	\$8			

Oasis Registration Form


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

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	250	Let Them Theory	\$8			
	251	Shade Gardening	\$8			
	252	Van Life	Free			
	253	Scandalous San Antonio	\$10			
	254	Ticonderoga/Saratoga	\$8			
	255	American Short Stories	\$24			
	256	Thomas Jefferson	\$12			
	257	Mystery of Life's Origins	\$8			
	258	Hispanic Ethnology	\$8			
	259	Intro to Improv	\$6			
	260	Art/Architecture of Europe	\$8			
	261	Learn to Play Mahjong	\$60			
	262	Collage Art	\$16			
	263	Glen Campbell	\$8			
	264	Backstories of Hollywood	\$8			
	265	Influences on the Beatles	\$8			
	266	The Eagles	\$8			
	267	Design Basics	\$36			
	268	White Shaman Mural	\$10			
	269	Singing in the Rain	\$8			
	270	Songs of Summer	\$8			
	271	Building Connections	\$7			
	272	Annie Hall	\$8			
	273	Speed Dating with a Pen	\$14			
	274	Zentangles After Dark	\$24			
	275	Navajo Code Talkers	\$7			
	276	Conte Crayon	\$16			
	277	Modern Minstrels	\$8			
	278	Earth-Future	\$8			
	279	Italy and Her Invaders	\$8			
	280	Controversial Art	\$8			
	281	Details in Religious Art	\$8			
	282	Abraham Lincoln	\$12			
	283	Inventions	\$8			
	284	Growing Herbs	\$8			
	285	Country Music Icons	\$8			
	286	Game Shows	\$8			
	287	French Wine/Hors D'oeuvre	\$55			
	288	US Army-Camp Logan	\$10			
	289	Abstract Ink	\$11			
	290	American GI Forum	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	291	Situational Awareness	Free			
	292	VIA Services	Free			
	293	Time for Professional Care	\$8			
	294	Serving as an Executor	\$8			
	295	All About Recycling	Free			
	296	Annuities	\$8			
	297	All About Silver Connect	Free			
	298	Community Resources	Free			
	299	One Big, Beautiful Bill	\$8			
	300	Estate Planning	\$8			
	301	Assistance League	Free			
	302	Reframing Aging	Free			
	303	Volunteering at Oasis	Free			
	304	All About AACOG	Free			
	305	Criminal Classifications	\$8			
	306	Flood Infrastructure	Free			
	307	Decluttering	\$8			
	308	How to Protect Your Money	\$8			
	309	Body Language	\$7			
	310	Morningside Ministries	Free			
	311	Downsizing	\$6			
	312	Traveling with Oasis	Free			
	313	My Wishes, My Desires	\$8			
	314	Investigating Senior Living	\$8			
	315	Exploring Mission Reach	\$7			
	316	Protecting Against Fraud	\$5			
	317	Transportation Options	Free			
	318	Tree Planting and Care	Free			
	319	Estate Sales	\$6			
	320	Long-Term Care Deep Dive	\$8			
	321	Oasis Updates	Free			
	322	Wills and Trusts	\$8			
	323	Human Trafficking	\$5			
	324	Benefits Counseling	Free			
	325	Organizing Your Future	\$8			
	326	AI and You	\$12			
	327	Smartphone Photography	\$26			
	328	Apple Photos	\$24			
	329	Texting for Beginners	\$11			
	330	Google Translation Tools	\$12			
	331	Windows 11	\$38			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	332	YouTube	\$11			
	333	Using Email on Phone	\$11			
	334	Beginner iPhone	\$24			
	335	Intermediate iPhone	\$24			
	336	Shopping Online	\$11			
	337	Online Safety	\$11			
	338	Intro to Excel	\$38			
	339	Phishing and ID Theft	\$14			
	340	Apple Watch Basics	\$12			
	341	Smartphone Photography	\$22			
	342	Android Essentials	\$35			
	343	Intro to Canva	\$11			
	344	Google Docs	\$12			
	345	Everything iPad	\$40			
	346	Going Wireless	\$11			
	347	Microsoft Word Basics	\$26			
	348	AI and Chatbots	\$12			
	349	Sign Up for Classes Online	Free			
	350	Art Appreciation: Picasso	Free			
	351	Basic Drawing	Free			
	352	The Early Roman Empire	Free			
	353	Who Was Anne Boleyn?	Free			
	354	Healthy Eating on a Budget	Free			
	355	Caffeine and You	Free			
	356	Genealogy Resources	Free			
	357	Love Where You Live	Free			
	358	Hoarding Disorder	Free			
	359	Love Where You Live	Free			
	360	Caffeine and You	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	361	Improving Your Memory	Free			
	362	Cutting the Cable	Free			
	363	Growing Herbs	Free			
	364	CPS Energy Saving	Free			
	365	LIBBY Program	Free			
	366	Cutting the Cable	Free			
	367	Grandparents Raising	Free			
	368	Exercise	Free			
	369	Cooking Canned Foods	Free			
	370	Men's Health	Free			
	371	Mediterranean Diet	Free			
	372	Sun Safety	Free			
	373	Until EMS Comes	Free			
	374	Improve Your Memory	Free			
	375	Men's Healthy After 60	Free			
	376	Exercise and Balance	Free			
	377	Hoarding Disorder	Free			
	378	Hydration	Free			
	379	All About VIA Services	Free			
	380	Healthy Eating on a Budget	Free			
	381	Bibliotech	Free			
	382	San Antonio Zoo Tour	\$35			
	383	San Pedro Creek Tour	\$29			
	384	Johnson City / Lost Draw	\$120			
	385	Evita/San Pedro Playhouse	\$105			
	386	Explore Shiner	\$110			
	387	Fredericksburg	\$96			
	388	Europe Preview Show	Free			



I am adding a \$10.00 donation to help Oasis

I am including \$10 check or cash

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

FOR OFFICE USE ONLY

Date: _____

Walk In Phone In

Mail In Morningside Resident

Vol Initials _____

Fee Total \$ _____

Payment Type _____

Entry _____

Bring registration form or mail it to:
Oasis at The Meadows
700 Babcock Rd., San Antonio, TX 78201
Or sign up online beginning April 21 at 9:00am

256 Thomas Jefferson: Independence 1776



Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Thursday **Jul 2**
Fee: \$12 **10:00-11:30**

257 Mystery of Life's Origins

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

How did life begin? This presentation explores how life emerged from a lifeless Earth, tracing the journey from the planet's dramatic early conditions to today's scientific understanding. It examines efforts to define "life" and leading theories—such as primordial soup, the RNA world, and hydrothermal vents—that describe how simple molecules became living systems. The program also highlights cutting-edge research on protocells and systems chemistry, considers whether life may have arisen more than once, and connects Earth-based discoveries to clues from Mars, Europa, and beyond—framing the origin of life as both a scientific puzzle and a profound insight into biotechnology and humanity's place in the cosmos.

