

Classes September - December 2019
Registration Opens 10:00am
Wednesday, September 4



Fall 2019

Art, current events, exercise, science, tours, volunteering, & more!



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Dear Friends,

Construction is winding down and our new space should be ready to go when classes start back up on September 9. We absolutely can't wait to show off the new space which includes an exercise (movement) room and our new multi-purpose room. Please read this catalog carefully as there will be several changes to our regular schedule. A heartfelt thanks to all of you who donated to our expansion efforts - as of 7/17/19, more than 210 of you have donated more than \$26,000. Every gift is important and will help sustain Oasis. Thank you! And to Oasis staff (Melody, Cynthia, Vicki, Lisa, and Becky) and volunteers who helped us through the expansion challenges, my sincere thanks.

We invite you to attend our Celebrate Oasis event on Friday September 20, 2019 from 10:00-noon. We will celebrate our expanded space with lots of activities in every room. Bring a friend and introduce them to Oasis!



Kathleen Raskob
Executive Director

**Oasis staff members**

Top row, left to right: Vicki DeVigne, Becky Kenny, Melody Mock.

Bottom row: Kathleen Raskob, Cynthia LaCoe-Maniaci, Lisa Lerner

Oasis Mission

Oasis is a national organization whose mission is to promote successful aging through a three-pronged approach: lifelong learning, healthy living, and social engagement. Offering challenging programs in the arts, humanities, science, wellness, and volunteer service, Oasis creates opportunities for older adults to continue their personal growth and meaningful service to the community.

Oasis Affiliation

Oasis Albuquerque is a non-profit organization affiliated with the Oasis Institute in St. Louis, Missouri, which was founded in 1982. Active in more than 250 communities, Oasis programs reach more than 50,000 individuals and engage more than 6,200 volunteers each year.

Join Oasis

Oasis is open to all adults regardless of gender, race, creed, ethnicity, national origin or religion. To join, complete the New Participant Form available at the Oasis office or on the inside back cover of this catalog.

Or, join Oasis online at www.oasisabq.org.

The Oasis Center

Hours: 9:00am - 4:30pm Monday - Thursday
9:00am - 4:00pm Friday

American Square Shopping Center
3301 Menaul Blvd. NE, Suite 18, Albuquerque

Mail: PO Box 35518 Albuquerque NM 87176

Phone: (505) 884-4529 Fax: (505) 884-4942

Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org

DON'T MISS OUT

on receiving the latest news from Oasis!

Opt in to our email messages.

See page 62 for details.

On the cover: Volunteers Mae Lockett (left) and Yvonne Mangrum-Spicer (right) help out at an Oasis event; Bill Pentler from the City of Albuquerque leads Oasis participants on a hike (photo by Brandt Magic).

Volunteers - Thank you

As Oasis expands so does our volunteer contingent. With the growth of Oasis programs our volunteers have made additional reminder phone calls, processed added registrations, delivered more catalogs, welcomed many new members, attended more community events, assisted with new health & wellness classes, proofread more words in the catalog, and tutored a greater number of students! Some of our volunteers have been volunteering for many, many years and some have just begun, but all give of their time and talents in support of Oasis and for that we are very appreciative. We couldn't do it all without our dedicated volunteers – thank you to each and every one!

If you are interested in volunteering, see Lisa for front desk, office, and catalog distribution opportunities; Vicki for tutoring; and Cynthia for health & wellness volunteer roles. Come join the fun!

We extend our special gratitude to those volunteer instructors who share their expertise and donate their time. Because of them we learn something new every day.

Inclement Weather Policy

When the Albuquerque area experiences snowy weather, please follow Albuquerque Public Schools schedule for Albuquerque schools. If APS Albuquerque schools are on a two-hour delay, the morning class will be cancelled. If APS is closed, all programs will be cancelled and rescheduled if possible. You may choose to receive a refund or credit for the cancelled class.

NEW LECTURE TIMES

10:00-11:30am with the exception of some 2-hour lecture ending times

12:30-2:00pm

2:30-4:00pm

PLEASE CHECK CLASS TIMES CLOSELY




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Oasis Art Gallery

ECHO ECHO ECHO: Paintings by Linda Holland & Marta Morr Light

Sept 12-Dec 20, 2019

Opening Reception:

Thursday, Sept 12, 5-6:30pm

Exhibit may be viewed during Oasis office hours.

Visual echoes resonate between paintings by Marta Morr Light and Linda Holland, then reflect from gallery walls to include viewers in the dialogue. Each artist intuitively depicts impressions of the physical world in their abstract paintings, evoking a sense of place beyond geography. Their approaches and their experiences are different, but their works share spontaneous intent and emotion through gesture, movement, and color.



Images left to right:

Linda Holland, *no map for this*, mixed media on canvas, 28"x22"

Marta Morr Light, *Looking West*, acrylic on board, 23"x23"

Celebrate Oasis!

Albuquerque
Oasis
Lifelong Adventure

Friday, Sept 20, 2019 10:00-Noon

Oasis Albuquerque, 3301 Menaul Blvd. NE, Suite 18

See our newly remodeled and expanded space!

Mini concert by the Oasis Entertainers

Open House
Bring a Friend!

Enjoy conversation with Oasis instructors

Raffle drawings for Oasis classes & concerts

Refreshments & snacks

Free falls prevention kits

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Health System

Visit Blue Cross & Blue Shield
of New Mexico's Care Van for
health screenings

Arts

Introduction to Mosaics: Art Workshop 1

Jill Gatwood

Back by popular demand! Create your own beautiful mosaic art piece, from start to finish, in two days. In this hands-on class, learn about design, cutting tiles, adhesives, and grout. No artistic ability or experience is required. All tiles, tools, and other supplies are provided in class. Bring \$25 materials fee payable to instructor at first class (cash or check).

Enrollment limited to 12.

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New Mexico, she creates custom mosaic mailboxes and teaches Introduction to Mosaic Art classes through UNM Continuing Education and the Harwood Art Center. Her art was featured in the Mosaic New Mexico group exhibit at Oasis in 2018.

Thursday Sep 26 – 12:00 - 4:00

& Friday Sep 27 – 12:00 - 2:00

Fee: \$50 2 sessions Oasis

Introduction to Mosaics: Art Workshop 2

Jill Gatwood

See class #1.

Thursday Nov 7 12:30-4:30

& Friday Nov 8 12:30-2:30

Fee: \$50 2 sessions Oasis

Leekya: Master Carver of Zuni Pueblo 3

Deborah C. Slaney

A pioneer in the carving of turquoise and shell, Leekya Deyuse (known as Leekya) was Zuni Pueblo's mid-20th century master jeweler. His work has been acquired for museum and private collections worldwide and is relentlessly sought after by scholars and collectors. Learn about his history and carving techniques and explore examples of his work and those of his current day descendants through slides, archives, historic postcards and photos, and hands-on examples of their work.



Learn about Leekya: Master Carver of Zuni Pueblo in class #3. Image: Leekya at his work bench, 1964, photo from Heard Museum, Phoenix.

Deb Slaney is an independent curator and curator of history emeritus of the Albuquerque Museum. She holds a master of liberal studies with museum emphasis from the University of Oklahoma, and a bachelor of arts in anthropology from the University of Arizona. She has authored five books on Southwestern art and culture including *Leekya: Master Carver of Zuni Pueblo* and *Blue Gem White Metal: Carvings and Jewelry from the C.G. Wallace Collection*.

Thursday Oct 3 12:30 - 2:00

Fee: \$8 Oasis

Popping! A Playful Pastel Color Palette: Art Workshop 4

Susan E. Roden

Experience the artistic freedom and abandonment with colors seen in children. This two-part workshop begins with exercises on the handling and use of the pastels. We then continue on to groups of collaborative landscapes that implement bold and contrasting colors. The second session is devoted to individual pastels with a playful Fauvist-inspired palette. All materials provided; bring materials fee of \$15 payable to instructor (cash or check) on first day of class. *Enrollment limited to 15.*

Susan Roden is a juried member of the Catharine Lorillard Wolfe Art Club in New York and distinguished pastelist/signature member with the Pastel Society of New Mexico. Residing and maintaining an art studio in Albuquerque, she works in several mediums and is noted for her pastels. She has exhibited nationally and her paintings have been featured in *Décor & Style*, *The Pastel Journal*, *San Diego Home/Garden Lifestyles*, and *Pastel Artist International Magazine*.

Thursday & Friday Oct 10 - Oct 11 12:30 - 3:30
Fee: \$50 2 sessions Oasis

Spiral Sublime: Art Workshop 5

Lea Anderson

Back by popular demand! Experiment with colorful, flowing artist inks in this relaxing and delightful class. Create organic, energetic, and personally expressive works by tapping into the quality of moving liquid color using the motif of the spiral – a universally powerful design element. All levels welcome. Fountain pens, brushes, inks, and all other materials provided. \$10 materials fee payable to instructor at first class (cash or check).

Enrollment limited to 15.

Lea Anderson has been part of the New Mexico art community for over a decade and has discovered much during her adventures in this dramatic and colorful desert environment. Showing installation work as well as painting, drawing, and sculpture, she has exhibited throughout the US, and internationally in Bangkok, Thailand. As the Albuquerque Museum's summer artist-in-residence, Anderson created the installation piece *MERIDIAE*, on view in 2016.

Fridays Oct 18 - Oct 25 10:00 - 12:30
Fee: \$50 2 sessions Oasis

Introduction to Metalsmithing: Art Workshop 6

Margie Weinstein

Back by popular demand! Join us for an exciting hands-on introduction to

metalsmithing at the fully equipped Meltdown Studio in Albuquerque. In this four-hour workshop, learn techniques including piercing, sawing, texturing, stamping, soldering, making findings, polishing, and more. Take home several completed metal projects or create components to use later. No previous experience is required, just a desire to create. All materials and tools are provided. *Enrollment limited to 12. Participants may bring a snack.*

Margie Weinstein is a native New Mexican who has worked as a studio potter for 25 years, and recently retired from teaching jewelry and ceramics at Albuquerque Public Schools. She works as a studio manager at Meltdown where she has taught a variety of classes.

Wednesday Oct 23 10:00 - 2:00
Fee: \$70 Meltdown Studio

Tour of Kei & Molly Textiles: Field Trip 7

Kei Tsuzuki & Molly Luethi

Kei & Molly Textiles is a textile design company committed to creating the highest-quality hand-printed artisan-quality fabric goods while doing good. Founded in 2010, their printing studio follows a goal of creating good jobs for immigrant and refugee women in our community. Take a tour of the company to learn what they do, see the printing process, and ask questions, followed by an opportunity to purchase items in their store. *Enrollment limited to 20.*

Kei Tsuzuki and Molly Luethi are two friends, mothers, and printers. Their international backgrounds bring a global perspective to the company's designs and sensibility. Tsuzuki is Japanese but grew up in Montréal; she has printed for designers such as Jonathan Adler and Denyse Schmidt and has shown products at the New York International Gift Fair. Luethi is Swiss American with a Japanese husband. She has been a dedicated educator for over 20 years and speaks five languages.

Thursday Oct 24 9:00 - 10:00
Fee: \$15 Kei & Molly Textiles

Classic Handmade Boots: A Studio Tour

8

Deana McGuffin

Back by popular demand! Visit the studio of a master bootmaker. Deana McGuffin shows samples of leather, patterns, and tools and talks about the history and styles of Western boots. She demonstrates the process step-by-step with boots in several stages of construction for show and tell. *Enrollment limited to 12.*

Deana McGuffin is a third generation New Mexican bootmaker. Her grandfather opened his first shop in Carrizozo in 1917, and she began her apprenticeship with her father in Portales in 1982. She has presented at the Smithsonian Festival of Folklife and the New Mexico Folklife Festival and has exhibited her boots throughout the West. As a bootmaker, McGuffin is a New Mexico Division master artist and apprentice. Her craft has been featured in numerous magazines and books.

Thursday Nov 7 10:00 - 11:30

Fee: \$15 McGuffin Boot Studio

Printmaking:

A Linocut Card Art Workshop

9

Carol Sanchez

In this two-session workshop, carve a design of your own creation from a linoleum block and come away with a set of unique printed cards to keep or share with others. Linocut is a relief printmaking process in which the image is printed from a raised surface where non-image areas have been cut away. After the design is carved, students ink the block and print their designs onto paper by hand. All artistic levels welcome; all materials provided. Materials fee of \$10 payable to instructor (cash or check). *Enrollment limited to 16.*

Carol Sanchez has a printmaking studio at the Harwood Art Center, where she creates art, teaches, and rents her press to other artists. She earned an MFA from SUNY at Albany, and a BFA from UNM, both in printmaking. She has a national and international



Explore the American West through European eyes in class #10. Image: Albert Bierstadt, Looking Down Yosemite Valley, 1865, Birmingham Museum of Art, Birmingham, Alabama.

exhibition record; her works are included in private and public collections including The National Hispanic Cultural Center and Xi'an Academy of Fine Arts in Xi'an, China.

Monday & Tuesday Nov 25 - Nov 26 12:30 - 3:30
Fee: \$65 2 sessions Oasis

The American West Through European Eyes: Savagery & Redemption

10

Kathleen Waymire

Examine several works of art and literature of the 19th century that profoundly impacted German and European ideas about the American West. Explore the wildly popular Western novels of Karl May and various artists, including George Catlin, Karl Bodmer, and Albert Bierstadt. Learn about the mythic ideas in these works and why they resonated so deeply with Germans and other Europeans.

Kathleen Waymire has a master's degree in 19th century British art and a PhD in Italian Renaissance art. She has taught art history at UNM and CNM for over 20 years, including classes on Southwestern art, modern art, American and European art, and courses in the humanities. She has been the recipient of several NEH grants and continues to do research and present papers at various conferences.

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

See also *Walking Through Barelás: Hispanic Murals & History Tour with Doug Simon (class #160)* and *The Jim Henson Exhibition with Andrew Connors (class #90)*.

Consumer Information & Finance

Behind the Curtain: Dispelling Myths & Misconceptions About Cremation 11

Christopher & Julie Keller

Visit Sunset Memorial Park, where Chris and Julie Keller explain the process of cremation and address common myths and misconceptions. They address both human and pet cremation, and answer questions you have always wanted to ask. Take a short walking tour and see different types of memorialization available when cremation is chosen. This is a behind-the-scenes, all doors wide open, no-topic-off-limits chance to learn about the actual process. *Enrollment limited to 30.*

Chris Keller is a vice president for French Funerals-Cremations and Julie Keller manages Sunset Memorial Park and Best Friends Pet Cremations. Both are certified crematory operators/managers. French has been serving the Albuquerque community for 112 years, and performs approximately 1600 human cremations per year, and 7000 pet cremations per year.

Monday Sep 23 10:30 - 12:00
Free Sunset Memorial Park

Duran's Central Pharmacy History & Tour: Field Trip 12

Mona Ghattas

Back by popular demand! Duran Central Pharmacy (Duran's), the iconic independent drugstore near Old Town, has been in business since 1942, providing pharmaceutical resources to our community, as well as serving up quality New Mexican food. The Ghattas

family purchased Duran's from Pete Duran in 1965. Our tour begins at Remedy, a new cafe next to Duran's, with a cup of coffee and pastry. Mona Ghattas provides the history and then leads us on a tour of the pharmacy. *Enrollment limited to 10.*

Mona Ghattas, Duran's president, owns and operates the pharmacy and restaurant. She has been a pharmacist since 1984 and is the 2019 president of the New Mexico Pharmacists Association. She graduated from UNM with a Bachelor of Science in pharmacy.

Thursday Sep 26 9:30 - 10:30
Fee: \$15 Duran's Central Pharmacy

Friedman Recycling: Field Trip 13

Back by popular demand! Get an in-depth look at the Friedman Recycling operation in Albuquerque. Friedman staff discuss the history of the recycling effort and leads us on a tour of the facility, explaining the process that occurs from the time an item arrives at the facility to when it leaves. Not handicap accessible; please wear closed-toe shoes, long pants and jackets; no high heels; you will be climbing stairs. Tour is noisy and dirty. *Enrollment limited to 12.*

Thursday Oct 10 11:00 - 12:00
Fee: \$18 Friedman Recycling

Take a tour of Friedman Recycling in classes #13 & 14.



Friedman Recycling: Field Trip 14

See class #13.

Thursday Oct 10 1:30 - 2:30

Fee: \$18 Friedman Recycling

**Truth in Treatment:
Health Care Decisions 15***Jane Westbrook*

This national movement is providing conversations and tools to help everyone be more conscious about health care decisions and life in general. Explore ways to dialogue with doctors, family, and friends. Take time to examine and identify personal priorities, values, and choices. Learn new ways to advocate for yourself in health care and end of life issues. Don't wait for an emergency or sudden change to force you into changes or decisions.

Jane Westbrook is a medical and end of life coach, advocate, and speaker. She is a certified aging in place specialist through the National Association of Home Builders. She promotes discussions and solutions so we can all remain active and independent as we age. She brings a solid and diverse background of more than 40 years in construction and real estate, as well as aging and end of life counseling and advocacy.

Thursday Oct 24 10:00 - 11:30

Fee: \$8 Oasis

**Internet Safety:
Strategies & Resources 16**

Use of the internet and connected devices increases each year. Many internet applications (apps) create benefits by not only providing vital information but also allowing people to stay engaged with their loved ones. Representatives from AT&T present strategies and resources to help you navigate the internet safely and confidently.

Wednesday Nov 6 2:30 - 4:00

Free Oasis

**What Lawyers Wish You Knew:
A Lawyer's Irreverent Tour of
Our Court System 17***Ann Zeigler*

No one goes to a courtroom just for fun. Learn your way around the two (yes, two!) American court systems, each with its own civil and criminal courts. Find out how bankruptcy and probate really work. Know what judges can and can't do if you are representing yourself in a lawsuit. Be the best witness or juror you can be. (By the way, you'll get no legal advice in this procedural tour of the courthouse.)

Ann Zeigler is an award-winning writer, editor, and speaker on legal topics. She practiced law in the federal courts in Houston for more than 30 years, and is a former editor of *The Houston Lawyer* magazine. Her most recent nonfiction book is *Tips Lawyers Wish You Knew*; her previous award-winning book is *Preserving Electronic Evidence for Trial*.

Wednesday Nov 13 10:00 - 11:30

Fee: \$8 Oasis

**My Kids Don't Want My Stuff:
What to do With Your Things 18***Miriam Ortiz y Pino*

It is time to take care of your accumulation and collections. The things you saved for your kids, or someone special, may not have the same value you assigned to them when first saved. How to transition your items to the people who are actually interested in them can be overwhelming. Miriam Ortiz y Pino guides you through the process with tips, ideas, and insight about when and where to distribute your stuff.

Miriam Ortiz y Pino is a certified professional organizer, simplicity expert, coach, and creator of The Streamlined System. She works with entrepreneurs and other busy and creative people to eliminate distractions, simplify systems, and create routines so they can get things done with ease. She has a bachelor's

Make sure to browse all categories. Many subjects overlap – don't chance missing a class you'll enjoy!

degree in American Studies with a focus on Popular Culture from UNM, and writes a blog titled More than Organized.

Tuesday Dec 10 10:00 - 11:30

Fee: \$8 Oasis

Current Events

Foreign Policy & Current Events: A Discussion Group 19

Jim Munroe

Read and discuss topics from a broad cross-section of the world press, academic blogs, and policy think tanks to gain a better understanding of issues in current events and foreign policy. Moderator Jim Munroe supplies core materials for discussions and welcomes additional materials from participants. All points of view are welcome, especially constructive and civil rebuttals. Because the world is in such flux, topics are not finalized until four to six weeks before the first meeting. *Enrollment limited to 20.*

Jim Munroe has moderated current event discussion groups since 2007. He retired after 25 years of service at Los Alamos National Labs. His work in nuclear non-proliferation included extensive travel in the former Soviet Union and the newly independent states.

Mondays Sep 16 - Nov 4 10:30 - 12:30

Fee: \$60 8 sessions Cherry Hills Library

Foreign Policy & Current Events: A Discussion Group 20

Jim Munroe

See class #19.

Tuesdays Sep 17 - Nov 5 10:30 - 12:30

Fee: \$60 8 sessions Cherry Hills Library

Guided Tour of the Albuquerque Sunport: Field Trip 21

Doug Lutz

A guided view of our airport. Visit the communications center, pass through TSA security (bring a photo ID), and hop on a van

onto the tarmac. Observe planes arriving and departing, see activity at Cutter Aviation, and tour the FedEx 727. The tour includes a trip to the old historic airport terminal located west of the main airport. Finally, learn about the amazing architecture and world class art collection on display inside the Sunport. *Enrollment limited to 14.*

Doug Lutz works for the City of Albuquerque Aviation Department, where he acts as tour guide for numerous schools, retiree organizations, and special needs groups. As a member of the Sunport's Marketing Department, he oversees the airport's volunteer programs and community outreach activities. With a diverse background that includes oil and gas exploration, environmental engineering, banking, and government public service, Lutz has a wealth of experience.

Tuesday Sep 17 10:00 - 12:00

Fee: \$15 Albuquerque Sunport

Guided Tour of the Albuquerque Sunport: Field Trip 22

Doug Lutz

See class #21.

Wednesday Sep 25 10:00 - 12:00

Fee: \$15 Albuquerque Sunport

Guided Tour of the Albuquerque Sunport: Field Trip 23

Doug Lutz

See class #21.

Tuesday Nov 12 10:00 - 12:00

Fee: \$15 Albuquerque Sunport

What Shall We Do About Guns? 24

Paul Hopkins

Gun violence and deaths are an epidemic in American culture. Heated debates about the Second Amendment, the role of the NRA, and the safety of our children have divided communities and driven political polarization. What are the facts and, more importantly,



Dr. Paul Hopkins discusses the epidemic of gun violence in class #24.

how can we reduce the violence and heal the divisions that cause us such great pain?

Dr. Paul Hopkins is a licensed clinical mental health counselor, a former college and seminary teacher, author of two books and numerous journal articles, a consultant and speaker throughout North America, and an ordained Disciples of Christ minister. He served for 18 years as CEO of the Samaritan Counseling Center of Albuquerque.

Monday Sep 23 12:30 - 2:00

Fee: \$10 Oasis

Convergence: Smart Cities & the Internet of Things **25**

Dale Dekker

Convergence is defined in the dictionary as “the merging of distinct technologies, industries, or devices into a unified whole.” Dale Dekker leads us into the future of smart things, smart cities, 5G, Internet of Things, sensors, and autonomous and electric vehicles.

Dale Dekker, AIA, AICP, is a founder and principal of Dekker/Perich/Sabatini, a local architecture and design firm employing over 170 people. He has extensive experience in architecture and planning projects that are

socially, economically, and environmentally sustainable. Dekker is currently leading the 2065 Plan, a local effort which takes a long range look at what our city and region might look like in 50 years.

Wednesday Sep 25 10:00 - 11:30

Fee: \$8 Oasis

The following three classes are presented in partnership with the Albuquerque International Association (AIA). Please note: AIA programs include a one-hour lecture, a short break, and one hour for Q&A.

Reflections on Counterterrorism Under the Trump Administration **26**

Chris Costa

The Trump administration quietly undertook a range of counterterrorism efforts during its first year, allowing President Trump to rightfully claim that ISIS suffered substantial territorial loss to its physical caliphate. Moving forward, the United States must consider adapting its approach to counter a broader jihadist movement by working with the right foreign partners. Other threats that need to be addressed are Syria, Iran, and domestic terrorism. How can these threats be countered?

Chris Costa is a former career intelligence officer, a former member of the National Security Council at the White House, and the current executive director of the International Spy Museum. Previously, Costa served as special assistant to the president and senior director for Counterterrorism on the National Security Council (NSC). At the NSC, he was responsible for coordinating counterterrorism policy and strategy as well as US hostage recovery activities.

Friday Sep 27 3:00 - 5:00

Fee: \$25 Albuquerque Journal Auditorium



Please Arrive on Time!

Oasis classes start promptly at their scheduled time. Please be courteous to others – arrive 10-15 minutes early to park, check in, and get settled.

Britain After Brexit: The Insider Story 27*Jason Karaian*

This presentation provides a business journalist's view of the Brexit referendum, the uncertain aftermath, the convoluted divorce negotiations before UK's exit, and the uncertain transition period to a new relationship with the bloc. Has the promise of the Leavers been fulfilled? Have the warnings of the Remainers been realized? What lies ahead for the British economy, its trade relationships, geopolitical status, and much else besides?

Jason Karaian is global finance and economics editor at Quartz, a global business news site, based in London. He joined Quartz in 2013 as senior Europe correspondent, just in time to cover the euro zone's burgeoning debt crisis. Previously, he spent 10 years at The Economist Group, first at the European edition of *CFO* magazine writing about the financial aspects of business and, later, as financial services editor at the *Economist Intelligence Unit*, covering the business aspects of finance.

Friday Oct 4 3:00 - 5:00**Fee: \$25 Albuquerque Journal Auditorium****China: Environmental Crises, History, & Lessons for the Anxious World 28***Robert Marks*

Learn about the urgent environmental challenges facing China and explore these issues – and others too – within the context of China's very long-term history of relationships between people and nature. How can other nations think about their own environmental challenges, in order to prepare the way for the best possible policy responses?

Dr. Robert Marks is professor of history and environmental studies at Whittier College. He is the author of several books and articles on Chinese and world environmental history, most notably *Tigers, Rice, Silk, and Silt: Environment and Economy in Late Imperial*

South China, and China: Its Environment and History.

Friday Nov 1 3:00 - 5:00**Fee: \$25 Albuquerque Journal Auditorium****Islamic Republic of Iran: A Case of Dissonant Legitimation 29***Mozafar Banihashemi*

It is believed that Iran's Shi'ite political structure suffers from conflictive institutionalization, which leads to a systemic instability within the political regime. This lecture aims at exploring this unstable institutionalization and its impact on public and foreign policy in Iran.

