



Fall 2026

Program Catalog

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



Sponsored by:



WELLMED
CHARITABLE FOUNDATION



HUMAN SERVICES
CITY OF SAN ANTONIO

MM
Morningside Ministries
Senior Living Communities

Welcome to San Antonio Oasis

Our Mission:

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

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

Center Locations:

Oasis at The Meadows:

700 Babcock Rd.
San Antonio, TX 78201

Oasis at The Chandler House:

137 W. French Place
San Antonio, TX 78212

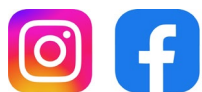
Hours:

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

Contact Us:

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

<https://san-antonio.oasisnet.org/>
(210) 236-5954



Meet Our Team

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:

August 27	Volunteer Training
September 7	Labor Day
November 23-27	Thanksgiving
December 21 - January 1	Holiday Break

On The Cover

The Oasis Walking Group
had a great time on their walk
at Gold Canyon Park

Table of Contents

Wellness.....	4
Arts and Humanities.....	18
Registration Procedures.....	24
Registration Form.....	25-28
Consumer Interest.....	36
Technology.....	41
Outreach Sites.....	44
Walking Tours.....	49
Day Trips.....	50
Travel.....	51

NOTE:

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



CHECK YOUR CALENDAR

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

Sponsors

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

Registration

Please note registration procedures on page 24. Registration is required for all classes.

Fees

There is no charge to join Oasis. There is a fee for some classes. Fees are due at the time of registration. Scholarships for class fees are available for participants who have financial difficulties.

Credit Card Payment Policy

Members cannot pay for another member using a credit card. Only checks or cash will be accepted when paying for another member.

Refund Policy

- All program fees listed are non-refundable unless Oasis cancels the class or you have a medical reason or jury duty.
(Documentation must accompany request.)
- Oasis must be notified before the first class begins.
- If a credit is due, you will receive an Oasis store credit that can be used for a future program.
- If class supplies are included in the fee, cost of the supplies will be deducted from the store credit unless the class is cancelled by Oasis.
- Transferring of classes from one person to another is not permitted. Store credits cannot be transferred to other Oasis members. Class fees are not prorated. This policy does not include day trips or travel.
- Oasis day trips are nonrefundable and non-transferrable.

Disclaimer Notice

The opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations.

Texercise

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

Location: Oasis at The Meadows

- | | | |
|------------|---|-----------------------------------|
| 100 | Mondays & Fridays
Free | Aug 31-Oct 2
9:00-9:45 |
| 101 | Mondays & Fridays
Free | Oct 5-Nov 6
9:00-9:45 |
| 102 | Mondays & Fridays
Free | Nov 9-Dec 14
9:00-9:45 |
| 103 | Tuesdays & Thursdays
Free | Sep 1-Oct 1
9:00-9:45 |
| 104 | Tuesdays & Thursdays
Free | Oct 6-Nov 5
9:00-9:45 |
| 105 | Tuesdays & Thursdays
Free | Nov 10-Dec 17
9:00-9:45 |

Location: Oasis at The Chandler House

- | | | |
|------------|---|-------------------------------------|
| 106 | Tuesdays & Thursdays
Free | Sep 1-Oct 1
11:45-12:30 |
| 107 | Tuesdays & Thursdays
Free | Oct 6-Nov 5
11:45-12:30 |
| 108 | Tuesdays & Thursdays
Free | Nov 10-Dec 17
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 | Aug 31-Oct 5
12:00-1:00 |
| 110 | Mondays
Fee: \$40 | Oct 12-Nov 9
12:00-1:00 |
| 111 | Mondays
Fee: \$32 | Nov 16-Dec 14
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 | Aug 31-Oct 5
1:15-2:15 |
| 113 | Mondays
Fee: \$40 | Oct 12-Nov 9
1:15-2:15 |
| 114 | Mondays
Fee: \$32 | Nov 16-Dec 14
1:15-2:15 |

Stretch and Restore

Gina Chinn

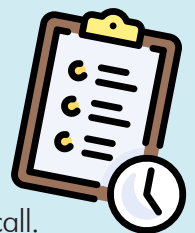
Studies show that focusing on the breath relieves anxiety, relaxes muscles, and reduces inflammatory response in the body. Move mindfully into a variety of gently stretching postures down on the yoga mat. Props such as yoga blocks, blankets, and straps will be provided to find a comfortable stretch. 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 | Aug 31-Oct 5
2:30-3:30 |
| 116 | Mondays
Fee: \$40 | Oct 12-Nov 9
2:30-3:30 |
| 117 | Mondays
Fee: \$32 | Nov 16-Dec 14
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 Sep 1-Oct 22
Free 11:15-12:15
- 119** Tuesdays & Thursdays Oct 13-Dec 10
Free 2:45-3:45

120 Tai Chi and Intro to Moving Motivation



Craig Stimson

Join us for an overview and light exercise routine that explores the ancient art of Tai Chi and synchronized movement. This class is suitable for most members and requires no previous skill.

Location: Oasis at The Chandler House

Thursdays Oct 1-22
Fee: \$36 9:30-10:30

121 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 Sep 1-Dec 8
Fee: \$90 6:00-7:00



Aging Backwards

Angela Clifton

Do you already work out and feel like you want to challenge yourself a bit more? If so, 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

- 122** Wednesdays Oct 28-Nov 18
Fee: \$32 12:30-1:30
- 123** Wednesdays Dec 2-16
Fee: \$24 12:30-1:30

Neuro Qigong

Fred Chavez

Qigong is an ancient form of exercise that integrates 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

- 124** Wednesdays Sep 2-30
Fee: \$40 9:00-10:00
- 125** Wednesdays Oct 7-Nov 4
Fee: \$40 9:00-10:00
- 126** Wednesdays Nov 11-Dec 16
Fee: \$40 9:00-10:00

Yin Yoga and Yoga Nidra

Fred Chavez

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

Location: Oasis at The Meadows

- 127** Wednesdays Sep 2-30
Fee: \$40 10:15-11:30
- 128** Wednesdays Oct 7-Nov 4
Fee: \$40 10:15-11:30
- 129** Wednesdays Nov 11-Dec 16
Fee: \$40 10:15-11:30

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 | Sep 2-30 |
| | Fee: \$40 | 1:45-2:45 |
| 131 | Wednesdays | Oct 7-Nov 4 |
| | Fee: \$32 | 1:45-2:45 |
| | No Class 10/21 | |
| 132 | Wednesdays | Nov 11-Dec 16 |
| | Fee: \$40 | 1:45-2:45 |

Ballet for Fitness and Fun

Cory Fritz

Whether you are new to ballet or have some previous experience, this class offers an opportunity to learn and build upon fundamental ballet techniques. Participants will practice ballet steps and positions of the arms and feet through both barre and center work, helping to improve balance, posture, flexibility, and coordination. Modifications can be made to accommodate different abilities, making the class suitable for a range of experience levels. No ballet shoes are required.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 133 | Thursdays | Sep 3-Oct 1 |
| | Fee: \$40 | 10:00-11:00 |
| 134 | Thursdays | Oct 8-Nov 5 |
| | Fee: \$40 | 10:00-11:00 |
| 135 | Thursdays | Nov 12-Dec 17 |
| | Fee: \$40 | 10:00-11:00 |

136 Drumming Fitness

Julie Gonzalez

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

Location: Oasis at The Chandler House

- | | |
|------------------|---------------------|
| Tuesdays | Nov 3-Dec 15 |
| Fee: \$36 | 1:30-2:30 |

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

- | | | |
|------------|------------------|----------------------|
| 137 | Tuesdays | Sep 1-29 |
| | Fee: \$40 | 12:30-1:30 |
| 138 | Tuesdays | Oct 6-Nov 3 |
| | Fee: \$40 | 12:30-1:30 |
| 139 | Tuesdays | Nov 10-Dec 15 |
| | Fee: \$40 | 12:30-1:30 |

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 well-being, prevent injuries and improve their functional fitness.

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 140 | Thursdays | Sep 3-Oct 1 |
| | Fee: \$40 | 12:30-1:30 |
| 141 | Thursdays | Oct 8-Nov 5 |
| | Fee: \$40 | 12:30-1:30 |
| 142 | Thursdays | Nov 12-Dec 17 |
| | Fee: \$40 | 12:30-1:30 |

Balance for Daily Life

LeAnn Lupton

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

Location: Oasis at The Meadows

- | | | |
|------------|------------------|----------------------|
| 143 | Fridays | Sep 4-Oct 2 |
| | Fee: \$40 | 10:00-11:00 |
| 144 | Fridays | Oct 9-Nov 6 |
| | Fee: \$40 | 10:00-11:00 |
| 145 | Fridays | Nov 13-Dec 11 |
| | Fee: \$32 | 10:00-11:00 |

Beginner Yoga

Gina Chinn

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

Location: Oasis at The Meadows



- | | |
|----------------------|---------------|
| 146 Thursdays | Sep 3-Oct 1 |
| Fee: \$40 | 1:40-2:40 |
| 147 Thursdays | Oct 8-Nov 5 |
| Fee: \$40 | 1:40-2:40 |
| 148 Thursdays | Nov 12-Dec 17 |
| Fee: \$40 | 1:40-2:40 |

Seated Strength Training

LeAnn Lupton

Upper and lower body chair-assisted strength training exercises using dumbbells for weight-bearing muscular strength, and resistance bands for muscular endurance. Light cardio chair-assisted exercises may be incorporated based on class needs.

Location: Oasis at The Meadows

- | | |
|--------------------|---------------|
| 149 Fridays | Sep 4-Oct 2 |
| Fee: \$40 | 11:15-12:15 |
| 150 Fridays | Oct 9-Nov 6 |
| Fee: \$40 | 11:15-12:15 |
| 151 Fridays | Nov 13-Dec 11 |
| Fee: \$32 | 11:15-12:15 |

152 Walking Group

Kelley Gallant

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

- | | |
|------------------|----------------------|
| Fridays | Oct 16-Nov 20 |
| Fee: \$30 | 9:00-10:30 |

153 Ballroom Dancing



Renee Castillo, BFA, MA

Get moving, make new friends, and enjoy the timeless joy of dance in this fun and welcoming ballroom dancing class for older adults. Participants will learn easy-to-follow steps from popular dances such as the waltz, foxtrot, swing, and more while improving balance, coordination, flexibility, and confidence. No experience or partner is needed—just comfortable shoes and a willingness to have fun! This class is designed to encourage social connection, physical activity, and lots of smiles in a relaxed and supportive environment.

Location: Morningside at The Meadows, 730 Babcock Rd.

- | | |
|-------------------|---------------------|
| Wednesdays | Sep 9-Oct 14 |
| Fee: \$36 | 12:30-1:30 |

154 Chair Pilates



Renee Castillo, BFA, MA

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

Location: Morningside at The Meadows, 730 Babcock Rd.

- | | |
|-------------------|---------------------|
| Wednesdays | Sep 9-Oct 14 |
| Fee: \$42 | 1:45-2:45 |

155 Learn to Play Pickleball

Dr. Gilda Garcia

Pickleball is fun, easy to learn, and popular with older adults! We'll learn the rules, scoring, basic strokes, and how to serve the ball. The class is designed to those new to the game of pickleball. No equipment or previous experience needed. We'll have time in each class to practice and play.

Location: Chicken N' Pickle, 5215 UTSA Blvd.

- | | |
|-------------------|--------------------|
| Wednesdays | Oct 7-14 |
| Fee: \$30 | 10:00-11:30 |

MEANING AND PURPOSE SERIES

Meaning and Purpose In Our Later Years

Fred Chavez

It is natural after retirement, and even later in retirement, to lose our meaning and purpose compass. So many changes occur; life can feel unsatisfactory and time seems to move faster. It can be challenging navigating these turbulent waters. Science, medicine, psychology, and spirituality/faith offer hope and direction. We can live with new meaning and purpose with greater fulfillment and happiness. Let's explore this together!

Location: Oasis at The Meadows

156 Tuesdays Sep 1-29
Fee: \$40 10:00-11:00

157 Tuesdays Oct 6-Nov 3
Fee: \$40 10:00-11:00

158 Tuesdays Nov 10-Dec 15
Fee: \$40 10:00-11:00



159 A Sense of Meaning and Purpose

Mary Tolle, MA, PSS, MHPS

Meaning and purpose can come from being connected with something that is more than "me." They seem to play a crucial role in one's ability to weather the storms of life. Together, we will explore what gives us meaning and purpose and make a plan to create more meaning and purpose in your life.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 8
6:00-7:30



160 Steady in the Storm: Meditation Tools for the Mind

Michael Brown, CHWI

When beginning meditation, many people expect immediate calm, but instead encounter racing thoughts, fatigue, or self-doubt. Using the metaphor of weather, this series helps participants view these distractions as passing conditions—heat waves, storms, fog, and wind—while learning to rest in the steady clarity of the "sky." Each session combines practical mindfulness concepts, an interactive group exercise, and guided meditation practice.

Location: Oasis at The Meadows

Tuesdays
Fee: \$40

Nov 3-Dec 8
10:00-11:30

161 Savor Every Bite, The Art of Mindful Eating

Karen Robinson, RN

Many people eat quickly, distracted, or out of habit. Participants learn how mindful eating can improve digestion, help regulate appetite, and bring greater awareness and enjoyment to meals.

