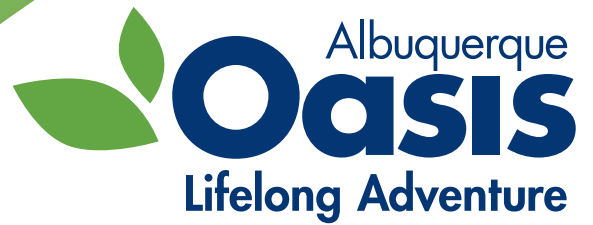


Classes January-April 2020
Registration Opens
Wednesday, January 8, 10:00am



Spring 2020

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



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



Dear Friends,

Welcome to 2020! With a new year come changes at Oasis. **First and foremost, the \$10 processing fee has been eliminated.** This was done to be more transparent in our pricing, i.e. no hidden fees. It does mean that some classes have increased in price, but we have tried to keep as many classes as possible at the same price. Most notable, Jane Ellen music appreciation classes and Friday musical performance prices remain unchanged.

In addition, with our expanded space, we are now offering more classes than ever – and we're pleased to be adding new classes in technology – check out classes 182-187 for those.

What we DO need is for you to be our best advertisers and continue spreading the word about Oasis. Day in and day out, Oasis staff - Lisa, Melody, Vicki, Becky, Cynthia, Sylvia, and I - strive to bring an excellent experience to all of you. Thank you for all the ways you support your growing and thriving local Oasis center!



Kathleen Raskob
Executive Director

New Board Member: Wei-Ann Bay, MD



Oasis is delighted to welcome Dr. Wei-Ann Bay to the Oasis Albuquerque's board of directors. Dr. Bay is a medical director in the Government Programs Dept. at Blue Cross and Blue Shield of New Mexico. She

practiced internal medicine for seven years before moving on to medical director positions at Molina Healthcare and now BCBSNM.

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. Nationally, Oasis programs reach more than 52,000 individuals and engage more than 6,100 volunteers annually.

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



Oasis staff members

Top row, left to right:
Melody Mock, Becky Kenny, Sylvia Giomi, and Vicki DeVigne.
Bottom row:
Cynthia LaCoe-Maniaci, Kathleen Raskob, and Lisa Lerner.

Volunteers - Thank you


We offer a sincere “Thank you” to our many dedicated center volunteers. Without our volunteers you wouldn’t receive class reminder calls, be able to find catalogs at your local library, register using a paper registration form, be greeted with a smile at the front desk when you arrive or receive a warm welcome when you call. Our volunteers are vital to our daily operations, especially now with our recent expansion of space and program offerings. It wouldn’t be the same Oasis 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 and be part of the team that makes Oasis a welcoming place.

Special thanks to Mike Langner for providing and installing a sound system and telecoil loop hearing system in our new multipurpose room.

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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On the cover: Learn about Lechuguilla Cave with John Lyles in class #149 (left); tutor program volunteers Mort Gould and Elizabeth Dagucon (right).

Rick Kozak **Faces of Humanity and Mankind**

Jan 16 - Apr 24, 2020

Opening Reception:

Thursday, Jan 16, 5-6:30pm

Exhibition may be viewed during Oasis office hours.

At a single moment, a photojournalist has the power to convey the depth and emotion of a complex story. Skill, timing, fearlessness, and often, an ability to establish bonds with people who offer exclusive access to a significant occasion come together to capture history, humanity and meaning in one image. The *Faces of Humanity and Mankind* exhibition features a selection of photographs from national award-winning photojournalist Richard (Rick) E. Kozak's long career documenting stories from around the world.



Above left:
Unknown Sailors, 1990

Above right:
Freedom, 1985

Right:
Iraq Surrender, 2005



Oasis Intergenerational Tutoring Program

Why become an Oasis reading mentor?

10. Volunteering is good for your health.
9. Volunteering inspires you to change an old routine.
8. Volunteering is an opportunity to give back.
7. Volunteering brings people with common goals together.
6. Volunteering strengthens our community.
5. Volunteering saves educational resources.
4. You are needed.
3. You will make a difference.
2. You will impact a student's literacy.
1. Reading with a student is fun and fulfilling.



Oasis Intergenerational Tutoring program is now recruiting for fall 2020 training in August, September, and October. Join our team this year and read with an elementary student.

Let your love of reading create positive change in our community!

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

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

Arts

Please note that most art workshops include a separate materials fee payable to instructor. Read each workshop description carefully.

Museum Tour of *Dreams Unreal: The Psychedelic Rock Poster* 1

Josie Lopez

In the late 1960s, San Francisco was ground zero for an unprecedented social revolution. Artists created a new genre in the process: the collectible rock concert poster. *Dreams Unreal* explores the counterculture where a group of young artists collaborated with commercial lithographers to create printed materials for events at venues like the Fillmore and the Avalon. Featured are musicians and bands such as the Grateful Dead, Jefferson Airplane, Santana, and Big Brother and the Holding Company with Janis Joplin. Enrollment limited to 25.

Dr. Josie Lopez is curator of art at the Albuquerque Museum. She received a master's degree in teaching from Brown University and a PhD in art history from the University of California, Berkeley. Her research and curatorial projects include examining art as a discursive agent in the political arena; modern and contemporary Latin American art; 19th century France, Spain and Mexico; Spanish art from El Greco to Goya; and the history of New Mexican art.

Thursday Jan 23 1:00 - 2:00

Fee: \$20 Albuquerque Museum

Museum Tour of *Dreams Unreal: The Psychedelic Rock Poster* 2

Josie Lopez
See class #1.



Take an Albuquerque Museum tour of their new psychedelic rock poster show (classes #1 & 2). Image: Bonnie MacLean, Eric Burdon, Mother Earth, Hour Glass (1967), offset lithograph on paper, Albuquerque Museum collection.

Thursday Jan 23 3:00 - 4:00

Fee: \$20

Albuquerque Museum

Introduction to Mosaics: Art Workshop 3

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 materials fee of \$25 payable to instructor (cash or check) at first class. Note: Second class is 12:30-2:30pm (2 hours). 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 University of New Mexico (UNM) Continuing Education and the Harwood Art Center. Her art was featured in the *Mosaic New Mexico* group exhibit at Oasis in 2018.

Thursday Jan 30 12:30 - 4:30

Friday Jan 31 12:30 - 2:30 (2 hours)

Fee: \$55 2 sessions Oasis

Introduction to Mosaics: Art Workshop 4

Jill Gatwood

See class #3.

Friday Feb 7 9:00 - 1:00

Monday Feb 10 9:00 - 11:00 (2 hours)

Fee: \$55 2 sessions Oasis

Sticks, Stones, & Seeds: Transforming Nature Art Workshop 5

Lea Anderson

Design your own unique collection of unnaturally-natural objects. Using inks, paints, and many other mixed mediums, embellish a range of beautifully-shaped natural objects such as dried seed pods, stones, twigs, and much more to create a wonderland of color, texture, and endlessly playful variation. These make great handmade gifts. All experience levels welcome and all materials provided. \$15 materials fee payable to instructor (check or cash). *Enrollment limited to 18.*

Lea Anderson has been part of the New Mexico art community for more than a decade and has discovered much during her adventures in this dramatic and colorful desert environment. Creating installation art 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* in 2016.

Wednesday & Friday Feb 19 & 21 9:30 - 12:00
Fee: \$55 2 sessions Oasis

Paintings Of Edible Treats: Pastel Art Workshop 6

Susan E. Roden

Learn a variety of pastel techniques, then paint two-dimensional life studies of sweet treats. Create three miniature paintings by blending, layering, and mark-making for distinctive styles. Two sessions led by artist Susan Roden begin with group exercises on handling the pastels and use of different substrates. Continue on to create individual paintings by capturing the vivid colors and interpreting fanciful decorations. Finish by eating the treats that you have been painting. All materials provided; bring materials fee of \$15 payable to instructor (cash or check) at first class. *Enrollment limited to 15.*

Susan Roden is a juried member of the Catharine Lorillard Wolfe Art Club in New



Learn a variety of pastel techniques, then paint two-dimensional life studies of sweet treats in a workshop with artist Susan Roden (class #6).

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*.

Monday & Tuesday
Feb 24 & 25 9:30 - 12:30
Fee: \$55 2 sessions Oasis

Introduction to Metalsmithing: Art Workshop 7

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 is a bench mate and instructor at Meltdown where she has taught a variety of classes.

Wednesday Feb 26 10:00 - 2:00

Fee: \$75 Meltdown Studio

Design, Prototype, Create: FUSE Makerspace Field Trip 8

Manny Rubio

The FUSE Makerspace is a 13,400-square-foot community center with tools that allow members to design, prototype, and create micro manufactured products. The Makerspace provides members with both digital and analog industrial fabrication tools: woodworking, metal fabrication, welding, rapid prototyping, 3-D printing, screen printing, jewelry making, software, vinyl printing and cutting. Program Manager Manny Rubio takes us on a tour of the space, where you will see artists and craftspeople working on their projects. *Enrollment limited to 20.*

Monday Mar 2 10:00 - 11:30

Fee: \$20 FUSE Makerspace

Retablo Painting: Art Workshop 9

Cindee Ulibarri

Traditionally, retablos are a northern New Mexico folk art form featuring Catholic figures and the events that made them notable. Cindee Ulibarri, a retablo artist, instructs

students in painting retablos with watercolor on pine wood panels prepared with a traditional gesso. Use designs provided by the instructor or create your own, transferring images from tracing paper to the panels. \$10 materials fee payable to instructor at first class (cash or check) includes all supplies. You are welcome to bring your own watercolor paints and brushes. *Enrollment limited to 15.*

Cindee Ulibarri is an artist born and raised in Santa Fe. In 2013, she became a member of the Spanish Colonial Arts Society by presenting her finished traditional retablos for evaluation. She currently has a retablo on display in the San Ysidro exhibition at the National Hispanic Cultural Center. She has taught classes on retablos and works in other media and styles such as barn wood saints, drawings, and more.

Tuesday & Wednesday Mar 24 & 25 9:30 - 11:30

Fee: \$55 2 sessions Oasis

Consumer Information & Finance

Myths & Misconceptions About Cremation: Field Trip to Sunset Memorial Park 10

Chris & Julie Keller

Back by popular demand! 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 and Cremations and Julie Keller manages Sunset Memorial Park and Best

See also:

Walking Through Barelitas: Hispanic Murals & History Tour with Doug Simon (classes #176 & 177).

Wonders of the Weavers: Rio Grande Blankets From the 18th to 20th Centuries and *Albuquerque: City of Neon* with Deb Slaney (classes # 168 & 174).

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 and 7000 pet cremations per year.

Friday Feb 21 10:30 - 12:00
Fee: \$5 Sunset Memorial Park

**Industrial Scale Composting:
 Field Trip to Soilutions 11**

Walter Dods
 Healthy landscapes start with healthy soil, so Soilutions started making compost and mulches. Soilutions Organics Recycling Facility recycles more than 500 tons of food scraps annually. Organic material is diverted from the waste stream and turned into compost and other recycled products that amend the soil and enhance plant growth. Take a tour through the Soilutions facility and learn the process of composting organic material as they recycle green waste and food waste into high quality compost and mulches. Parking limited; carpooling encouraged. *Enrollment limited to 20.*

Wednesday Feb 12 1:00 - 2:30
Fee: \$15 Soilutions

**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 Feb 13 9:30 - 10:30
Fee: \$18 Duran's Central Pharmacy

**Honoring Your Wishes
 & Protecting Your Privacy 13**

Vickie Wilcox
 Learn how you can increase the likelihood that your wishes regarding healthcare and finances will be honored if you become incapacitated or at death. This includes documents to help keep you out of the court system (guardianship/conservatorship) as well as provisions to include in estate planning documents to minimize the likelihood of family and friends contesting your wishes. We also discuss steps to protect your privacy in the event of your incapacity or death. Vickie Wilcox grew up in Deming, New Mexico and is currently one of three attorneys in New Mexico who are Board Certified Specialists in Estate Planning, Trust, and Probate Law. She graduated from UNM Law School and earned her Master of Laws in Taxation from NYU. She is an American College of Trust and Estate Counsel Fellow and serves on the State Disciplinary Board.

Wednesday Feb 26 10:00 - 11:30
Fee: \$10 Oasis

Friedman Recycling: Field Trip 14

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 lead 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 Apr 9 9:00 - 10:30
Fee: \$18 Friedman Recycling

Friedman Recycling: Field Trip 15

See class #14.

Thursday Apr 9 11:00 - 12:30

Fee: \$18 Friedman Recycling

Current Events

Lobbying at the Roundhouse 16

Patricia Williams

Each January, when the New Mexico legislature convenes, lobbyists head to the Roundhouse attempting to influence legislators and the governor on their clients' agendas and legislation. In this interactive session, Patti Williams, a registered lobbyist, shares her insights and observations about the law governing lobbying activities and what really goes on behind the scenes during a legislative session.

Patricia Williams is a partner with the law firm, Wiggins, Williams & Wiggins, PC. Williams was an assistant City of Albuquerque attorney for ten years and regularly defends various governmental entities in district and appellate courts throughout New Mexico, including the Navajo Nation. Williams is the registered lobbyist for the Navajo Nation Council.

Thursday Jan 16 2:30 - 4:00

Fee: \$10 Oasis

Larry Barker: Spies, Murderers, & Con Men 17

Larry Barker

His name is synonymous with investigative reporting in New Mexico. Larry Barker leads the KRQE News 13 Investigative Team. His award-winning investigative reports have exposed corruption, caught con men in the act, and uncovered governmental misdeeds. Drawing on 43 years of experience, Barker provides an inside look at investigative journalism while he takes us on a behind-the-scenes tour of many of the investigations he



Learn about lobbying in New Mexico with Patti Williams, an attorney and a registered lobbyist (class #16).

has pursued – from Russia to the Bahamas, London, Havana, and Santa Fe.

Larry Barker began his broadcasting career in 1975 at an Albuquerque radio station, and quickly moved on to television. He began as a producer, but his passion for uncovering scandals soon led him into investigative reporting. He has received 45 Emmy awards from the Rocky Mountain Southwest Chapter of the National Academy of Television Arts and Sciences. Barker is a graduate of Prescott College.

Friday Jan 24 10:00 - 11:30

Fee: \$10 Oasis

The following 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.

Growing Old & Loving It: Japan Turns Gray & We, Too 18

T.R. Reid

With more than a quarter of its population over 65, Japan is making major economic and cultural adjustments to deal with the flood of

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

kōreisha (upper age persons). The nation now has more deaths than births every year. But many kōreisha are growing old and loving it. And the economic impact has been minimal. As other wealthy democracies face the same problem, Japan can teach us how to turn gray with humor and grace.

T.R. Reid is one of the nation's best-known reporters through his books and articles, his documentary films, his reporting for the *Washington Post*, and his light-hearted commentaries on NPR's *Morning Edition*. At the *Washington Post*, he covered Congress and four presidential campaigns. He served as the paper's bureau chief in Tokyo and London. Reid has reported from four dozen countries on five continents. He has written ten books in English and three in Japanese.

Friday Jan 24 3:00 - 5:00

Fee: \$25 Albuquerque Journal Auditorium

Breaking Carbon's Grip: Pathways to a Clean Energy Future 19

Melanie Kenderdine

Learn about global and national trends, issues, and investments for deep decarbonization of energy systems. Explore a range of energy security issues related to this transition and the position of the US as the world's largest producer of oil and gas. What are the technology options and policy pathways that can help achieve a clean energy future for the US and in other parts of the world, including New Mexico?

Melanie Kenderdine has a long and distinguished career in the field of energy and energy policy. An Albuquerque native and a graduate of UNM, she was chief of staff and legislative director for NM Congressman Bill Richardson. She is currently a senior fellow at the Atlantic Council's Global Energy Center. Previously, she served at the US Department of Energy as the energy counselor to the secretary and director of the Office of Energy Policy and Systems Analysis.

Friday Feb 21 3:00 - 5:00

Fee: \$25 Albuquerque Journal Auditorium

Solito, Solita: Crossing Borders With Central American Youth Refugees 20

Jonathan Freedman

Solito, Solita is a collection of oral histories that tells – in their own words – the story of young refugees fleeing countries in Central America to seek safety and protection in the United States. Fifteen narrators describe why they fled their homes, what happened on their journeys, how they crossed the borders, and, for some, their ongoing struggles to survive in the United States. What can their stories teach us about abuse and abandonment, bravery and resilience, hypocrisy and hope?

Jonathan Freedman is a Pulitzer Prize-winning journalist, author, and youth mentor with more than 30 years of experience reporting from Central America, Mexico, and the US border. He spent five years interviewing youth refugees and faithfully telling their stories in first-person narratives with co-editor Dr. Steven Mayers. *Solito, Solita* was published by Haymarket Books in 2019, in collaboration with Voice of Witness, a non-profit dedicated to amplifying underheard voices.

Friday Mar 20 3:00 - 5:00

Fee: \$25 Albuquerque Journal Auditorium

How Media is Affecting Ukraine & Its Role in the World 21

Marta Dyczok

Volodymyr Zelensky, an actor with no political experience, won the presidency by using media in a new way: he played a character in a popular TV series. And he was a business partner with the owner of one of the country's most powerful media corporations that aired the show. This talk looks at how a virtual candidate became a real president and analyze how media is affecting Ukraine and its role in the world.

Marta Dyczok is associate professor at the departments of History and Political Science, University of Western Ontario; fellow at the University of Toronto's Munk School of Global

Affairs; and adjunct professor at the National University of the Kyiv- Mohyla Academy. She has published five books, the most recent of which are *Ukraine's Euromaidan: Broadcasting through Information Wars with Hromadske Radio*, and *Ukraine Twenty Years After Independence: Assessments, Perspectives, Challenges*.

Friday Apr 24 3:00 - 5:00

Fee: \$25 Albuquerque Journal Auditorium

**Foreign Policy & Current Events:
A Discussion Group 22**

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. *No class on February 17. 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 Feb 3 - Mar 30 10:30 - 12:30
Fee: \$70 8 sessions Cherry Hills Library

**Foreign Policy & Current Events:
A Discussion Group 23**

Jim Munroe

See class #22. *No class on February 18.*

Tuesdays Feb 4 - Mar 31 10:30 - 12:30
Fee: \$70 8 sessions Cherry Hills Library

**Lessons Learned From My
Immigrant Youth Clients 24**

Tess Wilkes

Immigration law has been a moving target over the past several years, but human resilience is steadfast. Representing immigrant clients since the start of the current administration has meant different legal strategies and approaches; but the dreams, values, and fears of immigrants and their advocates will be a part of the national discourse for years to come. Learn how the Santa Fe Dreamers Project helps immigrants in our community and supports positive reform.

Born and raised in New Mexico, Tess Wilkes graduated from UNM Law School in 2012, and has worked for Santa Fe Dreamers Project as an immigration attorney since 2017. She specializes in immigration cases for youth, and often her clients fled their countries and entered the US with only one parent or came as unaccompanied minors.

Monday Feb 3 12:30 - 2:00
Fee: \$10 Oasis



Learn about youth immigrants in our community from the perspective of a lawyer who works with them (class #24). Image: Maria, 21, photo by Sylvia Johnson for the Santa Fe Dreamers Project.

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

**Help Get Out the Vote:
Become a Voter Registration Agent 25**

Jetta Reynolds & Kathy Korte

In this workshop, Jetta Reynolds with the Rio Grande Voter Registration Alliance and Kathy Korte, elections training coordinator with the Bernalillo County Clerk’s Office, train you to be a state certified voter registration agent. You leave with a notarized certificate to register any New Mexico resident and can then assist people to become newly registered or help those who have recently moved or changed their name. You will also learn how to keep accurate registration records.

Enrollment limited to 25.

Tuesday Feb 4 12:30 - 2:00

Fee: \$5 Oasis

**FAA’s Air Traffic Control Center:
Field Trip 26**

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 traffic control centers and is responsible for approximately 210,000 square miles of airspace covering most of Arizona, New Mexico, and parts of Colorado, Oklahoma, and Texas. 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.*

Tuesday Feb 11 10:00 - 12:00

Fee: \$20 FAA Air Traffic Control Center

**FAA’s Air Traffic Control Center:
Field Trip 27**

See class #26.

Thursday Mar 26 10:00 - 12:00

Fee: \$20 FAA Air Traffic Control Center

**Guided Tour of the Albuquerque
Sunport: Field Trip 28**

Doug Lutz

Back by popular demand! 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, observe 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 many 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.

Thursday Feb 13 10:00 - 12:00

Fee: \$18 Albuquerque Sunport

**Guided Tour of the Albuquerque
Sunport: Field Trip 29**

Doug Lutz

See class #28.

Tuesday Mar 10 10:00 - 12:00

Fee: \$18 Albuquerque Sunport

**Guided Tour of the Albuquerque
Sunport: Field Trip 30**

Doug Lutz

See class #28.

Monday Apr 6 10:00 - 12:00

Fee: \$18 Albuquerque Sunport

**Understanding Human Trafficking
in the US & NM 31**

Shelley Repp

You have heard the term before, but what actually is human trafficking? Does it happen

in New Mexico? Shelley Repp, an expert who works side by side with identified human trafficking survivors, offers a basic understanding of how human trafficking, specifically sex trafficking, operates and continues to grow in the US and NM.

In 2011, Shelley Repp founded the organization Spoken For, which provides resources for human trafficking victims. In 2018 she became the executive director of NM Dream Center and opened The Harbour, Albuquerque's first homeless youth drop-in-center. She works with local, state, and federal agencies to help trafficking survivors. Repp is a member of the New Mexico Human Trafficking Task Force and is an expert in understanding service provision and resourcing for human trafficking survivors.

