

Classes January - April 2021  
Registration Opens  
Wednesday, Jan 6, 10:00am



# Spring 2021

Lectures, technology, health & wellness programs, 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,

It's hard to believe that 2020 is behind us. 2020 is a year I'm sure we'd all like to put in our rearview mirror as quickly as possible. As we move into 2021, I'll share the news that Jane Ellen will be moving to Florida at the end of our spring term. Jane has been an Oasis instructor and choir director for 25 years and has offered literally hundreds of music appreciation (and other) classes for Oasis over the years. We will truly miss her - live and in person - but a silver lining to the pandemic is that Oasis has mastered livestream classes. We hope to continue offering Jane's classes virtually - it's all dependent on the technology and making sure we can offer a high quality experience to all of you. Still, we'd like to celebrate her tenure with Albuquerque Oasis and we'll do that on Friday April 23, 2021 from 2:00-3:30pm. What that looks like now, we have no idea. But please sign up for class #81zm (no fee) to celebrate with us. We hope a portion of the celebration will be in-person! Be on the lookout for details, as plans develop.

A big shout-out to the Oasis staff as 2020 draws to a close! Everyone has stepped up during this pandemic - kudos to Cynthia, Becky, Melody, Sylvia, Vicki, and Lisa for their perseverance and determination as we figured out how to continue serving you, our loyal Oasis members, during an unbelievable year. Thank you!

*Kathleen*

Kathleen Raskob  
Executive Director



## Table of Contents

How to Zoom . . . . .	4
<b>Classes</b>	
Arts . . . . .	5
Consumer Information & Finance . . . . .	5
Current Events . . . . .	6
Food & Nutrition . . . . .	8
Health & Fitness	
Health Lectures . . . . .	9
Movement & Exercise. . . . .	11
History & Culture . . . . .	14
Literature . . . . .	18
Music . . . . .	20
Performing Arts - Friday Performances . . . . .	24
Performing Arts - Lecture . . . . .	25
Personal Enrichment . . . . .	25
Philosophy, Religion, & Spirituality . . . . .	26
Science, Math, & Nature . . . . .	28
Southwest . . . . .	33
Technology . . . . .	35
Armchair Travel/Travelogue . . . . .	36
Walks & Hikes. . . . .	37
La Vida Llena-Sponsored Classes . . . . .	40
Neighborhood in RR-Sponsored Classes. . . . .	41
Oasis/Collette Trip . . . . .	43
Intergenerational Tutoring Program . . . . .	44
Off-Site Class Locations Directory . . . . .	45
Oasis National News . . . . .	46
Thank You to Our Supporters . . . . .	50
Class Calendars . . . . .	52
<b>Oasis Policies. . . . .</b>	<b>56</b>
<b>Registration Info . . . . .</b>	<b>57</b>
Online Registration Info . . . . .	58
Class Registration Forms . . . . .	59
Oasis New Participant Form . . . . .	63

**See pages 56-57 for important policy & registration information.**

**See page 52 for inclement weather info.**

## Oasis staff members

Top row: Kathleen Raskob, Vicki DeVigne, Lisa Lerner.

Second row: Melody Mock, Becky Kenny, Cynthia LaCoe-Maniaci, Sylvia Giomi.

## COVID-19 UPDATE Please note:

1. You will notice that almost all spring classes are online via Zoom only. All Zoom classes are indicated by “zm” in the class number.
2. See page 4 for Zoom info. Our Oasis staff is happy to help you get set up with Zoom. Call 505-884-4529.
3. If we can add hybrid (small in-person audience along with online audience) classes in the spring, we will do so.
4. Off-site classes (walks, hikes, art workshops) may need to be canceled or postponed due to public health restrictions.
5. Many in-person classes (art workshops) were eliminated from this catalog due to current public health restrictions. If we are able to add them during the spring term, we will do so. Please check our website and read our weekly emails. If you are not receiving our emails, call the office (505-884-4529) to make sure we have your email address.
6. Most importantly, everything is subject to change due to the pandemic. Thank you for your patience and flexibility as we navigate through this crisis.

### Volunteers - Thank you

We offer a sincere “thank you” to our many dedicated volunteers – vital to our daily operations which have changed dramatically over the last year. A few volunteers still 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 all the challenging times.

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.

*On the cover:*

*Left: Great Egret nesting at Bosque del Apache National Wildlife Refuge, photo by Laurel Ladwig (see class #101zm). Right: photo of Jane Ellen by Claire Roth (see class #81zm).*

### 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](http://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](mailto:oasisabq@oasisnet.org)

National Website: [www.oasisnet.org](http://www.oasisnet.org)

Albuquerque Info: [www.oasisabq.org](http://www.oasisabq.org)



# New to Zoom?

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



## Quick Tips

First, visit [zoom.us](https://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 one day 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 prepared in the email.
- You may also open up Zoom either by going to [zoom.us](https://zoom.us) on your browser or opening up your Zoom app.
- Recommended bandwidth for Zoom classes is a minimum of 3Mbps upload and 1Mbps download for high quality video. You can test your network speed for free at [www.speedtest.net](https://www.speedtest.net) or [www.fast.com](https://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](https://oasisabq.org) for more information on how to use Zoom.

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

## Arts

### Japanese Yōkai: Monsters at the Museum

6zm

*Felicia Katz-Harris*

Japan is notorious for its variety of ghosts, demons, and monsters, generally known as 'yōkai.' Featured in a current exhibit at the Museum of International Folk Art in Santa Fe, these creatures have played a significant role in Japanese heritage and popular culture. For centuries, people painted them, printed them, played with them, performed them, wore them on their clothing, and they continue to do so today. Curator Felicia Katz-Harris explains traditional yōkai art and folklore and considers their persistent presence in the modern world.

Felicia Katz-Harris is the senior curator and curator of Asian folk art at the Museum of International Folk Art in Santa Fe. Her exhibitions include: *Yōkai: Ghosts & Demons of Japan*; *Tako Kichi: Kite Crazy in Japan*; *Folk Art in Focus*; and the award-winning *Dancing Shadows, Epic Tales: Wayang Kulit of Indonesia*. Katz-Harris authored books on these subjects as well as articles on Thai spirit houses, material religion in Asia, and Asian folk art.

Thursday Mar 4 2:30 - 4:00

Fee: \$10 Zoom

### Museum Talk: Frida Kahlo, Diego Rivera & Mexican Modernism

9zm

*Josie Lopez*

Coming to the Albuquerque Museum in February 2021, this exhibit epitomizes the vitality and expressiveness of modern Mexican art. Captivating works by Diego Rivera and Frida Kahlo are complemented by key pieces by contemporaries such as Lola Álvarez Bravo, María Izquierdo, David Alfaro Siqueiros, and Rufino Tamayo. These are enhanced by period photographs that give a glimpse of important Mexican cultural figures, most notably Kahlo and Rivera. Join Art Curator Josie Lopez for a livestreamed program on this exhibit.



*Felicia Katz-Harris, senior curator at the Museum of International Folk Art in Santa Fe, discusses Japanese Yōkai: Monsters at the Museum in class #6zm.*

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

Friday Mar 26 10:00 - 11:30

Fee: \$10 Zoom

## Consumer Information & Finance

### Expect the Unexpected

10zm

*Lori Millet*

Everyone of every age is susceptible to a life event that could turn their world upside down. Don't let this happen to you. Attorney Lori Millet teaches you how to be prepared for a catastrophic health event experienced by you or your spouse. Millet explains the legal documents you should have in place, as well as the nonlegal steps to take to be ready for the unexpected.

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

Lori Millet practices in the area of estate planning, elder law, trusts, probate, and guardianship and conservatorship. She is an accredited attorney with the Veteran's Administration and has an LLM in Elder Law. Millet is a member of the State Bar, Elder Counsel, and the National Academy of Elder Law Attorneys (NAELA). She is a certified general mediator and guardianship mediator.

Friday Feb 12 10:00 - 11:30

Fee: \$10 Zoom

## Current Events

### Foreign Policy & Current Events: A Discussion Group (Monday) 11zm

*Jim Munroe*

Read and discuss topics from a broad cross-section of the world press, academic blogs, and policy think tanks to gain a better understanding of issues in current events and foreign policy. Moderator Jim Munroe supplies core materials for discussions and welcomes additional materials from participants. All points of view are welcome, especially constructive and civil rebuttals. *Because the world is in such flux, topics are not finalized until four to six weeks before the first meeting. No class Feb 15. 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 Jan 18 - Mar 15 9:15 - 10:45

Fee: \$70 8 sessions Zoom

### Foreign Policy & Current Events: A Discussion Group (Tuesday) 12zm

*Jim Munroe*

*See class #11zm. No class Feb 16.*

Tuesdays Jan 19 - Mar 16 9:15 - 10:45

Fee: \$70 8 sessions Zoom

### Anti-Racism for a New Year 13zm

*Tonya Covington*

Racism in America can take many forms, some overt and some harder to measure. Racial inequalities are found in all wealth and income levels, education, health care, civil rights, and many other areas. Mediator Tonya Covington leads this class, asking and answering questions such as: What is racism? Who is and who isn't a racist? How do you become an ally? Where do we go from here? Join us for a lively discussion in a safe place.

Tonya Covington is a professionally-trained mediator and cultural humility consultant with over 30 years of experience working with groups and individuals to dismantle racism. She was trained by the internationally known National Coalition Building Institute; Elsie Y. Cross Associates, Inc.; and the Project Change Anti-Racism Institute. She has consulted and conducted workshops, seminars, and programs in professional, educational, and organizational settings.

Thursday Jan 21 10:00 - 11:30

Fee: \$10 Zoom

### Policymakers & the Press: Same Issues, Different Focus 14zm

*Kathleen McCleery*

Go behind the scenes with an award-winning broadcast journalist to examine the differing roles policymakers and members of the media assume when they consider issues affecting all of us. Kathleen McCleery explains how and why reporters draw lines between advocacy and bringing important problems to light. See video examples from her own reporting for the PBS NewsHour and learn about the challenges she faced and the impact her stories did – or didn't – have.

Kathleen McCleery has been a broadcast journalist for more than four decades. She is an award-winning special correspondent and freelance producer for the PBS NewsHour, reporting stories on a wide variety of



topics including politics, the environment, immigration, education, science, health care, and the arts. Before moving to New Mexico, she was the program's deputy executive producer. McCleery taught journalism at Princeton University in 2016 and 2018, focusing on media coverage of US elections.