Location: Oasis at The Meadows

Thursday
Fee: \$8

Sep 3
10:00-11:30

162 Earthing/Grounding

Bill Marcus

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

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 8
10:00-11:00

163 The Art and Practice of Deep Listening

Michael Brown, CHWI

In a world characterized by constant noise and rapid-fire communication, the art of truly hearing another person has become a rare and transformative skill. This course bridges the gap between mindfulness and interpersonal communication. Drawing inspiration from the principles of presence, participants will move beyond passive hearing to active, heart-centered reception. We will explore how to quiet the "internal strategist," embrace silence as a tool for connection, and transform relationships with family, friends, and even those we find difficult.

Location: Oasis at The Chandler House

Thursday **Sep 3**
Fee: \$8 **9:30-11:00**

164 Keeping the Home Safe When Caring for Someone With Dementia

Tina Smith, Caregiver SOS

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

Location: Oasis at The Chandler House

Thursday **Sep 3**
Free **1:30-3:00**

165 Hydration and Healthy Beverage Choices

Gretchen Hill

Learn more about fluid intake, the importance of staying hydrated and tips to make healthy beverage choices. Enjoy a healthy snack and receive a free health guide with recipes and tips for healthy living.

Location: Oasis at The Chandler House

Tuesday **Sep 8**
Fee: \$5 **9:30-11:00**

166 Sharper Minds Extended

Dan Dimitriu, PhD, PE

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

Location: Oasis at The Meadows

Fridays **Sep 4-25**
Fee: \$32 **10:00-11:30**

167 Know the Signs, When to Have the Conversations

Kimberly Haney, LCSW

Aging brings profound wisdom, but it also introduces complex life transitions and difficult questions that can cause uncertainty. This course is designed to help you "know the signs," equipping you with the mindfulness, clarity, and actionable strategies needed to navigate the changing landscapes of relationships, health, and personal independence with dignity and confidence. Whether you are looking to strengthen connections with younger generations, evaluate safety milestones like driving, or process the emotional weight of grief and legacy, this class offers a grounded, supportive roadmap for the journey.

Location: Oasis at The Meadows

Wednesday **Sep 9**
Fee: \$8 **1:00-2:30**

168 Creatine and Healthy Aging

Blaise Collins

Curious about creatine? This class explores how creatine may support healthy aging, including muscle strength, energy, balance and brain health in older adults. We will discuss how it works in the body, current research and possible benefits and risks.

Location: Oasis at The Meadows

Thursday **Sep 10**
Fee: \$8 **1:00-2:30**

169 Aging Mastery Program

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

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

Sponsored by WellMed Charitable Foundation

Location: Oasis at The Meadows

Wednesdays **Sep 2-Nov 4**
Free **10:00-11:30**

170 Diabetes Management

San Antonio Food Bank

Diabetes affects one in four people over the age of 65. People with diabetes are at risk for other serious and sometimes deadly health issues and diseases. Learn more about diabetes and how you can survive and thrive with this condition. You will get some great menu ideas and even get to taste some recipes.

Location: Oasis at The Meadows

Mondays **Sep 14-Oct 5**
Free **1:00-2:30**



171 How to Reduce Cholesterol Naturally

Lisa Bombela-Comuzzie, RD, LD, CPRS

Take control of your heart health with our "Naturally Lower Your Cholesterol" class. In just 90 minutes, you will learn actionable, evidence-based nutrition strategies, heart-healthy grocery shopping tips, and sustainable lifestyle changes to effectively manage your lipid levels without medication.

Location: Oasis at The Meadows

Monday **Sep 14**
Fee: \$8 **10:00-11:30**

172 Mind Over Matter: Healthy Bowels, Healthy Bladder

Valerie Biediger

This three-session, researched and proven program is designed to give women the tools they need to take control of bladder and bowel leakage.

Location: Oasis at The Meadows

Tuesdays **Sep 15, Sep 29, Oct 13**
Free **1:00-3:00**

173 Prevention and Treatment of Malnutrition

UTHSC Dietetic Intern

As we age, proper nutrition becomes one of the most important factors in maintaining strength, energy, independence, and overall health. This class explores the causes, warning signs, prevention, and treatment of malnutrition in older adults. Participants will learn how aging affects appetite, nutrient absorption, hydration, and muscle mass, as well as practical ways to improve daily nutrition through balanced meals, supplements, and healthy eating habits. The class will also discuss common medical conditions and medications that can contribute to malnutrition as well as strategies older adults can use to support long term wellness and quality of life.

Location: Oasis at The Chandler House

Thursday **Sep 24**
Fee: \$8 **1:30-3:00**

174 Sound Immersion Overview

Michael Brown, CHWI

These classes offers a restorative "sound bath" experience designed to reduce stress and promote mental clarity. Unlike a standard meditation class, sound immersion uses various acoustic instruments, such as singing bowls, chimes, and ocean drums, to create a "wash" of sound that helps participants enter a deep state of relaxation without requiring active concentration.

Location: Oasis at The Meadows

Tuesdays

Fee: \$32

Sep 22-Oct 20

10:00-11:00



177 Top Five Ways to Thrive as a Caregiver

Tina Smith, Caregiver SOS

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

Location: Oasis at The Meadows

Tuesday

Free

Sep 22

5:30-7:00



178 Vitamins and Supplements

Chelsea Carriker, MPH, CHES

Have you ever been to the store and noticed how many different vitamins and supplements are sold? Vitamins and supplements can be one tool to meet our health goals, especially for older adults. But are all vitamins and supplements safe? Which ones should you take? Are certain brands better than others? Join us in this class to discuss all the details and what you should know before taking them.

Location: Oasis at The Chandler House

Thursday

Fee: \$8

Sep 24

9:30-11:00

175 Organic vs. Non-Organic Collagen In Food: Why Collagen Matters

UTHSC Dietetic Intern

Discover the crucial role collagen plays in your body and learn how to navigate the differences between organic and conventional sources. This class covers how high-quality, ethically sourced collagen supports skin elasticity, joint mobility, gut health, and muscle recovery, helping you make informed, healthy choices at the grocery store.

Location: Oasis at The Meadows

Friday

Fee: \$8

Sep 18

10:00-11:30

176 Changing the Conversation on Mental Health

Mary Tolle, MA, PSS, MHPS

There has always been stigma toward mental health challenges. We will examine this together and you will leave with a more positive attitude towards people with mental health challenges. Individuals with mental health challenges, their family members, and anyone who wants to learn more are welcome.

Location: Oasis at The Meadows

Monday

Fee: \$8

Sep 21

10:00-11:30

179 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, 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. 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.

Location: Oasis at The Meadows

Monday

Fee: \$8

Sep 28

10:00-11:30

180 Destination Rejuvenation: Take Your Oxygen First

Helen Flores

Learn how stress DOES affect your life, both physically and mentally. Based on Dr. Sharon Lewis' study called the Stress Busting Program.

Location: Oasis at The Meadows

Monday
Fee: \$8

Sep 28
10:00-11:00

181 How's My Balance?

Douglas Bartels

This class is designed to help participants better understand balance and how it impacts daily safety and independence. Attendees will learn basic concepts of balance while taking part in supervised, and simple, balance tests to assess their fall risk. This course is interactive and participants will be given the opportunity to complete static and dynamic balance tests.

Location: Oasis at The Meadows

Monday
Fee: \$8

Sep 28
1:00-2:30

182 Ten Warning Signs of Alzheimer's

Alzheimer's Association

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

Location: Oasis at The Chandler House

Tuesday
Free

Sep 29
9:30-11:00

183 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

Oct 2
10:00-12:00

184 Brain Games 2

Karen Brown

Please join us for the second round of Brain Games. We had so much fun in the first class, let's do it again! We will socialize and have some fun at the same time. Come join us for some card games. You will learn some new games, meet new friends, while exercising your brain. Please bring one deck of playing cards, the rest of the games will be furnished.

Location: Oasis at The Meadows

Wednesdays
Fee: \$45

Sep 30-Oct 28
1:00-3:00

185 Medicare Updates

Joni Reyna

If you want to learn more about Medicare and Medicaid related services, this is the class for you. We will help you understand part A, B and C (Medicare Advantage Plans) Part D (Prescription Drug Plans) and Medicare Supplemental Policies (Medigap Insurance). We will also cover the federal Medicare Savings Program, and the Medicare Patrol/Financial Exploitation.

Location: Oasis at The Meadows

Monday
Free

Oct 5
10:00-11:30

CPR Training

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.

186 Location: Oasis at The Meadows

Monday
Free

Oct 5
1:00-2:30

187 Location: Oasis at The Chandler House

Tuesday
Free

Oct 27
9:30-11:00



188 Healing Beyond the Surface

Susan Arzola

Come join us to hear about advanced mobile wound care that improves outcomes, reduces hospitalization, and brings healing directly to the patient.

Location: Oasis at The Chandler House

Tuesday

Fee: \$7

Oct 6

9:30-11:00

189 The Art of Seeing and Being Seen: How to Know a Person

Pat Whitty

In a world of constant noise and surface-level interaction, truly knowing another person and feeling genuinely known yourself has become one of the rarest and most meaningful gifts we can offer. In this 90-minute class, drawing on David Brooks' landmark book *How to Know a Person*, we explore what it actually takes to see another human being fully; their inner world, their story, their struggles, and their dignity. Through reflection, guided discussion, and practical exercises, you'll examine the habits and skills that make someone a truly illuminating presence in others' lives, someone who asks better questions, listens more deeply, and creates the conditions where people feel safe enough to be real. This class offers both the insight and the practice to help you become the kind of person others feel truly seen by.

Location: Oasis at The Meadows

Thursday

Fee: \$8

Oct 8

1:00-2:30

190 Carb-Counting for Diabetes

Beau Marcott, MDS, RDN, LDN

Are you or a loved one living with a diabetes diagnosis and don't know where to start? Join us for an introduction into all things carbohydrates and how to build meals with carb and blood sugar management strategies.

Location: Oasis at The Meadows

Monday

Fee: \$8

Oct 12

1:00-2:30

191 Stress and Your Health

Chelsea Carriker, MPH, CHES

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

Location: Oasis at The Meadows

Fridays

Fee: \$16

Oct 9-16

10:00-11:30

192 Building Brain - Healthy Habits

Alzheimer's Association

Research shows there are everyday habits you can build today to help protect your memory and thinking in the future – even reducing your risk of cognitive decline and possibly dementia. Changing one habit has a ripple effect on others. Even small actions add up to big improvements. During this class you will learn about healthy habits for your brain, like exercising and eating right. Hear why brain health is important at all ages. Build a personalized action plan for brain-healthy habits.

Location: Oasis at The Meadows

Monday

Free

Oct 12

10:00-11:30

193 Forgiveness

Ginny Brown, LCHW

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

Location: Oasis at The Meadows

Thursday

Fee: \$8

Oct 15

10:00-11:30

194 The Power of Herbs

Blaise Collins

Discover the natural power of herbs and how they have been used for generations to heal and support wellness. This class will explore common herbs and their potential benefits for relaxation, digestion, sleep, immunity and more. Participants will learn simple ways to use herbs in teas, cooking and home remedies, while also discussing safety tips, checking with your physician and how to choose quality herbal products.

Location: Oasis at The Meadows

Thursday

Oct 15

Fee: \$8

1:00-2:30

195 Maintaining a Positive Attitude And Avoiding Negative Thinking

Mary Tolle, MA, PSS, MHPS

Optimism based upon positive expectations and avoiding negative thinking are important for a happy life. The first has to do with your attitude toward the future and the second has to do with your attitude toward yourself. Together, we will explore this and create some positive steps to take to be happier.

Location: Oasis at The Meadows

Tuesday

Oct 20

Fee: \$8

6:00-7:30



196 Polyvagal Theory and Getting to Know Your Nervous System

Fred Chavez

When we mindfully understand how our autonomic nervous system works, we can develop skill in regulating the daily and moment-to-moment flow of its functions. With awareness, we will engage practices to gently fashion the ANS in new and beneficial ways. Only then can we appreciate the sense of ease from living with a nervous system that responds fluidly to the challenges, big and small, we meet each day.

Location: Oasis at The Meadows

Tuesdays

Oct 27-Dec 8

Fee: \$48

11:15-12:15

197 Art and Grief

Gaylynne Robinson

Art heals hearts. Sometimes we don't have the words to say how we feel. Instead, we will feel our feelings by creating small collages with images that will speak for us and to us. There is comfort and healing in this process of visualizing the unspoken.

Location: Oasis at The Meadows

Tuesdays

Oct 13-Nov 3

Fee: \$32

5:30-7:00



198 Managing Stress and Anxiety Naturally

Jack DeVerter and Clarissa Gorena

This course explores drug-free strategies for managing stress, anxiety, and depression, from mindfulness and movement to nutrition and meaningful connection. You'll walk away with practical tools and a renewed sense of hope and control over your own well-being.

Location: Oasis at The Meadows

Friday

Oct 23

Fee: \$8

10:00-11:30

199 Family Dynamics in Caregiving

Tina Smith, Caregiver SOS

Learn the importance of asking for help, strategies for dividing caregiving duties, and ways to strengthen family relationships. Hear practical tips and insights from fellow caregivers.

Location: Oasis at The Meadows

Monday

Oct 26

Free

1:00-2:30

200 Muscles in Action

Bill Marcus

Take a closer look at the muscles that keep us moving every day. Learn about major muscle groups, how muscles change with age, and ways to maintain strength, flexibility, and mobility. Perfect for older adults who want to stay active and independent.