Wednesday Feb 26 12:30 - 2:00
 Fee: \$10 Oasis

A Conversation With Outgoing & Incoming CNM Presidents 32

Katharine Winograd & Tracy Hartzler with Lorna M. Wiggins

Join the newly appointed and recently retired Central New Mexico Community College (CNM) presidents, Tracy Hartzler and Katharine Winograd, as they sit down with Lorna Wiggins, chair of Oasis Albuquerque's Board of Directors, to talk about the school and its important role in the community. Hear how Winograd set the stage for a new era of higher education in New Mexico when she



Listen to a conversation with outgoing and incoming CNM presidents Katharine Winograd (left) & Tracy Hartzler (right) in class #32.

took the reins as CNM's first female president in 2007. Hartzler discusses her vision for CNM's future - propelling New Mexico to the next level.

Katharine Winograd earned her doctor of education degree in educational leadership from UNM and a master's degree in higher education administration from the University

of Louisville. Tracy Hartzler received her master's degree in education from the University of Virginia and her juris doctor (JD) from Catholic University of America. Lorna M. Wiggins is a principal at Wiggins, Williams & Wiggins, PC Law Firm. She also sits on the national Oasis Institute's board and serves on the Executive Committee as board secretary.

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

Alcohol & the Brain: A Lifespan Perspective 33

Daniel Savage

Daniel Savage presents cutting edge research on the patterns and impacts of alcohol consumption on brain development and function across the lifespan. Learn about the biological effects of acute and chronic drinking on the brains of adolescents, young adults, and aging populations; how alcohol-induced changes affect behavior and behavioral health; and alcohol's effects on the endocrine and immune systems. He also covers lasting impacts of prenatal alcohol exposure on the brain.

Daniel Savage is a Regents' Distinguished Professor of Neurosciences. He received his PhD in pharmacology from the University of Pennsylvania and completed his postdoctoral training at Duke University. He joined the Department of Pharmacology at UNM School of Medicine in 1983, was founding chair of UNM's Department of Neurosciences in 1997, and served as chair until 2019. He is also director of the New Mexico Alcohol Research Center, which focuses on Fetal Alcohol Spectrum Disorder.

Tuesday Mar 3 2:30 - 4:00
Fee: \$10 Oasis

**Journalism's Golden Age?
 Or Fake News? A Panel Discussion 34**

Arthur Alpert, moderator

Remember hearing the morning news and asking, "What does that mean?" Once we trusted one or two sources, now we search for "the truth." What happened? Oasis recruited a trio of journalists currently swimming in these turbulent seas to discuss this perplexing problem: Karen Moses, editor of the *Albuquerque Journal*; Trip Jennings, executive director of *New Mexico in Depth*, the foundation-backed online news service; and Megan Kamerick, who works for KUNM FM and New Mexico PBS.

Arthur Alpert, so old he remembers when reporters tried to be "objective," moderates the discussion. In New Mexico, Alpert was news director at KGGM-TV (13), columnist for the *Albuquerque Tribune* and co-founder of *Prime Time*, the senior monthly. Earlier in New York City, he covered news for network and local TV, wrote for newspapers and magazines, and taught journalism.

Wednesday Mar 4 10:00 - 11:30
Fee: \$12 Oasis

Is New Mexico at a Tipping Point? 35

Dale Dekker

The world is changing. How much longer can our state's economy depend on federal

spending and oil and gas surplus revenues? In order for New Mexico to thrive in the future, our state needs a new business plan. In this lecture, Dale Dekker presents ways New Mexico can diversify its economy and attract jobs and investments that will grow the economy for all New Mexicans.

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 Mar 11 10:00 - 11:30
Fee: \$10 Oasis

**India: Possible Change
 From Secularism 36**

Aroop Mangalik


India has been a secular democracy since its independence in 1947. India's economic and social problems are enormous; they include poverty, a large uneducated population, and food shortage. Added to these are the high population density and the effects of global warming. Previous governments have failed to tackle these problems, though now there is a growing middle class and a pool of educated people. Despite these problems, India has remained a democracy with one vote per person. It has remained secular despite its large population of Muslims and people of other faiths. Will this change?

Dr. Aroop Mangalik was born and received his early education in India. He immigrated

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





Learn why all eyes are on the Supreme Court this term in class #39 with Andrew Schultz.

to the United States in 1976. He has maintained contact with India through multiple visits and contacts with family and friends as well as some prominent historians. He reads about Indian history and politics and is involved in Indian affairs. He is a professor emeritus at UNM.

Thursday Mar 12 10:00 - 11:30

Fee: \$10 Oasis

The Economics of Global Climate Change

37

Dave Dixon

Some places get hotter, some colder. Some places get drier, others wetter. Polar ice melts and sea levels rise. While weather patterns have changed over the age of the earth, now there are nearly a billion people living in coastal areas. That generates a lot of expensive investments in buildings, infrastructure, agriculture, communications, and cultural institutions. We look at the impacts to individuals, communities, and countries, interwoven with the economics needed to understand the choices and costs.

David Dixon has a PhD in environmental and natural resource economics and a master's degree in physics from UNM and a bachelor's degree in physics from the University of Vermont. He has worked in computational research and applications since the 1970s.

His research activities include natural resources, health economics, and complex systems. Dixon became a full-time academic in 2012 and is presently a senior lecturer in economics at UNM.

Tuesdays Mar 24 & Mar 31 12:30 - 2:00

Fee: \$20 2 sessions Oasis

The New Mexico Public Regulation Commission: Little-Known But Powerful

38

Carla Sonntag

The New Mexico Public Regulation Commission (PRC) is one of the most powerful government agencies in our state. Created in 1999, it regulates utilities, telecommunications, and transportation industries. The only check on this agency's power is the NM Supreme Court. A constitutional amendment on the November 2020 ballot allows voters to decide if the agency will continue in its current form or be transformed into a three-person appointed body. Learn more about this important but little-understood state commission.

Carla Sonntag is the president and founder of the New Mexico Business Coalition, a nonpartisan voice for business owners, employees, and individuals in New Mexico. Their voter education efforts focus on giving New Mexicans the knowledge and encouragement to support pro-business public officials and policy. In addition, she is the president and founder of Sonntag Enterprises Inc., a consulting, management, and real estate company.

Thursday Apr 9 10:00 - 11:30

Fee: \$10 Oasis

All Eyes on the Supreme Court

39

Andrew Schultz

The current term of the US Supreme Court is filled with cases of great significance. These cases cover such diverse topics as federal immigration policy, gun control, the free exercise of religion, abortion, and significant

issues in the areas of criminal law and employment discrimination. Andrew Schultz reviews the Court's current term and discusses the arguments and issues presented in many of what are sure to be the Court's most important decisions.

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. In 2018, he was selected as the Albuquerque Bar Association's Lawyer of the Year.

Monday Apr 13 12:30 - 2:00
Fee: \$12 Oasis

**Space 2.0:
 The Next Frontier 40**

Dale Dekker

With our national labs, the Air Force Research Labs, White Sands Missile Range, and our top-ranked research universities, New Mexico is uniquely positioned to contribute to the technological advancement of space commercialization and to be seen as a global center of space technology innovation. Dale Dekker provides an overview of New Mexico's unique role in this contribution. Information is presented about Spaceport America, small satellites, and new cutting-edge technologies that will leave you feeling out of this world.

See bio #35.

Wednesday Apr 22 10:00 - 11:30
Fee: \$10 Oasis

Film & TV

**Super Bowl:
 Get Ready for the Commercials! 41**



The Budweiser Clydesdales, mascots of the beer brand Budweiser, have often been seen in Super Bowl commercials. Learn more about the ads shown during the Super Bowl in class #41 with Steve McKee (image: Paul Keleher/Wiki Commons).

Steve McKee

Super Bowl Sunday is the biggest day of the year for advertisers as they line up to spend millions of dollars on thirty seconds of ad time. Who will win? Who will lose? What's the key to capturing the fancy of 100 million+ viewers? The founder of ADBOWL®, the first real-time online commercial tracking website, fills us in. In this fun and entertaining class, find out what it takes to get talked about. You'll never watch commercials the same way again.

Steve McKee is the founder of ADBOWL® and co-founder of McKee Wallwork + Company (MWC), Advertising Age's 2018 Southwest Small Agency of the Year. He is the author of *When Growth Stalls: How it Happens,*

Why You're Stuck and What to Do About It, an award-winning business book now published in four languages, and *Power Branding: Leveraging the Success of the World's Best Brands.*

Wednesday Jan 29 10:00 - 11:30
Fee: \$10 Oasis

Jack Benny: Forever 39 42

Yolanda M. Day

Jack Benny, star of stage, screen, radio and television, not only did it all but did it all at the same time. Known for both his impeccable comic timing and stinginess, he developed a

devoted audience over a more than 30-year career. This lecture by Yolanda Day brings you history from Benny's friends and family as well as live skits performed by The Rio Grande Players from some of his most successful radio shows and personal favorites.

Yolanda Day is the co-founder of the Rio Grande Players, a community theatre company which re-creates the Golden Age of Radio. Over the last eight years, as producer/director for the company, she has enjoyed learning about the era when radio was king and sharing that history. She finds that it continues to be a pleasure and an honor to recreate for audiences the voices of some of radio's most loved characters.

Wednesday Mar 11 2:30 - 4:00
Fee: \$10 Oasis

John Ford's *The Last Hurrah*: A Sentimental Look at American Politics 43

Ron Briley

In the midst of a turbulent political season, perhaps a screening and discussion of John Ford's *The Last Hurrah* (1958) offers hope that our differences may be somewhat reconciled. The film provides a sentimental perspective of urban machine politics as Mayor Frank Skeffington, portrayed by Spencer Tracy, seeks re-election amid ethnic and class conflict. Loosely based upon the career of Boston Mayor James Michael Curley, Ford sympathetically treats the rise of the Irish in New England challenging the Yankee Protestant establishment.

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 Apr 2 1:00 - 4:00
Fee: \$10 Oasis

Food & Nutrition

Eldora Craft Chocolate: Field Trip 44

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 Jan 21 10:00 - 11:00
Fee: \$20 Eldora Chocolate

Eldora Craft Chocolate: Field Trip 45

Steve Prickett

See class #44.

Thursday Jan 23 10:00 - 11:00
Fee: \$20 Eldora Chocolate

Joie de Vivre: Celebrating the French Way of Life at Artichoke Cafe 46

Carolyn & Ken Thompson

Back by popular demand! *Le bonheur et la joie de vivre!* How is it the French seem to excel in living long, contented lives, while consuming decadent foods and wines – a pattern known as the French paradox? Experience an afternoon of wine, food, and learning as they share stories about daily life in rural France. Enjoy a glass of white, a glass of red, and some special apéritif foods. *Enrollment limited to 25.*

Carolyn and Ken Thompson have experienced the French lifestyle through many years of visiting and living there. They met in France in 1977 and have shared a love of the country and culture ever since. They have owned a second home in the Burgundian village of Pommard since 2005 and operate a concierge-style trip planning service, Your Key to Burgundy. As experienced teachers and travelers, Carolyn and Ken enjoy nothing more than sharing their passion for France with others.

Friday Jan 24 2:00 - 4:00

Fee: \$45 Artichoke Cafe



Join Tony Quintana for classes #48 and 50 to learn more about plant-based eating.

Deciphering Dietary Restrictions 47

Bryn Smith

Should I avoid gluten and dairy? What is a food sensitivity? Is there anything I can eat anymore? We explore the answers to these questions and more! Learn the differences between allergies, sensitivities, and intolerances and how to know if you have them. We also discuss substitution options for common food allergens and irritants.

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.

Monday Mar 2 10:00 - 11:30

Fee: \$10 Oasis

Benefits of a Plant-Based Diet: Sprouts Market Field Trip 48

Tony Quintana

Back by popular demand! Interested in incorporating more plant-based meals into your diet? Join Tony Quintana for a tour of Sprouts Farmers Market. Discover tips for

meal planning and creating shopping lists, shopping for plant-based foods on a budget, where to find these foods in the grocery store, and reasons for plant-based eating. *Enrollment limited to 12. Tour involves standing for an extended period of time.*

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 Mar 3 9:00 - 10:30

Fee: \$18 Sprouts Farmers Market

Maximizing Nutrients in Foods: A Cooking Demo 49

Bryn Smith

Understanding the science of food can help us maximize the nutrients we get from our meals. We look at the healthiest forms of cooking for

maintaining the nutrient content of food and how to maximize vegetarian protein sources. We prepare a flavorful cannellini bean and amaranth soup, savory sauteed red chard, and a surprise dessert. Samples and printed recipes are provided. *Enrollment limited to 30.*

See bio #47.

Monday Mar 16 2:00 - 3:30

Fee: \$30 Oasis

**Plant-Based Eating:
The What, Why, & How 50**

Tony Quintana

Join Tony Quintana at Oasis for an introduction to plant-based eating. Learn what it means to follow a plant-based diet, why people choose to eat plant-based, and how to transition to a plant-based diet. Discover the health benefits of plant-based eating, as well as tips for meal planning, shopping, recipes, cooking, and more. This is a great opportunity for those interested in learning more about plant-based eating or how to support a loved one who follows a plant-based diet. Samples provided.

Enrollment limited to 35.

See bio #48.

Monday Mar 23 10:00 - 11:30

Fee: \$12 Oasis

**El Pinto Behind the Scenes:
Field Trip & Lunch 51**

Back by popular demand! 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 25. Tour includes walking on uneven ground and*

standing for extended periods of time. Not handicap accessible. Alcoholic beverages not included in the price.

Thursday Apr 16 1:00 - 3:00

Fee: \$45 El Pinto Restaurant

**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.

Health Fair at Oasis 52

Join us for a community health fair at Oasis. Health screenings and individualized information and resources on many important health topics are provided by Blue Cross and Blue Shield of New Mexico, New Mexico Foot and Ankle Institute, Lovelace Orthopedics and Silver Elite, American Lung Association, Janet Popp, Oasis movement instructors, and others. Get your free cholesterol, glucose, blood pressure, and fall risk screenings. Learn more about and get resources on dementia, falls prevention, foot health, any orthopedic issues you may be experiencing, being a caregiver for a family member, fun and relaxing exercise programs, and lung health.

Wednesday Jan 22 10:00 - 11:30

Free Oasis

**Oh By the Way Doc,
My Legs Are Swollen 53**

Michael Harding

Do you experience heavy, sore, and/or swollen legs? Why do veins start to become more concentrated and more visible in our legs as we age? When are those visible veins cosmetic and when do they need medical attention?

Are compression socks really necessary? Join Michael Harding for a discussion of common vein-related conditions, whether or not treatment is necessary, and – when it is – what treatment options are available.

Michael Harding, MD, practiced as an Interventional Cardiologist for close to 25 years in Albuquerque and was instrumental in founding the Presbyterian Heart Group. He specializes in vascular medicine and vascular ultrasound with a focus on peripheral artery intervention. He is now medical director and owner of the Vein Center of New Mexico and limits his practice to the field of phlebology, the diagnosis and treatment of venous and lymphatic disorders.

Tuesday Jan 28 12:30 - 2:00
 Fee: \$10 Oasis

**Hands-Only CPR & AED Use
 With the Resuscitation Rangers 54**

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.

Thursday Jan 30 12:30 - 2:00
 Fee: \$5 Oasis

A Matter of Balance 55

Judy Weinstein & Joe Huebel

Does 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 seven sessions and get an \$8 credit toward an Oasis class. Enrollment limited to 14.*

Thursdays Feb 6 - Mar 26 10:00 - 12:00
 Free 8 sessions Oasis

**Stand Tall: What You Should Know
 About Your Bone Health 56**

Janet Popp

Osteoporosis weakens bones, causing them to break, and it affects approximately 370,000 New Mexicans. A common symptom of osteoporosis is compression fractures in the spine, which lead to excessive curvature in the upper back. Fortunately, if caught early, you can take steps to improve bone health and lessen the risk of complications. We review causes, screening recommendations, treatment guidelines for osteoporosis, practical tips to protect your spine from injury, and exercises that improve bone health.

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 training for healthcare professionals.

Thursday Feb 13 12:30 - 2:00
 Fee: \$10 Oasis



Learn what “at-risk” foot care is and how your feet qualify for these services (class #60).

The Continuum of Care: Hospital to Home

57

Brandon Sayler

Going to the hospital involves many complexities. Factors sometimes include healing slowly, complying with doctor’s orders, and cognitive decline that can interfere with self-care. Learn about the relationship between hospitals and rehabilitation centers and what to expect when you are discharged home. Explore the differences between home health care and non-medical home care and discuss what role each plays in a successful discharge from the hospital.

Brandon Sayler graduated from UNM in 2009 and is a 2019 winner of a 40 Under 40 award from *Albuquerque Business First* magazine. Sayler has owned and operated Interim HealthCare in Albuquerque since 2014. Interim HealthCare provides services to nearly 200 senior clients and employs more than 50 caregivers. Sayler also recently acquired Geriatric Care Management in order to expand business offerings in care management.

Wednesday Feb 19 12:30 - 2:00

Fee: \$10 Oasis

Alzheimer’s Disease: Can We Really Prevent It?

58

Janice Knoefel

What is the evidence that Alzheimer’s Disease can be prevented? What do I need to do to reduce my chances? This discussion reviews the known risks for Alzheimer’s and current recommendations for reducing those risks.

Janice Knoefel, MD, MPH, is a neurologist and geriatrician with more than 35 years of experience. She has been on the faculties of Ohio State University, University of Cincinnati, Boston University, and UNM, where she has participated in clinical care, teaching, and research. She is especially interested in prevention efforts in neurological diseases of aging.

Tuesday Mar 10 10:00 - 11:30

Fee: \$12 Oasis

My Feet Need Help: Medicare Coverage Facts for Podiatry

60

Janet Simon

Medicare benefits for care of feet and the lower limbs is complicated, but Janet Simon explains how to get coverage for the care you need. Medicare Part B covers podiatrist foot exams and medically necessary treatment for foot injuries or conditions, like diabetes, poor circulation, foot deformities (hammer toe, bunion deformities, and spurs), and walking difficulties caused by pain. Learn what “at-risk” foot care is and how your feet qualify for these services.

Janet Simon, Doctor of Podiatric Medicine, MEd, is executive director of the New Mexico Podiatric Medical Association and is a board certified podiatric physician in Albuquerque with New Mexico Foot & Ankle Institute. She has more than 30 years of experience in clinical practice and serves as senior advisor to the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.

Friday Mar 27 10:00 - 11:30

Fee: \$10 Oasis

Reversing Diabetes? 61

Peter Pribis

Diabetes can rightly be called the new plague of the 21st century. Approximately 1.4 million people develop diabetes in the US every year, with the most dramatic increase in cases of Type 2 Diabetes – also known as diabetes mellitus or adult diabetes. While Type 2 Diabetes has become a major public health concern, Peter Pribis details the lifestyle changes you can take to prevent or even reverse it.

Peter Pribis, MD, DrPH, is an associate professor of nutrition and dietetics in the Department of Individual, Family, & Community Education at UNM. Pribis is also a registered dietician, and has authored many articles and peer-reviewed articles for publication, in addition to a book chapter and cookbooks. He is an enthusiastic advocate of the benefits of healthy nutrition and promoter of evidence-based lifestyle medicine.

Monday Mar 30 10:00 - 11:30

Fee: \$10 Oasis

Beginning Meditation Workshop 62

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



Diabetes is highly preventable, and, for some, it can even be reversed! Join Peter Pribis, MD, DrPH, RD, to learn how (class #61).

Center, and in various not-for-profit and community settings.

Wednesday Apr 8 10:00 - 11:30

Fee: \$12 Oasis

Allergens, Radon, & VOCs: Indoor Air Quality & Respiratory Health 63

Michael Taylor

Countless factors affect air quality in our homes. Learn about the leading factors – from pollens to radon to volatile organic compounds (VOCs) and more – and how they affect lung (and overall) health. We also discuss changes we can make to improve air quality in our homes where we spend so much of our time.

Michael Taylor is program manager and environmental scientist for the State of New Mexico's Indoor Radon Outreach Program, advising, educating, and assisting the public and policy makers in making informed choices that reduce the health risks. In addition, he has participated in the EPA Indoor Air Quality Tools for Schools program to develop practical plans to address indoor air quality problems. He has also worked to address pollutants such as asbestos, VOCs, and hantavirus.

Thursday Apr 9 12:30 - 2:00

Fee: \$10 Oasis

Cannabis: CBD vs THC

64

Mona Ghattas

Cannabidiol (CBD) is a naturally occurring compound found in the resinous flower of cannabis. CBD is closely related to another medicinally important active phytocannabinoid, tetrahydrocannabinol (THC), which is the compound that causes the high that has made cannabis famous. Mona Ghattas provides an in-depth explanation of CBD and how it differs from THC, including how it works, common uses, legal status, medical interactions, what to look for when purchasing, and much more.

*See bio #12.***Tuesday Apr 14 10:00 - 11:30****Fee: \$12 Oasis****What Is Happening to My Skin?**

65

Naiara Barbosa

Our skin plays a major role in our health and significantly evolves as we age. In this presentation, Naiara Barbosa explains the reasons behind those changes, shares information on how to keep your skin healthy, and outlines available treatments to keep your skin looking and feeling its best. She also addresses skin rashes that become more common as we grow older.

Naiara Barbosa, MD, received her medical degree from the University of Vermont College of Medicine and completed her residency in dermatology and fellowship in Mohs surgery and dermatologic oncology at the Mayo Clinic in Rochester, MN. She joined the UNM Department of Dermatology in July 2018 and serves as the director of Mohs Surgery and Dermatologic Oncology. Her interests include skin cancer prevention and treatment, melanoma, and care of immunosuppressed patients.

Friday Apr 17 10:00 - 11:30**Fee: \$10 Oasis****Health
Movement & Exercise**

N O T E *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.*

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

66

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 February 17. 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 Jan 27 - Mar 9
9:00 - 10:00****Fee: \$36 12 sessions Oasis****Tai Ji Quan: Moving for Better Balance
Session B**

67

*Ilene Dunn**See class #66.**Session A is not required to take Session B.***Mondays & Wednesdays Mar 11 - Apr 20
9:00 - 10:00****Fee: \$36 12 sessions Oasis**



Looking for a relaxing and gentle practice to reduce your risk of a fall? Try Tai Chi for Health! (classes #71 & 72).