Mozafar Banihashemi has a PhD in sociology from UNM. He specializes in the study of fundamentalism and reform, Islam, and democracy in the context of the Middle East. He teaches politics of religious fundamentalism at UNM and lectures on topics related to the role of public Islam and democratization in Iran.

Monday Sep 30 12:30 - 2:00**Fee: \$8 Oasis****NM Court of Appeals: Field Trip to the Pamela Minzner Law Center 30***Michael Bustamante*

Former New Mexico Court of Appeals Judge Michael Bustamante leads a tour of the Pamela B. Minzner Law Center facility on UNM's north campus. Now ten years old, it is only the second appellate court built in New Mexico since statehood. Its design incorporates Pueblo and Mexican architecture while appearing modern in form and includes the largest roof garden in New Mexico. In addition, learn about the operation of the NM Court of Appeals. *Enrollment limited to 20.*

Michael Bustamante is a native New Mexican who traces his roots to the Oñate expedition and to the early 1700s. He received his BA from UNM and graduated from UNM Law School. He served on the New Mexico Court of Appeals from 1994 until 2016. He



Learn about New Mexico's medical marijuana program from an attorney's perspective in class #32.

was instrumental in getting the Pamela B. Minzner Law Center funded and built. The arrangement – a working appellate court on campus – is unique in the country.

Friday Oct 4 2:00 - 3:30

Fee: \$15 Pamela Minzner Law Center

Money in US Politics

31

Michael Rocca

In his 2010 State of the Union Address, President Barack Obama criticized the Supreme Court's Citizens United ruling for reversing "a century of law to open the floodgates for special interests... to spend without limit in our elections." Adding to the drama of the moment was Justice Samuel Alito's response; he appeared to respond to the President's criticism by mouthing "not true." Did the floodgates open? And how much does money matter to US politics?

Michael Rocca is an associate professor of political science at UNM. He received his PhD in political science from UC Davis and has published academic papers on the US Congress. He also teaches courses on the American presidency and American government and often provides political analysis to local and national media.

Monday Oct 7 10:00 - 11:30

Fee: \$8 Oasis

Marijuana in New Mexico: An Update & Predictions for the Future

32

Lorna Wiggins

Now almost a dozen years since New Mexico first made medical marijuana available to patients with chronic illnesses, take a look back at the implementation of the state's medical marijuana program and how medical marijuana legalization may evolve in New Mexico during the current administration. We also take a look at how the justice system and criminal laws have evolved to address marijuana and how marijuana affects the workplace.

Lorna Wiggins is a shareholder in Wiggins, Williams & Wiggins, PC, practicing primarily in the areas of labor and employment law. She has extensive experience in representing local, regional, and national employers before various state human rights commissions, the Equal Employment Opportunity Office, and the National Labor Relations Board as well as state unemployment compensation commissions and workers' compensation agencies. She is a frequent lecturer in labor and employment law. Wiggins serves on the national and local Oasis Board of Directors.

Tuesday Oct 8 2:30 - 4:00

Fee: \$8 Oasis

Viante New Mexico: A Legislative Scorecard

33

Rhiannon Samuel

Learn about Viante New Mexico, a nonpartisan organization with the goal of highlighting the issues New Mexico senators and representatives are working on through a transparent and educational platform. The organization focuses on common ground issues of education, crime reduction, and quality of life. Viante provides a legislative scorecard for viewing attendance and voting records of elected officials.

Rhiannon Samuel, executive director of Viante New Mexico, is an Albuquerque native who graduated from UNM with a degree in communications and religious studies. She

was director of communications under former Albuquerque Mayor Richard Berry. She is a parish council member at Our Lady of the Annunciation Parish, a board member of Albuquerque Involved, a Lovelace Hospitals outreach committee member, and a volunteer for Amigos de las Americas.

Thursday Oct 10 12:30 - 2:00
 Fee: \$8 Oasis

**Voices in Their Heads:
 Mental Illness Panel Discussion 34**

Betty Whiton, Moderator
 Schizophrenia, bipolar disorder, major depression disorder, PTSD – are all forms of mental illness. New Mexico is number one in the nation for serious mental illness; one in four people has been diagnosed. Hear the stories of four people dealing with this on a personal level: two with mental illness diagnosis and two family members. This nationally-acclaimed program was originated in Albuquerque by Betty Whiton and is being rolled out on a national level through National Alliance on Mental Illness (NAMI).

Betty Whiton is a retired school psychologist, counselor, teacher and therapist. She is state president of NAMI NM, chair for City/County Behavioral Health Initiative, member of DOJ MHRAC committee, community leader, and activist. She initiated a CIT program to train law enforcement about mental illness which is now a national program for NAMI. She was awarded the New Mexico Behavioral Health Lifetime Achievement Award, 2019. She holds an MA in psychology and counseling from UNM.

Friday Oct 11 10:00 - 12:00
 Fee: \$8 Oasis

**FAA’s Air Traffic Control Center:
 Field Trip 35**

Back by popular demand! Tour the Federal Aviation Administration’s Albuquerque Air Route Traffic Control Center (ARTCC) at Paseo del Norte and Louisiana NE. The ARTCC is one of 21 domestic enroute air



Hear the personal stories of four people dealing with mental illness in a moderated panel discussion (class #34).

traffic control centers and is responsible for approximately 210,000 square miles of airspace covering most of AZ, NM and parts of CO, OK and TX. They also monitor air traffic into and out of the Albuquerque Sunport. Learn everything you ever wanted to know about our air traffic control system. *Enrollment limited to 20.*

Friday Oct 18 10:00 - 12:00
 Fee: \$20 FAA Air Traffic Control Center

**FAA’s Air Traffic Control Center:
 Field Trip 36**

See class #35.

Friday Nov 15 10:00 - 12:00
 Fee: \$20 FAA Air Traffic Control Center

**Southeast Asia: Progress,
 Prosperity, & Challenge 37**

William H. Itoh

Examine recent developments in Southeast Asia with a focus on Vietnam, Thailand, and Myanmar (Burma). In recent years, Southeast Asia has witnessed dramatic economic growth while moving away from democratic values. While continuing to embrace regional integration within ASEAN (Association of Southeast Asian Nations), the region also faces

ethnic conflict and other challenges. It must also face economic and political challenges from China while recognizing the reduced role of the United States in Asia. *Presented in partnership with the World Affairs Council of Albuquerque.*

Ambassador William Itoh is a professor of the practice at the University of North Carolina Chapel Hill. He was a Foreign Service officer and served as executive secretary of the National Security Council at the White House and ambassador to Thailand. He holds BA and MA degrees in history from UNM and was a logistics officer in the US Air Force. He is a member of the Council on Foreign Relations and is past president of the World Affairs Council of Albuquerque.

Monday Nov 11 10:00 - 11:30

Fee: \$10 Oasis

Understanding the Abortion Debate: Complex Legal Issues 38

Andrew Schultz

The debate over abortion rages more intensely than ever. But the legal issues underlying this controversy are complex and multi-dimensional and extend far beyond simply being “pro-life” or “pro-choice.” Attorney Andrew Schultz gives an overview of the underlying constitutional principles involved in this debate. He also examines the new rash of state laws and the manner in which the Supreme Court may choose to consider them.

Andrew Schultz is a director at the Rodey Law Firm where he practices in the litigation department. He is the only graduate of the UNM Law School to serve as a law clerk at the US Supreme Court serving as clerk to Byron R. White. Schultz has been a visiting professor at UNM’s School of Law, and continues to serve as an adjunct professor. He was selected as the Albuquerque Bar Association’s 2018 Lawyer of the Year.

Tuesday Nov 12 12:30 - 2:00

Fee: \$10 Oasis

The Middle East & American Policy: An Update 39

Emile Nakhleh

In this class, Emile Nakhleh analyzes the geopolitics, history, cultures, and religions of the Middle East. He also examines the threat of terrorism, the rise of political Islam, the challenges to US national security, and the opportunities for US-Middle Eastern engagement. *Presented in partnership with the World Affairs Council of Albuquerque.*

Dr. Emile Nakhleh was a senior intelligence service officer and director of the Political Islam Strategic Analysis Program at the Central Intelligence Agency. He is a member of the Council on Foreign Relations, a research professor and director of the Global and National Security Policy Institute at UNM, and the author of *A Necessary Engagement: Reinventing America’s Relations with the Muslim World* and *Bahrain: Political Development in a Modernizing Society*.

Friday Nov 22 10:00 - 11:30

Fee: \$10 Oasis

Five Worldviews Discussion Group: How We See the World 40

Denise Ames

Do you sometimes wonder if humans will ever get along? Worldviews help shape our perception of reality. In this discussion group, we cover five worldviews – indigenous, modern, fundamentalist, globalized, and transformative – and develop an awareness of other people’s perspectives without necessarily trying to change them. We may be able to discuss our differences and improve relations with people who are similar to and different from us by uncovering shared values and bridging divides. *Enrollment limited to 16.*

NEW LECTURE TIMES

10:00-11:30am with the exception of some 2-hour lecture ending times
12:30-2:00pm
2:30-4:00pm

PLEASE CHECK CLASS TIMES CLOSELY



Dr. Denise Ames is a long-time educator, teaching seventh grade through university and adult education. She has a doctorate in world history education. She develops books and resources using a holistic approach, global perspective, and cross-cultural awareness for adults and students.

Mondays Dec 2 - Dec 16 10:00 - 12:00
Fee: \$20 3 sessions Oasis

**Religion & Government:
 Separating Church & State 41**

Babs Mondschein

The US was intentionally designed by our forefathers as a secular nation. What were their motivations? Was there dissent? Delve into their mindsets through historical documents. How has SCOTUS weighed in on this topic over the years? What is current law and how is it applied to suit the needs of various organizations? What do we know about other secular nations and their success and, conversely, what about theocracies? Is maintaining a secular nation important?

Babs Mondschein was the founder and organizer of Atheist Skeptical Kingdom, a positive secular Albuquerque community. She later became president of Americans United for Separation of Church and State-NM. Mondschein volunteers as a victim's advocate in the district attorney's office and is a member of the team which trains Oasis intergenerational tutors. She holds a BA in sociology and an MA in special education.

Tuesday Dec 17 10:00 - 11:30
Fee: \$8 Oasis

Film & TV

**From Page to Screen: Movies
 Based on Works by NM Authors 42**

Jeff Berg

Although New Mexico is highly acclaimed for its artists and for the movies that have been made within the state, sometimes our great authors are overlooked. Take a guided tour



The Milagro Beanfield War by Taos author John Nichols is one of many movies derived from books by New Mexico-based writers (class #42).

of some of the films derived from the works of authors who live or have lived in New Mexico. Included are works by D.H. Lawrence, Jo-Ann Mapson, Tony Hillerman, Dorothy B. Hughes, Max Evans, Edward Abbey, Rudolfo Anaya, Dorothy Hughes, and John Nichols.

Jeff Berg is a freelance writer and an active film historian. His book, *New Mexico Filmmaking*, published in 2015, is the only book about the history of New Mexican-made movies. He has also authored a book to be released this fall about the history of NM movie theaters. He lives in Santa Fe and also works for the Santa Fe Humane Society. His new book, *100 Things To Do In Santa Fe Before You Die*, came out in September.

Wednesday Oct 2 12:30 - 2:00
Fee: \$8 Oasis

**Sullivan's Travels: Hollywood
 Takes a Lighter Approach to the
 Great Depression 43**

Ron Briley

In 1940, director John Ford released his film of Steinbeck's *The Grapes of Wrath*. The following year, Preston Sturges wrote and directed *Sullivan's Travels*, a lighter look at the Great Depression. Starring Joel McCrea and Veronica Lake, *Sullivan's Travels* follows a film director who wants to abandon making comedies in favor of a

more serious picture on the Depression. A screening of *Sullivan's Travels* provides the framework for discussion of the roles played by realism and comedy in filmmaking.

Ron Briley taught history and film studies for almost 40 years at Sandia Preparatory School, where he was also assistant head of school. For 20 years, he served as an adjunct instructor of history at the UNM-Valencia campus. Briley is the author of five books and his work on sport and film has appeared in numerous scholarly journals. His teaching has been recognized with numerous awards.

Thursday Nov 7 1:00 - 4:00

Fee: \$8 Oasis

Food & Nutrition

El Pinto Behind the Scenes: Field Trip & Lunch 44

Enjoy a buffet lunch at one of our city's landmark restaurants before seeing what few see – behind the scenes – at El Pinto Restaurant. The largest New Mexican restaurant in the state, El Pinto includes a 5,000-square foot manufacturing facility. The tour includes on-site organic gardens and the restaurant's Hen Hotel. Learn what the company does for the nutrition and health of all guests while avoiding the shortcuts many restaurants use to increase their profits.

Enrollment limited to 20.

Thursday Sep 26 1:00 - 3:00

Fee: \$35 El Pinto Restaurant

Benefits of a Plant-Based Diet: Sprouts Market Field Trip 45

Tony Quintana

Interested in incorporating more plant-based meals into your diet? Join Tony Quintana for a tour of Sprouts Farmers Market. Learn about the health benefits of plant-based eating, how to plan a well-balanced plant-based meal, and how to identify plant-based foods. Discover tips for meal planning and creating shopping lists, how to shop for plant-based foods on a budget,

where to find these foods in the grocery store, and resources for plant-based eating.

Enrollment limited to 12.

Tony Quintana holds a master's degree in health education from UNM and is Plant-Based Eating program manager for Animal Protection of NM. He has worked in health education and health promotion for over nine years, managing nutrition, diabetes, obesity, and HIV programs. He is also an experienced fitness instructor with three fitness certifications from the American Council on Exercise. He follows a plant-based diet and enjoys sharing information on the benefits of plant-based eating.

Tuesday Oct 1 10:00 - 11:30

Fee: \$15 Sprouts Farmers Market

Silver Leaf Farms: Field Trip 46

Aaron & Elan Silverblatt-Buser

Join farmers (and brothers) Aaron and Elan Silverblatt-Buser for a walking tour of Silver Leaf Farms, located in Corrales. Silver Leaf Farms is known for their USDA Certified Organic and pesticide-free fresh and flavorful vegetables. The farm operates with environmental conservation and social responsibility at heart. Their greenhouses, pack shed, and cold storage facility are all powered by 100% renewable energy. Learn about how they use water and resource technologies to reduce their environmental impact. Vegetable samples provided.

Enrollment limited to 40.

Aaron Silverblatt-Buser has always been interested in growing things and has an MBA from UNM. Elan Silverblatt-Buser has a background in plant biology from Swarthmore College and spent time in Europe working in renewable energy development. Silver Leaf Farms is found at the Downtown Growers' Market, the Corrales Growers' Market, Whole Foods, La Montanita Coop, select restaurants, and local school districts.

Tuesday Oct 8 9:30 - 11:00

Fee: \$15 Silver Leaf Farms

**Eldora Craft Chocolate Tour:
Field Trip** 47

Steve Prickett

Back by popular demand! This small batch, craft chocolate maker exposes you to everything from the full cocoa bean to the chocolate bar-making process and presents new ways of thinking about chocolate. You will come to understand the terroir of where a bean is grown and how it affects taste and quality. Tour the Eldora Chocolate facility, sample some amazing chocolate, and become educated on the various flavor profiles of bean origins.

Enrollment limited to 15.

Steve Prickett, owner and founder, followed his hobby, passion, and lifelong love of dark chocolate to start Eldora after a successful career as a private wealth advisor at Merrill Lynch. Part of this journey was to understand chocolate flavors around the world. He proceeded to make chocolate from 24 countries and 35 origins. He brings this knowledge and enthusiasm to Eldora.

Tuesday Oct 15 10:00 - 11:00

Fee: \$18 Eldora Chocolate

**Eldora Craft Chocolate Tour:
Field Trip** 48

Steve Prickett

See class #47.

Thursday Oct 17 10:00 - 11:00

Fee: \$18 Eldora Chocolate

**Healthful Holidays:
Finding a Balance** 49

Bryn Smith

Managing the holiday havoc can often lead to neglect of personal health. Between balancing family, friends, and merriment, it can be difficult to find ways to take care of yourself. This class offers simple tools to help you enjoy the holidays and prioritize self-care. Learn how to identify and prioritize what is important to you, new healthier recipes for old favorites, and tools from mindfulness to party management that will help you enjoy the holiday season.

Bryn Smith is a registered dietitian at Dietitians ABQ and received her degree at UNM. She has a background in corporate wellness and nutrition and lectures at Sandia National Laboratories, UNM, and in the larger Albuquerque community. As a dietitian, Smith believes in the power of food to nourish the mind and the body. She works to improve people's relationship with their food to help them obtain recognizable health benefits.

Wednesday Oct 16 10:00 - 11:30

Fee: \$8 Oasis

Jaramillo Vineyards Belen: Field Trip 50

Travel south to Belen to visit a well-kept secret, Jaramillo Vineyards. Start your tour with Robert and Barb Jaramillo at their ten-acre vineyard, with more than 10,000 plants and 15 types of grapes. Then drive six miles to their tasting room, located in the historic 1909 Central Hotel in downtown Belen. (Driving instructions provided at the vineyard.) Here you have the opportunity to taste six different wines and sample light appetizers while you learn more about the winery's history and background. *Enrollment limited to 25.*

Robert Jaramillo became an airline pilot after a stint in the Navy; he enjoyed some of the best wines of the world while traveling. He and his wife Barbara began growing grapes in New Mexico, following in the footsteps of his grandfather, Leopoldo Jaramillo, the largest wine producer in the Middle Rio Grande Valley prior to prohibition, and his father Salo, who grew grapes and made wine on a home-production scale. The current ten-acre vineyard was all lovingly planted with the help of friends and family.

Wednesday Oct 23 10:00 - 1:00

Fee: \$25 Jaramillo Vineyards

**Tapas Delights:
Spanish Cuisine in Small Bites** 51

Michelle Michelotti-Martinez

Join Michelle Michelotti-Martinez of Eatentions to learn three tapas recipes.



Take a field trip to the Jaramillo Vineyards in Belen followed by a visit to their tasting room (class #50).

These legendary “small bites” are the heart of Spanish cuisine and make for a fantastic party or a light dinner. Learn about their importance in Spanish culture as your instructor uses in-season, local ingredients to prepare the creations. She demonstrates how to make Spanish meatballs in almond sauce, zucchini fritters with romesco sauce, and pimentón pepper patata bravas with aleppo pepper. Samples and recipes provided. *Enrollment limited to 25.*

Michelle Michelotti-Martinez specializes in Mediterranean cuisine and creating gourmet, locally sustainable dishes. She studied with renowned chefs in Italy and Santa Fe and has 20 years of teaching, catering, and kitchen experience. She works with farmers and purveyors for the best organic ingredients. She is the founder and creator of Eatentions, an organic, locally sustainable company specializing in culinary socials, boutique catering, weekly meal offerings, and community food events and causes.

Monday Oct 28 1:00 - 3:00

Fee: \$30 Oasis

Mindful Eating Practices

52

Pamela Cook

Mindfulness is the capacity to bring full attention and awareness to one’s experience, in the moment and free from judgment. Mindful eating brings an awareness to food choices and the nourishing experience of eating. Benefits of this practice include reconnecting to your innate wisdom about hunger and satiety, freeing yourself from reactive patterns around food and eating, and nourishing not only the body but the heart. Learn and try these practices. *Enrollment limited to 32.*

Pamela Cook is a registered dietitian, yoga teacher, and wellness educator. She believes that mindful practices and principles can bring balance into our lives and nourish both mind and body. Her certifications include yoga, integrative and functional nutrition, SilverSneakers Stability, and Matter of Balance coach. She is a graduate of the Culinary Institute of America.

Tuesday Nov 19 12:30 - 1:30

Fee: \$10 Oasis

Nutrition for Cognition & Healthy Brain Aging

53

Dianne Christensen

Lifestyle has a big impact on how our brain ages. Join Dianne Christensen to learn about nutritional interventions that slow brain aging. She provides you with an introduction to the Mediterranean, DASH, and MIND diets. Each one is defined and detailed to provide the tools you need to eat for your cognitive health.

Dianne Christensen is an assistant professor at NMSU and serves with Bernalillo County Cooperative Extension Service. She holds a BS in consumer and family sciences from California Polytechnic State University, San Luis Obispo, and an MS from Colorado State University. She is a certified National Diabetes

*Make sure to browse all categories.
Many subjects overlap – don’t take a
chance on missing a class you’ll enjoy!*

Prevention Lifestyle coach, master trainer for the Chronic Disease Self-Management programs, and is a personal wellness coach.

Wednesday Nov 20 10:00 - 11:30

Fee: \$8 Oasis

Health & Fitness Lectures

Blue Cross and Blue Shield of New Mexico

(BCBSNM) has partnered with Oasis Albuquerque to engage older adults in evidence-based and other programs that lead to active and healthy lifestyles. The primary focus is to increase physical activity and avoid falls. We have expanded our offerings of age-appropriate exercise programs and lectures that address fall risk awareness and reduction. Because of this sponsorship, we are able to offer selected classes at a reduced rate or free of charge.

Stress-Busting Program for Family Caregivers

54

Sharon Lewis

The Stress-Busting Program (SBP) for Family Caregivers is an evidence-based program that provides support to family caregivers of people with chronic illness. It is designed to help family caregivers improve their quality of life, manage their stress, and cope better with their lives. This class provides an overview of the SBP and an introduction to strategies to manage stress and increase relaxation, deal with grief and loss, face challenges, and utilize positive thinking. *Enrollment limited to 35.*

Sharon Lewis, RN, PhD, FAAN, has been working with family caregivers for over 20 years. She developed the Stress-Busting Program for Family Caregivers to help caregivers cope more effectively with the stress of caregiving. The program is currently in 16 states. Lewis is professor emerita from UNM and previously was the Castella Distinguished Professor at the University of Texas Health Science Center in San Antonio.

Monday Sep 16 10:00 - 11:30

Free Oasis

So Many Programs, So Little Time: Finding the Movement Class for Your Needs

55

Cynthia LaCoe-Maniaci & Movement Instructors

Are you interested in taking a movement and/or balance class, but not sure which one is right for you? Join our Health and Wellness Coordinator Cynthia LaCoe-Maniaci and our movement class instructors to learn about the classes we offer at Oasis and which ones best fit your needs. Please wear comfortable clothing and sneakers to join our instructors as they demonstrate defining movements from Oasis classes. *Enrollment limited to 60.*

Tuesday Sep 17 12:30 - 2:00

Free Oasis

Hands-Only CPR & AED Use With the Resuscitation Rangers

56

Resuscitation Rangers

Back by popular demand! Do you know the signs and symptoms of a heart attack? Could you help someone if they were having one? In this program, the Resuscitation Rangers teach the principles of Early Heart Attack Care (EHAC), which incorporates recognizing early signs and symptoms of someone in cardiac distress and calling 911. They provide instruction on administering hands-only cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED) with hands-on exercises. *Enrollment limited to 25.*

The Resuscitation Rangers is a volunteer program offered by Lovelace Health System, which includes the Heart Hospital of New Mexico at Lovelace Medical Center, dedicated entirely to cardiovascular care. The mission of the Rangers is to improve outcomes for heart attack and cardiac arrest victims by helping to educate the community.

Wednesday Sep 18 12:30 - 2:00

Free Oasis



Balance, strength, and flexibility changes affect the way we walk. Learn how to prevent the shuffle with Janet Popp in class #59.

Enhancing Wellness Through Resilience

57

Swasti Vohra

Resilience is the ability to bounce back after or recover from stressful events, and it has been linked to positive long-term health outcomes. An orientation toward a positive future outcome of the event, sense of direction, and purpose in life are also key to resilience. Practiced in a group setting with feedback and support from peers, resilience and well-being can be substantially increased. Learn how to build your resilience in this research-based workshop. *Enrollment limited to 8.*

Swasti Vohra holds an MA and a PhD in social psychology from the University of Delhi. She has authored six books and dozens of articles in peer-reviewed journals, and she has served as visiting faculty at the University of Pennsylvania and Fordham University. After retiring from her position as a full professor in applied psychology, she moved to Albuquerque to serve as visiting faculty in the UNM Department of Psychology.

Wednesdays Sep 18 - Oct 9 3:30 - 4:30

Fee: \$40 4 sessions Oasis

Balance, Hearing, & Aging Ears 58

Terri Sankovitz

As we age, we often experience changes in the ear beyond those that affect hearing. Join Terri Sankovitz to learn how balance disorders are diagnosed, what can cause sudden or progressive balance issues, and how to avoid a fall. She herself had a balance system stroke ten years ago and shares her intimate knowledge of the pathway to recovery.

Terri Sankovitz, AuD, has over 37 years of experience as a clinical audiologist responsible for the diagnosis and treatment of hearing and balance disorders. She has worked with ear, nose and throat specialists for 32 years, and she recently moved to New Mexico to provide services to the Albuquerque Speech Language and Hearing Center.

Monday Sep 23 10:00 - 11:30

Fee: \$8 Oasis

Preventing the Shuffle: Balance, Age, & Changes in Walking 59

Janet Popp

Do you feel like you shuffle your feet when walking? Balance, strength, and flexibility changes can affect the way we walk. They put us at increased risk for a fall. Falls and shuffling are not a normal part of aging and can be prevented. Janet Popp reviews issues related to balance and walking changes. She shares strategies to address these changes, improve your balance, ease of walking, and susceptibility to falls.

Janet Popp is a home health physical therapist and holds an MS in gerontology. She is adjunct faculty at UNM Health Sciences Center Division of Physical Therapy, chair of the New Mexico Adult Falls Prevention Coalition, and has a contract with the NM Department of Health to conduct fall prevention trainings for healthcare professionals.