Location: Oasis at The Meadows

Thursday **Jul 9**
Fee: \$8 **10:00-11:30**

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

258 Hispanic Ethnology

Richard Luduena, Ph.D.

The term "Hispanic" is often used without a precise understanding of what it means. In this talk we will point out the mixed origins of people who are described as Hispanic, focusing largely on North and South America. Hispanics are people whose ancestry combines, in variable amounts, Spanish, Native Americans, Sub-Saharan Africans, and others. These components are themselves highly complex. We will discuss the histories of these groups and how they came to form the people that are described as "Hispanic" today.

Location: Oasis at The Meadows

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

259 Intro to Improv

Craig Stimson

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

Location: Oasis at The Meadows

Wednesday **Jul 8**
Fee: \$6 **1:00-2:30**

260 Art and Architecture of Western Europe

Judith Hurst, MA

Discussion addressing medieval life; building procedures, image-making techniques, medieval iconography. We will also follow the evolution of vaulting; the concept of pilgrimage inherent within the design of cathedrals; the cruciform layout; the tympanum; medieval misconceptions of right vs left, emphasis on the number three and contemporary visions of heaven and hell.

Location: Oasis at The Meadows

Wednesday **Jul 8**
Fee: \$8 **10:00-11:30**



261 Learn to Play Mahjong

North Wind
Mahj Society



Originating from China in the 19th century, Mahjong is a fun, challenging game that blends strategy, luck, and mental stimulation. In this class you'll learn the basics of playing this popular tile-based strategy game. In the first class you will get to know the game and learn how to play. The second class you will build on what you learned in the first class, and the last class will be guided play with the instructor offering strategy advice and clarification on some of the more complicated situations you run across in Mahjong. All supplies necessary to play the game will be provided for use during class.

Location: Oasis at The Meadows

Wednesdays Jul 15-29
Fee: \$60 1:00-2:30

262 Collage Art

Vikky Jones, MFA, UTSA

After a short presentation on the history of collage, we'll play with paper, scissors, and glue! A lot of images and pattern paper will be provided, but please bring any of your own images or particular paper, i.e., photos, favorite book pages, handwritten poems, tickets, memorabilia— even light objects like dried leaves or flower petals— etc., you would like to include in your collage artwork! All other supplies are included.

Location: Oasis at The Meadows

Thursdays Jul 16-23
Fee: \$16 10:00-12:00

263 Glen Campbell

Kelley Gallant, MBA

Glen Campbell was an American singer, guitarist, actor, and television host. He became an international star in the 1960s and 70s with a string of hit country and pop songs. Come learn about his life and legacy and listen to his top hits.

Location: Oasis at The Meadows

Wednesday Jul 22
Fee: \$8 10:00-11:30

264 Behind the Curtain in Hollywood: Backstories of Hollywood Films

Beverly Prado

Hollywood has always had fascinating behind-the-scenes stories—often revealed long after the cameras stop rolling. From how the sea was parted in *The Ten Commandments*, to the feud between Bette Davis and Joan Crawford, the lost footage of *A Star Is Born* that may have cost Judy Garland an Oscar, and how Alfred Hitchcock crafted *Psycho*—this presentation explores Hollywood's hidden lore through film clips and interviews.

Location: Oasis at The Meadows

Wednesday Jul 15
Fee: \$8 1:00-2:30

265 The Early Musical Influences On The Beatles

D.C. Bloom, M.A.

The class explores the formative influences on Lennon, McCartney and Harrison, examining British music hall performers of the 40s, skiffle and postwar songs. Special focus will be given to vocal harmony models such as the Everly Brothers, the Ink Spots and the Mills Brothers. We'll also look at how studio experimentation of the Beach Boys inspired the group's later sound.

Location: Oasis at The Chandler House

Thursday Jul 16
Fee: \$8 1:30-3:00

266 The Eagles

Kelley Gallant, MBA

"Witchy Woman," "Lynin' Eyes," "Hotel California" and so many other hits. The Eagles are an American rock band formed in Los Angeles in 1971. The Eagles were one of the most successful musical acts of the 1970s in North America. This class will be a walk down memory lane with some surprises along the way. Join me to learn all about this legendary band and their timeless music.

Location: Oasis at The Meadows

Tuesday Jul 21
Fee: \$8 5:30-7:00 

267 Design Basics: The Building Blocks of Art

Andy Villarreal, BA, MFA

Learn the essential elements and principles of design and how artists use them to create strong, visually engaging works of art. Through guided instruction and hands-on practice, you'll apply these concepts while creating your own original pieces. No experience necessary—just curiosity and creativity. Supply list will be provided. Approximate cost of supplies is \$30.

Location: Oasis at The Meadows

Mondays Jul 20-Aug 10
Fee: \$36 1:00-3:00

268 Exploring The White Shaman Mural

The Witte Museum

The White Shaman is one of thirty-five contributing sites in the Lower Pecos Canyonlands Archaeological District with National Historic Landmark status. Learn how the Witte's mission to shape the future of Texas inspires us to provide weekly tours from early fall to late spring for the public to experience the majesty of the White Shaman Mural.

Location: Oasis at The Meadows

Thursday Jul 23
Fee: \$10 10:00-11:30



269 Movie Discussion: Singing in the Rain

Lynn Waghalter

Singin' In the Rain is a classic musical comedy starring Gene Kelly, Donald O'Connor and Debbie Reynolds. It was released in 1952 and is celebrated for its iconic dance numbers. It is considered one of the greatest musicals ever made. The first week we will watch the movie. The second week we will discuss it.

Location: Oasis at The Chandler House

Thursdays Jul 23-30
Fee: \$8 1:30-3:30

270 Songs of Summer

Beverly Prado

Melodies are often written about the four seasons. This class explores some of the classic tunes that remind us of summer. "Surfin' USA," "The Summer Wind," "Summer of '69," "Heat Wave," "Those Lazy, Hazy, Crazy Days of Summer," "Summertime" from *Porgy and Bess* and others will be featured with film clips and backstories about the origins of summer music in film and recording.