Location: Oasis at The Meadows

Tuesday

Oct 27

Fee: \$8

10:00-11:00



201 A Matter of Balance

Are you afraid you may fall or have you taken a fall recently? If so, the fear of falling may actually increase your fall risk. This evidence-based, award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. Wear comfortable clothing as you will have the opportunity to participate in gentle exercises. Healthy snacks are provided during each of the eight sessions. Sponsored by Bexar Area Agency on Aging.

Location: Oasis at The Meadows

Tuesdays **Oct 6-Dec 15**
Free **10:00-12:00**
No Class 10/20, 11/10

202 Vision Boards for Caregivers

Angela Clifton

Caregivers often put their own goals on hold while caring for others. In this uplifting class, participants will create a personalized vision board using words and images that reflect self-care, balance, wellness, joy, and future aspirations. Enjoy a supportive environment that encourages stress relief, positive thinking, and renewed motivation. No artistic experience is needed. Materials are included.

Location: Oasis at The Meadows

Tuesday **Oct 27**
Fee: \$13 **2:00-3:30**

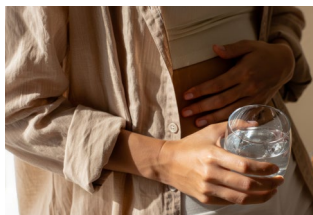
203 Gut Health - Feeding the Microbiomes For Better Health

Karen Robinson, RN

The trillions of bacteria living in our digestive system play a major role in immunity, metabolism and even mood. This class explores how food and lifestyle choices influence gut health and how to nourish beneficial gut bacteria.

Location: Oasis at The Meadows

Thursday **Oct 29**
Fee: \$8 **10:00-11:30**



204 Haiku: Your Mind in Three Lines

Fred Chavez

Haiku is a form of Japanese poetry usually written in three lines. Reading and writing haiku cultivates greater awareness, focus, and opens our hearts to ourselves and others. Haiku will inspire you to live a life of more clarity, compassion, peace and contentment. You do not have to be a poet to write haiku. You simply need to awaken to your moment-to-moment everyday world in a simple yet profound way. This will be a fun experience to aid in rewiring our brain.

Location: Oasis at The Meadows

Thursdays **Oct 29-Dec 10**
Fee: \$48 **11:15-12:15**

205 Always Look on the Bright Side

Kelley Gallant, MBA

In order to see the sun shining you have to come out from under the covers, open your eyes, open the shades and let the sunshine in. Sometimes that is difficult, sometimes easy. This class will give us a chance to examine our “half full, half empty” approach and find the bright side of life! The trick is in your own mind!

Location: Oasis at The Meadows

Tuesday **Nov 3**
Fee: \$8 **5:30-7:00** 🌙

206 A Taste of Latin American Heritage

Michael Ortiz II

Join us to explore the rich history, culture, and nutrition of Latin American heritage foods. This three-part lesson plan aims to bring the Latin American Heritage Diet Pyramid to life, helping participants discover key foods and learn their preparation. Each class includes an introduction, a discussion on history and nutrition, a cooking lesson, and a communal meal where we can reflect together.

Location: Oasis at The Meadows

Fridays **Nov 6-Dec 4**
Free **10:00-11:30**

207 The History of Tuberculosis

Craig Stimson

Tuberculosis (TB) has affected humans for more than 70,000 years. From scrofula and the "King's Evil" of the Middle Ages to today's complex treatment protocols, TB has remained a global public health challenge. Join us for a fascinating look at the history of this disease, how it has shaped society, and why it continues to be a concern around the world.

Location: Oasis at The Meadows

Thursday	Nov 5
Fee: \$8	10:00-11:30

208 Sleep is Medicine

Karen Robinson, RN

Sleep plays a vital role in metabolism, brain health, immune function, and overall well-being. This class explains how sleep affects the body and offers practical strategies to improve sleep quality.

Location: Oasis at The Meadows

Monday	Nov 9
Fee: \$8	1:00-2:30

209 Managing Challenging Behaviors

Helen Flores

This class helps participants understand the disease of dementia and how it occurs in the brain. It gives practical examples of typical behaviors found in community living environments.

Location: Oasis at The Meadows

Wednesday	Nov 11
Fee: \$8	10:00-11:00

210 The Facts About Protein and Fiber

Lisa Bombela-Comuzzie, RD, LD, CPRS

Curious about protein and fiber and why they matter so much for overall health? This class will explore their important role these nutrients play in energy, muscle strength, digestion, weight management and healthy aging.

Location: Oasis at The Meadows

Monday	Nov 16
Fee: \$8	10:00-11:30

211 Eating Healthy on a Budget

Gretchen Hill

Discuss tips for saving money at the grocery store and healthy eating on a budget. Enjoy a healthy snack during the class. The class also includes a health guide with recipes and tips for healthy living.

Location: Oasis at The Meadows

Monday	Nov 16
Fee: \$5	1:00-2:30

212 Setting Personal Boundaries As a Caregiver

Tina Smith, Caregiver SOS

Setting personal boundaries is an important step in managing the stress of caregiving. This class will help participants understand what it means to set boundaries, and why it is important. We will talk about boundary setting strategies. Participants will be able to share their own questions and comments on this important topic.

Location: Oasis at The Meadows

Wednesday	Nov 18
Free	1:00-2:30

213 Healthy Holiday Recipes

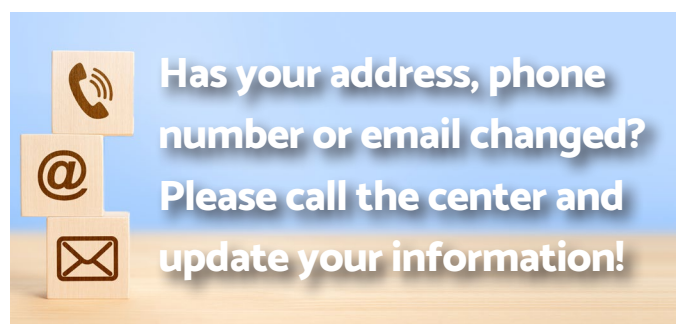
Abby Kurth,

Clinical Nutritionist and Wellness Coach

The holidays are fun and flavorful, but there are a few ways to make them healthier as well. Join us for a demonstration of ways to make the holidays healthier. You might find some NEW favorite traditions.

Location: Oasis at The Meadows

Thursday	Nov 19
Fee: \$11	10:00-11:30



214 Grounding/Earthing: What Is It?

Anita Saldana

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

Location: Oasis at The Chandler House

Thursday
Fee: \$8

Nov 19
10:30-11:30

215 Improve Your Balance

Jaime Acosta

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. Twenty to thirty 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

Tuesday
Fee: \$5

Dec 1
5:30-7:00 🌙



216 Controlling Your Blood Pressure

American Heart Association

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

Location: Oasis at The Chandler House

Thursday
Free

Dec 10
1:30-3:00

217 The Importance of Hydration In Older Adults

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.

Location: Oasis at The Meadows

Thursday
Fee: \$8

Dec 3
10:00-11:30

218 Understanding Alzheimer's And Dementia

Alzheimer's Association

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

Location: Oasis at The Meadows

Friday
Free

Dec 11
10:00-11:30

219 The Eight Dimensions of Wellness

Jai Winn

The class will discuss the eight dimensions of wellness: physical, emotional, social, spiritual, personal, environmental, financial and work/volunteerism. We'll be discussing ways to develop a "roadmap" to better mental health through daily, weekly, monthly and yearly practices in each dimension as well as how individualized tailored practices help keep our neural plasticity into our later years. Tips and ideas for each dimension will be discussed and shared.

Location: Oasis at The Meadows

Monday
Fee: \$8

Dec 14
1:00-2:30

Severe Weather or Emergencies

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

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

220 Preparing for the Hunt

Witte Museum

How did the early nomadic peoples of Texas live off the land? Discover the techniques and technology developed in the West Texas canyonlands thousands of years ago used for hunting and gathering. Uncover the mechanics of an atlatl, the secret to flint-knapping and more!

Location: Oasis at The Meadows

Monday

Fee: \$10

Aug 31

10:00-11:30

221 Fall is for Planting Texas Superstars

Bexar County Master Gardeners



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

Location: Oasis at The Meadows

Tuesday

Fee: \$8

Sep 1

10:00-11:30

222 All About Bihl Haus Arts

Sarah Shore

Bihl Haus Arts is a nonprofit built on a simple conviction: that every person, given the chance, will grow - personally, socially, and culturally - through the arts. For over two decades, it has been free and accessible to the communities in most need. After the presentation, there will be a mini painting activity.

Location: Oasis at The Chandler House

Tuesday

Fee: \$8

Sep 1

9:30-11:00

223 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: \$8

Sep 15, Oct 20, Nov 17, Dec 15

10:00-11:30

224 Acrylic Painting: German Expressionism Method

Andy Villarreal, BA, MFA



Discover the dramatic colors, emotional intensity, and expressive techniques of German Expressionist artists in this acrylic painting class. Learn about the movement's history and influential painters while experimenting with bold brushwork, vibrant color palettes, and simplified forms. Participants will create their own Expressionist-inspired artwork, focusing on conveying mood and personal expression rather than realistic detail. Suitable for all levels, this class offers a creative introduction to one of the most influential art movements of the 20th century. Supply list will be provided. Approximate cost of supplies is \$35.

Location: Oasis at The Meadows

Tuesdays

Fee: \$36

Sep 1-22

10:00-12:00

225 Songs by the Block

D.C. Bloom, M.A.

Explore the history of Tin Pan Alley, the influential hub of American popular music publishing from the late 19th century through the 1930s. Attendees will learn how composers, lyricists, and publishers shaped the early commercial music industry in New York City, establishing many of the foundations of the Great American Songbook. The course highlights key figures such as Irving Berlin, George M. Cohan, and the team of George and Ira Gershwin, along with the business practices that drove mass song production and distribution. Participants will gain insight into how Tin Pan Alley transformed American musical taste, performance practices, and the development of popular song as a national art form.

Location: Oasis at The Chandler House

Tuesday

Fee: \$8

Sep 1

1:30-3:00

226 Artemis Space Program

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

NASA's "Artemis Space Program" represents humanity's return to the Moon. This bold international initiative achieved a major milestone in April 2026, successfully completing its first crewed mission around the Moon and carrying astronauts farther from Earth than any human in over fifty years. In this presentation, we will explore why we are going back to the Moon and how the Artemis program is structured. We will review what Artemis I and II accomplished and look ahead to future missions. Topics will include the spacecraft, launch vehicles, trajectories and orbits, lunar surface vehicles, and surface facilities, as well as crewed operations on the Moon. We will also examine the program's international partnerships and the contributions of commercial partners. Finally, we will discuss why establishing a permanent, operational human base on the Moon is critical to the future of human spaceflight and eventual missions to Mars.

Location: Oasis at The Meadows

Thursday **Sep 3**
Fee: \$8 **1:00-2:30**

227 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

Tuesdays **Sep 8, Oct 13, Nov 10, Dec 8**
Fee: \$8 **10:00-11:30**

228 Book Discussion Group

Jack Deverter

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 **Sep 10, Oct 8, Nov 12, Dec 10**
Fee: \$8 **10:00-11:30**

229 Colored Pencil and Mixed Media Art

Molly Valdez

Discover the creative possibilities of combining colored pencils with mixed media techniques. We will explore layering, blending, texture, and composition using colored pencils alongside other materials. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Tuesdays **Sep 1-22**
Fee: \$32 **5:30-7:00**



230 Ghost Soldiers of WWII

Kelley Gallant, MBA

This class explores the secret US Army unit made up of artists, designers, actors and sound engineers who used creativity instead of combat to deceive the enemy. These brave soldiers helped save thousands of lives. Join us to hear the true story of the Army's most elaborate fighting force and the last impact of psychological warfare during WWII.

Location: Oasis at The Meadows

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

231 Spanish for Beginners

Yesenia Zepeda

This class is for those who have never taken a Spanish course and for those who wish to refresh what they know or to practice their Spanish. Vocabulary, punctuation and conversational skills will be emphasized.

Location: Oasis at The Chandler House

Tuesdays **Sep 8-29**
Fee: \$20 **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.

ART APPRECIATION SERIES

Vikky Jones, MFA, UTSA

232 Pop Art

Learn the history and various styles of the Pop Art Phenomenon. Choose the style you would like to emulate and bring your own images to render in the Pop Art fashion!

Location: Oasis at The Chandler House

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

233 Van Gogh

The Starry Night icon of the Post-Modern Art era, we'll see the expansive oeuvre he created and discover the legend of the tortured man behind the infamous technique we still love and admire today.

Location: Oasis at The Chandler House

Tuesday **Oct 13**
Fee: \$8 **10:00-11:30**

234 Frida Kahlo

A presentation taking a deep dive into Mexican artist Frida Kahlo's history, her trauma, and her undeniable resilience. All of which culminated into her much-adored surrealistic autobiographical work.

Location: Oasis at The Meadows

Monday **Nov 2**
Fee: \$8 **10:00-11:30**

COURTESY CONFIRMATION CALLS

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

235 Hymns, Spirituals and Gospel Songs of Traditional Jazz

Glad Hatters Jazz Band

**LIVE
MUSIC!**

The Glad Hatters Jazz Band will play some of their favorite hymns, spirituals and gospel songs, including "Just a Closer Walk with Thee," "Amazing Grace," and "His Eye is On the Sparrow." We'll explore the characteristics of this music and hear iconic musicians, such as Louis Armstrong, Pete Fountain, and Mahalia Jackson, and their unique styles. So loosen up your vocal chords and help us celebrate the joy of our favorites.

