

Classes September - December 2020
Registration Opens
Wednesday, Sept 2, 10:00am



Fall 2020

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



Sponsored by



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,

As we move into the fall, it appears we will all need to continue to be flexible. You'll notice that many classes in this catalog have the option of in-person or livestream (via Zoom). We have been offering this hybrid class model during the summer session, and while it has not been perfect, we are constantly tweaking our system to make the learning experience better for all of you. Because the COVID-19 situation is so fluid, our plan is to continue offering high quality classes in whatever way is permissible per public health guidelines and hope that our country returns to some semblance of normal in the near future. The best way to keep current on our situation is to read our weekly emails or visit our website (www.oasisabq.org) on a regular basis.

Thank you, as always, for your patience and support.



Kathleen Raskob
Executive Director

Oasis staff members

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



On the cover: Left - Explore our outdoors this fall with walks and hikes in classes 137-142 (bosque photo by Melody Mock). Right - Merrie Courtright celebrates 20 years of volunteering for Oasis (see page 51).

Table of Contents

How to Zoom	4
Oasis Art Gallery	5

Classes

Arts	5
Consumer Information & Finance	7
Current Events	9
Food & Nutrition	12
Health & Fitness	
Health Lectures	14
Movement & Exercise	18
History & Culture	22
Literature	26
Music	27
Performing Arts	31
Personal Enrichment	32
Philosophy, Religion, & Spirituality	33
Science, Math, & Nature	35
Southwest	40
Technology	43
Armchair Travel/Travelogue	44
Volunteer	45
Walks & Hikes	45
La Vida Llena-Sponsored Classes	51
Neighborhood in RR-Sponsored Classes	52
Intergenerational Tutoring Program	51
Off-Site Class Locations Directory	52
Oasis National News	54
Thank You to Our Supporters	58
Oasis/Collette Trip	58
Class Calendars	60
Oasis Policies	64
Registration Info	65
Online Registration Info	66
Class Registration Forms	67
Oasis New Participant Form	71

See pages 64-65 for important policy & registration information.

See page 62 for inclement weather info.

COVID-19 UPDATE Please note:

1. In-person class sizes will continue to be limited and based on current public health guidelines. If you attend in person, you must comply with our specific safety protocols.
2. Some Oasis lectures may need to be moved to the Zoom online platform. We encourage you to learn how to use Zoom - tutorials and a one hour Zoom 101 class are available at www.oasisabq.org.
3. Off-site classes may need to be canceled due to restrictions at those sites.
4. We send regular emails with updates; you can always check our website for information, or you can call our office at 505-884-4529 with your questions.
5. Your registration receipt has all sorts of important information - please read and review it carefully.

Volunteers - Thank you

We offer a sincere “thank you” to our many dedicated volunteers – vital to our daily operations which have changed dramatically this year. A few volunteers work on-site and many work from their home computers! Every little bit helps us to continue to be able to offer classes in multiple formats, keep you updated with changing information, and provide tutoring support services. You might see our volunteers behind the desk or hear them on the phone or through Zoom or they may be helping behind the scenes. Volunteers – we are grateful for your continued support and flexibility through the current challenges. You are the best!

Special thanks to Mike Langner for his time spent with staff as we learned to livestream in the main classroom with the ability to simultaneously have an in-person audience. He has great patience and can fix any audio system with gadgets from his trunk!

We also want to thank our instructors who donate their time and all instructors who have been flexible these past few months with how they deliver their classes. Thank you!

To volunteer, call and ask for Lisa for front desk, reminder phone calls, and catalog distribution opportunities and Vicki for tutoring volunteer roles (505-884-4529). Come join the fun and be part of the team that keeps Oasis rolling along.

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

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.

New to Zoom?

Attend Zoom classes online from the comfort of your own home!



Quick Tips

First, visit Zoom.us and download the app to your computer or device. Then, you might want to test out Zoom before your class starts, so you can see how it works. Learn how to turn your mic on and off, and learn where to "chat" so you can ask questions!

Zooming With Oasis

- You will receive your Zoom link, meeting ID, and password for the class via email 24-48 hours in advance of your Oasis class.
- The easiest way to access the Zoom class is by clicking on the Zoom class link that we have provided in the email.
- You may also open up Zoom either by going to zoom.us on your browser or opening up your Zoom app.
- You can also find your Zoom class links by logging into oasisabq.org and going to MyOasis > My Classes.
- Recommended bandwidth for Zoom classes is a minimum of 3Mbps up and 1Mbps down for high quality video. You can test your network speed for free at www.speedtest.net or www.fast.com. Zoom automatically optimizes based on the participant's network.
- We will open up the class before the instructor begins.
- For most classes, we disable participants' audio and video. You can use the "chat" feature to type and ask questions during or at the end of the program.
- At the end of the class, you can exit the program by clicking on the red "Leave" button.

Call Oasis at 505-884-4529 if you have Zoom questions or need help!
You can also go to oasisabq.org for more information on how to use Zoom.

Meg Leonard

Solace: Finding Magic and Wonder in Landscape**Through November 20, 2020****Check out a virtual tour with the artist
on our website: oasisabq.org***Exhibition may be viewed during Oasis office hours.*

Meg Leonard finds solace in nature, in color, and in the act of painting. Brilliant light and vivid hues of the New Mexico environment are evident in her expressive landscape paintings.

About her work, she says, "These paintings preserve an experience of being present, observant, open, humbled, meditative. Observation of the natural world reveals magical moments of radiance and shadows of mystery. They are intended to whisper to each viewer's heart. If they evoke peace, mystery, and wonder, then they are successful."



Above left: *The Right Time*
oil, 36" x 48"

Above: *It was a Very Good Year*
giclee on canvas, 16" x 20"

Left: *24-Karat Gold Spill*
pastel, 18" x 24"

Arts

Retablo Painting: Art Workshop**1***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 6.*

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.

Thursday & Friday Oct 8 & 9 9:30 - 11:30**Fee: \$55 2 sessions Oasis**

NOTE: many classes have both an in-person and livestream option available. The in-person option is listed with a number only and the livestream version is the class number with LS added. If the offering is in-person only, there will not be an LS. Some of our programs are livestream only, including all exercise classes.

Introduction to Metalsmithing: Art Workshop 2

Margie Weinstein

Back by popular demand! Join us for a 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 6. 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 Oct 14 10:00 - 2:00
Fee: \$75 Meltdown Studio

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 \$25 materials fee payable to instructor at first class (cash or check). Note: Second class is 10-12pm (2 hours). Enrollment limited to 6.*

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New Mexico, she creates custom mosaic

mailboxes and teaches Introduction to Mosaic Art classes through UNM Continuing Education and the Harwood Art Center. Her art was featured in the Mosaic New Mexico group exhibit at Oasis in 2018.

Thursday Oct 15 10:00 - 2:00
Friday Oct 16 10:00 - 12:00
Fee: \$55 2 sessions Oasis

Introduction to Mosaics: Art Workshop 4

Jill Gatwood

See class #3.

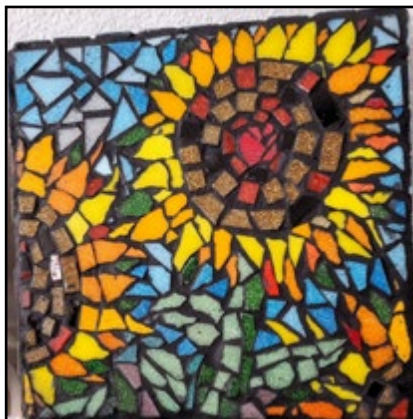
Thursday Nov 12 10:00 - 2:00
Friday Nov 13 10:00 - 12:00
Fee: \$55 2 sessions Oasis

Brushstrokes & Horizons: Pastel Landscapes Workshop 5

Susan Roden

Paint landscapes using alcohol washes and accented strokes to explore a varied application approach to pastels. In the first of two sessions, Susan Roden leads group exercises exploring effects and handling of pastel sticks and brushes. In the second session, proceed to individual pieces on paper and wood panels. This accelerated technique is ideal for plein-air or studio painting. *All materials provided; bring \$15 material fee payable to instructor at first class (cash or check). Enrollment limited to 6.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club (New York), a distinguished pastelist, and 2020 president of the Pastel Society of New Mexico. She is noted for her pastels as well as other media; she resides and maintains an art studio in Albuquerque. She has exhibited nationally and her paintings have been featured in *Décor & Style*, *The Pastel Journal*, *San*



Jill Gatwood continues to offer art workshops in mosaics for Oasis participants (classes #3 and 4). Sunflower mosaic image by spring class participant.

Diego Home/Garden Lifestyles, and Pastel Artist International Magazine.

Monday & Tuesday Oct 19 & 20 9:30 - 12:30
Fee: \$55 2 sessions Oasis

**Brushstrokes & Horizons:
 Pastel Landscapes Workshop 6**

Susan Roden
See class #5.

Monday & Tuesday Nov 2 & 3 9:30 - 12:30
Fee: \$55 2 sessions Oasis

**Kelly Jo Designs Pottery:
 Art Workshop 7**

Spend the afternoon at Kelly Jo Designs painting a piece of pottery – your way. Take a tour of the working studio and gallery before beginning your own project. Choose from a wide selection of shape options. Kelly Jo instructors demonstrate possible techniques for painting your own pottery piece (stencilling, for example) and provide a technique book. This is scheduled as an open studio class (although this is subject to change due to current restrictions). *All materials included. Limited enrollment.*

Kelly Jo Designs (KJD) has been in business for 30 years. Their pottery is iconic in New Mexico and sold throughout the US. In 2012, the studio was opened to canvas and pottery classes, which have introduced countless people to their own inner artist. The studio is also the home to Los Ranchos Winery with award-winning wines.

Wednesday Dec 9 1:00 - 4:00
Fee: \$50 Kelly Jo Designs

**Introduction to Fused Glass Jewelry:
 Art Workshop at FUSE Makerspace 8**

Sarah Nelson
 Join us for a hands-on, two-session workshop focused on glass jewelry making at the FUSE Makerspace. On day one, attendees learn techniques that include cutting glass, designing with fusible glass, and programming a kiln in order to create glass cabochons. On day two, learn how to drill holes, add metal

bails and finish your glass items to create pendants. Take home several one-of-a-kind, ready-to-wear pieces. *No previous experience required. All materials and tools are provided. Note: second class is from 11am-1pm. Enrollment limited to 6.*

Sarah Nelson holds a BA from Northern Illinois University with an emphasis in visual communications/photography. After relocating from Chicago to Albuquerque in 2000, she began her career in glass art. She attended residencies at Pilchuck Glass School and North Lands Creative Glass in Scotland. Working as a professional artist, she draws inspiration from natural themes to create kiln-worked glass. She is a board member and communications chair for Glass Alliance New Mexico.

Wednesday Dec 16 11:00 - 2:00
Thursday Dec 17 11:00 - 1:00
Fee: \$75 2 sessions FUSE Makerspace

Consumer Information & Finance

**Look the World in the Eye:
 Crime Prevention at Home & Play 9**
LIVESTREAM OPTION 9LS

Laura Kuehn
 Being safer doesn't require changing your lifestyle, personality, or the things you enjoy doing. Planning ahead can keep you safer at home and while enjoying your favorite activities when you are out and about. Laura

See other art-themed classes:

Weather Through the Artist's Eye (class #116) with Dee Kann.

Albuquerque: City of Neon (class #119) and Wonders of the Weavers: Rio Grande Blankets From the 18th to 20th Centuries (class #120) with Deb Slaney.

Rudolfo Anaya & the Bless Me, Ultima Landscape Park (class #126) with Dianne Layden.

Kuehn, crime prevention specialist for the City of Albuquerque, offers valuable tips on keeping yourself safe.

Laura Kuehn has been employed with the Albuquerque Police Department since 1997 as a crime prevention specialist. She holds a BA in political science, a supplementary degree in law and society, along with minors in criminal justice and psychology. Kuehn is designated by the International Society of Crime Prevention Practitioners as an International Crime Prevention Specialist; she is certified as a National Crime Prevention Specialist by the National Crime Prevention Association.

Monday Oct 19 10:00 - 11:30

Fee: \$10 Oasis

Current Events

LIVESTREAM

Foreign Policy & Current Events: A Discussion Group (Monday)

10LS

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. *Limited enrollment.*

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

Mondays Sep 14 - Nov 2 9:15 - 10:45

Fee: \$70 8 sessions LIVESTREAM



Dr. Dave Dixon examines the impacts of global climate change in class #12.

LIVESTREAM

Foreign Policy & Current Events: A Discussion Group (Tuesday)

11LS

Jim Munroe

See class #10LS.

Tuesdays Sep 15 - Nov 3 9:15 - 10:45

Fee: \$70 8 sessions LIVESTREAM

LIVESTREAM

The Economics of Global Climate Change

12LS

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, 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 Oct 6 & Oct 13 12:30 - 2:00
Fee: \$20 2 sessions Oasis

Election of 2020 13
LIVESTREAM OPTION 13LS

George Ovitt

The first half of 2020 has been momentous: the President of the United States has been impeached by the House of Representatives and exonerated by the Senate, the field of Democratic hopefuls has been narrowed to one candidate, and the American people are divided over the President's handling of the COVID-19 pandemic. What will happen in November? George Ovitt remarks on the impact of COVID-19, the impeachment and Senate trial, the various campaigns, and, as always, provides historical context.

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

Wednesday Oct 7 12:30 - 2:00
Fee: \$10 Oasis

The New Mexico Public Regulation Commission 14
LIVESTREAM OPTION 14LS

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

Qualified Immunity for Police Officers & Excessive Use of Force 15
LIVESTREAM OPTION 15LS

Patti Williams & Lorna Wiggins

Qualified immunity for law enforcement officers and claims of excessive force by law enforcement have been front and center in the news. These situations refer to where officers are legally entitled to use force but exceed the minimum amount necessary to diffuse an incident or to protect themselves or others from harm. This presentation by attorneys Patti Williams and Lorna Wiggins is based on actual cases involving claims of excessive force, and includes their observations about aspects of the George Floyd case.

Patricia Williams and Lorna Wiggins are partners with the law firm, Wiggins, Williams & Wiggins, PC. Lorna Wiggins started practicing law in New Mexico in 1983 after completing a judicial clerkship. She specializes in the areas of labor and employment law, and is chair of the Oasis Albuquerque Board of Directors. Patricia 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.

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

**Bring on the Vote:
League of Women Voters** **16**
LIVESTREAM OPTION **16LS**

Diane C. Goldfarb & Maggie Toulouse Oliver
It's time to cast your ballot in the 2020 General Election. How do you know what will be on your ballot and for whom to vote? Is voter fraud a problem? How will we be voting during the current pandemic? We discuss how the League of Women Voters provides information on candidates. New Mexico Secretary of State Maggie Toulouse Oliver, who oversees elections in the state, answers our questions regarding the election process and the security of the vote.

Diane Goldfarb, Voter Services Chair for the League of Women Voters of New Mexico, is a 30-year member of that organization. She has a BAEd and MA in political science from UNM. Maggie Toulouse Oliver has been New Mexico's Secretary of State since 2016. Prior to that she served for eight years as the Bernalillo County Clerk. A lifelong New Mexican, she earned her BA and MA in political science from UNM.

Friday Oct 9 10:00 - 11:30
Fee: \$10 Oasis

**A Conversation With Brian Sanderoff
& Rodger Beimer** **17**
LIVESTREAM OPTION **17LS**

Rodger Beimer & Brian Sanderoff
The 2020 election season is in full swing and Oasis is proud to present a special program by New Mexico's most renowned pollster and political observer, Brian Sanderoff, president of Research and Polling, Inc., New Mexico's largest survey research company. Join Rodger Beimer as he converses with Sanderoff about the upcoming election and what the results could mean for the future.

Sanderoff is the most recognized observer of New Mexico's political landscape and is often quoted in national news reports and makes frequent appearances as KOAT-TV's on-air public policy analyst. He has also conducted public opinion and election polls for the



Join us for a conversation between Brian Sanderoff (left) and Rodger Beimer (right) about the 2020 election season in class #17.

Albuquerque Journal since 1986. Beimer was born and raised in Taos and went on to a New Mexico television and broadcasting career both on-air and administratively at KOAT-TV, KOB-TV, KZIA and KOB Radio.

Friday Oct 23 10:00 - 11:30
Fee: \$10 Oasis

**New Mexico Politics
With Joe Monahan** **18**
LIVESTREAM OPTION **18LS**

Joe Monahan
Political analyst Joe Monahan discusses and takes questions about the upcoming November election and its impact on the New Mexico legislative session and the state at large. He also addresses other pertinent matters and introduces intriguing personalities involved in New Mexico politics.

Joe Monahan is the author of the long running and widely read political blog, *NM Politics with Joe Monahan* (joemonahan.com). He has been involved in state politics as both an observer and participant since the 1970s and brings a wealth of knowledge and insightful perspective to his coverage of local politics and government. He has served as a political analyst for a wide array of national and local media.

Wednesday Oct 28 2:30 - 4:00
Fee: \$10 Oasis

All Eyes on the Supreme Court 19

LIVESTREAM OPTION 19LS

Andrew Schultz

The US Supreme Court's recent term was filled with cases of great significance. These cases covered such diverse topics as federal immigration policy (DACA), abortion, employment discrimination, the electoral college, the Affordable Care Act, and religion and the schools. Andrew Schultz reviews the Court's most recent term and discusses the issues and ramifications of a number of 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 Nov 9 12:30 - 2:00

Fee: \$10 Oasis

Space 2.0: The Next Frontier 20

LIVESTREAM OPTION 20LS

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.