Location: Oasis at The Chandler House

Tuesday Jul 28
Fee: \$8 9:30-11:00

271 Building Connections

Julie Gonzalez

Let's have some fun and camaraderie! Come join us for activities promoting social engagement and brain fitness with giant size Jenga, Connect Four, Yahtzee, Cards and others! Snacks will be served!

Location: Oasis at The Meadows

Tuesday Jul 28
Fee: \$7 6:00-7:30 

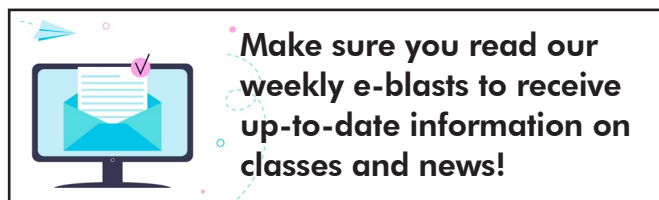
272 Movie Discussion: Annie Hall

Lynn Waghalter and Alonso Jasso

Join us for a discussion of Woody Allen's, *Annie Hall*, the Academy Award-winning romantic comedy that redefined the genre. The film stars Allen as Alvy Singer, who tries to figure out the reasons for the failure of his relationship with the Annie, played by Diane Keaton in a role written specifically for her. 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 Jul 28-Aug 4
Fee: \$8 3:00-5:30



273 Speed Dating with a Pen

Molly Valdez

Bring your notebook and pencil or whatever you write with for some truly creative writing prompts! You'll see a witty, possibly snarky, maybe classical super-short prompts, one at a time. Then you'll have a limited time to write anything from that prompt. Keep it private or share your most interesting creations at the end of the class.

Location: Oasis at The Meadows

Tuesdays **Jul 28-Aug 4**
Fee: \$14 **10:00-11:30**

274 Zentangles After Dark

Gaylynne Robinson

Explore the magic of light on dark in this creative Zentangle class. Using black paper and white pencil, students of all skill levels will learn step-by-step patterns, including techniques that create an embossed, dimensional look. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Tuesdays **Jul 28-Aug 11**
Fee: \$24 **5:00-7:00** 

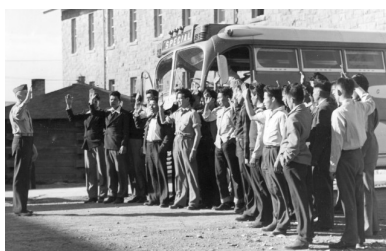
275 Navajo Code Talkers

Gloria Jennings

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

Location: Oasis at The Meadows

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



276 Conte Crayon

Vikky Jones, MFA, UTSA

On 8"x10" toned paper, we'll draw a small image with brown, orange, white, and black conté crayons. Plus, Learn the secret to creating a dramatic, frameable, keepsake artwork in one session! Cost includes supply fee.

Location: Oasis at The Meadows

Friday **Jul 31**
Fee: \$16 **10:00-12:00**

277 Modern Minstrels

Judith Hurst, MA

From the scop of *Beowulf* to the troubadours and William Shakespeare's bard, storytellers have always reflected the wisdom of their age. Opera and classical music may soothe the mind, but country music speaks to the soul—offering resilience, authenticity, love, loss, and simple pleasures like, "You have to have rain to see a rainbow." We'll explore "The Gambler" by Kenny Rogers, along with music from Willie Nelson, The Highwaymen, and other class favorites.

Location: Oasis at The Meadows

Tuesday **Aug 4**
Fee: \$8 **10:00-11:30**

278 Earth- What Does The Future Hold?



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

In this class we will discuss how geology suggests that Earth is about halfway through its 'life cycle,' and speaks to what will likely happen over the next 5 billion years. It includes both the short-term effects (the next 100 years) of climate change, and describes what is likely to happen at different key points out to the expansion of the Sun at about 5 billion years that will result in the destruction of Earth. At the same time it is both fascinating, and deeply sobering.

Location: Oasis at The Meadows

Wednesday **Aug 5**
Fee: \$8 **10:00-11:30**

279 Italy and Her Invaders

Richard Luduena, Ph.D.

Italy's position in the middle of the Mediterranean has made it a nexus of invaders from many different places. We will focus on the thousand-year period between the fall of the Roman Empire and the emergence of modern Italy. The many invasions of Italy during this period had effects, not only on Italy, but on Europe and more. The invaders came from every direction, from as far away as Central Asia to the east and Scandinavia to the north. We will discuss the reasons behind these invasions and their effects on history.

Location: Oasis at The Meadows

Wednesday
Fee: \$8

Aug 5
1:00-2:30

280 Art Appreciation: 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 Meadows

Wednesday
Fee: \$8

Aug 5
1:00-2:30

281 Hiding in Plain Sight: Overlooked Details in Religious Art

Christina Howard, MA, I.B. History

This fast-paced PowerPoint presentation will focus on some of the details in Veronese's *Wedding at Cana*, Da Vinci's *Last Supper* and other works of religious content. Does anyone know what the snails on the floor mean? We'll explore the people, the animals and even the alien ships (?).

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Aug 11
1:00-3:00

282 Abraham Lincoln: Conscience of a Nation

Bill Perryman, M.Ed.

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

Location: Oasis at The Meadows

Thursday
Fee: \$12

Aug 6
10:00-11:30



283 Inventions that Changed The World

Ben Jurewicz, E.A.A.,

MS Aeronautics and Astronautics-MIT

This presentation provides a grand overview of history's greatest inventions as the ultimate engines of growth. It will show how breakthroughs like the wheel, printing press, electricity, antibiotics, computers, and the internet didn't just change daily life—they unlocked entirely new markets, accelerated global connectivity, and reshaped the competitive landscape of every industry. It highlights how each transformative idea created massive economic leverage, enabling new business models, new forms of communication, and unprecedented scalability, by tracing the pattern of how these world-changing inventions spread and why some innovations dominate while others disappear. It concludes by pointing toward the next wave of breakthroughs: AI, biotech, clean energy, and space technologies, as the frontier where we can capture the value that will define the century ahead.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Aug 11
10:00-11:30

Have you considered signing up for Oasis classes online?

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

284 Growing Herbs in Containers

Bexar County Master Gardeners

In this presentation for beginning herb gardeners, participants will explore different types of herbs and cover the basics on growing them with a special focus on growing herbs in containers. The presentation will conclude with an overview of some recommended herb varieties that grow well in Bexar County.