Better Balance Session A 68

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 February 17. Enrollment limited to 25.*

See bio #66.

**Mondays & Wednesdays Jan 27 - Mar 9
1:00 - 2:00**

Fee: \$36 12 sessions Oasis

Better Balance Session B 69

Ilene Dunn

See class #68.

Session A is not required to take Session B.

**Mondays & Wednesdays Mar 11 - Apr 20
1:00 - 2:00**

Fee: \$36 12 sessions Oasis

Mini Bands for Fitness 70

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.*

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 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.

Tuesdays Jan 28 - Feb 11 9:00 - 10:00

Fee: \$24 3 sessions Oasis

Tai Chi for Health Part 1 71

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 has been shown to ease joint pain and improve balance. The class was developed by Dr. Paul Lam and is based on Sun Style tai chi. Basic principles of tai chi are incorporated into the class to leave you feeling calm, relaxed, and well. *Enrollment limited to 30.*

See bio #66.

**Tuesdays & Thursdays Jan 28 - Mar 5
11:00 - 12:00**

Fee: \$36 12 sessions Oasis

Tai Chi for Health Part 2 72

Ilene Dunn

For those who have mastered the basic movements in Tai Chi for Health Part 1, this

class is an opportunity to learn additional movements from the Sun Style 73 form to enhance your practice. As we learn the movements, we go deeper into the tai chi principles. Come expand your practice, keep the qi flowing, and continue the health benefits. Prerequisite: knowledge of the Tai Chi for Health Part 1 (aka Tai Chi for Arthritis for Fall Prevention) Basic Forms. *Enrollment limited to 30.*

See bio #66.

Tuesdays & Thursdays Mar 10 - Apr 16

11:00 - 12:00

Fee: \$36 12 sessions Oasis

Stretch & Relax

73

Cindy Russell

Deep breathing and gentle stretching greatly improve the body's ability to relax. Join us for a practice focused on posture, strategic breathing techniques (e.g., abdomino-diaphragmatic or "belly" breathing), and a blend of stretching techniques, including modified yoga poses. We gently stretch from either a standing or seated position (no floor work). The final component of this practice is a brief visual meditation and individual relaxation/meditation. *Enrollment limited to 30.*

Cindy Russell followed her love of physical activity to become a personal trainer after many years in business and finance. As a senior fitness and fall prevention specialist, she has been able to follow her passion: working with older adults and assisting them towards their desires to live healthy lives. She has a BA in Human and Community Services and is an ACSM Certified Personal Trainer, an ACE Certified Group Instructor, a health coach, and a senior fitness specialist.

Wednesdays Feb 5 & 12 11:00 - 12:00

Fee: \$16 2 sessions Oasis

Tai Chi Chih Part 1

74

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 Feb 6 - Mar 12 9:00 - 10:00

Fee: \$60 6 sessions Oasis

Tai Chi Chih Part 2

75

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 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. *Enrollment limited to 32.*

See bio #74.

Thursdays Mar 19 - Apr 9 9:00 - 10:00

Fee: \$40 4 sessions Oasis

Foam Rolling for Health

76

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.*

See bio #70.

Tuesdays Mar 3 & 10 9:00 - 10:00

Fee: \$16 2 sessions Oasis

Yoga for Happy Feet 77

Gloria Drayer

Back by popular demand! Your feet support you all day long, so take a little time to return the favor. This class is great if you have any issues with your feet, but it is also ideal if you simply want to keep them healthy. Gloria Drayer has poses perfect for hammer toes, plantar fasciitis, bunions, and more to help relieve pain and improve the health of your feet. *Poses are done standing or sitting; no yoga mats or prior yoga experience needed. 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*.

Tuesday Feb 18 3:15 - 4:30

Fee: \$8 Oasis

Yoga for Brain Health 78

Gloria Drayer

Back by popular demand! Studies show yoga practice can improve cognitive function, specifically memory, attention, processing time, and executive function for a clear and active mind. Join Gloria Drayer for a yoga practice that can elicit these benefits. We engage in a variety of yoga poses, breathing techniques, and meditation. *Be sure to wear*

loose, comfortable clothing. Please avoid eating two hours prior to class, and bring a mat or towel. Enrollment limited to 30.

See bio #77.

Tuesdays Apr 14 & 21 3:15 - 4:30

Fee: \$16 2 sessions Oasis

Mindful Eating & Breathing Practices 79

Gloria Drayer

Eating and breathing are basic bodily functions that we engage in without much thought. However, being mindful of these functions can bring great health benefits. Mindful eating can benefit satiety, digestion, and mood. Mindful breathing can give us more energy and force. Join us for a mindful practice to include mindful eating, breathing, and several complementary yoga postures. You don't need a lot of time, just conscious time. *Class is seated or standing, no mat required. Enrollment limited to 30.*

See bio #77.

Monday Mar 9 3:15 - 4:30

Fee: \$8 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 #66.

Mondays Mar 23 & 30 11:00 - 12:00

Fee: \$16 2 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

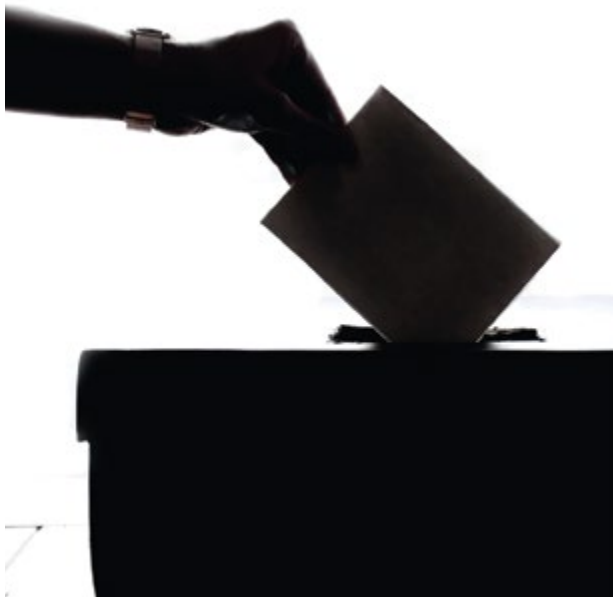
Critical Elections 1912: Wilson, Taft, Roosevelt, & Debs 81

Noel Pugach

Three viable candidates vied for the presidency in 1912: Woodrow Wilson (Democrat), William Howard Taft (Republican), and Theodore Roosevelt (Progressive). A fourth candidate, Eugene Debs (Socialist), also ran a vigorous campaign. Significantly, the Democrats captured the White House for the first time in many years and ran a candidate seeking the votes of Progressives. The third party candidate, Roosevelt, outpolled the Republicans. These results would have profound political and social repercussions.

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.

Wednesday Jan 22 12:30 - 2:00
Fee: \$10 Oasis



Join Dr. Noel Pugach to learn about the US elections of 1912 and 1932 (classes #81 & 82), both of which have had profound repercussions to this day.

Critical Elections 1932: FDR vs Hoover 82

Noel Pugach

This presidential election was fought in the shadow of the Great Depression, the greatest economic catastrophe in American history. Herbert Hoover, the Republican candidate, bore the onus of the Depression. But the Republicans were still the majority party. The Democrats ran Franklin D. Roosevelt (FDR), the popular and progressive governor of New York. FDR won by a large majority. He would quickly set the nation on a new path that would have far-reaching consequences to this day.

See bio #81.

Monday Jan 27 12:30 - 2:00
Fee: \$10 Oasis

The Power of Sound in Ancient Sacred Sites 83

Maya Sutton

Who knew that prehistoric people in Europe embedded sound in ancient stone structures? The new field of acoustic archaeology has discovered this resonance in Paleolithic caves and Neolithic monuments. In some painted caves in France and Spain, more animal images cluster around the most resonant places. In stone circles and dolmens, acoustic archaeologists are pursuing a sense of how the past sounded, particularly if rituals might have included sound. This is all very new.

Dr. Maya Magee Sutton graduated from Georgetown University's School of Foreign Service. She received her PhD from UNM where she has taught for 35 years. She taught Celtic Mythology at UNM for 10 years, and her current mythic Celtic animal is her Whippet, named Misty. Sutton has spent much time at ancient sacred sites, and conducted research with experts at Paleolithic painted caves, and Neolithic stone structures such as Avebury and Newgrange.

Wednesday Jan 29 12:30 - 2:00
Fee: \$10 Oasis

Notre Dame Cathedral After the Fire of 2019 **84**

Charles Steen

The fire that seriously damaged Notre Dame has resulted in a restoration project that will last five years. In this lecture, Charlie Steen considers the elements of original construction that helped to preserve much of the structure and also present some of the ideas for new roofing for the nave. The medieval architects and craftsmen built the strongest and largest building of its day and their work saved the cathedral from total destruction and part of the lecture discusses their skill.

Charlie 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 *Margaret of Parma: A Life*, and many articles. A graduate of UNM, he also holds a PhD in early modern European history from UCLA.

Thursday Jan 30 10:00 - 11:30

Fee: \$12 Oasis

The Great Political Upset of '48 **85**

Kathleen McCleery

"The only question about '48 is who screwed it up the most: the Republicans or the reporters?" Seven decades later, the presidential election of 1948 still fascinates. Longtime PBS producer Kathleen McCleery revisits the contest with excerpts from the PBS film *The Great Upset of '48*, which she directed. She offers tales of locating the train Truman used for his whistle-stop campaign and finding footage of the first televised political conventions. Finally, McCleery examines parallels (and differences) between 2020 and 1948.

Kathleen McCleery is an award-winning veteran broadcast journalist, and is now a special correspondent and freelance producer for the *PBS NewsHour*. She was the program's deputy executive producer from 2005-2013.

She has covered presidential campaigns and produced interviews with six presidents. At NBC News in the 1980s, she worked with Roger Mudd on news magazine programs. McCleery taught journalism at Princeton University in 2016 and 2018, focusing on media coverage of US elections.

Monday Feb 3 10:00 - 11:30

Fee: \$12 Oasis

The Greatest Road Trip: The Travels of Lewis & Clark **86**

Ned O'Malia

In 1803, Thomas Jefferson, as President of the United States, purchased the Louisiana territory and recruited Meriwether Lewis and William Clark to explore it. Very little was known of this new purchase that extended from the Mississippi River to the headwaters of the Missouri River. The expedition would take 28 months to travel to the Pacific Ocean and return to report on what they had discovered. Follow Ned O'Malia as he travels the original trail.

While Ned O'Malia has a PhD in Asian religion and culture, he has many other interests. He has traveled to 126 countries on ship, bus, train, cruise ship, truck, dugout canoe, and ox cart. He has recently lived in Inner Mongolia (China) for a year teaching English at a small college. O'Malia has traveled the full length of the Lewis and Clark trail three times in the past five years and canoed the famous White Cliffs of the Missouri.

Thursdays Feb 6 & 13 10:00 - 11:30

Fee: \$20 2 sessions Oasis

Culture & Society in Sixteenth Century France **87**

Charles Steen

The 16th century witnessed rapid growth in all cultural enterprises, bringing France from having parochial expression to a place where artists, writers, architects, and musicians were fully engaged on the highest level.

Simultaneously, religious divisions threatened to destroy the land through savage civil wars. The growing strength of French culture served as a unifying force that enabled the people to survive and ultimately thrive in a more tolerant environment.

See bio #84.

Thursday Feb 20 10:00 - 11:30

Fee: \$10 Oasis

Unexpected Bride in the Promised Land: Part 2 88

Iris Keltz

Iris Keltz continues to discuss her experience as chronicled in her award-winning book, *Unexpected Bride in the Promised Land*. Having survived the Six-Day War under the protection of a Palestinian family, it was 32 years before Keltz returned to Jerusalem. She went to find out what happened to the people who had protected her, and she went to find out if friendships between Jews and Palestinians were possible. You do not need to have attended Part 1 (offered in August 2019) to attend this class.

Retired from a 40-year teaching career that began in Harlem NY and ended in Albuquerque, Iris Keltz is now a writer, speaker, and activist. Her award-winning books include *Scrapbook of a Taos Hippie* (2000) which documents the heroic efforts of urban dropouts to create a utopian society, and *Unexpected Bride in the Promised Land: Journeys in Palestine and Israel* (2018), a historic memoir. Keltz might be the only Jew to have found sanctuary with the Palestinians during the Six-Day War.

Monday Feb 10 12:30 - 2:00

Fee: \$10 Oasis

Guardians & Guides: Animals in Celtic Myth & History 89

Maya Sutton

To the Celts in Europe 2,000 years ago, everything in nature was alive. Celtic mythology is rich in stories of animals as guardians and guides. The Celts, with their

ancient spiritual worldview, easily followed animals into the Otherworld, or shape-shifted into power animals. Have you noticed the red dragon on the national flag of Wales? Or the gigantic White Horse of Uffington that can only be fully seen from the air? Learn how animals were part of the myths and history of the Celts.

See bio #83.

Wednesday Mar 11 12:30 - 2:00

Fee: \$10 Oasis

The Project Y Spies 90

Alan Brady Carr

During the Manhattan Project, Los Alamos National Labs (LANL) designed, built, tested and helped deliver the world's first atomic bombs for combat. Only four years later, the Soviet Union tested its first atomic bomb, bringing America's nuclear monopoly to an end and initiating the arms race. LANL historian Alan Carr discusses the important role espionage played in helping Joseph Stalin, one of history's most prolific mass murderers, acquire nuclear weapons.

Alan Carr is currently the historian for Los Alamos National Laboratory. He has produced publications on the Manhattan Project, nuclear weapons testing, and the



The red dragon on the national flag of Wales is entwined with the mythology of the region. Learn more about this and other animals in Celtic myth and history with Dr. Maya Sutton in class #89.

Lab's development during the Cold War years. He completed graduate studies at Texas Tech University; his thesis, "The Long Road to Kursk: The Development, Abandonment, and Relearning of Soviet Military Strategy," traces Soviet operational art from its roots in the early 1920s through the first half of World War II.

Wednesday Mar 18 10:00 - 11:30

Fee: \$12 Oasis

The Many Faces of Magna Carta 91

Timothy C. Graham

Magna Carta, signed by King John and his barons on June 15, 1215, is among the most important constitutional documents in history. Defining the liberties of individuals just as parliamentary democracy was emerging in England, it subsequently inspired defenders of freedom throughout the Western world. The Magna Carta also played a key role in the English Civil War and the American Revolution. Timothy Graham provides a detailed orientation to the original document and considers its influence throughout history.

Dr. Timothy Graham is director of the Institute for Medieval Studies and a Regents' professor at UNM. 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 organizes the UNM Medieval Spring Lecture Series and has been given the rank of distinguished professor at UNM.

Thursday Mar 26 12:30 - 2:00

Fee: \$12 Oasis

Mysteries of the Megaliths & the Rise of Man 92

Creve Maples

As the world moved from the Stone to the Bronze Age around 3,500 BC, so began the greatest period of human construction the world had ever seen. Tens of thousands of

ingeniously constructed monumental megalithic structures – dolmens, menhirs, stone circles, chambered tombs, and cairns – were erected all over the world. From Stonehenge in England, to Newgrange in Ireland, to Carnac in France, to Maeshowe in the Orkney Islands, to the Hypogeum and Tarxien in Malta, we will explore these ancient marvels.

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.

Tuesday & Thursday Apr 21 & 23 2:00 - 4:00

Fee: \$24 2 sessions 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: Jan 14 - *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; Feb 11 - *The Immortal Life of Henrietta Lacks* by Rebecca Skloot; Mar 10 - *Mrs. Everything* by Jennifer Weiner; April 14 - *Lilac Girls* by Martha Hall Kelly. *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 Jan 14 - Apr 14 1:30 - 3:00

Fee: \$10 4 sessions Oasis



West Mesa Book Group 94

Linda Castagneri & Mary Herrmann Hughes
The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: Jan 15 - Any book by Hampton Sides; Feb 19 - *Say Nothing: A True Story of Murder and Memory in Northern Ireland* by Patrick Radden Keefe; Mar 18 - *The Fox Hunt: A Refugee's Memoir of Coming to America* by Mohammed Al Samawi; Apr 15: *The Library Book* by Susan Orlean. *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 Jan 15 - Apr 15 1:30 - 3:00

Fee: \$10 4 sessions

Palmilla Senior Living Center

Summit Book Group 95

Merrie Courtright

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Jan 21 - *The Moment of Lift: How Empowering Women Changes the World* by Melinda Gates; Feb 18 - *Have You Seen Luis Velez?* by Catherine Ryan Hyde; Mar 17 - *The*

Gown: A Novel of the Royal Wedding by Jennifer Robson; Apr 21 - *The Pioneers: The Heroic Story of the Settlers Who Brought the American Ideal West* by David McCullough. *Enrollment limited to 15.*

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

Tuesdays Jan 21 - Apr 21 11:00 - 12:30

Fee: \$10 4 sessions Oasis

Holmes Book Group 96

Betty Whiton

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: Jan 21 - *Pachinko* by Min Jin Lee; Feb 18 - *The Second Mountain: The Quest for a Moral Life* by David Brooks; Mar 17 - *The Murmur of Bees* by Sofia Segovia; Apr 21 - *The Garden of Evening Mists* by Tan Twan Eng. *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 Jan 21 - Apr 21 1:00 - 2:30

Fee: \$10 4 sessions

Erna Fergusson Library

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

On Tony Hillerman's Trail 97

James McGrath Morris

Tony Hillerman was famous for writing 18 Navajo murder mystery novels. But his greatest accomplishment was using the genre of mystery writing to uncover the mystery of Navajos for the world. Biographer James McGrath Morris is completing the first major biography of Hillerman. In this presentation he shares what he has learned after being on the trail of this extraordinary and much beloved figure.

James McGrath Morris's New York Times bestselling book *Eye on the Struggle: Ethel Payne, The First Lady of the Black Press* was awarded the Benjamin Hooks National Book Prize for the best work in civil rights history. His biography, *Pulitzer: A Life in Politics, Print, and Power* was selected by the *Wall Street Journal* as one of the five best books on American moguls. He is currently working on a biography of Tony Hillerman.

Wednesday Feb 19

10:00 - 11:30

Fee: \$12 Oasis

Beowulf the Warrior 98

Richard Field

Beowulf is a classic of English literature. It is a gripping tale of a hero and his encounter with three deadly monsters: Grendel, his mother, and a dragon. This story was a Tolkien favorite and helped inspire his own epics. We look at the cultural context of this saga, the narrative itself, and its impact. Feel the chill of his icy blade in your hand, as we search the moor for the monsters.

Since middle school, Richard Field has been



Learn about the hero Beowulf and the context and impact of the epic poem in class #98.

Image: illustration from Myths and Legends of All Nations, 1914, edited by Logan Marshall.

an avid student of history in general and military history in particular. He earned his BS and MS from East Stroudsburg University in Pennsylvania. He 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 also a contributor to *Ancient History Magazine*.

Saturday Mar 28 10:00 - 11:30

Fee: \$10 Oasis

See also:

The Spiritual Journey of Leo Tolstoy: A Continuation with Frank Yates (class #133).

Music

Robertson Violins Tour: Field Trip 99

Barbara Barber
Tour Robertson & Sons Violin Shop, established in 1971 by Don Robertson. The store is the premier source for bowed string instruments in the US. The 20,000-square-foot business encompasses a large repair and restoration workshop, new instrument production workshop, concert hall, three instrument showrooms, nation-wide rental department, accessories, and sheet music. This family-owned business is known throughout the US and beyond for its fine string instruments for professionals, educators, students and collectors. *Enrollment limited to 30.*

Barbara Barber is internationally known as a violinist, pedagogue, and author. She has appeared throughout the Americas, Europe, Asia, Australia, and New Zealand and held faculty positions at Texas Tech University, Texas Christian University, and CU Boulder. Her 30 books and CDs are distributed by Alfred Music. She joined the sales team of Robertson's in 2014 where she also presents concerts, master classes, and pedagogy seminars. She plays with the Santa Fe Symphony and New Mexico Philharmonic.

Thursday Feb 20 10:00 - 11:00

Fee: \$15 Robertson Violins

Singing the Show Tunes 100

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 March 10. Off-site performances March 31, April 14 & 21. Performance at Oasis Friday, April 24, 2-3pm (see class #130).*

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 Jan 28 - Apr 7 10:15 - 11:45

Fee: \$65 9 sessions Oasis

Please note that all Jane Ellen lectures are two hours.

You've Got a Friend in Carole King 101

Jane Ellen

Singer/songwriter Carole King (1942-) began her career in the 1960s writing hit songs with then husband Gerry Goffin. A decade later, she became an award-winning performer in her own right when the album *Tapestry* topped

the US charts in 1971 for 15 weeks, remaining on the charts for six years. Recipient of the Gershwin Prize from the Library of Congress in 2012, King has written the musical soundtrack of our lives across five decades.

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, and spirituality with Albuquerque audiences. Jane has a catalog of more than 60 published works and numerous choral and chamber commissions; and her music has been performed internationally.

Tuesday Jan 21 10:00 - 12:00

Fee: \$10 Oasis

The Kingston Trio: Founding Members of the Folk Revival 102

Jane Ellen

The Kingston Trio emerged from San Francisco's club scene in the late 1950s to take the country by storm, bringing the rich tradition of American folk music to their audiences. During the late 50s and the turbulent, revolutionary early 60s, these three young men enjoyed unprecedented record sales and worldwide fame. This retrospective features a wide sampling of their favorite songs, so if you know the words, feel free to sing along!

See bio #101.

Thursday Jan 23 12:30 - 2:30

Fee: \$10 Oasis

Classical Composers in Review

Throughout 2020, Jane Ellen presents a series on classical composers, indicated by CL in the title.