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 Nov 11 10:00 - 11:30

Fee: \$10 Oasis

The Middle East & American Policy: Creeping Disengagement 21

LIVESTREAM OPTION 21LS

Emile Nakhleh

Examine the diminishing significance of the Middle East in American global strategic planning and the creeping disengagement from that region. The plusses and pitfalls of disengagement are examined in the context of regional war, entrenched autocracy, terrorism, COVID-19, plummeting oil prices, and possible Israeli annexation of West Bank areas.

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

Monday Nov 23 10:00 - 11:30

Fee: \$10 Oasis

Making a Case Out of It: An Overview of the Federal Court System 22

LIVESTREAM OPTION 22LS

Karen Molzen

The expression "to make a federal case out of something" can suggest that more important cases land in federal court. In fact, our Constitution and laws of Congress determine just what makes a case subject to federal court jurisdiction. Karen Molzen, magistrate judge, guides us through the federal court system and how it operates towards a better

understanding of our third branch of government: the judicial.

In 1999, Karen Molzen was appointed as the first full-time female United States magistrate judge in the District of New Mexico. After serving 12 years at her Las Cruces duty station, that station was changed to Albuquerque when she became the District's chief magistrate judge. Although she officially retired in May 2019, she continues her work as a magistrate judge in a part-time capacity under the federal judiciary recall program.

Monday Dec 14 2:30 - 4:00

Fee: \$10 Oasis

Asia in 2021: Living Dangerously? 23

LIVESTREAM OPTION

23LS

William H. Itoh

As the world emerges from the devastation of the coronavirus pandemic, the security and economic challenges facing the nations of Asia again come into focus. Is a lasting peace agreement possible on the Korean peninsula? Will China continue to pursue a more assertive policy, and will they dominate the region's economic future as American influence recedes? Learn about current security issues, political developments, and economic trends in Asia and their implications for US interests.

Ambassador William Itoh is professor of the practice in the Department of Public Policy at the University of North Carolina Chapel Hill. He was a career Foreign Service officer and served as executive secretary of the National Security Council at the White House and as US ambassador to Thailand. He holds BA and MA degrees from UNM, was a logistics officer in the US Air Force, and assistant professor of history at California State University Humboldt.

Thursday Dec 17 10:00 - 11:30

Fee: \$10 Oasis



Former Ambassador William Itoh discusses current issues in Asia in class #23. Photo of Seoul, Korea (Pixabay).

Food & Nutrition

Eldora Craft Chocolate: Field Trip 25

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. *Limited enrollment.*

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 Sep 29 10:00 - 11:00

Fee: \$20 Eldora Chocolate

Eldora Craft Chocolate: Field Trip 26

Steve Prickett
See class #25.

Thursday Oct 1 10:00 - 11:00

Fee: \$20 Eldora Chocolate

LIVESTREAM**Plant-Based Eating:
The What, Why, & How 27LS**

Tony Quintana

Back by popular demand! Join Tony Quintana for an introduction to plant-based eating. Learn what it means to follow a plant-based diet, why people choose to eat this way, and how to transition to a plant-based diet. Discover the health benefits, as well as tips for meal planning, shopping, recipes, and cooking. This is a great opportunity for those interested in learning more about plant-based eating or how to support a loved one who follows the diet. *Limited enrollment.*

Tony Quintana holds a master's degree in health education from UNM and is the Plant-Based Eating Program manager for Animal Protection of New Mexico. 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.

Monday Oct 12 2:30 - 4:00

Fee: \$12 LIVESTREAM

Immune Boosting Nutrition 28
LIVESTREAM OPTION 28LS

Bryn Smith

Do teas, vitamin pills, and other supplements boost immune health? Join a registered dietitian to learn how aging affects the immune system and steps you can take to keep your immune system functioning at its best.

She shares how dietary patterns influence its function and what patterns help, versus dampen, immune function.

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 food to help them obtain recognizable health benefits.

Friday Nov 6 12:30 - 2:00

Fee: \$10 Oasis



Join Bryn Smith, registered dietitian, to learn how nutrition can help boost your immune system in class #28.

NOTE: many classes have both an in-person and livestream option available. The in-person option is listed with a number only and the livestream version is the class number with LS added. If the offering is in-person only, there will not be an LS.

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.

Falls Prevention:

A Focus on Your Feet

29

LIVESTREAM OPTION

29LS

Janet Simon

Preventing falls involves many components, including key factors of foot health and shoe selection. Your feet allow you to stay balanced and active; keeping them healthy will help reduce your risk of falls. Janet Simon provides an overview of common foot problems that are known contributors to increased falls risk. She includes recommendations for footwear choices.

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.

Monday Sep 21 10:00 - 11:30

Free Oasis

LIVESTREAM

Moving Confidently to Prevent Falls

30LS

Tracy Zerkle

Confidence in your body's ability to move through your day is key to preventing falls.

We discuss and practice tools and techniques to help you rebuild muscle, improve flexibility, and increase confidence in your physical abilities. Resources provided.

Tracy Zerkle has been involved with Oasis since 2003 as a former San Antonio Oasis staff member and, more recently, as a volunteer for the Oasis Institute. She has been certified as a Master Trainer in a Matter of Balance; she is a Lead Trainer for Diabetes, Chronic Pain and Chronic Disease Self Management programs and Active Living Every Day; and she is a former instructor and instructor trainer for the Arthritis Foundation Exercise and Aquatics Programs, as well as facilitator for several other evidence-based programs.

Tuesday Sep 22 12:30 - 2:00

Free LIVESTREAM

Why Am I Dizzy

& What Can Be Done About It?

31

LIVESTREAM OPTION

31LS

Janet Popp

Dizziness can happen as we get older; however, it is not a normal part of aging. Review some causes of dizziness and strategies for treating this condition. Taking charge to address dizziness is another way to be proactive with your health, prevent falls, and keep your independence.



Focus on your feet in classes #29 and 34 with Dr. Janet Simon. Photo by Kaique Rocha.

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 falls prevention trainings for healthcare professionals.

Wednesday Sep 23 10:00 - 11:30
Free Oasis

Allergens, Radon, & VOCs:
Indoor Air Quality 32
LIVESTREAM OPTION 32LS

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 Sep 24 12:30 - 2:00
Fee: \$10 Oasis

Be BRAVE: Falls Prevention
& Recovery Strategies 33
LIVESTREAM OPTION 33LS

Athena Valerio-Hirschfeld

Albuquerque Fire Rescue's (AFR) Home Engagement Alternative Response Team (HEART) presents: Be BRAVE. Learn about the fear cycle (and how to break it), practical skills for getting off the floor safely, and how to help someone else get off the floor safely.

Be BRAVE is part of the falls prevention component of the AFR Community EMS & HEART program.

The Home Engagement and Alternative Response Team (HEART) aims to connect individuals to the resources they need. It is led by Captain Jimmy Melek. Also on the team are Lieutenant Laurianna Sargent, Lieutenant Athena Valerio-Hirschfeld, Lieutenant Jake Gray, and driver Jose Chavez. All five members have been with AFR for over a decade and are also paramedics.

Thursday Sep 24 2:30 - 4:00
Free Oasis

My Feet Need Help:
Medicare Coverage Facts 34
LIVESTREAM OPTION 34LS

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.

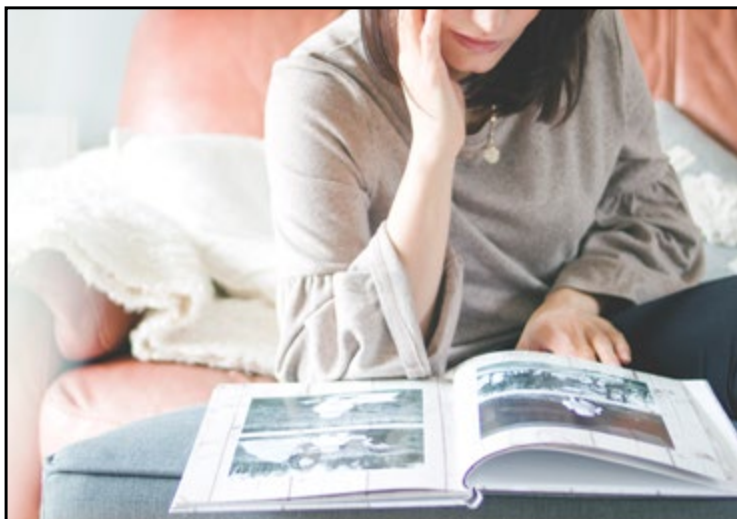
See bio #29.

Monday Sep 28 10:00 - 11:30
Fee: \$10 Oasis

Prevention of Dementia:
Virtues & Vices, Fitness & Fun 35
LIVESTREAM OPTION 35LS

Janice Knoefel

In 1889, American novelist Charles Dudley Warner remarked "Everybody complains about the weather, but nobody does anything about it." Does this apply to dementia? The answer is yes, and there is something we can do about it. Learn what we can do to keep our minds sharp, stacking the odds in our favor to



Learn what we can do to keep our minds sharp in Prevention of Dementia: Virtues & Vices, Fitness & Fun with Dr. Janice Knoefel (class #35). Photo by Dominika Roseclay.

avoid dementia as we age. Explore the effects of education, brain games, nutrition, alcohol and supplements, exercise, heart health, sleep, medications, hormones, and outlook on life.

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

Tuesday Sep 29 10:00 - 11:30

Fee: \$10 Oasis

What Is Happening to My Skin? 36

LIVESTREAM OPTION 36LS

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 Oct 2 10:00 - 11:30

Fee: \$10 Oasis

LIVESTREAM

Living Meditation in the World

37LS

Rennie Maguire

In this two-part workshop, start by experiencing a classical form of meditation. Step-by-step, learn to regulate breathing, ease tension, focus your attention, and develop inner peace. In the second session, examine what it means to practice meditation in action. Explore yoga theory and ethics to deepen your experience. A consistent practice of meditation in action leads to a fuller, more meaningful life. *Class is taught in chairs; dress comfortably. Mp3 audio practice file (\$10 value) is available free to participants via email.*

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 hundreds of meditation workshops in Oregon, New York, and New Mexico in an array of settings.

Wednesdays Oct 7 & Oct 14 2:30 - 4:00

Fee: \$24 2 sessions LIVESTREAM

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

Cannabis: CBD vs THC 38
LIVESTREAM OPTION 38LS

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.

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

Tuesday Oct 20 10:00 - 11:30
Fee: \$10 Oasis



Mona Ghattas discusses the difference between CBD and THC in class #38.

Limits of Medicine: When Should We Shift From Treatment to Care? 39
LIVESTREAM OPTION 39LS

Aroop Mangalik

Medical treatments have made and continue to make progress. But two obvious facts seem to be forgotten by many: first, all diseases cannot be fixed, and second, death is inevitable. For those who realize these realities, life becomes easier and death more peaceful. We discuss how we can work through the complex field of uncertainty by using some basic tools of inquiry and examination. What questions should we be asking ourselves and our medical providers?

Aroop Mangalik, MD, is a retired oncologist from the UNM Cancer Research and Treatment Center. He was involved in clinical trials for new treatments of cancer, and he treated different types of cancer. He is an advocate for openness and honesty, which provides physical and emotional comfort at all stages of an illness. He is the author of the book *Dealing with Doctors, Denial, and Death: A Guide to Living Well with Serious Illness*.

Wednesday Oct 21 12:30 - 2:00
Fee: \$10 Oasis

The Best Non-Drug Ways to Lower Your Blood Pressure 40
LIVESTREAM OPTION 40LS

Lynn Umbreit & Sara Ukeiley

One in three people has high blood pressure. If it's not you, it is someone you know. Learn the best non-drug, evidence-based ways to naturally lower blood pressure and reduce the risk of stroke, heart attack, and kidney disease. Practical tips and simple strategies for healthier blood pressure and a healthier you are shared.

Lynn Umbreit, MS, is a licensed registered dietitian, nutritionist, and certified diabetes educator. She is program director for the New Mexico Blood Pressure Self-Monitoring Program (BPSMP). Sara Ukeiley, a certified personal trainer and registered yoga teacher,

is a healthy heart ambassador for the BPSMP, association group exercise director for the YMCA, and a fitness instructor. Both are passionate about helping people make healthful changes in their eating and exercise patterns to improve their quality of life and health.

Tuesday Oct 27 12:30 - 2:00
Fee: \$10 Oasis

Protecting Your Back

42

Mark L. Schwartz

Join Mark Schwartz for Backsafe, an informative, fun, and interactive class designed to improve your awareness of proper body mechanics when doing everyday activities. We work through activities such as lifting, bending, sweeping, gardening, vacuuming, using a laptop, and other activities of interest to you. Learn how you can be more productive and maintain your energy through safer, more efficient movement. *Please wear comfortable clothing. Limited enrollment.*

Mark Schwartz has been a chiropractor in Albuquerque for 19 years after practicing in Pennsylvania for over 20 years. He is certified in the Backsafe program and has been offering it for 12 years. He is a member of the International Chiropractic Association and the New Mexico Chiropractic Association.

Friday Nov 6 10:30 - 12:00
Fee: \$15 Oasis

LIVESTREAM

Aging, Hearing, & Communication 43LS

Jessica Richardson

Communication is a process of people sending and receiving information. Many believe that the significance of communication is equal to breathing. In this presentation, Jessica Richardson focuses on communication disorders that are common in older adults, such as Alzheimer's and hearing loss, and how these disorders may impact quality of life. She discusses prevention of such disorders, steps to take if such disorders arise, and tips for effective communication.

Jessica Richardson, PhD, CCC-SLP (Certificate of Clinical Competence in Speech-Language Pathology) is an associate professor and director of the Neuroscience of Rehabilitation Laboratory at UNM in the Department of Speech and Hearing Sciences. She is also an investigator at the Center for Brain Recovery and Repair. Her research interests include recovery from acquired brain injury, brain plasticity, and the development of speech-language-cognitive treatment approaches that improve life participation. Richardson is a TEDx speaker.

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

Health & Fitness Movement & Exercise

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

LIVESTREAM

Yoga For Strong & Healthy Bones 44LS

Gloria Drayer

Join Gloria Drayer for two sessions to develop a routine to maintain or assist with rebuilding the health of your bones. Low-impact, weight-bearing exercises like yoga can help strengthen bones. It can also improve muscle strength, flexibility, and balance. No prior yoga experience necessary. The first class is done standing or sitting, no mat required. *Have a mat or towel for the floor for the second class. Wear loose, comfortable clothing. Limited enrollment.*

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: A Compassionate Journey Toward Healing*.

Tuesdays Sep 15 & Sep 22 2:30 - 3:45
Fee: \$16 2 sessions LIVESTREAM

LIVESTREAM

Tai Ji Quan: Moving for Balance 45LS

Ilene Dunn

Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. 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 Sept. 28. Limited enrollment.*

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, Tai Chi for Arthritis for Fall Prevention, and Tai Chi for Heart Conditions; she is also a trained instructor in Tai Ji Quan: Moving for Better Balance.

Mondays & Wednesdays Sep 21 - Nov 16
9:00 - 10:00

Free 16 sessions LIVESTREAM

LIVESTREAM

Better Balance Session A 46LS

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



Ilene Dunn leads many movement and exercise classes for Oasis. Browse pages 18-22 to see our options!

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. *No class Sept. 28. Limited enrollment.*

See bio #45LS.

Mondays & Wednesdays Sep 21 - Nov 2
1:00 - 2:00

Fee: \$36 12 sessions LIVESTREAM

LIVESTREAM

Better Balance Session B 47LS

Ilene Dunn

See Class #46LS. No class Nov. 25. Session A is not required to take Session B.

Mondays & Wednesdays Nov 4 - Dec 16
1:00 - 2:00

Fee: \$36 12 sessions LIVESTREAM

LIVESTREAM

Tai Chi for Health Part 1 48LS

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. *Limited enrollment.*

See bio #45LS.

Tuesdays & Thursdays Sep 22 - Nov 12

11:00 - 12:00

Free 16 sessions LIVESTREAM

LIVESTREAM

Tai Chi for Health Part 2

49LS

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 (a.k.a. Tai Chi for Arthritis for Fall Prevention) Basic Forms. No class Nov 24 and Nov 26. Limited enrollment.*

See bio #45LS.

Tuesdays & Thursdays Nov 17 - Dec 17

11:00 - 12:00

Fee: \$24 8 sessions LIVESTREAM

LIVESTREAM

Tai Chi Chih Part 1

50LS

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. *Limited enrollment.*

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice.

A former high school teacher and then a corporate trainer, she is a certified instructor and has been practicing and teaching Tai Chi

Chih for more than 25 years, including many courses for older adults. Tatge takes great joy in sharing this tool that develops balance in all aspects of our lives and maximizes our most precious gift: good health.

Thursdays Oct 1 - Nov 5

9:00 - 10:00

Fee: \$60 6 sessions

LIVESTREAM

LIVESTREAM

Tai Chi Chih Part 2

51LS

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. *No class November 26. Limited enrollment.*

See bio #50LS.

Thursdays Nov 12 - Dec 10 9:00 - 10:00

Fee: \$40 4 sessions LIVESTREAM



Try our Tai Ji Quan: Moving for Better Balance (#45) or Tai Chi for Health (#48 & 49) to improve balance, strength, and coordination.