Location: Oasis at The Meadows

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



236 Cretaceous Creatures

Witte Museum

Uncover the world of the Mesozoic—right here in San Antonio! Learn from museum educators how Texas environments have changed across millions of years. Witness the rise and fall of the reign of reptiles and discover what fascinating fossils may be found in your own backyard!

Location: Oasis at The Meadows

Wednesday **Sep 9**
Fee: \$10 **1:00-2:30**

237 Seniors in Play

Angela Otey-Patterson

Come learn who they are and what they do. You will also have the opportunity to participate in a few warm-ups and improv games if you choose.

Location: Oasis at The Chandler House

Thursday **Sep 10**
Free **1:30-3:00**

238 Opaque Watercolor

Georgia Stok

Opaque watercolor, or gouache, is a versatile, beginner-friendly medium that blends the best qualities of watercolor and acrylic! Whether you're just starting out or looking for a new medium to explore, this class will give you the tools and techniques to paint confidently with these opaque watercolors. Supply list will be provided. Approximate cost of supplies is \$40.

Location: Oasis at The Meadows

Tuesdays

Sep 15-Oct 20

Fee: \$48

1:00-3:00

239 Thomas Jefferson and Christianity-A Fraught Story

John Boswell, Retired Adjunct History Professor

From his college days at William and Mary to the end of his life, Thomas Jefferson's understanding of what constituted true Christianity was unorthodox. This lecture will trace the many influences that contributed to his religious views culminating in his own version of the first four books of the New Testament called "The Jefferson Bible."

Location: Oasis at The Meadows

Wednesday

Sep 16

Fee: \$8

10:00-11:30

240 From Lanterns to Liberty-The Story of Paul Revere!

Bill Perryman, M.Ed.

On the night of April 18, 1775, a dark-eyed and stocky man of French lineage galloped into history on what perhaps might have been the most frightening night of his life--the eve just prior to the onset of the American Revolution! Today, Paul Revere is an icon in American history, but who was this man we so affectionately know as Paul Revere? Listen and watch as master teacher, Bill Perryman, illuminates the personal and public life of Paul Revere!

Location: Oasis at The Meadows

Wednesday

Sep 23

Fee: \$12

10:00-11:30

241 Wine Tasting: The Wines of Mexico

Bob Bragg, WSET Level 3, CSW

Explore the rich and evolving world of Mexican wine in this engaging tasting experience. From bold reds to crisp whites, discover the unique regions, grapes, and traditions that are putting Mexico on the global wine map. Learn about the history of winemaking in Mexico, how climate and geography shape each bottle, and what makes these wines distinct.

Location: Oasis at The Meadows

Wednesday

Sep 16

Fee: \$40

1:00-3:00



242 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

Sep 16, Oct 21, Nov 18, Dec 16

Fee: \$5

1:00-2:30

243 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

Sep 16, Oct 21, Nov 18, Dec 16

Fee: \$8

10:30-12:00

244 It's Greek to Me

Judith Hurst, MA

Discussion will address the Minoans and Mycenaneans; the age of Homer (750 B.C.); the development of the Polis (administration); the Hoplite Phalanx; and the expansion of the colonies; the Tyrants (700-500 B.C.); Sparta and Athens; the Persian Wars with the Ionian Rebellion.

Location: Oasis at The Meadows

Monday
Fee: \$8

Sep 21
10:00-11:30

245 It's Still Greek to Me

Judith Hurst, MA

Discussion will focus on Classical/Hellenistic Greece—Delian League; Peloponnesian Wars; Athenian Democracy; the women of Athens; Macedonian Conquest; Alexander the Great; and the birth of Philosophy; Literature; Architecture and Sculpture; Mathematics and Science.

Location: Oasis at The Meadows

Monday
Fee: \$8

Oct 26
10:00-11:30

246 Audie Murphy

Gloria Jennings

Audie Murphy was an American soldier, actor, and songwriter celebrated as the most decorated U.S. combat soldier of World War II. Awarded the Medal of Honor, he earned every U.S. Army valor award. Postwar, he starred in over 40 films, notably *To Hell and Back*, and advocated for veterans with PTSD before his death in a 1971 plane crash. Come listen to the remarkable story of this hero from Texas.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 29
10:00-11:30

247 Hispanic Musical and Film Legends

Beverly Prado

In honor of Hispanic Heritage Month, the colorful history of Hispanic/Latin personalities will be highlighted in this salute to those who pioneered in music and film. Many musical giants like Agustin Lara, Celia Cruz and Vincente Fernandez led the way for modern stars like Selena and Carlos Santana. In film, Dolores Del Rio and Pedro Almodariz blazed new trails for Rita Moreno, Ricardo Montalban and others. Let's explore these stars in historical context.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 29
5:30-7:00



248 Painting with Acrylics: Smear Method

Molly Valdez

Discover the fun and expressive world of acrylic painting using the smear method. In this hands-on class, you'll learn basic acrylic techniques while exploring how smearing and layering paint create unique abstract and contemporary effects. Perfect for beginners and experienced artists alike, this class encourages creativity, experimentation, and personal expression. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 29
5:30-7:00



249 Intermediate Origami

Vikky Jones, MFA, UTSA

Ready to try the next level of Japanese paper folding art? In this session, we'll start with a quick warm up, then fold some more challenging pieces, including a rose, and a rolling infinity rainbow! All supplies included.

Location: Oasis at The Meadows

Monday
Fee: \$10

Oct 5
10:00-11:30



Location, Location, Location!

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

250 The Politics of Shakespeare: History Behind the Drama

Richard Luduena, Ph.D.

Shakespeare knew a lot about history and had a deep understanding of human psychology. We will see how he used this in *Macbeth* to make the story irresistibly interesting to King James I of England. We will also see some applications of Shakespeare's knowledge of history in some of his other plays.

Location: Oasis at The Meadows

Thursday
Fee: \$8

Oct 1
1:00-2:30

251 World of Ink

Gaylynne Robinson

Drip it, drop it, spray it, paint or stain it, any way you use it, ink is mysterious, sensual, bright or dark, and captivating. We will use commercial and handmade inks, play with your own handwriting and asemic writing as design elements to create lovely pieces. Supply list will be provided. Approximate cost of supplies is \$35.



Location: Oasis at The Meadows

Thursdays
Fee: \$32

Oct 1-22
10:00-12:00

252 Rock and Roll Hall of Fame

Beverly Prado

How do we define this special musical genre? From its beginnings until the present, the once rebellious music of teenagers in the 1950s has turned into a global phenomenon over the years. In 1986, the music industry developed a Hall of Fame to honor those who invented, shaped, and changed the genre. Come join us for a historical review of those who have been inducted over the years. Lots of film clips, finger snapping and toe tapping are in store.

Location: Oasis at The Chandler House

Thursday
Fee: \$8

Oct 8
1:30-3:00

253 Frontier Kitchens to Food Trucks

Kelley Gallant, MBA

Let's travel through history of American food. During this class we will explore how early settlers, immigrants, regional traditions and modern trends shaped the flavors of the United States. From cast-iron frontier to creative street food, come discover the journey of the American plate.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Oct 6
5:30-7:00



254 Beginner's Guide to Patio Citrus

Bexar County Master Gardeners

Participants will learn about EarthKind® principles for patio citrus gardening, tips and techniques for growing citrus in Bexar County, and the best of the best citrus varieties.

Location: Oasis at The Meadows

Wednesday
Fee: \$8

Oct 7
10:00-11:30

255 Story of Manned Flight

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

We will trace humanity's incredible journey in pursuing manned flight. It will begin with our first attempts to soar, culminating in the Wright Brothers' first twelve-second flight in 1903. We will then explore the evolution of both commercial and military aircraft, the new development of manned drones, and culminate with today's manned spaceflight. To better comprehend this innovational growth, we'll discuss the pioneers who dared to build these aircraft and the technological breakthroughs that made it all possible. You'll also be introduced to the key milestones and the courageous men and women who took the necessary risks in flying these vehicles. In the process you will get to understand how airplanes are designed, built and fly. This is the story of how manned flights have fundamentally changed our world.

Location: Oasis at The Meadows

Thursday
Fee: \$8

Oct 8
1:00-2:30

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 August 19, 2026**
(Registrations are placed in a box and randomly drawn and processed.)
- **Online: Registration Opens August 19, 2026 at 9:00am**
- **Phone-In: Registration Opens August 24, 2026**

**It is best to have your
registration at Oasis
before August 19**

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	\$32			
	112	Chair Yoga	\$40			
	113	Chair Yoga	\$40			
	114	Chair Yoga	\$32			
	115	Stretch and Restore	\$40			
	116	Stretch and Restore	\$40			
	117	Stretch and Restore	\$32			
	118	Tai Chi for Arthritis	Free			
	119	Tai Chi for Arthritis	Free			
	120	Tai Chi/Moving Motivation	\$36			
	121	Tai Chi for Aging Well	\$90			
	122	Aging Backwards	\$32			
	123	Aging Backwards	\$24			
	124	NeuroQigong	\$40			
	125	NeuroQigong	\$40			
	126	NeuroQigong	\$40			
	127	Yin Yoga and Yoga Nidra	\$40			
	128	Yin Yoga and Yoga Nidra	\$40			
	129	Yin Yoga and Yoga Nidra	\$40			
	130	Functional Fitness	\$40			
	131	Functional Fitness	\$32			
	132	Functional Fitness	\$40			
	133	Ballet for Fitness and Fun	\$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	134	Ballet for Fitness and Fun	\$40			
	135	Ballet for Fitness and Fun	\$40			
	136	Drumming Fitness	\$36			
	137	Line Dancing	\$40			
	138	Line Dancing	\$40			
	139	Line Dancing	\$40			
	140	Stretch and Balance	\$40			
	141	Stretch and Balance	\$40			
	142	Stretch and Balance	\$40			
	143	Balance for Daily Life	\$40			
	144	Balance for Daily Life	\$40			
	145	Balance for Daily Life	\$32			
	146	Beginner Yoga	\$40			
	147	Beginner Yoga	\$40			
	148	Beginner Yoga	\$40			
	149	Seated Strength Training	\$40			
	150	Seated Strength Training	\$40			
	151	Seated Strength Training	\$32			
	152	Walking Group	\$30			
	153	Ballroom Dancing	\$36			
	154	Chair Pilates	\$42			
	155	Learn to Play Pickleball	\$30			
	156	Meaning and Purpose	\$40			
	157	Meaning and Purpose	\$40			
	158	Meaning and Purpose	\$40			
	159	Sense of Meaning/Purpose	\$8			
	160	Steady in the Storm	\$40			
	161	Savor Every Bite	\$8			
	162	Earthing/Grounding	\$8			
	163	Deep Listening	\$8			
	164	Keeping the Home Safe	Free			
	165	Hydration/Healthy Beverage	\$5			
	166	Sharper Minds Extended	\$32			
	167	Know the Signs	\$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	Creatine and Healthy Aging	\$8			
	169	Aging Mastery Program	Free			
	170	Diabetes Management	Free			
	171	Reduce Cholesterol Naturally	\$8			
	172	Mind Over Matter	Free			
	173	Treatment of Malnutrition	\$8			
	174	Sound Immersion Overview	\$32			
	175	Collagen in Food	\$8			
	176	Conversation/Mental Health	\$8			
	177	Thrive as a Caregiver	Free			
	178	Vitamins and Supplements	\$8			
	179	How to Remember Names	\$8			
	180	Destination Rejuvenation	\$8			
	181	How's My Balance?	\$8			
	182	Warning Signs of Alzheimer's	Free			
	183	Healthy Cooking Demo	\$11			
	184	Brain Games 2	\$45			
	185	Medicare Updates	Free			
	186	CPR	Free			
	187	CPR	Free			
	188	Healing Beyond the Surface	\$7			
	189	Seeing and Being Seen	\$8			
	190	Carb-Counting for Diabetes	\$8			
	191	Stress and Your Health	\$16			
	192	Building Brain	Free			
	193	Forgiveness	\$8			
	194	The Power of Herbs	\$8			
	195	Positive Attitude	\$8			
	196	Polyvagal Theory	\$48			
	197	Art and Grief	\$32			
	198	Managing Stress	\$8			
	199	Family Dynamics	Free			
	200	Muscles in Action	\$8			
	201	A Matter of Balance	Free			
	202	Vision Boards for Caregivers	\$13			
	203	Gut Health	\$8			
	204	Haiku	\$48			
	205	Look on the Bright Side	\$8			
	206	Latin American Heritage	Free			
	207	The History of Tuberculosis	\$8			
	208	Sleep is Medicine	\$8			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	209	Challenging Behaviors	\$8			
	210	Protein and Fiber	\$8			
	211	Eating Healthy on a Budget	\$5			
	212	Personal Boundaries	Free			
	213	Healthy Holiday Recipes	\$11			
	214	Grounding/Earthing	\$8			
	215	Improve Your Balance	\$5			
	216	Blood Pressure	Free			
	217	Hydration in Older Adults	\$8			
	218	Understanding Alzheimer's	Free			
	219	Dimensions of Wellness	\$8			
	220	Preparing for the Hunt	\$10			
	221	Planting Texas Superstars	\$8			
	222	All About Bihl Haus	\$8			
	223	Chandler Book Club	\$8			
	224	Acrylic Painting	\$36			
	225	Songs by the Block	\$8			
	226	Artemis Space Program	\$8			
	227	Women's Discussion Group	\$8			
	228	Book Discussion Group	\$8			
	229	Colored Pencil/Mixed Media	\$32			
	230	Ghost Soldiers of WWII	\$8			
	231	Spanish for Beginners	\$20			
	232	Pop Art	\$8			
	233	Van Gogh	\$8			
	234	Frida Kahlo	\$8			
	235	Gospel Songs of Jazz	\$12			
	236	Cretaceous Creatures	\$10			
	237	Seniors in Play	Free			
	238	Opaque Watercolor	\$48			
	239	Thomas Jefferson	\$8			
	240	Paul Revere	\$12			
	241	Wine Tasting: Mexico	\$40			
	242	Men's Discussion Group	\$5			
	243	Writers Group	\$8			
	244	It's Greek to Me	\$8			
	245	It's Still Greek to Me	\$8			
	246	Audie Murphy	\$8			
	247	Hispanic Legends	\$8			
	248	Acrylics: Smear Method	\$8			
	249	Intermediate Origami	\$10			