Location: Oasis at The Chandler House

Tuesday **Aug 11**
Fee: \$8 **1:30-2:30**

285 Country Music Icons

Beverly Prado

Rooted in much history, what we now know as 'country music' has undergone many changes over the decades. Who were the stars who shaped the genre today? From the Carter family to Johnny Cash, from the Grand 'Ole Opry's exposure to talents like Dolly Parton and Willie Nelson, from 'hillbilly' to the modern Nashville, who have become forever linked to country music? Join us for a brief survey of some of our favorite stars, many of whom have Texas beginnings.

Location: Oasis at The Meadows

Tuesday **Aug 11**
Fee: \$8 **5:30-7:00** 🌙

286 The Golden Age of Game Shows

D.C. Bloom, M.A.

Step back in time to the early days of television and the beloved game shows of the black and white era. The class will focus on Mark Goodson-Bill Todman classics such as *What's My Line*, *I've Got a Secret*, and *To Tell the Truth*. We'll revisit beloved hosts and panelists, including Arlene Francis, Bennett Cerf and Dorothy Kilgallen as well as celebrity guests who graced these new frontiers in broadcasting. And we'll discuss how the format has evolved over the years.

Location: Oasis at The Chandler House

Thursday **Aug 13**
Fee: \$8 **1:30-3:00**

287 French Wine and Hors D'oeuvres

Bob Bragg, WSET Level 3, CSW

Discover the art of French wine pairing in this flavorful experience. Explore classic French wines alongside thoughtfully selected hors d'oeuvres, learning how regional styles, flavor profiles, and textures work together to elevate both food and wine.

Location: Oasis at The Meadows

Wednesday **Aug 12**
Fee: \$55 **1:00-3:00**



288 US Army-Camp Logan And San Antonio

Bruce Martin, Certified Professional Tour Guide

San Antonio "Military City USA" has a significant history with the US Army, including its frequently overlooked history related to Camp Logan in Houston, TX. Join this presentation to learn the significance of the 24th Infantry, their experience when posted to Houston, and San Antonio's role in what may be the most tragic episode in Texas military history.

Location: Oasis at The Meadows

Wednesday **Aug 12**
Fee: \$10 **10:00-11:30**

289 Abstract Ink

Vikky Jones, MFA, UTSA

A fun experimental composition project! Starting with contour line drawings and a little bit of chance, we'll then add some line variations, increase drama with India ink wash, and choose options for other embellishments to create a unique abstract artwork! Cost includes supply fee.

Location: Oasis at The Chandler House

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

290 All About the American GI Forum

Jai Winn

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

Location: Oasis at The Meadows

Monday **May 4**
Free **1:00-2:30**

291 Situational Awareness

Bexar County Sheriff's Office

Situational awareness training improves an individual's ability to observe surroundings, identify potential threats, and make informed decisions to reduce risk. It teaches techniques like identifying abnormal behavior, scanning environments. Appropriate for all experience levels, this training emphasizes prevention, personal safety, and mindful observation.

Location: Oasis at The Meadows

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

292 VIA Services for Older Adults

Andrew Guajardo, VIA Metropolitan Transit

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

Location: Oasis at The Meadows

Wednesday **May 6**
Free **1:00-2:30**

293 Recognizing When It's Time for Professional Care

Jill Piazza, M.A., CMC

When does "getting by" become unsafe? We'll look at the physical, social, and psychological markers that suggest a loved one needs more support. Discover how to make the transition with compassion, clarity, and confidence.

Location: Oasis at The Meadows

Tuesday **May 12**
Fee: \$8 **10:30-12:00**

294 The Thankless Job-Serving as an Executor

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

Thursday **May 7**
Fee: \$8 **10:00-11:30**

295 All About Recycling

City of San Antonio Waste Management

San Antonio's recycling program has specific guidelines. Learn the basics of how to recycle right.

Location: Oasis at The Chandler House

Tuesday **May 12**
Free **1:30-3:00**

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.



296 Annuities: The Good, Better, Best and Worst

Jake Yetterberg, CSA

In this class we will discuss:

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

Location: Oasis at The Meadows

Wednesday **May 13**
Fee: \$8 **10:00-11:30**

297 All About Silver Connect

Julie Gonzalez

Silver Connect offers adults age 50 and above the opportunity to talk to a friendly volunteer for emotional support. Come to this class to learn more.

Location: Oasis at The Meadows

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



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

298 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 Chandler House

Thursday **May 14**
Free **1:30-2:30**

299 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 \$1000.00 "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 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 Chandler House

Tuesday **May 19**
Fee: \$8 **1:00-2:30**

300 Estate Planning for Grandchildren And Great-Grandchildren

Todd Marquardt, Attorney at Law

No matter how large or small, everyone has an estate. Most people want to decide how their things are given to people or organizations they care about. To ensure your wishes are carried out, you need to have specific instructions about your estate.

Location: Oasis at The Meadows

Thursday **May 21**
Fee: \$8 **10:00-11:30**

301 Assistance League of San Antonio

Julabeth Carden

Assistance League of San Antonio is an all-volunteer, nonprofit organization dedicated to positively impacting children and families through community programs. Come learn about their various community programs and volunteer opportunities that are available.

Location: Oasis at The Meadows

Tuesday **May 26**
Free **10:00-11:30**

302 Reframing Aging

Jo Ann Tobias-Molina

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

Location: Oasis at The Meadows

Wednesday **May 27**
Free **1:00-2:30**

303 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

Monday **Jun 1**
Free **10:00-11:00**

304 All About AACOG

Victor Salazar, AACOG

A representative from the Alamo Area Council of Governments will discuss the services AACOG provides for older adults.

Location: Oasis at The Meadows

Wednesday **Jun 3**
Free **1:00-2:30**

305 Criminal Classifications

Judge Ron Rangel



This class examines how criminal offenses are classified by severity within the U.S. legal system.

We will explore the three primary categories of crimes: infractions, misdemeanors, and felonies, and explain how these classifications are determined by the state legislature based on the potential punishment attached to each offense. Participants will also gain an understanding of how offense severity shapes punishment and impacts individuals and society.

Location: Oasis at The Meadows

Wednesday **Jun 10**
Fee: \$8 **1:00-2:30**

306 Flooding and Flood Infrastructure

Julen Navarrete, San Antonio River Authority

Get ready to dive into the dynamic world of the San Antonio River Watershed! Uncover the factors that contribute to flooding and engage hands-on with a 3D model to evaluate both traditional and innovative ecological engineering strategies for flood prevention and mitigation. We will cover nature-based solutions that harness the power of the environment to keep floods at bay and give you tools to explore and find out just how close they are to the floodplain. Prepare for an adventure in learning that brings the science of flooding to life!