**Wednesday Jan 27 2:30 - 4:00**

**Fee: \$10 Zoom**

### **The NM Green Amendment: Securing Your Right to a Healthy Environment 15zm**

*Maya van Rossum*

In the decades-long fight for a cleaner environment, we have been fighting a losing battle. The sad truth is, our laws are designed to accommodate pollution, rather than prevent it. The solution is to bypass the laws and turn to the ultimate authority: our state and federal constitutions. Maya van Rossum lays out a new agenda for environmental advocacy that can empower every American state to mobilize for constitutional change, including New Mexico.

Maya van Rossum is the founder of Green Amendments For The Generations, a grassroots non-profit organization inspiring the nationwide movement to secure constitutional recognition and protection of environmental rights in every state and ultimately at the federal level. She is also the Delaware Riverkeeper. For more than 26 years, she has been the leader of

the Delaware Riverkeeper Network, a regional nonprofit organization that uses advocacy,

*Maya van Rossum discusses the New Mexico Green Amendment in class #15zm.*



science, and litigation to protect the Delaware River and its tributaries.

**Thursday Jan 28 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Our Energy Future: A Former NM Legislator's Perspective 16zm**

*Abbas Akhil*

New Mexico is transitioning from coal-based electricity generation to a renewable energy future through a major bill passed in 2019: the Energy Transition Act. While the goals are clear, there is no roadmap to achieve them. In this presentation, we touch on the electric system improvements needed to achieve those goals and how those affect the consumer. We also address oil and gas extraction, its contribution to the state's revenues, and its effect on land and water use.

Abbas Akhil was elected to the New Mexico House of Representatives in 2018 and served for one term. He brings a working history of renewable energy and energy storage to the legislature. Akhil was born in Hyderabad, India, a pluralistic society where Muslim and Hindu communities existed side by side for generations. After moving to the US, Akhil completed his Masters at NMSU and worked at the Public Service Company of New Mexico. He later worked at Sandia National Laboratories where he developed energy storage and microgrids.

**Tuesday Mar 9 10:00 - 11:30**

**Fee: \$10 Zoom**

### **The Making of a Jeopardy Champion 17zm**

*Jason V. Zuffranieri*

Back by popular demand! In 2019, Jason Zuffranieri got the call inviting him to participate on the legendary television program, Jeopardy! Three weeks and 19 wins later, he would see what a lifetime of preparation and loyal viewing would lead to. Even in his wildest dreams he never imagined how things would turn out. This session describes the process before, during, and after

playing on Jeopardy! Zuffranieri answers whatever burning questions you have about the show and its iconic host, Alex Trebek.

Jason Zuffranieri came to Albuquerque in 2002 from his hometown of Phoenix, Arizona. After working at Sandia National Labs, he moved into teaching, and has been at Albuquerque Academy for seven years as a math instructor and coach of math and science teams. Zuffranieri has won multiple national championships for sudoku puzzles and has played trivia games since he was a child.

**Thursday Mar 25 10:00 - 11:30**

**Fee: \$10 Zoom**

### **The US Supreme Court's Current Term**

**18zm**

*Andrew Schultz*

The US Supreme Court began its most recent term in early October 2020 with a full docket. The Court heard cases on the Affordable Care Act, the regulation of "robocalls," religious liberty, and Congress's continuing efforts to obtain materials from the Mueller investigation. Andrew Schultz reviews many of the Court's most important decisions and previews the remaining cases to be decided before the end of the current term.

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.

**Thursday Apr 8 12:30 - 2:00**

**Fee: \$10 Zoom**

### **Electric Vehicles Into the Future: Non-Polluting & Efficient**

**19zm**

*Roland Penttila*

Electric Vehicles (EVs) are the future. Fossil fuels are a finite energy source and will

*Roland Penttila discusses the future of the electric car in class #19zm.*



eventually run out. EVs can be powered by solar, wind, hydro-power and even oil or coal. EVs are non-polluting and efficient. Batteries are getting better each year. Roland Penttila covers how EVs work, talks about his own Tesla, and shows some new calculations to consider in owning one.

Roland Penttila is a retired civil engineer who added amateur historian to his other hobbies and is now fully engaged in learning more and more about the city and state he adopted in 1998. His new obsession is his 2020 Tesla Model Y.

**Monday Apr 19 10:00 - 11:30**

**Fee: \$10 Zoom**

## **Food & Nutrition**

### **Eldora Craft Chocolate: Field Trip 20**

*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



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

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 Apr 6 10:00 - 11:00**  
**Fee: \$20 Eldora Chocolate**

**Eldora Craft Chocolate: Field Trip 21**  
*Steve Prickett*  
*See class #20.*

**Tuesday Apr 13 10:00 - 11:00**  
**Fee: \$20 Eldora Chocolate**

**Plant-Based Eating:  
 The What, Why, & How 22zm**

*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.

**Wednesday Jan 27 10:00 - 11:30**  
**Fee: \$12 Zoom**

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

**Nutrition for Healthy Aging 23zm**

*Bryn Smith*

Food impacts our health from birth until death. It can improve quality of life at any age. Examine how food impacts key aspects of aging, including bone health, cognitive health, cancer, and overall longevity. Bryn Smith, RD, reviews what key micro and macro nutrients and foods impact each of these areas and shares small changes you can make to safeguard your aging.

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

**Thursday Feb 18 12:30 - 2:00**  
**Fee: \$10 Zoom**

## Health & Fitness Lectures

**Adult Immunizations  
 & Immune Health 24zm**

*Elizabeth Holguin*

Elizabeth Holguin reviews the immunizations recommended for older adults, when to get them, and what to expect in the days after receiving a given immunization. We also discuss how vaccines are developed, including their safety and efficacy. Influenza, COVID-19, and other immunizations are covered in our discussion, as are immunity and immune health.

Elizabeth Holguin, PhD, MPH, MSN, FNP-BC, is the medical director for Community Health with Presbyterian Healthcare Services. She also works as a nurse practitioner in Urgent Care with Presbyterian

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

Medical Group. She completed her PhD in Nursing & Health Policy as a Robert Wood Johnson Nursing & Health Policy Collaborative fellow. Holguin has largely focused her career on global and public health.

**Friday Jan 22 12:30 - 2:00**

**Fee: \$10 Zoom**

### **A Matter of Balance 26zm**

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This nine-week, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (in classes #4 through 9) of gentle physical activity to help you manage concerns about falls, change your environment to reduce risk of falls, and increase your activity, all with the support of your peers.

*Limited enrollment.*

*This class is offered at no cost with support from a Healthy Kids, Healthy Families grant from Blue Cross and Blue Shield of New Mexico.*

**Thursdays Feb 18 - Apr 15 10:00 - 12:00**

**Free 9 sessions Zoom**

### **Reversing Diabetes? 27zm**

*Peter Pribis*

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

*Dr. Neal Shadoff discusses the myths of heart disease in class #29zm.*



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

**Monday Mar 22 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Building Better Bone Health 28zm**

*Brookes McIntyre*

Back by popular demand! Learn how to preserve and build bone density. Understand what triggers bone growth, why certain activities are effective in maintaining bone health, and how muscle strength factors into the prevention of falls. We will practice easy activities you can do at home to improve bone health, posture, and balance. *Wear comfortable clothing and, if at home, have a sturdy, wheelless chair to sit in.*

Brookes McIntyre is a certified speaker on bone health and osteoporosis for American Bone Health, a national nonprofit organization that provides information, resources, and tools to help you understand and achieve bone health and prevent bone disease. She also serves as is a member of the New Mexico Adult Falls Coalition and the CNM Exercise Science and Wellness advisory committee.

**Wednesday Apr 7 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Dispelling Myths About Heart Disease 29zm**

*Neal Shadoff*

Coronary artery disease is the number one cause of death in the United States for both women and men. The internet is full of sometimes misleading information regarding the causes, types, prevention, and treatments.

Our presenter dispels the myths, defines the terms in understandable language, and outlines the medically accepted prevention and therapeutic treatment strategies available in 2021. At the conclusion, you will have the facts and be able to better communicate with your own physician.

Neal Shadoff, MD, is a retired Duke-trained cardiologist with 38 years of practice experience. He has collaborated on more than 50 medical research trials and has published articles in medical journals and textbooks. The guiding principle of his career was that the secret to best taking care of patients is caring about the individual patient.

**Thursday Apr 8 10:00 - 11:30**

**Fee: \$10 Zoom**

## Health & Fitness Movement & Exercise

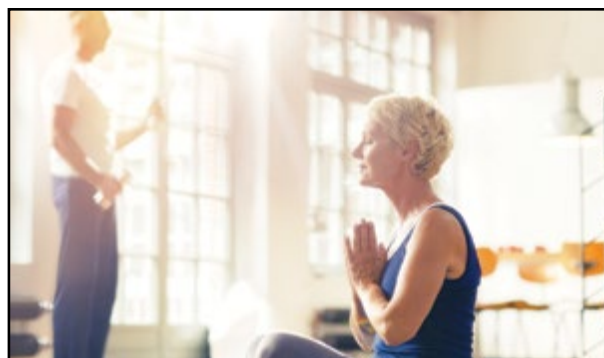
**N** Even though regular physical activity is beneficial, not every type of exercise is appropriate. Choosing the best fitness program will depend on the needs of the person. Oasis recommends you discuss this with your healthcare professional before you begin an exercise program, especially if you've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

### Yoga for Healthy Aging **30zm**

*Gloria Drayer*

Explore core principles of yoga that can help us age gracefully. Learn yoga postures that – in concert with compassion, acceptance, and moderation – work to keep us young in body and mind. Also practice breathing techniques that help with memory and relaxation. No experience necessary. The first class is done standing/sitting, no mat required. Have a mat or towel for the second class. Your instructor can provide modifications/alternate poses to accommodate any mobility limitations. *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



*Oasis offers many health and movement classes via Zoom this spring, including two yoga classes with Gloria Drayer (#30zm & 41zm).*

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*.

**Thursdays Jan 21 & Jan 28 9:00 - 10:15**

**Fee: \$16 2 sessions Zoom**

### Tai Ji Quan: Moving for Better Balance **31zm**

*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 Feb. 15. 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 Jan 25 - Mar 22**

**9:00 - 10:00 No class Feb 15**

**Free 16 sessions Zoom**

### **Tai Chi for Health Part 1 32zm**

*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 #31zm.*

**Tuesdays & Thursdays Jan 26 - Mar 18**

**11:00 - 12:00**

**Free 16 sessions Zoom**

### **Tai Chi for Health Part 2 33zm**

*Ilene Dunn*

For those who have mastered the basic movements in Tai Chi for Health Part 1, this class is an opportunity to further enhance your practice by learning additional movements from the Sun Style 73 Form. 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.*

*Limited enrollment.*

*See bio #31zm.*

**Tuesdays & Thursdays Mar 23 - Apr 15**

**11:00 - 12:00**

**Fee: \$32 8 sessions Zoom**



*Classes in Tai Ji Quan, Tai Chi, and Qigong are all offered at Oasis via Zoom this spring (see pages 11-13).*

### **Qigong: Taoist Water Method 35zm**

*Marcia 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 Qigong Taoist Water Method. 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.