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	The Politics of Shakespeare	\$8			
	251	World of Ink	\$32			
	252	Rock and Roll Hall of Fame	\$8			
	253	Frontier Kitchens	\$8			
	254	Guide to Patio Citrus	\$8			
	255	Story of Manned Flight	\$8			
	256	The Bible/Hollywood	\$8			
	257	History of Brackenridge Park	\$6			
	258	Colored Pencils	\$16			
	259	Liqueurs and Cordials	\$40			
	260	Rodgers and Hammerstein	\$8			
	261	Movie: Sunset Boulevard	\$8			
	262	Hello Girls	\$8			
	263	Many More Murals	\$10			
	264	Geology on the Big Screen	\$8			
	265	Norman Rockwell	\$8			
	266	Charcoal Drawing	\$32			
	267	Who's Generation	\$8			
	268	Spirits Among Us	\$8			
	269	Patriotic Songs	\$8			
	270	Pastels on Black Paper	\$48			
	271	Conversational Spanish	\$30			
	272	Oscar Hits and Misses	\$8			
	273	Wine Tasting and Geology	\$40			
	274	Holiday Plants	\$8			
	275	Faiths of Medieval Spain	\$8			
	276	Holiday Cards	\$8			
	277	Plant Propagation	\$8			
	278	Vice and Religion	\$12			
	279	Movie: 80 for Brady	\$8			
	280	Moses	\$8			
	281	Intro to Paper Weaving	\$24			
	282	Holiday Floral Arrangement	\$40			
	283	Diamonds are Forever	\$8			
	284	Maya Angelou	\$8			
	285	Color Theory	\$24			
	286	Charcoal Self-Portrait	\$24			
	287	Dollar Tree Crafts	\$35			
	288	American Revolution	\$16			
	289	Holiday Films	\$8			
	290	Classical Vocal Repertoire	\$10			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	291	Introduction to String Theory	\$8			
	292	Computing from Ada to AI	\$8			
	293	Elizabeth I	\$8			
	294	Korean History	\$8			
	295	Scandalous San Antonio	\$10			
	296	SACRD Portal	Free			
	297	Bexar County Elections	\$5			
	298	Reframing Aging	Free			
	299	Volunteering at Oasis	Free			
	300	Maximizing Flexibility/Profit	\$8			
	301	Deed Fraud	\$8			
	302	Community Engagement	Free			
	303	Navigating Long-Term Care	Free			
	304	Beyond Books	Free			
	305	The Election Process	\$7			
	306	Mitchell Lake Audubon	\$7			
	307	Aligning Your Financial Plans	\$8			
	308	Scams and Fraud	Free			
	309	Four Critical Factors	\$8			
	310	Meet Libby	Free			
	311	Love Where You Live	Free			
	312	All About Siver Connect	Free			
	313	Do Your Paperwork Now	\$8			
	314	Wills and Property Deeds	Free			
	315	City of San Antonio Services	Free			
	316	Humane Society	Free			
	317	Transportation Options	Free			
	318	Guide to Genealogy	\$7			
	319	Ride Connect Texas	Free			
	320	Veterans Resources	Free			
	321	End-of-the-Year Planning	\$8			
	322	VIA Services for Older Adults	Free			
	323	What's Happening at Oasis	Free			
	324	Community Resources	Free			
	325	Wills and Trusts	\$8			
	326	TXDOT Construction Updates	\$5			
	327	All About Meals on Wheels	Free			
	328	Adult Protective Services	Free			
	329	Artificial Intelligence	\$11			
	330	ChatGPT and AI	\$11			
	331	Understanding AI at Any Age	\$11			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	332	Using AI in Your Daily Life	\$11			
	333	Beginner iPhone	\$22			
	334	Intermediate iPhone	\$22			
	335	Communication Apps	\$11			
	336	Google Photos	\$13			
	337	Intro to Powerpoint	\$35			
	338	Digital Art on Tablets	\$11			
	339	Protecting Your Identity	\$11			
	340	Windows 11	\$35			
	341	Word Basics	\$35			
	342	Ten Fun Things/iPad	\$11			
	343	Rideshare Apps	\$11			
	344	Digital Wallet	\$11			
	345	Telephone/Internet Scams	\$11			
	346	Internet Safety	\$13			
	347	Google Calendar/ Maps	\$11			
	348	Apple Watch Basics	\$11			
	349	Intro to Canva	\$11			
	350	Apple Photos	\$22			
	351	Intro to Artificial Intelligence	Free			
	352	Wives of Henry VIII	Free			
	353	Introduction to Origami	Free			
	354	The Roman Empire	Free			
	355	Estate Sales and Downsizing	Free			
	356	Grandparents/Grandchildren	Free			
	357	Choosing the Right Pet	Free			
	358	Transportation Options	Free			
	359	Edible Gardening	Free			
	360	Downsizing	Free			
	361	Meals on Wheels	Free			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	362	Basics of Balance	Free			
	363	Improve Your Memory	Free			
	364	Reframing Aging	Free			
	365	All About Wills and Trusts	Free			
	366	All About Silver Connect	Free			
	367	Fraud and Scams	Free			
	368	All About AACOG	Free			
	369	Downsizing	Free			
	370	Meals on Wheels	Free			
	371	Social Isolation	Free			
	372	Arboretum San Antonio	Free			
	373	Texas Wildflowers	Free			
	374	Mediterranean Diet	Free			
	375	All About Wills and Trusts	Free			
	376	Healthy Holiday Eating	Free			
	377	Destination Rejuvenation	Free			
	378	Social Isolation	Free			
	379	All About Feral Cat Coalition	Free			
	380	Exercise is Easy	Free			
	381	Love Where You Live	Free			
	382	Meet Your Saffee Officer	Free			
	383	Mitchell Lake Tour	\$29			
	384	Museum Reach Tour	\$29			
	385	San Antonio Zoo Tour	\$35			
	386	Downtown Exploration Tour	\$29			
	387	The Heart of San Antonio	\$105			
	388	Museum Hop	\$107			
	389	Hill Country Holiday Lights	\$95			
	390	Chicago 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 August 19 at 9:00am

256 The Bible According to Hollywood

Christina Howard, MA, I.B. History

We have all grown up watching movies and television shows representing the stories and characters found in the Bible or watching movies and shows having biblical themes. For over 120 years we've watched the Bible and Bible topics portrayed on big and small screens; some good, some bad, some entertaining, some total trash. What is truth or positive influence? What is considered misrepresentation or alternate interpretation? Some films and television have even been theologically controversial. What is strictly storytelling usurping the plots and people? Are there purposeful agendas? What has this visual Babylon done to mold our visions of the Bible? This presentation will look at what's out there and what type of messages these films and broadcasts are projecting. Think about the National Academy of Television Arts and Sciences (NATAS) is SATAN spelled backwards. Coincidence?

Location: Oasis at The Meadows

Monday **Oct 12**
Fee: \$8 **1:00-3:00**

257 History of Brackenridge Park

Anita Saldana

Join us as we learn the history of the Japanese Tea Garden and Brackenridge Park and enjoy some fun stories from the past.

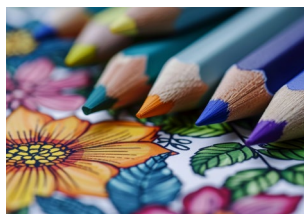
Location: Oasis at The Chandler House

Tuesday **Oct 13**
Fee: \$6 **1:00-2:30**

258 Colored Pencils

Molly Valdez

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



Location: Oasis at The Chandler House

Thursdays **Oct 15-22**
Fee: \$16 **1:30-3:00**

259 Liqueurs and Cordials: A Journey Through Sweet Spirits

Bob Bragg, WSET Level 3, CSW

Discover the rich and diverse world of liqueurs and cordials in this guided tasting and educational experience. This class introduces participants to the history, production methods, and defining characteristics of these sweetened spirits, from traditional European herbal liqueurs to modern fruit and cream-based expressions from around the world.

Location: Oasis at The Meadows

Thursday **Oct 15**
Fee: \$40 **1:00-3:00**



260 Rodgers and Hammerstein: Giants of Theater and Film

Beverly Prado

One of the great American musical duos, how did these two songwriters change the landscape of stage and screen? Their poignant collaborations have given us *Oklahoma*, *The King and I*, *South Pacific*, *The Sound of Music* and other memorable works. Blending storytelling with music, they also examined social issues in modern life. Join us to examine some of these themes?

Location: Oasis at The Meadows

Wednesday **Oct 14**
Fee: \$8 **10:00-11:30**

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

261 Movie Discussion: Sunset Boulevard

Lynn Waghalter and Alonso Jasso

Step into the glamorous and darkly twisted world of Hollywood's Golden Age with a discussion of the classic film *Sunset Boulevard*. Explore the film's unforgettable characters, themes of fame and ambition, and its sharp critique of the movie industry. The first week we will watch the movie, the second we will discuss it. Refreshments will be served.

Location: Oasis at The Meadows

Mondays	Oct 19-26
Fee: \$8	1:00-3:30

262 Hello Girls

Kelley Gallant, MBA

This was the nickname for American female telephone operators who served in the U.S. Army Signal Corps during World War I. Come learn how these women played a crucial role in connecting the calls between military units and command posts and the dangerous and difficult conditions under which they worked.

Location: Oasis at The Chandler House

Tuesday	Oct 20
Fee: \$8	1:30-3:00

263 Many More Murals

Bruce Martin, Certified Professional Tour Guide

Join this entertaining slideshow to see beautiful, new murals from across San Antonio – and some wonderful murals from out of town, too! Murals in public spaces have become an increasingly popular form of artistic expression and this presentation will share a broad range of works from modest to grand. Come enjoy them all!

Location: Oasis at The Meadows

Thursday	Oct 22
Fee: \$10	10:00-11:30



264 Geology on the Big Screen

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

From erupting volcanoes to devastating earthquakes, landslides, and tsunamis, the drama of geology has long inspired Hollywood films and television. There are more than 200 movies, documentaries, and TV episodes with the word "volcano" in the title, with the earliest movie dating to 1913. Because Hollywood is about the making of movies, however, scientific accuracy is often a casualty of the dramatic story line and special effects. This course explores how Earth processes are portrayed on screen, comparing cinematic drama with real-world science. We will examine how geology is portrayed in popular film and television, identify what they get right, and uncover where filmmakers take creative liberties.

Location: Oasis at The Meadows

Tuesday	Oct 27
Fee: \$8	1:00-2:30

265 Norman Rockwell

Gloria Jennings

The artist who painted America - Norman Rockwell (February 3, 1894 – November 8, 1978) was an American painter and illustrator. His works have a broad popular appeal in the United States for their reflection of the country's culture. Join us as we discuss his most famous cover illustrations of everyday life he created for *The Saturday Evening Post* magazine over nearly five decades.

Location: Oasis at The Meadows

Wednesday	Oct 28
Fee: \$8	10:00-11:30

266 Charcoal Drawing

Molly Valdez

Drawing with charcoal produces beautiful shades and dramatic lights. Come to this four-session class to learn the basics of charcoal drawing. No previous art experience is necessary. Supply list will be provided. Approximate cost of supplies is \$20.

Location: Oasis at The Meadows

Thursdays	Oct 29-Nov 19
Fee: \$32	1:00-2:30

267 Talkin' Bout Who's Generation

D.C. Bloom, M.A.

Explore the history, music, and cultural impact of the legendary British rock band, The Who. From their roots in London's 1960s mod scene to their rise as one of rock's most influential acts, we'll examine their artistic evolution and lasting legacy. Topics include the songwriting of Pete Townshend, the vocals of Roger Daltrey, the bass work of John Entwistle, and the drumming of Keith Moon. We'll also discuss the rock operas *Tommy* and *Quadrophenia*, their performance at Woodstock, and their influence on bands such as The Clash, Pearl Jam, and Green Day.

Location: Oasis at The Chandler House

Tuesday **Oct 27**
Fee: \$8 **1:30-3:00**

268 Spirits Among Us

Ginny Brown, LCHW

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

Location: Oasis at The Meadows

Tuesday **Oct 27**
Fee: \$8 **5:30-7:00** 

269 Patriotic Songs

Kelley Gallant, MBA

The country music industry is known for patriotism and American pride. Come listen to songs that celebrate America. We will explore the stories behind these songs and enjoy some music clips. This class is great for country music fans, and anyone who loves Americana, memories and music that brings people together.