LIVESTREAM **Better Living Through Movement 52LS**

Athena Valerio-Hirschfeld

Learn and practice strategies for getting your body to function optimally in activities of daily living. Get your body to work for you through hands-on cues and very tailored movements incorporating vision, balance, joint mobility, and strength. All fitness and knowledge levels can benefit from this program, aimed at improving awareness of your own body and abilities, pain management, and joint mobility. *Limited enrollment.*

Athena Valerio-Hirschfeld, PhD(c), is an Albuquerque native who brings passion and experience to physical wellness through movement and diet. She is an Albuquerque Fire Rescue lieutenant, Z-Health certified practitioner, certified natural health professional, Hardstyle Kettle Bell certified trainer, community health trainer, and clinical educator. Her experience and interests include fine arts, archaeology, physical fitness, brain training, balance and vision training, performance improvement, and body awareness.

Fridays Oct 16 - Oct 30 11:00 - 12:00
Fee: \$24 3 sessions LIVESTREAM

LIVESTREAM **Qigong: Taoist Water Method 53LS**

Marcy Pincus

The Qigong Taoist Water Method is a 3000-year-old practice developed by Lao Tzu, the Chinese philosopher and author of the *Tao Te Ching*. This qigong method emphasizes softness and specific body movements to increase the qi flows within the body and to age gracefully. Learn basic qigong movements to increase qi flow and the circulation of fluids in the body, including around the joints. *Please have a yoga mat to stand on if you have one. Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts for nearly 35 years. Her practices have included kung fu, tai chi, qigong,

and bagua. For the last decade, she has practiced and taught the Taoist water method qigong. She has taught qigong for the City of Albuquerque and the Chinese Culture Center. She is a certified Energy Arts instructor, and she holds degrees in geology and engineering with a specialty in environmental engineering.

Thursdays Oct 22 - Nov 5 1:00 - 2:00
Fee: \$24 3 sessions LIVESTREAM

LIVESTREAM **Yoga For Coping 54LS**

Gloria Drayer

Yoga is a mind-body practice, thousands of years old, that helps us through challenging times. Join Gloria Drayer for a practice aimed at calming the body and mind to create the mental space helpful in [re]gaining perspective, peace, and serenity. Engage in a combination of gentle physical poses, controlled breathing, and meditation to help physical and mental well-being. *No prior experience needed. We use a sturdy chair for session one; a mat is optional for session two. Limited enrollment.*

See bio #44LS.

Tuesdays Oct 27 & Nov 3
2:30 - 3:45
Fee: \$16 2 sessions LIVESTREAM

LIVESTREAM **Stretch & Relax 55LS**

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. *Limited enrollment.*

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 Dec 2 - Dec 16 9:00 - 10:00

Fee: \$24 3 sessions LIVESTREAM

LIVESTREAM

Low Impact Aerobic Dance Party 56LS

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 have a water bottle. Limited enrollment.*

See bio #45LS.

Mondays Dec 7 & Dec 14 10:00 - 11:00

Fee: \$16 2 sessions LIVESTREAM

History & Culture

Nomads on the Pontic-Caspian Steppe, AD 400-1200 57

LIVESTREAM OPTION 57LS

Matthew J. Barbour

The Pontic-Caspian steppe is a large grassland connecting Eastern Europe, the Middle East, and Central Asia. During Late Antiquity and the Middle Ages, various Turkic-speaking nomadic groups, including the Huns, Bulgars, and Khazars, emerged from this region to wreak havoc on the great Christian and Islamic states of the period. We focus on the cultural history of these peoples and their broader impact on Europe and the Near East from approximately AD 400 to 1200.

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 Sep 29 12:30 - 2:00

Fee: \$10 Oasis

San Marco as a Symbol of the Creation of Venice 58 **LIVESTREAM OPTION 58LS**

Charles Steen

Venice's San Marco Basilica is unique because it springs from both the early traditions of Christendom, Byzantine, and Latin churches. Like Venice, the church was independent, existing as a new place in the lagoon and thus independent of the papal, feudal, social, and political order that followed the collapse of Rome. The political and religious order was bound together and protected a city that was the first to practice toleration as it became a major trading and military power.

Charlie Steen's classes place historical events in context with art, architecture, religion, and other cultural aspects of a period. He teaches western civilization at UNM. He is the author of several books, including his recently published *A Cultural History of Early Modern Europe*. A graduate of UNM, he also holds a PhD in early modern European history from UCLA.

Wednesday Sep 30 10:00 - 11:30

Fee: \$10 Oasis

The Election of 1960: Contrasting Candidates 59 **LIVESTREAM OPTION 59LS**

Noel Pugach

The presidential election of 1960 featured a clash of two very different candidates. The Republicans nominated Vice President



Dr. Charlie Steen explores San Marco as a Symbol of the Creation of Venice in class #58. Image: The Basilica of San Marco seen from the Doge's Palace courtyard in Venice by Wolfgang Moroder.

Richard Nixon who seemed to embody the blandness of the Eisenhower era along with its prosperity and virulent anti-communism. The Democrats chose Massachusetts Senator John F. Kennedy, who seemed to represent youth, dynamism, and change. Kennedy won, but it was not a landslide. A close examination of the election provides some interesting insights.

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.

Thursday Oct 1 12:30 - 2:00

Fee: \$10 Oasis

The Project Y Spies

60

LIVESTREAM OPTION

60LS

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 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 Oct 7 10:00 - 11:30

Fee: \$10 Oasis

LIVESTREAM

Celtic Heroines & Heroes

61LS

Maya Sutton

Feasting or fighting, wooing or worshipping, the Celts were vibrant people. Irish myths burst with tales of superhumans. We probe the epic contest between Queen Maeve of Connaught and Cuchulain of Ulster. The tale of Finn MacCool and his warriors matches actual history in Brian Boru's army of a thousand years ago. Finally, we discuss real heroines including Warrior-queen Boudicca and pirate-queen Grace O'Malley.

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. Paris is her favorite city in the world, having visited nine times, most recently a year ago. She has stayed in Chartres four times. Once, she spent so many days in the Chartres Cathedral crypt that she was given the key, and other seekers were sent to her.

Friday Oct 16 12:30 - 2:00

Fee: \$10 LIVESTREAM



Just in time for Halloween, Lynne Sturtevant presents The Thinking Person's Guide to Ghosts (class #64).

Mysteries of the Megaliths & the Rise of Man

62

LIVESTREAM OPTION

62LS

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 Oct 20 & Oct 22

2:00 - 4:00

Fee: \$20 2 sessions Oasis

Siena Cathedral as a Cultural Center 63

LIVESTREAM OPTION

63LS

Charles Steen

Siena became the center of an independent province in the centuries following the collapse of Rome. The cathedral became a major center for art as well as faith and education. The collaboration between the community and the cathedral was strong and resulted in some violent contests for control that resulted in domination by Florence. Even then, Siena and its cathedral continued as a major artistic center.

See bio #58.

Monday Oct 26 10:00 - 11:30

Fee: \$10 Oasis

The Thinking Person's Guide to Ghosts

64

LIVESTREAM OPTION

64LS

Lynne Sturtevant

What are ghosts? Why do some people become spirits while others successfully transition to whatever is next? Why are there no ghosts from 10,000 years ago? How does a house become haunted? We examine the various theories that attempt to answer these questions. We also look at the role of technology in the search for the supernatural from the spirit photography craze of the late 1800s to the iPhone ghost radar app.

Lynne Sturtevant is the author of *Haunted Marietta: History and Mystery in Ohio's Oldest City* and the founder of a tour company focused on the paranormal legends and strange tales of Appalachia. Prior to launching her guided walking tour of the most haunted town in Ohio, she traveled to eastern Tennessee and

became a certified ghost hunter. She is also the author of four other books on local history and tourism. She now lives in Albuquerque.

Thursday Oct 29 12:30 - 2:00

Fee: \$10 Oasis

**Navajo Trading Posts:
A History, 1950 to 1980**

65

LIVESTREAM OPTION

65LS

John Kennedy

The Navajo reservation was part of the greatest era of Native American trading in America. The Kennedy family built their first trading post in 1912 and continued in the trade for over 100 years. The family handled more than 25,000 pieces of jewelry and 6,000 Navajo rugs each year as well as hundreds of thousands of pounds of piñon nuts. John Kennedy describes the history of trading as well as sharing his personal experiences as a third generation trader.

John Kennedy is a trader raised in Gallup. His grandfather built the Navajo trading post in Salina Springs in 1912. At the age of nine, he began traveling and trading with his father. For 28 years, he was the major supplier of Native American crafts in the national park system. Kennedy founded the Indian Arts and Crafts Association in 1974. He is also the author of four books dealing with trading and Native American culture.

Friday Oct 30 10:00 - 11:30

Fee: \$10 Oasis

LIVESTREAM



**Chartres Cathedral:
The Mysteries Revealed**

66LS

Maya Sutton

Powerful words describe Chartres Cathedral, the medieval pilgrimage destination near Paris, including magnificent, profound, and mystical beyond most sacred sites. Yet Chartres is also dark and daring to one's

spirit. Above ground are the two weird spires, a stained glass window of Isis and Horus, sculptures depicting rejected liturgy, eccentric architecture, and the fabled labyrinth. The crypt reveals Roman walls, early frescoes, a Druid well, and a replacement Black Madonna. Join Maya Sutton and unfold the mysteries together.

See bio #61LS.

Tuesday Nov 3 12:30 - 2:00

Fee: \$10 LIVESTREAM

The Many Faces of Magna Carta **67**
LIVESTREAM OPTION **67LS**

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.

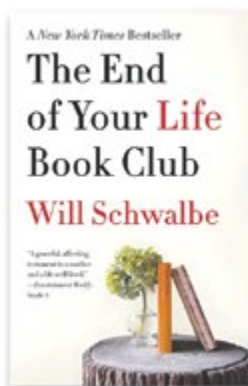
Wednesday Nov 4 12:30 - 2:00

Fee: \$10 Oasis

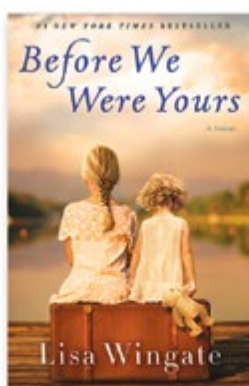


Please Arrive 15 Minutes Prior to Your Class!

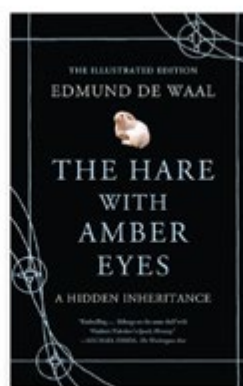
If you are attending an Oasis class in person, please arrive early so that we can go through our safety protocols.



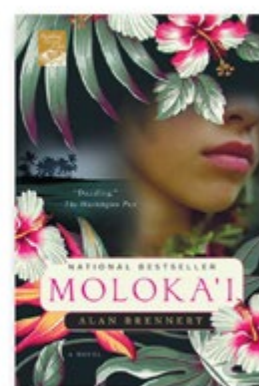
Austin



Summit



Holmes



West Mesa

LIVESTREAM**Mythic Paris: Beauty Everywhere 68LS***Maya Sutton*

How would it shape your perception of life if everything you saw was beautiful, stylish, elegant, and sophisticated? Mythic Paris embodies cultural ideals and deep traditions that make it the City of Light. Even necessities are elevated to be extraordinary: Parisians treat food and wine as gifts of life. Paris pulses with vibrant gardens, stunning churches, great music, and a dozen of the world's most revered museums. No wonder people fall in love with Paris.

*See bio #61LS.***Tuesday Dec 8 12:30 - 2:00****Fee: \$10 LIVESTREAM****Literature****LIVESTREAM****Austin Book Group 69LS***Mary Bibeau*

The Austin Book Group meets on the second Tuesday of each month, and newcomers are always welcome. Book selections are: Sep 8 - *The End of Your Life Book Club* by Will Schwalbe; Oct 13 - *Carter Beats the Devil* by Glen David Gold; Nov 10 - *Old Filth* by Jane Gardam; Dec 8 - *Major Pettigrew's Last Stand* by Helen Simonson. *Enrollment limited to 8.*

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

Tuesdays Sep 8 - Dec 8 1:30 - 3:00**Fee: \$10 4 sessions LIVESTREAM****LIVESTREAM****Summit Book Group 70LS***Merrie Courtright*

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Sep 15 - *Before We Were Yours* by Lisa Wingate; Oct 20 - *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard; Nov 17 - *The Tale Teller: A Leaphorn, Chee & Manuelito Novel* by Anne Hillerman (or any other Anne Hillerman); Dec 15 - *The Dutch House* by Ann Patchett. *Enrollment limited to 15.*

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

Tuesdays Sep 15 - Dec 15 11:00 - 12:30**Fee: \$10 4 sessions LIVESTREAM****LIVESTREAM****Holmes Book Group 71LS***Lorna Kuyk*

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: Sept 15 - *The Hare with Amber Eyes* by

Edmund de Waal; Oct 20 - *Why Did I Come into this Room?* by Joan Lunden; Nov 17 - *The Library Book* by Susan Orlean and Dec 15 - *She Has Her Mother's Laugh* by Carl Zimmer. Enrollment limited to 15.

Lorna Kuyk is a transplanted Minnesotan who misses snow, but not shoveling. She loves having time to read and share that reading with others. She also coaches church and nonprofit leaders around the country.

Tuesdays Sep 15 - Dec 15 1:00 - 2:30
Fee: \$10 4 sessions LIVESTREAM

LIVESTREAM

West Mesa Book Group

72LS

Linda Castagneri & Mary Herrmann Hughes
 The West Mesa Book Group usually meets on the third Wednesday of each month. Book selections are: Sept 16 - *Moloka'i* by Alan Brennert; Oct 21 - *Becoming* by Michelle Obama; Nov 18 - *Blowout: Corrupted Democracy, Rogue State Russia, and the Richest, Most Destructive Industry on Earth* by Rachel Maddow; Dec 9 - *House Made of Dawn* by N. Scott Momaday. Enrollment limited to 12.

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

Wednesdays Sep 16 - Dec 9 1:30 - 3:00
Fee: \$10 4 sessions LIVESTREAM

LIVESTREAM

A Morning with Beowulf the Warrior

73LS

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 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 Oct 24 10:00 - 11:30
Fee: \$10 LIVESTREAM

See also:

Memoir Writing Workshop: How to Tell Your Story (class #94) with Norma Libman.

Rudolfo Anaya & the Bless Me, Ultima Landscape Park (class #126) with Dianne Layden

Music

LIVESTREAM

Singing the Show Tunes

74LS

Jane Ellen

Feel like singing? Good! We will meet "virtually" for 12 consecutive Tuesday mornings this fall, from 10:15-11:45am, livestreaming via the Zoom video application. In addition to singing and socializing, these classes will include gentle physical movement, vocal exercise, basic music theory and singing technique, and even some Broadway history. Performances are not possible at this time, but we hope to resume regular rehearsals next spring. In the meantime, let's get back to singing! *No class October 20.*

Jane Ellen brings to this class a solid background in performance, accompaniment, and musical direction. Her wide experience in classical music, theater, chorus, and bands,

plus her natural enthusiasm combine to make this class a joyful learning activity for every participant.

Tuesdays Sep 22 - Dec 15 10:15 - 11:45
Fee: \$65 12 sessions LIVESTREAM

Please note that all Jane Ellen lectures are two hours.

Wanted! The Outlaw

Waylon Jennings 75
LIVESTREAM OPTION 75LS

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.

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. With a catalogue of more than 60 published works and numerous choral and chamber commissions, her music has been performed internationally.

Thursday Sep 10 10:00 - 12:00
Fee: \$10 Oasis

**"Blue Bayou":
 The Linda Ronstadt Story 76**
LIVESTREAM OPTION 76LS

Jane Ellen

Linda Ronstadt (1946-) has mastered one of the secrets of longevity in popular music: the ability to remain relevant across the decades. From her early days with the Stone Poneys, to studio sessions with Nelson Riddle, country-western music and mariachi

songs, Ronstadt has long been recognized as one of the most versatile and commercially successful female singers in American music. A recipient of the National Medal of Arts and numerous Grammys, Ronstadt now copes with Parkinson's disease.

See bio #75.

Friday Sep 11 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.

**"Unfinished Symphony":
 The Life of Franz Schubert (CL) 77**
LIVESTREAM OPTION 77LS

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



Learn about Linda Ronstadt, one of the most versatile and commercially successful singers in American music, in class #76 with Jane Ellen.

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 #75.

Tuesday Sep 15 10:00 - 12:00

Fee: \$10 Oasis

Tom & Jerry:

Discovering Simon & Garfunkel 78
LIVESTREAM OPTION 78LS

Jane Ellen

As kids they appeared in a production of *Alice in Wonderland* together; in high school they performed as Tom & Jerry, reaching #49 on the national music charts. But it wasn't until the 1960s, after a lot of false starts, that this duo began to find their niche together in the vanguard of the Greenwich Village music scene. Paul Simon (1941-) and Art Garfunkel (1941-) touched the hearts of a generation and continue to do so, both together and individually.

See bio #75.

Wednesday Sep 23 12:30 - 2:30

Fee: \$10 Oasis

Remembering Nat King Cole 79
LIVESTREAM OPTION 79LS

Jane Ellen

Born Nathaniel Adams Coles (1919-65), the son of a Baptist preacher in Montgomery, Alabama, few guessed that this charismatic youngster would grow up to become one of the most beloved entertainers in the world. The single biggest record-selling artist of his generation (until finally eclipsed by Elvis Presley), Nat was known as a singer's singer. This fond remembrance includes audio highlights from his earliest recordings, through the beginning of his solo career, and beyond.

See bio #75.

Friday Sep 25 10:00 - 12:00

Fee: \$10 Oasis

Emmylou Harris:
American Singer-Songwriter 80
LIVESTREAM OPTION 80LS

Jane Ellen

It would be difficult to find a more consistently eclectic artist than Emmylou Harris (1947-). Now more than four decades into her career, she has travelled a unique path collecting 12 Grammys along the way. Often listed as a country artist for the sake of simplicity, her work runs the gamut from traditional folk to contemporary alternative. Other performers may have sold more albums, but few have had as profound an impact on contemporary music as Emmylou.