**Tuesdays Jan 26 - Feb 9 2:00 - 3:00**

**Fee: \$24 3 sessions Zoom**

### **Tai Chi Chih Part 1 36zm**

*Ellen Tatge*

This gentle practice supports improved balance, increased energy, and stress

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

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 Feb 4 - Mar 11 9:00 - 10:00**  
**Fee: \$60 6 sessions Zoom**

### **Tai Chi Chih Part 2 37zm**

*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. *Limited enrollment.*

*See bio #36zm.*

**Thursdays Mar 18 - Apr 8 9:00 - 10:00**  
**Fee: \$40 4 sessions Zoom**

### **Better Balance Session A 38zm**

*Ilene Dunn*

Join us for an upbeat class designed to help you maintain, improve, or restore balance skills. We do problem-solving activities to challenge our mind and body in a socially-supportive

and confidence-building environment. Better Balance, part of the Oasis Free from Falls series, is based on the premise that physical activity is the antidote to many of the challenges that accompany aging. Optional equipment includes handheld weights (or water bottles or food cans), resistance band, and foam balance pad. *Limited enrollment.*

*See bio #31zm.*

**Mondays & Wednesdays Mar 1 - Mar 10**  
**1:00 - 2:00**  
**Fee: \$20 4 sessions Zoom**

### **Better Balance Session B 39zm**

*Ilene Dunn*

*See class #38zm.*

*Session A is not required to take Session B.*  
*Limited enrollment.*

**Mondays & Wednesdays Mar 15 - Mar 24**  
**1:00 - 2:00**  
**Fee: \$20 4 sessions Zoom**

### **Stretch & Relax 40zm**

*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,

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

an ACE Certified Group Instructor, a health coach, and a senior fitness specialist.

Wednesdays Mar 24 - Apr 7 9:00 - 10:00

Fee: \$24 3 sessions Zoom

### **Yoga for Happy Feet 41zm**

*Gloria Drayer*

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

*See bio #30zm.*

Thursday Apr 15 9:00 - 10:15

Fee: \$8 Zoom

## **History & Culture**

### **Hamilton: How the Musical Remixes American History 42zm**

*Richard Bell*

America has *Hamilton*-mania. The lyrics, hip-hop tunes, and bold story have rejuvenated interest in the real lives and true histories that *Hamilton: An American Musical* puts center stage. Examine this musical phenomenon to reveal what its success tells us about the marriage of history and show business. Learn what this amazing musical gets right and gets wrong about Alexander Hamilton, the American Revolution, and the birth of the United States – and why all of this matters.

Richard Bell is a professor of history at the University of Maryland. He is the author of the new book *Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home*. He is the recipient of more than a dozen teaching awards and the National Endowment

for the Humanities Public Scholar Award. He is a fellow of the Royal Historical Society.

Wednesday Jan 20 12:30 - 2:00

Fee: \$10 Zoom

### **Donkeys, Dervishes, & the Borderline: An American in Pre-Revolutionary Iran 43zm**

*Steve Horowitz*

Steve Horowitz shares his experiences as a Peace Corps volunteer in Iran from 1968-71. He provides a brief introduction to the geography, culture, and languages of Iran before reading from his collection of first-person stories, which are full of humor, spirituality, and danger. View his black and white photos that accompany his stories.

After three years as a Peace Corps volunteer in Iran, Steve Horowitz began teaching ESL (English as a second language) in Colorado in the 1970s and later served as director of the ESL program at Central Washington University. In addition to hosting a world music radio program for 12 years, he developed TV and radio interview programs focusing on guests' international experiences. Horowitz has degrees from the University of Florida and Colorado State University.

Monday Jan 25 2:30 - 4:00

Fee: \$10 Zoom

### **First Contact: The Taíno & Their Legacy 44zm**

*Matthew J. Barbour*

The Taíno of the Caribbean were the first Native American people to encounter Spanish explorers. Historical accounts and the archaeological record indicate a dynamic culture rich with artistic and religious expression ideally suited for life among the islands. This lecture provides an overview of the Taíno, examines their acts of accommodation and resistance to colonization, and explores how their legacy has – and



continues to – influence peoples and cultures around the world.

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. Under Barbour's management, Coronado Historic Site received an Award of Merit from the American Association for State and Local History and Jemez Historic Site received the Archaeology Heritage Preservation Award. He has published more than 200 nonfiction articles and monographs.

**Tuesday Jan 26 12:30 - 2:00**

**Fee: \$10 Zoom**

### **Eye on the Struggle: The Story of Civil Rights Crusader Ethel Payne 45zm**

*James McGrath Morris*

In the 1950s and 1960s, pioneering journalist Ethel Lois Payne used her journalistic skills as the Washington correspondent for the *Chicago Defender* newspaper to elevate civil rights issues to the national agenda. At considerable personal risk, Payne covered such events as the Montgomery bus boycott, the desegregation of the University of Alabama, and the Little Rock school crisis. For many black Americans, she became their eyes on the frontlines of the struggle for equality.



*Author James McGrath Morris discusses pioneering journalist Ethel Lois Payne in class #45zm.*

James McGrath Morris's *New York Times* bestselling book *Eye on the Struggle: Ethel Payne, The First Lady of the Black Press* was awarded the Benjamin Hooks National Book Prize for the best work in civil rights history. His biography, *Pulitzer: A Life in Politics, Print, and Power* was selected by the Wall Street Journal as one of the five best books on American moguls. His biography of Tony Hillerman will be published in the fall of 2021.

**Thursday Jan 28 12:30 - 2:00**

**Fee: \$10 Zoom**

### **The Fire of Frederick Douglass 46zm**

*Richard Bell*

Frederick Douglass was a visionary – a prophet who could see a better future. His talents were nothing short of extraordinary and he put his exceptional gifts to use in the service of freedom, driving American slavery into the grave. Douglass is so much more than another great man on a pedestal. Explore this man's life, family, and career, and consider his impact upon our modern struggle to advance the cause of black freedom in the US.

*See bio #42zm.*

**Monday Feb 8 12:30 - 2:00**

**Fee: \$10 Zoom**

### **Crop Circles: Who or What Makes Them? 47zm**

*Maya Sutton*

For the past 40 summers, strange and beautiful formations have appeared in English fields. These crop circles are cut into the grains in layers, the stalks bent but not broken. Most designs are close to Stonehenge and Avebury, an area sacred for 5,000 years.

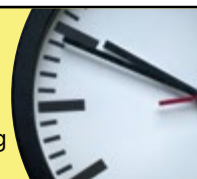
#### **LECTURE TIMES**

**10:00-11:30am**

**12:30-2:00pm**

**2:30-4:00pm**

with the exception of some 2-hour lecture ending times



**PLEASE CHECK CLASS TIMES CLOSELY**

Recent patterns are exquisitely complex geometric compositions. Maya Sutton has walked many crop circles, participated in two international conferences, and met the experts. She shares her opinions and observations regarding these enigmas.

Dr. Maya Sutton spent seven summers in England, explored many crop circles and talked with experts about these mysterious shapes. She taught Celtic mythology at UNM for ten years. Sutton has researched much of Celtic Europe, and co-authored a book on Celtic wisdom. She has dual citizenship with the US and the Republic of Ireland.

**Tuesday Feb 16 12:30 - 2:00**  
**Fee: \$10 Zoom**

### **Florence Cathedral & the Italian Renaissance 48zm**

*Charles Steen*

Florence had a major role in the establishment of the Renaissance and the Florence Cathedral offers clear evidence of each stage of that development. From the first work done by Giotto to the creation of the dome by Brunelleschi, the structure made a visible statement of the growth of Renaissance art and architecture. The works of art, paintings, and sculptures give an even more tangible record of the changes that the cathedral, the baptistery, and the campanile represent.

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.

**Thursday Feb 18 10:00 - 11:30**  
**Fee: \$10 Zoom**

### **The Pioneering Days of White Sands Missile Range 49zm**

*Jim Eckles*

White Sands Missile Range (WSMR) was born on July 9, 1945 as a post of old shacks and CCC buildings erected in three months. Within the first year, scientists were using rockets to reach higher into the atmosphere than ever before. Using the German V-2 rocket, they were able to propel instruments 100 miles straight up. At the same time, the nation's first defensive missile systems were developed there. By 1960, there were 10,000 people working at WSMR.

Jim Eckles worked in the Public Affairs Office at WSMR for 30 years. While there he wrote and spoke extensively about the missile range mission and area history – both in-house and downtown. When he retired, he was informally called “WSMR’s historian.” He arrived early enough at WSMR to meet the pioneers who invented the idea of a missile range. His talk contains their stories of the golden age of WSMR.

**Wednesday Feb 24 12:30 - 2:00**  
**Fee: \$10 Zoom**

### **Ballooning, Now & Then, Here & There 50zm**

*Barbara Fricke & Peter Cuneo*

We start with a sketch of almost 300 years of ballooning lore and Albuquerque's place in ballooning history. Then we delve into the details of the different types of modern hot air balloons – from special shapes to customized racer balloons. Learn the difference between hot air and gas balloons. Peter Cuneo and Barbara Fricke give you a sense of what it is like to ride in a balloon with some personal details of their own balloon adventures in the US, Canada, Europe, and Japan.

Peter Cuneo has been a hot air balloon pilot since 1989 and gained his gas balloon rating in 1995. He has more than 2,300 hours of pilot time including flights in 14 countries. Barbara Fricke started crewing in 1982 before becoming a pilot herself. She and Cuneo have

Please note: Most of the spring session Oasis classes are livestream via Zoom only.



*Balloon pilots Barbara Fricke and Peter Cuneo give us a behind-the-scenes view of ballooning in class #50zm.*

owned a hot air balloon since 1988. Cuneo and Fricke have won the America's Challenge Gas Balloon race four times.

**Thursday Mar 11 10:00 - 11:30**  
**Fee: \$10 Zoom**

### **Secret Numbers & Shortwave Stations: Spies on the Radio Waves 51zm**

*Mike Langner*

Shortwave radio bands are filled with mysterious stations that do nothing except read numbers. These are often coded messages to spies. From the era of the Cold War up to the present, listen in to them and learn how foreign governments communicate with spies, even here in the US. Hear many recorded excerpts, view pictures of clandestine radio sites, and pictures of captured spies.