Location: Oasis at The Meadows

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



270 Black is Back: Pastels on Black Paper

Georgia Stok

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

Location: Oasis at The Meadows

Tuesdays **Nov 3-Dec 15**
Fee: \$48 **1:00-3:00**

271 Conversational Spanish

Yesenia Zepeda

For those 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 **Nov 3-Dec 15**
Fee: \$30 **3:30-5:00**

272 Oscar Hits and Misses

Beverly Prado

The film industry's greatest prize, the Academy Award, has not been without its controversial choices. Beginning in 1929, there have been many changes in categories, and winners, losers and even snubs have often been analyzed. Who decides what is best? Who is rewarded for excellence, but shut out at the Oscars? Lots to unpack...let's explore with conversation and film clips.

Location: Oasis at The Meadows

Thursday **Nov 5**
Fee: \$8 **10:00-11:30**

**Have you considered signing up
for Oasis classes online?**

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

273 Wine Tasting and Geology: The Wines of Germany

Bob Bragg, WSET Level 3, CSW

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

Learn how geology shapes the character of Germany's world-renowned wines in this fascinating tasting experience. Explore the country's diverse wine regions and learn how soil, climate, and landscape influence flavor, aroma, and style. Enjoy guided tastings while uncovering the science behind the vine.

Location: Oasis at The Meadows

Thursday

Fee: \$40

Nov 5

1:00-3:00



274 Holiday Plants

Bexar County Master Gardeners

This presentation highlights beautiful holiday plants to consider for your home or for gifts to others. Participants will learn about general holiday plant care, as well as the needs for specific plants, such as poinsettias.

Location: Oasis at The Meadows

Tuesday

Fee: \$8

Nov 10

5:30-7:00



275 Three Faiths of Medieval Spain

Richard Loduena, Ph.D.

In this lecture we will look at the story of Spain from the 5th to the 17th century, focusing on how the interplay of Christianity, Judaism, Islam and the specific sects of Christianity and Islam underlie the story of Spain and have influenced world civilization to this day.

Location: Oasis at The Meadows

Wednesday

Fee: \$8

Nov 11

1:00-2:30

276 Holiday Cards

Vikky Jones, MFA, UTSA

Let's make collages into holiday cards! Using stamps, ribbons, glitter, sequins, holiday themed paper and stickers. All supplies included.

Location: Oasis at The Chandler House

Thursday

Fee: \$8

Nov 5

10:00-11:30

277 Plant Propagation

Bexar County Master Gardeners

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

Location: Oasis at The Chandler House

Thursday

Fee: \$8

Nov 5

1:30-3:00

278 Vice and Religion In the Alamo City

Bill Perryman, M.Ed.,

Certified Professional Tour Guide

For over 52 years, the "fancy ladies" of San Antonio's "sporting district" catered to those seeking a good time after the shades of night had fallen. Yet, only a few blocks away stood an array of San Antonio's treasured houses of worship where religious and polite society gathered regularly. What an intriguing dichotomy! Experience the tantalizing tales of this unique topical combination as master teacher and storyteller, Bill Perryman, presents Vice and Religion in the Alamo City!

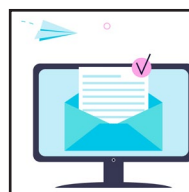
Location: Oasis at The Meadows

Wednesday

Fee: \$12

Nov 11

10:00-11:30



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

279 Movie Discussion: 80 for Brady

Lynn Waghalter

80 for Brady is a 2023 American sports comedy film starring Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field. It is a hilarious and heartfelt story of friendship and adventure. It's a true story about four longtime friends set out on an unforgettable journey to see their hero, Tom Brady, play in Super Bowl LI and witness one of the greatest comebacks in sports history. It's never too late to live life to the fullest!

Location: Oasis at The Chandler House

Thursday	Nov 12
Fee: \$8	1:00-3:00

280 Moses: From Basket Case To God's BFF

Christina Howard, MA, I.B. History

Moses is one of the most recognizable names from the Bible. He parted the Red Sea and carved the Ten Commandments onto stone for us. He led his people from slavery in Egypt to the Land of Milk and Honey (Canaan). The Bible tells us of his feats, his perseverance, his bravery against authority, and his intimate relationship with God, but alas, we only see his life mapped out in 40-year increments. This presentation will gather documents and source materials from a more global perspective to fill in those 40-year gaps and give us a more complete look at this amazing leader of the captive Hebrews.

Location: Oasis at The Meadows

Tuesday	Nov 17
Fee: \$8	1:00-3:00

281 Intro to Paper Weaving

Gaylynne Robinson

In, out, over, under: It's just that easy to weave beautiful papers. We will ink stain papers and reuse paper scraps to weave different patterns. Weave small for art journals or large for hangable art. Supply list will be provided. Approximate cost of supplies is \$30.

Location: Oasis at The Meadows

Mondays	Nov 30-Dec 14
Fee: \$24	10:00-12:00

282 Create a Holiday Floral Arrangement

The Rose Boutique

Creating a holiday flower arrangement doesn't have to be difficult. Using your intuition and a few easy instructions, you can arrange gorgeous bouquets. In this class you will learn tips and tricks, and will make one to take home. Supply fee is included in the cost of the class.

Location: Oasis at The Meadows

Wednesday	Dec 2
Fee: \$40	10:00-11:30



283 Diamonds are Forever

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

Diamonds are a striking example of natural beauty—simple in composition yet incredibly rare. Formed deep within the Earth under extreme conditions, they are the hardest natural material, composed solely of carbon, life's basic building block. Though marketed as "forever," diamonds are actually unstable at the Earth's surface, preserved only by the slow passage of geologic time. This class will explore how diamonds form and examine the history and future of the diamond mining industry.

Location: Oasis at The Chandler House

Thursday	Nov 19
Fee: \$8	1:30-3:00

284 A Taste of Poetry: Maya Angelou

Molly Valdez

Through selected readings and discussion, we will explore Maya Angelou's themes of resilience, identity, hope, and the human spirit. Discover how her poetry continues to inspire generations while gaining a deeper understanding of her life, voice, and influence on American literature and culture.

Location: Oasis at The Meadows

Tuesday	Dec 1
Fee: \$8	1:00-2:30

285 Color Theory-Abstract Cartoon

Vikky Jones, MFA, UTSA

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

Location: Oasis at The Meadows

Wednesdays

Fee: \$24

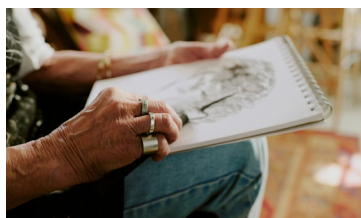
Dec 2-16

10:00-12:00

286 Charcoal Self-Portrait

*Vikky Jones,
MFA, UTSA*

Bring your favorite photo of yourself, or be inspired by a new one! You'll see a variety of creative examples, demonstrations of charcoal drawing techniques, and be guided along the way to an original 11x14" charcoal self-portrait unique to you! (Fair warning: It is a bit messy, but fun and rewarding.) All supplies included.



Location: Oasis at The Chandler House

Thursdays

Fee: \$24

Dec 3-17

10:00-11:30

287 Dollar Tree Crafts

Kelley Gallant, MBA

Get into the holiday spirit with this fun and creative hands-on class using affordable supplies from Dollar Tree to make festive Christmas crafts and decorations! Participants will learn how to turn everyday budget-friendly items. Whether you're crafty or a beginner, this class offers easy-to-follow ideas that are both creative and inexpensive. Come enjoy a relaxing and social holiday experience while creating charming Christmas treasures to brighten your home or share with others. Supply fee included in the cost of the class.

Location: Oasis at The Chandler House

Thursday

Fee: \$35

Dec 3

1:30-3:30

288 The American Revolution In the Lower South

John Boswell, Retired Adjunct History Professor

From the Revolution's outbreak at Lexington in 1775 until 1778, the states (or colonies according to the British) located south of the Mason-Dixon Line were largely ignored by the British high command. Instead, the war raged in Canada, New England, New York, New Jersey, and Pennsylvania. However, with Britain's disastrous defeat at Saratoga, NY in 1777 and the resulting American alliance with France, Britain turned its attention to conquering the South, beginning with Georgia and the Carolinas. Success in the lower South would then be the springboard for finishing off Virginia, Maryland, and Delaware. This strategy came perilously close to success. This lecture will focus on the brilliant leadership of US General Nathaniel Greene whose strategy for combating British General Charles Cornwallis in the lower South ultimately led to Cornwallis' move to Yorktown and subsequent surrender to Washington, thus bringing the war to an end.

Location: Oasis at The Meadows

Thursdays

Fee: \$16

Dec 3-10

1:00-2:30



289 Holiday Films and History of the Origin of Holidays

Beverly Prado

Beloved films center around the winter season. Film clips from some of our favorites, like *It's a Wonderful Life*, *Home Alone*, *The Grinch*, *A Christmas Carol*, *Die Hard* (?) and others will be featured. Sappy? Heartwarming? Action packed? Comedic? Yes, to all of it.

Location: Oasis at The Chandler House

Tuesday

Fee: \$8

Dec 8

9:30-11:00

290 Classical Vocal Repertoire

Sarah Davis, Professional Opera Singer

LIVE
MUSIC!

Explore the breadth of classical vocal repertoire—opera, chamber music, art song, orchestral works, and oratorio—brought to life through live vocal demonstrations. Featuring composers such as Debussy, Handel, Mozart, Rachmaninov, and Puccini, alongside traditional folk selections.

Location: Oasis at The Meadows

Friday
Fee: \$10

Dec 11
10:00-11:30

291 Introduction to String Theory

Lucia Vives

How is our universe put together at its most fundamental level? This class provides an introduction to string theory (also known as superstring or M-theory), exploring the quest to understand the smallest building blocks of nature and the role mathematics plays in uncovering the universe's secrets. Designed for curious learners, this presentation examines the key ideas, questions, and challenges behind one of modern physics' most intriguing theories.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Dec 8
6:00-7:30 🌙

292 Computing from Ada to AI

Ben Jurewicz, E.A.A.,

MS Aeronautics and Astronautics-MIT

Explore the evolution of computing from the ancient abacus to today's AI-driven technologies. Learn about pioneers such as Ada Lovelace and Charles Babbage, the development of software and hardware, the impact of Moore's Law, and advances in big data and AI. We'll conclude with a look at emerging technologies, including quantum computing and future AI applications.

Location: Oasis at The Meadows

Wednesday
Fee: \$8

Dec 9
1:00-2:30

293 Elizabeth I

Chelsea Carriker, MPH, CHES

In a time where women were seen as second-class citizens, Queen Elizabeth I triumphed and became one of history's most influential English monarchs. We will explore the rich and complicated life and reign of the Virgin Queen. We will dive into the challenges she faced before ascending to the throne and then delve into how her reign became known as the Golden Age.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Dec 15
1:00-2:30

294 Korean History

Michael Cude, Ph.D.,
Schreiner University

This class will survey Korean history from pre-modern times to the present. It will overview Korea's development into a unified kingdom lasting until the 19th century until becoming a Japanese colony until World War II. It will then address its division into North and South Korea during the Cold War and the divergence of the two countries.

Location: Oasis at The Meadows

Wednesday
Fee: \$8

Dec 16
1:00-2:30



295 Scandalous San Antonio, Chapter 3

Bruce Martin, Certified Professional Tour Guide

Scheming scallywags, rascally rum runners, and colorful characters with questionable judgment are all part of San Antonio's seedy history sometimes best left undisturbed. But disturb them we will! From amusing to shocking to weird, this memorable presentation of local scandals will reveal the sketchy side of local history.

Location: Oasis at The Meadows

Thursday
Fee: \$10

Dec 17
10:00-11:30

296 Navigating the SACRD Portal

Alice Alvarez

Discover how to make the most of the SACRD (San Antonio Community Resource Directory) portal, a valuable online tool that connects individuals and families with local services and support. Learn how to search for community resources, find assistance programs, access information on health and social services, and use the portal's features effectively.

Location: Oasis at The Meadows

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

297 Bexar County Elections

*Gilbert Saiz, Elections Coordinator,
Bexar County Elections*

During this course you will learn about the elections process and find out how you can fulfill your civic duty while participating in the elections process.

Location: Oasis at The Meadows

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

298 Reframing Aging

Jill Piazza, M.A., CMC

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

299 Volunteering at Oasis

Ginny Brown, LCHW

Do you want to become a volunteer at Oasis? Learn about the many volunteer opportunities available. 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

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

300 Maximizing Flexibility and Profit In Today's Market

Jake Yetterberg, CSA

In this class we will discuss:

- What the President promised, what became law, and how it may affect your finances
- Strategies for navigating lower interest rates and Federal Reserve policies
- How global events can impact the economy and your money
- Tax-planning opportunities to increase tax-free savings
- How government debt and economic policy may affect your finances
- Ways to protect and preserve wealth for yourself and your heirs

Location: Oasis at The Meadows

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

Yetterberg Retirement Solutions



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



We can help you manage prudent solutions like:

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

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

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

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

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

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

301 Deed Fraud

Hani Abdalla

Learn how deed fraud occurs, who is at risk, and the warning signs to watch for. This class covers common real estate scams, including forged deeds and title theft, and offers tips to protect your home, personal information, and steps to take if fraud is suspected.

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Sep 15
5:30-7:00



302 Community Engagement

Brenda Schmachtenberger

Use your gift of time to help others. Explore ways to make a difference through acts of kindness, caregiving, intergenerational connections, and community service, and learn how to get involved in your community.