Thursday Sep 26 12:30 - 2:00

Free Oasis

A Matter of Balance

60

Judy Weinstein & Cyndy Moody

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-week, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (#3 through 8) of gentle physical activity to help you manage concerns about falls, change your environment to reduce risk of falls, and increase your activity with the support of your peers. *Attend at least 7 sessions and get an \$8 credit toward an Oasis class. Enrollment limited to 12.*

Thursdays Oct 3 - Nov 21 10:00 - 12:00

Free 8 sessions Oasis

Chronic Disease

Self-Management Program

61

Cynthia LaCoe-Maniaci & Catherine A. Offutt

Managing chronic conditions proves challenging for many. The Chronic Disease Self-Management Program is an evidence-based, guided workshop developed by Stanford University's School of Medicine to build participants' confidence and skill in managing their health and maintain active, fulfilling lives. Sessions are participatory and cover the following topics: decision making and evaluating new treatments; dealing with frustration, fatigue, pain, and isolation; exercise; appropriate use of medications; communicating effectively with physicians and family; and nutrition. *Attend at least 5 sessions and get an \$8 credit toward an Oasis class. Enrollment limited to 13.*

Catherine Offutt is the program director for the City of Albuquerque Department of Senior Affairs' Chronic Disease Self-Management Program (CDSMP). She was trained at Stanford University's School of Medicine Patient Education Research Center as a CDSMP Master Trainer and earned T-Trainer status, CDSMP's highest level of trainer certification. Cynthia LaCoe-Maniaci, PhD, is the health and wellness coordinator at Oasis.



Fitness instructor Ilene Dunn and Health and Wellness Coordinator Cynthia LaCoe-Maniaci present and develop many health and movement classes at Oasis.

She is passionate about healthy aging and is certified as a CDSMP leader.

Wednesdays Oct 9 - Nov 13 12:30 - 3:00

Free 6 sessions Oasis

Stroke: Prevention, Identification, & Treatment Options

62

Kelvin Wilkinson

Rapid treatment for a stroke is critical for improving recovery outcomes, and the ability to spot a stroke is needed to rapidly seek treatment. Learn how to recognize stroke symptoms and teach family members, friends, and others how they can respond quickly. We also discuss how to reduce the risk of a stroke and what treatment options are available should you or a loved one experience one.

Kelvin Wilkinson, RN, CFRN, CEN, is the stroke coordinator at Lovelace Westside Hospital. He is a former helicopter rescue and trauma RN and critical care RN. Wilkinson has 29 years of experience in emergency, intensive care, education, and critical care transport.

Tuesday Oct 29 10:00 - 11:30

Fee: \$8 Oasis

Spinal Stenosis 101 **63**

Keith Harvie

Do you have pain and difficulty walking when you try to stand up straight? Both are symptoms of spinal stenosis – a condition that is quite common in people in their 60s, 70s, and beyond. Once diagnosed, the prognosis for this slow onset condition is very good. Learn about treatment options and finding the right one for you or a loved one.

Keith Harvie, DO, is an orthopedic surgeon with New Mexico Independent Medical Evaluations and specializes in orthopedics, the spine, and osteoporosis. His passions include spinal care and correction. While he has performed countless procedures to relieve conditions such as spinal stenosis, he is a strong advocate for the proper treatment of a given condition for a given person – whether that is lifestyle modification or surgical intervention.

Tuesday Oct 29 12:30 - 2:00

Fee: \$8 Oasis

Osteoporosis: Risk Factors, Prevention, & Treatment Options **64**

Keith Harvie

Osteoporosis can be a very dangerous condition. Learn about its risk factors from genetics to lifestyle, how to prevent it, and what treatment options are available. Discover information on the latest in treatment options, the pros and cons of each, and how to decide with your doctor which one is most appropriate for you.

See bio #63.

Monday Nov 25 12:30 - 2:00

Fee: \$8 Oasis

Cancer’s Mysteries: Are We Closer to Solving the Puzzle? **65**

Amit Garg

While advancements in the diagnosis, treatment, and prevention of diverse cancers have improved outcomes over the past 50

years, many of the mysteries that surround cancer have yet to be unlocked. Learn the natural history of several cancer types as well as open questions that remain to be solved. The class includes a broad range of topics and there will be plenty of time for questions.

Dr. Amit Garg is an associate professor at the University of Texas MD Anderson Cancer Center, Department of Radiation Oncology, and chief quality officer for the Cancer Program at Presbyterian Hospital. He currently practices at the MD Anderson Radiation Treatment Center at Rust Medical Center, where he also serves as medical director. His medical degree is from Baylor College of Medicine. He also holds a master’s degree in biomedical ethics from Case Western Reserve School of Medicine.

Monday Dec 9 2:30 - 4:00

Fee: \$8 Oasis

Beginning Meditation Workshop **66**

Rennie Maguire

Learn to meditate using classical yoga method from a certified instructor. Learn to regulate your breath, focus your attention, quiet your nervous system, ease body tension, and gradually develop inner peace. This class is for anyone who wants to learn to meditate or develop a systematic practice. *Class is taught in chairs; dress comfortably. Take-home audio CDs available for purchase (\$10). Enrollment limited to 50.*

Rennie Maguire has been trained and certified to teach superconscious meditation by the Institute of the Himalayan Tradition in St. Paul, MN. She has taught meditation workshops on the Oregon Coast; her clients have included Oregon State University Extension; City of Newport, OR; and Samaritan Health Services. In Albuquerque, she teaches at Oasis, the Jewish Community Center, and in various not-for-profit and community settings.

Thursday Dec 12 10:00 - 11:30

Fee: \$10 Oasis

Lower Back Pain: Myths & Facts 67

Keith Harvie

Lower back pain is the leading cause of lost time from work. It also reduces quality of life in countless aspects of life from comfort to relationships to productivity and mental health. Join Keith Harvie to learn the myths and facts of lower back pain. He shares information on how to prevent it and how to treat it with approaches that will not only decrease or eliminate back pain, but also bring about secondary gains in quality of life.

See bio #63.

Monday Dec 16 12:30 - 2:00

Fee: \$8 Oasis

**Health
Movement & Exercise**

N *Even though regular physical activity is beneficial, not every type of exercise is appropriate. Choosing the best fitness program will depend on the needs of the person. Oasis recommends you discuss this with your healthcare professional before you begin an exercise program, especially if you've been sedentary.*

Foam Rolling for Health 68

Erin McDaniel

Back by popular demand! The stress and strain of daily life can take a toll. Previous injury, pain, and posture issues can have adverse effects. These can cause imbalances, both small and large, leading to further pain, discomfort, or aches. With foam rollers, elongate and release muscle tissues to correct these imbalances. Join this fun and informative class and leave feeling relaxed and restored. *Please bring your own foam roller. Enrollment limited to 20.*

Erin McDaniel has been a National Academy of Sports Medicine (NASM) certified personal trainer since 2011. She also holds NASM certificates in cardiovascular fitness and women's health. In 2014, McDaniel became



Improve your balance and posture through Tai Ji Quan: Moving for Better Balance (classes #69 & 70).

a USA Triathlon Level 1 coach. She enjoys working with people of all ages and abilities to help them reach their fitness and lifestyle goals.

Thursdays Sep 19 - Sep 26 11:00 - 12:00

Fee: \$16 2 sessions Oasis

**Tai Ji Quan for Better Balance:
Session A 69**

Ilene Dunn

Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance (TJQMBB). Learn and practice eight balance-challenging forms adapted from Yang style Tai Chi that we perform in a slow, flowing manner, coordinated with natural breathing. Improve your coordination, body awareness, lower body strength, and range of motion in this evidence-based program. *No class on September 30. Enrollment limited to 30.*

Ilene Dunn is a certified personal trainer, specializing in senior fitness and the maintenance of strength, balance, and an active lifestyle. She holds certifications as a yoga instructor at 500 hours, Athletics and Fitness Association of America personal trainer, and A Matter of Balance master

trainer. In addition, she is certified in Tai Chi Quan and Tai Chi for Arthritis for Fall Prevention and is a trained instructor in Tai Ji Quan: Moving for Better Balance.

Mondays & Wednesdays Sep 23 - Nov 4

9:00 - 10:00

Fee: \$36 12 sessions Oasis

Tai Ji Quan for Better Balance: Session B 70

Ilene Dunn

See class #69.

Session A is not required to take Session B. No class on November 27.

Mondays & Wednesdays Nov 6 - Dec 18

9:00 - 10:00

Fee: \$36 12 sessions Oasis

Better Balance: Session A 71

Ilene Dunn

Join us for an upbeat class designed to help you maintain, improve, or restore balance skills. We do problem-solving activities to challenge our mind and body in a socially-supportive and confidence-building environment. Better Balance, part of the Oasis Free from Falls series, is based on the premise that physical activity is the antidote to many of the challenges that accompany aging. Pre- and post-tests are done during class. *No class September 30. Enrollment limited to 25.*

See bio #69.

Mondays & Wednesdays Sep 23 - Nov 4

3:00 - 4:00

Fee: \$36 12 sessions Oasis

Better Balance: Session B 72

Ilene Dunn

See class #71.

Session A is not required to take Session B. No class November 27.

Mondays & Wednesdays Nov 6 - Dec 18

3:00 - 4:00

Fee: \$36 12 sessions Oasis

Tai Chi for Health: Session A 73

Ilene Dunn

Are you interested in improving your balance and/or reducing joint pain through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class, developed by Dr. Paul Lam, has been shown to ease joint pain and improve balance. Basic principles of tai chi are incorporated into the class to leave you feeling calm, relaxed, and well. *Enrollment limited to 32.*

See bio #69.

Tuesdays & Fridays Sep 24 - Nov 1

9:00 - 10:00

Fee: \$36 12 sessions Oasis

Tai Chi for Health: Session B 74

Ilene Dunn

See class #73.

Session A is not required to take Session B. No class November 29.

Tuesdays & Fridays Nov 5 - Dec 17

9:00 - 10:00

Fee: \$36 12 sessions Oasis

Yoga For Arthritis Delay & Management 75

Gloria Drayer

Yoga can strengthen joints, which is crucial for delaying and managing arthritis. Yoga can also regulate the body's uric acid levels, which can contribute to arthritis. Most importantly, yoga can lead to a healthier lifestyle, enhancing resistance against arthritis and other chronic conditions. Learn simple postures aimed at addressing arthritis from head to toe. *Wear loose, comfortable clothing and bring a mat/towel to second class. No experience necessary; seated, standing, and/or floor options. Enrollment limited to 35.*

Gloria Drayer holds a 500-hour Kripalu yoga certification and has nearly 30 years of experience teaching yoga. Her sessions are given in a non-competitive environment where

participants are encouraged to engage at a healthful and enjoyable level. Her workshops, including those dealing with life-altering topics such as grief, insomnia, osteoporosis, and back care, are held around the country. She is co-author of the book *Yoga and Grief*.

Wednesdays Sep 25 & Oct 2 11:00 - 12:00
Fee: \$16 2 sessions Oasis

Yoga For Strong & Healthy Bones 76

Gloria Drayer

Join Gloria Drayer for two sessions to get you started in a routine to maintain or assist with rebuilding the health of our bones. Low-impact, weight-bearing exercises like yoga can help strengthen bones, in addition to improving muscle strength, flexibility, and balance. No prior yoga experience necessary. The first class is done standing or sitting, no mat required. *Bring a mat or towel for the floor for second class. Wear loose, comfortable clothing. Enrollment limited to 35.*

See bio #75.

Tuesdays Oct 15 & Oct 22 11:00 - 12:00
Fee: \$16 2 sessions Oasis

Yoga for Better Posture 77

Pamela Cook

Posture imbalances predispose us both for chronic pain issues created by uneven wear and tear on the body, and can also impact numerous bodily functions like breathing, the digestive process, and overall energy levels and well-being. In these two classes,



explore body awareness, proper alignment, and strengthening to improve posture. Your instructor can provide modifications/alternate poses to accommodate any mobility limitations. *Please bring a yoga mat or towel. Enrollment limited to 35.*

See bio #52.

Mondays Nov 4 & Nov 11 11:00 - 12:00
Fee: \$16 2 sessions Oasis

Tai Chi Chih: Part 1 78

Ellen Tatge

This gentle practice supports improved balance, increased energy, and stress reduction. Easy-to-learn movements relax the body, quiet the mind, and settle the emotions by circulating internal energy (chi). Benefits include better balance, flexibility, stamina, relaxation, and regulation of stress, blood pressure, and weight. This very simple practice helps one to maximize good health and experience life in a joyful, uncomplicated way – one of the secrets of a good life. *Enrollment limited to 32.*

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. A former high school teacher and then a corporate trainer, she is a certified instructor and has been practicing and teaching tai chi chih for more than 25 years, including many courses for older adults. Tatge takes great joy in sharing this tool that develops balance in all aspects of our lives and maximizes our most precious gift: good health.

Thursdays Oct 3 - Nov 7 9:00 - 10:00
Fee: \$60 6 sessions Oasis

Tai Chi Chih: Part 2 79

Ellen Tatge

For those who have completed the Part 1 class or have previous experience with tai chi chih, this class focuses on the second half of the 19-movement set. As we work with these

Join us for yoga (see classes 75-77)!

additional movements, students usually notice an increased sense of centering and balance. This is a class to help develop additional fluidity and ease with the movements, allowing us to experience greater joy in this practice. *No class on November 28. Enrollment limited to 32.*

See bio #78.

Thursdays Nov 14 - Dec 12 9:00 - 10:00
Fee: \$40 4 sessions Oasis

Low Impact Aerobic Dance Party 80

Ilene Dunn

Low impact aerobic dance is a great cardio workout. Join Ilene Dunn and move to oldies, Latin, world, dance, and disco music. Want to burn some calories, improve your balance and muscle tone, boost your mood, or just have fun? This is the class for you, so come shake your groove thing. *Wear fitness shoes that securely fasten and bring your water bottle. Enrollment limited to 30.*

See bio #69.

Mondays Dec 2 & Dec 9 11:00 - 12:00
Fee: \$16 2 sessions Oasis

Mini Bands for Fitness 81

Erin McDaniel

Come learn some basic moves with one of the trendiest tools in fitness: the mini band. Mini bands are affordable, convenient, and lightweight tools to train all your major muscles. Learn to build a routine that you can do anywhere – home, office, or on travel – to help you keep (or make) fitness a part of your lifestyle. *Enrollment limited to 30.*

See bio #68.

Tuesdays Dec 3 - Dec 17 11:00 - 12:00
Fee: \$24 3 sessions Oasis


NEW LECTURE TIMES

10:00-11:30am with the exception of some 2-hour lecture ending times

12:30-2:00pm

2:30-4:00pm

PLEASE CHECK CLASS TIMES CLOSELY



History, Culture, & Pop Culture

A Tour of the Museum of the American Military Family: Field Trip 82

Circe Olson Woessner

Join Circe Woessner to tour a unique museum which explores the history and culture of America’s military families, from all generations and branches. In addition to viewing five permanent exhibits, visitors are invited to add their story in a variety of hands-on activities, browse the special collections library, watch the museum’s short documentary, and enjoy the memory and victory gardens. *Enrollment limited to 25.*

Executive Director Dr. Circe Olson Woessner is an Army wife of 20 years and mother to an Army veteran. She taught in the overseas Department of Defense Schools in Europe and the Caribbean and retired from the federal government after 20 years. She was featured in the *Army Times* and has been quoted in scholarly books about growing up on military bases overseas. She has conceptualized and created multiple exhibits for the museum.

Tuesday Sep 24 1:00 - 3:00

Fee: \$15

Museum of the American Military Family

The Worst of the Worst: Pedro de Alvarado 83

Matthew J. Barbour

Most Spanish conquistadors (even among the most favorable of sources) are viewed as complicated individuals motivated by a mixture of greed and religious fervor. However, there is one conquistador who is almost universally hated and maligned. That man is Pedro de Alvarado. This presentation follows the brutal conquistador from his initial forays in Cuba, to his massacre of festival goers in Tenochtitlan, through his campaigns against the Maya, and ending with his death at the hands of rebellious Caxcanes.

Matthew Barbour holds BA and MA degrees in anthropology from UNM and works for the NM Department of Cultural Affairs. Barbour is the regional manager of Coronado and Jemez Historic Sites. He has published over 200 nonfiction articles and monographs. Under Barbour's management, Coronado Historic Site received an Award of Merit from the American Association for State and Local History and the Jemez Historic Site received the Archaeology Heritage Preservation Award.

Wednesday Sep 25 12:30 - 2:00

Fee: \$8 Oasis

The Age of Rembrandt 84

Charles Steen

The artist Rembrandt van Rijn became the symbol of the Golden Age of the Dutch Republic because his genius knew no bounds. Those around him included other artists, writers, engineers, philosophers, and professionals. All enjoyed the refuge of the rule of law that the Dutch offered to citizens and refugees alike. But under the surface of beauty and order lurked political and religious discord that threatened public life. Examine how the age of Rembrandt overcame the obstacle of strife to assure opportunity for creative people.

Charles Steen's classes place historical events in context with art, architecture, religion, and other cultural aspects of a period. He teaches western civilization in the UNM Department of History. He is the author of five books, including the recently published *Margaret of Parma: A Life*, and many articles. A graduate of UNM, he also holds a PhD in early modern European history from UCLA.

Monday Oct 21 10:00 - 11:30

Fee: \$8 Oasis

Telephone Pioneer Museum: Field Trip 85

Tom Baker

Housed in a charming 1906 downtown building, the Telephone Museum of New Mexico includes three floors of communication equipment in unique exhibits. It features

historical displays, photographs, and literature from early times in the telephone industry. Come see the variety of switchboards that were once the link to the world, including the one used to warn of the attack of Pancho Villa. Learn about these and hundreds of telephones and broadcasting teletype machines in this guided tour with Tom Baker. *Enrollment limited to 20.*

Tom Baker began his career at the Meadville, Pennsylvania Telephone Company and then worked for the New York Telephone company for 15 years. He transferred to Mountain States Telephone Company, also called US West, and retired after 24 years. He worked as a lineman, cable splicer, and in the Transmission and Protection Engineering Department.

Tuesday Oct 22 10:00 - 12:00

Fee: \$15 Telephone Museum

The Camino Real de California & Other Historic Trails 86

Joseph P. Sánchez

The California Camino Real is a braided trail that connected towns, ports, forts, missions as well as maritime lanes as a part of our national story inclusive of the heritage shared with Spain, Mexico, and regional tribes. Joseph Sánchez explores the rich history of the path running from San Diego to San Francisco, drawing on historical and archaeological literature and the documentation from Spanish and Mexican archives.

Joseph P Sánchez, PhD, is a historian, researcher, and author. He retired from the National Park Service after 35 years, including serving as superintendent of Petroglyph National Monument. He is also the founder and director of the Spanish Colonial Research Center. He has taught at UNM, Santa Ana College in Southern California, University of Arizona and at the Universidad Autónoma de Guadalajara in Mexico. He has written many scholarly articles and other publications.

Friday Nov 1 10:00 - 11:30

Fee: \$8 Oasis

Code Talker, Chester Nez 87
A Special Veterans Day Presentation

Judith Avila

Join us to learn about Chester Nez, a unique veteran of World War II and a legendary Navajo Marine Code Talker. Chester Nez recently passed away at the age of 93 and was the last of the original 29 code talkers, famous for developing the code that the Japanese could not break. This presentation examines his unique and inspirational view of history, emphasizing the culture and nurturing environment that made the original 29 men strong.

Judith Avila worked as a social worker, an artist, an air traffic controller, and a computer consultant before finally discovering writing. She has written several novels and co-wrote the memoir *Code Talker: The First and Only Memoir By One of the Original Navajo Code Talkers of WWII*. The memoir tells the story of Chester Nez and his work with the other “original 29” Navajo code talkers. Avila is a graduate of Duke University.

Friday Nov 8 10:00 - 11:30
 Fee: \$8 Oasis

Conspiracy: The Assassination of Abraham Lincoln 88

Gail Stephens

Learn about the conspirators in the assassination of Abraham Lincoln, their actions, capture, and trial before a military commission and the results. Particular attention is given to the roles of conspirators Mary Surratt and Samuel Mudd. Focus on commission member Union Major General Lew Wallace, later territorial governor of New Mexico, whose painting of the conspirators reveals much about his judgment of the assassins.

Gail Stephens worked for the Department of Defense, retiring as a member of the Department’s Senior Executive Service. A lover of history, especially the Civil War, she wrote



Judith Avila met Navajo code talker Chester Nez in 2007 and convinced him that his story needed to be heard (class #87).

a book on Union Major General Lew Wallace, *Shadow of Shiloh; Major General Lew Wallace in the Civil War*, which received the New York City Civil War Forum’s William Henry Seward Award for best Civil War biography. She moved to New Mexico in 2015 and plans to write a book about Wallace’s stint as territorial governor.

Tuesday Nov 19 10:00 - 11:30
 Fee: \$8 Oasis

Contending Parties in Wartime China: An American Challenge 89

Noel Pugach

During World War II, the US was allied with Nationalist China in its struggle against Imperialist Japan, and it sent diplomats and military officials to report and advise on the situation. Some became impressed with the rival Communists because of their military achievements and popular support. On the other hand, they were critical of the Nationalists because of the military failures and corruption. Learn about the issues, dilemmas, and consequences of the challenge.

Dr. Noel Pugach, professor emeritus of history at UNM, specializes in US foreign relations. The author of numerous monographs and

articles, he lectures frequently and does Chautauqua performances of historical figures.

Monday Nov 25 - Dec 2 10:00 - 11:30

Fee: \$16 2 sessions Oasis

**The Jim Henson Exhibition:
Imagination Unlimited -
Albuquerque Museum Tour 90**

Andrew Connors

Join Andrew Connors to tour this dynamic new exhibit exploring Jim Henson's impact on popular culture through his groundbreaking work for film and television. See how Henson and his team of builders, performers, and writers brought to life the enduringly popular worlds of *The Muppet Show*, *Sesame Street*, *Fraggle Rock*, *The Dark Crystal*, and much more. The exhibition features a broad range of artifacts related to Henson's unparalleled career, including puppets, character sketches, storyboards, photographs, and more. *Fee includes extra exhibit charge. Enrollment limited to 25.*

Andrew Connors, director of the Albuquerque Museum, studied at Yale University and George Washington University and has collaborated with the National Gallery of Art,



Jim Henson and Kermit the Frog have a moment on the set of The Muppet Movie. See classes #90 & 91 for tours of The Jim Henson Exhibition at the Albuquerque Museum.

University of Notre Dame, UCLA, Getty Center, and the Royal Government of Bhutan.

Thursday Dec 5 1:00 - 2:00

Fee: \$20 Albuquerque Museum

**The Jim Henson Exhibition:
Imagination Unlimited -
Albuquerque Museum Tour 91**

Andrew Connors

See class #90.

Thursday Dec 5 3:00 - 4:00

Fee: \$20 Albuquerque Museum

The Most Southern Place on Earth 92

George Ovitt

The Mississippi Delta has been described as "the most southern place on earth" by historian James Cobb. He is not referring to the latitude of the Delta, but its history and culture. This lecture-discussion examines the Delta as the center of sharecropping, white supremacist responses to African-American emancipation, and Parchman Farms, as well as the source of brilliant literature (William Faulkner, Eudora Welty), the Blues, and much of African-American culture.

George Ovitt has been teaching at Albuquerque Academy since 2000. His most recent books are *What Happens Next* (poems) and *Stillpoint*, a novel. He hopes to retire soon so that he can attend Oasis lectures from the audience rather than the podium.

Friday Dec 13 10:00 - 11:30

Fee: \$8 Oasis

Literature

Austin Book Group 93

Mary Bibeau

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Sept 10 - *The Flapper, the Scientist and the Saboteur* by Charlene Bell Dietz; Oct 8 - *Man's Search for Meaning* by Viktor Frankl; Nov 12- *Educated* by Tara Westover; Dec 10 - *Becoming* by Michelle Obama. *Enrollment limited to 10.*

Coordinator Mary Bibeau, a retired UNM academic advisor and teacher, is an avid reader of anything from encyclopedias to cereal boxes.

Tuesdays Sep 10 - Dec 10 1:30 - 3:00

Fee: \$8 4 sessions Oasis

Summit Book Group

94

Merrie Courtright

The Summit Book Group meets on the third Tuesday of every month. Book selections and meeting locations are: Sept 17 (Oasis)

- *Enrique's Journey: The Story of a Boy's*

Dangerous Odyssey

to Reunite with His

Mother by Sonia

Nazario; Oct 15

(Coronado Villa)

- *The Overstory*

by Richard

Powers; Nov 19

(Oasis) - *Say*

Nothing: A True

Story of Murder

and Memory in

Northern Ireland by Patrick Radden Keefe; Dec

17 (Coronado Villa) - *The Kinship of Secrets* by

Eugenia Kim. *Enrollment limited to 15.*

Coordinator Merrie Courtright is an Oasis tutor and tutor trainer. She is a retired basic education teacher at CNM.

Tuesdays Sep 17 - Dec 17 11:00 - 12:30

Fee: \$8 4 sessions Oasis & Coronado Villa

Holmes Book Group

95

Betty Whiton

The Holmes Book Group meets on the third Tuesday of each month. Book selections are:

Sept 17 - *The Life We Bury* by Allen Eskens;

Oct 15 - *Where the Crawdads Sing* by Delia

Owens; Nov 19 - *The Elegance of the Hedgehog*

by Muriel Barbery; Dec 17 - *The Chilbury*

Ladies Choir by Jennifer Ryan. *Enrollment*

limited to 15.

Coordinator Betty Whiton has worked as a teacher, conductor, counselor, and school psychologist for APS. She taught at UNM and was principal double bass with NMSO and other major musical ensembles.