See bio #75.

Monday Oct 5 2:30 - 4:30

Fee: \$10 Oasis

"Goodbye Yellow Brick Road":
Elton John 81
LIVESTREAM OPTION 81LS

Jane Ellen

One of the most successful artists of all time, Elton John (1947-) has sold over 300 million records. Ranked by *Rolling Stone* magazine as one of the 100 greatest artists of all time, his career has taken him from session musician to recording innovative music written with Bernie Taupin, to film soundtracks, and finally to the Broadway stage. A tireless AIDS activist, he received a BRITs Icon Award in 2013 for his "lasting impact on British culture."

See bio #75.

Thursday Oct 15 12:30 - 2:30

Fee: \$10 Oasis

LIVESTREAM
"Blowin' in the Wind"
With Peter, Paul, and Mary 82LS

Jane Ellen

Peter, Paul and Mary emerged during the folk revival of the 1960s, and for nearly 50 years remained one of the most durable acts in music history. Their roots were in the 1940s and the

music of the Weavers, but the trio achieved what the Weavers were unable to do: to voice political and social concerns to the public through music in an entertaining fashion.

See bio #75.

Monday Nov 2 12:30 - 2:30

Fee: \$10 LIVESTREAM

LIVESTREAM

Elvis Costello: The Juliet Letters 83LS

Jane Ellen

Elvis Costello (1954-) is one of the most eclectic singer-songwriters and composers of the past 40 years. His earliest songs informed punk rock with the sophisticated sensibilities of new wave, and from there, he has continued to explore various pop and rock genres. Costello has also written an evocative and moving song cycle ("The Juliet Letters," accompanied by the Brodsky Quartet) as well as an orchestral ballet score (*Il Sogno*).

See bio #75.

Thursday Nov 5 2:30 - 4:30

Fee: \$10 LIVESTREAM

Frédéric Chopin: Polish Exile (CL) 84 LIVESTREAM OPTION 84LS

Jane Ellen

Long considered one of the great masters of the Romantic Era, Frédéric Chopin (1810-49) was a Polish child-prodigy forced to leave his native land at the age of 20, resettling in Paris where he spent the balance of his career. His piano compositions are incredibly demanding, not only in technical requirements but in depth of interpretation, while his soaring melodies live on as the basis for many popular songs.

See bio #75.

Friday Nov 13 10:00 - 12:00

Fee: \$10 Oasis

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



Folk singer Joan Baez, seen here in a 1965 photo, has contributed to folk rock, pop, country, and gospel genres over decades. Learn more in class #85 with Jane Ellen.

Folksinger Joan Baez 85 LIVESTREAM OPTION 85LS

Jane Ellen

Joan Baez (1941-) with her roots in folk, has contributed to folk rock, pop, country, and gospel, and has recorded songs in many different languages. With eight gold albums, a gold single ("The Night They Drove Old Dixie Down"), and seven Grammy nominations to her credit, she received a Grammy Lifetime Achievement Award in 2007. Popularly known as a singer of other people's work, she is also an accomplished songwriter as well as political activist.

See bio #75.

Wednesday Nov 18 12:30 - 2:30

Fee: \$10 Oasis

Yardbird: Charlie Parker's Jazz 86 LIVESTREAM OPTION 86LS

Jane Ellen

Saxophonist Charlie Parker (1920-55) graced this earth for a mere three and a half decades, yet his influence on jazz is unmistakable. Parker was known for his virtuosic playing, brilliant solos and innovative improvisations, and his music often combined elements of

other genres. Serving as an icon for the Beat Generation, Parker was perhaps the first in a long line of uncompromising artists and intellectuals, as opposed to being a mere entertainer.

See bio #75.

Friday Nov 20 10:00 - 12:00

Fee: \$10 Oasis

We Will Rock You: Queen 87
LIVESTREAM OPTION 87LS

Jane Ellen

For 20 years Queen rocked the world with hit after hit including “Bohemian Rhapsody”, “We Are the Champions”, and “Another One Bites the Dust”. But in 1991, in one of the most shocking moments in the music industry, charismatic lead singer Freddie Mercury announced that he had AIDS; the next day, he was dead. Their music refuses to die, propelled by sales of possibly 300 million records, making them one of the greatest bands of all time.

See bio #75.

Wednesday Dec 2 12:30 - 2:30

Fee: \$10 Oasis

Walkin’ After Midnight 88
With Patsy Cline 88LS
LIVESTREAM OPTION

Jane Ellen

The skyrocketing career of country artist Patsy Cline (1932-63) was cut tragically short when she was only 30 years old. Long considered to be one of the most influential female vocalists of the 20th century, Cline almost single-handedly opened the door for women artists in the male-dominated field of country and western music. Her unique voice – a rich, bold contralto – has guaranteed her a place in the top tier of posthumous record sales. Naturally, this presentation will be accompanied by recordings, both rare and popular.

See bio #75.

Monday Dec 7 2:30 - 4:30

Fee: \$10 Oasis

The Hysterically Funny Stan Freberg 89
LIVESTREAM OPTION 89LS

Jane Ellen

Whether rewriting American History, spoofing the monotone of Joe Friday in *Dragnet*, satirizing Harry Belafonte’s Day-O (“I don’t dig spiders, man!”), or ridiculing The Platters hit “The Great Pretender,” Stan Freberg (1926-2015) has achieved legendary status in American pop culture. His works were often controversial, and sometimes his label refused to release certain songs, but in a career spanning seven decades, he remained active as a voice actor, comedian, radio personality, author, and recording artist.

See bio #75.

Friday Dec 11 10:00 - 12:00

Fee: \$10 Oasis

Beethoven: Triumph 90
in the Face of Adversity (CL) 90LS
LIVESTREAM OPTION

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 #75.

Wednesday Dec 16 2:30 - 4:30

Fee: \$10 Oasis

NOTE: many classes have both an in-person and livestream option available. The in-person option is listed with a number only and the livestream version is the class number with LS added. If the offering is in-person only, there will not be an LS. Some of our programs are livestream only, including all exercise classes.

Performing Arts

LIVESTREAM

Improvisation in Two Parts: An Online Workshop

91LS

Jo McEntire

Explore improvisation activities with other Oasis adventurers via this livestream class. Two sessions give you the opportunity to let your imagination run wild with other players and learn how to build a scene. Our improv practice focuses on listening, responding with "Yes, and," and then developing a character spontaneously. Wear comfortable clothing and shoes. *All abilities welcome. You don't need to have taken previous improv classes. Limited enrollment.*

Jo McEntire enjoyed many theatrical experiences during her first career as a performer and stage manager. She has acted in plays and musicals, and created poetry performances and solo works. She studies improv at the Box Performance Space in Albuquerque for the sheer fun of it.

Tuesday & Thursday Dec 1 & Dec 3
10:00 - 12:00

Fee: \$32 2 sessions LIVESTREAM

History of Opera 1: From Inception to Vocal Dominance 92

LIVESTREAM OPTION 92LS

Julius Kaplan

In late 16th century Italy, a group of aristocrats and intellectuals attempted to recreate ancient Greek religious drama. Called opera, it soon became popular. The importance of the human voice elevated singers into "sacred monsters" who were more important than composers or directors. Vocal stamina and acrobatics mastered by the castrati led to abuses that devalued dramatic content, leading to reforms that underlay the first operatic genius in the late 18th century. Learn about Monteverdi, Handel, Gluck, Mozart, and more.

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 Opera Southwest and offers frequent classes on opera for the community.

Wednesday Dec 9 10:00 - 11:30

Fee: \$10 Oasis

History of Opera 2: From Bel Canto to Modernity 93

LIVESTREAM OPTION

93LS

Julius Kaplan

In early 19th century Italy, Rossini, Bellini, and Donizetti created bel canto (beautiful singing) as an international style of serious and comic opera that combined vocal display with expressive feeling. Verdi, emphasizing dramatic intensity, set a standard to which all subsequent composers aspired. Nationalism, especially in Wagner, revolutionized opera both in style, content and context. Extreme experimentation and a desire for opera to be intellectually stimulating as well as musically innovative characterized much of the productions up to today.

See bio #92.

Wednesday Dec 16 10:00 - 11:30

Fee: \$10 Oasis



Dr. Julius Kaplan explores the History of Opera in two parts (classes #92 & 93). Image: 1979 production of Monteverdi's L'incoronazione di Poppea in Spoleto by Cammenina42 (Wiki Commons).

Personal Enrichment

Memoir Writing Workshop: How to Tell Your Story

94

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 exercises and you will have written a start to your memoir when the workshop is over. Please bring a hard surface to write on (notebook or clipboard). Limited enrollment.*

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 *Lonely River Village: A Novel of Secret Stories*.

Thursday Sep 24 10:00 - 12:00

Fee: \$15 Oasis

The Gentle Art of Wandering

95

LIVESTREAM OPTION

95LS

David Ryan

The gentle art of wandering is about allowing yourself to see and letting what you see guide you on where you go. Doing this can make every walk outdoors amazing. Through photographs and real life examples this class shows you the basics of wandering and how these skills can work in any setting. Adopting these skills will make it possible for you to have an adventure every time you wander out the door.

David Ryan is an experienced hiker, back-country explorer, and the author of several

outdoor walking books including *The Gentle Art of Wandering*. Many of his insights into wandering were developed while looking for archaeological sites in the New Mexico backcountry as a volunteer for the Bureau of Land Management. He is also the co-author of *60 Hikes within 60 Miles: Albuquerque*. He has conducted many workshops on hiking and wandering.

Thursday Oct 1 10:00 - 11:30

Fee: \$10 Oasis

Philosophy, Religion, & Spirituality

The Underground Church in USSR

96

LIVESTREAM OPTION

96LS

Christopher Zugger

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

Thursday Sep 17 10:00 - 11:30

Fee: \$10 Oasis

LIVESTREAM

Saint Teresa of Avila & Saint John of the Cross: A Jungian Perspective 97LS

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 of the Soul*, 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 Sep 21 12:30 - 2:00

Fee: \$10 LIVESTREAM

The Spiritual Journey of Reinhold Niebuhr, Part 1

98

LIVESTREAM OPTION

98LS

Frank Yates

Reinhold Niebuhr (1892-1971) was a Protestant theologian who deeply influenced the social and political thought of 20th century America. This first lecture focuses on his 1928 autobiography, *Leaves from the Notebook of a Tamed Cynic*; his 1932 work, *Moral Man and Immoral Society*; and the first volume of his 1941 classic, *The Nature and Destiny of Man*. We concentrate on his views about human nature in the Christian tradition as it intersects with other philosophical and religious traditions.

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 Oct 5 10:00 - 11:30

Fee: \$10 Oasis

The Spiritual Journey of Reinhold Niebuhr, Part 2

99

LIVESTREAM OPTION

99LS

Frank Yates

In this second lecture on Reinhold Niebuhr (1892-1971), we focus on the second volume of his 1941 classic, *The Nature and Destiny of Man*. We also look at his 1937 book, *Beyond Tragedy: Essays on the Christian Interpretation of History*; his 1949 book *Faith and History: A Comparison of Christian and Modern Views of History*; and his 1952 book, *The Irony of American History*. We consider our human destiny, where history is taking us, and what prospects we have for the future. *Note: you do not need to have attended Part 1 to appreciate this class.*

See bio #98

Monday Nov 2 10:00 - 11:30

Fee: \$10 Oasis

How to Criticize Properly: A Jewish Perspective

100

LIVESTREAM OPTION

100LS

Dov Gartenberg

Have you ever felt the need to criticize a loved one, friend, or associate? Has it gone well or has it bombed? The rabbis, the sages of Jewish tradition, grappled with the issue of proper criticism based on their reading of Leviticus 19:17. We take a journey through Jewish literature and beyond on the ethics of personal criticism.

Rabbi Dov Gartenberg was trained as a Conservative rabbi at the Jewish Theological Seminary. He has served as a congregational rabbi for nearly 40 years. He did advanced Jewish studies and comparative religions at UC Berkeley, Harvard, USC, and the Shalom Hartman Institute in Jerusalem. He is a teaching rabbi, exploring the richness, insight, and subtlety of Judaism and its relevance to modern life.

Wednesday Nov 4 10:00 - 11:30

Fee: \$10 Oasis

Elijah: Jewish Prophet, Christian Saint, Muslim Guide 101

LIVESTREAM OPTION 101LS

Christopher Zugger

Elijah is the greatest of the Jewish prophets and one of the leading figures in overcoming idolatry and restoring the worship of God. He is also the spiritual founder of the Carmelite Order of the Catholic Church, a mystical guide for Muslims, a popular saint for Arab Christians, and the announcer to Eastern Christians of the coming of Jesus on Christmas Eve. How did Elijah evolve into so many figures? And how can such different people of faith find a place of unity in this man of the desert?

See bio #96

Thursday Nov 5 10:00 - 11:30

Fee: \$10 Oasis

The Foundation & Essence of Zen 102

LIVESTREAM OPTION 102LS

George Leone

Zen has a long history, beginning about 475 CE. Though a mystique has grown around this practice, which can be called a spiritual philosophy more than a religion, its essence



Father Christopher Zugger presents Elijah: Jewish Prophet, Christian Saint, Muslim Guide (class #101). Image: Prophet Elijah detail in the Madonna and Child with Saints by Andrea di Bonaiuto, 1360-1362.

is quite simple. George Leone discusses the origins of this profound spiritual practice, bringing out its underlying nature that has not changed since its first days. Discover how the substance of Zen lies in its practice more than in any dogma or doctrine.

George Leone has an undergraduate degree in philosophy and received his PhD in counseling from St. Louis University. He taught graduate counseling courses at UNM, UTEP, and NM Highlands University for 25 years. Leone was a practicing professional counselor from 1979-2015 when he retired. He practiced Zen meditation under two Japanese Zen masters beginning in 1970 and more recently with two American teachers. He continues to practice Zen with a small local group.

Tuesday Nov 17 2:30 - 4:00

Fee: \$10 Oasis

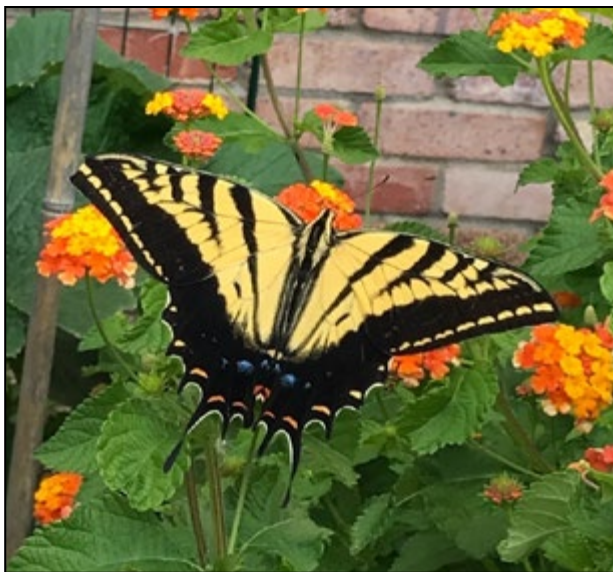
Science, Math, & Nature

The Buzz About Bees 103

LIVESTREAM OPTION 103LS

Pamela Michel Chavez

Among pollinators in peril worldwide, bees are both benevolent garden visitors and a misunderstood culture of intricate dynamics. Their “hive mentality” is a model for efficient sustainability, their work ethic is unparalleled, and their honey is sublime. Discover the secrets of the types and jobs of honeybees, watch hundreds of live bees in an observation hive, learn about beekeepers’ practices and equipment, hold fresh honeycomb, and compare honey straight from Pamela Chavez’s hives to store bought.



Tatia Veltkamp explores The Wonder of Butterflies with their transformation from creepy crawly to beautiful winged insect in class #104.

Concerned with threatened pollinators and an avid gardener, Pamela Chavez became a beekeeper in 2015. She helped the New Mexico Beekeepers Association succeed in having Albuquerque designated a Bee City, completed Level One Beekeeping Certification, has three top bar hives, and loves to share (safely boxed) live bees and their culture. Owner of Collaboration\$ Consulting, Chavez has 33 years experience in strategic planning, fundraising, event management, public relations, marketing, volunteer development, board training, and implementation tools.

Tuesday Oct 2 12:30 - 2:00

Fee: \$10 Oasis

The Wonder of Butterflies

104

LIVESTREAM OPTION

104LS

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 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 Sep 14 2:30 - 4:00

Fee: \$10 Oasis

The Fossils & Geology of New Mexico

105

LIVESTREAM OPTION

105LS

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 716), and is also retired from Sandia National Laboratories. Although his career was technical, his first two degrees were in geology 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.

Monday Sep 28 12:30 - 3:00

Fee: \$10 Oasis

The Tree Whisperer is In **106**
LIVESTREAM OPTION **106LS**

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.

Monday Oct 5 12:30 - 2:00

Fee: \$10 Oasis

Images of Saturn **107**
From the Cassini Spacecraft
LIVESTREAM OPTION **107LS**

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.

Monday Oct 12 10:00 - 11:30

Fee: \$10 Oasis

New Mexico Weather 101 **108**
LIVESTREAM OPTION **108LS**

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.