Location: Oasis at The Meadows

Wednesday
Free

Sep 23
1:00-2:30

303 Navigating Long-Term Care

Renee Hernandez

Planning for long-term care starts with understanding your options. This class explores in-home care, assisted living, memory care, and skilled nursing, along with costs, payment options, and resources to help plan for future needs.

Location: Oasis at The Meadows

Thursday
Free

Sep 24
1:00-2:30

304 Beyond Books

Michelle Rickman

Come learn about everything San Antonio Public Library has to offer for adults, including digital collections and services. Whether you are new to the library or a proud card member, we welcome your questions and suggestions.

Location: Oasis at The Chandler House

Thursday
Free

Oct 1
1:30-3:00

305 The Election Process

Judge Ron Rangel

The election process can be complex and confusing to understand. Learn about local and national election processes, including the electoral college, caucuses and primaries, and national conventions.

Location: Oasis at The Meadows

Tuesday
Fee: \$7

Oct 6
1:00-2:30



306 The Birds and Plants of Mitchell Lake Audubon Center

Erin Magerl, Mitchell Lake Audubon Center

The Mitchell Lake Audubon Center is a San Antonio treasure. Did you know you can see 500 species of birds and that you can watch butterflies and hummingbirds in beautiful native plant gardens? This site, once so terribly abused, is seeing new life under the management of the National Audubon Society and serves as an outdoor classroom to thousands of area students, a water conservation demonstration area and a great recreational location for all ages.

Location: Oasis at The Meadows

Wednesday
Fee: \$7

Sep 30
1:00-2:30

307 Aligning Your Financial, Legal, and Beneficiary Plans

Jake Yetterberg, CSA

In this class we will discuss:

- Wills vs. trusts and their impact on financial assets
- Powers of attorney and choosing decision-makers
- Beneficiary planning and avoiding common mistakes
- Tax planning strategies for the future
- Survivor income planning essentials
- Asset management and estate planning trends

Location: Oasis at The Chandler House

Tuesday
Fee: \$8

Oct 6
1:00-2:30

308 Scams and Fraud

Bexar County Sheriff's Office

Scams and fraud schemes are becoming increasingly sophisticated. Join representatives from the Bexar County Sheriff's Office for an informative presentation on the latest fraud trends, common scam tactics, and practical strategies to protect yourself. Learn how to recognize warning signs, avoid becoming a victim, and know what steps to take if you suspect fraudulent activity.

Location: Oasis at The Meadows

Thursday
Free

Oct 1
10:00-11:30

309 Four Critical Factors Affecting Your Money, Income and Lifestyle

Jake Yetterberg, CSA

In this class we will discuss:

- Income and inflation protection strategies
- Tax planning opportunities and changing tax laws
- Managing risk in volatile markets
- Understanding investment and asset allocation choices
- Long-term care options and family protection strategies

Location: Oasis at The Meadows

Tuesday
Fee: \$8

Oct 13
5:30-7:00 🌙

310 Meet Libby: Discover eBooks And Audiobooks

Michelle Rickman

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

Location: Oasis at The Chandler House

Thursday
Free

Oct 29
9:30-11:00

311 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 to plan successfully to age in place.

Location: Oasis at The Meadows

Wednesday
Free

Oct 14
1:00-2:30

312 All About Silver Connect

Julie Gonzalez

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

Location: Oasis at The Meadows

Monday
Free

Oct 19
1:00-2:00

313 Do Your Paperwork Now

Brennen Boze,
Attorney at Law



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

Location: Oasis at The Meadows

Wednesday
Fee: \$8

Oct 28
1:00-2:30

314 Wills and Property Deeds

Lizzy Perales, Vice President,
Catholic Charities of San Antonio

Learn about medical and durable powers of attorney, simple wills, transfer on death deeds, or Lady Bird Deeds.

Location: Oasis at The Chandler House

Thursday
Free

Oct 29
1:30-3:00

315 City of San Antonio Services for Older Adults

Debra Colorado

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

Location: Oasis at The Meadows

Friday **Oct 30**
Free **10:00-11:30**

316 All About the Humane Society

Hannah Oliviero

In this class we will discuss pet care, adoption, and factors to consider when choosing a pet that may be a good fit for your household. We will also talk about the mission of the Humane Society, and ways to get involved through programs such as volunteering and fostering.

Location: Oasis at The Meadows

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

317 Transportation Options

Jane Paccione

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 **Nov 18**
Free **10:00-11:30**

318 Beginner's Guide to Genealogy

Deborah Countess, San Antonio Public Library

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

Location: Oasis at The Meadows

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

319 Ride Connect Texas

Amanda Villarreal, Ph.D.

Ride Connect Texas provides affordable transportation services for older adults in San Antonio. Learn about the services they have available and how to access them.

Location: Oasis at The Chandler House

Tuesday **Dec 1**
Free **9:30-11:00**

320 Veterans Resources

Craig Harris,

Bexar County Veterans Services Center

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

Location: Oasis at The Meadows

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

321 End-of-the-Year Financial Planning

Jake Yetterberg, CSA

In this class, you will learn how to position your money for maximum flexibility and profit as the President's new policies are now in full force. We will discuss:

- New policies and their impact on your finances
- Navigating interest rate changes
- Global events and economic uncertainty
- Tax-planning opportunities and tax-free strategies
- National debt and its financial implications
- Protecting wealth for yourself and your heirs

Location: Oasis at The Meadows

Thursday **Dec 3**
Fee: \$8 **1:00-2:30**



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

322 VIA Services for Older Adults

Andrew Guajardo

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

Monday **Dec 7**
Free **1:00-2:30**

323 What's Happening at Oasis

Ginny Brown, LCHW

New to Oasis or looking to learn more about all that it has to offer? We'll provide updates on upcoming events, new classes, special programs, and other exciting opportunities on the horizon. Bring your questions and join us for an informative session that will help you get connected and stay informed.

Location: Oasis at The Meadows

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

324 Community Resources

Kelley Gallant, MBA

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

Location: Oasis at The Meadows

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

325 Wills and Trusts

Autumn Puckett, 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

Tuesday **Dec 15**
Fee: \$8 **5:30-7:00** 🌙

326 TxDOT Construction Updates



Jennifer Serold,
Texas Department of Transportation

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

Location: Oasis at The Meadows

Thursday **Dec 17**
Fee: \$5 **1:00-2:30**

327 All About Meals on Wheels

Ariana Barbour

Discover how Meals on Wheels supports older adults and individuals with disabilities by providing nutritious meals, wellness checks, and social connection. Learn about the history and mission of the program, who is eligible for services, how meals are delivered, and the positive impact Meals on Wheels has on the community. Whether you are interested in receiving services, volunteering, or simply learning more about this vital resource, this session will provide valuable information and answer your questions.

Location: Oasis at The Meadows

Tuesday **Dec 15**
Free **10:00-11:30**

328 All About Adult Protective Services

Lisa Senteno, APS

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

Location: Oasis at The Chandler House

Thursday **Dec 17**
Free **1:30-3:00**

329 Artificial Intelligence - What Is It?

William Jackson

What exactly is Artificial Intelligence, and why is everyone talking about it? This class explores the basics of AI, how it works, and the many ways it is used in everyday life. From smart assistants and online recommendations to healthcare and transportation, participants will gain a better understanding of how AI is shaping the modern world.

Location: Oasis at The Meadows

Monday **Aug 31**
Fee: \$11 **1:00-2:30**

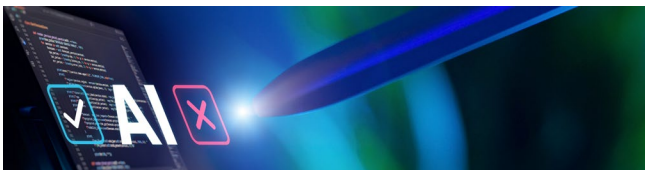
330 ChatGPT and AI

Kelley Gallant, MBA

Curious about ChatGPT and Artificial Intelligence? This fun and easy to understand class will introduce you to the world of ChatGPT and show how it can help with everyday tasks and also how to have lots of fun using it.

Location: Oasis at The Meadows

Wednesday **Oct 21**
Fee: \$11 **1:00-2:30**



331 Understanding AI at Any Age

Hani Abdalla

Artificial Intelligence is becoming part of everyday life, but what exactly is AI and how does it work? This class explores the basics of artificial intelligence, including how it is used in phones, search engines, social media, customer service, healthcare, and more. We will discuss the benefits, limitations, and future of AI while helping participants feel more confident navigating an increasingly technology-driven world.

Location: Oasis at The Meadows

Tuesday **Nov 17**
Fee: \$11 **5:30-7:00** 

332 Using AI in Your Daily Life

Jack DeVerter

Artificial Intelligence is quickly becoming part of everyday life—from writing emails and planning trips to organizing schedules and finding creative inspiration. In this class, we will explore simple ways to use AI tools to make daily tasks easier. Learn how AI can assist with communication, learning, creativity, travel, budgeting, and more while also discussing important topics like accuracy, privacy, and responsible use.

Location: Oasis at The Meadows

Wednesday **Dec 16**
Fee: \$11 **10:00-11:30**

333 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 **Sep 14-21**
Fee: \$22 **1:00-3:00**

334 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 **Nov 30-Dec 7**
Fee: \$22 **1:00-3:00**

335 Communication Apps

Hani Abdalla

Learn the basics of popular communication apps, including WhatsApp, Zoom, FaceTime, and Facebook Messenger. This beginner-friendly class covers texting, video calls, group messaging, photo sharing, and essential privacy and safety tips.

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Oct 6
5:30-7:00 

336 Google Photos

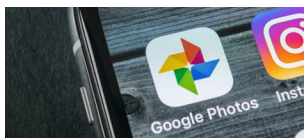
Barbara Cheaney

This class is a great introduction to Google Photos features, and will teach you how to install and use the app on your mobile device as well as on your desktop or laptop. Book included in fee.

Location: Oasis at The Meadows

Wednesday
Fee: \$13

Oct 7
1:00-3:00



337 Intro to PowerPoint

Sharon Parson

This course is a comprehensive overview that will teach you how to create presentations that include video, charts, animations, and more. You should have a working knowledge of Windows and basic computer operations. Laptop will be provided for use during the class. Book included in fee.

Location: Oasis at The Meadows

Fridays
Fee: \$35

Oct 9-23
10:00-12:00

338 Digital Art on Tablets

Carita DeVilbiss

Discover the creative possibilities of drawing and design on a tablet (iPad and Android) in this introduction to digital art. Learn the basics of digital illustration, including brushes, layers, color tools, and simple editing technique, comparing four of the most popular tablet apps.

Location: Oasis at The Meadows

Tuesday
Fee: \$11

Oct 20
1:00-3:00

339 Protecting Your Identity: Digital Safety and Fraud Prevention

Summer Reyes

Learn how to protect yourself from identity theft, scams, phishing, and online fraud. This class is designed for everyday computer and smartphone users who want to stay safer in today's digital world.

Location: Oasis at The Chandler House

Tuesday
Fee: \$11

Sep 22
9:30-11:00

340 Windows 11

Glenda Raichlen

Learn 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. Laptop will be provided for use during the class. Book included in fee.

Location: Oasis at The Meadows

Mondays
Fee: \$35

Nov 2-16
1:00-3:00

341 Word Basics

William Jackson

Learn to create and format Word documents, including adding text, images, tables, charts, and text boxes. Explore editing tools, Find and Replace, and how to save and export files as Word or PDF. Basic computer and Windows skills recommended. Laptop will be provided for use during the class. Book included in fee.

Location: Oasis at The Meadows

Mondays
Fee: \$35

Nov 2-16
10:00-12:00

342 Ten Fun Things To Do With Your iPad

Doris Slay-Barber

Discover fun and creative ways to use your iPad, from entertainment to music and more. Students will learn hands-on skills to get the most out of their device. Please bring your iPad; Apple products only.

Location: Oasis at The Chandler House

Tuesday
Fee: \$11

Nov 3
10:00-11:30

343 Rideshare Apps

William Jackson

Learn how to confidently use rideshare apps like Uber and Lyft for safe and convenient transportation. We'll cover setting up an account, requesting rides, understanding pricing, using safety features, and tips for navigating the apps with ease.

Location: Oasis at The Meadows

Monday	Oct 12
Fee: \$11	10:00-11:30

344 Digital Wallet

Doris Slay-Barber

Learn how digital wallets work and how to use them to make secure purchases with your smartphone. Explore different types of digital wallets, what they can store, and how they can simplify everyday transactions. Bring a fully charged smartphone and your email login information.

Location: Oasis at The Meadows

Monday	Nov 9
Fee: \$11	10:00-12:00

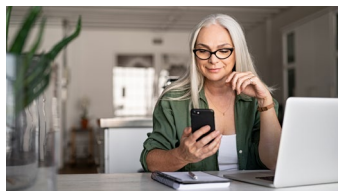
345 Avoiding Telephone and Internet Scams

Summer Reyes

Learn to identify and protect yourself from common telephone, email, text message, and online scams.

Location: Oasis at The Chandler House

Thursday	Nov 12
Fee: \$11	9:30-11:00



346 Oasis Guide to Internet Safety

Julie Gonzalez

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

Location: Oasis at The Meadows

Monday	Nov 30
Fee: \$13	10:00-11:30

347 Google Calendar/Google Maps

Doris Slay-Barber

Learn how to use Google Calendar to manage appointments and events, and Google Maps to find locations, get directions, and explore travel options. Book included in fee.