Tuesdays Sep 17 - Dec 17 1:00 - 2:30

Fee: \$8 4 sessions

Erna Fergusson Library

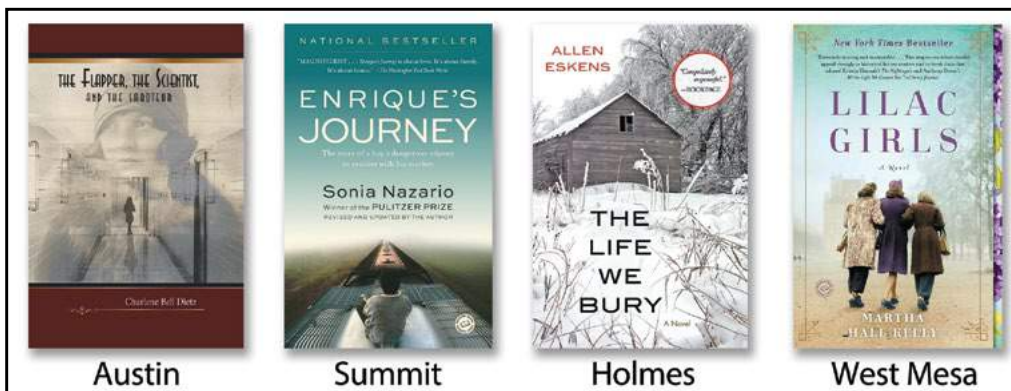
West Mesa Book Group

96

Linda Castagneri & Mary Herrmann Hughes

The West Mesa Book Group meets on the third

Wednesday of each month. Book selections



are: Sept 18 - *Lilac Girls* by Martha Hall Kelly; Oct 16 - *Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History* by S.C. Gwynne; Nov 20 - *Far From the Madding Crowd* by Thomas Hardy; Dec 11 (2nd Wednesday) - *Women Rowing North: Navigating Life's Currents and Flourishing As We Age* by Mary Pipher. *Enrollment limited to 15.*

Linda Castagneri, a retired USPS senior manager, values dynamic discussion and the timeless lessons of books. Mary Herrmann Hughes is a big reading advocate and has been a member of the West Mesa Book Group for ten years.

Wednesdays Sep 18 - Dec 11 1:30 - 3:00

Fee: \$8 4 sessions

Palmilla Senior Living Center

Make sure to browse all categories. Many subjects overlap – don't chance missing a class you'll enjoy!

Sapiens: A Study & Discussion Group 97*Barrie Segall & John Horton*

How did homo sapiens evolve from primates to become dominant on the planet? Discover answers in Yuval Noah Harari's book, *Sapiens: A Brief History of Humankind*. Explore how we came to believe in gods, trust money and laws, and become enslaved by bureaucracy and consumerism. Each week a different class member sends out discussion topics from the book for the following class. *This is a six-week study and discussion group; you must have the book for class; enrollment limited to 14.*

Barrie Segall is a retired management consultant who has successfully conducted several study and discussion groups in Albuquerque and Los Angeles. He facilitates discussions based on the material and questions prepared by other people in the class and sent to participants a week in advance. John Horton is the co-coordinator for the class.

Tuesdays Sep 24 - Oct 29 10:00 - 12:00**Fee: \$45 6 sessions Oasis****Oscar Wilde: Wit, Humor, & Scandal 98***Norma Libman*

Explore the life of one of the most unusual men of English letters. Famous for his domestic comedies, he also wrote essays, children's books, poetry, and an enormous number of letters. He delighted people in America and the United Kingdom on his lecture tours. Sample his prose and his poetry, and discover his amazing wit. His life is fascinating to follow – from the heights of fame to the depths of scandal and disgrace.

Norma Libman specializes in topics such as T.S. Eliot, E.E. Cummings, Shakespeare's sonnets, and Jewish history. She taught writing, literature, and humanities in Chicago and now leads workshops and trips throughout New Mexico. A freelance journalist with degrees in education and literature from Northeastern Illinois University, she has had more than 500 articles published in newspapers nationwide and is the author of

the award-winning novel, *Lonely River Village: A Novel of Secret Stories*.

Thursday Oct 10 10:00 - 11:30**Fee: \$8 Oasis****To Hell & Back With Dante****99***Timothy C. Graham*

Dante Alighieri (1265-1321) was the greatest poet of the Middle Ages; *The Divine Comedy* was his masterpiece. In this lecture, Timothy Graham describes Dante's stormy political career, his love for the mysterious Beatrice, and his revolutionary new poetic technique. He analyzes the first canticle, which describes Dante's journey through the nine circles of Hell, guided by the Roman poet Virgil. The lecture is illustrated with slides of Gustave Doré's magnificent engravings.

Dr. Timothy Graham is a Regents' Professor at UNM and recently retired as the director of the Institute for Medieval Studies. He holds BA, MA, and PhD degrees from Cambridge and an MPhil from the Warburg Institute, University of London. He is the author of *Introduction to Manuscript Studies* and received the Medieval Academy of America's Award for Excellence in Teaching Medieval Studies. He has been given the rank of Distinguished Professor at UNM.

Monday Oct 21 12:30 - 2:00**Fee: \$10 Oasis****Through Purgatory to Paradise With Dante****100***Timothy C. Graham*

The second and third canticles of Dante's *The Divine Comedy* offer an extraordinary allegory of the human soul's journey through tribulation to the ultimate vision of the Good. Accompanied by Virgil, Dante ascends the seven terraces of the Mount of Purgatory, whence his beloved Beatrice transports him through planetary spheres to the timeless abode of consummate Reality. Our tour of Dante's "fantastic voyage" explains the poet's

intricate symbolism and illuminates the historical figures Dante encounters.

See bio #99.

Monday Nov 18 12:30 - 2:00

Fee: \$10 Oasis

Dostoevsky, Giant of Russian Literature: Sinner or Saint? 101

Richard Field

Fyodor Dostoevsky is a giant of Russian literature. A keen analyst and critic, he wrote several psychological thrillers that were classics in his time and remain so today. Dostoevsky's novels were larded with rich and multi-dimensional characters, who struggled with many of the problems we face in our time. Explore the author's life and several key works, while focusing on his greatest novel, *The Brothers Karamazov*.

Since middle school, Richard Field has been an avid student of history in general and military history in particular. He earned his BS and MS from East Stroudsburg University, Pennsylvania. He also earned an MA from St. John's College in Santa Fe and a PhD from UNM. Field has taught at Albuquerque Academy since 1991 where he began teaching world history and senior humanities in 1994. He is an occasional contributor to *Ancient History Magazine*.

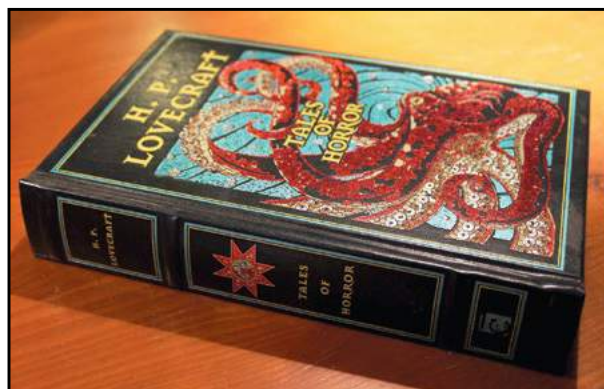
Saturday Oct 26 10:00 - 11:30

Fee: \$8 Oasis

H.P. Lovecraft's Cosmic Terror 102

Jane Ellen

Howard Phillips Lovecraft (1890-1937) would probably have difficulty reconciling his widespread popularity today with the meager returns on his career while he was alive. Best known as an author of weird fiction, he also wrote an estimated 100,000 letters, and spent copious amounts of time mentoring other writers. A pioneer of fiction emphasizing the cosmic horror of the unknown (or unknowable), elements of Lovecraft's work have permeated popular culture inspiring books, films, and music.



For a special Halloween treat, Jane Ellen lectures on H.P. Lovecraft, author of weird fiction (class #102).

Jane Ellen is the consummate storyteller with eclectic interests, specializing in music and entertainment history. She is an award-winning composer and recording artist who shares her passion for music, history, literature, and spirituality with Albuquerque audiences. Ellen has a catalog of more than 60 published works and numerous choral and chamber commissions; her music has been performed internationally.

Thursday Oct 31 2:30 - 4:30

Fee: \$10 Oasis

See also The Spiritual Journey of Leo Tolstoy with Frank Yates (class #131).

Music

Singing the Show Tunes 103

Jane Ellen

Join us for the third decade of this popular Oasis class. Meet weekly to rehearse a wide variety of favorite tunes, then perform in the community at the end of the term. Learn vocal technique and exercises designed to increase confidence and musical skills. Reading music or formal training is not required – only the love of singing. All levels welcome. *No class Oct 29. Off-site performances Nov 19, Dec 3 & 10. Performance at Oasis Friday, December 13, 2-3pm (see class #128).*

Jane Ellen brings to this class a solid background in performance, accompaniment, and musical direction. Her wide experience in classical music, theater, chorus, and bands, plus her natural enthusiasm combine to make this class a joyful learning activity for every participant.

Tuesdays Sep 17 - Nov 26 10:15 - 11:45

Fee: \$55 9 sessions Oasis

Please note that all Jane Ellen lectures are two hours.

Woodstock at 50 104

Jane Ellen

Fifty years ago, “An Aquarian Exposition: 3 Days of Peace & Music” featuring 32 different musical acts took place in August 1969 on a dairy farm southwest of Woodstock, New York. With nearly half a million people in attendance, the resulting rain-soaked festival featured Arlo Guthrie, Joan Baez, Santana, Grateful Dead, Janis Joplin, and many more. From opening act Richie Havens to the finale with Jimi Hendrix, Woodstock was a pivotal moment that changed the history of rock music forever.

See bio #102.

Wednesday Sep 18 2:30 - 4:30

Fee: \$10 Oasis

Early Western Music: Sons of the Pioneers 105

Jane Ellen

Before Leonard Slye became Roy Rogers (1911-98), before Canadian Bob Nolan (1908-80) answered a classified ad and was hired for The Rocky Mountaineers, and before Slye, Nolan, and Tim Spencer (1908-74) formed the Pioneer Trio, country western music was still a glimmer in the collective musical imagination. As their fame spread under a new name, Sons of the Pioneers, they cut their first record on



Learn how Woodstock changed the history of rock music with Jane Ellen in class #104.

the same day in 1934 as a young crooner named Bing Crosby.

See bio #102.

Friday Sep 27 10:00 - 12:00

Fee: \$10 Oasis

Downtown With Petula Clark 106

Jane Ellen

Child prodigy Sally Clark (1932-) got her start at the same time as Julie Andrews;

both were singing for the BBC and other venues during the Second World War years. In the 1950s she found success recording in French before making her mark in the 60s with such hits as “Downtown,” “Don’t Sleep in the Subway,” and “My Love.” Often called the First Lady of the British Invasion, she has sold in excess of 68 million records.

See bio #102.

Monday Sep 30 10:00 - 12:00

Fee: \$10 Oasis

Big Band Retrospective Series

Throughout 2019 Jane Ellen presents a retrospective of the brightest and best Big Band Era jazz artists. At least two classes are offered each term, and “Big Band” is noted in the title.

Moonlight Serenade: The Glenn Miller Story (Big Band Series) 107

Jane Ellen

Trombonist Glenn Miller (1904-44) is probably best remembered as the leader of one of the top swing bands of the Big Band Era. He was also considered a “secret weapon” of the Allied Forces during World War II. This presentation

revisits not only his tremendously successful music career, but also the “secret recordings” of Glenn Miller and the propaganda work he was expected to perform for the Allies at the time of his disappearance in 1944.

See bio #102.

Thursday Oct 3 10:00 - 12:00

Fee: \$10 Oasis

The Remarkable Danny Kaye 108

Jane Ellen

Mention the name Danny Kaye (1913-87) and odds are you won't get any of the following answers: orchestra conductor, ambassador for UNICEF, baseball enthusiast, Chinese and Italian chef, or commercial pilot. His well-known career as a singer, actor, dancer, and comedian was equally diverse and versatile, encompassing vaudeville, radio, film, television, and stand-up comedy. A complex individual, Kaye had as many facets to his personality as he had aspects to his overwhelming talents.

See bio #102.

Wednesday Oct 9 12:30 - 2:30

Fee: \$10 Oasis

The Divine Bette Midler 109

Jane Ellen

Bette Midler (1945-) began her career off-Broadway before moving to the Great White Way for *Fiddler on the Roof* and *Salvation* in the 1960s. She began to make her mark as a singer accompanied by Barry Manilow in 1970. Since the release of her debut album, *The Divine Miss M*, in 1972, the Grammy Award winner has a string of 14 studio albums, three dozen films (dramatic and comedic), and multiple stage appearances to her credit.

See bio #102.

Friday Oct 18 10:00 - 12:00

Fee: \$10 Oasis

Duke Ellington: Music is My Mistress (Big Band Series) 110

Jane Ellen

The story of Duke Ellington (1899-1974) is the story of jazz itself. Famously quoted as saying “Music is my mistress, and she plays second fiddle to no one,” his life spans a half-century of modern music, 50 years as the leader of a jazz orchestra, and over 3000 compositions. In venues ranging from Harlem’s Cotton Club to European stages to the White House, Ellington’s dream was to be seen as a composer without genre – and without color.

See bio #102.

Thursday Oct 24 12:30 - 2:30

Fee: \$10 Oasis

Escape to the Islands With Jimmy Buffett 111

Jane Ellen

Once you’ve listened to the music of Mississippi native Jimmy Buffett (1946-), the Margaritaville State of Mind becomes inescapable as do his coterie of fans known as Parrotheads. Successful as a musician, songwriter, author, actor, restaurateur, and businessman, Buffett’s name has become synonymous with the island escapist lifestyle expressed by hits such as “Margaritaville,” “Biloxi,” “Cheeseburger in Paradise,” “Changes in Latitudes, Changes in Attitudes,” “A Pirate Looks at Forty,” and “Come Monday.”

See bio #102.

Thursday Nov 7 10:00 - 12:00

Fee: \$10 Oasis

From Drifter to Superstar: Janis Joplin 112

Jane Ellen

Janis Lyn Joplin (1943-70) began her career as a teenager singing the blues in small Texas clubs. In 1967 Joplin found fame at the Monterey Pop Festival as the charismatic lead singer of the psychedelic rock band Big Brother and the Holding Company. Three solo

albums with such hits as “Piece of My Heart” and “Summertime”, along with her appearance at Woodstock, cemented her stardom before her tragic death from a heroin overdose at the age of 27.

See bio #102.

Wednesday Nov 13 2:30 - 4:30

Fee: \$10 Oasis

Loreena McKennitt’s Eclectic Celtic Artistry 113

Jane Ellen

Canadian musician Loreena McKennitt (1957-) is a singer-songwriter and recording artist known for her dramatic vocals and stunning grasp of eclectic Celtic and world music. Classified as a folk musician, whose performances include displaying her skills on harp, piano, and accordion, McKennitt has sold more than 14M albums worldwide. She has written music for documentaries, her music has been used in film, and she has toured Europe with multi-instrumentalist and composer Mike Oldfield.

See bio #102.

Thursday Nov 21 2:30 - 4:30

Fee: \$10 Oasis

Jazz Legend Stan Kenton (Big Band Series) 114

Jane Ellen

Few musicians have been as controversial as Stan Kenton (1911-79), the last major band leader to emerge from the Big Band era. Breaking away from pure swing, he led a succession of highly original bands in arrangements emphasizing emotion, power, and advanced harmonies. There was no middle ground where Kenton was concerned: hailed as innovative and vilified as bombastic, he is recognized today for his progressive music and laying the foundations for jazz education.

See bio #102.

Wednesday Dec 4 12:30 - 2:30

Fee: \$10 Oasis



Jane Ellen explores musician Loreena McKennitt, known for her dramatic vocals and stunning grasp of world music, in class #113.

Vienna’s Musical Dynasty: The Strauss Family 115

Jane Ellen

No one made dance music more fashionable than the Strauss family. Beginning in the early 19th century, their waltzes took Vienna by storm and went on to conquer Europe. The most famous composition by Johann Strauss I (1804-49, Father of the Viennese Waltz) is probably the Radetzky March; his son, Johann Strauss II (1825-99, The Waltz King) is known for the “Blue Danube” along with more than 400 waltzes and polkas, and several operettas (*Die Fledermaus*).

See bio #102.

Wednesday Dec 11 12:30 - 2:30

Fee: \$10 Oasis

Bing Crosby: Hot Jazz, Movies, & the Recording Revolution 116

Jane Ellen

Bing Crosby’s (1903-77) roots were firmly planted in red hot jazz as a self-taught drummer and vocalist. Even after he was

earning his living as a popular star of stage, screen, and radio, jazz remained one of his life-long passions. Crosby was also a pioneer on the technological forefront of the entertainment industry, changing the way singers used microphones and becoming the first performer to pre-record his radio shows for different time zones.

See bio #102.

Wednesday Dec 18 12:30 - 2:30

Fee: \$10 Oasis

See additional Jane Ellen classes in the Literature and Performing Arts categories: H.P. Lovecraft's Cosmic Terror (class #102); Stan & Ollie: The Laurel and Hardy Story (class #117); Innovative Genius: The Three Stooges (class #119).

Performing Arts, Comedy, & Improv

Stan & Ollie: The Laurel and Hardy Story 117

Jane Ellen

Englishman Stan Laurel (1890-1965) and American Oliver Hardy (1892-1957) became well known as a comedy team in the late 1920s, after both had worked independently in the film industry. Together they appeared in 107 films leaving behind a legacy of music, clever dialogue, and physical humor derived from impossible situations that allowed the duo to “milk” a joke by building multiple gags on top of each other without a firm script.

See bio #102.

Wednesday Oct 16 2:30 - 4:30

Fee: \$10 Oasis

Intro to Improv: Yes, and... 118

Jo McEntire

Improvisation became a popular theatrical form at The Second City in Chicago, though its roots lead back to vaudeville, Renaissance

Italy, and the Roman Empire. Participate in a fun workshop and explore verbal and physical games with other Oasis adventurers. Improvisation games lead to spontaneous, unscripted performances. This class provides you with an opportunity to interact with a group while learning about improv elements, including how to “agree” and engage with team partners. Begin to connect by sharing stories, leading to comical moments. All abilities welcome. *Enrollment limited to 12.*

Jo McEntire enjoyed many theatrical experiences during her first career as a performer and stage manager. She has acted in plays and musicals and created poetry performances and solo works. She studied improv at the Box Performance Space in Albuquerque and practices improvisation with a local team called the Golden Zingers.

Wednesday Nov 20 10:00 - 12:00

Fee: \$18 Oasis

Innovative Genius: The Three Stooges 119

Jane Ellen

The team known as The Three Stooges, despite poor wages, health issues, and personnel changes, left behind a legacy of some of the finest comedies ever made. Many would argue against the label “innovative,” but comedians still benefit from the routines they created. Before opinion began to swing in their favor, Steve Allen noted “Although they never achieved widespread critical acclaim, they did succeed in accomplishing what they had always intended to do: they made people laugh.”

See bio #102.

Wednesday Nov 20 12:30 - 2:30

Fee: \$10 Oasis

NEW LECTURE TIMES

10:00-11:30am with the exception of some 2-hour lecture ending times
12:30-2:00pm
2:30-4:00pm



PLEASE CHECK CLASS TIMES CLOSELY

Performing Arts: Performances

Please note that all Friday Performances begin at 2:00pm

Latin Rhythms of Nosotros: Friday Performance

120

This Latin music powerhouse seamlessly combines Latin rhythms with elements of rock, salsa, jazz, and cumbia, creating music relevant to our ever-changing world. Drawing audiences for over 20 years, Nosotros have been featured on NPR's Alt Latino, named winners in the prestigious John Lennon Songwriting Competition, awarded 12 NM Music Awards, and have shared the stage with some of the biggest names in music at venues such as the San Jose Jazz Festival and Telluride Jazz Festival.

Nosotros features Glenn Contreras - lead vocals; Carlos Fontana - lead vocals; Shane Derk - guitar; Randy Sanchez - tres, guitar; Ziggy Garcia - trumpet; Manuel Ramirez - saxophone; Chadd James - saxophone; Gilbert Uribe - bass; Ricky Carrido - congas; Jesse Joaquin Parker - vibes, percussion; and Dennis Javier Jasso - drums.

Friday Sep 27 2:00 - 3:30

Fee: \$12 Oasis

Q Brass Quintet: Friday Performance 121

Enjoy a recital of brass quintet music performed by Q Brass. The group, founded in 2007, is equally at home with a classical repertoire as they are with more contemporary pieces. Members also perform in the Albuquerque Concert Band, the Albuquerque Philharmonic, and Concordia Santa Fe, as well as other musical organizations. They have participated in ChamberCHOPS and other



Friday Performances will include these groups: (above) Nosotros; (left) Q Brass Quintet; (top row next page) Die Polka Schlingel; Carolyn Meyer; and (bottom) Rio Grande Players.

recitals, and have performed at various church services around the city.

Q Brass is: Dave Ampleford - trumpet and flugelhorn; Bill Kent - trumpet and flugelhorn; Tim Falling - French horn; Jed Rowley - trombone; and Mark Weaver - tuba.

Friday Oct 4 2:00 - 3:30

Fee: \$12 Oasis

Die Polka Schlingel: An October Friday Performance 122

Accordion, trumpets, flugelhorns, baritones, trombones, clarinets, saxes, a tuba, and drums makes up Die Polka Schlingel, an authentic New Mexican/Bavarian polka band. Be prepared to enjoy polkas, waltzes, schottisches, landlers, big band tunes, and even Mexican polkas.

Band members include Dan Wright, der Kappelmeister (band leader) & accordion; Sergio Manriquez - tuba; Chris Smith -



Canvas: Georgia O'Keeffe.
She holds a BA in English from Bucknell University.

Friday Oct 18 2:00 - 3:30
Fee: \$12 Oasis

Vintage Radio Episodes With the Rio Grande Players: Friday Performance 124



Join the Rio Grande Players as they celebrate a time when radio ruled. The group brings old radio episodes to life on stage using original scripts, performing Foley sound effects and adding period commercials and costumes. The 1940s brought us the novel 1984, the play South Pacific, The Andrew

trombone baritone; Brent Kelly - alto sax, clarinet; Kristi Raven - alto sax, clarinet; Frank Cabasier - tenor sax, clarinet; Bill Strohl, Bill Biffle, Orion Brady - trumpet, flugelhorn; and Ron Sanders - drums, woodblock, and cowbell.

Friday Oct 11 2:00 - 3:30
Fee: \$12 Oasis

Don't Call Me Young Lady: Friday Performance With Carolyn Meyer 123

At the age of 81, this popular author of historical fiction found a new calling in an improv acting class and began talking about what really matters to her. Based on Carolyn Meyer's own life and adventures with three husbands and three serious lovers, the show is hilarious, classy, and sassy (with more than a dash of raunch). She roams off-limits territory, captivating both "mature" and "very mature" audiences.

Carolyn Meyer is the author of more than 60 books for children and young adults, including *Diary of a Waitress: The Not-So-Glamorous Life of a Harvey Girl* and the recently published *Girl with Brush and*

Sisters with "Don't Sit Under the Apple Tree," Jackie Robinson, Glenn Miller, Lawrence Welk and much, much more, including some of our favorite radio personalities! Performances include all new episodes for our Oasis audience.

The Rio Grande Players are in their seventh year of bringing alive the era when radio was king. They are led by director/producer Yolanda Day, a happily retired English professor.

Friday Oct 25 2:00 - 3:30
Fee: \$12 Oasis

Guitar Artists Héctor García & Luis Campos: Friday Performance 125

Héctor García and Luis Campos return to Oasis to perform a new selection of classical and flamenco guitar compositions. These two musical artists present solos and duets from the guitar methods by Maestro Emilio Pujol from the Escuela Razonada de la Guitarra series. This Oasis presentation emulates concerts by Pujol and his wife Matilde Cuervas, who performed during the early to mid-1900s in Spain and Europe, and who were contemporaries with Andres Segovia and Francisco Tarrega.

Both Héctor García and Luis Campos performed in Vicente Romero's flamenco and classical Spanish dance concerts in 1963. Originally from Cuba, García received his Masters of Guitar and of Music degrees from the Peyrellade Conservatory and has performed in the US and Europe. He established the guitar department at UNM in 1967, and received the NM Governor's Award in the Arts in 1988. Campos has a Bachelor of Music degree in guitar performance from UNM and has studied with the maestros in Spain.



Friday Nov 8 2:00 - 3:30
Fee: \$12 Oasis

80 Jackson Street With Bluegrass & Americana: Friday Performance 126

Enjoy some front porch music for the down-home masses as four vocal leads provide delightful harmonies with accompanying acoustic instruments. Learn about bluegrass and Americana as 80 Jackson Street's Bill Honker and his bandmates Steff Chanut, Martin Adair, and Marty Lepore perform and discuss their musical styles. The band performs material that features their respective instruments as well as a range of song styles and origins.

Bill Honker has performed as a singer, songwriter, guitarist, and bass player for over 40 years. He was a longtime member of the nationally-touring bluegrass band, the Alan Munde Gazette. Marty Lepore has also performed and taught resonator guitar for over 40 years. He is a former Washington



Friday Performers include: (top left to bottom right) Héctor García and Luis Campos; 80 Jackson Street; Westside Sound Big Band; Música Antigua; and the Oasis Entertainers.



State Dobro champion. Steff Chanut and Martin Adair are accomplished vocalists and instrumentalists who have performed with a number of New Mexico bands.

Friday Nov 22 2:00 - 3:30
Fee: \$12 Oasis

Westside Sound Big Band: Friday Performance **127**

Westside Sound Big Band performs classic dance band favorites made famous by such great groups as Glenn Miller, Count Basie, Tommy Dorsey, Duke Ellington, and Benny Goodman, as well as 50s rock 'n' roll. They have a large repertoire of swing, jazz, latin, polkas, blues, show tunes, and popular favorites to please any audience. This special Oasis performance also includes holiday tunes for the season.