Would the Real Wolfgang Amadeus Mozart Please Stand Up? [CL] 103

Jane Ellen

By the age of four, we're told that Mozart (1756-91) could learn a piece of music in roughly 30

minutes. When he was five, he was playing both the clavier and violin to a level that astonished professionals. Somewhere around the age of six, he began to compose. This course explores the fascinating history as well as the uniquely astonishing mythology generated by his life and career.

See bio #101.

Monday Jan 27 2:30 - 4:30

Fee: \$10 Oasis

Bessie Smith: Empress of the Blues 104

Jane Ellen

Bessie Smith (1894-1937), now viewed as one of the greatest singers of her era, was a major influence on fellow blues and jazz vocalists. She began as a child busker (alongside her guitar-playing brother), worked as a chorus line dancer, and finally secured a recording contract with her strong contralto. Her career was cut short by a tragic car accident in 1937; her grave remained unmarked until 1970 when Janis Joplin and Juanita Green purchased a tombstone.

See bio #101.

Wednesday Feb 5 12:30 - 2:30

Fee: \$10 Oasis

The Heart & Soul of Hoagy Carmichael 105

Jane Ellen

The year 1899 was a banner year in American popular music history, as it witnessed the births of the “Maple Leaf Rag,” Edward Kennedy “Duke” Ellington, and Hoagland Howard Carmichael (1899-1981). Despite his phenomenal success as a songwriter, few children today realize they’re banging out a Hoagy Carmichael ballad as they rip through “Heart and Soul.” We revisit many of this singer-songwriter’s greatest hits, from “Stardust” to “Georgia on My Mind.”

See bio #101.

Friday Feb 7 10:00 - 12:00

Fee: \$10 Oasis

Odetta: Voice of the Civil Rights Movement 106

Jane Ellen

Odetta Holmes (1930-2008) was a versatile and multi-talented vocalist most often remembered for her repertoire of American folk music, blues, and jazz. Her earliest training was for the opera; she worked briefly in musical theatre before beginning an amazing solo career which reportedly influenced both Bob Dylan and Harry Belafonte. Odetta appeared in several films, but always returned to her music; she continued performing in front of enthusiastic audiences until shortly before her death in 2008.

See bio #101.

Wednesday Feb 12 12:30 - 2:30

Fee: \$10 Oasis

Bob Marley and the Wailers 107

Jane Ellen

Singer-songwriter Bob Marley (1945-81) blended elements of ska and rocksteady in his pioneering work as one of the founders of reggae. His smooth vocals and rhythmic songs were infused with a personal sense of spirituality; his international success not only propelled reggae onto the charts but helped popularize Jamaican music and culture. After his untimely death from cancer in 1981, a greatest hits album entitled *Legend* was released in 1984, becoming the best-selling reggae album of all time.

See bio #101.

Thursday Feb 20 2:30 - 4:30

Fee: \$10 Oasis

The Queen of Pop: Madonna 108

Jane Ellen

Madonna Louise Ciccone (1958-) has never been accused of being a one-trick pony. From early days in New York City in 1978 where she worked as a modern dancer, a drummer, guitarist, and a vocalist, before signing her first recording contract, Madonna has spent

her life constantly reinventing her songs, her image, and her appeal in order to stay relevant. Now the highest-grossing solo touring artist of all time, she has sold more than 300 million records worldwide.

See bio #101.

Monday Feb 24 10:00 - 12:00

Fee: \$10 Oasis

**The Wind Cries Mary:
The Jimi Hendrix Experience 109**

Jane Ellen

Rock legend Jimi Hendrix (1942-70) is regarded as one of the most influential guitar players in history, yet his mainstream success lasted only four short years before he tragically became a member of music's 27 Club. After serving in the military Hendrix began working as a session musician under the name Jimmy James, but it wasn't until he traveled to London in 1966 that the *Jimi Hendrix Experience* was formed. Within a year, he became a superstar.

See bio #101.

Thursday Feb 27 12:30 - 2:30

Fee: \$10 Oasis

**Born to Squeeze:
The Marvelous Accordion 110**

Jane Ellen

It's a sad truth that the magnificent instrument called the accordion rarely gets the respect it deserves. A popular *Far Side* cartoon depicted new arrivals to heaven welcomed with harps, whilst those below received accordions. Beginning with a look at the Chinese sheng (ancestor of all free reed instruments) and exploring the different types of accordions, we examine music from around the world, including folk, ethnic, jazz, chamber music, and classical music.

See bio #101.

Wednesday Mar 4 12:30 - 2:30

Fee: \$10 Oasis



Join Jane Ellen in class #109 to learn about Jimi Hendrix, regarded as one of the most influential guitar players in history. Image: Jimi Hendrix, May 10, 1968, photo by Steve Banks (Wiki Commons).

**These Dreams:
Ann & Nancy Wilson's Heart 111**

Jane Ellen

Heart got their start in 1963, but since 1973, sisters Ann (1950-) and Nancy (1954-) Wilson have been the constant center of this versatile rock band. With sales of over 35 million records worldwide, their albums have included music not only influenced by hard rock and heavy metal, but folk music, Southern rock, and pop rock as well. We explore the history and the hits, including "Magic Man," "Barracuda," "These Dreams," "What About Love," and more.

See bio #101.

Thursday Mar 19 2:30 - 4:30

Fee: \$10 Oasis

See additional Jane Ellen class in the Technology category:

YouTube, We Tube: What's the Big Deal? (class #183).

I'll See You on the Dark Side of the Moon: Pink Floyd 112

Jane Ellen

British rockers Pink Floyd were far from just “Another Brick in the Wall.” Together these ambitious and virtuosic musicians became the founders of both blues-based progressive rock and psychedelic space-rock. They also became known for intense songs with lyrics commenting on emotional, political, and social issues. Unafraid to experiment with technology, they used increasingly innovative sonic effects and state-of-the-art recording techniques to help craft their albums and film scores.

See bio #101.

Wednesday Mar 25 12:30 - 2:30

Fee: \$10 Oasis

Wanted! The Outlaw Waylon Jennings 113

Jane Ellen

Waylon Jennings (1937-2002) narrowly missed the ill-fated 1959 flight which took the life of Buddy Holly. It would take a decade before he made his mark as a founder of outlaw country, recording the first platinum country music album, *Wanted! The Outlaws*, along the way. His 50-plus year career left behind a string of hits, and had a major impact on artists such as the Marshall Tucker Band, Hank Williams Jr., and Steve Earle.

See bio #101.

Monday Mar 30 2:30 - 4:30

Fee: \$10 Oasis

Unfinished Symphony: The Life of Franz Schubert [CL] 114

Jane Ellen

Austrian composer Franz Schubert (1797-1828) died prematurely at the age of 31, leaving behind a legacy of more than 600 vocal works, seven completed symphonies,

sacred music, operas, incidental music, and an enormous catalogue of chamber and piano music. Although once enjoying only limited popularity, his fame has steadily risen over the years, and he is now ranked amongst the greatest composers of the late Classical and early Romantic eras.

See bio #101.

Friday Apr 3 10:00 - 12:00

Fee: \$10 Oasis

Beethoven: Triumph in the Face of Adversity [CL] 115

Jane Ellen

Generally deemed to be one of the three most important composers of the Classical era, Ludwig van Beethoven (1770-1827) is the only one whose music was equally important in the subsequent Romantic era. The tumultuous events surrounding this child prodigy's life and career often make it difficult to sort truth from myth. Despite seemingly endless adversities, Beethoven became one of the most dominant and evocative composers of his time.

See bio #101.

Thursday Apr 16 2:30 - 4:30

Fee: \$10 Oasis

Kurt Weill's Useful Music 116

Jane Ellen

Kurt Weill (1900-50), known primarily in the United States for “Mack the Knife” from *The Threepenny Opera*, was a leading composer for the stage, as well as a classical composer during his tragically short career. Denounced by the Nazis, he fled Europe in 1933 to pursue his ideal of writing music that served a socially useful purpose. This class is amplified by a wide range of recordings, including classic performances by his wife, Lotte Lenya.

See bio #101.

Monday Apr 20 12:30 - 2:30

Fee: \$10 Oasis

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

Performing Arts (Lectures & Workshops)

***Il Postino (The Postman) Opera by Catan: Chilean Poet Neruda* 117**

Julius Kaplan

The Mexican-born and Princeton-educated composer, Daniel Catan (1949-2011) wrote lush and neo-Romantic music in order to establish a Spanish language opera tradition for Mexico and Latin America. This was the last of his five operas and tells the story of the exiled Chilean poet and Nobel Prize winner Pablo Neruda. The volume of his fan mail led to the hiring of a private postman, Mario, with whom the poet developed a friendship that had a tragic ending. Opera Southwest performs *Il Postino* at the NHCC Journal Theatre February 2-9, 2020.

Julius Kaplan received his PhD in art history from Columbia University and spent his career teaching at UCLA and California State University, San Bernardino. A lifelong opera enthusiast, he is a board member of OSW and offers frequent classes on opera for the community.

Monday Jan 27 10:00 - 11:30

Fee: \$10 Oasis



Dr. Julius Kaplan provides insight about Il Postino (The Postman), an opera about Chilean poet Pablo Neruda, in class #117.

***La Traviata Opera by Verdi: Exquisite Doomed Love* 118**

Julius Kaplan

Prepare yourself for Opera Southwest's spring production. This is one of Verdi's most popular operas, filled with exquisite heart-rending music. It tells the story of a doomed love between a prostitute with a heart of gold, her young ardent lover, and his disapproving father. They are forced to separate, but too late the father learns that her love was sincere. Opera Southwest performs *La Traviata* at the NHCC Journal Theatre March 22-29, 2020.

See bio #117.

Thursday Feb 27 10:00 - 11:30

Fee: \$10 Oasis

***Intro to Improvisation 2* 119**

Jo McEntire

Participate in a new improvisation workshop to explore games with other Oasis adventurers. Improvisation has become a popular way for the timid and the brave to connect through short activities that enlist your imagination. We practice verbal, physical, and story-telling games that encourages "Yes, and" responses with other players. Begin to connect by sharing stories, leading to comical moments. You do not need to have taken last session's Improv class to enjoy this one. All abilities welcome. *Enrollment limited to 12.*

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

Tuesday Mar 3 10:00 - 12:00

Fee: \$18 Oasis

Performing Arts: Friday Performances

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

The WesternHers Classic Country Trio 120

A musical trio of award-winning women present classic country tunes with acoustic guitar, bass, fiddle, and outstanding harmonies. Get ready for a walk down memory lane featuring classic country at its best. Think Ray Price, Patsy Cline, and Faron Young, as we enjoy an afternoon of award-winning musicians, fun, and laughter.

Dawn Tarpley, guitarist and lead vocalist, presents music from her father's own 1960s setlist used with his band, Rudy Olguin and The Westerners (Socorro NM). She is joined by her talented buddies Laura Leach Devlin on bass guitar, and Kristen Rad on fiddle.



Friday Performances this season are provided by a wonderful variety of musicians, including (counter-clockwise from top) WesternHers, Frank Leto, and Zenobia.

Friday Jan 31 2:00 - 3:30

Fee: \$12 Oasis

Frank Leto With Music & Dance of Trinidad & Tobago 121

Trinidad and Tobago are two islands in the Caribbean whose music and instruments have spread throughout the world. Calypso is the national music and is used as a vehicle for vocalists to express their views about politics, love, and music, often with a humorous twist and of course there is the use of the double entendre. This performance and lecture focus on the history of Trinidadian culture, music, and dance.

Steel drummer, percussionist, vocalist, and composer Frank Leto is a professional musician and educator. Leto sings and plays Brazilian percussion, Afro-Cuban percussion

and Trinidadian steel drums. Pilar Leto is a creative and well-versed dancer, choreographer and producer. She has been actively performing and instructing Brazilian, Caribbean, and Afro-Cuban dance for over 25 years. They are joined by musician Nick Baker.

Friday Feb 7 2:00 - 3:30

Fee: \$12 Oasis

Zenobia 122

Former Broadway actress, singer/songwriter, composer, and musician Zenobia sings the blues, gospel, pop, R&B, and sometimes disco. She shares stories about her strange and interesting career which led her on journeys through the worlds of music and stage. She is joined by fellow musicians for this Oasis concert.

Songwriter and recording artist Zenobia began her singing career as a child in her church



Above left: Flambeaux. Above: Singing Pilgrims.

choir in Los Angeles. In New York City, she appeared in Broadway's rock musical, *Hair*, sang backup for other artists, and debuted the disco hit "It's Raining Men" as an original Weather Girl. Before moving to New Mexico, Zenobia discovered advertising when she produced music and radio for major ad agencies in NYC. She now performs in New Mexico, Texas, New York City, & Europe.

Friday Feb 14 2:00 - 3:30

Fee: \$12 Oasis

Mardis Gras With Flambeaux 123

Mardis Gras here we come! Flambeaux takes you down to the Big Easy without leaving New Mexico. Traditional New Orleans jazz is on the menu to spice up this Friday afternoon event as well as the funky sounds of the second line – those who follow the band just to enjoy the music – that will make you move your bones. Come and get your toes a-tapping.

Bob Gusch on clarinet wails as Micah Hood lays down the melody on his trombone. Mark Weaver on tuba cooks up some bass lines that will keep your party at the right temperature. Award-winning Wayne Shrubbsall on banjo illustrates the depth of this musical style.

Friday Feb 21 2:00 - 3:30

Fee: \$12 Oasis

A Singing Pilgrims Journey 124

Singing Pilgrims is an intergenerational duo performing Celtic, traditional, and original

music that is much more than melody and rhythm. Their songs are personal expressions of the path they have walked for over two decades, and their story is woven into the fabric of each tune. Driving fiddle tunes and soulful ballads fill out a Singing Pilgrims program along with a return to their roots: the intricate interplay of duo harps. They have performed all over the nation and have recently traveled to Ireland, sharing their music in pubs and concert venues all along the way.

Singing Pilgrims are: Jeanne Page (vocals, guitar, harp) and Natasha Coffing (fiddle, harp, vocals).

Friday Feb 28 2:00 - 3:30

Fee: \$12 Oasis

Nohe y Sus Santos 125

Featuring musicians from Honduras, Mexico, and the US, Nohe y Sus Santos find their stride in creating songs that cross language and cultural borders. From cumbia to alternative rock en español, to pop grooves and beyond, their music is accentuated with stabbing, sensual guitar lines, supple bass and percussion, and vocals. At once powerful, sultry, and alluring, vocalist Nohelia Sosa completes a group of fabuloso musicians that

can only be described as excitingly fresh.

Formed in 2018 by celebrated Honduran vocalist and songwriter Nohelia Sosa, along with veteran guitarist Randy Sanchez, the band is rounded out by the heavy hitting rhythm section of drummer Rafael Herrera and bassist Justin Bransford.

Friday Mar 6 2:00 - 3:30

Fee: \$12 Oasis

Entourage Jazz Swings the Standards of the 1940s & 50s 126

Join Entourage Jazz, a.k.a. EJAZZ, for a performance celebrating the jazz standards of the 40s and 50s. EJAZZ was named Albuquerque's Best Jazz Band by the *Weekly Alibi Burque Music Showcase*



2019. Performing since 2009, they have been seen in local venues as well as nearly every major black tie event from the Montezuma Ball to Concours de Soleil. EJAZZ has been featured in the New Mexico Jazz Workshop's Jazz Under the Stars summer series, named Best Local Band by *Perfect Wedding Guide*, and honored by the NM Music Awards.

Vocalist Emerson Corley returns to Oasis with bandmates Roger Baker on piano, Dimi DiSanti on guitar, Maren Hatch on bass, and John Bartlit on drums.

Friday Mar 20 2:00 - 3:30

Fee: \$12 Oasis

The Adobe Brothers Live 127

The Adobe Brothers (Toby, Jacobi, Moby and Pierogi) perform a selection from their vast repertoire of bluegrass, old time, Latin American, klezmer, folk and original songs



Clockwise, from top: Nohe y Sus Santos, The Adobe Brothers, and Entourage Jazz.

and tunes. For a high-energy, enjoyable Friday afternoon of the finest in acoustic music come and judge for yourself – are they really identical quadruplets, or only fraternal?

The Adobe Brothers are: Moby Adobe on banjo and vocals (who sometimes uses the pseudonym Wayne Shrubsall); Pierogi on bass (who plays his solid rhythm and dazzling solo flights in various other local bands under his nom de plunk, Terry Bluhm); Toby Adobe on violin and vocals (composer of many fine fiddle tunes who claims to be employed by UNM as Bruce Thomson); and on guitar, vocals and harmonica, Jacobi Adobe (whose portrait can be found in the post office, aka Jimmy Abraham).

Friday Mar 27 2:00 - 3:30

Fee: \$12 Oasis

Taiko Japanese Drumming: Performance & Lecture 128

Taiko are a broad range of Japanese percussion instruments. Anita Gallegos presents a combination lecture and performance accompanied by her taiko drum group. Learn about taiko history, drum styles and types, clothing, instrumentation, and how the drums are made. You may even get to participate in some drumming!

Top to bottom: Taiko, Neshama del Bosque, The Oasis Entertainers



Anita Gallegos has studied taiko for close to 20 years, has her own taiko dojo (training hall), directs a taiko performing group, and even makes her own drums. She teaches beginning taiko drumming classes to anyone who wants to learn. In addition to her regular taiko training, she has had the great fortune to be part of workshops and private training with some of the taiko masters in both the US and Japan.

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

Neshama del Bosque 129

Neshama del Bosque (Soul of the Forest) performs Sephardic music from medieval Spain, Syria, Turkey, and the Mediterranean. You might hear a Ladino lullaby from Greece, an ancient folk song from Turkey, a mushwasha love song in Arabic from Andalusia, a Ladino folk song by Flory Jagoda about “Tu Beshevat” (the New Year of the Trees), a suite of traditional folk songs and fiddle tunes from New Mexico – y mucho mas!

Vocalist and string player Beth Cohen serves as cantor and music director at Congregation Nahalat Shalom and coordinates the annual KlezmerQuerque festival. Ronaldo Baca began learning classical guitar at the age of 13; he focused on flamenco for many years and studied the Middle Eastern oud. Javier Saume Mazzei holds a BA in music from Roosevelt University and has performed with many musicians, including Reginald Veal, Herlin Riley, Cassandra Wilson, and Badi Assad.

Friday Apr 17 2:00 - 3:30
Fee: \$12 Oasis

Celebrate 30 Years With the Oasis Entertainers 130

The Oasis Entertainers celebrate their 30th anniversary with a series of spring concerts, concluding with this performance at Oasis. From Gilbert & Sullivan to Irving Berlin; from Rodgers & Hammerstein to Jonathan Larson, this concert is a retrospective of musical

theatre music (with a few detours along the way!) that you are sure to enjoy.

Every trimester enthusiastic singers enroll in the “Singing the Show Tunes” class. 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 Apr 24 2:00 - 3:00

Fee: \$10 Oasis

Personal Enrichment

When I Was a Child: Writing the Stories of Your Early Years Workshop 131

Wendy Orley

Back by popular demand! Have you thought you should write down some of your memories for your grandchildren, but cannot seem to get started? Have you written a little, 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. This class is most appropriate for those just starting out. *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.

Thursday Jan 23, Monday Jan 27, &

Thursday Jan 30 10:00-11:30

Fee: \$28 3 sessions Oasis

Memoir Writing Workshop: How to Tell Your Story 132

Norma Libman

Everyone has a story to tell, and now is the time to tell yours. In this memoir writing workshop, Norma Libman shows you how to retrieve memories you thought were forgotten, how to get them written down, and how to organize them into your own life story. Bring paper and pen for writing and Libman promises you will have written a start to your memoir when the workshop is over. *Enrollment limited to 40.*

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 Apr 2 10:00 - 12:00

Fee: \$15 Oasis

Philosophy, Religion, & Spirituality

The Spiritual Journey of Leo Tolstoy: A Continuation 133

Frank Yates

This continuation of an earlier lecture on Leo Tolstoy, the great Russian writer, focuses on two books: *My Religion-What I Believe* and *The Kingdom of God is Within You*. These books present Tolstoy’s views on non-violence, ideas that influenced Gandhi and Dr. Martin Luther King, Jr. We trace how this former soldier in the Czar’s army turned to Jesus’ Sermon on the Mount for his inspiration. *Note: you do not need to have attended the previous lecture (fall 2019) to enroll in this one.*

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.

Monday Jan 20 10:00 - 11:30
Fee: \$10 Oasis

Saint George Greek Orthodox Church: Field Trip 134

The Saint George Greek Orthodox Church and parish were founded in 1944. It was begun under the vision of Athenagoras, Archbishop of America and later Ecumenical Patriarch.

The church founders were primarily Greek immigrants who had come to America seeking safety, security, freedom, and hope for the future. Tour the church and grounds with a member of the church clergy. Learn of the architecture, art, and history of Saint George. *Enrollment limited to 20.*

Tuesday Feb 4 10:00 - 11:30
Fee: \$15 St. George Greek Orthodox Church

The Story of Love in Judaism 135

Paul J. Citrin

During two sessions, examine how Judaism and Jewish teachers have understood the commandments to love God and one's neighbor; and to love in marital and family life, in the communal setting, and in terms of sex and sexuality. We read and discuss texts from the Bible and from

the ancient rabbis as well as material from contemporary sources. The goal of these sessions is to deepen our understanding of what the world needs in this era of me-ism and tribalism.

Rabbi Paul Citrin received his BA in history from UCLA and an MA in Hebrew Letters from Hebrew Union College. He has served numerous congregations since he was ordained by the Hebrew Union College in 1973. Citrin has authored a children's novel and children's prayer books and edited an anthology of scholarly essays on the Hebrew language. He is active in issues of social justice and interfaith relations.

Monday & Wednesday Feb 10 & Feb 12 10:00 - 11:30
Fee: \$20 2 sessions Oasis



Visit the Saint George Greek Orthodox Church and learn about its art and history (class #134).