Wednesdays Oct 14 & Oct 21 10:00 - 11:30

Fee: \$20 2 sessions Oasis

UNM Campus Arboretum **109**
Guided Tour

Ron Friederich

Stroll through the University of New Mexico with Ron Friederich as he identifies and discusses some of the campus trees and other plants. Get out and enjoy the fall foliage at UNM, designated an arboretum in 1994. Meet in front of the Popejoy Hall. Plenty of on-campus parking available on Saturdays. *Limited enrollment.*

Ron Friederich, a retired physician, has been a Botanic Garden docent since 2013. He specializes in tours and especially loves trees. He is eager to lead you through the UNM campus, which he knows well. In 1991 he received the Martin Luther King Human Rights Award for establishing the first Eye

Clinic at Healthcare for the Homeless, where he has volunteered for 25 years.

Saturday Oct 17 10:00 - 11:30

Fee: \$12 UNM Tree Tour

UNM Campus Arboretum

Guided Tour

110

Ron Friederich

See class #109.

Saturday Oct 24 10:00 - 11:30

Fee: \$12 UNM Tree Tour

The Climates of Earth, Past & Present

111

LIVESTREAM OPTION

111LS

Dwight Jennison

Dwight Jennison provides an overview of the basics of planetary climate. He then explores greenhouse gasses, solar influx, continental positions, and ocean currents while considering how and why they have affected the Earth's climate. Finally, he discusses where we are now and where we are likely to go. Some hope is provided from emerging technologies.

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

Tuesday Nov 10 12:30 - 2:00

Fee: \$10 Oasis

LIVESTREAM

Ten Scientific Achievements That Changed the World Overnight

112LS

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.

Thursday Nov 12 10:00 - 11:30

Fee: \$10 LIVESTREAM

Animal Tracks & Signs

113

LIVESTREAM OPTION

113LS

Daryl Ratajczak

Learn how to identify animal tracks and signs. There is power in knowing what kinds of wildlife visit your backyard. Wild animals live right under our noses but unfortunately we often never get to see them. This doesn't mean they go completely undetected. They typically leave tracks and signs notifying us of their presence. This class covers how to identify what animals have visited your backyard or used the trail just before you.

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.

Monday Nov 16 10:00 - 11:30

Fee: \$10 Oasis

Georg Cantor, the Mathematics of Infinity, & the Rules of Mathematics 114

LIVESTREAM OPTION

114LS

David Metzler

In 1869, Georg Cantor found that answering an unsolved problem about oscillating functions forced him to develop a huge hierarchy of infinite sets of different sizes. When he published these and other results on infinite sets, he set off a revolution in mathematics that reworked the subject from its foundations and caused considerable controversy. Learn where Cantor's ideas originated and why they were so disturbing, yet so fruitful.

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

Wednesday Nov 25 10:00 - 11:30

Fee: \$10 Oasis

Robotics: Changes & Opportunities 115

LIVESTREAM OPTION

115LS

Chris Ziomek

Robots are changing the world, but not in the way that many people think. Robots are not replacing people – instead, robots enable a new generation of tools that offload repetitive and dangerous tasks. This is completely changing the nature of work, and there could be a worldwide shift from low-cost labor to highly automated solutions. Learn about data and insights that explain the challenges and opportunities of this technological shift.

Chris Ziomek is a serial entrepreneur who has over 30 years of experience in the high-tech industry. He presently leads Build With Robots, an automation business developing the next generation of robotic tools. Ziomek also serves as an adviser and investor in many New Mexico-based startups. He holds BS and

MS degrees in electrical engineering and is a licensed professional engineer in the state of New Mexico.

Wednesday Dec 2 10:00 - 11:30

Fee: \$10 Oasis

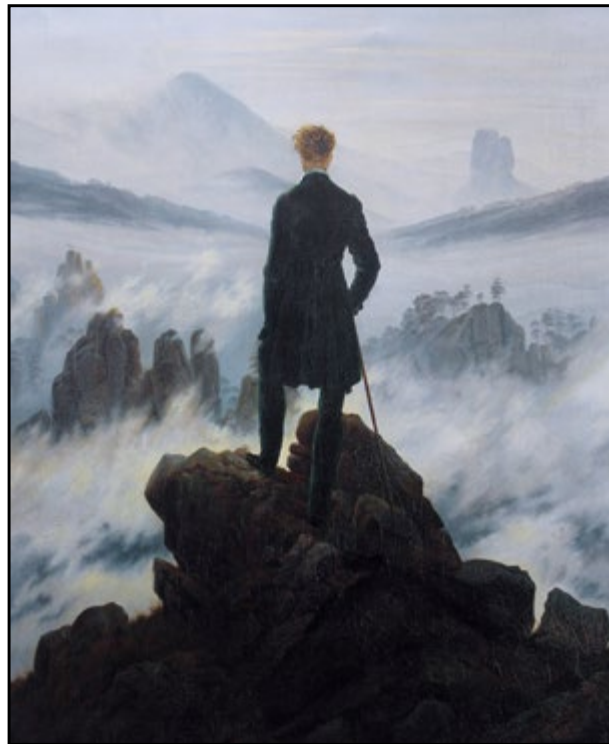
Weather Through the Artist's Eye 116

LIVESTREAM OPTION

116LS

Deirdre Kann

As a meteorologist, Deirdre Kann has long been interested in how artists capture the essence of dynamic weather in their art. Learn how the evolution of meteorology as a science was embraced by the art community. Examine the depiction of weather in art from the scientific observations of Leonardo DaVinci through the landscapes of the Romantic period when artists, including Caspar David Friedrich, were greatly influenced by nature, emotion, and a treatise on clouds. Today, weather continues to be a major component as



Meteorologist Dee Kann explores how artists capture the essence of dynamic weather in class #116.

Image: Caspar David Friedrich, Wanderer above the Sea of Fog (1818).

artists examine the synergy between science, nature, and emotion.

See bio #108

Friday Dec 4 10:00 - 11:30

Fee: \$10 Oasis

Stop the World — I Want to Get Off! 117

LIVESTREAM OPTION

117LS

Lawrence Anderson

We live in a world in which technology is changing faster than we can keep up. In some sense, the world is turned upside down: we, the old folks, look to the younger generation to guide us through the technological jungle. In this lecture, we look at some of the driving forces behind technology change, take a lighthearted look at some of the consequences, and speculate on what the future may have in store.

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.

Monday Dec 7 10:00 - 11:30

Fee: \$10 Oasis

Our Current Cosmological

World View

118

LIVESTREAM OPTION

118LS

Dinesh Loomba

In the past few decades we have arguably entered an era of precision cosmology, where we know the age of the universe, the geometry of space, what types of energy and matter contribute to it, and that 95% of the universe is dark. But, as so often happens, the more we learn the less we know. Dinesh Loomba focuses on the measurements that led to these conclusions, what is being done to learn



Deb Slaney takes us on a tour through Albuquerque: City of Neon in class #119. Image: Central Avenue looking west, 1953, Albuquerque Museum collection.

more about that unknown 95%, and future experimental efforts.

Dinesh Loomba is an associate professor in the Physics and Astronomy Department at UNM. He received his PhD in physics at Boston University after which he was a postdoctoral fellow at the Stanford Linear Accelerator Center. In 2005 Loomba started work on dark matter searches, which he continues to this day. His awards include the NSF CAREER grant in 2006 and the UNM Regents Lectureship in 2010.

Thursday Dec 17 12:30 - 2:00

Fee: \$10 Oasis

Southwest

Albuquerque: City of Neon

119

LIVESTREAM OPTION

119LS

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.

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*.

Tuesday Sep 15 12:30 - 2:00

Fee: \$10 Oasis

**Wonders of the Weavers:
Rio Grande Blankets
From the 18th to 20th Centuries 120**
LIVESTREAM OPTION 120LS

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.

See bio #119.

Thursday Sep 17 2:30 - 4:00

Fee: \$10 Oasis

**Walking Through Barelás:
Hispanic Murals & History Tour 121**

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. *Limited enrollment.*

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 Sep 22 9:15 - 11:30

Fee: \$20 National Hispanic Cultural Center

**Walking Through Barelás:
Hispanic Murals & History Tour 122**

Doug Simon

See class #121.

Tuesday Sep 29 9:15 - 11:30

Fee: \$20 National Hispanic Cultural Center

Western Movies in Fact & Fiction 123
LIVESTREAM OPTION 123LS

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 past president of the Central New Mexico Corral of Westerners. He is the author of nine nonfiction books on New Mexico history and two novels, also set in New Mexico.

Monday Oct 12 12:30 - 2:00

Fee: \$10 Oasis

**Secret Albuquerque: Hidden Histories
& Little Known Facts** **124**
LIVESTREAM OPTION 124LS

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. Author Ashley Biggers shines light on little-known aspects of local culture and reveals the hidden histories behind Albuquerque landmarks. This class is 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 Oct 15 10:00 - 11:30
Fee: \$10 Oasis

Unsolved: New Mexico Mysteries **125**
LIVESTREAM OPTION 125LS

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 #123

Monday Oct 19 12:30 - 2:00
Fee: \$10 Oasis



Join Dr. Dianne Layden for her presentation on Rudolfo Anaya & the Bless Me, Ultima Landscape Park (class #126). Photo by Richard Delgado.

**Rudolfo Anaya & the Bless Me, Ultima
Landscape Park** **126**
LIVESTREAM OPTION 126LS

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.

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

Children on the Santa Fe Trail 127

LIVESTREAM OPTION 127LS

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 Nov 18 10:00 - 11:30

Fee: \$10 Oasis

Timeless Caravan: A Story of New Mexico's History 128

LIVESTREAM OPTION 128LS

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.

Thursday Nov 19 10:00 - 11:30

Fee: \$10 Oasis

The History of Crypto-Jews in New Spain & New Mexico 129

LIVESTREAM OPTION 129LS

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. *Presented in partnership with the Historical Society of New Mexico.*

Stefanie Beninato earned a doctorate from UNM in US West history. She has developed a series of unique Santa Fe 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 Dec 1 2:30 - 4:00

Fee: \$10 Oasis

NOTE: many classes have both an in-person and livestream option available.

The in-person option is listed with a number only and the livestream version is the class number with LS added. If the offering is in-person only, there will not be an LS. Some of our programs are livestream only, including all exercise classes.

Technology

iPhone Beginning Basics 130 LIVESTREAM OPTION 130LS

Lee Maddenkrall

Back by popular demand! 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 a beginners class and is not applicable for Android phones. Limited enrollment.*

Lee Maddenkrall is the 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 Sep 15 1:00 - 3:00
Fee: \$25 Oasis

Android Phone Beginning Essentials 131 LIVESTREAM OPTION 131LS

Lee Maddenkrall

Back by popular demand! 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. This class 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. Limited enrollment.*

See bio #130.

Tuesday Sep 29 1:00 - 3:00
Fee: \$25 Oasis

Beyond the Basics of Android Phones 132 LIVESTREAM OPTION 132LS

Lee Maddenkrall

You know the basics of your Android-based device, but now it's time to learn some new skills on your phone. This class covers taking photos and video and even editing them. Find out how to use Google Duo to stay in touch with friends and family and learn about trusted apps to order groceries for pick-up or delivery. Lee Maddenkrall can help you use your phone safely while keeping connected to the world. *Class fee includes a 30-page course book. Bring your fully charged Android smartphone to class. This course is not applicable for iPhones. Limited enrollment.*

See bio #130.

Tuesday Oct 13 1:00 - 3:00
Fee: \$25 Oasis

Intermediate iPhone Skills 133 LIVESTREAM OPTION 133LS

Lee Maddenkrall

Learn to take advantage of your iPhone features beyond calling and texting. Lee Maddenkrall shows you how to take pictures and videos, then shows you how to share and store them. He also teaches you how to stay in touch utilizing Facetime, how to use your phone safely, and how to use apps that help you order groceries for pickup or delivery. *Class fee includes a 50-page course book. Bring your fully charged iPhone to class. This course is not applicable to Android phones. Limited enrollment.*

See bio #130.

Tuesday Oct 27 1:00 - 3:00
Fee: \$25 Oasis

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



Join Oasis and Collette Tours to learn about a tour to Charleston, Savannah, and more (class #134LS).

Armchair Travel / Travelogue

LIVESTREAM

Sales Presentation: Learn About Oasis/Collette Southern Charm Trip 134LS

Collette Representative

Featuring Charleston, Jekyll Island, and Savannah

Trip is April 11 - April 17, 2021

7 Days • 9 Meals

Learn about this Oasis/Collette trip where you experience America's southeast. This tour includes stays in Charleston, Savannah, and Jekyll Island. A city that has defied all odds, Charleston survived the Civil War, major fires, an earthquake, and hurricanes – and still exudes elegance, charm, and grace. Travel to the exclusive Jekyll Island, once the beloved vacation spot for prominent families. See the stunning St. Simons Island 106-foot tall lighthouse, and visit historic Savannah with a trolley tour highlighting the Historic District. Reserve trip by October 12, 2020 for best price and availability. See Oasis website for more information.

Oasis has been working with Collette for more than five years, offering a variety of tours.

Wednesday Sep 16 3:00 - 4:00

Free LIVESTREAM

Adventure Travel: South African Escapades

135

LIVESTREAM OPTION

135LS

Al Davis

Al Davis experiences countries in unique ways. In this class, he shares his adventures in three southern Africa countries: South Africa, still with deep scars of apartheid; Namibia with its incredible red sand dunes; and Eswatini, once called Swaziland, where everything is controlled by a king. For each country, Davis discusses his travels in each particular culture and environment, including problems encountered. Many photos are shared.

Alan Davis has traveled to 95 countries and has slept on all seven continents. He was trained in computer science and has a PhD from the University of Illinois. In addition to a long corporate career, he held academic positions at the University of Colorado and in Indonesia, Nigeria, Spain, and South Africa. Davis has published 100+ articles, lectured 2,000+ times in 28 countries, and is the author of nine books.

Thursday Dec 10 12:30 - 2:00

Fee: \$10 Oasis

Volunteer

Volunteer Opportunities at Oasis 136

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. Limited enrollment.*

Friday Sep 11 10:30 - 11:30

Free Oasis

Walks & Hikes

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).

David Canyon Hike

137

David Ryan

With wonderful views of the Manzano Mountains and the ponderosa parkland at the bottom of David Canyon, this hike is reminiscent of the Flagstaff area and not to be missed. In addition to the spectacular scenery, this area has plenty of birds to enjoy. Our hike is approximately 3.3 miles with a total elevation descent and gain of around 400 feet, and is rated as a moderate trail. *No restrooms available. Limited enrollment.*

See bio #95.

Friday Oct 2 9:00 - 12:00

Fee: \$15 David Canyon-Mars Court Trail

Exploring the Southern Foothills: A Hike

138

Kyle Bality & William Pentler

Join us for a hike in the southern foothills. Our path winds past large granite boulders and over the piñon/juniper terrain sprinkled

with fourwing saltbush 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 restrooms available. Limited enrollment.*

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. 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 Oct 7 9:00 - 12:00

Fee: \$15 Copper Trail Sandia Foothills

Kyle Bality & William Pentler from the City's Open Space take Oasis participants on a hike exploring our southern foothills in class #138. Albuquerque foothills photo by Melody Mock.





Oasis participants enjoy our walks and hikes (classes #137-142). Photo by Brandt Magic.

Fall Stroll Through Valle del Bosque: Accessible Walk 139

Colston Chandler

Begin at Valle del Bosque, a hybrid park, Little League facility, and Bernalillo County Open Space for a fall 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. *No restrooms available.*

Bring a lunch if you wish to stay for a picnic afterward. Limited enrollment.

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 late wife Susan exploring the bosque.

Thursday Oct 22 10:30 - 12:30

Fee: \$15 Valle del Bosque Park

The Secrets of Piedras Marcadas: Hike 140

Kyle Bality & 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 restrooms available. Limited enrollment.*

See bio #138.

Wednesday Oct 28 9:00-12:00

Fee: \$15 Petroglyphs: Piedras Marcadas

Our Splendid Sandhill Cranes: A Walk 141

Colston Chandler

Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, filling the air with their loose Vs and circles as they look for prime landing fields. Standing four to five feet high, with a wingspread of seven feet, these stately red-capped birds are the delight of nature lovers. Experts from the Open Space program join us for this 2.5-mile walk on level terrain to view the cranes, newly arrived in November. *No restrooms available. Limited enrollment.*

See bio #139.

Wednesday Nov 18 10:00 - 12:00

Fee: \$15 Los Poblanos Open Space

Our Splendid Sandhill Cranes: An Accessible Walk 142

Colston Chandler

See class #141, with the following changes to the description and location: Take a leisurely walk of about 1.5 miles to view the cranes. The walk is on flat ground that, although slightly rough in places, can be navigated by wide-tired wheelchairs. *No restrooms available. Limited enrollment.*

See bio #139.

Thursday Nov 19 10:00 - 12:00

Fee: \$15 Los Poblanos Open Space

LVL-Sponsored Classes

Oasis members must pre-register and pay the \$5 class fee. 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). Check with the Life Enrichment Services at LVL for livestream link.



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

LIVESTREAM

In Flight: How Airplanes Work 143LS

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



Dr. Larry Anderson gives us an engineer's view of the inside of your smartphone in class #144LS.

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 Sep 10 3:00 - 4:30

Fee: \$5 LIVESTREAM

LIVESTREAM

The Technology Inside Your Smartphone: An Engineer's View 144LS

Lawrence Anderson

Starting with Apple's first iPhone, the smartphone has earned a place front and center in our lives. Buried inside this technological marvel is a host of innovations in semiconductor, battery, micro-mechanical, and other technologies. Review some of the advances that have made it possible to cram so much functionality into so little space and put the world at our fingertips.

See bio #117.