The 14-piece band includes saxes, trombones, trumpets, rhythm section, and vocalist, producing an authentic Big Band sound.

Friday Dec 6 2:00 - 3:30
Fee: \$12 Oasis

Broadway Favorites With the Oasis Entertainers: Friday Show Tunes Performance **128**

Join the Oasis Entertainers for their last show of the year, a concert featuring some of the most beloved stage songs of all time. From the pathos of *Les Miserables* ("I Dreamed a Dream") to a comedic rendering of the awakening of passion in *Oklahoma* ("I Cain't Say No") to an exploration of interracial friendships in *Big River* ("Worlds Apart"), this program is sure to feature some of your favorites as well.

Every trimester these enthusiastic singers enroll in "Singing the Show Tunes" and nine weeks later, they take their hour-long show into the community for performances. Led by Jane Ellen, this close-knit community of musicians performs favorite show tunes. All are invited to attend this musical adventure!

Friday Dec 13 2:00 - 3:00
Fee: \$8 Oasis

From the Middle Ages & Renaissance With Música Antigua: Friday Performance **129**

Be transported to medieval churches and Renaissance courts through this presentation

by Música Antigua de Albuquerque. Journey through authentic early music, both vocal and instrumental, from the 13th to 17th centuries. Learn about period instruments such as the viola da gamba, recorder, shawm, lute, hurdy gurdy, gemshorn, rebec, crumhorn, cornemuse, and vielle. The program includes some Christmas selections as well as other works from these eras.

Founded in 1978, Música Antigua performs in Albuquerque, Santa Fe, and beyond. The group was awarded the Albuquerque Arts Alliance's Bravo Award for Excellence in Music in 2002 and has received numerous grants for its musical programs. The group is composed of musicians Art Sheinberg, Dennis Davies-Wilson, David McGuire, Ruth Helgeson, Colleen Sheinberg, and Hovey Corbin.

Friday Dec 20 2:00 - 3:30
Fee: \$12 Oasis

Personal Enrichment

When I was a Child: Writing the Stories of Your Early Years **130**

Wendy Orley

Back by popular demand! Have you thought you should write down some of your memories for your grandchildren, but can not seem to get started? Have you written, but are now stuck? In three sessions, use various techniques to jump-start your storytelling. Whether they become a collection of anecdotes or a full-fledged memoir, these stories are meaningful and can be your small legacy to those who come after. Come ready to share some of your stories. *Enrollment limited to 15.*

Wendy Orley has degrees in history, English, and information science. She has written many stories from her childhood and the time she spent living in Europe and Africa for her children, who wanted to know about her life "from before we can remember." She taught English to adults in several countries, and

believes strongly in the importance of short personal writing to illuminate the past and personal values.

Mondays Nov 4 - Nov 18
10:30 - 12:00
Fee: \$24 3 sessions Oasis

Philosophy, Religion, & Spirituality

The Spiritual Journey of Leo Tolstoy: Part 1 **131**

Frank Yates

The Russian novelist Leo Tolstoy (1828-1910) wrote *War and Peace*, *Anna Karenina*, and many short stories. During the 1870s he went through a spiritual crisis and spent the last years of his life writing religious and spiritual works. In this first of two lectures we focus on his spiritual autobiography titled *A Confession*. His rather unorthodox views led to his excommunication from the Russian Orthodox Church. Learn about Tolstoy's spiritual transformation that led to his advocacy for simple poverty and non-violence.

Reverend Dr. Frank Yates is parish associate at First Presbyterian Church. He also teaches New Testament in the religious studies program at UNM, and philosophy and ethics at Lewis University, as well as at St. Norbert University in Wisconsin. He is a graduate of Abilene Christian University and UT Austin and has graduate degrees from Austin Presbyterian Theological Seminary.

Thursday Oct 17 10:00 - 11:30
Fee: \$8 Oasis



Learn about Leo Tolstoy's spiritual transformation, which led him to advocate for simple poverty and non-violence, in class #131. Image: Leo Tolstoy Barefoot, oil on canvas by Ilya Repin, 1901.

Celtic Otherworlds: Pre-Christian Spirituality **132**

Maya Sutton

How did the Celtic people in pre-Christian Europe practice their spirituality over 2000 years ago? The Celts were earth-honoring and believed that Nature was sacred. Every hill,

well, grove, and river was named and revered by Celtic people; the Danube was named for the great goddess Danu. In this class, view some actual crossing-places to *Celtic Otherworlds: The Land of the Living*, and *The Faerie Realm*. These are completely connected with our life on earth today.

Dr. Maya Magee Sutton graduated from Georgetown University's School of Foreign Service. She has traveled to 32 countries and lived in three of them. She received her PhD from UNM. Dr. Sutton has spent time at all the locations in France with legends of Mary Magdalene's presence. She also knows first-hand many of the entrances to the Celtic Otherworld.

Monday Oct 28 12:30 - 2:00
Fee: \$8 Oasis

Sor Maria de Agreda, the Blue Lady of the Southwest **133** *Regional Legend & Historic Woman*

Wardene M. Crowley

Sor Maria de Agreda, the Blue Lady, and author of *The Mystical City of God*, purportedly bilocated from Spain to what is now the Southwestern United States for the purpose of evangelization. Learn

about Sor Maria's appearances and influence in colonial Mexico and New Mexico during the 17th century. The question remains: How does the regional legend of the Blue Lady preserve the historic person of Sor Maria, the mystic, missionary, and influential author?

Wardene Crowley, MA, retired as an adjunct instructor at UNM and CNM. During her career, Crowley also developed and guided numerous retreats on spiritual development, mysticism, and saints including Teresa de Avila, John of the Cross, Hildegard of Bingen, Julian of Norwich, and Sor Maria, “The Blue Lady” of the Southwest. She received the Dominican award for her continuing contributions to adult learning.

Monday Nov 4 12:30 - 2:00
Fee: \$8 Oasis

**Pitfalls & Lessons:
 Learning From Our Past 134**

Harry Rosenfeld

Is it “Those who forget the past are doomed to relive it?” or “I wish it were the good old days?” Which is the reality? Our technology-driven fast-paced world makes us long for a time that may or may not have existed. Can you imagine going back to paying for long-distance phone calls? Conversely, isn’t it nice that we can now pre-order groceries and have them ready for pickup? What is the price we pay for living in these times? Be prepared to listen, share, and learn.

Harry Rosenfeld is the rabbi of Congregation Albert and holds a master’s degree in Hebrew letters from Hebrew Union College-Jewish Institute of Religion in Cincinnati. He was an adjunct professor at SUNY Buffalo, Canisius College, and Alaska Pacific University.

Tuesday Nov 5 2:30 - 4:00
Fee: \$8 Oasis

Saints & Their Animals 135

Christopher Zugger

From the deserts of Egypt to Scotland’s rocky shores to the forests of Russia, stories are told of people whose lives reflected such a taste of the Garden of Eden that wild animals came to them without fear. Meet lions, bears, birds and a host of creatures who responded to the holiness of these people. Explore how such occurrences are connected not only to the Garden of Eden, but also to the life of the ordinary Christian.

Father Christopher Zugger was born in Buffalo, New York. A graduate of St. Bonaventure University and The Washington Theological Union, he was ordained a priest in the Byzantine Catholic Church in 1981. He was pastor of Our Lady of Perpetual Help until medical retirement directed him into new pastoral work. He has been presenting for Oasis for many years on a wide variety of topics.

Thursday Nov 14 10:30 - 12:00
Fee: \$8 Our Lady Of Perpetual Help

**“David, King of Israel,
 Is Alive and Well” 136**

Shlomo Karni

From humble shepherd boy, David rose to become the most powerful and beloved king of ancient Israel, creating the dynasty of the House of David. He unified the tribal provinces into one strong kingdom, from the borders of Egypt to the Euphrates river, with Jerusalem as its political and spiritual capital. Explore the charismatic warrior and politician, as well as a gifted poet, who is referenced in the song “David, King of Israel, Is Alive and Well.”

Dr. Shlomo Karni is a professor emeritus at UNM, where he taught in the department of Electrical and Computer Engineering and in the department of Religious Studies. He



Saint Jerome is one of many saints who interacted with animals (class #135). Image: Jerome in his Study by Niccolò Colantonio, oil on panel, c. 1440-1470.

obtained his undergraduate degree from the Technion-Israel Institute of Technology, a master's degree from Yale University, and his PhD from the University of Illinois, Urbana-Champaign.

Monday Nov 18 10:00 - 11:30

Fee: \$8 Oasis

The Relevance of Socrates in a Morally Bankrupt Age 137

George Leone

Socrates was the first philosopher to be concerned with morality. His life-long search was to understand the virtues that make up the good life. His approach was to engage with ordinary people in self-examination to uncover their understanding of these moral virtues. Now 2400 years later we find ourselves living in a virtually morally bankrupt era. This course examines the relevance of Socrates in our endeavor to recover some vestige of morality.

George Leone has an undergraduate degree in Philosophy and received his PhD in counseling from St. Louis University. He taught graduate counseling courses at UNM, UTEP, and NM Highlands University for 25 years. Leone was a practicing professional counselor from 1979-2015 when he retired from both counseling and teaching.

Tuesday Nov 19 2:30 - 4:00

Fee: \$8 Oasis

Martin Buber: His Life & Philosophy 138

Michael Nutkiewicz

Martin Buber (1878-1965) was a leading 20th century German-Jewish philosopher. His "philosophy of dialogue" – found in his 1923 book *I and Thou* – made Buber one of the most widely regarded spiritual thinkers in the West. He influenced the fields of religion, psychiatry, and education. Buber also brought the teachings of Hasidism to the general public through his translations (and re-writing) of Hasidic tales. Learn about his life and thought.

Michael Nutkiewicz received his MA at USC in philosophy and his PhD at UCLA in history. He is now an adjunct instructor in the Religious Studies Program at UNM. He was the director of the Program for Torture Victims in Los Angeles and senior historian for the Survivors of the Shoah Visual History Foundation, a digitized archive of Holocaust survivor testimony. He was the executive director of Oasis from 2010-2014.

Thursday Nov 21 10:00 - 11:30

Fee: \$8 Oasis

Heaven, Hell, Nirvana, Ahimsa – Not to Mention Purgatory! 139

Hugh Horan

"I dread the loss of heaven and the pains of hell" was a part of some Christian prayers, with scenes of Divine Judgment a part of some traditions. Now, there are several beliefs about what happens after death: (a) nothing; (b) re-birth; (c) a long sleep until the end of it all, then resurrection for some/all; (d) immediate judgment & reward or punishment. We briefly examine all of these, then zero in on Western beliefs and teachings over time and the evidence for them.

Hugh Horan spent his middle years largely in Africa and the Mediterranean, mostly involved in applied public health projects, interrupted by bouts of university teaching. His PhD is from Northwestern University. Since 2002, in his "sensible, or declining" years, he has studied intensively and taught at UNM about how people have perceived God, their lives, and their ethical obligations.

Monday Dec 9 12:30 - 2:00

Fee: \$8 Oasis

Mary Magdalene: Who Was She? 140

Maya Sutton

Traditional Christianity portrays Mary Magdalene as a sinner whom Christ forgave and welcomed as an example to others. But was she demoted centuries later by bishops intent on reducing women to inferior status?

Research shows that she actually was the “Apostle of the Apostles” and “The Woman Who Knows All.” Why else was she the only witness to the resurrection of Christ? Maya Sutton shares her knowledge of sites in Europe where Mary Magdalene presumably lived.

See bio #132.

Tuesday Dec 10 12:30 - 2:00
Fee: \$8 Oasis

Science, Math, & Nature

Butterfly Farm Tour: Field Trip

141

Tatia Veltkamp

Come feed the butterflies and tour a working butterfly farm. Wings of Enchantment Butterfly Farm is a local leader in supplying fresh, healthy butterflies for release while also offering community educational programs to raise awareness about the importance of butterflies in our environment. Learn about the life cycle of the butterfly and what it takes to produce butterflies for a release. *Enrollment limited to 25.*

Tatia Veltkamp has been raising butterflies for over 18 years. She has worked with the Xerces Society on habitat restoration, and has worked with Southwest Monarch Study in Arizona to study migration patterns in the Southwest. Currently, she works on helping to understand the migration patterns of the monarch butterfly in New Mexico. She started Wings of Enchantment Butterfly Farm in 2010.

Tuesday Sep 17 1:30 - 2:30
Fee: \$18 Butterfly Farm



Learn about Mary Magdalene in this presentation by Maya Sutton (class #140). Image: Mary Magdalene by Andrea Solari, oil on panel, c. 1524.

Where Does It All Go: Wastewater Treatment Plant Field Trip

142

Erin Keck

Back by popular demand! Take a walking tour of the Water Authority’s wastewater treatment plant where all of Albuquerque’s wastewater is treated. Follow the path of the water from the intake facility, step-by-step through the treatment process until the cleaned water is emptied into the river.

Enrollment limited to 25.

Erin Keck is the education coordinator for the Water Authority. She has over 20 years of teaching experience as a tutor, a literacy instructor, a yoga teacher, and an environmental educator. She currently oversees

four teachers who reach nearly 20,000 students per year about the importance of water conservation in our community. She enjoys sharing her love of the outdoors and passion about protecting the environment.

Thursday Sep 19 9:00 - 11:00
Fee: \$15 ABCWUA

The Laser: A Light Fantastic

143

Lawrence K. Anderson

Over the years the laser has taken many forms, from the tiny diode laser in your DVD player to the giant glass laser amplifiers used to explore fusion energy. In this two-session course, look into who invented the first laser (the courts would decide!) and learn about the protagonists who shaped the evolution of the laser in its various forms. Learn how the various types of lasers work as well as the purpose and functions of lasers.

Lawrence Anderson earned a PhD in electrical engineering from Stanford University and spent most of his career at what was then AT&T Bell Laboratories where he was involved

in some of the first experimental applications of lasers. He headed the group that designed optical components for the first fiber optic transatlantic cable. He lectured for many years on technical subjects for the Institute for LifeLong Learning for New Mexicans.

Thursdays Sep 19 - Sep 26

10:00 - 11:30

Fee: \$16 2 sessions Oasis

**In Flight:
How Airplanes Work 144**

Dee Friesen

We all fly, but do we know how airplanes stay airborne? This presentation by an experienced pilot examines the basic components of an airplane, how the wings produce lift, and how we are able to safely sit inside an aircraft that is 37,000 feet above the earth. Is the air inside an airliner healthy? How safe are airplanes? All these and other topics are examined in this presentation.

Dee Friesen teaches physics and astronomy for Embry-Riddle Aeronautical University and is an amateur astronomer and former president of the Albuquerque Astronomical Society. He is a retired American Airlines captain and retired Air Force fighter pilot with combat experience in Vietnam. With more than 12,000 hours of flying time around the world, Friesen has experienced many interesting and unusual events.

Friday Oct 4 10:00 - 11:30

Fee: \$8 Oasis

The Nuts & Bolts of NM Weather & Forecasts: Field Trip to the NWS 145

Kerry Jones & Daniel Porter

Back by popular demand! The National Weather Service (NWS) in Albuquerque is



How can we safely fly 37,000 feet above the earth? Dee Friesen, retired American Airlines captain, explains the basics of airplanes and flight (class #144).

one of 144 offices and support centers across the US whose primary mission is to provide forecasts and warnings for the protection of life and property. Learn about the numerical guidance, forecast products including the watch-warning program, and the science behind weather events of New Mexico. *Enrollment limited to 18. Note: Part of the tour is outside for a weather balloon launch. Wear comfortable shoes, dress in layers, and be prepared to walk and stand.*

Kerry Jones, the warning coordination meteorologist, leads the NWS vision of the Weather-Ready Nation. Daniel Porter, the science and operations officer, ensures the office operations are

running smoothly, infuses new technology into operations, and supports the staff through training. Both Jones and Porter have worked at various NWS offices for over 35 combined years and regularly speak on a wide range of meteorological topics and emergency preparedness.

Wednesday Oct 16 3:00 - 4:30

Fee: \$18 National Weather Service

The Nuts & Bolts of NM Weather & Forecasts: Field Trip to the NWS 146

Kerry Jones & Daniel Porter

See class #145.

Wednesday Nov 6 3:00 - 4:30

Fee: \$18 National Weather Service

The History of Astrology 147

Barry Spletzer

Astrology, or predicting events on earth by the positions of the heavenly bodies, began as an ancient science. Early civilizations developed forms of astrology to aid in their agriculture,

hunting, gathering, and daily lives; astrology continues to be interwoven into today's society. Explore pagan beliefs that formed the foundations of modern astrology and discover the surprising origins of birth signs, names of the planets, and the daily horoscope. Finally, critically assess how today's astrological practices have abandoned all scientific basis.

Barry Spletzer has been a featured speaker in the Albuquerque area several times on topics including the history of science, astronomy, optics, and celestial mechanics. He retired from Sandia Labs as the senior scientist for robotics, is a registered professional engineer, and holds a PhD in applied mechanics.

Tuesday Oct 22 12:30 - 2:00

Fee: \$8 Oasis

The Day the Dinosaurs Died 148

Dwight Jennison

Recently, a fossil site discovered in North Dakota provided scientists with new information about the end of the Mesozoic Era. During the very hour that an asteroid impacted the Yucatan peninsula in Mexico, mud was deposited at an inland sea in what is now North Dakota. New dating suggests that this also caused an immense flood-lava deposit across the entire Indian subcontinent, due to a huge earthquake. This is a snapshot of the single day that mammals inherited the earth.

Dwight Jennison holds a PhD in theoretical physics from Rensselaer Polytechnic Institute. He was a professor at the University of Illinois at Urbana-Champaign before moving to Albuquerque, where he worked at Sandia National Laboratories for 30 years. Currently he is a docent at the NM Museum of Natural History & Science.

Tuesday Oct 29 2:30 - 4:00

Fee: \$8 Oasis

Black Holes & Exploding Stars 149

Len Duda

A black hole is a place of extreme gravity at the center of galaxies and the explosive end of massive stars. The gravity in a black hole is so

intense, no light can escape from it. In April 2019, we saw the first image of a black hole. We review what is known about black holes, how they form and what they look like, and more interesting details of black holes.

Leonard Duda, PhD, retired from Sandia National Laboratories after 37 years. He has been involved with volunteer science education activities including a NASA/JPL Solar System Ambassador, Science Olympiad, regional and state science fairs, and the Explora Science Center. He is a Grand Awards judge co-chair at the Intel International Science and Engineering Fair. In retirement, Duda continues his volunteer work and is a part-time educator at Explora.

Wednesday Oct 30 10:00 - 11:30

Fee: \$8 Oasis

Hidden Forces in the Evolution of Bird Diversity 150

Christopher Witt

This talk focuses on evolutionary processes that are impactful in nature, but often invisible without painstaking scientific study: genetics, adaptation, competition, disease, and others. Learn about recent research results showing how these processes have created and maintained bird species diversity across landscapes, both in North America and around the world.

Christopher Witt, PhD, is associate professor of biology and curator of birds at UNM's Museum of Southwestern Biology. He studies how evolution influences where birds live, how they compete, and how they will be affected by warming. He is an expert on montane birds of the New World. Witt advocates for natural history museums as tools to understand nature and environmental change. He has published over 60 articles.

Wednesday Oct 30 12:30 - 2:00

Fee: \$8 Oasis

Transatlantic Telecommunication Technology: A Brief History 151

Lawrence K. Anderson

Trace the history of transatlantic telecommunication technology through five historic milestones. Follow the first transatlantic telegraph message (1858) and the first transatlantic phone call via radio-telephone (1927) to TAT-1, the first transatlantic cable voice call (1956). Then learn about the launch of Telstar 1, the first telecommunications satellite (1962) and the completion of TAT-8, the first transatlantic fiber optic cable (1988).

See bio #143.

Wednesday Nov 6 10:00 - 11:30

Fee: \$8 Oasis

The End!? Beware Unintended Consequences 152

Creve Maples

Understanding the concept of time sets humans apart from other species. This allows us to plan for the future, helping insure our survival. However, it requires recognition of dangers and action to protect against them. Scientists say that we are in the sixth mass extinction, and we are unprepared to deal with consequences of our own actions. We fear public speaking more than diabetes, ignore our impact on the environment, and don't relate to things that are years away.

Creve Maples has undergraduate degrees from MIT and a PhD in nuclear science from Berkeley. He was head of Lawrence Berkeley Laboratory's Advanced Computer Architecture Lab, carrying out pioneering work with multiprocessor computers and real-time visualization. He founded the Synthetic Environment Laboratory at Sandia National Laboratories. His work in virtual reality and human-computer interfaces has received national attention.

Mondays Nov 11 - Nov 18 2:30 - 4:30

Fee: \$20 2 sessions Oasis

The Broad Mathematical Vision of Bernhard Riemann 153

David Metzler

In his short life, 19th century mathematician Bernhard Riemann made seminal contributions to multiple fields, all of which resonate today. His name appears on concepts ranging from freshman calculus, to the curved spaces of General Relativity, to Fermat's Last Theorem, and particularly the Riemann Hypothesis, the most desirable unsolved problem in mathematics. Delve into why he was so important and so productive in less than 40 years of life.

David Metzler specializes in stimulating lectures on math topics. He holds a BA in mathematics from Rice University and a PhD in mathematics from MIT. He has taught at Rice University and the University of Florida and currently teaches at Albuquerque Academy.

Wednesday Nov 27 10:00 - 11:30

Fee: \$8 Oasis

More Data, More Problems: Human Evolution As Of Now 154

Dave Weaver

It's a muddle out there. As it should be. Our views of human evolution always have been oversimplified and often unduly definitive. Take a look at new information that has surfaced about the evolution and variety of modern human beings, the mess in the Middle Pleistocene, and Neanderthals. Revisit some long-standing issues in human evolution in light of new information. The beat goes on.

Dave Weaver received his doctorate in physical anthropology from UNM. After 25 years at Wake Forest University, he returned to New Mexico. He has worked in North and Central America, Europe, and Africa on human skeletal analysis, forensic anthropology, bone microstructure, human evolution, and osteoporosis. In retirement, he volunteers for the US Forest Service, the Sandia Mountain

Natural History Center, and Animal Humane New Mexico, and travels as much as possible.

Monday Dec 2 12:30 - 2:00

Fee: \$10 Oasis

Bats of New Mexico: Their Biology, Behavior, & Conservation 155

Justin Stevenson

Learn about native bats of New Mexico and their amazing biology, behavior, and conservation needs. View some native species of bats, accompanied by video and photos to help provide learning opportunities on how incredibly diverse and specialized they are. Explore the elusive and often secretive lives of our native bats.

Justin Stevenson is a professional wildlife biologist with a career spanning 20 years and a myriad of species across the US. He is co-founder of fightwns, a non-profit organization that promotes bats through education, outreach, and a wildlife rehabilitator. Stevenson and his wife also own and operate RD Wildlife Management, a company specializing in co-existence and exclusion of native wildlife species.

Wednesday Dec 4 10:00 - 11:30

Fee: \$8 Oasis

The Science of Global Warming & Climate Change 156

Deirdre Kann

What is global warming? How is it related to climate change? How much confidence do we have in the anticipated impacts of climate change? In this presentation, we examine the evidence behind global warming, the causes and supporting climate data, and how confident climate scientists are regarding the future impacts of a changing climate.

Deirdre Kann worked for various offices of the National Weather Service (NWS) for 30 years before retiring in 2016. With an interest in climate, she helped to develop a class of Climate Change and Variability for NWS forecasters, and acted as co-lead operational



Learn about the biology, behavior, and conservation of New Mexico bats with Justin Stevenson in class #155.

instructor of the class for 10 years. She has a BS in Mathematics and a PhD in Atmospheric Sciences.

Wednesday Dec 11 10:00 - 11:30

Fee: \$8 Oasis

Geologic Origin of the Sandia Mountains & the Rio Grande Valley 157

Dirk Van Hart

This big-picture talk links the geology of the Sandia Mountains to the Rio Grande rift and its valley. Broad context is provided to show the reason for the Sandia Mountain being where it is, how the Rio Grande rift is connected to it, and why the Rio Grande Valley is shaped the way it is.

Dirk Van Hart has an MS in geology. He worked as a petroleum geologist for 25 years, followed by 25 years of consulting work and contract geology for Sandia National Laboratories. He and his family have lived in Oklahoma, Texas, California, Central and South America, and New Mexico. He has published a book about northwestern New Mexico and has given talks about the state's geology. He is semi-retired and loves sharing his knowledge of local geology.

Thursday Dec 12 12:30 - 2:00

Fee: \$8 Oasis



Arroyo Formation: The Navajo, the Hopi, & Grazing Sheep 158

Leslie McFadden

The Hopi of Arizona, ancestral Puebloan descendants, are sedentary agriculturalists. Conflicts emerged when the Navajo, a nomadic people, migrated there in the 1400s. Partitioning a jointly occupied region into Hopi and Navajo areas in 1977 permitted the Hopi to sue the Navajo and the Federal government, claiming overgrazing by Navajo sheep caused arroyo formation and reduced land values. The conflict highlights continuing scientific debate concerning the fundamental causes of arroyo expansion since the late 19th century.

Les McFadden is a professor emeritus in the UNM Earth & Planetary Sciences (E&PS) Department. He received an MS & PhD in geosciences from the University of Arizona after earning a BA in anthropology from Stanford University. He served as chair of the E&PS Department (1999-2007) and is a fellow of the Geological Society of America (GSA). In 2017 he received the Kirk Bryan Award for Excellence from the Council of the GSA.