The Strange Case of the 17th Century Jewish Mystical Messiah 136

Michael Nutkiewicz

In 1666 Shabbatai Zvi (d. 1676) was declared the messiah. Most of the known Jewish world from the Middle East to Western and Eastern Europe was prepared to follow him. Skeptical rabbis were powerless to stop the movement, and Christian writers followed the story very carefully as it unfolded. But why did Shabbatai Zvi convert to Islam, and what happened to him and his believers?

Michael Nutkiewicz was executive director of Oasis

Albuquerque from 2010-2014. He now teaches and publishes on topics in Jewish and general European history and philosophy. Besides university teaching, he has held executive positions with agencies that work with refugees and victims of political violence.

He received his PhD in history from UCLA.

Friday Feb 14 10:00 - 11:30

Fee: \$10 Oasis

The Spiritual & Social Ideas of Simone Weil: A Continuation 137

Frank Yates

This continuation of Frank Yates' talks on Simone Weil focuses on her spiritual and social ideas. Weil, who died during World War II, conveyed many of her spiritual ideas in her book *Waiting for God*. While working for De Gaulle's French government during her exile in London, she wrote a blueprint for post-war France. That became her book *The Need for Roots*. These two works are examined in detail while we learn more about this fascinating philosopher, spiritual writer, and political theorist. *Note: you do not need to have attended the previous lecture (summer 2019) to enroll in this one.*

See bio #133.

Friday Feb 21 10:00 - 11:30

Fee: \$10 Oasis

The Biblical Saga of Joseph & His Brothers 138

Shlomo Karni

Learn about Joseph, the hated brother who was kidnapped, sold into slavery, imprisoned, and who then rose to be viceroy of the pharaoh of Egypt. This is an emotionally-charged drama with actions of envy, coldblooded cruelty, bereavement, tenderness – and the occasional providence or fate. How relevant is this story to us today?



Reverend Dr. Frank Yates discusses the ideas of philosopher, spiritual writer, and political theorist Simone Weil in class #137.

Dr. Shlomo Karni is professor emeritus at UNM where he taught in both the departments of electrical engineering and religious studies. He received his undergraduate degree from the Technion-Israel Institute of Technology, and his graduate degrees from Yale University and the University of Illinois, Urbana-Champaign.

Thursday Mar 5 10:00 - 11:30

Fee: \$10 Oasis

An Art & Architecture Tour of Congregation Albert Synagogue: Field Trip 139

Paul J. Citrin

Congregation Albert is 121 years old and its present synagogue facility is 35 years old. Join Rabbi Paul Citrin to learn about the architect's concept for the building and examine the art and artifacts which make it a unique synagogue. See how the values of a community influence and

are influenced by the physical surroundings of where people meet. A feature of this tour is to see both the Centennial Torah scroll and the Holocaust scroll. *Enrollment limited to 30.*

See bio #135.

Wednesday Mar 11 10:00 - 11:00

Fee: \$15 Congregation Albert

The Underground Church in USSR 140

Christopher Zuger

The Bolshevik Revolution introduced atheism on a massive scale, and Catholics experienced severe persecution across the USSR. We encounter secret nuns, parents trying to pass the faith to their children at great risk, illegal services in labor camps, and priests who whispered Masses at night. Believers fought to keep churches open and passed around

forbidden literature. How bold would we be in such conditions? Their quiet heroism should challenge and inspire us.

Father Christopher Zuger 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 Apr 2 10:00 - 11:30

Fee: \$10 Our Lady Of Perpetual Help

Saint Teresa of Avila & Saint John of the Cross: A Jungian Perspective 141

Wardene M. Crowley

Since many students of Saint Teresa and Saint John find similarities with Jungian psychology, this course journeys into the dynamic Christian, Jewish, and Moorish soul of late medieval Spain with Jung as our guide. Both Saint Teresa and Saint John were deeply influenced by their diverse ancestors. Their works, *Interior Castle* and *The Dark Night*, provide early examples of pre-Jungian self-awareness and developmental spirituality across cultures.

Wardene Crowley received her BA and MA in communication from UNM. She taught in the Religious Studies program and the Communication department as an adjunct instructor at UNM and CNM. Crowley developed and guided numerous presentations and retreats on spiritual development and mysticism. She received the Dominican Lumen Ecclesiae award for her outstanding contribution to adult learning. She now volunteers for the Living School program founded by Father Richard Rohr.

Monday Apr 6 12:30 - 2:00

Fee: \$10 Oasis

Science, Math, & Nature

Alameda Open Space Bird Walk 142

Judy Liddell

Join us for a morning trip to Alameda Open Space to explore and enjoy winter birds. Be prepared to walk up to one mile on fairly level trails as we explore the wetlands and various viewing spots along the river. In addition to wintering waterfowl, we will see gulls and perhaps a bald eagle or two, plus much more. *Enrollment limited to 25. Wear sun protection and dress in layers with sturdy shoes; bring water, binoculars, and camera.*

Judy Liddell is a past board member of both Central New Mexico Audubon and Audubon New Mexico. She leads bird walks and currently serves on the conservation committees of both organizations. In addition, she is a bird monitor for the Rio Grande Nature Center. She is co-author of *Birding Hot Spots of Central New Mexico* and *Birding Hot Spots of Santa Fe, Taos, and Northern New Mexico* and writes "It's a Bird Thing" blog.

Monday Jan 27 9:00 - 11:00

Fee: \$18 Alameda Open Space

Searching for Life in Caves on Earth, Mars, & Icy Moons of the Solar System 143

Penelope Boston

An abundance of living things exists underground on Earth in caves, mines, and rock fractures. Many of these organisms are only very distantly related to the familiar life forms that surround us on the surface. Some have special talents like eating through rock, making new minerals, producing antibiotic compounds, and producing complex three-dimensional structures. Can we learn from these amazing creatures on Earth and apply those lessons to search for life elsewhere in our solar system?

Dr. Penelope Boston is an astrobiologist/geomicrobiologist at NASA Ames Research Center (CA), former associate director of National Cave and Karst Research Institute in Carlsbad, NM, and chair of the Earth and Environmental Sciences Department at New Mexico Tech. She holds the 2010 Lifetime Science Achievement Award (National Speleological Society), Caving Legend Award (Ft. Stanton Cave Study Project), is a fellow of the NASA Innovative Advanced Concepts Program, and a fellow of the California Academy of Sciences.

Monday Feb 3 2:30 - 4:00
 Fee: \$10 Oasis

**Southwest Predators:
 The Coyote 144**

Daryl Ratajczak

Coyotes are masterful adapters to their environment. Although long-time residents of the Southwest, these crafty mesopredators are now found throughout North America, much to the delight and chagrin of the people who live with them. Find out why these highly adaptable canines have become the new ever-present predator of our landscapes.

Daryl Ratajczak is a wildlife biologist working for the US Forest Service. He obtained his degree in wildlife management and managed a black bear rehab, research, and education facility located outside Great Smoky Mountains National Park. He worked for the Tennessee Wildlife Resources Agency and served as the big game program coordinator managing the state's deer, bear, and elk programs, eventually becoming the chief of Wildlife and Forestry for the state of Tennessee.

Thursday Feb 6 12:30 - 2:00
 Fee: \$10 Oasis

Penguin Chill at the Zoo: Field Trip 145

Tour the newest exhibit at the Albuquerque BioPark Zoo. The Penguin Chill was completed in spring 2019 and features three species

of penguins: gentoo, macaroni, and king penguins. The one-of-a-kind habitat is the first in the Southwest and is the largest single educational exhibit at the BioPark. Learn about penguin adaptations, natural history, and the penguins' zoo habitat. Includes admission. *Enrollment limited to 10.*

Monday Feb 10 10:30 - 12:00
 Fee: \$20 Albuquerque Zoo

Penguin Chill at the Zoo: Field Trip 146

See class #145.

Wednesday Feb 19 10:30 - 12:00
 Fee: \$20 Albuquerque Zoo

**Stories of How Geology
 Has Rigged History 147**

Dirk Van Hart

Geology has had a powerful influence on our history and lives. Learn how the world's mineral supply has impacted history through five stories. Gold: an enormous ancient meteorite made it available to all. Tin: mining in Cornwall brought on the Bronze Age. Silver and marble: caused the ascendancy of Athens and Golden Age of Greece. Silver: a mountain in Bolivia created first world economy. Alum: formed the basis of the world's first chemical industry.

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.

Tuesday Feb 11 12:30 - 2:00
 Fee: \$10 Oasis



Exploration in Lechuguilla Cave: A Spectacular Underground Wilderness 149

John Lyles

With 149 mapped miles and depths reaching 1600 feet, Lechuguilla Cave in Carlsbad Caverns National Park is the fourth longest and second deepest cave in the continental United States. Depositional and corrosional events during sulfuric acid speleogenesis have created remarkable formations and decorations; the cave has often been called the jewel of the underground. John Lyles details the cave's history and exploration and

Cave explorer John Lyles takes you on a journey through the underground wilderness of Lechuguilla Cave in class #149.

shares photos of areas unknown to the general public.

John Lyles, an active cave explorer for over 40 years, came to New Mexico to work at Los Alamos National Labs. Originally from the east coast, his interest in caving began while at Virginia Tech. He has chaired the Southwest Region of the National Speleological Society, and he is currently a director of the Cave Research Foundation and the Fort Stanton Cave Study Project.

Thursday Mar 12 12:30 - 2:00

Fee: \$10 Oasis

Sex, Gender, & Orientation: Nature Isn't Binary

148

Creve Maples

A person's biological sex would appear too easy to determine. It is not. We are taught that people with XX chromosomes are female and those with XY are male. From a biological perspective, sex and gender are only loosely coupled. Chromosomes, hormones, and the prenatal environment play independent, and sometimes contradictory, roles in determining gender. Epigenetics shows that parental stress factors can permanently affect fetal development. Explore the complex factors that ultimately define a person's place on the gender spectrum.

See bio #92.

Tuesday & Thursday Mar 10 - 12 2:30 - 4:30

Fee: \$24 2 sessions Oasis

The Wonder of Butterflies

150

Tatia Veltkamp

Butterflies are one of nature's most amazing creatures with their transformation from creepy crawly to beautiful winged insect. Explore their life cycle and how you can help them survive through conservation tactics. Learn strategies such as understanding butterfly anatomy and life cycle stages, tag and release efforts to better understand migration patterns, and how to create a habitat to attract butterflies. See live examples of all four stages of the butterfly.

Tatia Veltkamp has been raising butterflies for over 18 years. She has worked with the Xerces

See also:

Alcohol & the Brain: A Lifespan Perspective with Dr. Daniel Savage (class #33).

Society on habitat restoration, and has worked with Southwest Monarch Study in Arizona to study migration patterns in the Southwest. Currently, she works to help understand the migration patterns of the monarch butterfly in New Mexico. She founded Wings of Enchantment Butterfly Farm in 2010.

Monday Mar 16 2:30 - 4:00
Fee: \$10 Oasis

Protecting Endangered Species at the Zoo: Field Trip 151

Lane Kirkpatrick
 Lane Kirkpatrick takes us on a guided tour of the nationally acclaimed Albuquerque Zoo. He discusses wildlife species threatened with extinction, causes of extinction, and what zoos are doing to prevent extinctions. Visit some of the zoo's Species Survival Programs including Mexican gray wolves, polar bears, jaguars, snow leopards, Malayan tigers, giraffes, Asian elephants, cheetahs, African painted dogs, orangutans, and more. *Enrollment limited to 16.*

Lane Kirkpatrick is a BioPark Zoo docent and a retired business executive whose firm focused on industrial automation and environmental consulting. With a lifelong interest in wildlife, nature, and conservation, he has prepared extensive zoo-wide tour materials and leads zoo tours. He is a contributing editor to *New Mexico Wild*. He produced and hosted the PBS Channel 5 program, *New Mexico's Environment*.

Thursday Mar 19 9:30 - 12:00
Fee: \$20 Albuquerque Zoo

Protecting Endangered Species at the Zoo: Field Trip 152

Lane Kirkpatrick
 See class #151.

Tuesday Mar 31 9:30 - 12:00
Fee: \$20 Albuquerque Zoo

New Mexico Weather 101 153

Deirdre Kann

In this two-session class, we cover the basic atmospheric processes that control temperature, pressure, wind, clouds, and precipitation. Learn about New Mexico weather patterns including our spring winds, the summer monsoon, and winter storms, as well as the use of web resources to monitor weather regimes.

Interested in math and science as a child, Deirdre Kann earned a BS in mathematics and a PhD in atmospheric sciences. She worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years, including 23 years as the science and operations officer at the Albuquerque National Weather Service, before retiring in 2016.

Thursdays Mar 19 & 26 10:00 - 11:30
Fee: \$20 2 sessions Oasis

Images of Saturn From the Cassini Spacecraft 154

Len Duda

The NASA Cassini spacecraft completed its mission exploring Saturn in September 2017. During its 13 years orbiting Saturn, Cassini has provided a wealth of images and information on Saturn, its rings, and very unique moons. Our views and understanding of Saturn's system have dramatically changed but many questions remain. In this presentation, Len Duda focuses on the many images Cassini acquired of the Saturn system.

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 Mar 25 10:00 - 11:30
Fee: \$10 Oasis



Join Len Duda for class #154 and learn how the Cassini Spacecraft has provided a wealth of images during its 13 years orbiting Saturn. NASA image: Saturn's icy moon Rhea passes in front of Titan.

**The Race to Electrify America:
Tesla, Edison, & Westinghouse 155**

Lawrence Anderson

According to his acolytes, Nicola Tesla launched the “age of electricity,” while in the popular mind, Thomas Edison is known as the “father of the electrical age.” Few know the role played by George Westinghouse in making it all happen. We consider the War of the Currents which pitted Edison’s pig-headed championing of direct current versus the more practical alternating current championed by Tesla and Westinghouse – a fascinating chapter in this story.

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.

Wednesday Apr 1 10:00 - 11:30

Fee: \$10 Oasis

The Tree Whisperer is In 156

Joran Viers

In an interview with the *Albuquerque Journal*, Joran Viers, Albuquerque’s urban forester, said “The beauty of my job is I can go out and speak for the trees, and for what the trees need and want.” This interactive presentation by Viers focuses on the nature of trees and the difficulties trees face in an urban Southwestern city. Questions and comments from the audience lead us into narrower but deeper conversations.

Joran Viers is the city forester with the City of Albuquerque’s Parks and Recreation Department. He is a life-long student of trees and nature. He obtained his master’s degree in botany from the University of Florida and his bachelor’s degree in biology from UNM.

Wednesday Apr 1 12:30 - 2:00

Fee: \$10 Oasis

**Ten Scientific Achievements
That Changed the World Overnight 157**

David A. Crossley

Developments in science have changed society throughout history. These advancements can often take generations to become accepted. But sometimes the revelation is so evident that it is embraced almost instantly. Examples include: use of ether as an anesthetic; proof that meteorites fall to earth; radio carbon-14 dating for archeology; proof that the earth is round; or proof that air is a “thing” with weight. In every case, doubters and naysayers had to be dragged to the new world.

David Crossley has degrees in both electrical and mechanical engineering; he retired from a 40-year career in the aerospace arena. He taught electromagnetics at New Mexico State University, performed electronic warfare operations in five war zones with the Air Force out of Kirtland Air Force Base, and is now playing oboe with the Albuquerque Philharmonic.

Tuesday Apr 14 12:30 - 2:00

Fee: \$10 Oasis

Where Does It All Go: Wastewater Treatment Plant Field Trip 158

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 is passionate about protecting the environment.

Wednesday Apr 15 9:00 - 11:00

Fee: \$18 ABCWUA

The Fossils & Geology of New Mexico 159

John Shaw

This two-and-a-half-hour course covers the geology and paleontology of New Mexico. Home to some of the most complex geological formations in the United States, what is now New Mexico has many great fossil locations that show the evolution of life over time. The class emphasizes the evolution of both the geologic structure and the life in New Mexico over millions of years, with further emphasis on invertebrate fossils.

John Shaw is a retired US Navy captain, former commanding officer of the nuclear submarine USS Salt Lake City (SSN 71), and is also retired from Sandia National Laboratories. Although his career was technical, his first two degrees were in geology

See also:

On Tony Hillerman's Trail with James McGrath Morris (class #97).

and paleontology – study of the evolution of life as evidenced in the fossil record. He and his wife spend their time touring the nation's parks and monuments, with emphasis on those with great geology.

Wednesday Apr 22 12:30 - 3:00

Fee: \$10 Oasis

Southwest

Recent Archaeological Research at Jemez Historic Site 160

Matthew J. Barbour

Between August 2018 and April 2019, archaeological investigations at Jemez Historic Site were conducted. The goal was to address long held questions about the Jemez people, their origins, and how their lives changed after the arrival of the Spanish. Twenty thousand artifacts were collected along with documentation of a 17th century abandoned room. Matt Barbour discusses the results and the impacts it is already having on the interpretation of the site.

Matthew Barbour holds BA and MA degrees in anthropology from UNM and works for the NM Department of Cultural Affairs. He 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.

Tuesday Jan 21 12:30 - 2:00

Fee: \$10 Oasis

Miguel Trujillo: New Mexico's Great Unknown Civil Rights Hero 161

Gordon Bronitsky

When New Mexico became a state in 1912, the state constitution denied Native Americans the right to vote. In 1948, Miguel Trujillo of Laguna Pueblo sued New Mexico and successfully overturned that segment

of the 1912 Constitution. Why did the state block Native Americans from voting? Who was Miguel Trujillo? Why did he sue New Mexico and what were the consequences for him, for Native Americans, and for the State of New Mexico?

Gordon Bronitsky has a PhD in anthropology from the University of Arizona. He is the founder and president of Bronitsky and Associates, working with indigenous peoples around the world in the performing arts.

Thursday Jan 23 10:00 - 11:30

Fee: \$10 Oasis

Hell's Half-Acre: Historic Archaeology of Albuquerque's Red Light District 162

Matt Schmader

Like many cities growing rapidly with the arrival of the railroad in the late 1800s, Albuquerque experienced much social upheaval. A red light district called Hell's Half-Acre was well established by the turn of the century. The mayoral election of 1914 forced these activities underground. Excavations for the future Hyatt Regency Hotel uncovered materials and found related

Dr. Robert Dello-Russo discusses his geoarchaeology work at Lemitar Shelter located in the Sevilleta Wildlife Refuge in class #163.



documents that tell of this age and the many cultures who thrived in the area, most notably the Italians.

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.

Wednesday Feb 5 10:00 - 11:30

Fee: \$10 Oasis

Paleoindians at Lemitar Shelter? Geoarchaeology at Sevilleta Wildlife Refuge 163

Robert Dello-Russo

Archaeological investigations at Lemitar Shelter on the Sevilleta National Wildlife Refuge have occurred intermittently from 1952 through 2002. Excavations have reached over four meters below the ground surface and have provided evidence of human site occupation back 4,000-5,000 years, if not more. The presence of roof fall, laminar sand, carbonate dust, and mud lenses have implications for both rock shelter evolution and human site occupation over time.

Dr. Robert Dello-Russo has over 30 years of experience in the archaeology of western North America, with interests in Paleoindian and rock shelter archaeology. He is the director of the Office of Contract Archeology (a division of the Maxwell Museum of Anthropology) at UNM where he is also a research associate professor in the Department of Anthropology. He received the 2018 Individual Achievement Award in Archaeology from the State of New Mexico.

Thursday Feb 6 2:30 - 4:00

Fee: \$10 Oasis

Italians in Albuquerque: The Early Pioneers

164

Lynne Peckinpaugh

Italian immigrants began arriving in Albuquerque in the late 1800s. Although most came to America from southern Italy, those who came to Albuquerque were mostly from Lucca and nearby towns in Tuscany. Peckinpaugh shares extensively researched stories of the neighborhoods, occupations, and families who contributed to the building of a strong Italian community that was and still is an integral part of Albuquerque.

Lynne Franchini Peckinpaugh grew up in Albuquerque as part of a well-known Italian family. In 1910, her grandfather and his brother started Franchini Brothers Grocery, and her father continued the business until 1980. She earned her BS and MA degrees from UNM. After 20 years as an Army officer's wife and 23 years teaching at St. Pius X High School, she now enjoys watercolor painting and researching family history as well as Albuquerque's Italian community.

Monday Feb 24 12:30 - 2:00

Fee: \$10 Oasis



Lynne Peckinpaugh discusses early Italian immigrants in Albuquerque (class #164). Photo: Peckinpaugh's grandfather Ovidio Franchini (left) and her uncle Ettore Franchini (right) around 1910.

History of the Albuquerque International Sunport

165

Fred De Guio

Fred De Guio provides the history of Albuquerque's commercial aviation dating back to 1929. We review the two private

airports that served the city through the 1930s. In 1939, the Albuquerque Municipal Airport was built which would ultimately become today's Albuquerque International Sunport. Learn more about the rich history of our airport.

Fred De Guio is a commercial aviation historian and private pilot with more than 56 years at the Albuquerque International Sunport, including 39 years working for the airlines. He kept records of every air carrier that has served the Sunport, including the routes flown and aircraft

used and has taken hundreds of on-site photos. He is the author of the recently published book, *Albuquerque International Sunport*.

Tuesday Feb 25 12:30 - 2:00

Fee: \$10 Oasis

Steam Locomotive 2926: Field Trip 166

John M. Taylor

Tour the ATSF 2926 as it is being restored by the New Mexico Steam Locomotive & Railroad Historical Society. The vintage steam locomotive is one of 30 built between 1943-44 for the war effort. Used in both freight and passenger service, the engine traveled over one million miles before its last run. This tour is a follow up to the October 2019 Oasis lecture on railroading in New Mexico, although you do not need to have attended the lecture to register for the tour. *Enrollment limited to 30.*

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



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 14 books on a variety of topics including New Mexico history, soccer science, and naval history.