Thursday Oct 8 3:00 - 4:30

Fee: \$5 LIVESTREAM

LIVESTREAM

History of New Mexico Catholic Parishes 145LS

John M. Taylor

Explore the development of Catholic parishes and churches along the Rio Grande Valley, from Isleta to Truth or Consequences. John Taylor has documented the history of New Mexico Catholic parishes from the Spanish Conquest to present day. He presents seldom-seen images from archives and individual collections to make this history come alive.

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.

Thursday Nov 12 3:00 - 4:30

Fee: \$5 LIVESTREAM

LIVESTREAM

Everybody Loves Lucy

146LS

Jane Ellen

Lucille Désirée Ball (1911-89) was a comedian who once auditioned for the role of Scarlett O'Hara. Together with husband Desi Arnaz, she later built the foundation of the Desilu Empire on the I Love Lucy show – the most popular show in the US during four of its six years on television. Revisit this slapstick comedy and discover why the show is regarded as one of the greatest and most influential sitcoms in history.

See bio #75.

Thursday Dec 10 3:00 - 4:30

Fee: \$5 LIVESTREAM

NIRR-Sponsored Classes



Oasis members must pre-register and pay the \$5 class fee. There is NO charge for The Neighborhood in Rio Rancho residents, and you do not need to pre-register through Oasis (even if you are also an Oasis member). Check with the Lifestyle Coordinator at NIRR for livestream link.

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

LIVESTREAM

Philip II of Spain, 1527-1598

147LS

Matthew J. Barbour

At various points in his life, Philip II was King of Spain, King of Portugal, King of England and Ireland, King of Naples and Sicily, Duke

of Burgundy, Duke of Milan, and Lord of the Netherlands. He ruled, through these and other titles, the most extensive empire the world had ever seen. Yet, his reign is often remembered for its failures more than its achievements. Learn about the life of this enigmatic monarch.

See bio #57.

Monday Sep 14 3:00 - 4:30

Fee: \$5 LIVESTREAM

LIVESTREAM

A Cub's Life: Baby Bears & Mama Bears

148LS

Daryl Ratajczak

Black bears are awe-inspiring animals that captivate our minds with their human-like antics, especially the young cubs. But life is not always an easy stroll in the dandelions. This class takes you on a crash course of what a mother bear needs to do to defend her cubs while teaching her offspring how to be a wise ol' bear. Enjoy award-winning photography throughout the class.

See bio #113.

Monday Oct 12 3:00 - 4:30

Fee: \$5 LIVESTREAM

LIVESTREAM

The Day a Bomb Was Dropped on Albuquerque

149LS

Roland Penttila

The Air Force kept the 1957 bombing of Albuquerque top secret for 29 years. Roland Penttila recounts the circumstances of this potentially disastrous accident. Names are revealed. Details of the death and destruction are laid bare for all to see. And, while we're at it, learn about some other military mishaps in Albuquerque and New Mexico.

Roland Penttila is a retired civil engineer who added amateur historian to his photography hobby and is now fully engaged in learning more and more about the city and state he adopted in 1998. He approaches his historical

research like an engineering project, and is interested in all aspects of the city's history from its founding in 1706 through the present.

Monday Nov 9 3:00 - 4:30

Fee: \$5 LIVESTREAM

LIVESTREAM

Hell's Half-Acre: Archaeology of Albuquerque's Red Light District 150LS

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

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.

Monday Dec 14 3:00 - 4:30

Fee: \$5 LIVESTREAM

Learn about Spaceport America in Dale Dekker's presentation of Space 2.0: The Final Frontier (class #20). Image of Spaceport at night by Land Rover MENA.



Oasis Intergenerational Tutoring Program

Thank You Oasis Reading Mentors for volunteering your time and talents to support our elementary students! You are appreciated!

20 Years

Merrie Courtright

15 Years

Chuck Perkins

10 Years

Angie Lucero
Bill Mason

5 Years

Renee Baca
Dorothy Bender
Pam Bonahoom
Bebeann Bouchard
Cami Clare

Barbara Cole
Sara Jean Ellis
Theresa Goetz
Fred Grambort
Stan Griffith
MaryAnn Holland

Michelle McDermott
Dawn Serrano
Karen Smoot
Bobbie Stratton
Linda Vik

Oasis is always looking for enthusiastic, patient, compassionate, interesting and dedicated volunteers to read to elementary students. Come join our team. Contact Vicki DeVigne at 505-884-4529 or visit our website at www.oasisabq.org/tutoring for more information.

One reading mentor. One K-4 student. Two lives forever changed.



Off-Site Class Locations Directory

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

Copper Trail Sandia Foothills

From Tramway and Copper, turn east onto Copper 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 the Copper Avenue. No restroom facilities are available. Avoid leaving valuables in your car.

David Canyon - Mars Court Trailhead

From Tijeras, exit off I-40 (Exit 175). Go 8.8 miles south on NM 337 (South 14) to Raven Road. Turn right on Raven Road and follow it 1.6 miles to Mars Court. Turn right on Mars Court and drive about 20 feet to the parking area. Mars Court is unpaved but very short. Consider carpooling as parking is limited.

Desert Oasis Teaching Garden

Located at the Albuquerque Academy, 6400 Wyoming Blvd NE. Enter the Academy campus through main gate at Wyoming and Burlison. Turn right at the T; turn left into Lot 6 (West Campus). The entrance to the Desert Oasis Garden is at the east end of this parking lot.

Eldora Chocolate

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

FUSE Makerspace

101 Broadway Blvd NE #3100, Albuquerque, NM. 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

Kelly Jo Designs Studio

6829 4th St NW, Los Ranchos. Located on 4th Street approximately 1/4 mile north of Osuna, on the west side of the street.

Los Poblanos Open Space

Meet at Los Poblanos Open Space parking lot. Take Montano 1.0 miles west of Fourth Street to Tierra Viva Pl. (east of Shepherd of the Valley Church), turning north into the lot.

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.

Piedras Marcadas Trailhead

Located at the northern end of Petroglyph National Monument, a 6-mile drive from the visitor center. 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.

UNM Arboretum Tour

Meet at the north side of the Anthropology Building just NW of the Alumni Chapel. Free parking (on Saturdays) in the "C" lot, SE corner of Redondo Rd and Las Lomas Rd. Enter campus from University Blvd at Las Lomas Rd, immediately turn South onto Redondo Rd (West) and turn East into the "C" parking lot. Park in any of the spots that are not placarded (handicap, reserved, or at a parking meter); any other spot in the lot is free.

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.



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: _____

Health & Wellness

Flu Shots

The flu shot is especially important this year to reduce the number of severe cases of flu and make sure we have room in our ICUs. Blue Cross & Blue Shield of New Mexico Care Van will be at Oasis Wednesday, September 23rd, 10am-1pm* providing free flu shots. Call Oasis at (505) 884-4529 to schedule an appointment for your flu shot.

**Availability of flu shots at Oasis through the BCBSNM Care Van subject to change based on Public Health orders in place at the time of the event.*



Observe National Falls Prevention Week With Us!

Join us September 21 through 24 for free falls prevention lectures (classes #29, 30, 31, & 33) and balance classes (classes #45 & 48). Check out Oasis Everywhere for more falls prevention presentations throughout September.



Experience the Senior Star Difference!

Las Colinas Village is a vibrant independent living community located 15 minutes from historic Old Town and nestled at the foot of the Sandia Mountains. We have spacious floorplans, and world-class dining & wellness programs for everyone!

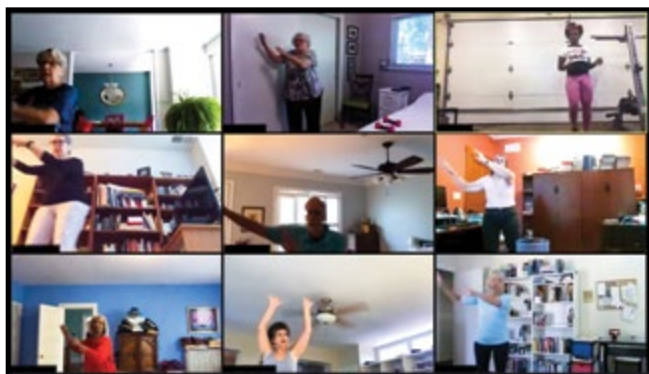
**Call Today to Schedule a Tour &
a FREE Lunch! 505.273.3816**

500 Paisano NE
Albuquerque, NM 87123
seniorstar.com/lascalinas



National News

The Oasis Institute • Fall 2020



Oasis Everywhere is a new website offering live online courses led by top instructors from across the country making it possible for anyone in the world to participate regardless of geographic location, mobility or travel constraints. Courses are exclusively curated by Oasis Centers for **Oasis Everywhere**.

Revenue generated from **Oasis Everywhere** classes benefits ALL nine Oasis Centers. Your local Center receives funds from all classes they offer on **Oasis Everywhere** giving your Oasis Center the opportunity to showcase their best programs to a national audience! **Oasis Everywhere** will NOT replace in-person classes or local Oasis Zoom classes.

OasisEverywhere.org features a listing of classes that are entirely web-based but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer. It also has a dedicated registration system exclusively for **Oasis Everywhere** courses. If you have an account with Oasis, you can login and register using the same account! Classes are conducted live using Zoom video, an easy-to-use online platform that can be downloaded for free, and simply accessed through a link emailed to you before the start of your class.

Registration now open! Visit www.oasiseverywhere.org to learn more!

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

If you have a car, truck, RV, motorcycle, 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 get rid of what you no longer need while supporting Oasis!

Call now for more information.
Kathleen Raskob: 505-884-4529
or email kraskob@oasisnet.org.



Community Partners:



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



Growing with you for 80 years. *Through it all*[®]

Since 1940, Blue Cross and Blue Shield of New Mexico
has proudly served generations of New Mexicans,
helping our members and communities lead healthy and productive lives.



BlueCross BlueShield of New Mexico

P1637

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

479207.1119

Plan for a good goodbye.

Arrange your funeral in advance
and take the burden off your loved ones.

frenchfunerals.com



when your health or medical condition can't wait.

we're safely treating patients for a variety of conditions.

Lovelace understands that many health concerns can't and shouldn't be put on hold. Especially medical emergencies. That's why Lovelace is operating with heightened safety guidelines as we continue to care for the health of our patients and their families.

Lovelace is providing care for the following:

Chest pain, stroke, abdominal pain, pelvic pain,
fractures, kidney stones, abnormal bleeding,
and other conditions that can't wait.

Don't wait. Call **727-2727** or visit lovelace.com for
appointments, including online video visits, locations,
hours and facility safety guidelines. You're safe in our care.

lovelace.com





Namaste

The Neighborhood in Rio Rancho and La Vida Llena promote healthy aging and continuing education for lifelong learning through our sponsorship of Oasis Albuquerque..

Learn for yourself the benefits of a Life Plan Community.
Schedule your personal tour today.



Not-for-profit affiliates of
Haverland Carter LifeStyle Group.



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



Oasis Albuquerque & Collette Travel present Southern Charm

Featuring Charleston, Jekyll Island, & Savannah
April 11 - April 17, 2021 • 7 Days • 9 Meals

Sales Presentation: Wed, Sept 16, 3-4pm (class #134LS)



Experience warm Southern hospitality in America's southeast. Learn about rich history and deep traditions on this tour with stays in Charleston, Savannah and, Jekyll Island. A city that has defied all odds, Charleston survived the Civil War, major fires, an earthquake, and hurricanes – and still exudes elegance, charm and grace. Travel to the exclusive Jekyll Island, once the beloved vacation spot for prominent families including the Rockefellers, Vanderbilts and J.P. Morgan. See the stunning St. Simon's Island 106-foot tall lighthouse before stepping into the past at the Museum of Coastal History. Visit historic Savannah with a trolley tour highlighting the Historic District. Allow the stately mansions, beautiful squares and romantic riverfront promenades to capture your heart.

Reserve trip by October 12, 2020
for best price and availability.
Prices start at \$2,949 (double).



For more information: <https://gateway.gocollette.com/link/982444>

- 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

1 IN 3 AMERICAN ADULTS HAS HIGH BLOOD PRESSURE

HAVE HIGH BLOOD PRESSURE? WANT TO DO SOMETHING?

Blood Pressure Self-Monitoring Program

Open to everyone (members and non-members)



According to the American Heart Association, nearly **80 million adults** in the United States have high blood pressure. **Less than half have it under control.** High blood pressure is a key, modifiable, risk factor for both heart disease and stroke.

The **Blood Pressure Self-Monitoring Program** helps participants **reduce their blood pressure** and **develop healthier eating habits**. Working with trained Healthy Heart Ambassadors, participants will learn to properly take their own blood pressure at home and how to make healthy nutrition changes to help lower their blood pressure.

\$45 (without digital blood pressure monitor)

Digital blood pressure monitors are available for \$30

NOW AVAILABLE ONLINE!

TAKE CONTROL OF YOUR HEALTH, SIGN UP TODAY!



Questions? Contact bloodpressureymca@gmail.com
To register, call (505) 595-1515, option 1
or visit www.ymcacnm.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7		1		2		3		4	
Office Closed for Labor Day		69LS	Austin Book LS 1:30-3:00	9	Tutor Training Pre-registration required	10	75,75LS Waylon Jennings 10:00-12:00 143LS Airplanes Work LS 3:00-4:30	11	136 Volunteer at Oasis 10:30-11:30 76,76LS Linda Ronstadt 12:30-2:30
14		15		16		17		18	
10LS Foreign Policy LS 9:15-10:45 104,104LS Wonder of Butterflies 2:30-4:00 147LS Philip II of Spain LS 3:00-4:30		11LS Foreign Policy LS 9:15-10:45 77,77LS Franz Schubert 10:00-12:00 70LS Summit Book LS 11:00-12:30 119,119LS City of Neon 12:30-2:00 71LS Holmes Book LS 1:00-2:30 130,130LS iPhone Basics 1:00-3:00 44LS Yoga for Bones LS 2:30-3:45		72LS West Mesa Book LS 1:30-3:00 134LS Southern Trip 3:00-4:00 Sales Presen. LS		96,96LS Church in USSR 10:00-11:30 120,120LS The Weavers 2:30-4:00			
21		22		23		24		25	
45LS Tai Ji Quan Balance LS 9:00-10:00 10LS Foreign Policy LS 9:15-10:45 29,29LS Falls Prevent: Feet 10:00-11:30 97LS St. Teresa/St. John 12:30-2:00 46LS Better Balance A LS 1:00-2:00		121 Barelaz Mural Tour* 9:15-11:30 11LS Foreign Policy LS 9:15-10:45 74LS Sing Show Tunes LS 10:15-11:45 48LS Tai Chi Health 1 LS 11:00-12:00 30LS Prevent Falls: Move 12:30-2:00 44LS Yoga for Bones LS 2:30-3:45		45LS Tai Ji Quan Balance LS 9:00-10:00 31,31LS Why Am I Dizzy? 10:00-11:30 78,78LS Simon/Garfunkel 12:30-2:30 46LS Better Balance A LS 1:00-2:00		94 Memoir Workshop 10:00-12:00 48LS Tai Chi Health 1 LS 11:00-12:00 32,32LS Allergen, Radon, VOC 12:30-2:00 33,33LS Prevent Falls: BRAVE 2:30-4:00		79,79LS Nat King Cole 10:00-12:00	
28		29		30					
10LS Foreign Policy LS 9:15-10:45 34,34LS Podiatry Coverage 10:00-11:30 105,105LS Fossils & Geology 12:30-3:00		122 Barelaz Mural Tour* 9:15-11:30 11LS Foreign Policy LS 9:15-10:45 25 Eldora Choc Tour* 10:00-11:00 35,35LS Prevent Dementia 10:00-11:30 74LS Sing Show Tunes LS 10:15-11:45 48LS Tai Chi Health 1 LS 11:00-12:00 131,131LS Android Basics 1:00-3:00 57,57LS Nomads 12:30-2:00		45LS Tai Ji Quan Balance LS 9:00-10:00 58,58LS San Marco of Venice 10:00-11:30 46LS Better Balance A LS 1:00-2:00					