Tuesday Dec 17 12:30 - 2:00

Fee: \$8 Oasis

Southwest

Hiking in the High Desert: An Introduction to Albuquerque Open Spaces 159

William Pentler

This year marks the 35th anniversary of the Albuquerque Open Spaces. Come learn about

Dirk Van Hart explores the geologic origin of the Sandia Mountains in class #157. Photo by Steve Elkins.

their history and management, the various locations that comprise the more than 29,000 acres of open space, the unique natural and archeological characteristics of each, and tips for accessing and utilizing them. We also discuss best practices for hiking in the high desert – from the bosque to the petroglyphs to the east mountains to the foothills.

Bill Pentler is the supervisor of resource management and visitor services for the Open Space Division of Albuquerque Parks and Recreation. He served as lead zookeeper and educational coordinator at Lion Country Safari in Florida, law enforcement and interpretive state park ranger at Fenton Lake in the Jemez Mountains, and supervisor at Albuquerque's animal shelters. He holds degrees in zoology and psychology.

Wednesday Sep 18 10:00 - 11:30

Fee: \$8 Oasis

Walking Through Barelás: Hispanic Murals & History Tour 160

Doug Simon

Walk through the historic neighborhood of Barelás with neighborhood resident Doug Simon, former docent and volunteer coordinator at the National Hispanic Cultural Center (NHCC). Tour begins at the NHCC fresco, *Mundos de Mestizaje*, and continues along Fourth Street where we view numerous public murals. Few know that Sacred Heart church contains a memorial chapel

incorporating actual World Trade Center beams. Participants are invited to lunch (on your own) at La Fonda del Bosque at NHCC. *Enrollment limited to 15.*

Doug Simon was connected with the NHCC from its opening in 2000 through 2016. During that time, he was a volunteer, docent and employee. In addition, he was the volunteer coordinator at the NM Museum of Natural History and Science from 2012 to 2016. He continues giving tours and sharing what he learned from NHCC staff, artists, writers, historians and performers during these colorful and formative years.

Friday Sep 27 9:30 - 11:30

Fee: \$18 National Hispanic Cultural Center

**Persistence of Resistance:
Survival & Resiliency in the Pueblo
World, 1540-1696 161**

Matt Schmader

Native people of New Mexico were profoundly affected by first contact with Europeans in 1540 and by subsequent events leading up to the first colony. The 1600s were especially difficult for indigenous populations and newly arrived colonists. Famine, drought, disease, displacements, massive population loss, and social oppression all led to the Pueblo Revolt. In spite of these events, native peoples endured to create the strong cultures we now experience in New Mexico.

Dr. Matt Schmader has more than 38 years of field experience in southwestern archaeology. He has worked on sites of virtually every cultural time period, ranging from Paleo-Indian to Archaic campsites, from Spanish contact/colonial sites to the historic red light district in downtown Albuquerque. He is an adjunct professor in UNM's Anthropology Department. He earned his MA and PhD from UNM, is superintendent emeritus of City Open Space, and was the only City archaeologist from 2007 through 2016.

Tuesday Oct 1 12:30 - 2:00

Fee: \$10 Oasis

**Tour of Belen Harvey House Museum:
Field Trip 162**

Frances Zeller & Marty Henderson

Back by popular demand! Built in 1910 by the AT&SF Railroad, the Belen Harvey House is one of only a few standing Harvey Houses of New Mexico. Ninety percent of the structure is original. Learn about the Museum's history with the museum coordinator or lead docent; our tour includes the main museum, upstairs bedrooms, and a short video. After the tour, you might choose to eat lunch next door at Pete's Cafe. *Enrollment limited to 25.*

Museum Coordinator Frances Zeller attended Maryland Institute of Art in Baltimore. She also lived in Philadelphia, Washington, DC, and Savannah, GA, where she worked as a professional tour guide and developed a passion for history and architecture. Lead Docent Marty Henderson, grew up in Cincinnati, Ohio, and moved to New Mexico in 1991. She is a passionate collector of fine antiques and jewelry, and all things Fred Harvey. She is retired after working as a legal secretary.

Thursday Oct 3 10:30 - 12:00

Fee: \$15 Harvey House Museum in Belen

**New Mexico on the Eve of
the American Occupation 163**

Don Bullis

Between Mexican independence from Spain in 1821 and American occupation in 1846, 16 Mexican governors ruled Nuevo Mexico. They answered to some 35 presidential administrations in Mexico City which generally ignored the northern reaches of Mexico. The Archdiocese of Durango also ignored parishioners living in the north. New Mexicans were poor and often in conflict with nomadic Native American tribes. These and many other problems affected the people as they awaited an invasion by the American army.

Don Bullis graduated from Eastern New Mexico University with a bachelor's degree in American history and American literature and attended graduate school at UNM. He

worked as a columnist for the New Mexico Independent newspapers and served as editor of the Sandoval County Times-Independent. He is president of the Central New Mexico Corral of Westerners. He is the author of nine nonfiction books on New Mexico history and two novels, also set in New Mexico.

Monday Oct 7 12:30 - 2:00
Fee: \$8 Oasis

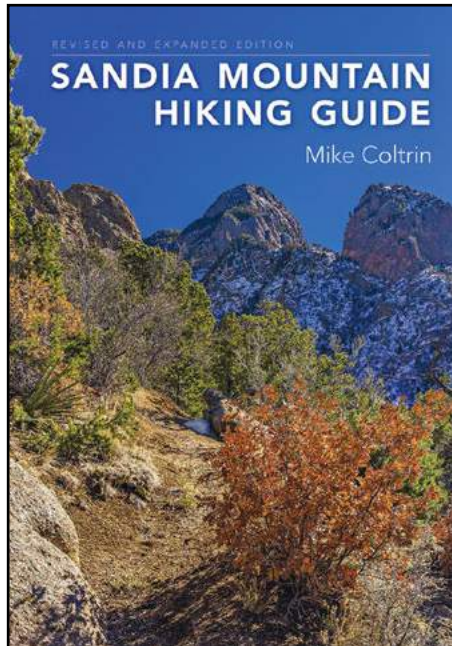
Sandia Mountain Hiking Guide: Trails & Recreation 164

Michael Coltrin

Learn about the *Sandia Mountain Hiking Guide*, which has been completely updated with color photographs, up-to-date trail descriptions, detailed maps, additional GPS data, and modified difficulty ratings for many of the featured hikes. Author Mike Coltrin summarizes highlights of the revised and expanded edition of the book, which also include descriptions of new trails, two dozen family friendly outings for hikers of all ages and abilities, and insightful safety first considerations for moderate-to-difficult trails. *Presented in partnership with UNM Press.*

Mike Coltrin is a physical chemist by training and was a member of the technical staff at Sandia National Laboratories before his recent retirement. He has enjoyed hiking in the Sandia Mountains for more than 35 years.

Monday Oct 14 10:00 - 11:30
Fee: \$8 Oasis



Learn about hiking in the Sandia Mountains with author and seasoned hiker Michael Coltrin in class #164.

Archaeology Collections Tour: Maxwell Museum of Anthropology Field Trip 165

Karen Price

Reflecting a broad mission that encompasses the entire history of humankind, the Maxwell Museum's collections are worldwide in scope, with extensive holdings from throughout North, South, and Central America. With its primary emphasis on the American Southwest, the Maxwell is world-renowned for

its holdings from this region. Senior Collections Manager of Archaeology Karen Price leads this tour of the Museum's vast archaeological collection. Be advised: you will be standing for the entire two-hour adventure behind the scenes in the storage and work areas of the museum. *Enrollment limited to 20.*

Karen Price received her MA in artefact studies from University College London and her BA in anthropology and Spanish from James Madison University, Harrisonburg, Virginia. She was curator of Archaeological Collections at Mount Vernon Ladies' Association, Mount Vernon, Virginia, before she came to the Maxwell in the spring of 2016.

Saturday Oct 19 10:00 - 12:00
Fee: \$15
Maxwell Museum of Anthropology

Railroading in New Mexico 166

John M. Taylor

Railroads played an important role in New Mexico's history, fueling new prosperity and growth. Learn about the history of railroading in New Mexico. Experience a 1940 train



Please Arrive on Time!

Oasis classes start promptly at their scheduled time. Please be courteous to others – arrive 10-15 minutes early to park, check in, and get settled.

travelogue across the state, viewing photos from famed railroad photographer Jack Delano. Discover how the railroad system became vital throughout the state.

John Taylor retired in 2010 as the manager of the Integrated Technologies and Systems Strategic Management Group Support Department at Sandia National Laboratories. He has a master's degree in nuclear engineering from Stanford University and was a member of Sandia's technical and management staff for 35 years. He is the author or co-author of 50 technical reports and 11 books on a variety of topics including New Mexico history, soccer science, and naval history.

Monday Oct 28 10:00 - 11:30

Fee: \$8 Oasis

Headed Into the Wind: Restoring Indigenous Mindedness 167

Jack Loeffler

Culturally, we are shorn from our roots in nature. After decades of conducting interviews with people of particularly diverse perspectives, Jack Loeffler understands that diversity of cultural perspective is vital to human sustainability. He shares the points of view of Native Americans, scientists, writers, counter-culturalists, and environmentalists through his comments and by playing excerpts from recorded conversations that have become the basis for his radio series, books, and essays. *Presented in partnership with UNM Press.*

Jack Loeffler is an aural historian, radio producer, and author who has made New Mexico his home since 1962. His many radio series have been broadcast over Community Public Radio stations both nationally and regionally. He is the author of many books that address cultural and environmental issues. His latest book is titled *Headed into the Wind: A Memoir*. He has recently donated his extensive aural history archive to the NM History Museum.

Monday Nov 4 10:00 - 11:30

Fee: \$8 Oasis

Steel Gangs: Native American Railroad Workers 168

Frederick Friedman

The railroaders called them "Steel Gangs." They were the best railroad construction and maintenance workers employed by the Union Pacific and Santa Fe Railroads and others. They included Navajo, Laguna, Acoma, and many other tribal members. Their cultural and religious traditions help distinguish these railroad workers. Their legacies continue today.

Fred Friedman is a retired New Mexico Transportation Department Railroad Bureau chief, with an extensive background in New Mexico territorial and state railroad history. He has written and lectured throughout New Mexico on the subject.

Thursday Nov 14 10:00 - 11:30

Fee: \$8 Oasis

New Mexico's Historic Villages: Vanishing Treasures 169

Robert J. Tórréz

Nearly four decades ago, former New Mexico State Historian Robert Tórréz assisted the New Mexico Historic Preservation Division to list several of the villages surrounding his home town of Los Ojos as National Historic Districts. He began to photograph old buildings and cemeteries to create his own record of the region's cultural resources. View his vast photographic collection which documents the sad loss of many of the architectural and cultural treasures that constituted these historic communities.

Robert Tórréz is a native New Mexican who served as the State Historian from 1987-2000. He is the author of several books and has contributed chapters to nearly two dozen anthologies and textbooks. His monthly column, "Voices From the Past," is published in *Round the Roundhouse*, the state government employee newspaper.

Monday Dec 9 10:00 - 11:30

Fee: \$8 Oasis

See also The American West Through European Eyes: Savagery & Redemption with Kathleen Waymire (class #10); Sor Maria de Agreda, the Blue Lady of the Southwest with Wardene Crowley (class #133).

Armchair Travel/ Travelogue

Adventure Travel: Living Dangerously

170

Al Davis

Al Davis and his wife experience countries in unique ways. Hear about their experiences on three relatively dangerous adventures. They lived for six weeks in war-ravaged Jos, Nigeria. They spent 10 days in Kashmir, the region being fought over by India, Pakistan, and China. They were overnight guests of headhunters in Indonesia. For each adventure (illustrated with photographs), learn about the cultures, environments, problems they encountered, and how they were solved.

Alan Davis has traveled to 93 countries and has slept on all seven continents. He was trained in computer science and has a PhD from the University of Illinois. In addition to a long corporate career, he held academic positions at the University of Colorado and in Indonesia, Nigeria, Spain, and South Africa. Davis has published 100+ articles, lectured 2,000+ times in 28 countries, and is the author of nine books.

Wednesday Oct 2 10:00 - 11:30

Fee: \$8 Oasis

Well Dressings of the Peak District in England 171

Barbara Witemeyer

Imagine a beautiful, door-sized picture, depicting a well known Biblical story, a cathedral, or a special anniversary, which on close inspection turns out to be made entirely of flower petals and other

natural materials. Dozens of well dressings are set up each summer for a week in villages all over Derbyshire in the English Midlands to bless the water from natural springs and wells. Be prepared to marvel at the intricate petalling of these unique creations.

Born in England, Barbara Witemeyer married a UNM professor of English and came to Albuquerque in 1988. In 2002 she graduated with a BA in American Studies (Southwest focus) and a Native American minor. She is active at the Indian Pueblo Cultural Center, ushers at UNM's Popejoy Hall, and volunteers at film and folk festivals as well as RSVP special events. She is also an Oasis tutor.

Monday Oct 7 2:30 - 4:00

Fee: \$8 Oasis

Walking the Appalachian Trail 172

David Ryan

The 2180-mile-long Appalachian Trail runs from Georgia to Maine and is the oldest long-distance hiking trail in the nation. The Trail was featured in Bill Bryson's best selling book, *A Walk in the Woods*. David Ryan illustrates what it is like to spend five or six months on the Trail. Learn how a long distance walk is as much of a lifestyle as it is a hike.

With an insatiable appetite to explore the outdoors, David Ryan has hiked the entire Appalachian Trail, walked the Camino de

Santiago, found many previously unknown archaeology sites in the New Mexico backcountry, and has explored the mountains and deserts that surround Albuquerque. He is also the author of *The Gentle Art*

Barbara Witemeyer presents a talk on well dressings in England (class #171).



of *Wandering*, *The Bisbee Stairs*, and *Long Distance Hiking on the Appalachian Trail for the Older Adventurer*.

Thursday Oct 17 12:30 - 2:00

Fee: \$8 Oasis

Walks

For all walks, bring clothing layers, water, sun protection, binoculars, camera, and anything you might want to be comfortable (e.g. sturdy shoes, trekking poles).

Walking Albuquerque - Mondays 173

Joyce M. Bortner

Whether along historic irrigation ditches, through interesting city neighborhoods, or on foothill trails, enjoy these moderately paced walks guided by a variety of walk leaders. Each walk is approximately 90 minutes, and we trek through several different areas of the city, stopping along the way at out-of-the-ordinary sites. These walks are geared for intermediate walkers because some of the terrain is uneven or uphill. Good shoes, sunshades, and general fitness are required. No pets. Generally, there are no restrooms. You will receive directions to each walk's starting point following your class registration. *Enrollment limited to 30.*

Joyce Bortner, who has been involved with Walking Albuquerque for 16 years, serves as the team coordinator. You will be delighted by a variety of enthusiastic guides on these walks.

Mondays Sep 16 - Oct 21 8:30 - 10:00

Fee: \$18 6 sessions Walks

Walking Albuquerque - Wednesdays 174

Joyce M. Bortner

This class is the same as Walking Albuquerque - Mondays (class #173)

Wednesdays Sep 18 - Oct 23 8:30 - 10:00

Fee: \$18 6 sessions Walks

A Fall Hike in the Bosque

175

William Pentler

Join Bill Pentler for a fall hike in the bosque. This moderately-paced walk of approximately two miles is on mostly level ground. See and learn about the area's unique history, including the glass gardens and reclamation areas. Our route takes us along the river, past a substantial yerba mansa patch, and, if the weather cooperates, through lots of fall foliage. No facilities are available. *Enrollment limited to 30.*

See bio #159.

Thursday Oct 24 9:00 - 11:30

Fee: \$15 National Hispanic Cultural Center

Tingley Beach:

Accessible Sculpture Walk

176

Susan Craig & Colston Chandler

Tingley Beach, then called Conservancy Beach, was constructed in 1931 as a place where the public could swim, boat, and fish. After decades of neglect, it was rebuilt beginning in 2004 and is once again a popular destination. In addition to the ponds, there are interesting sculptures to view and a platform to visit that overlooks the river and, with any luck, the fall colors of the bosque. The walk is approximately 1.2 miles long and suitable for wheelchair users. Restrooms are available. *Enrollment limited to 15.*

Colston Chandler and Susan Craig are 29-year North Valley residents and outdoor enthusiasts who have long been involved with environmental organizations.

Thursday Oct 24 10:30 - 12:00

Fee: \$15 Tingley Beach

Our Splendid Sandhill Cranes:

A Walk

177

Susan Craig & Colston Chandler

Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, filling the air with their loose Vs and circles as they look for prime landing fields. Standing four to five feet high, with a wingspread of seven feet, these stately red-capped birds are the delight

of nature lovers. Experts from the Open Space program join us for this 2.5-mile walk on level terrain to view the cranes, newly arrived in November. *No facilities available. Enrollment limited to 30.*

See bio #176.

Wednesday Nov 20 10:00 - 12:00
 Fee: \$15 Los Poblanos Open Space

**Our Splendid Sandhill Cranes:
 An Accessible Walk 178**

Susan Craig & Colston Chandler

Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, filling the air with their loose V's and circles as they look for prime landing fields. Standing four to five feet high, with a wingspread of seven feet, these stately red-capped birds are the delight of nature lovers. Take a leisurely walk of about 1.5 miles to view them. The walk is on flat ground that, although slightly rough in places, can be navigated by wide-tired wheelchairs. *No facilities available. Enrollment limited to 15.*

See bio #176.

Wednesday Dec 4 10:00 - 12:00
 Fee: \$15 Los Poblanos Open Space

Day Trips

**School for Advanced Research:
 Day Trip to Santa Fe 179**

This day trip includes two private docent-led tours at the School for Advanced Research (SAR): a tour of the school grounds and a

Visit the School for Advanced Research in Santa Fe to tour their grounds and explore their art collection (class #179).

tour of their art collection. The SAR is an educational institution and residential center focusing on the cultivation of innovative research in anthropology as well as the work of Native American artists and writers. They provide access to informed discussions topics of broad social concern through lectures, salons, classes, artist studio talks, and field trips.

We split into two groups for a unique experience and switch after lunch; each tour is 80 to 90 minutes. One group explores the fascinating history, stunning architecture, and beautiful outdoor gardens of the 1920s home of Amelia Elizabeth White and Martha Root White. The secluded eight-acre estate, formerly known as “El Deliro” (The Madness) is the campus for SAR. The other group learns about the Center’s collection, which includes pottery, jewelry, textiles, paintings, basketry, and drums from many renowned artists. Tours



of the open storage vaults give you an up-close and unique view into one of the world's finest Native American art collections.

Between the two tours, the bus drives participants to the Santa Fe Plaza area for lunch on your own. Visit local Plaza restaurants or bring your own sack lunch.

Traveler notes: Wear comfortable walking shoes so you can fully appreciate the rustic beauty of the campus and its gravel and flagstone walkways. You will be walking and standing; expect a high activity level.

Includes: Transportation; bottled water on bus; tour fees, driver tip.

Meet at Oasis. Pre-registration required; enrollment limited to 30.

Monday Sep 30 8:45 - 4:15

Fee: \$85 Trip

Geology Day Trip: San Lorenzo Canyon & Mineral Museum 180

Oasis partners with Cottonwood Gulch Expeditions for a program focused on the geology of the Socorro area. Visit San Lorenzo Canyon, a unique geologic feature with hoodoos, arches, sandstone cliffs, and slot canyons. Cottonwoods dot the canyon

A trip south to the Socorro area focuses on geology with a canyon hike followed by a mineral museum tour (class #180).

floor and indicate that at some point, it was likely a reliable water source. Hike along the canyon bottom and learn about the canyon's formation, allow for creative artistic outlets, and enjoy the unique landscape and features.

After lunch (bring your own sack lunch), visit the Mineral Museum at New Mexico Tech in Socorro and learn about some of the unique minerals and elements found in the Southwest. The Mineral Museum has over 5,000 mineral specimens and has been in existence at the New Mexico School of Mines since 1938.

Cottonwood Gulch staff facilitate and teach throughout the day and may bring in outside experts. Matt Baker-White is an associate director of Cottonwood Gulch and holds a masters of education. His specialties are adventure education, science, and unique Southwestern experiences. Austin Kessler is field educator at Cottonwood Gulch; he has worked as a sea kayak guide, a wilderness therapy instructor, and as a group leader for Cottonwood Gulch. Kessler has a bachelor's in adventure education with minors in photography and education. Jack Oviatt holds a PhD in geography as well as an MS in geology; he brings a depth of knowledge about geologic processes and geomorphology. He serves as lead science guide for the day, both at San Lorenzo Canyon and at the mineral museum.



Traveler notes: Transportation is in vans and this is a high activity level tour. You will be hiking, walking, and standing in uneven terrain in a sandy/rocky wash. Wear comfortable walking shoes and layered clothing; bring water, sun protection, binoculars, camera, and anything you need to be comfortable such as trekking poles, etc. Bring your own sack lunch.

Includes: Transportation; guides, bottled water on vans. Meet at Oasis. Pre-registration required; enrollment limited to 20.

Tuesday Nov 5 9:00 - 4:00
Fee: \$85 Trip

Off-Site Lectures

Oasis participants must pre-register; limited enrollment. Note: these classes were presented at Oasis during the Summer 2019 session.



All classes are scheduled from 3:00-4:30pm.

Kirtland Army Air Field During World War II

181

John L. Deuble

Explore the early years of the Albuquerque municipal airport and Albuquerque Army Air Field. John Deuble describes the transition of the air fields from Pearl Harbor to becoming the Kirtland Army Air Field. Learn about pilot, crew, and bombardier training in Albuquerque during the war as well as Kirtland's contributions to the war effort as a transportation center for the Manhattan Project.

John Deuble is a military historian. He graduated from the University of the Pacific with graduate study at University of Nevada and Harvard University. He is the author of two books: *Camp Furlong-Columbus, New Mexico 1912-1926* and *An Illustrated History of the 1st Aero Squadron at Camp Furlong-Columbus, New Mexico 1916-1917*. In addition, he has published over 20 articles on early 20th century New Mexico military history.

Thursday Sep 12 3:00 - 4:30
Free La Vida Llena

Opioid Addiction & Abuse

182

Jennifer Weiss-Burke

The opioid epidemic is responsible for almost 50,000 overdose deaths annually in the US. This national epidemic severely impacts New Mexico, as we lose more people to overdoses than we do to car accidents and gun violence. Why is this happening and how can we work together to address the epidemic? Examine the reasons so many people become addicted to opioids, how to prevent opioid addiction, and how to help someone who may be struggling with addiction issues.

Jennifer Weiss-Burke is the executive director of Serenity Mesa Recovery Center. She has a BS in information technology (IT) and an MBA from UNM. She spent most of her career as vice president of IT at a credit union before discovering her 16-year-old son was battling heroin addiction. She became a full-time advocate in 2011 and has spoken at national conferences about the opioid epidemic. Her story has been featured in the *New York Times*, *Washington Post*, *USA Today*, and *Sports Illustrated*.

Thursday Oct 10 3:00 - 4:30
Free La Vida Llena

Boogie-Woogie Bugle Boy of Company B: The Andrews Sisters

183

Jane Ellen

Three teenage sisters, LaVerne (1911-67), Maxene (1916-95), and Patty (1918-2013), joined together to form the Andrews Sisters, a close harmony singing group whose popularity dominated the swing era. By the mid-70s, they were credited with sales of over 75 million records. Other wartime hits included "Beer Barrel Polka," "Bei Mir Bist Du Schoen (Means That You're Grand)," and "Don't Sit Under the Apple Tree," while "Rum and Coca Cola" helped introduce stateside audiences to calypso.

See bio #102.

Thursday Nov 14 3:00 - 4:30
Free La Vida Llena

The Spin on Hurricanes 184

Deirdre Kann

Since 1980, hurricanes and tropical cyclones have caused more damage and deaths in the United States than any other type of weather or climate disaster. This presentation covers how and where these tropical systems form and why the resulting damage can be so extreme. We review some of the most extreme US events, and learn how remnants of hurricanes can impact New Mexico.

See bio #156.

Thursday Dec 12 3:00 - 4:30
Free La Vida Llena



Pre-registration required; limited enrollment. Neighborhood in Rio Rancho residents must pre-register at the hospitality desk. Note: these classes were presented at Oasis during the Summer 2019 session.

All classes are scheduled from 3:00-4:30pm.

The De Anza Motor Lodge: Albuquerque's Zuni Connection 185

Deborah C. Slaney

Enjoy a fascinating glimpse into the life of C.G. Wallace, who built the De Anza Motor Lodge on Central Avenue in Albuquerque's upper Nob Hill neighborhood. Wallace, a local trader of Zuni art and pottery, decorated the motel with a variety of Native American works of art. Learn about Route 66 tourism, mid-20th century Zuni carvings and jewelry, and the history of a beloved Albuquerque icon.

See bio #3.

Monday Sep 9 3:00 - 4:30
Free Neighborhood in Rio Rancho

Buena Vista Social Club Revisited 186

Jane Ellen

In 1997 Ry Cooder (1947-) recorded an album with a forgotten generation of Cuban

musicians who had been largely silent since the earliest years of the Castro regime. Two years later, Wim Wenders released a documentary about Cooder's remarkable experience, which immortalized these legendary musicians for posterity. This class will revisit the story, the music, the careers, and the legacy of amazing musicians such as Ibrahim Ferrer, Omara Portuondo, and Rubén González.

See bio #102.

Monday Oct 14 3:00 - 4:30
Free Neighborhood in Rio Rancho

Shades of Light: American Photography in the 19th Century 187

William H. Itoh

This extensively illustrated presentation features examples of daguerreotypes, ambrotypes, tintypes, and paper prints (including cartes-de-visite, cabinets, and stereoviews) which represent the introduction and development of photography in the United States. These enduring images chronicle the story of America in the 19th century including the drama of the Civil War and the opening of the West.

See bio #37.