Wednesday Mar 4 10:00 - 11:30
Fee: \$18 NM Steam Locomotive

The Trail to the Rail: The Magdalena Stock Driveway 167

Brenda Wilkinson

This presentation, rich in images, explores the history of the Magdalena Stock Driveway, or cattle trail. Beginning in 1885, this driveway stretched from Magdalena, New Mexico to Springerville, Arizona. The use of stock driveways generally ended with the advent of livestock trucking in the 1930s, but this trail was in use until 1970. Learn about the history of the trail as oral history interviews provide first-hand accounts of the use of the trail.

Since graduating with distinction from UNM in 1993, Brenda Wilkinson has served as archaeologist for the Bureau of Land Management. She has a passion for the vibrant archaeology and history of New Mexico and for sharing them with the public, winning a national award for excellence in interpretation. She has conducted extensive oral history in Socorro and Catron Counties.

Thursday Mar 5 12:30 - 2:00
Fee: \$10 Oasis

Wonders of the Weavers: Rio Grande Blankets From the 18th to 20th Centuries 168

Deborah Slaney

For the Hispano settlers of 18th and 19th century New Mexico, weaving was an

important part of everyday life. Explore the history and development of Rio Grande weaving, and the equipment, tools, and supplies used to make them. View stunning pieces on exhibit in New Mexico museums, look at contemporary weavings, and question what may have happened to the master weavers brought to our region in 1807.

Deb Slaney is an independent curator and curator of history emeritus from the Albuquerque Museum. She holds a BA in Southwestern anthropology from the University of Arizona, and a master of liberal studies/museum emphasis from the University of Oklahoma. Her recent publications include *Leekya: Master Carver of Zuni Pueblo, Only in Albuquerque: Albuquerque Museum History Collection*, and *Wonders of the Weavers: 19th-century Rio Grande Weavings from the Collection of the Albuquerque Museum*.

Monday Mar 16 10:00 - 11:30
Fee: \$10 Oasis

Products of the Earth in Early New Mexico Commerce 169

Robert J. Tórréz

New Mexico's Spanish- and Mexican-era archives provide vast amounts of information about how New Mexicans made a living and how they participated in the commerce that traveled along the Camino Real to Mexico. Explore how trade along the royal road was organized and how local woven goods, piñon, sheep, and other products made their way from New Mexico communities to Chihuahua, Durango, and other Mexican provinces.

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 Mar 16 12:30 - 2:00
Fee: \$10 Oasis

Western Movies in Fact & Fiction 170*Don Bullis*

Hollywood has been producing western movies for more than 100 years. Some of them have been close to the historical mark, but many more have completely missed the target. This talk deals with western films from the 1920s to the present, including television beginning in the 1950s. Actors and their roles are examined along with writers of both history and fiction.

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 Mar 23 12:30 - 2:00

Fee: \$10 Oasis

Tijeras Pueblo Archaeological Site: Field Trip 171*Judy Vredenburg*

The Tijeras Pueblo Archaeological site, first excavated in the 1930s, gives us a glimpse into life in a 14th century mountain village. This guided tour of the 1/3-mile trail and museum provides a glimpse of how the early Tiwa people built their homes and survived life by gathering, farming, and hunting. The museum features a mural/map depicting the southern Tiwa world at the time that the Pueblo was occupied. *Enrollment limited to 15.*

Judy Vredenburg is the education coordinator for the Tijeras Pueblo site, and coordinates tours and programs for school groups and adults. She is a former teacher, corporate trainer, and consultant. She has served as a volunteer and leader at the site for more than 16 years.

Wednesday Mar 25 10:00 - 12:00

Fee: \$20 Tijeras Pueblo Archaeological

The History of Crypto-Jews in New Spain & New Mexico 172*Stefanie Beninato*

Learn about a lesser-known aspect of Southwestern history by exploring the settlement of New Spain by Sephardic Jews, many of whom practiced Judaism secretly (Crypto-Jews). Learn how and why many Hispanics in New Mexico did not know of this ancestry or, if they did, how they hid it from the agents of the Inquisition. Understand how these ethnic roots affect cultural identity and contemporary issues in New Mexico today.

Stefanie Beninato earned a doctorate from UNM in history. She has developed a series of unique in-town tours with different themes and routes and provides guiding services out-of-town and in the greater Southwest. Beninato has worked for the state museum system in a variety of capacities and participated in archaeological digs and field work. She lectures, does research, and is a dispute resolution and communication specialist.

Tuesday Mar 31 10:00 - 11:30

Fee: \$10 Oasis

Gutiérrez-Hubbell House History & Cultural Center: Field Trip 173*Flora Sánchez*

This tour provides a glimpse into the life of the Gutiérrez-Hubbell family who built a beautiful home and thriving business on the Camino Real. Now on the *National Register of Historic Places*, the structure dates back to the 1860s and has been a private residence, mercantile, trading post, stagecoach stop, and post office. Highlights include a description of the renovation of the 180-year-old adobe home, stories of family members, and a walk around the gardens and nearby acequia. *Enrollment limited to 20.*

Flora Sánchez is a descendant of the family who owned the home. She is a retired educator, teacher, school counselor, and administrator for Albuquerque Public Schools. Upon retirement, she served as an elected member

and three-term president of the NM State Board of Education. She serves on the board of directors for the Hubbell House Alliance where she also volunteers as a docent and presents lessons for field trips.

Wednesday Apr 1 10:00 - 11:30

Fee: \$15 Gutiérrez-Hubbell House

Albuquerque: City of Neon

174

Deborah Slaney

By the mid-1900s, Albuquerque had so much brightly lit signage that we were called “The Neon City.” Explore the history and background of neon signage in Albuquerque, with highlights on the design, story-telling qualities, and potential for conservation and preservation. Learn about several upcoming plans for using rehabilitated signs along our city’s streetscapes.

See bio #168.

Monday Apr 6 10:00 - 11:30

Fee: \$10 Oasis

Unsolved: New Mexico Mysteries

175

Don Bullis

Whatever happened to Albert J. Fountain and his son, Henry? Who can explain the mysterious behavior of NM Senator and Secretary of the Interior, Albert B. Fall? Who was Mysterious Dave Mather and did Lonnie Zamora actually see a UFO near Socorro? Former lawman and journalist Don Bullis unravels these and other baffling New Mexico mysteries in a world of outlaws, crooked politicians, puzzling crimes, and surreal occurrences.

See bio #170.

Wednesday Apr 8 12:30 - 2:00

Fee: \$10 Oasis

Walking Through Barelás: Hispanic Murals & History Tour

176

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.

Tuesday Apr 14 9:15 - 11:30

Fee: \$20 National Hispanic Cultural Center

Walking Through Barelás: Hispanic Murals & History Tour

177

Doug Simon

See class #176.

Tuesday Apr 21 9:15 - 11:30

Fee: \$20 National Hispanic Cultural Center



Explore the history and background of neon signs in Albuquerque with Deb Slaney in class #174.

Children on the Santa Fe Trail 178*Richard Melzer*

There have been many studies of men, women, and even murderers on the Santa Fe Trail, but few historians have considered the experiences of children. Filled with humorous and compelling anecdotes, this presentation explores the journeys of a dozen children who made the trip. They survived all kinds of dangers, but also encountered the joys of travel, from creating new friendships to enjoying new, breathtaking landscapes. Learn how traveling the trail became a coming-of-age adventure for many great New Mexicans.

Richard Melzer was a Regents' professor of history at UNM's Valencia Campus, where he taught for more than 35 years before recently retiring. He is the author of 21 books and more than 100 articles about New Mexico history. He is a former president of the Historical Society of New Mexico.

Wednesday Apr 15 10:00 - 11:30**Fee: \$10 Oasis****Rudolfo Anaya & the Bless Me, Ultima Landscape Park 179***Dianne R. Layden*

The city of Santa Rosa, New Mexico, dedicated the Rudolfo Anaya Bless Me, Ultima Landscape Park in March 2008 to honor the internationally acclaimed author, a native son, and his classic 1972 coming-of-age novel, which takes place in Santa Rosa. This remarkable public monument features bronze works by sculptor Reynaldo "Sonny" Rivera. Anaya's life and works are discussed, and a 2015 film (25 min) about Anaya by local filmmaker David Ellis is shown.

Dianne Layden, PhD, is a semi-retired college professor and writer. Her research on the Rudolfo Anaya monument in 2009 began years of study of New Mexico history and culture. She holds a doctorate in American Studies from UNM, has taught college classes for 45

years, and has given many presentations on New Mexico subjects.

Wednesday Apr 15 12:30 - 2:00**Fee: \$10 Oasis****Secret Albuquerque: Hidden Histories & Little Known Facts 180***Ashley Biggers*

Based on the book *Secret Albuquerque*, we explore the city's best-kept restaurant secrets, most fascinating museums, and oddest works of art. It will shine a light on little-known aspects of local culture and reveal the hidden histories behind Albuquerque landmarks. This class will be your guide to (re)discovering places you thought you knew and off-the-beaten-path attractions you can visit today.

Ashley Biggers is an award-winning writer and editor, as well as a native of Albuquerque. Her work has appeared on CNN, *AFAR Travel Magazine*, *USA Today 10Best*, and *Fodor's Travel*, as well as local favorites such as *New Mexico Magazine* and *Albuquerque the Magazine*. She's the author of *100 Things to Do in Albuquerque Before You Die* (now in its second edition), *Secret Albuquerque*, and *Eco-Travel New Mexico*.

Thursday Apr 16 10:00 - 11:30**Fee: \$10 Oasis****Timeless Caravan: A Story of New Mexico's History 181***Thomas E. Chávez*

Based on research for his latest book, *Timeless Caravan: The Story of a Spanish-American Family*, Thomas Chávez has created a historical novel about the American southwest. The story begins and ends with Edward Romero who became the US ambassador to Spain and is prototypical of the thousands of young men and women seeking a new life in the new world. It is an odyssey shared by many families in a region whose cultural legacy is part of our heritage.

Thomas Chávez has a PhD in history from UNM and has published 12 books. He is

the former director of the Palace of the Governor's State History Museum as well as the National Hispanic Cultural Center. He has received awards from the City of Santa Fe, the NM Endowment for the Humanities, and the Fundación Xavier Salas in Spain. He recently was bestowed the Orden de la Reina Católica by the King of Spain and was voted into Spain's Royal Academy of History as a corresponding member.

Tuesday Apr 21 10:00 - 11:30

Fee: \$10 Oasis

Technology

Cybercrime Fighters: Phishing & Identity Theft 182

Lee Maddenkrall

If you have email, use social media, or even text on your mobile device, you are a target for phishing. Phishing is an attempt to trick you into divulging personal confidential information a cybercriminal can use to steal money or even your identity. Learn how to recognize the hallmark signs of phishing and how to stay safer online. *Class fee includes an 18-page course book. Enrollment limited to 20.*

Lee Maddenkrall is owner of Leehowardglobal, providing digital media, instruction and management tools for businesses. He is the AARP community programs manager for the Albuquerque metro area, instructing members in technology and maximizing their use and knowledge of smart devices. He works as a presenter, trainer, and instructor in all areas of digital media.

Tuesday Jan 28 10:00 - 12:00

Fee: \$18 Oasis

New Tech classes at Oasis (#182-187) aim to help you navigate the world of passwords, cybercrime, cell phone basics, and internet browsers.

YouTube, We Tube: What's the Big Deal? 183

Jane Ellen

If you have yet to discover the remarkable social media platform called YouTube, it is a remarkable journey down multiple rabbit holes labelled history, music, technology, science, drama, current events, and even conspiracy theory. This class introduces you to Jane's favorite musical YouTube artists (as well as some non-musical faves) as she helps you to explore the magic, the wonder, the education potential, and even the downright silliness of this cultural phenomenon.

See bio #101.

Friday Jan 31 10:00 - 12:00

Fee: \$10 Oasis

Cybercrime Fighters: Password Managers 184

Lee Maddenkrall

Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it's so hard to keep track of them? Learn how



to really ramp up your online safety easily by using a password manager app. Discover what popular apps to look for, and how to install and use one of the most popular apps on your desktop and mobile device. *Class fee includes 24-page course book. Enrollment limited to 20.*

See bio #182.

Tuesday Feb 4 10:00 - 12:00

Fee: \$18 Oasis

**Cybercrime Fighters:
What's the Best Browser for Me? 185**

Lee Maddenkrall

Browsers are your window to enjoying all the internet has to offer. This class covers the privacy and security concerns of internet browsing, including what tools are in the most popular browsers to help you control the information collected about you. Learn how to clear browsing history, how to use private browsing mode, and what the security and privacy settings within the browser do. *Class fee includes a 34-page course book. Enrollment limited to 20.*

See bio #182.

Tuesday Feb 11 10:00 - 12:00

Fee: \$18 Oasis

Android Phone Essentials 186

Lee Maddenkrall

Learn the basic skills of using your Android-based device including initial setup, gestures, organizing apps and home screens, finding and installing useful apps, and using maps and camera functions. It also covers using Gmail and Google calendar. *Class fee includes a 36-page course book. Bring your fully charged Android smart phone to class. This course is not applicable for iPhones. Enrollment limited to 20.*

See bio #182.

Tuesday Feb 18 1:00 - 3:00

Fee: \$25 Oasis

iPhone Basics 187

Lee Maddenkrall

In this class learn the basics of your iPhone as we explore available apps. Find out how these apps can help keep you organized, productive, and entertained. This class covers all the basic information every iPhone user should know and understand. *Class fee includes a 70-page course book. Bring your fully charged iPhone to class. This course is not applicable for Android phones. Enrollment limited to 20.*

See bio #182.

Tuesday Feb 25 1:00 - 3:00

Fee: \$25 Oasis

Electric Playhouse: Field Trip 188

Electric Playhouse is Albuquerque's newest family entertainment venue, featuring the next generation of fun and play for all ages. Take a tour and experience first-hand the new immersive and interactive technology-based social gaming. This is not your typical entertainment setting. Whether or not you like playing tech-driven games, you are sure to feel like a kid again as you experience this 21st century playground. *Note: Individuals with photosensitive epilepsy or other conditions where you are sensitive to flickering light should not participate. Enrollment limited to 25.*

Tuesday Apr 21 1:30 - 3:30

Fee: \$22 Electric Playhouse

**Armchair Travel/
Travelogue**

**Sales Presentation:
Oasis/Collette Trip to Croatia,
Slovenia, & the Adriatic Coast 189**

Josh Ogden

October 1 - 12, 2020 • 12 Days • 16 Meals

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 2, 2020 for best price and availability.

Oasis has been working with Collette for more than five years, offering a variety of tours. Josh Ogden is Collette’s business development manager for New Mexico, Colorado, and Wyoming.

Tuesday Feb 11 3:00 - 4:00

Free Oasis

Volunteer

Volunteer Opportunities at Oasis 190

Lisa Lerner & Cynthia LaCoe-Maniaci

We need you! Interested in volunteering to support lifelong adventure at Oasis? Learn about two key volunteer options available. This informal session provides you with details about becoming a much needed center volunteer or a health and wellness volunteer. Put your enthusiasm for Oasis and your communication and office skills, computer knowledge, hobbies, or other talents to good use. Come join the fun and help support Oasis.

Monday Mar 23 10:00 - 11:00

Free 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 191

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 Mar 16 - Apr 20 8:30 - 10:00

Fee: \$20 6 sessions Walks

Oasis and Collette Travel offer a trip to Croatia, Slovenia, and the Adriatic Coast in October 2020. Come listen to a sales presentation about the trip with Collette representative Josh Ogden (class #189).



Walking Albuquerque - Wednesdays 192*Joyce M. Bortner*

This class is the same as Walking Albuquerque - Mondays (class #191).

Wednesdays Mar 18 - Apr 22 8:30 - 10:00

Fee: \$20 6 sessions Walks

The Secrets of Piedras Marcadas Canyon: Petroglyphs Hike 193*William Pentler*

Take a guided hike through Piedras Marcadas Canyon at the Petroglyph National Monument. Learn about images carved into the rock by Native Americans and Spanish settlers 400-700 years ago. These images are a valuable cultural record that still hold profound spiritual significance for contemporary Native Americans and descendants of the early Spanish settlers. *The sandy terrain has some inclines, but most of it is level. Not handicap accessible. No amenities available. Enrollment limited to 30.*

Bill Pentler is the resource management and visitor services supervisor 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 Mar 18 9:00 - 12:00

Fee: \$15 Petroglyphs: Piedras Marcadas

Spring Stroll Through Valle del Bosque: Accessible Walk 194*Colston Chandler*

Begin at Valle del Bosque, a hybrid park, Little League facility, and Bernalillo County Open Space for a spring walk at a gentle pace. A trail, built with wheelchairs in mind (but not quite ADA compliant), leads to a platform on the banks of the Rio Grande. The return trail encircles the park. *Bring good shoes and wheels, walkers, crutches, canes, etc. Water*



Bill Pentler from the City of Albuquerque's Open Space Division leads a hike through the Piedras Marcadas Petroglyph area in class #193.

and snack food are recommended (lunch if you wish to stay for a picnic afterward). Enrollment limited to 15.

Colston Chandler has long been an outdoor enthusiast and involved with environmental organizations. He is also a long time Albuquerque resident, and he spent many of those years in the North Valley with his wife Susan exploring the bosque.

Monday Apr 13 10:30 - 12:30

Fee: \$15 Valle del Bosque Park

Exploring the Southern Foothills: A Hike 195*Kyle Bality & Bill Pentler*

Join us for an Earth Day hike in the southern foothills. Our path winds past large granite boulders and over the pinon/juniper terrain sprinkled with Four Wind Salt Brush and Apache Plume. Bill Pentler and Kyle Bality share information about the plants, wildlife, archeological sites, and geology of this open space. If we're lucky we might see a snake or two, mule deer, or a coyote. Hike is 2 to 3 miles, moderately strenuous, and includes some elevation gain and loss. *No facilities are available. Enrollment limited to 30.*

Kyle Bality is Open Space Division education coordinator and holds a degree in environmental

planning and design. He is well versed in the ecosystems and biomes of central New Mexico, historical land uses, and timeline of peoples and cultures utilizing them.

See Bill Pentler bio #193.

Wednesday Apr 22 9:00 - 12:00

Fee: \$15

Copper Trail Sandia Foothills

Day Trips

Exploring the Galena King Mine: Day Trip 196

Matt Thompson

Join Oasis and the Friends of the Galena King Mine for a unique day trip to the mine, which is located just off Kirtland Air Force Base in the Manzano Mountains. A strenuous one- to two-mile hike takes participants to the Galena King Mine, rich in natural beauty and local history. The mine was first discovered in 1907 when A.G. Bateman spotted a vein of fluorite and galena (lead). After an armed standoff in 1908 with claim jumpers and a subsequent court battle, the first 17 tons of ore were mined and shipped from Albuquerque. Help the Friends of Galena King document a local treasure with your photos, learn about mining history, local geology, the significance of the Galena King Mine and its future. *This is a "photo safari" field trip and participants are not allowed to collect rocks from the site.*

Leading the trip is Matt Thompson, one of the founders and executive director of the Friends of Galena King, a local non-profit dedicated to the protection, preservation, and promotion of



Take a unique day trip to the Galena King Mine in the Manzano Mountains with Matt Thompson, one of the founders and executive director of the Friends of Galena King (class #196). Images courtesy of Friends of Galena King.



the Galena King Mine. Thompson works on Kirtland Air Force Base as an instructor and historian for the Defense Threat Reduction Agency; he retired from the Army after almost 22 years and has a master's degree in Military History.

Participants must provide date of birth, driver's license number, and social security number one month prior to trip. A valid government-issued photo ID is required on the day of the trip.

Please note that the hike is at least one mile and extremely strenuous. You will be climbing on loose rock and uneven terrain. Over-the-ankle hiking boots AND trekking poles are strongly recommended. You will be inside the mine. Photos are welcome and encouraged, but there is no rock collecting allowed on this trip. No restroom facilities. Bring lots of food and water. Pre-registration required; enrollment limited to 12.

Saturday Apr 4 8:15 - 4:45

Fee: \$90 Oasis

From Castles to Harvey Girls in Las Vegas NM: Day Trip

197

Kathy Hendrickson

Take a trip to Las Vegas, New Mexico to experience the history woven into the fabric of this railroad-era town, from Montezuma Castle to the Old Town Plaza to the train depot and the recently restored Castañeda Hotel. Tours are led by Kathy Hendrickson of Southwest Detours along with a representative from the Las Vegas Harvey Girls.

First, make a quick stop in Las Vegas to pick up our tour guides before driving to the United World College (UWC) for a tour of the campus and the famous Montezuma Castle.

Visit Las Vegas, NM, to explore the newly renovated Castañeda Hotel (top); the Plaza Hotel (middle); and the Montezuma Castle (bottom), now the home of the United World College.

Originally built as a hotel in the late 1800s, Montezuma Castle was purchased in 1981 for the UWC, a boarding school with students from 90 different countries. On the grounds of the campus and also part of your tour, the Dwan Light Sanctuary uses prisms instead of windows to transform light that enters the building into a lattice of rainbows.

Then, return to the Plaza Hotel for lunch at their Range Café (light lunch included in trip fee), accompanied by a presentation



on the Harvey Girls. After lunch, tour the Plaza Hotel. A tradition in Las Vegas since the 1800s, the Plaza was built in the Historic Plaza Park which was also home to many outlaws such as Jesse James, Doc Holiday, Voodoo Brown, Billy the Kid, and Vicente Silva. Then, a six-minute drive brings you over to the newly restored Castañeda Hotel. Built in 1898 and considered an absolute jewel, the Castañeda was Fred Harvey's first trackside hotel and the beginning of America's first hospitality empire. If this can be arranged, possibly go across the street from the Castañeda to tour the Rawlins Building, a former dormitory for the Harvey Girls. Otherwise, walk around the railroad depot or spend a little time in the Castañeda lounge before returning home.

Traveler notes: Comfortable walking shoes and layered clothing are recommended.