Mike Langner is a lifelong radio enthusiast, having started in ham radio in junior high school, and ending up owning and operating two Albuquerque radio stations. Now in active retirement, he is the technical consultant to the New Mexico Broadcasters Association, travelling around our state assisting broadcasters with technical and operational issues and problems.

**Monday Mar 15 12:30 - 2:00**  
**Fee: \$10 Zoom**

### **The Spanish Flu Pandemic, 1918-1920**

**52zm**

*Rick Hendricks*

In this class, Rick Hendricks provides an account of the history of the Spanish Flu pandemic that swept the world from 1918 through 1920. Special emphasis is given to the course of the pandemic in New Mexico. Comparisons with the current COVID-19 pandemic and lessons for the future are also discussed.

Rick Hendricks, a former New Mexico state historian, is currently the New Mexico State Records Administrator. He is the author of numerous books and articles on the history of the Southwest and New Mexico. He received his PhD from the University of New Mexico.

**Wednesday Mar 17 10:00 - 11:30**  
**Fee: \$10 Zoom**

### **Postcards:**

#### **Not Just Vacation Souvenirs**

**53zm**

*Nancy M. Tucker*

Postcard collecting is one of the three most popular American hobbies, after coins and stamps. Many households own at least some postcards, whether they are an inherited collection, cards sent over the years by friends and family, or collected on vacation. In this presentation, Nancy Tucker shares a basic education about postcard history, the different types of postcards, then helps you decide what to do with the ones you have.

A retired journalist, Nancy Tucker has played with postcards on and off since the early 1950s, when her father was stationed at Sandia Base. Today, she has hundreds of Albuquerque postcards from all eras, as well as thousands from elsewhere. She says that postcards scratch an itch that lies somewhere between her interests in history and in graphics.

**Tuesday Apr 6 12:30 - 2:00**  
**Fee: \$10 Zoom**



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

### **Chartres Cathedral: A Gothic Gem**

**54zm**

*Timothy C. Graham*

Chartres Cathedral, with its soaring architecture and 175 stained glass windows, inspires all who enter it and represents a high point of human achievement. In this presentation we learn about the sacred history of Chartres before focusing on the different elements of the building and the process of its construction between 1130 and 1230. We take a close look at the remarkable carvings that adorn the cathedral's three entrances and at the colorful imagery of its stained glass.

Dr. Timothy Graham is a Distinguished Professor of history and a Regents' Professor in the College of Arts and Sciences at UNM. He served as director of the Institute for Medieval Studies from 2002 until 2020, organizing the acclaimed annual Medieval Spring Lecture Series. 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 in 2016 received the Medieval Academy of America's Award for Excellence in Teaching Medieval Studies.

**Wednesday Apr 7 12:30 - 2:00**

**Fee: \$10 Zoom**

### **Muslims in India**

**55zm**

*Abbas Akhil*

The roots of Islam in India can be traced from the 6th century along the western coast to the north via Turkic invaders and Persian conquerors in the 12th century. Manifesting in different forms from these separate roots, Islam became the largest minority in a Hindu country.

Explore cultural/linguistic influences of Muslim culture and the complex political ramifications of Indian-Muslim identity. Learn

about the partition of India and the rise of Hindu nationalism leading to the election of Prime Minister Modi.

*See bio #16zm.*

**Wednesday Apr 14 10:00 - 11:30**

**Fee: \$10 Zoom**

### **The Papal Palace at Avignon as a Symbol of Division Within Christendom**

**56zm**

*Charles Steen*

The papacy was forced to move to France by the French king and it began a period of corruption and division within the church. As the papacy grew wealthy, it became corrupt and removed from ordinary religious concerns, made more painful by the outbreak of the Black Death. The culture of the palace became important as the popes created a library and invited writers to visit. Art, music, and architecture became fundamental to popes, encouraging a reaction from those who resented the new ways.

*See bio #48zm.*

**Thursday Apr 22 10:00 - 11:30**

**Fee: \$10 Zoom**

## **Literature**

### **Austin Book Group**

**57zm**

*Mary Bibeau*

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Jan 12 - *Before We Were Yours* by Lisa Wingate; Feb 9 - *Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War* by Karen Abbott; Mar 9 - *The Exiles* by Christina Baker Kline; Apr 13 - *Ordinary Grace* by William Kent Krueger. *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 Jan 12 - Apr 13 1:30 - 3:00**

**Fee: \$10 4 sessions Zoom**

### Summit Book Group

**58zm**

*Merrie Courtright*

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Jan 19 - *Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk; Feb 16 - *The Book Woman of Troublesome Creek* by Kim Michele Richardson; Mar 16 - *Out Stealing Horses* by Per Petterson; Apr 20 - *Being Mortal: Medicine and What Matters in the End* by Atul Gawande. *Enrollment limited to 15.*

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

**Tuesdays Jan 19 - Apr 20 11:00 - 12:30**

**Fee: \$10 4 sessions Zoom**

### Holmes Book Group

**59zm**

*Lorna Kuyk*

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: Jan 19 - *Born a Crime* by Trevor Noah; Feb 16 - *Plain Song* by Kent Haruf; Mar 16 - *The Splendid and the Vile* by Erik Larson; Apr 20 - *The Book Woman of Troublesome Creek* by Kim Michele Richardson. *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 Jan 19 - Apr 20 1:00 - 2:30**

**Fee: \$10 4 sessions Zoom**

### West Mesa Book Group

**60zm**

*Linda Castagneri & Mary Herrmann Hughes*

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: Jan 20 - *The New Confessions of an Economic Hit Man* by John Perkins; Feb 17 - *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce; Mar 17 - *We are the Weather: Saving the Planet Begins at Breakfast* by Jonathan Safran Foer; Apr 21 - any book by Philip Roth. *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 more than ten years.

**Wednesdays Jan 20 - Apr 21 1:30 - 3:00**

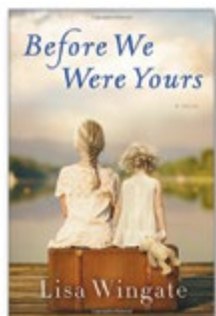
**Fee: \$10 4 sessions Zoom**

### Don Quixote Book Group

**61zm**

*Rebecca Steele*

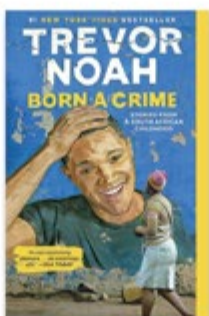
Madness or sanity? Giants or windmills? Today, like Don Quixote and Sancho Panza, we still filter reality through ideology. As we make our way through *Don Quixote*, we will laugh, cry, and scratch our heads together. This is not an academic discussion. We commit to reading this work of fiction - all 940 pages -



Austin



Summit



Holmes



West Mesa



Don Quixote

in 14 weeks. *Class notes: There are many good editions for those who want to read in Spanish; for English, Edith Grossman's 2003 translation is recommended. Try to read first 115 pages before first class.*

Rebecca Steele has an MA in Spanish from UNM and taught Spanish at CNM for 25 years. She studied at the University of San Marcos in Lima, Peru, and lived and worked in Madrid, Spain. In retirement, she enjoys tutoring English as a second language, reading US and world history, and is passionate about *Don Quixote*.

**Thursdays Jan 21 - Apr 15 1:00 - 2:30**  
**Fee: \$10 4 sessions Zoom**

## Music

### **Singing the Show Tunes 62zm**

*Jane Ellen*

Feel like singing? Good! We'll meet "virtually" for 12 consecutive Tuesday mornings this spring, from 10:15-11:45am, livestreaming via the Zoom video application. In addition to singing and socializing, these classes include gentle physical movement, vocal exercise, basic music theory and singing technique, and even some Broadway history. Group commitments continue through April 23 with possible off-and-on-campus performances. *No class March 9.*

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

**Tuesdays Jan 26 - Apr 20 10:15 - 11:45**  
**Fee: \$65 12 sessions Zoom**

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

### **Imagine: The World of John Lennon 63zm**

*Jane Ellen*

John Lennon (1940-80), a founding member of The Beatles, served as the wit and social conscience of the band that dramatically changed popular music in the 20th century. His subsequent solo career often focused on the anti-war movement, and most acknowledge his hit song "Imagine" as his legacy to the peace movement. Tragically, he was on the verge of a full-fledged comeback at the time of his murder at the age of 40.

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.

**Tuesday Jan 19 10:00 - 12:00**  
**Fee: \$10 Zoom**

### **Richard Rodgers: The Sweetest Sounds 64zm**

*Jane Ellen*

With a career spanning more than 60 years, Richard Rodgers (1902-79) was, at one time, the most popular composer of American musical theater. But how did some of the most beautiful melodies of the 20th century come from a man often described as depressive and remote? Rodgers considered himself a composer and not a songwriter, yet his collaborations with Lorenz Hart and Oscar Hammerstein II live on through generations of popular entertainers.

*See bio #63zm.*

**Thursday Jan 21 2:30 - 4:30**  
**Fee: \$10 Zoom**



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

### **On the Road Again With Willie Nelson**

**65zm**

*Jane Ellen*

Willie Nelson (1933- ) wrote his first song at the age of seven and joined his first band at ten. During high school, he toured locally with a band called Bohemian Polka as their lead singer and guitar player. From these humble beginnings, he has become one of the most beloved legends of country music, as a singer-songwriter, author, poet, actor, and activist. Come celebrate the career of the Red-Headed Stranger through story and song.

*See bio #63zm.*

**Wednesday Jan 27 12:30 - 2:30**

**Fee: \$10 Zoom**

### **Hello! Dolly Parton**

**66zm**

*Jane Ellen*

Dolly Rebecca Parton (1946- ) started on radio, recorded her first single at age 13, and the rest is history. She has been a singer-songwriter, instrumentalist, actress, author, philanthropist, managed a theme park, and worked as an advocate for childhood literacy. Parton is the most honored female country performer of all time, with 44 career Top 10 albums, and 110 charted singles. She has also donated over 100 million books to children around the world through her Imagination Library.

*See bio #63zm.*

**Friday Jan 29 10:00 - 12:00**

**Fee: \$10 Zoom**

### **A Change is Gonna Come: Sam Cooke**

**67zm**

*Jane Ellen*

Sam Cooke (1931-64) is arguably the inventor of the soul music genre, in which he worked as both singer and songwriter. He had 30 Top 40 hits between 1957-64, and it's clear that his relaxed and effortless vocals influenced an entire generation. He was murdered at the age of 33 just as his success as a crossover artist -

combined with his involvement with the Civil Rights Movement - left him on the brink of exciting new possibilities in music.