Tuesday Nov 12 3:00 - 4:30
Free Neighborhood in Rio Rancho

Surfin' USA: The Evolution of Surf Music 188

Jane Ellen

Had the British Invasion been delayed, American pop music might have taken a completely different trajectory in the 1960s. Evolving in the late 50s, surf music ruled the coastal air waves from 1961-64. Even though groups such as the Beach Boys and Jan and Dean stole the spotlight from classic instrumentals such as "Pipeline" and "Wipe Out," surf music was set to explode into a national phenomenon when it was derailed by the arrival of the Beatles.

See bio #102.

Monday Dec 9 3:00 - 4:30
Free Neighborhood in Rio Rancho

Off-Site Class Locations Directory

For additional information, contact the Oasis office at (505) 884-4529.

Albuquerque Bernalillo County Water Utility Authority *Water Reclamation Plant, 4201 Second Street SW.* Take I-25 south to the Rio Bravo exit. Drive west on Rio Bravo to 2nd Street, turn left. The Treatment Plant is a quarter mile south of Rio Bravo. Turn right into the Plant, stop at the guard station, and you will be directed to the education classroom under the tall, beige water tower.

Albuquerque International Sunport *Sunport Blvd SE.* Park in the Sunport Parking Garage and bring your parking ticket into the terminal for validation by Sunport staff. Meet under the 1914 airplane hanging from the ceiling behind the escalators in the Great Hall.

Albuquerque Journal Auditorium Albuquerque Journal's 2nd floor auditorium is at *7777 Jefferson NE.*

Albuquerque Museum *2000 Mountain Road NW,* near Old Town. Free parking on site (give your parking space number to the Museum receptionist). 505-243-7255

Belen Harvey House Museum *104 North First St, Belen.* Belen is located about 36 miles south of Albuquerque. Take Exit 195 from I-25 South. Turn left onto W Reinken Ave, turn right onto North Second St, turn left toward North First St, then turn right onto North First St and your destination is on the left. 505-861-0581

Cherry Hills Library *6901 Barstow NE,* one block east of the intersection of Wyoming and San Antonio.

Coronado Villa *6900 San Vicente Ave NE.* 505-273-3324

Duran's Central Pharmacy *1815 Central NW.* Begin tour at Remedy, a cafe in the pharmacy/restaurant complex across the parking lot.

Eldora Chocolate *8114 Edith Blvd NE,* about two blocks south of Paseo del Norte, on the east side of the street.

El Pinto Restaurant *10500 4th St NW.* Drive 2 miles west of the Tramway/Roy exit off I-25 to 4th Street. The restaurant is on the east side of the street.

Erna Fergusson Library *3700 San Mateo NE.* Just north of Comanche Road near Montgomery Park.

FAA Air Traffic Control Center *8000 Louisiana Blvd NE.* The ARTCC is located at the SE corner of Paseo del Norte and Louisiana Blvd NE. Entrance is on Louisiana Blvd. There is a manned gate and visitor parking is outside the gate. You must show a photo ID to enter.

Friedman Recycling *5021 Edith Blvd NE, north of Griegos.* Look for a sign with a capital F (just across the street from TLC plumbing which has a big sign). Turn into the long driveway, go through the industrial gate, and park in the lot in front of the office. 505-835-5540

Jaramillo Vineyards & Tasting Room Take exit #195 (first Belen exit) from I-25 south. Drive about 1 mile, then sharp left onto Andre Sanchez Road (there is a brown historical marker right before your turn). Follow road as it curves around. At red stop sign (Rasband Dairy to your left), stop and then drive straight onto private gravel road, follow it to the top, passing a white house. Winery is right next to house. Directions to tasting room will be provided at the vineyard.

Kei & Molly Textiles *4400 Silver SE, Suite A.* On the corner of Washington SE and Silver SE. Park in studio parking lot or on Silver. 505-268-4400

La Vida Llena *10501 Lagrima De Oro Rd NE.* From the Montgomery & Morris intersection, go north on Morris one block, then turn east on Lagrima de Oro Rd NE. La Vida Llena will be on your left. 505-293-4001

Los Poblanos Open Space Take Montano Blvd 1.0 mile west of Fourth Street to Terra Viva Pl (east of Shepherd of the Valley Church). Turn north into the parking lot.

Maxwell Museum of Anthropology *500 University Blvd NE.* Located on the west side of the UNM Campus, just north of Martin Luther King Jr. Blvd and just east of University Blvd. Limited parking in strip lot at Maxwell (must obtain pass inside). Free weekend parking (except for reserved spaces) in the surface lots north of the Maxwell and along Redondo, the street adjacent to the Museum.

McGuffin Boot Studio *1113 Nashville SW* in Albuquerque's south valley. From I-25 south, exit Avenida César Chávez. Turn left on Isleta (second light after the river) and drive approximately 1/2 mile. Turn right on Nashville to 1113. Park along the street; please don't block neighbors' driveways. Enter through driveway gate by the mailbox to the red barn.

Meltdown Studio *901 Rio Grande Blvd NW, Suite E130.* This is behind D H Lescombes Winery & Bistro (formerly St. Clair Winery & Bistro) on Rio Grande.

Museum of the American Military Family *546B Hwy 333 (Historic Route 66), Tijeras, NM 87059.* Next to Molly's Bar. 505-504-6830

Oasis Intergenerational Tutoring Program

Do you have a free hour each week? Are you looking for an opportunity to give back?

Consider being an Oasis tutor/reading mentor. This is an incredible opportunity to invest in the future of an elementary student. You CAN be a mentor when you care about our elementary students, believe in them, and invest in them with your time and talents. You CAN make a difference by spending one hour, one day a week, mentoring a student one-on-one. Our team this year will have 400 reading mentors and we volunteer during the day in the elementary schools. Oasis training sessions are scheduled in September and October 2019, and January 2020. Pre-registration is required.

Join Us! Contact Oasis at 505-884-4529 or on the web at <https://www.oasisabq.org/tutoring> for more information.

One student, one reading mentor, one school year. Two lives forever changed.



National Hispanic Cultural Center 1701 4th Street SW. Intersection of 4th Street SW and Avenida César Chávez (Bridge Blvd). From I-25, exit Avenida César Chávez, follow west over railroad tracks. Enter the parking lot on 4th or 8th Streets.

National Weather Service 2341 Clark Carr Rd SE. From I-25, take Sunport Blvd exit. Take University Blvd SE, pass through the intersection marked Rental Car Return and make your next left onto Clark Carr Rd SE (no light at this intersection). Drive up the hill (look for white dome) through one more intersection, turn into first driveway on left - NOAA brick building.

The Neighborhood in Rio Rancho 900 Loma Colorado Blvd NE, Rio Rancho. Off of Northern Blvd NE. 505-994-2296

Our Lady of Perpetual Help Byzantine Catholic Church 1837 Alvarado Dr NE. Between San Pedro and San Mateo NE. One block north of Constitution Ave NE and one block south of Alvarado Park.

Palmilla Senior Living Center 10301 Golf Course Rd NW. Located in the Paradise Hills area. 505-867-5022

Pamela Minzner Law Center 2211 Tucker NE. Located on UNM's north campus. From Indian School Road NE and Carlisle NE, travel west 0.8 miles on Indian School to Stanford. Turn left (south) onto Stanford and then turn right on Tucker Road. Minzner building is on your right.

Silver Leaf Farms 358 Mountain Shadows Rd, Corrales, NM 87048 From Corrales Road, turn west onto W La Entrada Road. (Mt Shadows is between Corrales Road and Loma Linda Road.) Turn left/south on Mt Shadows Rd and then veer right/west. 358 Mt Shadows Road is on the right. Park on the street. 505-459-7163

Sprouts Farmers Market 5112 Lomas Blvd NE, near the corner of Lomas and San Mateo.

Sunset Memorial Park 924 Menaul Blvd NE. Entrance is on the south side of Menaul between Edith Blvd and I-25. 505-345-3536

Telephone Museum of New Mexico 110 4th St NW. In downtown Albuquerque between Central and Copper Ave. Parking is available on the street and in nearby city parking garages.

Tingley Beach 1800 Tingley Dr SW. From Central Avenue and Tingley Drive (traffic signal just east of the Rio Grande), go south and turn right into the first Tingley Beach entrance. Turn right again, go past the northernmost pond, and park in the large gravel parking lot.

Wings of Enchantment Butterfly Farm 9517 Dona Rowena Ave NE. In the neighborhood just NW of Eubank & Montgomery. Business entrance is at the purple gate to the left of the garage doors. Park along the street.

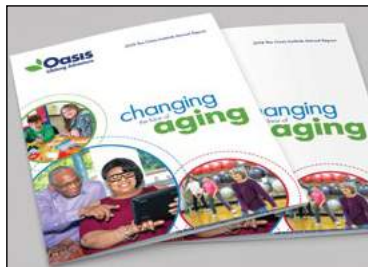
National News

The Oasis Institute • Fall 2019



Oasis National News

If you participate in lifelong learning classes, health and wellness programs or engage in volunteer opportunities with Oasis, you're in good company! Nationwide, Oasis is a resource for thousands of older adults who are looking for ways to keep learning, stay active and healthy and give back. Oasis reaches a broad audience of **more than 250 communities** through **nine education centers** and a national network of **over 700 partners in 23 states**.



Check out our national impact in 2018:



32,000
adults



140,000
class enrollments



6,100
volunteers



332,100
volunteer hours

Learn more about Oasis national and local impact in our 2018 Annual Report online at annualreport.oasisnet.org.

Click on your city to read great stories about what's happening locally!

DON'T MISS OUT on the latest news from Oasis!

If you want to receive the latest information about Oasis classes, volunteer opportunities and events that matter to you, **it's important that you give us permission to communicate with you through bulk email**.

All you have to do is "opt in," a simple process that lets us know you want to receive bulk email from Oasis.

This is time sensitive. If you don't opt in, you will no longer receive communications from Oasis through our bulk email system. There are three easy ways to opt in:

- 1** Call us at 505.884.4529 and let someone help you opt in.
- 2** Stop by the Oasis front desk and tell a staff member you'd like to be opted in.
- 3** Sign into MyOasis and click on the Opt In button.

Thanks for letting us stay in touch with you!

Notice! As we go to print on the fall catalog, we have approximately 3,600 of you who have "opted in." **If you have not opted in, we will be unable to email you class information about a change (cancellation, date change, instructor note, follow-up, etc.) or news about what is going on here.** We never share or sell your personal information, including email addresses.

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 Haverland Carter
LIFE PLAN
COMMUNITIES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
2	Office Closed for Labor Day	3		4	Registration Opens 10:00am	5		6			
9	Oasis Classes Begin 185 De Anza Lodge - NIRP* 3:00 - 4:30	10	Tutor Training (pre-registration required) 93 Austin Book Group 1:30 - 3:00	11		12	181 Kirtland WW II at LVL* 3:00 - 4:30 Art Reception: 5:00 - 6:30 Martha Light & Linda Holland	13	Tutor Support Meeting		
16	173 Walking Mondays* 8:30 - 10:00 54 Stress-Busting 10:00 - 11:30 19 Foreign Policy Group* 10:30 - 12:30	17	21 Support Tour* 10:00 - 12:00 103 Singing the Show Tunes 10:15 - 11:45 20 Foreign Policy Group* 10:30 - 12:30 94 Summit Book Group 11:00 - 12:30 55 Finding Movement Class 12:30 - 2:00 95 Holmes Book Group* 1:00 - 2:30 141 Butterfly Farm Tour* 1:30 - 2:30	18	174 Walking Wednesdays* 8:30 - 10:00 159 Abq Open Space Hiking 10:00 - 11:30 56 Hands-Only CPR & AED 12:30 - 2:00 96 West Mesa Book Group* 1:30 - 3:00 104 Woodstock at 50 2:30 - 4:30 57 Wellness by Resilience 3:30 - 4:30	19	142 Wastewater Plant Tour* 9:00 - 11:00 143 The Laser 10:00 - 11:30 68 Foam Rolling 11:00 - 12:00	20	Celebrate Oasis Event 10:00 - 12:00		
23	173 Walking Mondays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 58 Aging Ears 10:00 - 11:30 19 Foreign Policy Group* 10:30 - 12:30 11 Cremation Myths* 10:30 - 12:00 24 What About Guns? 12:30 - 2:00 71 Better Balance A 3:00 - 4:00	24	73 Tai Chi for Health A 9:00 - 10:00 97 Sapiens Discussion 10:00 - 12:00 103 Singing the Show Tunes 10:15 - 11:45 20 Foreign Policy Group* 10:30 - 12:30 82 Military Museum Tour* 1:00 - 3:00	25	174 Walking Wednesdays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 22 Support Tour* 10:00 - 12:00 25 Smart Cities 10:00 - 11:30 75 Yoga for Arthritis 11:00 - 12:00 83 Pedro de Alvarado 12:30 - 2:00 71 Better Balance A 3:00 - 4:00 57 Wellness by Resilience 3:30 - 4:30	26	12 Duran's Pharmacy Tour* 9:30 - 10:30 143 The Laser 10:00 - 11:30 68 Foam Rolling 11:00 - 12:00 1 Mosaics Art Workshop 12:00 - 4:00 59 The Shuffle & Walking 12:30 - 2:00 44 El Pinto Tour & Lunch* 1:00 - 3:00	27	73 Tai Chi for Health A 9:00 - 10:00 160 Borelas Mural Tour* 9:30 - 11:30 105 Sons of the Pioneers 10:00 - 12:00 1 Mosaics Art Workshop 12:00 - 2:00 120 Nosotras Performance 2:00 - 3:30 26 Counterterrorism Trump* 3:00 - 5:00		
30	173 Walking Mondays* 8:30 - 10:00 179 School for Research Trip* 8:45 - 4:15 106 Petula Clark 10:00 - 12:00 19 Foreign Policy Group* 10:30 - 12:30 29 Islamic Republic of Iran 12:30 - 2:00										

Public Library Speaker Series
Making Change: Businesses, People, and Projects that Shaped a City
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 73 Tai Chi for Health A 9:00 - 10:00 45 Sprouts Market Tour* 10:00 - 11:30 97 Sapiens Discussion Group 10:00 - 12:00 103 Singing the Show Tunes 10:15 - 11:45 20 Foreign Policy Group* 10:30 - 12:30 161 Persistence of Resistance 12:30 - 2:00	2 174 Walking Wednesdays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 170 Adventure Travel 10:00 - 11:30 75 Yoga for Arthritis 11:00 - 12:00 42 NM Authors & Movies 12:30 - 2:00 71 Better Balance A 3:00 - 4:00 57 Wellness by Resilience 3:30 - 4:30	3 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 107 Glenn Miller Story 10:00 - 12:00 162 Harvey House Tour* 10:30 - 12:00 3 Leekya: Zuni Carver 12:30 - 2:00	4 73 Tai Chi for Health A 9:00 - 10:00 144 How Airplanes Work 10:00 - 11:30 30 NM Court of Appeals Tour* 2:00 - 3:30 121 Q Brass Quintet PERF 2:00 - 3:30 27 Britain After Brexit* 3:00 - 5:00	
7 173 Walking Mondays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 31 Money in US Politics 10:00 - 11:30 19 Foreign Policy Group* 10:30 - 12:30 163 NM American Occupation 12:30 - 2:00 171 Well Dressings in England 2:30 - 4:00 71 Better Balance A 3:00 - 4:00	8 73 Tai Chi for Health A 9:00 - 10:00 46 Silver Leaf Farms Tour* 9:30 - 11:00 97 Sapiens Discussion Group 10:00 - 12:00 103 Singing the Show Tunes 10:15 - 11:45 20 Foreign Policy Group* 10:30 - 12:30 93 Austin Book Group 1:30 - 3:00 32 Marijuana in NM 2:30 - 4:00	9 174 Walking Wednesdays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 61 Chronic Disease 12:30 - 3:00 108 Danny Kaye 12:30 - 2:30 71 Better Balance A 3:00 - 4:00 57 Wellness By Resilience 3:30 - 4:30	10 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 98 Oscar Wilde 10:00 - 11:30 13 Friedman Recycling Tour* 11:00 - 12:00 33 Viente New Mexico 12:30 - 2:00 4 Pastel Art Workshop 12:30 - 3:30 14 Friedman Recycling Tour* 1:30 - 2:30 182 Opioid Addiction at LVL* 3:00 - 4:30	
14 173 Walking Mondays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 164 Sandia Mountain Hiking 10:00 - 11:30 19 Foreign Policy Group* 10:30 - 12:30 71 Better Balance A 3:00 - 4:00 186 Buena Vista Club at NIRR* 3:00 - 4:30	15 73 Tai Chi for Health A 9:00 - 10:00 73 Sapiens Discussion Group 10:00 - 12:00 47 Eldora Chocolate Tour* 10:00 - 11:00 103 Singing the Show Tunes 10:15 - 11:45 20 Foreign Policy Group* 10:30 - 12:30 94 Summit Book Group 11:00 - 12:30 76 Yoga for Bones 11:00 - 12:00 95 Holmes Book Group* 1:00 - 2:30	16 174 Walking Wednesdays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 49 Healthful Holidays 10:00 - 11:30 61 Chronic Disease 12:30 - 3:00 96 West Mesa Book Group* 1:30 - 3:00 117 Laurel and Hardy Story 2:30 - 4:30 71 Better Balance A 3:00 - 4:00 145 NWS Tour* 3:00 - 4:30	17 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 48 Eldora Chocolate Tour* 10:00 - 11:00 131 Leo Tolstoy 10:00 - 11:30 172 Appalachian Trail 12:30 - 2:00	
21 173 Walking Mondays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 84 Age of Rembrandt 10:00 - 11:30 19 Foreign Policy Group* 10:30 - 12:30 99 Hell & Back With Dante 12:30 - 2:00 71 Better Balance A 3:00 - 4:00	22 73 Tai Chi for Health A 9:00 - 10:00 85 Telephone Museum Tour* 10:00 - 12:00 97 Sapiens Discussion Group 10:00 - 12:00 103 Singing the Show Tunes 10:15 - 11:45 76 Yoga for Bones 10:30 - 12:30 147 History of Astrology 11:00 - 12:00 12:30 - 2:00	23 Tutor Training 8:00 - 4:00 174 Walking Wednesdays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 50 Vineyards Field Trip* 10:00 - 1:00 6 Metalsmithing Workshop* 10:00 - 2:00 61 Chronic Disease 12:30 - 3:00 71 Better Balance A 3:00 - 4:00	24 78 Tai Chi Chih 1 9:00 - 10:00 175 Fall Hike in the Bosque* 9:00 - 11:30 7 Kei & Molly Textiles Tour* 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 15 Truth in Treatment 10:00 - 11:30 176 Tingley Accessible Walk* 10:30 - 12:00 110 Duke Ellington 12:30 - 2:30	
28 69 Tai Ji Quan A 9:00 - 10:00 166 Railroading in NM 10:00 - 11:30 19 Foreign Policy Group* 10:30 - 12:30 132 Celtic Otherworlds 12:30 - 2:00 51 Tapas Delights 1:00 - 3:00 71 Better Balance A 3:00 - 4:00	29 73 Tai Chi for Health A 9:00 - 10:00 97 Sapiens Discussion Group 10:00 - 12:00 62 Stroke Prevention 10:00 - 11:30 20 Foreign Policy Group* 10:30 - 12:30 63 Spinal Stenosis 101 12:30 - 2:00 148 Day the Dinosaurs Died 2:30 - 4:00	30 69 Tai Ji Quan A 9:00 - 10:00 149 Black Holes & Stars 10:00 - 11:30 150 Bird Diversity 12:30 - 2:00 61 Chronic Disease 12:30 - 3:00 71 Better Balance A 3:00 - 4:00	31 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 102 H.P. Lovecraft 2:30 - 4:30	
			11 73 Tai Chi for Health A 9:00 - 10:00 34 Mental Illness Discussion 10:00 - 12:00 4 Pastel Art Workshop 12:30 - 3:30 122 Die Polka Schlingel Perf 2:00 - 3:30	18 73 Tai Chi for Health A 9:00 - 10:00 35 FAA Field Trip* 10:00 - 12:00 5 Spiral Art Workshop 10:00 - 12:30 109 Bette Midler 10:00 - 12:00 123 Carolyn Meyer PERF 2:00 - 3:30
			10 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 98 Oscar Wilde 10:00 - 11:30 13 Friedman Recycling Tour* 11:00 - 12:00 33 Viente New Mexico 12:30 - 2:00 4 Pastel Art Workshop 12:30 - 3:30 14 Friedman Recycling Tour* 1:30 - 2:30 182 Opioid Addiction at LVL* 3:00 - 4:30	25 73 Tai Chi for Health A 9:00 - 10:00 5 Spiral Art Workshop 10:00 - 12:30 124 Vintage Radio PERF 2:00 - 3:30
			16 174 Walking Wednesdays* 8:30 - 10:00 69 Tai Ji Quan A 9:00 - 10:00 49 Healthful Holidays 10:00 - 11:30 61 Chronic Disease 12:30 - 3:00 96 West Mesa Book Group* 1:30 - 3:00 117 Laurel and Hardy Story 2:30 - 4:30 71 Better Balance A 3:00 - 4:00 145 NWS Tour* 3:00 - 4:30	SATURDAY OCT. 19 165 Maxwell Museum Tour* 10:00 - 12:00
			17 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 48 Eldora Chocolate Tour* 10:00 - 11:00 131 Leo Tolstoy 10:00 - 11:30 172 Appalachian Trail 12:30 - 2:00	SATURDAY OCT. 26 101 Dostoevsky 10:00 - 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 69 Tai Ji Quan A 9:00 - 10:00 167 Indigenous Mindedness 10:00 - 11:30 130 Writing Stories 10:30 - 12:00 19 Foreign Policy Group* 10:30 - 12:30 77 Yoga for Posture 11:00 - 12:00 133 Blue Lady of the SW 12:30 - 2:00 71 Better Balance A 3:00 - 4:00	5 74 Tai Chi for Health B 9:00 - 10:00 180 Geology Day Trip* 9:00 - 4:00 103 Singing the Show Tunes 10:15 - 11:45 20 Foreign Policy Group* 10:30 - 12:30 134 Learning From Our Past 2:30 - 4:00	6 70 Tai Ji Quan B 9:00 - 10:00 151 Telecommunication 10:00 - 11:30 61 Chronic Disease 12:30 - 3:00 16 Internet Safety 2:30 - 4:00 72 Better Balance B 3:00 - 4:00 146 NWS Tour* 3:00 - 4:30	7 78 Tai Chi Chih 1 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 111 Jimmy Buffett 10:00 - 12:00 8 Bootmaking Studio Tour* 10:00 - 11:30 2 Mosais Art Workshop 12:30 - 4:30 43 Sullivan's Travels Film 1:00 - 4:00	1 73 Tai Chi for Health A 9:00 - 10:00 86 Camino Real de California 10:00 - 11:30 28 China: Environmental* 3:00 - 5:00
11 70 Tai Ji Quan B 9:00 - 10:00 37 Southeast Asia 10:00 - 11:30 130 Writing Stories 10:30 - 12:00 77 Yoga for Posture 11:00 - 12:00 152 Unintended Consequences 2:30 - 4:30 72 Better Balance B 3:00 - 4:00	12 74 Tai Chi for Health B 9:00 - 10:00 23 Support Tour* 10:00 - 12:00 103 Singing the Show Tunes 10:15 - 11:45 38 Abortion Debate 12:30 - 2:00 93 Austin Book Group 1:30 - 3:00 187 Photography at NIRR* 3:00 - 4:30	13 70 Tai Ji Quan B 9:00 - 10:00 17 Lawyers Wish You Knew 10:00 - 11:30 61 Chronic Disease 12:30 - 3:00 112 Janis Joplin 2:30 - 4:30 72 Better Balance B 3:00 - 4:00	14 79 Tai Chi Chih 2 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 168 Native Railroad Workers 10:00 - 11:30 135 Saints & Animals 10:30 - 12:00 183 Andrews Sisters at LVL* 3:00 - 4:30	15 Tutor Book Giveaway 74 Tai Chi for Health B 9:00 - 10:00 36 FAA Field Trip* 10:00 - 12:00
18 70 Tai Ji Quan B 9:00 - 10:00 136 David, King of Israel 10:00 - 11:30 130 Writing Stories 10:30 - 12:00 100 Purgatory to Paradise 12:30 - 2:00 152 Unintended Consequences 2:30 - 4:30 72 Better Balance B 3:00 - 4:00	19 74 Tai Chi for Health B 9:00 - 10:00 88 Assassination of Lincoln 10:00 - 11:30 94 Summit Book Group 11:00 - 12:30 52 Mindful Eating Practices 12:30 - 1:30 95 Holmes Book Group* 1:00 - 2:30 137 Relevance of Sorcrates 2:30 - 4:00	20 70 Tai Ji Quan B 9:00 - 10:00 53 Nutrition for Cognition 10:00 - 11:30 177 Sandhill Cranes Walk* 10:00 - 12:00 118 Intro to Improv 10:00 - 12:00 119 Three Stooges 12:30 - 2:30 96 West Mesa Book Group* 1:30 - 3:00 72 Better Balance B 3:00 - 4:00	21 79 Tai Chi Chih 2 9:00 - 10:00 60 Matter of Balance 10:00 - 12:00 138 Martin Buber 10:00 - 11:30 113 Loreena McKennitt 2:30 - 4:30	22 74 Tai Chi for Health B 9:00 - 10:00 39 Middle East Policy 10:00 - 11:30 126 80 Jackson Street PERF 2:00 - 3:30
25 70 Tai Ji Quan B 9:00 - 10:00 89 Wartime China 10:00 - 11:30 64 Osteoporosis 12:30 - 2:00 9 Printmaking Workshop 12:30 - 3:30 72 Better Balance B 3:00 - 4:00	26 74 Tai Chi for Health B 9:00 - 10:00 103 Singing the Show Tunes 10:15 - 11:45 9 Printmaking Workshop 12:30 - 3:30	27 153 Mathematical Riemann 10:00 - 11:30	28 Office Closed for Thanksgiving	29 Office Closed for Thanksgiving



NEW LECTURE TIMES
 with the exception of some 2-hour lecture ending times

10:00-11:30am
12:30-2:00pm
2:30-4:00pm

PLEASE CHECK CLASS TIMES CLOSELY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
2	70 Tai Ji Quan B 40 Worldviews Discussion 89 Wartime China 80 Aerobic Dance Party 154 Human Evolution 72 Better Balance B	9:00 - 10:00 10:00 - 12:00 10:00 - 11:30 11:00 - 12:00 12:30 - 2:00 3:00 - 4:00	3	74 Tai Chi for Health B 81 Mint Bands	9:00 - 10:00 11:00 - 12:00	4	70 Tai Ji Quan B 178 Cranes Accessible Walk* 155 Bats of New Mexico 114 Jazz Legend Stan Kenton 72 Better Balance B	9:00 - 10:00 10:00 - 12:00 10:00 - 11:30 12:30 - 2:30 3:00 - 4:00	5	Tutor Support Meeting 79 Tai Chi Chih 2 10 American West 90 Henson Museum Tour* 91 Henson Museum Tour*	9:00 - 10:00 10:00 - 11:30 1:00 - 2:00 3:00 - 4:00	6	74 Tai Chi for Health B 127 Big Band PERF	9:00 - 10:00 2:00 - 3:30
9	70 Tai Ji Quan B 40 Worldviews Discussion 169 NM Historic Villages 80 Aerobic Dance Party 139 Heaven, Hell, Nirvana 65 Cancer's Mysteries 188 Surf Music at NIRR* 72 Better Balance B	9:00 - 10:00 10:00 - 12:00 10:00 - 11:30 11:00 - 12:00 12:30 - 2:00 2:30 - 4:00 3:00 - 4:30 3:00 - 4:00	10	74 Tai Chi for Health B 801 Productive Aging *AHEPA 18 My Kids My Stuff 81 Mint Bands 140 Mary Magdalene 93 Austin Book Group	9:00 - 10:00 10:00 - 11:00 10:00 - 11:30 11:00 - 12:00 12:30 - 2:00 1:30 - 3:00	11	70 Tai Ji Quan B 156 Global Warming 115 Vienna's Strauss Family 96 West Mesa Book Group* 72 Better Balance B	9:00 - 10:00 10:00 - 11:30 12:30 - 2:30 1:30 - 3:00 3:00 - 4:00	12	79 Tai Chi Chih 2 66 Meditation Workshop 157 Geology of Sandias 184 Hurricanes at LVL*	9:00 - 10:00 10:00 - 11:30 12:30 - 2:00 3:00 - 4:30	13	74 Tai Chi for Health B 92 Most Southern Place 128 Show Tunes PERF	9:00 - 10:00 10:00 - 11:30 2:00 - 3:00
16	70 Tai Ji Quan B 40 Worldviews Discussion 67 Lower Back Pain 72 Better Balance B	9:00 - 10:00 10:00 - 12:00 12:30 - 2:00 3:00 - 4:00	17	74 Tai Chi for Health B 41 Church & State 81 Mint Bands 94 Summit Book Group 158 Arroyo Formation 95 Holmes Book Group*	9:00 - 10:00 10:00 - 11:30 11:00 - 12:00 11:00 - 12:30 12:30 - 2:00 1:00 - 2:30	18	70 Tai Ji Quan B 116 Bing Crosby 72 Better Balance B	9:00 - 10:00 12:30 - 2:30 3:00 - 4:00	19			20	129 Música Antigua PERF	2:00 - 3:30
23			24	Office Closed for Christmas		25	Office Closed for Christmas		26			27		
30														

Support Oasis by starting your shopping at smile.amazon.com and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.