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
5			6			7			8			9		
45LS	Tai Ji Quan Balance LS	9:00-10:00	11LS	Foreign Policy LS	9:15-10:45	138	Foothills Hike*	9:00-12:00	50LS	Tai Chi Chih 1 LS	9:00-10:00	137	David Canyon Hike*	9:00-12:00
10LS	Foreign Policy LS	9:15-10:45	74LS	Sing Show Tunes LS	10:15-11:45	45LS	Tai Ji Quan Balance LS	9:00-10:00	26	Eldora Choc Tour*	10:00-11:30	36,36LS	Happening to Skin?	10:00-11:30
98,98LS	Reinhold Niebuhr PH 1	10:00-11:30	48LS	Tai Chi Health 1 LS	11:00-12:00	60,60LS	Project Y Spies	10:00-11:30	95,95LS	Art of Wandering	10:00-11:30	103,103LS	Buzz About Bees	12:30-2:00
106,106LS	Tree Whisperer	12:30-2:00	12LS	Economics Climate	12:30-2:00	13,13LS	Election of 2020	12:30-2:00	48LS	Tai Chi Health 1 LS	11:00-12:00			
46LS	Better Balance A LS	1:00-2:00				46LS	Better Balance A LS	1:00-2:00	59,59LS	Election of 1960	12:30-2:00			
80,80LS	Enmylou Harris	2:30-4:30				37LS	Living Meditation LS	2:30-4:00						
12			13			14			15			16		
45LS	Tai Ji Quan Balance LS	9:00-10:00	11LS	Foreign Policy LS	9:15-10:45	45LS	Tai Ji Quan Balance LS	9:00-10:00	50LS	Tai Chi Chih 1 LS	9:00-10:00	3	Mosaics Workshop	10:00-12:00
10LS	Foreign Policy LS	9:15-10:45	74LS	Sing Show Tunes LS	10:15-11:45	108,108LS	NM Weather 101	10:00-11:30	124,124LS	Secret Albuquerque	10:00-11:30	52LS	Better Living/Move LS	11:00-12:00
107,107LS	Images of Saturn	10:00-11:30	48LS	Tai Chi Health 1 LS	11:00-12:00	2	Metalsmith Workshop*	10:00-2:00	3	Mosaics Workshop	10:00-2:00	61LS	Celt Heroine/Hero LS	12:30-2:00
123,123LS	Western Movies	12:30-2:00	12LS	Economics Climate	12:30-2:00	46LS	Better Balance A LS	1:00-2:00	48LS	Tai Chi Health 1 LS	11:00-12:00	SATURDAY OCT 17		
46LS	Better Balance A LS	1:00-2:00	132,132LS	Beyond Android Basics	1:00-3:00	37LS	Living Meditation LS	2:30-4:00	81,81LS	Elton John	12:30-2:30	109	UNM Aboretum Tour*	10:00-11:30
27LS	Plant-Based Eating LS	2:30-4:00	69LS	Austin Book LS	1:30-3:00									
148LS	A Cub's Life LS	3:00-4:30												
19			20			21			22			23		
45LS	Tai Ji Quan Balance LS	9:00-10:00	11LS	Foreign Policy LS	9:15-10:45	45LS	Tai Ji Quan Balance LS	9:00-10:00	50LS	Tai Chi Chih 1 LS	9:00-10:00	17,17LS	Sanderoff/Beimer	10:00-11:30
10LS	Foreign Policy LS	9:15-10:45	5	Pastel Workshop	9:30-12:30	108,108LS	NM Weather 101	10:00-11:30	139	Bosque Access Walk*	10:30-12:30	52LS	Better Living/Move LS	11:00-12:00
5	Pastel Workshop	9:30-12:30	38,38LS	Cannabis	10:00-11:30	39,39LS	Limits of Medicine	12:30-2:00	48LS	Tai Chi Health 1 LS	11:00-12:00	SATURDAY OCT 24		
9,9LS	Crime Prevention	10:00-11:30	48LS	Tai Chi Health 1 LS	11:00-12:00	46LS	Better Balance A LS	1:00-2:00	53LS	Qigong Taoist LS	1:00-2:00	73LS	Beowulf Warrior LS	10:00-11:30
125,125LS	Unsolved Mysteries	12:30-2:00	70LS	Summit Book LS	11:00-12:30	72LS	West Mesa Book LS	1:30-3:00	62,62LS	Mysteries of Megaliths	2:00-4:00	110	UNM Aboretum Tour*	10:00-11:30
46LS	Better Balance A LS	1:00-2:00	71LS	Holmes Book LS	1:00-2:30									
			62,62LS	Mysteries of Megaliths	2:00-4:00									
26			27			28			29			30		
45LS	Tai Ji Quan Balance LS	9:00-10:00	11LS	Foreign Policy LS	9:15-10:45	140	Piedras Maradas Hike*	9:00-12:00	50LS	Tai Chi Chih 1 LS	9:00-10:00	65,65LS	Navajo Trading Posts	10:00-11:30
10LS	Foreign Policy LS	9:15-10:45	74LS	Sing Show Tunes LS	10:15-11:45	45LS	Tai Ji Quan Balance LS	9:00-10:00	48LS	Tai Chi Health 1 LS	11:00-12:00	52LS	Better Living/Move LS	11:00-12:00
63,63LS	Siena Cathedral	10:00-11:30	48LS	Tai Chi Health 1 LS	11:00-12:00	46LS	Better Balance A LS	1:00-2:00	64,64LS	Guide to Ghosts	12:30-2:00			
46LS	Better Balance A LS	1:00-2:00	40,40LS	Lower Blood Pressure	12:30-2:00	18,18LS	NM Politics	2:30-4:00	53LS	Qigong Taoist LS	1:00-2:00			
			133,133LS	Intermediate iPhone	1:00-3:00									
			54LS	Yoga for Coping LS	2:30-3:45									

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
2			3			4			5			6		
45LS	Tai Ji Quan Balance LS 9:00-10:00		11LS	Foreign Policy LS 9:15-10:45		45LS	Tai Ji Quan Balance LS 9:00-10:00		50LS	Tai Chi Chih 1 LS 9:00-10:00		42	Protecting Your Back 10:30-12:00	
10LS	Foreign Policy LS 9:15-10:45		6	Pastel Workshop 9:30-12:30		100,100LS	How to Criticize 10:00-11:30		101,101LS	Elijah: Prophet, Saint 10:00-11:30		28,28LS	Immune Nutrition 12:30-2:00	
6	Pastel Workshop 9:30-12:30		74LS	Sing Show Tunes LS 10:15-11:45		67,67LS	Magna Carta 12:30-2:00		48LS	Tai Chi Health 1 LS 11:00-12:00				
99,99LS	Reinhold Niebuhr 2 10:00-11:30		48LS	Tai Chi Health 1 LS 11:00-12:00		47LS	Better Balance B LS 1:00-2:00		53LS	Qigong Taoist LS 1:00-2:00				
82LS	Peter, Paul, Mary LS 12:30-2:30		66LS	Chartres Cathedral LS 12:30-2:00					83LS	Elvis Costello LS 2:30-4:30				
46LS	Better Balance A LS 1:00-2:00		54LS	Yoga for Coping LS 2:30-3:45										
9			10			11			12			13		
45LS	Tai Ji Quan Balance LS 9:00-10:00		74LS	Sing Show Tunes LS 10:15-11:45		45LS	Tai Ji Quan Balance LS 9:00-10:00		51LS	Tai Chi Chih 2 LS 9:00-10:00		4	Mosaics Workshop 10:00-12:00	
19,19LS	Supreme Court 12:30-2:00		48LS	Tai Chi Health 1 LS 11:00-12:00		20,20LS	Space 2.0 10:00-11:30		112LS	Scientific Achieve LS 10:00-11:30		84,84LS	Frédéric Chopin 10:00-12:00	
47LS	Better Balance B LS 1:00-2:00		111,111LS	Climates of Earth 12:30-2:00		47LS	Better Balance B LS 1:00-2:00		4	Mosaics Workshop 10:00-2:00				
149LS	Bomb on Abq LS 3:00-4:30		69LS	Austin Book LS 1:30-3:00					48LS	Tai Chi Health 1 LS 11:00-12:00				
									126,126LS	Rudolfo Anaya Park 12:30-2:00				
16			17			18			19			20		
45LS	Tai Ji Quan Balance LS 9:00-10:00		74LS	Sing Show Tunes LS 10:15-11:45		127,127LS	Children Santa Fe Trl 10:00-11:30		51LS	Tai Chi Chih 2 LS 9:00-10:00		86,86LS	Charlie Parker 10:00-12:00	
113,113LS	Animal Tracks, Signs 10:00-11:30		49LS	Tai Chi Health 2 LS 11:00-12:00		141	Cranes Walk* 10:00-12:00		128,128LS	Timeless Caravan 10:00-11:30				
47LS	Better Balance B LS 1:00-2:00		70LS	Summit Book LS 11:00-12:30		85,85LS	Joan Baez 12:30-2:30		142	Cranes Access Walk* 10:00-12:00				
			71LS	Holmes Book LS 1:00-2:30		47LS	Better Balance B LS 1:00-2:00		49LS	Tai Chi Health 2 LS 11:00-12:00				
23			102,102LS	Foundation of Zen 2:30-4:00		72LS	West Mesa Book LS 1:30-3:00					27		
21,21LS	Middle East Policy 10:00-11:30		24			25			26			Office Closed for Thanksgiving		
47LS	Better Balance B LS 1:00-2:00		74LS	Sing Show Tunes LS 10:15-11:45		114,114LS	Georg Cantor 10:00-11:30		Office Closed for Thanksgiving			Office Closed for Thanksgiving		
30														
47LS	Tutor Training Pre-registration required Better Balance B LS 1:00-2:00													



Inclement Weather Policy

When the Albuquerque area experiences inclement or snowy weather and Albuquerque Public Schools has delayed or cancelled classes, all in-person Oasis classes will be moved to livestream only. If you have registered for the in person class and do not wish to take the class via livestream, you may receive a credit.

NOTE: many classes have both an in-person and livestream option available. The in-person option is listed with a number only and the livestream version is the class number with LS added. If the offering is in-person only, there will not be an LS. Some of our programs are livestream only, including all exercise classes.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	1	91LS Improvisation LS 10:00-12:00 74LS Sing Show Tunes LS 10:15-11:45 49LS Tai Chi Health 2 LS 11:00-12:00 129,129LS Crypto-Jews in NM 2:30-4:00	2	55LS Streith & Relax LS 9:00-10:00 115,115LS Robotics 10:00-11:30 87,87LS Queen 12:30-2:30 47LS Better Balance B LS 1:00-2:00	3	51LS Tai Chi Chih 2 LS 9:00-10:00 91LS Improvisation LS 10:00-12:00 49LS Tai Chi Health 2 LS 11:00-12:00	4	116,116LS Weather Through Artist's Eye 10:00-11:30 Tutor Book Giveaway 1:00-4:00		
	7	56LS Aerobic Dance LS 10:00-11:00 117,117LS Stop the World 10:00-11:30 47LS Better Balance B LS 1:00-2:00 88,88LS Patsy Cline 2:30-4:30	8	43LS Age/Hear/Comm LS 10:00-11:30 74LS Sing Show Tunes LS 10:15-11:45 49LS Tai Chi Health 2 LS 11:00-12:00 68LS Mythic Paris LS 12:30-2:00 69LS Austin Book LS 1:30-3:00	9	55LS Streith & Relax LS 9:00-10:00 92,92LS History of Opera 1 10:00-11:30 7 Kelly Jo Workshop* 1:00-4:00 47LS Better Balance B LS 1:00-2:00 72LS West Mesa Book LS 1:30-3:00	10	51LS Tai Chi Chih 2 LS 9:00-10:00 49LS Tai Chi Health 2 LS 11:00-12:00 135,135LS Adventure: S Africa 12:30-2:00 146LS Loves Lucy LS 3:00-4:30	11	89,89LS Stan Freberg 10:00-12:00
	14	56LS Aerobic Dance LS 10:00-11:00 47LS Better Balance B LS 1:00-2:00 22,22LS Federal Court System 2:30-4:00 150LS Hell's Half-Acre LS 3:00-4:30	15	74LS Sing Show Tunes LS 10:15-11:45 49LS Tai Chi Health 2 LS 11:00-12:00 70LS Summit Book LS 11:00-12:30 71LS Holmes Book LS 1:00-2:30	16	55LS Streith & Relax LS 9:00-10:00 93,93LS History of Opera 2 10:00-11:30 8 Jewelry Workshop* 11:00-2:00 47LS Better Balance B LS 1:00-2:00 90,90LS Beethoven 2:30-4:30	17	23,23LS Asia in 2021 10:00-11:30 49LS Tai Chi Health 2 LS 11:00-12:00 8 Jewelry Workshop* 11:00-1:00 118,118LS Cosmological View 12:30-2:00	18	
	21		22		23		24	Office Closed for Christmas	25	Office Closed for Christmas
	28		29		30		31			



Telecoil Hearing Loop installed at Oasis

Oasis Albuquerque members with hearing loss have the opportunity to enjoy our classes through the use of a "hearing loop."



OASIS IS A PROUD MEMBER OF
THE SOCIAL IMPACT 100
INDEX OF TOP-PERFORMING
NONPROFITS (SII100.ORG)

Become an individual member of the
Albuquerque Theatre Guild
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

Oasis Policies

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

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

Mailing Address: PO Box 35518 Albuquerque NM 87176

How do I become a member of Oasis?

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

How do I register for classes?

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

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

Typically, the Oasis office is open from 9:00am - 4:30pm Monday through Thursday, and 9:00am - 4:00pm Friday. **However, because of the uncertainty of COVID-19 restrictions, please call the office at 505-884-4529 to determine if we are open. You may also mail your form to us.**

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.

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.

**Subject to change due to current health and safety guidelines.*

Because of current uncertain circumstances, please note that class dates, locations, and other details are subject to change. Please check your email for Oasis updates, visit our website, or call the Oasis office for up-to-date information. Check to see if Oasis office is open, as it may be better to mail your registration forms or register online.

Registration Info:

Oasis Policies

continued

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

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

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

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

Online registration: www.oasisabq.org

It's easy and convenient; pay with a credit card. (See page 66)

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

Online signups require credit card payment.

Fall 2020

Registration opens Wednesday, September 2 at 10:00am.

Fall 2020 classes begin Tuesday, September 8.

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, September 2, 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 mail 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 September 2, 2020.

You can mail your registration form at your earliest convenience after receiving your new catalog. Paper registration forms are processed in the order they are received beginning at 10:00am on the first day of registration (September 2, 2020). The first form received is the first one entered and so on.

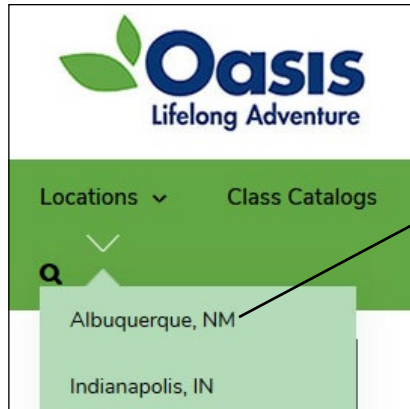
Important Registration Information

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 you register, we will apply the additional amount to your account and create a credit to use on future classes. You may use that for future classes OR it will be applied to your wait-listed class if space becomes available.
 - **Oasis Credits:** Before sending another check or cash, check your Oasis Credits by calling the Oasis office or looking at the bottom of your receipt for Credit Balance.

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.

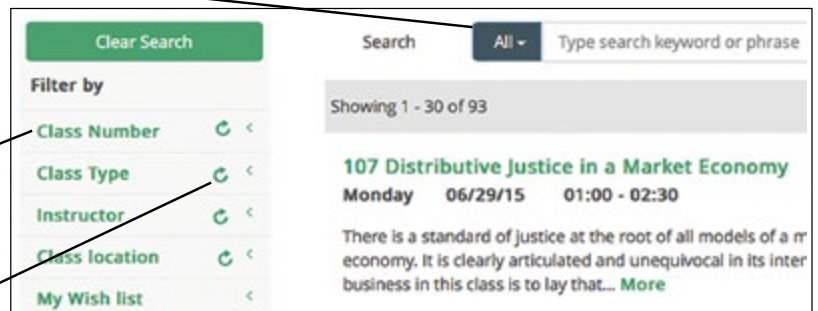


4. On the Albuquerque Oasis home page, choose **Classes** from the menu to see upcoming classes.

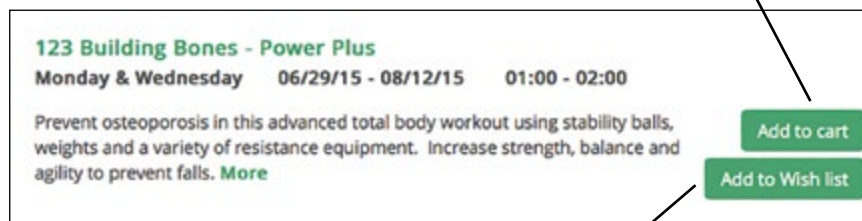
5. Finding classes: On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top.

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.

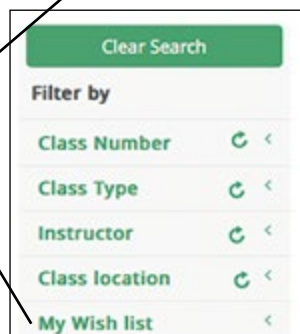


6. To sign up for a class, click **Add to cart.**



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

When you are ready to register for them, choose **My Wish list** on the left and then click **Add to Cart** to put your desired classes into your shopping cart. The **Add to Cart** button does not appear until registration opens at 10:00am on Sept 2.



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.

Stay tuned for an exciting new shopping cart experience coming soon.

Oasis FALL 2020 Class Registration Oasis ID# (from catalog address label): _____ Date ____/____/____

Name _____ Address _____
City _____ Zip _____ Phone _____ Email _____

WAIVER OF LIABILITY: I, for myself and my executors, administrators and assignees do hereby release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are 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.