*See bio #63zm.*

**Thursday Feb 4 12:30 - 2:30**

**Fee: \$10 Zoom**

### **Ella Fitzgerald: First Lady of Song 68zm**

*Jane Ellen*

With a career spanning nearly six decades, Ella Fitzgerald (1917-96) was known not only as the Queen of Jazz but as one of the definitive interpreters of the American songbook. Discovered as a teenager by bandleader Chick Webb, she had a wide-ranging career that embraced standards, jazz, scat, film, and television. This fond tribute to an American jazz legend also explores Fitzgerald's early years and the childhood secrets she fought to suppress during her lifetime.

*See bio #63zm.*

**Wednesday Feb 10 2:30 - 4:30**

**Fee: \$10 Zoom**



*Ella Fitzgerald with Dizzy Gillespie, Ray Brown, Milt Jackson, and Timme Rosenkrantz, photo by William P. Gottlieb, 1947. See class #68zm.*

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

### **What's Going On: Remembering Marvin Gaye 69zm**

*Jane Ellen*

Marvin Gaye (1939-84) helped to shape the sound of Motown in the 1960s, first as a studio musician then as a solo artist with a string of hits. Famous for duets with artists such as Tammi Terrell, he recorded the 1971 concept album *What's Going On*, later becoming one of the first Motown artists to break from the label. Shortly after a stunning comeback in the 1980s, he was fatally shot by his father during an argument.

*See bio #63zm.*

**Friday Feb 19 10:00 - 12:00**  
**Fee: \$10 Zoom**

### **Kind of Blue: Miles Davis 70zm**

*Jane Ellen*

Miles Davis (1926-91) enjoyed an eclectic career as a jazz musician, trumpeter, bandleader, arranger, and composer. A former child prodigy and recipient of a scholarship to The Juilliard School, Davis stood at the forefront of major developments in 20th century jazz including bebop, cool jazz, and hard bop, as well as modal jazz and jazz fusion. From "Kind of Blue" to "Bitches Brew" and beyond, we explore the many faces of the award-winning Miles Davis.

*See bio #63zm.*

**Monday Feb 22 12:30 - 2:30**  
**Fee: \$10 Zoom**

### **Peggy Lee: Is That All There Is? 71zm**

*Jane Ellen*

Nearly 80 years ago Peggy Lee (1920-2002) had her first hit as a young singer with Benny Goodman's band. Her life was anything but easy, yet over the years, she became recognized not only as a powerhouse vocalist, but as an incredibly versatile entertainer who could sing anything from jazz to blues. Also known for her talents as a composer, lyricist, actress, and

businesswoman, she eagerly sought to include new material into her repertoire.

*See bio #63zm.*

**Thursday Feb 25 12:30 - 2:30**  
**Fee: \$10 Zoom**

### **George Gershwin's Got Rhythm 72zm**

*Jane Ellen*

George Gershwin (1898-1937) stands alongside Aaron Copland as one of the first great voices of American music in the 20th century. At the time of his death at the age of 38, he was destined to be the recipient of the first Pulitzer Prize for musical comedy (awarded posthumously), had written an opera, had composed for stage and screen, and had created symphonic works which defied description in their day and which continue to be popular today.

*See bio #63zm.*

**Wednesday Mar 3 2:30 - 4:30**  
**Fee: \$10 Zoom**

### **Truly American: Aaron Copland 73zm**

*Jane Ellen*

Hailed as the "dean of American composers" by his peers and critics, Aaron Copland (1900-90) was one of the driving forces in creating a definitive American sound in concert music. As an author, Copland wrote books which presented aspects of classical music in a way which appealed to musicians and non-musicians alike; as an educator, he was devoted to helping develop young talent. Igor Stravinsky once famously remarked, "Why call Copland a great American composer? He's a great composer!"

*See bio #63zm.*

**Thursday Mar 18 12:30 - 2:30**  
**Fee: \$10 Zoom**

## Folksinger, Activist, & American Icon: Pete Seeger 74zm

Jane Ellen

Pete Seeger (1919-2014) is commonly considered a national treasure, and rightfully so. More than just a beloved folksinger, he worked tirelessly for the labor movement, civil rights, peace, and the environment. He is the only folksinger to have not only received the Kennedy Center Honors award (1994) but he was also inducted into the Rock and Roll Hall of Fame (1996). Pete Seeger was named one of America's Living Legends by the Library of Congress in 2000.

See bio #63zm.

**Monday Mar 22 12:30 - 2:30**

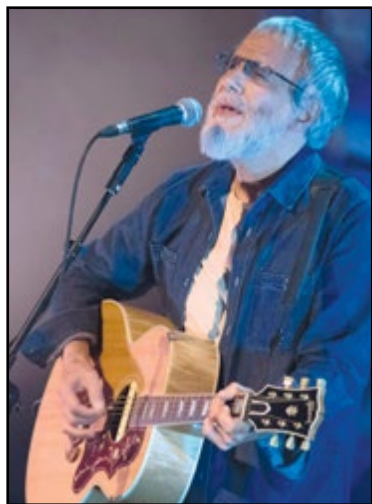
**Fee: \$10 Zoom**

## Morning Has Broken: Cat Stevens aka Yusuf 75zm

Jane Ellen

When British singer-songwriter Cat Stevens (1948- ) converted to Islam in 1977, heartbroken fans assumed his music career was over. Thirty years later he returned to the stage as Yusuf, with new recordings leading to worldwide recognition for his creative abilities. Whether you are a fan of the soundtrack to *Harold and Maude*, hit singles such as

Learn about Cat Stevens, a.k.a. Yusuf, seen here performing at the BBC Radio 2 Folk Awards, Cardiff in 2015. Photo by Bryan Ledgard.



"Moonshadow" and "Peace Train," or the music of Yusuf, you are welcome to sing along as we explore the world of Cat Stevens.

See bio #63zm.

**Thursday Apr 1 2:30 - 4:30**

**Fee: \$10 Zoom**

## The Evolution of Jazz Piano With Jane Ellen & Scott Hooker 76zm

Jane Ellen & Scott Hooker

To understand the evolving role of the piano in jazz, one has to look at the actual evolution of jazz itself. This beginner-friendly class introduces piano styles across the years of American jazz development with live demonstrations, recordings, and a brief look at the artists who excelled in each area. Jazz pianist and historian Scott Hooker joins Jane Ellen in this exploration of ragtime, boogie woogie, stride, swing, bebop, and more.

See Jane Ellen's bio #63. Scott Hooker is a pianist who performed in Atlanta for many years before relocating to Albuquerque in 2014. He grew up in North Carolina and Georgia; he began formal music lessons in Charlotte, NC, and has made a study of all things jazz since his high school days. "While my contemporaries were listening to Jimi Hendricks," he says, "my ears were on Fats Waller and the other historic musicians and personalities of early jazz."

**Monday Apr 5 2:30 - 4:30**

**Fee: \$10 Zoom**

## Barbra Streisand: A Legend in Her Time 77zm

Jane Ellen

Singer, songwriter, filmmaker, actress, and activist, Barbra Streisand (1942- ) is one of the most commercially and critically successful entertainers in history. From her earliest beginnings as a teenager dressed in thrift shop clothes, few could have imagined that she would become one of the most powerful women in Hollywood. Come revisit the songs and films



**Please Be  
On Time!**

Classes start promptly at their scheduled time. Please check into Zoom 10 minutes prior to class so you can verify the link and check your sound before the class begins. For most Zoom classes, your microphone will be muted and your camera will be off.

that have propelled Streisand into the annals of entertainment history, making her a legend in her own time.

*See bio #63zm.*

**Friday Apr 9 10:00 - 12:00**

**Fee: \$10 Zoom**

## **Yesterday Once More: Carpenters 78zm**

*Jane Ellen*

Across a span of 14 years, the brother-sister duo Richard (1946- ) and Karen Carpenter (1950–83) dominated the air waves with their piano-driven, easy listening stylings. Their music has since undergone critical re-assessments, resulting in repeated calls for their induction into the Rock and Roll Hall of Fame. Several of their songs are now recognized as standards, and Karen's signature contralto vocals no doubt helped inspire other female artists with lower vocal ranges to enter the industry.

*See bio #63zm.*

**Thursday Apr 15 12:30 - 2:30**

**Fee: \$10 Zoom**

## **Performing Arts: Friday Performances**

*Note: Classes #80 & 81 are scheduled **both** in-person (if possible) **and** via Zoom.*

### **Olé! Flamenco Guitar with Robert Tanner-Aldrete: Friday Performance**

**80**

**ZOOM OPTION**

**80zm**

This presentation/performance focuses on the history and performance of palos (types of flamenco songs) such as tangos, soleares, sevillanas, fandangos, and farruca. Various guitar techniques are demonstrated: rasgueado, golpe, picado, ligado, and alzapúa. We also explore the meaning and use of cajón, cejilla, compás, falseta, and palmas. You will have the opportunity to perform palmas (clapping).

In the 1960s and 70s, Tanner-Aldrete performed with rock-and-roll bands. After a 30-year career in psychology, he returned to study classical guitar at UNM and flamenco at the National Conservatory of Flamenco. He honed his skills while living in Granada, Spain, where he studied with recording artists from Andalucia.

**Friday Apr 9 2:00 - 3:30**

**Fee: \$12 Oasis & Zoom**



*Learn about flamenco with guitarist Robert Tanner-Aldrete in class #80 (above). Celebrate Jane Ellen's 25 years with Oasis in class #81.*



### **Celebrate Jane Ellen!**

**81**

**ZOOM OPTION**

**81zm**

Join us virtually (or in-person as allowed) to celebrate Jane Ellen and her tenure at Oasis. Stay tuned for details to be provided closer to our celebration date!

**Friday Apr 23 2:00 - 3:30**

**Free Oasis & Zoom**



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

## Performing Arts Lecture

### Introduction to the Ballets Russes: Exoticism & Forces of Change 82zm

*Judith Bennahum*

From 1909 to 1929, Serge Diaghilev's Ballets Russes scandalized, propagandized, and revolutionized the performance and practice of ballet throughout Europe and the Western world. They symbolized the Roaring Twenties as their radical stance in music, decors and movement had been established and continued until Diaghilev's death in 1929. Igor Stravinsky's scores helped pave the way for modern music's fluorescence while the brutal energy and powerful dancing of Vaslav Nijinsky transformed attitudes about ballet performance.

Judith (Gigi) Chazin-Bennahum is a Distinguished Professor Emerita from UNM and was a principal soloist with the Metropolitan Opera Ballet Company when Antony Tudor was ballet director. She is the author of seven books on dance history, including *The Ballets of Antony Tudor* which was awarded the de la Torre Bueno Prize, and *René Blum and The Ballets Russes: In Search of a Lost Life*. In 2016 she also received The Distinction in Dance Award by the Society of Dance History Scholars.