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You Shop. Amazon Gives.

Oasis Albuquerque gratefully acknowledges the following foundations and corporations for their support:



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company
an Independent Licensee of the Blue Cross and Blue Shield Association



GIFT CERTIFICATE

Give the gift of lifelong learning to your family and friends! Contact Oasis to purchase a gift certificate in any amount. We can also mail your gift certificate.

This gift certificate is redeemable for any Oasis class (including registration fee) at the Albuquerque, New Mexico Oasis center.

To: _____

From: _____

Approved by: _____ Date: _____

Simplify Your Life AND Save \$\$ at Tax Time!



If you have a car, truck, motorcycle, RV, golf cart, or boat that you no longer use, now is the time to bypass the hassle of selling it – donate it to Oasis!

We can connect you to a local and convenient alternative to getting rid of what you no longer need while supporting Oasis!

For more information, call Kathleen Raskob at 505-884-4529 or email kraskob@oasisnet.org.

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 Special Presentation in early 2020*

Medieval architecture, tranquil lakes, local villages, and Croatian charm delight you on this tour featuring Dubrovnik, Lake Bled, Ljubljana, and the pearls of the stunning Dalmatian coast. Discover Opatija, the "Riviera of Croatia" and an Istrian gem. Explore Plitvice National Park, where waterfalls cascade down sheer cliffs connecting pristine lakes. Enjoy a visit and dinner with a local family outside Dubrovnik. Step back into Roman times in Diocletian's Palace, which comprises Split's Old Town.



Reserve by April 20, 2020 for best price and availability. Prices start at \$4,649 (double)

For more information: <https://gateway.gocollette.com/link/975734>

- Included in Price: Round Trip Air from Albuquerque Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers
- Not Included in Price: Cancellation Waiver and Insurance
- All Rates are Per Person and are subject to change based on air inclusive package from ABQ

Oasis Policies

(505) 884-4529 :: Hours: Monday-Thursday 9:00am to 4:30pm, Friday 9:00am - 4:00pm

American Square Shopping Center 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107

Mailing Address: PO Box 35518 Albuquerque NM 87176

How do I become a member of Oasis?

You may join Oasis at any time by completing the new participant form found on the inside back page of this catalog. Or you may join online at www.oasisabq.org.

How do I register for classes?

You may register online, in person at the Oasis office, or by mail at any time during the fall session. Payment is required at the time of registration and holds your place in a class. We normally do not take registrations over the phone because we need you to sign a waiver of liability. However, if you have special circumstances where you do need to sign up over the phone, we can accommodate you. If you have already registered for classes in the current term, you may add classes by phone.

If I want to drop my registration form off at your office, when can I do so?

The Oasis office is open from 9:00am - 4:30pm Monday through Thursday, 9:00am - 4:00pm Friday, and we encourage you to stop in and see our facility!

What types of payment do you accept?

We accept cash, check, or credit card (Visa, MasterCard, or Discover).

What if the class I want is full and I've already paid for it?

Due to space or other considerations, enrollment is limited for some classes and trips. You are welcome to join the waiting list so we can call you if space becomes available. Your name is NOT added to the roster until you have been notified and we have received your payment. If you do not get into the class and have paid by check or cash, we will issue a credit for any unused amount.

If you pay by credit card, we will only charge your card for the classes in which you are actually enrolled.

Do I have to pay the \$10 registration fee for free classes?

Yes. If you are interested only in attending the Collette travel sales presentation, you do not need to pay the registration fee.

What is your guest policy?

You are welcome to bring a guest one time. The class fee must be paid but the \$10 registration fee is waived. If the guest signs up for more classes, they need to join Oasis and pay the \$10 registration fee. Professional caregivers who accompany a participant to class do not need to pay. For online guest registration, you may add a guest by calling the office.

I can't come to class. Can I get a refund?

Program fees are non-refundable unless Oasis cancels or reschedules the class. In the case of unforeseen circumstances (i.e. jury duty or medical reasons), credit may be applied to another class. If possible, we ask you to give us at least 24 hours notice in advance of your absence so that, if applicable, we can add someone from the waiting list.

Can I give my seat to someone else if I am not able to come?

Just like the airlines, your seat in class is not transferable to someone else. It is not fair to those on our waiting list.

What is the payment policy for day trips?

Full payment is due to Oasis at the time of registration. If you cancel 7 or more days before departure, you will receive a full refund; if you cancel fewer than 7 days before departure, you will forfeit the entire amount. If Oasis cancels a trip, you'll receive a full refund or credit.

Courtesy Confirmation Calls

Oasis volunteers try to telephone class members prior to a class to confirm details. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not refund class fees if you miss a class because you were not called.

Registration Info:

Oasis Policies

continued

I am experiencing a financial challenge. Do you offer financial assistance for classes?

If you are experiencing a financial challenge and find yourself unable to take lectures at Oasis, please make an appointment to speak with the executive director so we can find a way to support you.

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

Also, please remember that information received in Oasis classes related to health, finance (including appraisal or investment), or legal matters is presented in an educational context. You should seek professional advice related to your specific situation before making decisions in these areas.

Online registration: www.oasisabq.org

It's easy and convenient; pay with a credit card. (See page 74)

1. Go to www.oasisabq.org
2. Log in to your **MyOasis** account by clicking on **Sign In** (upper right corner). If you do not already have an account, please click on **Sign In** and then on **Create Account**.
3. You must fill out the **Create a MyOasis Account** form in order to create your password and user name for all Oasis online services.

Online signups require credit card payment.

Fall 2019

Registration opens Wednesday, Sept. 4 at 10:00am.

Fall 2019 classes begin Monday, Sept. 9.

How early can I register for classes, and how can I be sure I'll get into the classes I want?

Registration opens at 10:00am on Wednesday, Sept. 4, 2019. If you register online at that time, you have a very good chance of getting into a popular (or limited enrollment) class. If you are not comfortable registering online, your best bet is to turn in your paper registration form as soon as possible. We start collecting registration forms the day the catalogs arrive; however, they are not entered into our system until registration opens at 10:00am on Sept. 4, 2019.

You can drop the form off at our office or mail it in at your earliest convenience after receiving, reviewing, and selecting classes from your new catalog. Paper registration forms are processed in the order they are received by volunteers beginning at 10:00am on the first day of registration (Sept. 4, 2019). The first form received is the first one entered and so on. It takes our volunteers one to two days to process all the paper registration forms in the order they are received.

Important Registration Information

Complete your forms and payments carefully:

- Include trimester registration fee of \$10
- Include payment for all of your classes *and trips*

Couples or two friends who attend classes together should submit forms together IN ONE ENVELOPE. You must, however, submit separate forms and payment for each person. Each attendee must sign the waiver of liability form.

Credit Cards: We strongly encourage payment by credit card.

If you pay by credit card, we will charge only for the classes in which you are enrolled.

Cash or check payments: We accept cash or checks. If you are paying by cash or check and a class is full when your registration is processed, we will apply the additional amount to your account and create a credit. You may use that for future classes OR it will be applied to your wait-listed class if space becomes available.

Email: If you have email, please include the address on your form, so we can email your receipts and confirmations.

**Remember
Our
Location!**

Oasis Albuquerque in American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107-1855

Mailing Address: PO Box 35518 Albuquerque NM 87176

**Map
on
Back
Cover**

How to register for classes on the Oasis website



1. Go to www.oasisnet.org

2. Click **Sign In** at the top to Sign in to MyOasis. If you don't have a MyOasis account yet, click "Create Account" to get started.

3. Choose **Albuquerque** from the Cities list at the top.

- If you are using a tablet or smartphone, tap the mobile menu icon to find the Cities list.

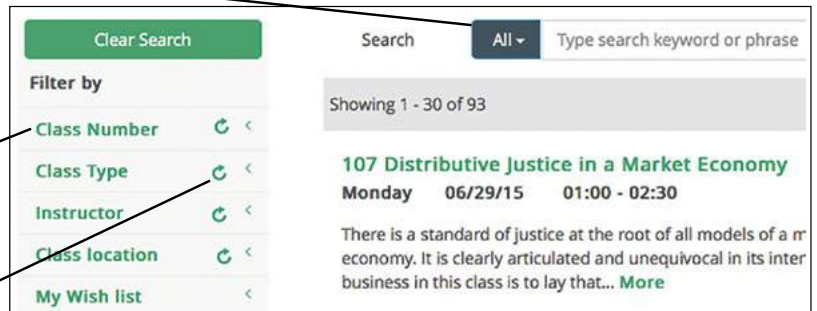


4. On the Albuquerque Oasis home page, choose **Classes** from the menu to see upcoming classes.

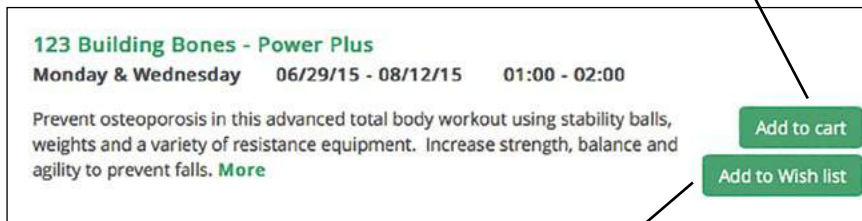
5. **Finding classes:** On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top.

If you know the class number, click the Class Number tool on the left and type the number.

If you are having trouble finding a class after using the search tools, try clicking the **Clear Search** button, or the **fishhook** next to the search tool.



6. To sign up for a class, click **Add to cart**.



7. **Paying for classes:**

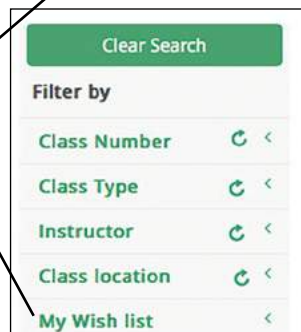
When you are ready to pay for classes in your cart, click **View Cart** and then proceed to checkout.

You will be directed to sign a waiver of liability.

After you agree to the waiver, follow the instructions to pay with a credit card.

The Wish List: If desired, you can mark classes that you want to sign up for at a later date by choosing **Add to Wish List**.

When you are ready to register for them, choose **My Wish list** on the left and then click **Add to Cart** to put your desired classes into your shopping cart. The **Add to Cart** button does not appear until registration opens at 10:00am on Sept. 4.



Cut along the line to remove and return this form.

Oasis Fall 2019 Trimester Class Registration Oasis ID# (from address label on catalog):

Name _____ Address _____ Phone _____ Date _____

City _____ Zip _____ Email Address _____

Waiver of Liability: I, for myself and my executors, administrators and assignees do hereby 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 all program fees are non-refundable except as provided in the Oasis refund policy. **Media Release:** I give permission for The Oasis Institute to photograph or videotape me and to 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.

By: _____
Signature (required)

✓	Cl#	* Indicates Off-Site Class	Fee	Office Use Only		
				In	W	
✓	1	Mosaics Art Workshop	\$50			
	2	Mosaics Art Workshop	\$50			
	3	Leekya: Zum Pueblo Carver	\$8			
	4	Postal Art Workshop	\$50			
	5	Spiral Art Workshop	\$50			
	6	Metalsmithing Art Workshop*	\$70			
	7	Kei & Molly Textiles Tour*	\$15			
	8	Boatmaking Studio Tour*	\$15			
	9	Printmaking Card Workshop	\$65			
	10	American West: European Eyes	\$8			
	11	Dispelling Cremation Myths*	Free			
	12	Duran's Pharmacy Tour*	\$15			
	13	Friedman Recycling Tour*	\$18			
	14	Friedman Recycling Tour*	\$18			
	15	Truth in Treatment	\$8			
	16	Internet Safety	Free			
	17	What Lawyers Wish You Knew	\$8			
	18	My Kids Don't Want My Stuff	\$8			
	19	Foreign Policy Group*	\$60			
	20	Foreign Policy Group*	\$60			
	21	Support Tour*	\$15			
	22	Support Tour*	\$15			
	23	Support Tour*	\$15			
	24	What Shall We Do About Guns?	\$10			
	25	Smart Cities	\$8			
	26	Counterterrorism Under Trump*	\$25			
	27	Britain After Brexit*	\$25			
	28	China: Environmental Crises*	\$25			
	29	Islamic Republic of Iran	\$8			
	30	NM Court of Appeals Tour*	\$15			
	31	Money in US Politics	\$8			
	32	Marijuana in NM	\$8			

✓	Cl#	* Indicates Off-Site Class	Fee	Office Use Only		
				In	W	
✓	33	Viente New Mexico	\$8			
	34	Mental Illness Panel Discussion	\$8			
	35	FAA Field Trip*	\$20			
	36	FAA Field Trip*	\$20			
	37	Southeast Asia	\$10			
	38	Abortion Debate: Legal Issues	\$10			
	39	Middle East & American Policy	\$10			
	40	Worldviews Discussion Grp	\$20			
	41	Church & State	\$8			
	42	NM Authors & Movies	\$8			
	43	Sullivan's Travels Film	\$8			
	44	El Pinto Tour & Lunch*	\$35			
	45	Sprouts Market Tour*	\$15			
	46	Silver Leaf Farms Tour*	\$15			
	47	Eldora Chocolate Tour*	\$18			
	48	Eldora Chocolate Tour*	\$18			
	49	Healthful Holidays	\$8			
	50	Jaramillo Vineyards Field Trip*	\$25			
	51	Topos Delights	\$30			
	52	Mindful Eating Practices	\$10			
	53	Nutrition for Cognition	\$8			
	54	Stress-Busting for Caregivers	Free			
	55	Finding Movement Classes	Free			
	56	Hands-Only CPR & AED	Free			
	57	Wellness Through Resilience	\$40			
	59	Balance, Hearing, & Aging Ears	\$8			
	59	The Shuffle & Walking	Free			
	60	Matter of Balance	Free			
	61	Chronic Disease Self-Management	Free			
	62	Stroke Prevention & Options	\$8			
	63	Spinal Stenosis 101	\$8			
	64	Osteoporosis	\$8			

✓	Cl#	* Indicates Off-Site Class	Fee	Office Use Only		
				In	W	
✓	65	Cancer's Mysteries	\$8			
	66	Meditation Workshop	\$10			
	67	Lower Back Pain	\$8			
	68	Foam Rolling	\$16			
	69	Tai Ji Quan A	\$36			
	70	Tai Ji Quan B	\$36			
	71	Better Balance A	\$36			
	72	Better Balance B	\$36			
	73	Tai Chi for Health A	\$36			
	74	Tai Chi for Health B	\$36			
	75	Yoga for Arthritis	\$16			
	76	Yoga for Bones	\$16			
	77	Yoga for Posture	\$16			
	78	Tai Chi Chih 1	\$60			
	79	Tai Chi Chih 2	\$40			
	80	Aerobic Dance Party	\$16			
	81	Mini Bands Exercise	\$24			
	82	Military Family Museum Tour*	\$15			
	83	Pedro de Alvarado	\$8			
	84	Age of Rembrandt	\$8			
	85	Telephone Museum Tour*	\$15			
	86	Camino Real de California	\$8			
	87	Code Talker, Chester Nez	\$8			
	88	Assassination of Lincoln	\$8			
	89	Wartime China	\$16			
	90	Jim Henson Abq Museum Tour*	\$20			
	91	Jim Henson Abq Museum Tour*	\$20			
	92	Most Southern Place	\$8			
	93	Austin Book Group	\$8			
	94	Summit Book Group	\$8			
	95	Holmes Book Group*	\$8			
	96	West Mesa Book Group*	\$8			

Oasis Fall 2019 Trimester Class Registration Oasis ID# (from address label on catalog): _____

Name _____ Address _____ Phone _____ Date _____

City _____ Zip _____ Email Address _____

Waiver of Liability: I, for myself and my executors, administrators and assignees do hereby 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 all program fees are non-refundable except as provided in the Oasis refund policy. **Media Release:** I give permission for *The Oasis Institute* to photograph or videotape me and to 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.

By: _____
Signature (required)

✓ Check (on this side) the classes you would like to take.				Office Use Only	
Cl#	*Indicates Off-Site Class	Fee	In	W	
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22	Support Tour*	\$15			
23	Support Tour*	\$15			
24	What Shall We Do About Guns?	\$10			
25	Smart Cities	\$8			
26	Counterterrorism Under Trump*	\$25			
27	Britain After Brexit*	\$25			
28	China: Environmental Crises*	\$25			
29	Islamic Republic of Iran	\$8			
30	NM Court of Appeals Tour*	\$15			
31	Money in US Politics	\$8			
32	Marijuana in NM	\$8			

✓ Check (on this side) the classes you would like to take.				Office Use Only	
Cl#	*Indicates Off-Site Class	Fee	In	W	
✓ 33	Viente New Mexico	\$8			
34	Mental Illness Panel Discussion	\$8			
35	FAA Field Trip*	\$20			
36	FAA Field Trip*	\$20			
37	Southeast Asia	\$10			
38	Abortion Debate: Legal Issues	\$10			
39	Middle East & American Policy	\$10			
40	Worldviews Discussion Grp	\$20			
41	Church & State	\$8			
42	NM Authors & Movies	\$8			
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51	Tapas Delights	\$30			
52	Mindful Eating Practices	\$10			
53	Nutrition for Cognition	\$8			
54	Stress-Busting for Caregivers	Free			
55	Finding Movement Classes	Free			
56	Hands-Only CPR & AED	Free			
57	Wellness Through Resilience	\$40			
59	Balance, Hearing, & Aging Ears	\$8			
59	The Shuffle & Walking	Free			
60	Marier of Balance	Free			
61	Chronic Disease Self-Management	Free			
62	Stroke Prevention & Options	\$8			
63	Spinal Stenosis 101	\$8			
64	Osteoporosis	\$8			

✓ Check (on this side) the classes you would like to take.				Office Use Only	
Cl#	*Indicates Off-Site Class	Fee	In	W	
✓ 65	Cancer's Mysteries	\$8			
66	Meditation Workshop	\$10			
67	Lower Back Pain	\$8			
68	Foam Rolling	\$16			
69	Tai Ji Quan A	\$36			
70	Tai Ji Quan B	\$36			
71	Better Balance A	\$36			
72	Better Balance B	\$36			
73	Tai Chi for Health A	\$36			
74	Tai Chi for Health B	\$36			
75	Yoga for Arthritis	\$16			
76	Yoga for Bones	\$16			
77	Yoga for Posture	\$16			
78	Tai Chi Chih 1	\$60			
79	Tai Chi Chih 2	\$40			
80	Aerobic Dance Party	\$16			
81	Mini Bands Exercise	\$24			
82	Military Family Museum Tour*	\$15			
83	Pedro de Alvarado	\$8			
84	Age of Rembrandt	\$8			
85	Telephone Museum Tour*	\$15			
86	Camino Real de California	\$8			
87	Code Talker, Chester Nez	\$8			
88	Assassination of Lincoln	\$8			
89	Wartime China	\$16			
90	Jim Henson Abq Museum Tour*	\$20			
91	Jim Henson Abq Museum Tour*	\$20			
92	Most Southern Place	\$8			
93	Austin Book Group	\$8			
94	Summit Book Group	\$8			
95	Helmes Book Group*	\$8			
96	West Mesa Book Group*	\$8			

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New Participant Form



For Office Use Only: Given Catalog Sent Catalog Mail Catalog

Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: () _____

Email Address: _____ Cell Phone: () _____

Check here if you would like to "Opt In" to receive occasional group emails from Oasis.

In case of an emergency, contact:

_____ (Name) () _____ (Phone)

The information below is optional. It will be held strictly confidential.
It is used in applications for grant funding. Your cooperation is appreciated.

Gender: Female Male Other

Marital Status: Single Married Domestic Partnership Widowed Divorced

Race/Ethnicity: Asian Black or African American White/Caucasian Hispanic or Latino

American Indian or Alaska Native Native Hawaiian or other Pacific Islander Two or more races

Highest Level of Education: Grade School High School Some College
 College Degree Post Graduate

How did you hear about Oasis? Brochure Advertisement Oasis Catalog

Friend Presentation TV/Radio Walk-In Internet/Website Newspaper

If you would like to be an Oasis volunteer, please check your interests:

Tutor Office Work Special Events Health and Wellness

Past/Present Past/Present

Employer: _____ Occupation: _____

Please return this form to:

Oasis ■ PO Box 35518 ■ Albuquerque, NM 87176 ■ 505-884-4529 ■ Fax: 505-884-4942

To register for classes, please see the Class Registration forms in this catalog, or visit us at www.oasisabq.org

Oasis Institute/Oasis Albuquerque

American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18
 Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque NM 87176

505-884-4529

www.oasisabq.org

Registration opens

Wednesday, September 4, 2019, 10:00am

& continues THROUGHOUT the term.

See details page 73.

Classes begin Monday, September 9, 2019

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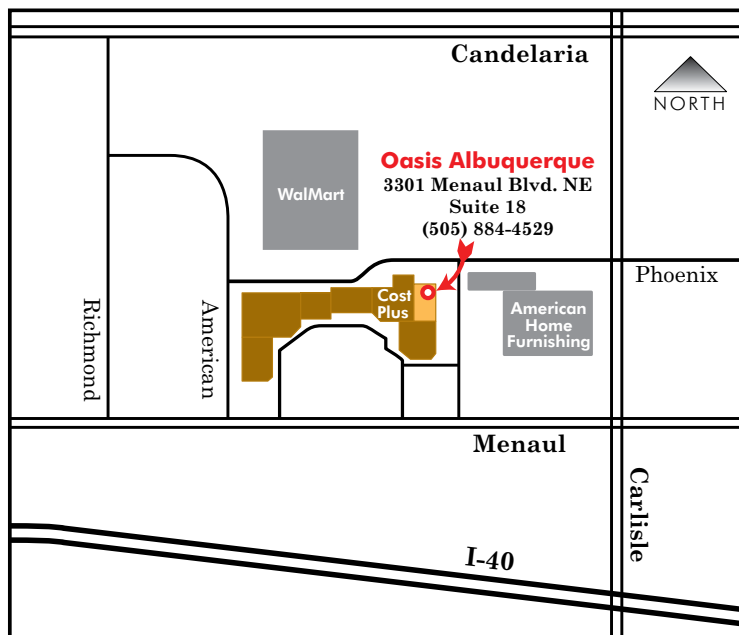
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