Location: Oasis at The Chandler House

Tuesday **Jun 2**
Free **9:30-11:00**

307 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 Chandler House

Tuesday **Jun 2**
Fee: \$8 **1:30-3:00**

308 How to Protect Your Money

Jake Yetterberg, CSA

We will discuss how to protect your money from falling rates, volatile markets, skyrocketing debt, and higher future taxes. You will learn:

- How to keep pace with inflation without taking risk.
- Why it is important to understand the relationship between inflation, stock market values, and bond risk.
- How to use the best fixed rate management strategy as rates are at 25-year highs.
- How inflation will affect your TRUE Social Security COLA increases.
- How to offset higher Medicare Premiums and be sure you don't get snagged by Social Security taxation and Medicare "IRRMA" increases.
- What to expect now that President Trump has his own Federal Reserve Chair in power.
- Three tax free opportunities to use now before the law changes in 2028.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Jun 23
5:30-7:00 🌙

309 Body Language

Gloria Jennings

One reason to pay close attention to body language is that it is often more believable than verbal communication. Join us as we explore what your body language, and that of others, is saying - or not saying.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Jun 24
10:00-11:30

310 All About Morningside Ministries

Patrick Crump, CEO Morningside Ministries

Morningside Ministries is San Antonio's oldest and largest not-for-profit, faith-based senior living organization. The mission of Morningside Ministries is to enhance the dignity and quality of life of older adults, their families and caregivers with compassionate care.

Location: Oasis at The Meadows

Thursday
Free

Jun 25
1:00-2:30

311 Downsizing

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

Thursday
Fee: \$6

Jun 4
10:00-11:30

312 All About Traveling with Oasis

Julie Gonzalez

Love to travel? Come join us for all you need to know about traveling with Oasis.

Location: Oasis at The Chandler House

Tuesday
Free

Jun 16
1:30-3:00

Yetterberg Retirement Solutions



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



We can help you manage prudent solutions like:

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

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

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

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

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

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

313 My Wishes, My Desires

Autumn Puckett, 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 Autumn Puckett knows the questions and answers in making sure your wishes and desires are followed when the time comes.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Jun 30
5:30-7:00 🌙

314 Investigating Senior Living Facilities

Byron Cordes, LCSW, C-ASWCM

Finding high quality senior living can be a difficult task. Whether you're looking for yourself or a loved one, you want to be certain you find the very best home possible for the resources, necessary care level, and location. Learn what to do and what not to do during this session.

Location: Oasis at The Meadows

Wednesday
Fee: \$8

Jul 1
1:00-2:30

315 Exploring the San Antonio Riverwalk Mission Reach

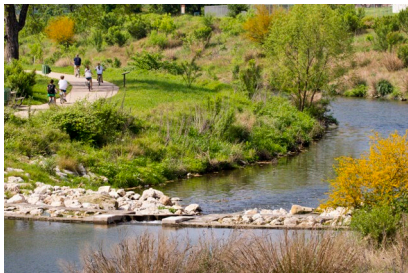
Julen Navarrete, San Antonio River Authority

Breathtaking landscapes, grand artwork, and internationally recognized National Parks are just a snapshot the Mission Reach section of the San Antonio River Walk. Come learn about all the ways you can enjoy this unique San Antonio treasure.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Jul 7
10:00-11:30



316 Protecting Against Financial Fraud

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

Wednesday
Fee: \$5

Jul 1
10:00-11:30

317 Transportation Options For Older Adults

Jo Ann Tobias-Molina

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

Location: Oasis at The Meadows

Wednesday
Free

Jul 15
10:00-11:30

318 Tree Planting and Care

Meredith Tilley, San Antonio Parks and Recreation

Trees add beauty, shade, and value to your home—when planted and cared for properly. This class covers the basics of choosing the right tree, planting it correctly, and maintaining long-term health. We'll also address common misconceptions, like trees being too messy or water-intensive, so you can make confident, sustainable choices for your yard.

Location: Oasis at The Meadows

Monday
Free

Jul 20
10:00-11:30

319 Estate Sales

Generations Team

Thinking of having an estate sale? Deciding what to sell or dispose of can be daunting. Learn everything you need to know about how to hold a successful estate sale.

Location: Oasis at The Meadows

Tuesday
Fee: \$6

Jul 21
10:00-11:30

320 Long-Term Care Deep Dive

Jake Yetterberg, CSA

In this class we will discuss unique ways to get tax-free income for long term care expenses. You will learn:

- The first and most important question: Do you even need long term care insurance, or are you already “covered?”
- The trends in long-term care and how to determine how much protection you really need.
- How to turn taxable money into tax free money for future long term care expenses.
- How to have long term care protection without expensive monthly premiums coming out of your pocket.
- How to protect yourself with coverage that pays a benefit, even if you never need long term care.
- The difference between indemnity coverage and non-indemnity coverage, and why it matters.
- How to use an old annuity or life insurance policy to cover your long term care needs.

Location: Oasis at The Meadows

Thursday **Jul 23**
Fee: \$8 **1:00-2:30**

321 Oasis Updates

Ginny Brown, LCHW

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

Location: Oasis at The Meadows

Monday **Jul 27**
Free **10:00-11:00**

322 Wills and Trusts

Brennen Boze, Attorney at Law

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

Location: Oasis at The Meadows

Wednesday **Jul 29**
Fee: \$8 **1:00-2:30**

323 Older Adult Human Trafficking

Cynthia Beal

Older adult human trafficking is an emerging and often overlooked form of modern slavery that can include benefits trafficking, financial exploitation, forced labor, and sexual exploitation. Older adults are targeted due to vulnerabilities such as social isolation and dependence on limited support systems. Learn how traffickers exploit older adults and how to keep from becoming a victim.

Location: Oasis at The Meadows

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

324 Benefits Counseling

Vanessa Miranda, AACOG

The Alamo Area Council of Governments Benefits Counseling program provides free, confidential assistance to seniors (60+), caregivers, and Medicare beneficiaries of any age to navigate entitlements and public benefits. Certified counselors offer guidance, advocacy, and application help for Medicare, Medicaid, Social Security, and legal rights.

Location: Oasis at The Meadows

Monday **Aug 3**
Free **10:00-11:30**

325 Organizing Your Future Today

Jill Piazza, M.A., CMC

Peace of mind is the greatest gift you can give your family—and yourself. We'll go beyond the paperwork to discuss how to build a robust advocacy team and share vital information before a crisis hits. Learn how to stay in the driver's seat of your own life, no matter what the future holds.