Friday Jan 22 10:00 - 11:30

Fee: \$10 Zoom

## Personal Enrichment

### Spring Clean: A Workshop to Cleanse Inside & Out 84zm

*Julie Dunlop*

Our outer environment often mirrors our inner environment. Look around. What do you see?

Is your office or home cluttered? How clean and organized is your car? Closet? What about your mind? Are thoughts and ideas flowing with ease or are thoughts muddled and/or tangled? Does the body feel stiff and sluggish? If you often find yourself staring at a blank screen, a blank page, or a blank canvas, then this class may benefit you. Explore spring cleaning – literally and metaphorically.

Julie Dunlop, author of *Ocean of Yoga: Meditations on Yoga and Ayurveda for Balance, Awareness, and Well-Being*, has been an adjunct faculty member in the English Department at CNM for 17 years. She is a certified yoga teacher through Yoga Alliance and a certified Ayurvedic practitioner through the National Ayurvedic Medical Association. Weaving together language, poetry, yoga, and Ayurveda, she enjoys sharing pathways to well-being, supporting the overall health of our community.

Wednesday Mar 3 10:00 - 11:30

Fee: \$10 Zoom

### Memoir Writing Workshop: How to Tell Your Story 85zm

*Norma Libman*

Everyone has a story to tell, and now is the time to tell yours. In this 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. You will need paper and a pen for writing exercises and you will have written a start to your memoir when the workshop is over. *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

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

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*.

Wednesday Apr 21 10:00 - 12:00

Fee: \$15 Zoom

## Philosophy, Religion, & Spirituality

### Utopia: The Quest for the Best Part 1

86zm

Frank Yates

This first of two lectures on Utopia (literally “No Place”) focuses on Plato’s island of Atlantis which inspired Thomas More’s *Utopia* which in turn inspired Francis Bacon’s *New Atlantis*. From these three works we ask the following questions: What inspires visions of a better world, a utopia? Protest against the present? Hope for the future? Participants are encouraged to read especially Thomas More’s *Utopia*. (See class #93zm for Part 2.)

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

Monday Jan 25 10:00 - 11:30

Fee: \$10 Zoom

### On Being Human: Jewish Understandings

87zm

Paul J. Citrin

During a time of social and political unrest, we need a mooring and a compass point to help us

navigate the challenges of living with others of different views and needs. Examine a variety of texts from Jewish tradition which guide us toward our better selves for the betterment of human society.

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

Tuesday Feb 2 2:30 - 4:00

Fee: \$10 Zoom

### Lent in the Christian East & West 88zm

Christopher Zugger

In the East, Lent is called ‘The Season of Bright Sadness’ since it is both a time of penance but also anticipation. Learn how we got to the 40 days; why fasting, penance, and abstaining from meat and/or dairy are such a big part of Lent; customs of the season and where they come from (like hot cross buns); and how to have a good Lenten journey.

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 Feb 4 10:00 - 11:30

Fee: \$10 Zoom

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

## The Book of Job: Lessons For a Time of Pandemic

89zm

Harry Rosenfeld

How many of us would like to reboot 2020? We can't, so we need to find ways of coping with the hardships of the pandemic. When the pandemic is over (some day), how will we go back to living life to its fullest? In the Book of Job, we find some answers. Faith. Doubt. Questioning ourselves, the world, and God. We use these for inspiration on how to find our own answers.

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

Tuesday Feb 9 12:30 - 2:00

Fee: \$10 Zoom

## Kings & Prophets in the Old Testament

90zm

Shlomo Karni

Explore the unique relationship that evolved between kings of Israel-Judea and their contemporary prophets. Fiercely independent and uncompromising, these prophets were the living conscience of their times. They preached for social justice and denounced society and kings for moral, political and religious corruption – often at the risk of their own safety. Their writings include some of the finest prose and poetry in the Bible.

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

Wednesday Feb 17 10:00 - 11:30

Fee: \$10 Zoom

## The Perplexingly Radical Book of Jonah

91zm

Dov Gartenberg

The Book of Jonah reveals a flawed prophet with all sorts of personality problems. The prophet has a complicated relationship with God which leads to some revealing confrontations between them. This is the only Biblical book that ends with an unanswered question.

We pose some deep questions and sort out the answers in this close reading of a classic biblical text.

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 Feb 17 12:30 - 2:00

Fee: \$10 Zoom

## Thinking About Evil: Approaches Past & Present

92zm

Michael Nutkiewicz

Before the Age of Enlightenment (18th century), thinkers did not distinguish between moral evil (e.g., war) and natural evil (e.g., a devastating earthquake), and all evil was ultimately explained as originating with God.



Learn about the Book of Jonah with Rabbi Dov Gartenberg in class #91zm. Image: depiction of Jonah (1181) by Nicholas of Verdun in the Verduner altar at Klosterneuburg Abbey, Austria.

Philosophers after the Enlightenment thought of evil in a completely different manner. Their approach, however, may not satisfy everyone's opinions about this difficult topic. We explore the history of thinking about evil from the 18th century to the present.

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

**Monday Feb 22 10:00 - 11:30**  
**Fee: \$10 Zoom**

**Utopia: The Quest for the Best Part 2 93zm**

*Frank Yates*

Examine the 18th, 19th, and 20th century visions of utopia from Rousseau to the Shakers and the Oneida Community; from Socialist communities to *1984* and *Brave New World*. We consider both utopian and dystopian visions of the future and explore *Ideology and Utopia* by Karl Mannheim. Learn how the catastrophes of the 20th century have called into question the most influential utopian vision of all time, the Marxist vision of a classless future. *Note: you do not need to have attended Part 1 to appreciate this class.*

*See class #86zm*

**Monday Apr 12 10:00 - 11:30**  
**Fee: \$10 Zoom**

**Icons: Spiritual Art of the Saints 94zm**

*Christopher Zugger*

Today we use the word icon to mean little computer symbols, but there is a deeper meaning to icon, stemming from the Greek word for image. Icon paintings of the Christian East are famous for their workmanship and detailed rules regarding colors and positioning of the saints, drawing us into a deep spiritual experience. Each

icon has meaning and tells a story. View icon images as we explore why, how, and the near destruction of the entire tradition.

*See bio #88zm.*

**Thursday Apr 15 10:00 - 11:30**  
**Fee: \$10 Zoom**

## Science, Math, & Nature

**An Overview of Dark Matter & Dark Energy 95zm**

*Leonard Duda*

Ordinary matter makes up only about five percent of the mass-energy density of the universe. The other 95 percent is composed of either dark matter or dark energy. Through indirect evidence, scientists think dark matter and dark energy exist; however, they do not know what they are. Examine why dark matter and dark energy exist and some possibilities for their composition.

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 was Grand Awards judge co-chair at the Intel International Science and Engineering Fair.

**Wednesday Feb 3 10:00 - 11:30**  
**Fee: \$10 Zoom**

**The Inside Story of the NWS Operations in Albuquerque 96zm**

*Kerry Jones*

The National Weather Service (NWS) in Albuquerque is one of 144 offices and support centers across the US whose primary mission is to provide forecasts and warnings for the protection of life and property. Learn about the science behind weather events in New Mexico. See how they use numerical guidance and forecast products including the watch-warning



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

program to keep us weather-wise. Due to COVID-19 we can't take an in-person tour, but Kerry Jones brings the tour to us.

Kerry Jones, meteorologist in charge, leads the NWS vision of the Weather-Ready Nation. Jones has worked at various NWS offices for nearly 30 years and regularly speaks on a wide range of meteorological topics and emergency preparedness.

Wednesday Feb 3 12:30 - 2:00

Fee: \$10 Zoom

### Understanding Dog Body Language

97zm

*Trevor Driggs*

Do dogs attack without warning? Never! They are always speaking to us and telling us their intentions. This presentation helps you to learn what dogs are saying to each other and to you. Explore how dogs perceive your body language, and learn how to use this knowledge to keep you and your family safe and help you be a better pet parent to your dog(s).

Trevor Driggs is a certified professional dog trainer with The Center at Animal Humane, a new doggie day care and boarding facility operated by Animal Humane New Mexico. He teaches pet obedience, as well as private one-on-one training with pet parents for behaviors ranging from obedience to aggression.



*Trevor Driggs with Animal Humane helps us understand dog body language in class #97zm.*

Working in an animal shelter gave him the opportunity to routinely interact with troubled pets and pinpoint positive reinforcement methods that proved to be beneficial in altering their behavior.

Thursday Feb 25 10:00 - 11:30

Fee: \$10 Zoom

### Stories in the Sky: All About Clouds

98zm

*Deirdre Kann*

When you look up at the sky on a summer day, do you see a duck, a bunny, or a fair weather cumulus cloud? This presentation is all about clouds – how they develop, what they are made of, the distinguishing characteristics of different types of clouds, and what they may tell us about the weather. Compare the structure of clouds using both surface observations and satellite imagery.

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.

Monday Mar 1 10:00 - 11:30

Fee: \$10 Zoom

### Scientists Ridiculed in Their Lifetimes But Revered After Death

99zm

*David A. Crossley*

One of the worst things for a scientist is to be right but be early. The Earth goes around the Sun? Burn him at the stake! You want doctors to wash their hands between patients? Get out of my hospital. So there are creatures too small to see, causing cholera in the water? Drink up. Although all these visionaries and countless others had it right, they suffered for their genius, and were vindicated only too late to enjoy it.

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

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 at Kirtland Air Force Base, and is now playing oboe with the Albuquerque Philharmonic.

**Thursday Mar 4 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Unusual & Strange Desert Landforms**

**100zm**

*Leslie McFadden*

The climate of warm deserts favors sparse vegetation and limits chemical weathering, favoring the development of common desert landforms such as sand dunes, badlands, rocky hillslopes, often dry stream channels, and thin soils. Learn about the formation of unusual landforms known as desert pavement, hoodoos and hueweltjies (Afrikaans for "little hills"). Multidisciplinary studies and the emergence of dating methods shed new light on their genesis and increasingly their response to climate changes.

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

**Monday Mar 8 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Spring Birds & Birding in New Mexico**

**101zm**

*Laurel Ladwig*

Spring is an exciting time for birding. New Mexico's varied habitats provide resources

for migratory species, those who return here to breed each year, and our many resident birds. Learn about ways to enjoy and support birds in each category. Explore some of the best birding spots in our area to experience our spring visitors. Learn how to welcome our avian neighbors in our yards and communities.