You will be walking and standing.

Meet at Oasis. Includes: transportation; bottled water on bus; admission fees (if applicable), driver tip. Light lunch is provided at the Plaza Hotel/Range Café (included in trip fee). Pre-registration required; enrollment limited to 40.

Tuesday Apr 7 8:00 - 5:45

Fee: \$120 Oasis

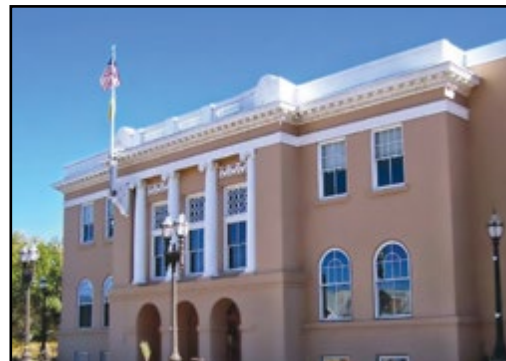
Chama, Los Ojos, Tierra Amarilla, & Ghost Ranch: Day Trip to Northern NM

198

Robert J. Tórréz

Travel with Robert Tórréz to his northern New Mexico hometown of Los Ojos. The route takes us through some of the most beautiful and historic parts of our state as our native New Mexican guide tells us about their historical significance. Our journey starts in Chama with a tour of the Cumbres & Toltec railyard. Participants can bring a sack lunch to enjoy at the station, or dine in one of the restaurants in Chama. Learn about the 1967 raid on the Rio Arriba County Courthouse as we travel through Tierra Amarilla.

This trip to Northern New Mexico is also an experience in time travel. Pasturing sheep,



Travel to northern New Mexico with Robert Tórréz and visit the Chama railyard (top); enjoy the Chama landscape (left); and see the Rio Arriba County Courthouse (above).



During our travels to northern NM, you'll visit Ghost Ranch, where the Ladies of the Canyons museum exhibit is currently on display.

production of wool and weaving of Rio Grande blankets date back 200 years in this area, and we will see this history and culture revived today. Explore the charm and architecture of Los Ojos, which is a registered National Historic District.

On the return trip you will have the opportunity to take a short guided history tour of the grounds and buildings and then visit the museums of Ghost Ranch with museum docents. See the Florence Hawley Ellis Museum of Anthropology which celebrates the cultures of the past and present. Take the tour of the Ruth Hall Museum of Paleontology, focusing on fossils that date to the late Triassic period, before making our way back to Albuquerque.

See bio #169.

Traveler notes: comfortable walking shoes and layered clothing are recommended. You will be walking and standing. Includes: transportation; bottled water on bus; admission fees (if applicable), driver tip. Participants are responsible for their own lunch. Meet at Oasis. Pre-registration required; enrollment limited to 50.

Thursday Apr 23 8:00 - 6:00
Fee: \$120 Oasis

Off-Site Lectures

Oasis members must pre-register and pay the \$5 class fee. Limited enrollment for Oasis members. There is NO charge for La Vida Llena residents, and you do not need to pre-register through Oasis (even if you are also an Oasis member).



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

Early Western Music: Sons of the Pioneers

199

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

See bio #101.

Thursday Jan 16 3:00 - 4:30
Fee: \$5 La Vida Llena

Conspiracy: The Assassination of Abraham Lincoln

200

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 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.

Thursday Feb 13 3:00 - 4:30
Fee: \$5 La Vida Llena

Oscar Wilde: Wit, Humor, & Scandal 201

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.

See bio #132.

Thursday Mar 12 3:00 - 4:30
Fee: \$5 La Vida Llena

In Flight: How Airplanes Work 202

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.

Thursday Apr 9 3:00 - 4:30
Fee: \$5 La Vida Llena



Oasis members must pre-register and pay the \$5 class fee. Limited enrollment for Oasis members. There is NO charge for Neighborhood in Rio Rancho (NIRR) residents, but you must pre-register at the NIRR hospitality desk (not through Oasis, even if you are also an Oasis member).

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

Steel Gangs: Native American Railroad Workers 203

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.

Monday Jan 13 3:00 - 4:30
Fee: \$5 Neighborhood in Rio Rancho

Duke Ellington: Music is My Mistress 204

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 3,000 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 #101.

Monday Feb 10 3:00 - 4:30

Fee: \$5 Neighborhood in Rio Rancho

Downtown With Petula Clark 205

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 #101.

Monday Mar 9 3:00 - 4:30

Fee: \$5 Neighborhood in Rio Rancho

The Remarkable Danny Kaye 206

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.

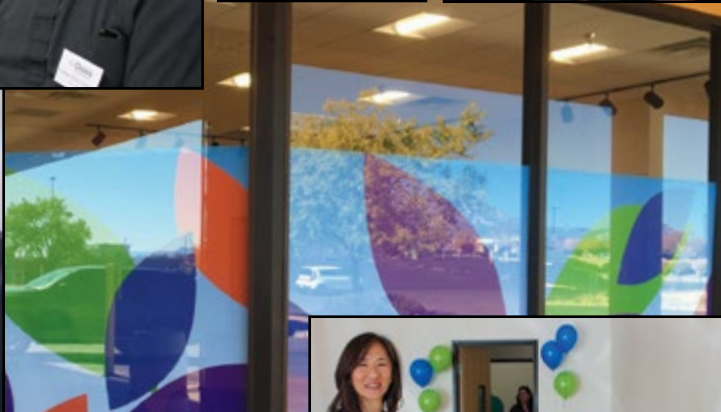
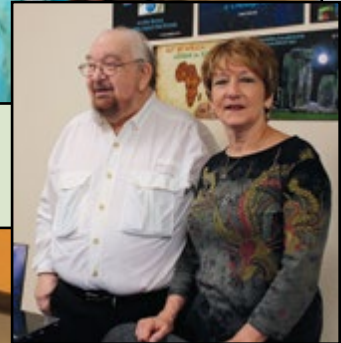
See bio #101.

Monday Apr 13 3:00 - 4:30

Fee: \$5 Neighborhood in Rio Rancho



Oasis volunteers, participants, and instructors are what help our organization grow and thrive! Here are some photos from our many programs and events in 2019.



Off-Site Class Locations Directory

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

Alameda Open Space

Take I-25 to the Alameda exit (Exit 233). Head west onto Alameda. After crossing Rio Grande Blvd and just before Alameda Boulevard crosses the Rio Grande, turn south (left) into the Alameda Open Space parking lot.

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

Albuquerque Zoo

903 10th Street SW. Meet at the ticket counter.

Artichoke Cafe

424 Central Ave SE, on the corner of Central and Edith. 505-243-0200

Cherry Hills Library

6901 Barstow NE, one block east of the intersection of Wyoming and San Antonio.

Congregation Albert

3800 Louisiana Blvd NE.

Copper Trail Sandia Foothills

Meet at the trailhead located at the east end of the parking lot at the top/east end of Copper Ave. From Tramway and Copper Ave, turn east onto Copper Avenue and continue 0.7 mi on Copper until you reach the parking lot at the end of the street. Park in the lot or along Copper Ave. Avoid leaving valuables in your car.

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. Meet in the lobby.

Electric Playhouse

5201 Ouray Rd NW. Traveling west on I-40, take the Coors frontage road/Ouray exit (far right lane). After exiting, turn right at the first stoplight, which is Ouray Rd. Travel about a block and Electric Playhouse will be on your left. Plenty of parking is available.

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

5049 Edith Blvd NE, north of Griegos. The address for the Education Building is 5049 Edith NE but there are no numbers on the building as of yet. The building is blue and is located between Southwest Picture Cars (south of Education Bldg) and Mud Monsters (north of Education Bldg). 505-835-5540

FUSE Makerspace

101 Broadway Blvd NE #3100. The building is located just west of the Lobo Rainforest Building close to Broadway and Central. There is plenty of parking at FUSE. 505-224-3873

Gutiérrez-Hubbell House History & Cultural Center

6029 Isleta Blvd SW. Exit off I-25 at Rio Bravo and turn south on Isleta Blvd SW (314). Hubbell House is just south of Don Felipe Road SW. 505-244-0507

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. Parking is limited due to construction; carpooling recommended. 505-293-4001

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.

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.

The Neighborhood in Rio Rancho

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

New Mexico Steam Locomotive

1833 8th St NW. From I-40, exit 6th St then drive south on 6th (note that 6th is a one-way going south). Turn right onto Haines Ave NW, then turn left onto 8th St NW. Street parking on 8th Street.

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

Petroglyphs: Piedras Marcadas

Meet at the Piedras Marcadas trailhead. The trailhead is on Golf Course Road, 1/2 mile north of Paseo del Norte, on the west side of the street. There is a “Piedras Marcadas” sign in the median, and the trailhead is behind several businesses. Limited parking and no restrooms available.

Robertson Violins

3201 Carlisle Blvd NE. Plenty of parking is available in the shared Robertson’s and Music Mart parking lots. 505-889-2999

Soilutions

9008 Bates Rd SE. From Rio Bravo & Broadway, drive 2.5 miles south on Broadway to stop light (Desert Road). Go right on Desert Road .5 miles. Take the first left onto Bates Rd (just before the RR tracks). Continue south 2 miles to the end of the pavement, and turn left

at the Soilutions sign. Continue east 500 ft. and they are on the left. Limited parking; carpooling highly recommended.

Sprouts Farmers Market

5112 Lomas Blvd NE, near the corner of Lomas and San Mateo. Meet inside the store between the two doors.

St. George Greek Orthodox Church

308 High Street SE, 87102. 505-247-9411

Sunset Memorial Park

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

Tijeras Pueblo Archaeological Site

From east on I-40, take exit 175 (Tijeras) going south on State Road 337. After the first stoplight, continue for approximately 1/4 mile. Park at the Sandia Ranger Station, on the left. The trail and museum are behind the Ranger Station. Meet in the parking lot.

Valle del Bosque Park

1406 Neetsie Dr SW. A hybrid park, Little League facility, & Bernalillo County Open Space. From the intersection of Central and Sunset (1st traffic signal west of the Rio Grande river) drive south 1 mile. The park is on the left. Meet under the shade structure nearest the parking lot.



New Mexico is positioned to contribute to the advancement of space commercialization. Learn more in class #40 on page 16.

National News

The Oasis Institute • Spring 2020



Oasis National News

Oasis is a national leader on issues that impact older adults.



Are you safe online? Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected!

Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at connections.oasisnet.org/techwise.



Are you a caregiver? Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will



select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.

Find out more by contacting Sara Paige at spaige@oasisnet.org or 314.862.2933, ext. 245.

New Mexico Leadership Summit

When Leaders Grow, Communities Thrive



Presented by Central NM Community College & Oasis Albuquerque
Friday, August 14, 2020 :: CNM Main Campus, Smith Brasher Hall

For more information: <https://www.cnm.edu/events/nmls/new-mexico-leadership-summit>
Or visit oasisabq.org

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**Telecoil Hearing
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 (505) 293-4001



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Haverland Carter LifeStyle Group



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
		Registration Opens 10:00am	Tutor Training (pre-registration required)	
13	14	15	16	17
Oasis Classes Begin 203 Native Am RR at NIRR* 3:00 - 4:30	93 Austin Book Group 1:30 - 3:00	94 West Mesa Book Group* 1:30 - 3:00	Tutor Support Meeting 10:00 - 12:00 Lobbying the Roundhouse 2:30 - 4:00 199 Sons of Pioneers at LVL* 3:00 - 4:30 Art Gallery Reception 5:00 - 6:30	
20	21	22	23	24
133 Spiritual Tolstoy 10:00 - 11:30	44 Eldora Chocolate Tour* 10:00 - 11:00 101 Carole King 10:00 - 12:00 95 Summit Book Group 11:00 - 12:30 160 Jemez Historic Site 12:30 - 2:00 96 Holmes Book Group* 1:00 - 2:30	52 Health Fair at Oasis 10:00 - 11:30 81 Election of 1912 12:30 - 2:00	45 Eldora Chocolate Tour* 10:00 - 11:00 131 Writing Stories Workshop 10:00 - 11:30 161 Miguel Trujillo: Hero 10:00 - 11:30 102 Kingston Trio 12:30 - 2:30 1 Abq Museum Tour* 1:00 - 2:00 2 Abq Museum Tour* 3:00 - 4:00	17 Larry Barker 10:00 - 11:30 46 French Way at Artichoke* 2:00 - 4:00 18 Growing Old & Loving It* 3:00 - 5:00
27	28	29	30	31
66 Tai Ji Quan A 9:00 - 10:00 142 Alameda Bird Walk* 9:00 - 11:00 117 Il Postino Opera 10:00 - 11:30 131 Writing Stories Workshop 10:00 - 11:30 82 Election of 1932 12:30 - 2:00 68 Better Balance A 1:00 - 2:00 103 Mozart 2:30 - 4:30	70 Mini Bands 9:00 - 10:00 182 Phishing & ID Theft 10:00 - 12:00 100 Singing the Show Tunes 10:15 - 11:45 71 Tai Chi for Health 1 11:00 - 12:00 53 My Legs are Swollen 12:30 - 2:00	66 Tai Ji Quan A 9:00 - 10:00 41 Super Bowl Commercials 10:00 - 11:30 83 Sound in Ancient Sites 12:30 - 2:00 68 Better Balance A 1:00 - 2:00	84 Notre Dame 10:00 - 11:30 131 Writing Stories Workshop 10:00 - 11:30 71 Tai Chi for Health 1 11:00 - 12:00 54 Hands-Only CPR & AED 12:30 - 2:00 3 Mosaics Art Workshop 12:30 - 4:30	183 YouTube We Tube 10:00 - 12:00 3 Mosaics Art Workshop 12:30 - 2:30 120 Westerners Performance 2:00 - 3:30

Public Library Speaker Series

Making Change: Businesses, People, and Projects that Shaped a City

Second Saturday of the month
10:30am-12:00pm

Special Collections Library
423 Central Ave NE

For more info:
abqlibrary.org/specialcollections
or call (505) 848-1376

Community Partners:



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www.abqtheatre.org

Be a part of our theatre community:
volunteer behind the scenes
or in front of the curtains.

Receive discounts to theatres.

Promoting Public Awareness of Local Live Theatre

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	66 Tai Ji Quan A 9:00 - 10:00 85 Great Upset of '48 10:00 - 11:30 22 Foreign Policy Group* 10:30 - 12:30 24 Immigrant Clients 12:30 - 2:00 68 Better Balance A 1:00 - 2:00 143 Searching for Life In Caves 2:30 - 4:00	4	70 Mini Bands 9:00 - 10:00 134 Saint George Church Tour* 10:00 - 11:30 184 Password Managers 10:00 - 12:00 100 Singing the Show Tunes 10:15 - 11:45 23 Foreign Policy Group* 10:30 - 12:30 71 Tai Chi for Health 1 11:00 - 12:00 25 Voter Registration Agent 12:30 - 2:00	5	66 Tai Ji Quan A 9:00 - 10:00 162 Hell's Half-Acre 10:00 - 11:30 73 Stretch & Relax 11:00 - 12:00 104 Bessie Smith 12:30 - 2:30 68 Better Balance A 1:00 - 2:00	6	74 Tai Chi Chih 1 9:00 - 10:00 86 Lewis & Clark 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 71 Tai Chi for Health 1 11:00 - 12:00 144 The Coyote 12:30 - 2:00 163 Paleontians at Lemitar 2:30 - 4:00	7	4 Mosatics Art Workshop 9:00 - 1:00 105 Hoagy Carmichael 10:00 - 12:00 121 Frank Leto Performance 2:00 - 3:30
10	66 Tai Ji Quan A 9:00 - 10:00 4 Mosatics Art Workshop 9:00 - 11:00 135 Love in Judaism 10:00 - 11:30 145 Penguin Chill Tour* 10:30 - 12:00 22 Foreign Policy Group* 10:30 - 12:30 88 Unexpected Bride Part 2 12:30 - 2:00 68 Better Balance A 1:00 - 2:00 204 Duke Ellington at NIPRR* 3:00 - 4:30	11	70 Mini Bands 9:00 - 10:00 26 FAA Field Trip* 10:00 - 12:00 185 Best Browser 10:00 - 12:00 100 Singing the Show Tunes 10:15 - 11:45 23 Foreign Policy Group* 10:30 - 12:30 71 Tai Chi for Health 1 11:00 - 12:00 147 Geology Rigged History 12:30 - 2:00 93 Austin Book Group 1:30 - 3:00 189 Croatia Trip Presentation 3:00 - 4:00	12	66 Tai Ji Quan A 9:00 - 10:00 135 Love in Judaism 10:00 - 11:30 73 Stretch & Relax 11:00 - 12:00 106 Odette 12:30 - 2:30 68 Better Balance A 1:00 - 2:00 11 Solutions Field Trip* 1:00 - 2:30	13	74 Tai Chi Chih 1 9:00 - 10:00 12 Duran's Pharmacy Tour* 9:30 - 10:30 86 Lewis & Clark 10:00 - 11:30 28 Sunport Tour* 10:00 - 12:00 55 Matter of Balance 10:00 - 12:00 71 Tai Chi for Health 1 11:00 - 12:00 56 Bone Health 12:30 - 2:00 200 Assassination of Lincoln at LVL* 3:00 - 4:30	14	136 Jewish Mystical Messiah 10:00 - 11:30 122 Zenobia Performance 2:00 - 3:30
17	Office Closed for Presidents' Day	18	100 Singing the Show Tunes 10:15 - 11:45 71 Tai Chi for Health 1 11:00 - 12:00 95 Summit Book Group 11:00 - 12:30 96 Holmes Book Group* 1:00 - 2:30 186 Android Phones 1:00 - 3:00 77 Yoga for Happy Feet 3:15 - 4:30	19	66 Tai Ji Quan A 9:00 - 10:00 5 Nature Art Workshop 9:30 - 12:00 97 Tony Hillerman 10:00 - 11:30 146 Penguin Chill Tour* 10:30 - 12:00 57 Continuum of Care 12:30 - 2:00 68 Better Balance A 1:00 - 2:00 94 West Mesa Book Group* 1:30 - 3:00	20	74 Tai Chi Chih 1 9:00 - 10:00 99 Robertson Violins Tour* 10:00 - 11:00 87 16th Century France 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 71 Tai Chi for Health 1 11:00 - 12:00 107 Bob Marley 2:30 - 4:30	21	5 Nature Art Workshop 9:30 - 12:00 137 Ideas of Simone Weil 10:00 - 11:30 10 Cremation Myths* 10:30 - 12:00 123 Mardis Gras Performance 2:00 - 3:30 19 Breaking Carbon's Grip* 3:00 - 5:00
24	66 Tai Ji Quan A 9:00 - 10:00 6 Pastel Art Workshop 9:30 - 12:30 108 Madonna 10:00 - 12:00 22 Foreign Policy Group* 10:30 - 12:30 164 Italians in Albuquerque 12:30 - 2:00 68 Better Balance A 1:00 - 2:00	25	6 Pastel Art Workshop 9:30 - 12:30 100 Singing the Show Tunes 10:15 - 11:45 23 Foreign Policy Group* 10:30 - 12:30 71 Tai Chi for Health 1 11:00 - 12:00 165 History of the Sunport 12:30 - 2:00 187 iPhone Basics 1:00 - 3:00	26	66 Tai Ji Quan A 9:00 - 10:00 13 Wishes & Privacy 10:00 - 11:30 7 Metalsmithing Workshop* 10:00 - 2:00 31 Human Trafficking 12:30 - 2:00 68 Better Balance A 1:00 - 2:00	27	74 Tai Chi Chih 1 9:00 - 10:00 118 La Traviata Opera 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 71 Tai Chi for Health 1 11:00 - 12:00 109 Jimi Hendrix 12:30 - 2:30	28	124 Singing Pilgrims Performance 2:00 - 3:30