Location: Oasis at The Meadows

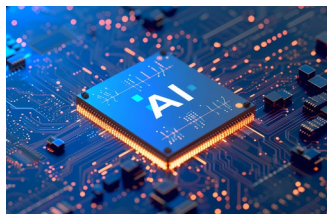
Friday **Aug 7**
Fee: \$8 **10:00-11:30**



326 AI and You

William Jackson

Dive into the world of Artificial Intelligence in this one-session class designed for beginners! Discover the basics of AI, including key concepts and real-world applications, all in an engaging format.



Location: Oasis at The Meadows

Monday **May 11**
Fee: \$12 **1:00-3:00**

327 Smartphone Photography for Android Phones

Sharon Parson

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 is included in the fee.

Location: Oasis at The Meadows

Fridays **May 15-22**
Fee: \$26 **10:00-12:00**

328 Apple Photos

Carita DeVilbiss

Learn how to get the most out of the powerful Photos app on your iPhone, iPad, or Mac. This lecture-style class covers four key areas of managing your photos and videos: capturing, organizing, editing, and sharing. Join us to discover how to make the most of the amazing tool you carry with you every day.

Location: Oasis at The Meadows

Tuesdays & Thursdays **May 19-21**
Fee: \$24 **1:00-3:00**

329 Texting for Beginners

Julie Gonzalez

This class will focus on learning how to send text messages and understanding basic texting language. Learn to communicate with texting.

Location: Oasis at The Chandler House

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

330 Google Translation Tools

Glenda Raichlen

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

Location: Oasis at The Meadows

Monday **May 18**
Fee: \$12 **10:00-12:00**

331 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 **Jun 1-15**
Fee: \$38 **1:00-3:00**

332 YouTube

Julie Gonzalez

YouTube is a video-sharing platform where users can upload, watch, and share content, including movie and TV clips, music videos, vlogs, original shorts, and educational videos. Learn how to use it for information, education, and entertainment.

Location: Oasis at The Meadows

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

333 Using Email on Your Mobile Phone

Julie Gonzalez

Learn how to create an account, send and receive messages, attach pictures and lots more. The course is based on Gmail, but the concepts are the same no matter what provider you use.

Location: Oasis at The Chandler House

Tuesday **Jun 16**
Fee: \$11 **10:00-11:30**

334 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 Jun 8-15
Fee: \$24 1:00-3:00

335 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 Aug 3-10
Fee: \$24 1:00-3:00

336 Shopping Online

Doris Slay-Barber

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

Location: Oasis at The Chandler House

Tuesday Jun 23
Fee: \$11 9:30-11:00

337 Online Safety and Internet Scams

Doris Slay-Barber

Learn about privacy expectations, passwords, protecting your email, "cookies," virus protection, firewalls, financial transaction and on-line shopping. Learn about safety while communicating online - a must for internet users!

Location: Oasis at The Chandler House

Tuesday Jun 30
Fee: \$11 1:30-3:00

338 Intro to Excel

Sharon Parson

Learn the basics of Microsoft Excel, a spreadsheet program for organizing data in a practical, easy-to-follow way. Excel can be used for tasks like budgeting, tracking investments, managing loan payments, comparing mortgages, and creating invoices. Computer experience and familiarity with Windows recommended. Laptops will be provided for use during class. Book is included in the fee.

Location: Oasis at The Meadows

Mondays Jun 22-Jul 6
Fee: \$38 10:00-12:00

339 Phishing and ID Theft

Glenda Raichlen

Phishing is an attempt to trick you into divulging personal confidential information a cybercriminal can use to steal money or even your identity. Learn to recognize the hallmark signs of phishing and how to stay safer online. Book is included in the fee.

Location: Oasis at The Meadows

Monday Jun 29
Fee: \$14 1:00-3:00

340 Apple Watch Basics

Barbara Ann Cheaney

This beginner-friendly class teaches you how to navigate the screen, customize watch faces, manage notifications, track activity and health data, send messages, and use helpful apps. We'll also cover basic settings, charging tips, and troubleshooting.

Location: Oasis at The Meadows

Wednesday Jul 1
Fee: \$12 1:00-3:00

341 Smartphone Photography

Julie Gonzalez

Smartphone cameras are not only convenient, they have features not found anywhere else. Learn about editing, slo-mo, panoramic, time-lapse, filters and sharing your photos.

Location: Oasis at The Chandler House

Thursdays Jul 2-9
Fee: \$22 1:30-3:00

342 Android Essentials

Julie Gonzalez

This course will teach you the basic skills of using your Android-based device including initial setup, gestures, organizing apps and Home screens, finding and installing useful apps, and using Maps and the camera functions. It also covers using Gmail and Google calendar. Book is included in fee.

Location: Oasis at The Meadows

Fridays Jul 10-24
Fee: \$35 10:00-11:30

343 Intro to Canva

Vikky Jones, MFA, UTSA

A brief overview of Canva, an easy-to-use design tool for creating social media posts, flyers, posters, presentations, cards, and more. Learn to start from scratch or customize templates—and use Canva for basic photo editing.



Location: Oasis at The Chandler House

Tuesday Jul 21
Fee: \$11 10:00-11:30

344 Google Docs

Sharon Parson

Google Docs lets you create documents, collaborate with others, and access your work from anywhere. Learn to create and format documents, organize files, and share them securely. This is an ideal class for beginners or those wanting to learn more.

Location: Oasis at The Meadows

Monday Jul 27
Fee: \$12 10:00-12:00

345 Everything iPad

Carita DeVilbiss

Learn everything you could ever want to know about your iPad. In addition to surfing the internet and checking mail, your iPad can video chat with loved ones across the world, record the voices of your loved ones, shoot videos, take photos, play music, and much more.

Location: Oasis at The Meadows

Tuesdays & Thursdays Jul 28-Aug 6
Fee: \$40 1:00-3:00

346 Going Wireless

Julie Gonzalez

Want internet access on the go? Wi-Fi is the wireless internet connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course, you will learn all about Wi-Fi, where and how to get it and important safety precautions you need to know. Book is included in the fee.

Location: Oasis at The Chandler House

Thursday Aug 6
Fee: \$11 9:30-11:00

347 Microsoft Word Basics

Glenda Raichlen

Learn the basics of creating a Word document and how to navigate the Word window, add and format text and images, and use tables, charts, and text boxes. Explore proofing tools, Find and Replace, and how to prepare documents for Word or PDF publishing. Basic Windows and computer skills are recommended. Book is included in the fee.