Laurel Ladwig is a lifelong birder and geographer who has been teaching about birds and stars in informal science education settings for more than three decades. She is on the advisory board for Bernalillo County Master Naturalists, co-coordinates Albuquerque's participation in the City Nature Challenge, and is working to promote the new ABQ Backyard Refuge Program, a program of the Friends of Valle de Oro National Wildlife Refuge.

**Monday Mar 8 2:30 - 4:00**

**Fee: \$10 Zoom**

### **Your Brain's Real Agenda (And It's Not What You Think)**

**102zm**

*Creve Maples*

Homo sapiens appear to dominate the world, developing art, history, religion, government,



Learn about the human brain in class #102zm with Dr. Creve Maples.

science, and philosophy. We harnessed the atom and extended life, but also have crime, famine, poverty, and wars. First, we examine the evolution and agenda of the primal, or so-called lizard brain, and explore the role it plays in our daily lives. On the second day, we extend the investigation to the evolutionary differences between male and female brains and how communication, perception, and co-existence are affected.

Creve Maples has a degree in Chemistry (MIT) and a PhD in Nuclear Science (UC Berkeley). He has worked in academia and the private sector, designing advanced computers and developing virtual reality systems. His interest in history and archeology led to the formation of companies active in these areas. These classes result from a scientific curiosity, love of photography and travel, and desire to explore unusual, thought-provoking topics.

**Tuesday & Thursday Mar 23 & 25 2:00 - 4:00**  
**Fee: \$20 2 sessions Zoom**

### **What's Science & What's Fiction 103zm**

*Lawrence Anderson*

Explore the boundary between science and science fiction. Cloning: Will dinosaurs once again roam the earth? Space travel: Will we inhabit the moon or Mars? Time travel: Will we be able to glimpse the future or change the past? Imagination has always outrun reality. But is reality catching up?

Lawrence Anderson earned a PhD in electrical engineering from Stanford University and spent most of his career at what was then AT&T Bell Laboratories, where he was involved in some of the first experimental applications of lasers. He headed the group that designed optical components for the first fiber optic transatlantic cable. He lectured for many years on technical subjects for the Institute for LifeLong Learning for New Mexicans.

**Wednesday Mar 24 10:00 - 11:30**  
**Fee: \$10 Zoom**

### **Us vs Them: Evolution & Impact of Groups & Leaders 104zm**

*Creve Maples*

From flocks to prides to packs to tribes, the predisposition to form groups is deeply rooted in our genetics. But there is a dark side. The group mind operates at a more primal level than our individual consciousness and, when there are conflicts, it often prevails. Complicating matters is the power that leaders have in steering and controlling groups. Examine the evolution of groups, how they function, the role of leaders, and explore the power of groups in modern society.

*See bio #102zm.*

**Tuesday Mar 30 2:00 - 4:00**  
**Fee: \$10 Zoom**

### **Trees of UNM Campus Guided Tour 105**

*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 springtime at UNM, designated an arboretum in 1994. Plenty of on-campus parking available on Saturdays. *Limited enrollment.*

Ron Friederich, a retired physician, has given various tours for Oasis at the Albuquerque BioPark. He authored a photo guidebook of the Botanic Garden for the BioPark docents. In 1991, he received the Martin Luther King Human Rights Award for establishing the first Eye Clinic at Healthcare for the Homeless, where he volunteered for 26 years.

**Saturday Apr 17 10:30 - 12:00**  
**Fee: \$12 UNM Tree Tour**

### **Trees of UNM Campus Guided Tour 106**

*Ron Friederich*

*See class #105.*

**Saturday Apr 24 10:30 - 12:00**  
**Fee: \$12 UNM Tree Tour**

**Science Sleuths:  
Discovering the Unseen 107zm**

*Colston Chandler*

After philosophers argued for millennia about whether or not matter consisted of atoms, the arguments became focused in the 18th century on empirical observations. Thus began one of the greatest scientific detective stories ever. Who were the sleuths? What were the clues? Why were the observations that atoms exist so persuasive that the 1912 Nobel Prize in Physics announced an end to the debate – long before atoms could be “seen” directly and manipulated individually?

Colston Chandler studied mathematics and physics at Brown University, the University of California at Berkeley, and the Swiss Federal Institute of Technology in Zurich. His research was published in leading mathematics and physics journals. He is a fellow of the American Physical Society and professor emeritus of physics at UNM. He is also an outdoor enthusiast who has led many Oasis walks (mostly in the bosque).

**Monday Apr 19 12:30 - 2:00**  
**Fee: \$10 Zoom**

**A Planetary Perspective: There are  
More Things in Heaven & Earth 108zm**

*Creve Maples*

The earth is a gifted architect and artist (not to mention chemist, physicist, and biologist) with a vivid imagination and sense of humor. In this class, pause for a moment to appreciate some of Earth’s marvels and explore some of her most unusual creations: beautiful 40-foot-long crystals; volcanoes that spew blue lava; a pink lake; the world’s largest natural mirror; a burning waterfall; petrifying pools; a place where lightning constantly crisscrosses the sky, and much more.

*See bio #102zm.*

**Wednesday Apr 21 2:00 - 4:00**  
**Fee: \$10 Zoom**

**The Buzz About Bees 109**  
**ZOOM OPTION 109zm**

*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 a fresh honeycomb, and compare honey straight from Pamela Chavez’s hives to store bought.

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.

**Thursday Apr 22 12:30 - 2:00**  
**Fee: \$10 Oasis & Zoom**



*Discover the secrets of bees with beekeeper Pamela Chavez in class #109.*



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

## Southwest

### **The Lamy Branch Rail Line 110zm**

*Fred Friedman*

The 18-mile rail line, connecting the New Mexico capital to the remainder of the world, is a microcosm of state and territorial history. Built as an afterthought, the line was paid for by the County of Santa Fe. It mirrors major events, from territorial expansion and world wars to the demise of the Harvey era of famous passenger trains and hotels. Recently purchased by local entrepreneurs, it is hoped that the line once again will reinvent itself.

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

**Monday Feb 8 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Jews in New Mexico Ranching 111zm**

*Noel Pugach*

Jews are usually associated with trade and finance. But they played a significant role in sheep raising and cattle ranching in New Mexico. That was true in the 19th and 20th centuries. And they still have a presence today. In this class, Noel Pugach details their activities and explains how and why they were involved in the ranching industries.

Dr. Noel Pugach, professor emeritus of history at UNM, specializes in US foreign relations. The author of numerous monographs and articles, he lectures frequently and does Chautauqua performances of historical figures.

**Wednesday Feb 10 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Los Luceros Historic Site: Prehistory & Early History 112zm**

*Matthew J. Barbour*

Los Luceros Historic Site is an amazing location to explore in northern New Mexico. For many, its history begins with the Martin Serrano family in the 18th century, but this fails to account for the archaeological record and oral tradition of the indigenous peoples. Matt Barbour expands upon the narrative by placing the site in a broader cultural context and exploring the evidence for Spanish occupation at Los Luceros prior to the Pueblo Revolt of 1680.

*See bio #44zm.*

**Tuesday Feb 23 12:30 - 2:00**

**Fee: \$10 Zoom**

### **A Blank Spot on the Map: Albuquerque's Open Space Story 113zm**

*Rex Funk*

This is the story of how Albuquerque overcame its cowtown reputation to become a national leader in preserving open space. Early efforts to control the Rio Grande sparked a pushback from the public and environmentalists. From proactive grassroots advocacy to a city program, the Open Space movement has saved over 30,000 acres of foothills, bosque, arroyos, volcanoes, and petroglyphs for nature preservation and recreation, making it a cornerstone of Albuquerque's quality of life.

While a high school science teacher, Rex Funk became an advocate of open space. He was a leader in the effort to save the Elena Gallegos lands and was hired as the City's first Open Space Planner where he worked to establish Rio Grande Valley State Park. As the first Superintendent of the Open Space Division, he led the effort to acquire, manage, and protect City Open Space until he retired in 1994.

**Friday Mar 5 10:00 - 11:30**

**Fee: \$10 Zoom**

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

## **Wild Medicinal Plants & Landscapes of the Southwest 114zm**

*Dara Saville*

Wild medicinal plants play a prominent role in the biological and cultural worlds we inhabit everyday. As iconic landscapes of the Southwest evolve, observing plant responses to environmental change can inform our understanding of botanical medicine and illustrate the impacts of economic land use and climate change. Join us for a discussion of landscape history, an exploration of some medicinal plants of our region, and what we can learn about botanical medicine through ecological perspectives. *Presented in partnership with UNM Press.*

Dara Saville is the founder of Albuquerque Herbalism, a bioregional herbal studies program, and the executive director of the Yerba Mansa Project, a non-profit organization. She has an MS in geography and environmental studies from UNM and is the author of her first book through UNM Press, *The Ecology of Herbal Medicine: A Guide to Plants and Living Landscapes of the American Southwest* (March 2021).

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

## **King of its Kind: The KiMo Theater 115zm**

*Deborah Slaney*

The KiMo Theatre opened as a Pueblo Deco picture palace on September 19, 1927, when Art Deco and picture palaces were all the rage. A leading example of the style, the KiMo remains the only theatre from this era conceived in honor of, and dedicated to, the native people of New Mexico. Through this talk we celebrate nearly 95 years of joy that the KiMo Theatre has brought to our lives.

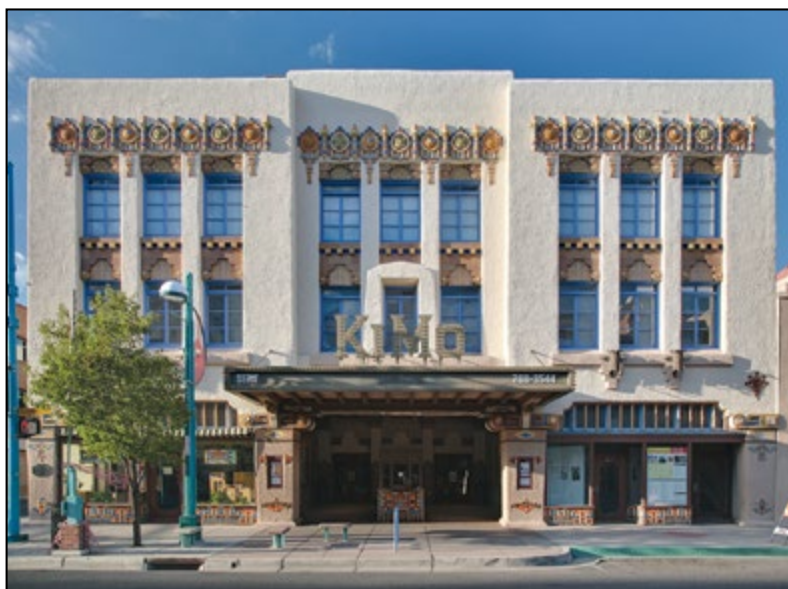
Deb Slaney is an independent curator and curator of history emerita from the Albuquerque Museum, a position she held for 18 years. She holds a BA in Southwestern anthropology from the University of Arizona and a Master of Liberal Studies/ Museum emphasis from the University of Oklahoma. Her exhibition *King of its Kind: The KiMo Theater* was presented at the KiMo Gallery, Albuquerque International Sunport, and Albuquerque Museum for the KiMo's Diamond Jubilee (75th Anniversary) celebration in 2002.