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	66 Tai Ji Quan A 9:00 - 10:00 47 Dietary Restrictions 10:00 - 11:30 8 FUSE Field Trip* 10:00 - 11:30 22 Foreign Policy Group* 10:30 - 12:30 68 Better Balance A 1:00 - 2:00 32 Winograd & Hartzler 2:30 - 4:00	3	76 Foam Rolling 9:00 - 10:00 48 Sprouts Market Tour* 9:00 - 10:30 119 Intro to Improv 10:00 - 12:00 100 Singing the Show Tunes 10:15 - 11:45 23 Foreign Policy Group* 10:30 - 12:30 71 Tai Chi for Health 1 11:00 - 12:00 33 Alcohol & the Brain 2:30 - 4:00	4	66 Tai Ji Quan A 9:00 - 10:00 34 Journalism's Golden Age* 10:00 - 11:30 166 Steam Engine 2926 Tour* 10:00 - 11:30 110 The Accordion 12:30 - 2:30 68 Better Balance A 1:00 - 2:00	5	74 Tai Chi Chih 1 9:00 - 10:00 138 Biblical Saga of Joseph 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 71 Tai Chi for Health 1 11:00 - 12:00 167 Magdalena Stock Driveway 12:30 - 2:00	6	Tutor Support Meeting 10:00 - 12:00 125 Nohye y Sus Santos Performance 2:00 - 3:30
9	66 Tai Ji Quan A 9:00 - 10:00 22 Foreign Policy Group* 10:30 - 12:30 68 Better Balance A 1:00 - 2:00 79 Mindful Eating & Breathing 3:15 - 4:30	10	76 Foam Rolling 9:00 - 10:00 58 Alzheimer's Prevention 10:00 - 11:30 29 Sunport Tour* 10:00 - 12:00 23 Foreign Policy Group* 10:30 - 12:30 72 Tai Chi for Health 2 11:00 - 12:00 93 Austin Book Group 1:30 - 3:00 148 Sex, Gender, & Orientation 2:30 - 4:30	11	67 Tai Ji Quan B 9:00 - 10:00 139 Congregation Albert Tour* 10:00 - 11:00 35 NM at a Tipping Point 10:00 - 11:30 89 Celtic Animals 12:30 - 2:00 69 Better Balance B 1:00 - 2:00 42 Jack Benny: Forever 39 2:30 - 4:00	12	74 Tai Chi Chih 1 9:00 - 10:00 36 India & Secularism 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 72 Tai Chi for Health 2 11:00 - 12:00 149 Lechuguilla Cave 12:30 - 2:00 148 Sex, Gender, & Orientation 2:30 - 4:30 201 Oscar Wilde at LVL*3:00 - 4:30	13	
16	191 Walking Mondays* 8:30 - 10:00 67 Tai Ji Quan B 9:00 - 10:00 168 Wonders of the Weavers 10:00 - 11:30 22 Foreign Policy Group* 10:30 - 12:30 169 Early NM Commerce 12:30 - 2:00 69 Better Balance B 1:00 - 2:00 49 Nutrients Cooking Demo 2:00 - 3:30 150 Wonder of Butterflies 2:30 - 4:00 205 Petula Clark at NIRR* 3:00 - 4:30	17	100 Singing the Show Tunes 10:15 - 11:45 23 Foreign Policy Group* 10:30 - 12:30 72 Tai Chi for Health 2 11:00 - 12:00 95 Summit Book Group 11:00 - 12:30 96 Holmes Book Group* 1:00 - 2:30	18	192 Walking Wednesdays* 8:30 - 10:00 67 Tai Ji Quan B 9:00 - 10:00 193 Petroglyphs Hike* 9:00 - 12:00 90 Project Y Spies 10:00 - 11:30 69 Better Balance B 1:00 - 2:00 94 West Mesa Book Group* 1:30 - 3:00	19	75 Tai Chi Chih 2 9:00 - 10:00 151 Albuquerque Zoo Tour* 9:30 - 12:00 153 New Mexico Weather 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 72 Tai Chi for Health 2 11:00 - 12:00 111 Heart 2:30 - 4:30	20	126 Entourage Jazz Performance 2:00 - 3:30 20 Solito, Solita* 3:00 - 5:00
23	191 Walking Mondays* 8:30 - 10:00 67 Tai Ji Quan B 9:00 - 10:00 190 Volunteer at Oasis 10:00 - 11:00 50 Plant-Based Eating 10:00 - 11:30 22 Foreign Policy Group* 10:30 - 12:30 80 Aerobic Dance Party 11:00 - 12:00 170 Western Movies 12:30 - 2:00 69 Better Balance B 1:00 - 2:00	24	9 Retablo Art Workshop 9:30 - 11:30 100 Singing the Show Tunes 10:15 - 11:45 23 Foreign Policy Group* 10:30 - 12:30 72 Tai Chi for Health 2 11:00 - 12:00 37 Climate Change 12:30 - 2:00	25	192 Walking Wednesdays* 8:30 - 10:00 67 Tai Ji Quan B 9:00 - 10:00 9 Retablo Art Workshop 9:30 - 11:30 154 Images of Saturn 10:00 - 11:30 171 Tijeras Pueblo Tour* 10:00 - 12:00 112 Pink Floyd 12:30 - 2:30 69 Better Balance B 1:00 - 2:00	26	75 Tai Chi Chih 2 9:00 - 10:00 153 New Mexico Weather 10:00 - 11:30 55 Matter of Balance 10:00 - 12:00 27 FAA Field Trip* 10:00 - 12:00 72 Tai Chi for Health 2 11:00 - 12:00 91 Magna Carta 12:30 - 2:00	27	60 Coverage for Podiatry 10:00 - 11:30 127 Adobe Brothers Performance 2:00 - 3:30
30	191 Walking Mondays* 8:30 - 10:00 67 Tai Ji Quan B 9:00 - 10:00 61 Reversing Diabetes? 10:00 - 11:30 22 Foreign Policy Group* 10:30 - 12:30 80 Aerobic Dance Party 11:00 - 12:00 69 Better Balance B 1:00 - 2:00 113 Waylon Jennings 2:30 - 4:30	31	152 Albuquerque Zoo Tour* 9:30 - 12:00 172 Crypto-Jews in NM 10:00 - 11:30 23 Foreign Policy Group* 10:30 - 12:30 72 Tai Chi for Health 2 11:00 - 12:00 37 Climate Change 12:30 - 2:00						
SATURDAY MARCH 28									
98 - Beowulf the Warrior 10:00 - 11:30									

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



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 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.

It's your funeral.
Don't make it their burden.

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Oasis Albuquerque & Collette Travel present
**Discover Croatia, Slovenia,
& the Adriatic Coast**



October 1 - 12, 2020 • 12 Days • 16 Meals
Sales Presentation Tuesday, February 11, 3-4pm (class #189)

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 2, 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 spring 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 center!

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.

What is your guest policy?

You may register a guest by paying their class fee. Professional caregivers who accompany a participant do not need to pay.

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 emergency 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 credit; 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.

Food/Drink policy

You are welcome to bring water to any class, however, please do not bring gum, hard candy, snacks, beverages such as coffee, tea, soda, etc. into classrooms. We have tables in the lobby where you may finish your drink or eat a snack/lunch if you wish.

Registration Info:

Spring 2020

Registration opens Wednesday, January 8 at 10:00am.

Spring 2020 classes begin Monday, January 13.

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.

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, Jan. 8, 2020. 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 Jan. 8, 2020.

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 (Jan. 8, 2020). 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 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.
- **Email:** If you have email, please include the address on your form, so we can email your receipt and confirmation.
- **Payment methods**
 - **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.

Online registration: www.oasisabq.org

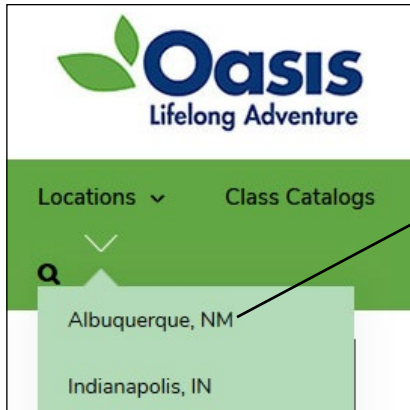
It's easy and convenient; pay with a credit card. (See page 82)

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.

Our Location	Oasis Albuquerque in American Square Shopping Center 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107-1855	Map on Back Cover
Mailing Address: PO Box 35518 Albuquerque NM 87176		

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 Your Profile" to get started.

3. Choose Albuquerque from the Locations list on the menu.

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

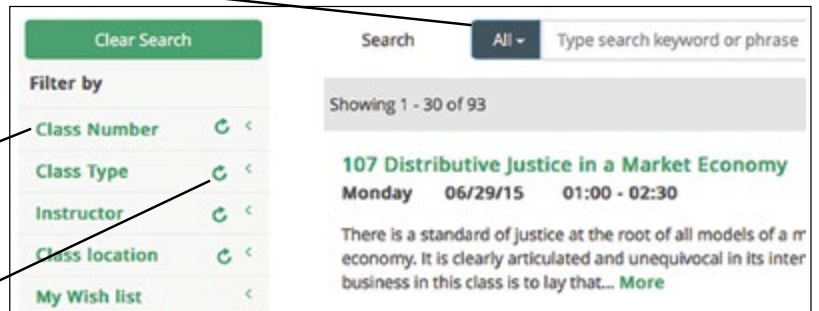


4. On the Albuquerque Oasis home page, choose **Classes** from the menu to see upcoming classes.

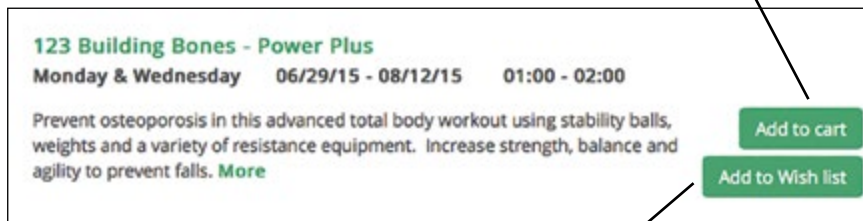
5. Finding classes: On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top.

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:

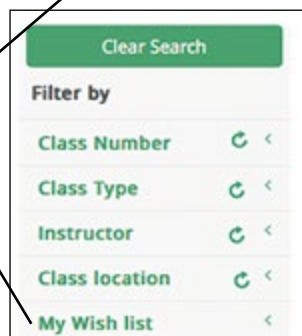
When you are ready to pay for classes in your cart, click **View Cart** and then proceed to checkout.

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 Jan. 8.



Stay tuned for an exciting new shopping cart experience coming March 2020.

Cut along the line to remove and return this form.

Oasis Spring 2020 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 assigns 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 nonrefundable 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.

✓	Cl#	*Indicates Off-Site Class	Fee \$	Office Use Only	
				In	W
✓	69	BETTER BALANCE B	\$36		
	70	MINI BANDS	\$24		
	71	TAI CHI FOR HEALTH 1	\$36		
	72	TAI CHI FOR HEALTH 2	\$36		
	73	STRETCH & RELAX	\$16		
	74	TAI CHI CHIH 1	\$60		
	75	TAI CHI CHIH 2	\$40		
	76	FOAM ROLLING	\$16		
	77	YOGA FOR HAPPY FEET	\$8		
	78	YOGA FOR BRAIN HEALTH	\$16		
	79	MINDFUL EATING & BREATHING	\$8		
	80	AEROBIC DANCE PARTY	\$16		
	81	ELECTION OF 1912	\$10		
	82	ELECTION OF 1932	\$10		
	83	SOUND IN ANCIENT SITES	\$10		
	84	NOTRE DAME	\$12		
	85	GREAT UPSET OF '48	\$12		
	86	LEWIS & CLARK	\$20		
	87	16TH CENTURY FRANCE	\$10		
	88	UNEXPECTED BRIDE PART 2	\$10		
	89	CELTIC ANIMALS	\$10		
	90	PROJECT Y SPIES	\$12		
	91	MAGNA CARTA	\$12		
	92	MYSTERIES OF MEGALITHS	\$24		
	93	AUSTIN BOOK GROUP	\$10		
	94	WEST MESA BOOK GROUP*	\$10		
	95	SUMMIT BOOK GROUP	\$10		
	96	HOLMES BOOK GROUP*	\$10		
	97	TONY HILLERMAN	\$12		
	98	BEOWULF THE WARRIOR	\$10		
	99	ROBERTSON VIOLINS TOUR*	\$15		
	100	SINGING THE SHOW TUNES	\$65		
	101	CAROLE KING	\$10		
	102	KINGSTON TRIO	\$10		

✓ Check (on this side) the classes you would like to take.

✓	Cl#	*Indicates Off-Site Class	Fee \$	Office Use Only	
				In	W
✓	35	NM AT A TIPPING POINT	\$10		
	36	INDIA & SECULARISM	\$10		
	37	ECONOMICS OF CLIMATE CHANGE	\$20		
	38	NM PUBLIC REGULATION COMMISSION	\$10		
	39	SUPREME COURT	\$12		
	40	SPACE 2.0	\$10		
	41	SUPER BOWL COMMERCIALS	\$10		
	42	JACK BENNY: FOREVER 39	\$10		
	43	JOHN FORD'S THE LAST HURRAH	\$10		
	44	ELDORA CHOCOLATE TOUR*	\$20		
	45	ELDORA CHOCOLATE TOUR*	\$20		
	46	FRENCH WAY AT ARTICHOKE*	\$45		
	47	DIETARY RESTRICTIONS	\$10		
	48	SPROUTS MARKET TOUR*	\$18		
	49	NUTRIENTS COOKING DEMO	\$30		
	50	PLANT-BASED EATING	\$12		
	51	EL PINTO TOUR & LUNCH*	\$45		
	52	HEALTH FAIR AT OASIS	FREE		
	53	MY LEGS ARE SWOLLEN	\$10		
	54	HANDS-ONLY CPR & AED	\$5		
	55	MATTER OF BALANCE	FREE		
	56	BONE HEALTH	\$10		
	57	CONTINUUM OF CARE	\$10		
	58	ALZHEIMER'S PREVENTION	\$12		
	59	CANCELED	FREE		
	60	COVERAGE FOR PODIATRY	\$10		
	61	REVERSING DIABETES?	\$10		
	62	MEDITATION WORKSHOP	\$12		
	63	ALLERGENS, RADON, & VOCS	\$10		
	64	CANNABIS	\$12		
	65	WHAT IS HAPPENING TO MY SKIN?	\$10		
	66	TAI JI QUAN A	\$36		
	67	TAI JI QUAN B	\$36		
	68	BETTER BALANCE A	\$36		

✓ Check (on this side) the classes you would like to take.

✓	Cl#	*Indicates Off-Site Class	Fee \$	Office Use Only	
				In	W
✓	1	ABQ MUSEUM TOUR*	\$20		
	2	ABQ MUSEUM TOUR*	\$20		
	3	MOSAICS ART WORKSHOP	\$55		
	4	MOSAICS ART WORKSHOP	\$55		
	5	NATURE ART WORKSHOP	\$55		
	6	PASTEL ART WORKSHOP	\$55		
	7	METALSMITHING ART WORKSHOP*	\$75		
	8	FUSE MAKERSPACE FIELD TRIP*	\$20		
	9	RETABLE ART WORKSHOP	\$55		
	10	CREMATION MYTHS*	\$5		
	11	SOLUTIONS FIELD TRIP*	\$15		
	12	DURAN'S PHARMACY TOUR*	\$18		
	13	HONORING WISHES & PRIVACY	\$10		
	14	RECYCLING TOUR*	\$18		
	15	RECYCLING TOUR*	\$18		
	16	LOBBYING THE ROUNDHOUSE	\$10		
	17	LARRY BARKER	\$10		
	18	GROWING OLD & LOVING IT*	\$25		
	19	BREAKING CARBON'S GRIP*	\$25		
	20	SOLITO, SOLITA*	\$25		
	21	HOW MEDIA AFFECTS UKRAINE*	\$25		
	22	FOREIGN POLICY GROUP*	\$70		
	23	FOREIGN POLICY GROUP*	\$70		
	24	IMMIGRANT CLIENTS	\$10		
	25	VOTER REGISTRATION AGENT	\$5		
	26	FAA FIELD TRIP*	\$20		
	27	FAA FIELD TRIP*	\$20		
	28	SUNPORT TOUR*	\$18		
	29	SUNPORT TOUR*	\$18		
	30	SUNPORT TOUR*	\$18		
	31	HUMAN TRAFFICKING	\$10		
	32	CONVERSATION W/ WINGRAD/HARTZLER	\$12		
	33	ALCOHOL & THE BRAIN	\$10		
	34	JOURNALISM'S GOLDEN AGE?	\$12		

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Oasis Spring 2020 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 assigns 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 nonrefundable 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.				✓ Check (on this side) the classes you would like to take.				✓ Check (on this side) the classes you would like to take.			
Cl#	*Indicates Off-Site Class	Fee\$	Office Use Only	Cl#	*Indicates Off-Site Class	Fee\$	Office Use Only	Cl#	*Indicates Off-Site Class	Fee\$	Office Use Only
			In W				In W				In W
1	ABQ MUSEUM TOUR*	\$20		35	NM AT A TIPPING POINT	\$10		69	BETTER BALANCE B	\$36	
2	ABQ MUSEUM TOUR*	\$20		36	INDIA & SECULARISM	\$10		70	MINI BANDS	\$24	
3	MOSAICS ART WORKSHOP	\$55		37	ECONOMICS OF CLIMATE CHANGE	\$20		71	TAI CHI FOR HEALTH 1	\$36	
4	MOSAICS ART WORKSHOP	\$55		38	NM PUBLIC REGULATION COMMISSION	\$10		72	TAI CHI FOR HEALTH 2	\$36	
5	NATURE ART WORKSHOP	\$55		39	SUPREME COURT	\$12		73	STRETCH & RELAX	\$16	
6	PASTEL ART WORKSHOP	\$55		40	SPACE 2.0	\$10		74	TAI CHI CHIH 1	\$60	
7	METALSMITHING ART WORKSHOP*	\$75		41	SUPER BOWL COMMERCIALS	\$10		75	TAI CHI CHIH 2	\$40	
8	FUSE MAKERSPACE FIELD TRIP*	\$20		42	JACK BENNY: FOREVER 39	\$10		76	FOAM ROLLING	\$16	
9	RETABLE ART WORKSHOP	\$55		43	JOHN FORD'S THE LAST HURRAH	\$10		77	YOGA FOR HAPPY FEET	\$8	
10	CREMATION MYTHS*	\$5		44	ELDORA CHOCOLATE TOUR*	\$20		78	YOGA FOR BRAIN HEALTH	\$16	
11	SOILUTIONS FIELD TRIP*	\$15		45	ELDORA CHOCOLATE TOUR*	\$20		79	MINDFUL EATING & BREATHING	\$8	
12	DURAN'S PHARMACY TOUR*	\$18		46	FRENCH WAY AT ARTICHOKE*	\$45		80	AEROBIC DANCE PARTY	\$16	
13	HONORING WISHES & PRIVACY	\$10		47	DIETARY RESTRICTIONS	\$10		81	ELECTION OF 1912	\$10	
14	RECYCLING TOUR*	\$18		48	SPROUTS MARKET TOUR*	\$18		82	ELECTION OF 1932	\$10	
15	RECYCLING TOUR*	\$18		49	NUTRIENTS COOKING DEMO	\$30		83	SOUND IN ANCIENT SITES	\$10	
16	LOBBYING THE ROUNDHOUSE	\$10		50	PLANT-BASED EATING	\$12		84	NOTRE DAME	\$12	
17	LARRY BARKER	\$10		51	EL PINTO TOUR & LUNCH*	\$45		85	GREAT UPSET OF 48	\$12	
18	GROWING OLD & LOVING IT*	\$25		52	HEALTH FAIR AT OASIS	FREE		86	LEWIS & CLARK	\$20	
19	BREAKING CARBON'S GRIP*	\$25		53	MY LEGS ARE SWOLLEN	\$10		87	16TH CENTURY FRANCE	\$10	
20	SOLITO, SOLITA*	\$25		54	HANDS-ONLY CPR & AED	\$5		88	UNEXPECTED BRIDE PART 2	\$10	
21	HOW MEDIA AFFECTS UKRAINE*	\$25		55	MATTER OF BALANCE	FREE		89	CELTIC ANIMALS	\$10	
22	FOREIGN POLICY GROUP*	\$70		56	BONE HEALTH	\$10		90	PROJECT Y SPIES	\$12	
23	FOREIGN POLICY GROUP*	\$70		57	CONTINUUM OF CARE	\$10		91	MAGNA CARTA	\$12	
24	IMMIGRANT CLIENTS	\$10		58	ALZHEIMER'S PREVENTION	\$12		92	MYSTERIES OF MEGALITHS	\$24	
25	VOTER REGISTRATION AGENT	\$5		59	CANCELED	FREE		93	AUSTIN BOOK GROUP	\$10	
26	FAA FIELD TRIP*	\$20		60	COVERAGE FOR PODIATRY	\$10		94	WEST MESA BOOK GROUP*	\$10	
27	FAA FIELD TRIP*	\$20		61	REVERSING DIABETES?	\$10		95	SUMMIT BOOK GROUP	\$10	
28	SUNPORT TOUR*	\$18		62	MEDITATION WORKSHOP	\$12		96	HOLMES BOOK GROUP*	\$10	
29	SUNPORT TOUR*	\$18		63	ALLERGENS, RADON, & VOCS	\$10		97	TONY HILLERMAN	\$12	
30	SUNPORT TOUR*	\$18		64	CANNABIS	\$12		98	BEOWULF THE WARRIOR	\$10	
31	HUMAN TRAFFICKING	\$10		65	WHAT IS HAPPENING TO MY SKIN?	\$10		99	ROBERTSON VIOLINS TOUR*	\$15	
32	CONVERSATION W/ WINGRAD/HARTZLER	\$12		66	TAI JI QUAN A	\$36		100	SINGING THE SHOW TUNES	\$65	
33	ALCOHOL & THE BRAIN	\$10		67	TAI JI QUAN B	\$36		101	CAROLE KING	\$10	
34	JOURNALISM'S GOLDEN AGE?	\$12		68	BETTER BALANCE A	\$36		102	KINGSTON TRIO	\$10	

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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

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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, January 8, 2020, 10:00am

& continues **THROUGHOUT the term.**

See details page 81.

Classes begin Monday, January 13, 2020



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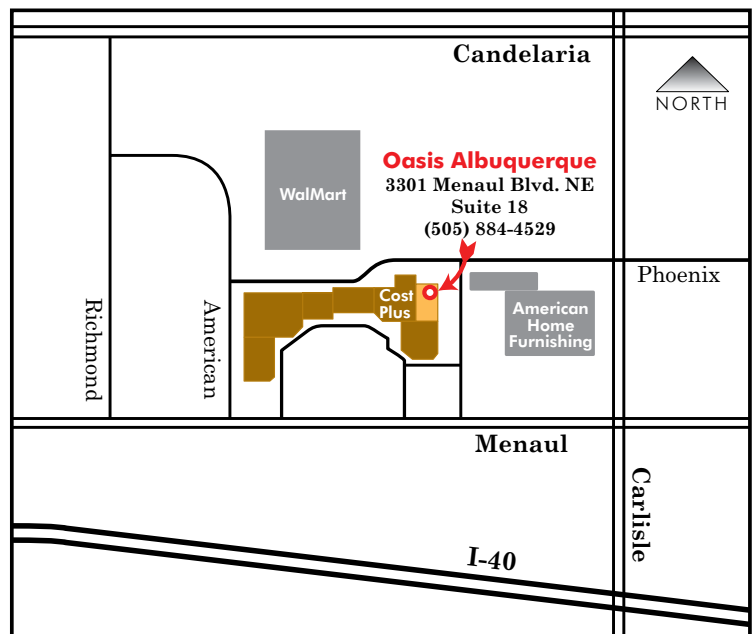
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