Location: Oasis at The Meadows

Mondays Aug 3-10
Fee: \$26 10:00-12:00

348 AI and Chatbots

Doris Slay-Barber

Curious about AI and tools like ChatGPT? In this beginner-friendly class, we will learn how AI and chatbots work and how they can help with everyday tasks. We'll also talk about staying safe, protecting your privacy, and knowing when not to trust AI.

Location: Oasis at The Meadows

Tuesday Aug 11
Fee: \$12 10:00-12:00

349 Sign Up for Oasis Classes Online

Kelley Gallant, MBA

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 during class.

Location: Oasis at The Meadows

Wednesday Aug 12
Free 1:00-2:00

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

350 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.

Thursday **May 14**
Free **10:00-11:30**

351 Basic Drawing

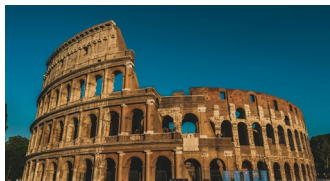
Ginny Brown, LCHW

For many artists, pencil drawing is the skill that introduced them to the art world, and even if you've moved on to a different medium, understanding how to draw with a pencil can help you improve your skills elsewhere. Basic pencil drawing techniques such as shading, understanding light and shadow, focus and blending can help you to understand the basics of drawing and set you off to creating your first professional drawing! The class will also offer advice on the tools and materials you need to know, such as varying pencils and graphite, blending stumps, paper options, and different erasers, as well as offer a brief participant drawing tutorial. Supplies will be provided.

Thursday **Jun 18**
Free **10:00-11:30**

352 The Early Roman Empire

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



Starting with the end of the Roman Republic, this course will overview the transition to the empire of Caesar Augustus and then survey the early Roman rulers through the second century A.D.

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

353 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 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.

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

MIM
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 SENIOR LIVING COMMUNITIES

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Menger Springs
(Boerne, TX)

The Meadows
(Medical District, SATX)

The Chandler Estate
(Monte Vista, SATX)

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

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

To learn more about our communities or to schedule a tour, please call:
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Discrimination is Against the Law. Morningside Ministries complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Morningside Ministries does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. License Nos. 101799 & 000697.

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

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

354 Healthy Eating on a Budget

Craig Stimson

We will discuss being aware of cost while still eating well. Learn shopping hints for seasonal items, alternative food sources, and the use of coupons and discount programs available.

Monday **May 11**
Free **1:00-2:00**

355 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 **Jun 8**
Free **1:00-2:00**

356 San Antonio Public Library Genealogy Resources

Joseph Gonzales

Start tracing your family tree! San Antonio Public Library brings a presentation on their genealogy services available to the community.

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

357 Love Where You Live

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 the plan successfully to age in place.

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

358 Learn 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.

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

359 Love Where You Live

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 the plan successfully to age in place.

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

360 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.

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

361 Improving Your Memory

Craig Stimson

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

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

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

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

370 Men's Health After 60

Craig Stimson

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

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

371 The Mediterranean Diet

Chelsea Carriker, MPH, CHES

Eating healthy on a budget does not mean just beans and rice! Learn about many aspects of the Mediterranean diet and ways to explore a variety of foods while sticking to a budget!

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

372 Sun Safety for Older Adults

Craig Stimson

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

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

373 What to do Until EMS Comes

Craig Stimson

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

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

374 Improve Your Memory

Craig Stimson

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

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

375 Men's Health After 60

Craig Stimson

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

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

376 A Conversation About Exercise And Balance

Craig Stimson

This interactive class raises participant awareness of the many aspects of exercise through activities, fall risk assessment discussion and beginner exercises for fall prevention.

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

377 Learn 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.

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

The following classes are held at:

ROBINETTE SENIOR CENTER

1423 S Ellison Dr.

378 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
Free

May 18
9:00-10:00

379 VIA Services for Older Adults

Andrew Guajardo, VIA Metropolitan Transit

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

Monday
Free

Jun 15
9:00-10:00

380 Healthy Eating on a Budget

Craig Stimson

We will discuss being aware of cost while still eating well, especially during the holidays! Learn shopping hints for seasonal items, alternative food sources, and the use of coupons and discount programs available.

Monday
Free

Jul 20
9:00-10:00

381 San Antonio Public Library- Bibliotech

Joseph Gonzales

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.

Monday
Free

Aug 17
9:00-10:00

Thank you to our community partners for supporting Oasis:

City of San Antonio

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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

382 San Antonio Zoo Community Insider Tour

Take a walk on the wild side! Explore the zoo with seasoned zoo experts and discover facts and fun stories about San Antonio Zoo's favorite animals. You will also have the opportunity to see the San Antonio Zoo's newest exhibit, Congo Falls, a world-class, two-acre immersive habitat, featuring gorillas at the zoo for the first time in more than 35 years. We will meet at the entrance to the San Antonio Zoo at 3903 N. St. Mary's St. Free parking is available in parking lots around the zoo, as well as at the zoo parking garage, located at 3501 Avenue B. Admission to the zoo is included in the fee.

Monday
Fee: \$35

May 4
9:00-11:00



383 San Pedro Creek Phase Two Walking Tour

*Bruce Martin, Certified
Professional Tour Guide*



This comfortable walking tour will introduce Phase Two of the San Pedro Creek Project in downtown. Experience dramatic artworks, thoughtful engineering, and impressive use of landscaping that highlights native and low-water use plants. We will see new buildings already drawn to San Pedro Creek, including San Antonio's new federal courthouse - and we will appreciate how historic buildings are enhanced via our community's impressive commitment to this revitalized waterway. We'll meet on the Houston St. bridge adjacent to Alameda Theatre, 318 W. Houston, near the intersection of Houston St. and Camaron St. Parking is available in several lots and garages in the area. Parking fees not included.

Friday
Fee: \$29

May 8
9:00-11:00



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

Sponsored by:



384 Historic Johnson City And Lost Draw Winery

Indulge in a luxurious Texas Hill Country escape, perfect for history enthusiasts and wine lovers alike. We'll start by sparking our curiosity at the Science Mill in Johnson City. This museum is housed in a historic 1880s mill that has been transformed into a futuristic playground of science, technology, and imagination. Our next stop will be the Lost Draw Winery for a wine tasting and light lunch featuring a charcuterie board with a curated selection of cheeses, cured meats, crackers, bread, olives, dried fruit and nuts. After the tasting, we will tour the vineyard and production facility, which produces award-winning 100% Texas-grown wines. Our last stop of the day will be the Lyndon B. Johnson State Park and Historic Site. We will tour the visitor's center and museum, which features exhibits and memorabilia that tells the complete story of our 36th president. Cost includes motor coach transportation, wine tasting with charcuterie board, admission fees, and tips.