SIGNATURE REQUIRED  **By:** _____

✓ Check (this side) the classes you wish to take.						✓ Check (this side) the classes you wish to take.						✓ Check (this side) the classes you wish to take.					
					Office Use Only						Office Use Only						Office Use Only
✓	Cl#	*Indicates Off-Site Class	Fee	In	W	✓	Cl#	*Indicates Off-Site Class	Fee	In	W	✓	Cl#	*Indicates Off-Site Class	Fee	In	W
	1	RETABLO ART WORKSHOP	\$55				30LS	PREVENT FALLS: MOVE LS	\$0				60	PROJECT Y SPIES	\$10		
	2	METALSMITH WORKSHOP*	\$75				31	WHY AM I DIZZY?	\$0				60LS	PROJECT Y SPIES LS	\$10		
	3	MOSAICS ART WORKSHOP	\$55				31LS	WHY AM I DIZZY LS	\$0				61LS	CELTIC HEROINES/HEROES LS	\$10		
	4	MOSAICS ART WORKSHOP	\$55				32	ALLERGENS, RADON, VOCS	\$10				62	MYSTERIES OF MEGALITHS	\$20		
	5	PASTEL WORKSHOP	\$55				32LS	ALLERGENS, RADON, VOCS LS	\$10				62LS	MYSTERIES OF MEGALITHS LS	\$20		
	6	PASTEL WORKSHOP	\$55				33	PREVENT FALLS: BRAVE	\$0				63	SIENA CATHEDRAL	\$10		
	7	KELLY JO WORKSHOP*	\$50				33LS	PREVENT FALLS: BRAVE	\$0				63LS	SIENA CATHEDRAL LS	\$10		
	8	GLASS JEWELRY WORKSHOP*	\$75				34	COVERAGE FOR PODIATRY	\$10				64	GUIDE TO GHOSTS	\$10		
	9	CRIME PREVENTION	\$10				34LS	COVERAGE FOR PODIATRY LS	\$10				64LS	GUIDE TO GHOSTS LS	\$10		
	9LS	CRIME PREVENTION LS	\$10				35	PREVENT DEMENTIA	\$10				65	NAVAJO TRADING POSTS	\$10		
	10LS	FOREIGN POLICY GROUP LS	\$70				35LS	PREVENT DEMENTIA LS	\$10				65LS	NAVAJO TRADING POSTS LS	\$10		
	11LS	FOREIGN POLICY GROUP LS	\$70				36	HAPPENING TO MY SKIN?	\$10				66LS	CHARTRES CATHEDRAL LS	\$10		
	12LS	ECONOMICS CLIMATE CHG LS	\$20				36LS	HAPPENING TO MY SKIN? LS	\$10				67	MAGNA CARTA	\$10		
	13	ELECTION OF 2020	\$10				37LS	LIVING MEDITATION LS	\$24				67LS	MAGNA CARTA LS	\$10		
	13LS	ELECTION OF 2020 LS	\$10				38	CANNABIS	\$10				68LS	MYTHIC PARIS LS	\$10		
	14	NM PUBLIC REG COMMISSION	\$10				38LS	CANNABIS LS	\$10				69LS	AUSTIN BOOK GROUP LS	\$10		
	14LS	NM PUBLIC REG COMM LS	\$10				39	LIMITS OF MEDICINE	\$10				70LS	SUMMIT BOOK GROUP LS	\$10		
	15	EXCESSIVE USE OF FORCE	\$10				39LS	LIMITS OF MEDICINE LS	\$10				71LS	HOLMES BOOK GROUP LS	\$10		
	15LS	EXCESSIVE USE OF FORCE LS	\$10				40	LOWER BLOOD PRESSURE	\$10				72LS	WEST MESA BOOK GROUP LS	\$10		
	16	LEAGUE OF WOMEN VOTERS	\$10				40LS	LOWER BLOOD PRESSURE LS	\$10				73LS	BEOWULF THE WARRIOR LS	\$10		
	16LS	LEAGUE WOMEN VOTERS LS	\$10				42	PROTECTING YOUR BACK	\$15				74LS	SINGING THE SHOW TUNES LS	\$65		
	17	SANDEROFF & BEIMER	\$10				43LS	AGE/HEAR/COMMUNICATE LS	\$10				75	WAYLON JENNINGS	\$10		
	17LS	SANDEROFF & BEIMER LS	\$10				44LS	YOGA FOR BONES LS	\$16				75LS	WAYLON JENNINGS LS	\$10		
	18	NM POLITICS	\$10				45LS	TAI JI QUAN FOR BALANCE LS	\$0				76	LINDA RONSTADT	\$10		
	18LS	NM POLITICS LS	\$10				46LS	BETTER BALANCE A LS	\$36				76LS	LINDA RONSTADT LS	\$10		
	19	SUPREME COURT	\$10				47LS	BETTER BALANCE B LS	\$36				77	FRANZ SCHUBERT	\$10		
	19LS	SUPREME COURT LS	\$10				48LS	TAI CHI FOR HEALTH 1 LS	\$0				77LS	FRANZ SCHUBERT LS	\$10		
	20	SPACE 2.0	\$10				49LS	TAI CHI FOR HEALTH 2 LS	\$24				78	SIMON & GARFUNKEL	\$10		
	20LS	SPACE 2.0 LS	\$10				50LS	TAI CHI CHIH 1 LS	\$60				78LS	SIMON & GARFUNKEL LS	\$10		
	21	MIDDLE EAST POLICY	\$10				51LS	TAI CHI CHIH 2 LS	\$40				79	NAT KING COLE	\$10		
	21LS	MIDDLE EAST POLICY LS	\$10				52LS	BETTER LIVING/MOVEMENT LS	\$24				79LS	NAT KING COLE LS	\$10		
	22	FEDERAL COURT SYSTEM	\$10				53LS	QIGONG TAOIST METHOD LS	\$24				80	EMMYLOU HARRIS	\$10		
	22LS	FEDERAL COURT SYSTEM LS	\$10				54LS	YOGA FOR COPING LS	\$16				80LS	EMMYLOU HARRIS LS	\$10		
	23	ASIA IN 2021	\$10				55LS	STRETCH & RELAX LS	\$24				81	ELTON JOHN	\$10		
	23LS	ASIA IN 2021 LS	\$10				56LS	AEROBIC DANCE PARTY LS	\$16				81LS	ELTON JOHN LS	\$10		
	25	ELDORA CHOCOLATE TOUR*	\$20				57	NOMADS AD 400-1200	\$10				82LS	PETER, PAUL & MARY LS	\$10		
	26	ELDORA CHOCOLATE TOUR*	\$20				57LS	NOMADS AD 400-1200 LS	\$10				83LS	ELVIS COSTELLO LS	\$10		
	27LS	PLANT-BASED EATING LS	\$12				58	SAN MARCO OF VENICE	\$10				84	FRÉDÉRIC CHOPIN	\$10		
	28	IMMUNE NUTRITION	\$10				58LS	SAN MARCO OF VENICE LS	\$10				84LS	FRÉDÉRIC CHOPIN LS	\$10		
	28LS	IMMUNE NUTRITION LS	\$10				59	ELECTION OF 1960	\$10				85	JOAN BAEZ	\$10		
	29	PREVENT FALLS: FEET	\$0				59LS	ELECTION OF 1960 LS	\$10				85LS	JOAN BAEZ LS	\$10		
	29LS	PREVENT FALLS: FEET LS	\$0														

Cut along the line to remove and return this form.

Oasis FALL 2020 Class Registration

Oasis ID# (from catalog address label): _____ Date ____/____/____

Name _____ Address _____

City _____ Zip _____ Phone _____ Email _____

WAIVER OF LIABILITY: I, for myself and my executors, administrators and assignees do hereby release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are 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.

SIGNATURE REQUIRED 

By: _____

✓ Check (this side) the classes you wish to take.						✓ Check (this side) the classes you wish to take.						✓ Check (this side) the classes you wish to take.					
					Office Use Only						Office Use Only						Office Use Only
✓	Cl#	*Indicates Off-Site Class	Fee	In	W	✓	Cl#	*Indicates Off-Site Class	Fee	In	W	✓	Cl#	*Indicates Off-Site Class	Fee	In	W
	1	RETABLO ART WORKSHOP	\$55				30LS	PREVENT FALLS: MOVE LS	\$0				60	PROJECT Y SPIES	\$10		
	2	METALSMITH WORKSHOP*	\$75				31	WHY AM I DIZZY?	\$0				60LS	PROJECT Y SPIES LS	\$10		
	3	MOSAICS ART WORKSHOP	\$55				31LS	WHY AM I DIZZY LS	\$0				61LS	CELTIC HEROINES/HEROES LS	\$10		
	4	MOSAICS ART WORKSHOP	\$55				32	ALLERGENS, RADON, VOCS	\$10				62	MYSTERIES OF MEGALITHS	\$20		
	5	PASTEL WORKSHOP	\$55				32LS	ALLERGENS, RADON, VOCS LS	\$10				62LS	MYSTERIES OF MEGALITHS LS	\$20		
	6	PASTEL WORKSHOP	\$55				33	PREVENT FALLS: BRAVE	\$0				63	SIENA CATHEDRAL	\$10		
	7	KELLY JO WORKSHOP*	\$50				33LS	PREVENT FALLS: BRAVE	\$0				63LS	SIENA CATHEDRAL LS	\$10		
	8	GLASS JEWELRY WORKSHOP*	\$75				34	COVERAGE FOR PODIATRY	\$10				64	GUIDE TO GHOSTS	\$10		
	9	CRIME PREVENTION	\$10				34LS	COVERAGE FOR PODIATRY LS	\$10				64LS	GUIDE TO GHOSTS LS	\$10		
	9LS	CRIME PREVENTION LS	\$10				35	PREVENT DEMENTIA	\$10				65	NAVAJO TRADING POSTS	\$10		
	10LS	FOREIGN POLICY GROUP LS	\$70				35LS	PREVENT DEMENTIA LS	\$10				65LS	NAVAJO TRADING POSTS LS	\$10		
	11LS	FOREIGN POLICY GROUP LS	\$70				36	HAPPENING TO MY SKIN?	\$10				66LS	CHARTRES CATHEDRAL LS	\$10		
	12LS	ECONOMICS CLIMATE CHG LS	\$20				36LS	HAPPENING TO MY SKIN? LS	\$10				67	MAGNA CARTA	\$10		
	13	ELECTION OF 2020	\$10				37LS	LIVING MEDITATION LS	\$24				67LS	MAGNA CARTA LS	\$10		
	13LS	ELECTION OF 2020 LS	\$10				38	CANNABIS	\$10				68LS	MYTHIC PARIS LS	\$10		
	14	NM PUBLIC REG COMMISSION	\$10				38LS	CANNABIS LS	\$10				69LS	AUSTIN BOOK GROUP LS	\$10		
	14LS	NM PUBLIC REG COMM LS	\$10				39	LIMITS OF MEDICINE	\$10				70LS	SUMMIT BOOK GROUP LS	\$10		
	15	EXCESSIVE USE OF FORCE	\$10				39LS	LIMITS OF MEDICINE LS	\$10				71LS	HOLMES BOOK GROUP LS	\$10		
	15LS	EXCESSIVE USE OF FORCE LS	\$10				40	LOWER BLOOD PRESSURE	\$10				72LS	WEST MESA BOOK GROUP LS	\$10		
	16	LEAGUE OF WOMEN VOTERS	\$10				40LS	LOWER BLOOD PRESSURE LS	\$10				73LS	BEOWULF THE WARRIOR LS	\$10		
	16LS	LEAGUE WOMEN VOTERS LS	\$10				42	PROTECTING YOUR BACK	\$15				74LS	SINGING THE SHOW TUNES LS	\$65		
	17	SANDEROFF & BEIMER	\$10				43LS	AGE/HEAR/COMMUNICATE LS	\$10				75	WAYLON JENNINGS	\$10		
	17LS	SANDEROFF & BEIMER LS	\$10				44LS	YOGA FOR BONES LS	\$16				75LS	WAYLON JENNINGS LS	\$10		
	18	NM POLITICS	\$10				45LS	TAI JI QUAN FOR BALANCE LS	\$0				76	LINDA RONSTADT	\$10		
	18LS	NM POLITICS LS	\$10				46LS	BETTER BALANCE A LS	\$36				76LS	LINDA RONSTADT LS	\$10		
	19	SUPREME COURT	\$10				47LS	BETTER BALANCE B LS	\$36				77	FRANZ SCHUBERT	\$10		
	19LS	SUPREME COURT LS	\$10				48LS	TAI CHI FOR HEALTH 1 LS	\$0				77LS	FRANZ SCHUBERT LS	\$10		
	20	SPACE 2.0	\$10				49LS	TAI CHI FOR HEALTH 2 LS	\$24				78	SIMON & GARFUNKEL	\$10		
	20LS	SPACE 2.0 LS	\$10				50LS	TAI CHI CHIH 1 LS	\$60				78LS	SIMON & GARFUNKEL LS	\$10		
	21	MIDDLE EAST POLICY	\$10				51LS	TAI CHI CHIH 2 LS	\$40				79	NAT KING COLE	\$10		
	21LS	MIDDLE EAST POLICY LS	\$10				52LS	BETTER LIVING/MOVEMENT LS	\$24				79LS	NAT KING COLE LS	\$10		
	22	FEDERAL COURT SYSTEM	\$10				53LS	QIGONG TAOIST METHOD LS	\$24				80	EMMYLOU HARRIS	\$10		
	22LS	FEDERAL COURT SYSTEM LS	\$10				54LS	YOGA FOR COPING LS	\$16				80LS	EMMYLOU HARRIS LS	\$10		
	23	ASIA IN 2021	\$10				55LS	STRETCH & RELAX LS	\$24				81	ELTON JOHN	\$10		
	23LS	ASIA IN 2021 LS	\$10				56LS	AEROBIC DANCE PARTY LS	\$16				81LS	ELTON JOHN LS	\$10		
	25	ELDORA CHOCOLATE TOUR*	\$20				57	NOMADS AD 400-1200	\$10				82LS	PETER, PAUL & MARY LS	\$10		
	26	ELDORA CHOCOLATE TOUR*	\$20				57LS	NOMADS AD 400-1200 LS	\$10				83LS	ELVIS COSTELLO LS	\$10		
	27LS	PLANT-BASED EATING LS	\$12				58	SAN MARCO OF VENICE	\$10				84	FRÉDÉRIC CHOPIN	\$10		
	28	IMMUNE NUTRITION	\$10				58LS	SAN MARCO OF VENICE LS	\$10				84LS	FRÉDÉRIC CHOPIN LS	\$10		
	28LS	IMMUNE NUTRITION LS	\$10				59	ELECTION OF 1960	\$10				85	JOAN BAEZ	\$10		
	29	PREVENT FALLS: FEET	\$0				59LS	ELECTION OF 1960 LS	\$10				85LS	JOAN BAEZ LS	\$10		
	29LS	PREVENT FALLS: FEET LS	\$0														

Signature: _____

Oasis Albuquerque / PO Box 35518, Albuquerque NM 87176

New Participant Form



For Office Use Only: ☐ Given Catalog ☐ Sent Catalog ☐ Mail Catalog

Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: () _____

Email Address: _____ Cell Phone: () _____

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

In case of an emergency, contact:

_____ (Name) () _____ (Phone)

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

Gender: ☐ Female ☐ Male ☐ Other

Marital Status: ☐ Single ☐ Married ☐ Domestic Partnership ☐ Widowed ☐ Divorced

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

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

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

How did you hear about Oasis? ☐ Brochure ☐ Advertisement ☐ Oasis Catalog
☐ Friend ☐ Presentation ☐ TV/Radio ☐ Walk-In ☐ Internet/Website ☐ Newspaper

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

☐ Tutor ☐ Office Work ☐ Special Events ☐ Health and Wellness
Past/Present Past/Present
Employer: _____ Occupation: _____

Please return this form to:

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

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

Oasis Institute/Oasis Albuquerque

American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18

Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque NM 87176

505-884-4529

www.oasisabq.org

Registration opens

Wednesday, September 2, 10:00am

& continues **THROUGHOUT the term.**

See details page 66.

Classes begin Tuesday, September 8



www.facebook.com/OasisAlbuquerque



www.instagram.com/OasisAlbuquerque



www.twitter.com/OasisAbq

Oasis Albuquerque

Board of Directors

Lorna M. Wiggins *Chair*
Wiggins, Williams & Wiggins

Bret Heinrich *VP*
Wings of Hope

William Willis, MD *Treasurer*

Anne Sapon *Secretary*
True Health NM

Dawn Anderson
Oasis Institute

Wei-Ann Bay, MD
Blue Cross and Blue Shield of NM

Staff

Kathleen Raskob *Executive Director*

Melody Mock *Program Coordinator*

Vicki DeVigne *Tutoring Program Director*

Lisa Lerner *Office Manager*

Cynthia LaCoe-Maniaci
Health & Wellness Coordinator

Becky Kenny *Program Coordinator*

Sylvia Giomi *Administrative Assistant*

NONPROFIT ORG

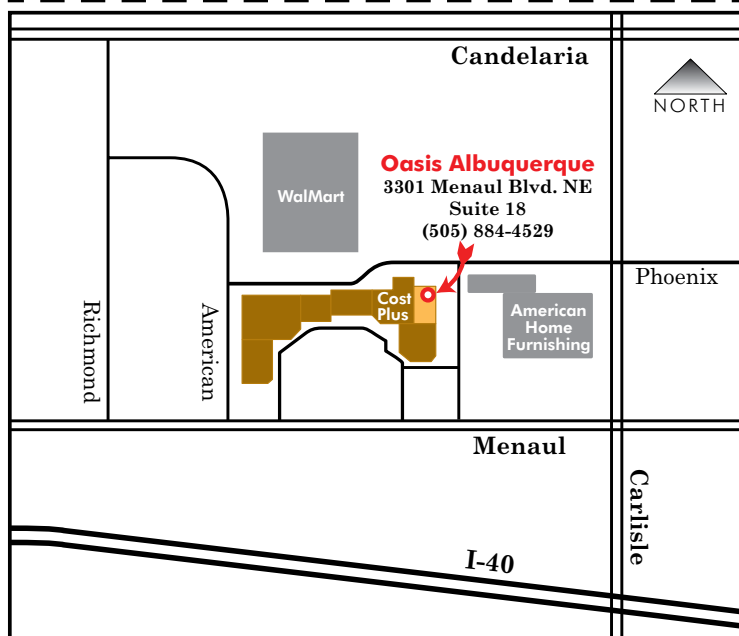
U.S. Postage

PAID

Albuquerque, NM

Permit No. 482

Because of current uncertain circumstances, please note that class dates, locations, and other details are subject to change. Please check your email for Oasis updates, visit our website, or call the Oasis office for up-to-date information.



Share Oasis! Recycle your catalog to a friend!