Location: Oasis at The Chandler House

Tuesday	Nov 10
Fee: \$11	10:00-11:30

348 Apple Watch Basics

Barbara 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	Dec 2
Fee: \$11	1:00-3:00

349 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 Meadows

Wednesday	Dec 2
Fee: \$11	1:00-2:30

350 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

Tuesday & Thursday	Dec 8, 10
Fee: \$22	1:00-3:00

351 Intro to Artificial Intelligence

Jack DeVerter

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

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

352 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.

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

353 Introduction to Origami

Vikky Jones, MFA, UTSA

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

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



354 The Roman Empire In Late Antiquity

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

After considering Roman society and culture in the imperial era, and the growing influence of Christianity, this course will address the period of crisis in the third century A.D., and the subsequent political and social changes that occurred in the Roman Empire.

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




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


 Menger Springs
(Boerne, TX)


 The Meadows
(Medical District, SATX)


 The Chandler Estate
(Monte Vista, SATX)

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

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

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



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

355 Estate Sales and Downsizing

Benjamin Bleichold

Part of life's transitions as we age involves downsizing the belongings we've collected over a lifetime. Join us to learn practical strategies for accomplishing this task efficiently and profitably.

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

356 Grandparents Raising Grandchildren

Beth Brown

Texas Grandparents Raising Grandchildren supports and empowers grandparents and kinship caregivers raising children by providing resources, information, advocacy, and support.

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

357 Choosing the Right Pet

Hannah Oliviero

If you are 7 or 70, choosing the right pet makes for a better experience for you and your family. Come learn about pet adoption for older adults.

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

358 Transportation Options

Jane Paccione

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.

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

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

359 Edible Gardening: Growing Herbs

Bexar County Master Gardeners

Edible gardening is learning to grow herbs at home to add flavor and nutrition to your meals. Join us to learn how.

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

360 Downsizing

Peggy Brown

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

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

361 Meals on Wheels for Older Adults

Ariana Barbour

A representative of Meals on Wheels will discuss programs available to older adults through their organization.

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

362 Basics of Balance

Craig Stimson

As we age, our balance may not be what it once was! Join us for a short exercise demo and conversation about how we can improve balance, prevent falls and remain very active as we age.

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

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

363 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.

Monday **Sep 14**
Free **10:30-11:30**

364 Reframing Aging

Jane Paccione

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.

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

365 All About Wills and Trusts

Autumn Puckett, 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.

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

366 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.

Monday **Dec 14**
Free **10:30-11:30**

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

367 Fraud and Scams

Bexar County Sheriff's Office

The Bexar County Sheriff's Office will give you the latest information on current fraud and scams and how you can protect yourself.

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

368 All About Alamo Area Council of Government Programs for Older Adults

AACOG

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

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

369 Downsizing

Benjamin Bleichold

Do you have more stuff than you need? Are you considering moving, storing or selling your accumulated possessions? Join us for a presentation on how to get started in simplifying your life.

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

370 Meals on Wheels for Older Adults

Ariana Barbour

A representative of Meals on Wheels will discuss programs available to older adults through their organization.

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

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

371 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.

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

372 Introducing Arboretum San Antonio

Adriana Quinones

"I think that I shall never see, a poem lovely as a tree." Join the president of Arboretum San Antonio for a presentation on our newest crown jewel of the outdoors, Arboretum San Antonio.

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

373 Texas Wildflowers

Bexar County Master Gardeners

A representative from the Bexar County Master Gardeners will talk about planting Texas wildflowers.

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

374 Mediterranean Diet

Craig Stimson

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 **Dec 8**
Free **10:00-11:00**

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

375 All About Wills and Trusts

Autumn Puckett, Attorney at Law

If you're thinking about a n 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.

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

376 Healthy Holiday Eating

San Antonio Food Bank

This holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time of overeating and weight gain. According to the National Institute of Health, holiday eating can result in an extra pound or two every year. Learn tips to enjoy holiday eating without the weight gain.

Tuesday **Oct 20**
Free **10:00-11:00**

377 Destination Rejuvenation

Helen Flores

Learn how stress affects your life, both physically and mentally.

Tuesday **Nov 17**
Free **10:00-11:00**

378 Social Isolation

Craig Stimson

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.

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

The following classes are held at:

ROBINETTE SENIOR CENTER

1423 S Ellison Dr.

379 All About Feral Cat Coalition

Annaliese Hughes

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

Monday
Free

Sep 21
9:00-10:00

380 Exercise is Easy

Blaise Collins

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

Monday
Free

Oct 19
9:00-10:00

381 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 to plan successfully to age in place.

Monday
Free

Nov 16
9:00-10:00

382 Meet Your SAFFE Officer

Michael Kilmer

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

Monday
Free

Dec 7
9:00-10:00

Thank you to our community partners for supporting Oasis:

City of San Antonio

WellMed
Charitable Foundation

Morningside Ministries

Bexar Area
Agency on Aging

John L. Santikos
Charitable Foundation of the
San Antonio Area Foundation

Valero Energy Foundation

Myra Stafford Pryor
Charitable Trust

L.L. and Eva Lentz
Charitable Trust

Greehey Family Foundation

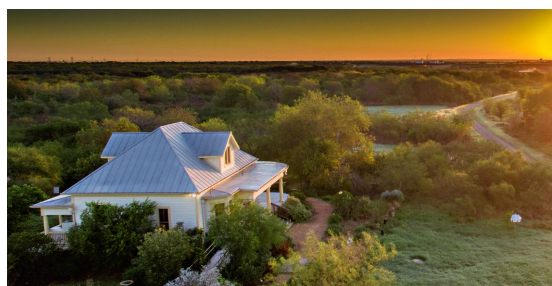
Najim Family Foundation

383 Mitchell Lake Audubon Center: Walking Tour and Shuttle to The Main Lake

Mitchell Lake Audubon Center is managed by the National Audubon Society and includes over 7.5 miles of trails that wind through the various habitats. Bird-watchers come from all over the world to see the unique variety of birds that visit there. With an expert guide by our side, we will explore the wonders of Mitchell Lake and experience the local flora and fauna. A shuttle will also take us to the main lake so we can observe the wildlife on the lake. We will meet at Mitchell Lake Audubon Center Visitor Center, located at 10750 Pleasanton Rd. Free parking is available on-site.

Thursday
Fee: \$29

Oct 22
9:00-11:00



385 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

Nov 9
9:00-11:00



384 Museum Reach Walking Tour

Bruce Martin, Certified Professional Tour Guide

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

Friday
Fee: \$29

Oct 30
9:00-11:00



386 Downtown Exploration Walking Tour

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

Are you ready for the unique experience of playing tourist in downtown San Antonio? From plaza level to street level to River Walk level – join Bill Perryman as he leads an energetic exploration of downtown San Antonio sprinkled with fun stories, facts, details, and surprises around every corner! The tour begins in the lobby of the Drury Plaza Hotel at 105 South St. Mary's Street, and is one-two miles in length. Parking fees not included.

Friday
Fee: \$29

Nov 20
9:00-11:00



387 The Heart of San Antonio

Experience the “Heart of San Antonio” with educator and storyteller Bill Perryman. The adventure begins with a motor coach journey to Mission San Jose – a UNESCO World Heritage Site. Queen of the missions, enjoy an engaging tour of San Jose including the sacristy, church, mill and granary. From San Jose we travel northbound to the opulent King William Historic District. Traverse King William Street as Bill brings the rich history of each residence to life with intriguing facts regarding the people who originally occupied the mansions in San Antonio’s first fashionable neighborhood. The King William walking tour culminates with a delicious luncheon at the new Rosario’s! Relax, and visit with friends and reflect on the morning’s adventures while partaking Rosario’s notable cuisine. After lunch, reboard the motorcoach for a short ride to San Antonio’s Market Square! The largest Mexican market outside of Mexico, tour guests will have ample time to browse, shop and purchase market selections before returning. All aboard for a day of learning and lighthearted fun deep in the Heart of San Antonio! Cost includes motor coach transportation, tour guide, admission fees and tips.

Wednesday
Fee: \$105

Oct 21
8:30-4:00



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.

388 Museum Hop

Join us for a day exploring three outstanding San Antonio museums. We begin at the newly relocated Institute of Texan Cultures, part of the University of Texas at San Antonio, where exhibits and programs celebrate the diverse people, cultures, and traditions that have shaped Texas. Next, enjoy lunch at Bubba Gump Shrimp Co., inspired by the iconic 1994 film Forrest Gump. After lunch, visit the Briscoe Western Art Museum along the River Walk. Housed in San Antonio’s original public library, the museum showcases Western art and history, with special exhibits including Selena Forever and Tejano Legacy. Our final stop is the San Antonio Museum of Art (SAMA), located in the former Lone Star Brewery. Explore 5,000 years of art from around the world, including one of the South’s finest collections of ancient Greek, Roman, and Egyptian artifacts. Cost includes motor coach transportation, lunch, and tips.

Thursday
Fee: \$107

Nov 12
9:30-5:30

389 Hill Country Holiday Lights



Back by popular demand! Come join us and see the holiday lights along 281

south of Marble Falls. We’ll begin the holiday lights trip by having dinner at the River City Grille in Marble Falls located on the banks of the Colorado River. After dinner enjoy the “Walkway of Lights” with 2 million lights in Marble Falls. Then we will board our coach to start the Lights Fantastic Tour to Johnson City and see the lights on the old Blanco County Courthouse and in the city park that is a beautiful prelude to the Fairland of Lights at the Pedernales Electric Company. Johnson City has one the largest light displays in the state and is recognized as the “Twinkliest Town in Texas.” The courthouse with 100,000 lights and the Pedernales Electric Co-op Headquarters with 1.6 million lights turn the towering oak trees into a breathtaking holiday spectacle. Cost includes motor coach transportation, dinner, and tips.

Wednesday
Fee: \$95

Dec 16
3:15-11:30

818 Best of Chicago

September 8-13, 2027

Experience the best of Chicago and Milwaukee on this exciting 5-night, 6-day adventure, featuring a single hotel stay at the historic 4-star Palmer House Hilton in downtown Chicago. Enjoy the convenience of unpacking just once while exploring two of the Midwest’s most fascinating cities.

After arriving in Chicago, spend your first full day discovering the "Windy City" on a guided sightseeing tour. Learn about the Great Chicago Fire of 1871 and the World’s Fair of 1893 while viewing iconic landmarks, including the Chicago Water Tower, the famous "L" trains, The Bean, Navy Pier, and the Magnificent Mile. Later, ascend 1,450 feet to Skydeck Chicago atop Willis Tower (formerly Sears Tower) for breathtaking views of the city skyline.

The following day, step back into Chicago’s notorious past on the popular Untouchables Tour. Hear stories of the city’s gangster era and infamous figures such as Al Capone, Machine Gun Kelly, and John Dillinger, who ruled Chicago’s streets during the 1930s. In the afternoon, travel to the charming suburb of Oak Park to visit the home and studio of renowned architect Frank Lloyd Wright and view the birthplace home of author Ernest Hemingway.

A full-day excursion takes us north to Milwaukee, Wisconsin’s largest city and once known as the "Beer Capital of the World." Highlights include a tour of the elegant Pabst Mansion and a brewery tour and tasting at the Miller Brewing Company. You’ll also see Miller Park, home of the Milwaukee Brewers, and visit the beloved Bronz Fonz statue honoring the iconic Happy Days character.

On our final touring day, travel along scenic Lake Shore Drive past Lincoln Park to historic Wrigley Field, home of the Chicago Cubs since 1914. Later, enjoy a narrated architectural cruise along the Chicago River, offering a unique perspective of the city’s world-famous architecture. The afternoon is yours to explore independently—perhaps visit the Art Institute of Chicago or spend time at Navy Pier. The journey concludes with a special farewell dinner.

Tour includes round-trip home pick-up, round-trip airfare, luggage handling, travel insurance, and gratuities for the tour manager, drivers and tour guides. Deposit: \$400 per person. Double: \$3,775 per person. Single: \$4,575. Final payment is due June 10, 2027. Credit cards accepted: Mastercard, Visa, Discover and American Express. Make checks payable to AFC Vacations. **You may sign up for this trip on Thursday, September 24, 2026, starting at 8:30 am. Phone-in registrations will not be accepted on September 24th. You must register in person at the Oasis Center.** Baggage fees are not included in the cost of the trip. All names must be submitted to Oasis exactly as they appear on their ID when signing up. **This is an Active Level 3 trip (on a scale of 1-4.)**

390 Best of Chicago
Preview Show

Location: Oasis at The Meadows
Tuesday Sep 22
Free 2:30-3:30

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



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



700 Babcock Rd.
San Antonio, TX 78201

Non-Profit
U.S. Postage
PAID
Permit No. 1135
San Antonio, TX

GENERATIONS over lunch

Generations Over Lunch is built on the power of shared stories and diverse perspectives by bridging generational divides and contributing to a more inclusive, connected community.

This intentional generational mix breaks down barriers by bringing together people of all ages for a meaningful, guided conversation, ensuring that every participant is seen, heard, and appreciated.

Don't miss this unique opportunity to help bridge generational divides and contribute to a more inclusive, connected community. Space is limited, so RSVP today!

date: Friday, November 6, 2026

time: 11:00 am - 1:00 pm

location: San Antonio Oasis
700 Babcock Rd.

rsvp: 210.236.5954



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

 facebook.com/SanAntonioOasis