Wednesday
Fee: \$120

Jun 10
8:30-5:30

385 Evita at the San Pedro Playhouse

Join us for dinner and a show! We'll dine at Albi's Vite Italian Kitchen before heading to the San Pedro Playhouse for *Evita*, the biographical rock opera by Andrew Lloyd Webber and Tim Rice. The musical follows Eva Perón's rise from poverty to influential First Lady alongside Juan Perón, featuring iconic songs like "Don't Cry for Me Argentina" and "Buenos Aires." A multi-Tony Awards winner, it's a powerful story of fame, politics, and legacy. Cost includes motor coach transportation, dinner, admission fee, and tips.

Friday
Fee: \$105

Jul 10
4:30-10:30

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.

386 Explore Shiner

Come explore Shiner, Texas, a small town rich in Czech and German heritage, agriculture, and railroad history—and home to the famous Spoetzl Brewery. Our day begins at the Edwin Wolters Memorial Museum. Step back in time as you enter the museum, where you'll find exhibits on Shiner's early settlers, including many interesting antiques. We'll enjoy lunch at Mary's Tex-Mex Restaurant before visiting the historic Saints Cyril and Methodius Catholic Church. Listed on the National Register of Historic Places, it is known for its stunning stained glass windows, imported from Munich. The day concludes with a guided brewery tour and beer tasting at the Spoetzl Brewery, the oldest independent brewery in Texas. Cost includes motor coach transportation, lunch, admission fees, tasting, and tips.



Wednesday
Fee: \$110

Aug 5
8:00-6:30

387 Fredericksburg: National Museum of the Pacific War And Wimberley Glassworks

Immerse yourself in Pacific War history with a docent-led tour of the newly renovated George H. W. Bush Gallery at the National Museum of the Pacific War in Fredericksburg. Spanning six acres, this world-class museum—affiliated with the Smithsonian Institution and accredited by the American Alliance of Museums—offers one of the nation's most comprehensive accounts of World War II, honoring the millions who served in defense of freedom and democracy. The campus includes the Admiral Nimitz Gallery, Pacific Combat Zone, Plaza of Presidents, Japanese Garden of Peace, and Memorial Courtyard. After the tour, enjoy lunch at Ausländer Restaurant and Biergarten, then continue to Wimberley Glassworks in Wimberley for a live glassblowing demonstration and time to shop their renowned hand-blown art glass. Cost includes motor coach transportation, lunch, demonstration, admission fees, and tips.

Thursday
Fee: \$96

Sep 10
8:00-6:00

818 Treasures of Central Europe

May 10-20, 2027

Let's explore Central Europe on an unforgettable 11-day tour beginning with an overnight flight to Warsaw, Poland. Upon arrival, we will meet our tour manager and transfer to our hotel for a two-night stay. The following morning features a guided city tour, including the Palace of Culture, Ghetto Memorial, and Historical Museum, where we will learn about Warsaw before, during, and after World War II. We will then walk through the beautifully reconstructed Old Town, followed by visits to the medieval fortifications, Market Square, Warsaw Cathedral, Royal Palace Plaza, and a scenic drive along the Royal Route to Łazienki Park to see the Chopin Monument.

The next day we travel south to Częstochowa to visit Jasna Góra Monastery and view the Black Madonna, a famous painting of the Virgin Mary. Later we arrive in the beautiful city of Kraków for a two-night stay. Our Kraków city tour includes the Jewish Quarter, Ghetto Square, Oskar Schindler Factory, and Wawel Hill, home to the Renaissance Castle and cathedral that once served as the seat of Pope John Paul II. We will also visit Market Square and St. Mary's Basilica before traveling to the remarkable Wieliczka Salt Mine, where underground chambers and chapels have been carved entirely from salt. The following day we visit Auschwitz-Birkenau to learn about the former concentration camp, then continue to Wrocław for a guided tour, including the Raławice Panorama, a monumental cycloramic painting. After lunch we depart for Prague for a two-night stay. Our Prague sightseeing includes Prague Castle, St. Vitus Cathedral, the Royal Palace, St. George Basilica, and Golden Lane.

Next, we travel north to Dresden, Germany for a city tour featuring the Semper Opera House, Zwinger Palace, and the Frauenkirche, a church destroyed at the end of World War II and rebuilt between 1994 and 2005. We will also see "The Procession of the Princes," a 335-foot mural, before continuing to Berlin for a two-night stay. In Berlin, our guided tour highlights iconic landmarks such as Checkpoint Charlie, the Holocaust Memorial, and the Brandenburg Gate, followed by a special farewell dinner to conclude the journey.

The tour includes round-trip home pickup, round-trip airfare, luggage handling, travel insurance, and gratuities for the tour manager, drivers, and guides. Deposit: \$600 per person. Double: \$5,699 per person. Single: \$6,849. Final payment is due February 10, 2027. Credit cards accepted. Make checks payable to AFC Vacations. **You may sign up for this trip on Thursday, May 7, 2026, starting at 8:30 am. Phone-in registrations will not be accepted on May 7th. You must register in person at the Oasis Center.** Call Oasis for a flyer. Baggage fees are not included in the cost of the trip. A valid US passport is required for this tour and is the responsibility of each passenger. Passports should be valid through November 20, 2027. All names must be submitted to Oasis exactly as they appear on the passenger's passport when signing up for this trip. **This is an active Level 3 trip.**

388 Treasures of Central Europe Preview Show

Location: Oasis at The Meadows

Tuesday
Free

May 5
1:00-2:00

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



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



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Are you over 50 and would like to share your love of reading
with a child for just one hour per week?
If your answer is yes, consider becoming an Oasis Tutor.

- Choose a participating school in your neighborhood
- No teaching experience is required
- Free training is provided
- Hours are flexible for appointments or vacations



Fall Tutor Training Dates:

Thursday, August 13 from 9am-3pm and Friday, August 14 from 9am-12pm*
or Thursday, September 24 from 9am-3pm and Friday, September 25 from 9am-12pm*
Location: Oasis at The Meadows, 700 Babcock Rd.

** Must Attend Both Days*

For more information contact:
Gizelle Henricksen at (210) 236-5954
ghenricksen@oasisnet.org



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