**Friday Mar 19 10:00 - 11:30**  
**Fee: \$10 Zoom**

## **The Santa Fe Ring: Power & Plunder in Territorial New Mexico 116zm**

*David Caffey*

The Santa Fe Ring was a noted political and business combination that dominated New Mexico during the last half of the 19th century. While its existence was disputed, many historians agree that there was, over



*The Pueblo Deco KiMo Theatre in downtown Albuquerque is the topic of Deb Slaney's class #115zm.*

several decades, a dominant group of men who excelled at exercising political power to advance personal interests. David Caffey reduces a hazy concept to specifics of who did what in this storied and often infamous chapter in New Mexico's history.

David Caffey met New Mexico at age fifteen, as a camper at the Philmont Scout Ranch. He lived in New Mexico from 1982 until 2015, working at the Harwood Library and Museum in Taos, San Juan College in Farmington, and Clovis Community College. He is author of books on the history and culture of New Mexico, and is a former chair of the New Mexico State Library Commission and a past board member of the Historical Society of New Mexico.

**Monday Apr 5 10:00 - 11:30**

**Fee: \$10 Zoom**

## Technology

### Android Phone Beginning Essentials

**117zm**

*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 58-page course book. Bring your fully charged Android smart phone to class. *This course is not applicable for iPhones. 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 Jan 19 1:00 - 3:00**

**Fee: \$25 Zoom**



*Oasis technology classes #117-121zm help us to navigate our cell phones and computers.*

### iPhone Beginning Basics

**118zm**

*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 128-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.*

*See bio #117zm.*

**Tuesday Feb 2 1:00 - 3:00**

**Fee: \$25 Zoom**

### Beyond the Basics of Android Phones

**119zm**

*Lee Maddenkrall*

Back by popular demand! 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 58-page course book. Bring your fully charged Android smartphone to class. *This course is not applicable for iPhones. Limited enrollment.*

See bio #117zm.

**Tuesday Feb 16 1:00 - 3:00**

**Fee: \$25 Zoom**

### **Intermediate iPhone Skills 120zm**

*Lee Maddenkrall*

Back by popular demand! 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 128-page course book. Bring your fully charged iPhone to class. *This course is not applicable to Android phones. Limited enrollment.*

See bio #117zm.

**Tuesday Mar 2 1:00 - 3:00**

**Fee: \$25 Zoom**

### **Cybercrime Fighters: Phishing, Browsers & Passwords 121zm**

*Lee Maddenkrall*

Learn helpful ways to stay safe while surfing the internet and posting on social media. Phishing can trick you into giving out personal confidential information to criminals. Lee Maddenkrall guides you through choosing which browser is best for you and tells you about best-in-class "Robocall Killer" apps. Finally, learn about password manager apps and how to use them.

See bio #117zm.

**Tuesday Mar 16 1:00 - 3:00**

**Fee: \$18 Zoom**



Learn about Oasis and Collette's October 2021 trip to Coastal Maine in class #43.

## **Armchair Travel / Travelogue**

### **Sales Presentation: Learn about Roaming Coastal Maine Trip 122zm**

*Collette Representative*

Visit Maine, where rocky shores, infinite nature, and endless lobster forge a coastal New England classic. Dig into local delicacies with an oyster shucking lesson and tasting. Immerse yourself in dramatic nature at Acadia National Park. See how lobster traps are retrieved from the ocean. Admire the picturesque Portland Head Light, Maine's oldest lighthouse. Take part in a vintage wine tasting at Cellardoor Winery. Enjoy free time in the vibrant city of Portland. Towering mountains, delectable cuisine, and bustling harbors await you in this maritime treasure. Reserve trip, planned for Oct 2021, by Mar 3, 2021 for best price and availability. See page 43 for more information.

**Wednesday Feb 3 3:00 - 4:00**

**Free Zoom**

### **Oman: Beauty & Balance in a Turbulent World 123zm**

*Dave Weaver*

Oman is a fascinating country of uncommon natural beauty. After a look at Oman's long and complex history, including its unique economic, religious, and political aspects, we travel around the country. View the effects of the 50-year reign



Please note: Most of the spring session Oasis classes are livestream via Zoom only.

of its sultan as Oman moved from a largely 19th century to a 21st century way of life. Finally, we look at coming challenges for Oman in its tumultuous neighborhood.

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

**Wednesday Feb 24 10:00 - 11:30**

**Fee: \$10 Zoom**

### **Adventure Travel in Belarus & Poland: Returning to My Homeland 124zm**

*Al Davis*

Al Davis's grandparents emigrated from Eastern Europe in the early 20th century to escape persecution and live the dreams of freedom and opportunity that only America could provide. They arrived with nothing, not even the ability to speak English, yet they produced hundreds of descendants including scholars, scientists, and medical professionals. Join us for this photographic and story-filled adventure to Belarus and Poland as Davis returns to the shtetls of his ancestors.

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.

**Tuesday Mar 2 12:30 - 2:00**

**Fee: \$10 Zoom**

## **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).*

### **Our Splendid Sandhill Cranes: A Walk**

**125**

*Colston Chandler*

Every year, sandhill cranes migrate 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. Join us for this 2.5-mile walk on level terrain to view the cranes, before they head north as warmer weather approaches. *No restrooms available. Limited enrollment.*

*See bio #107zm.*

**Friday Feb 5 10:00 - 12:00**

**Fee: \$15 Los Poblanos Open Space**

### **Our Splendid Sandhill Cranes: A Walk**

**126**

*Colston Chandler*

*See class #125.*

**Friday Feb 12 10:00 - 12:00**

**Fee: \$15 Los Poblanos Open Space**



*Colston Chandler leads us on crane walks at Los Poblanos Fields (classes #125 & 126).  
Photo by Steve Elkins.*

Please note: Most of the spring session Oasis classes are livestream via Zoom only.

## Walking Albuquerque - Mondays 127

Joyce M. Bortner

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

Joyce Bortner, who has been involved with Walking Albuquerque for 17 years, serves as the team coordinator. You will be delighted by a variety of enthusiastic guides on these walks.

**Mondays Apr 5 - May 10 8:30 - 10:00**

**Fee: \$20 6 sessions Walks**

## Walking Albuquerque - Wednesdays 128

Joyce M. Bortner

*See class #127.*

**Wednesday Apr 7 - May 12 8:30 - 10:00**

**Fee: \$20 6 sessions Walks**

## David Canyon Hike 129

David Ryan

Back by popular demand! 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.*

David Ryan is an experienced hiker, backcountry 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.

**Friday Mar 26 9:00 - 12:00**

**Fee: \$15 David Canyon-Mars Court Trail**

## Juan Tomas Open Space Hike 130

David Ryan

Juan Tomas Open Space is a City of Albuquerque Open Space property located in



*Browse through Oasis walks and hikes category on pages 37-39 and join us for a local adventure! Photo by Brandt Magic.*

the Manzanita Mountains south of Tijeras. It has a wonderful, easy-to-moderate 3.7 mile loop hike with very little change in elevation. Walk through ponderosa, meadows, and other vegetation. We might see some local inhabitants, such as mule deer, wild turkey, or elk along the way. *No restrooms available. Limited enrollment.*

*See bio #129.*

**Monday Mar 29 9:00 - 12:00**

**Fee: \$15 Juan Tomas Open Space**

### **Juan Tomas Open Space Hike 131**

*David Ryan*

*See class #130.*

**Friday Apr 9 9:00 - 12:00**

**Fee: \$15 Juan Tomas Open Space**

### **Bosque Ponds by Tingley Beach Hike 132**

*Kyle Bality*

The Bosque Ponds behind Tingley Beach are man-made wildlife refuges and wetlands created by the Army Corps of Engineers. They are havens for a wide assortment of birds and other creatures. The hike will be a mostly flat 2 to 2.5-mile hike through the Bosque beginning at the north Tingley Beach parking lot. *Wear comfortable walking shoes, bring insect repellent, a hat, and water. 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.

**Wednesday Mar 31 9:00 - 11:30**

**Fee: \$15 Bosque Ponds by Tingley Beach**

### **Rio del Norte Bosque Trail Walk 133**

*Kyle Bality*

Join Kyle Bality for a spring walk through the cottonwood bosque (forest) that hugs the banks of the Rio Grande River. The trail is generally level and parallels the river with short detours to overlooks along the water's edge. This

area is home to porcupines, beavers, Cooper's hawks, and woodpeckers. It also serves as a temporary layover or seasonal home for numerous species of migratory birds. *Bring your binoculars, camera, water, and clothing layers. Limited enrollment.*

*See bio #132.*

**Thursday Apr 8 10:00 - 12:00**

**Fee: \$15 Rio del Norte Trail Walk**

### **Foothills Hike at Elena Gallegos 134**

*Kyle Bality*

The 640-acre Elena Gallegos park is a gem in the Open Space system. From the top, visitors can see Mt. Taylor to the west, the Jemez Mountains to the north, and the Tijeras Arroyo to the south. The plant and animal life is varied and fascinating. Join Kyle Bality on a hike through Elena Gallegos, starting at the Pino Trailhead at the top of the main loop at Elena Gallegos. The hike has an initial slow but steady incline and then varies with up and down areas up to 6,500 feet – but nothing too steep. This is a moderately strenuous outing. *Limited enrollment.*

*See bio #132.*

**Wednesday Apr 21 9:00 - 11:00**

**Fee: \$15 Elena Gallegos Open Space**

### **Spring Stroll Through Old Town: Accessible Walk 135**

*Colston Chandler*

When Albuquerque was founded in 1706, it was actually a collection of nearby villages. A church was not completed until around 1719. The current church, San Felipe de Neri, built in 1793, is the largest building facing the plaza in Old Town. Learn more about the history of the area as we explore the church, plaza, and several neighboring streets during a walk of approximately 1.5 miles. *No restrooms available. Limited enrollment.*

*See bio #107zm.*

**Thursday Apr 22 10:00 - 12:00**

**Fee: \$15 Old Town Walk**



# 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.*

## Wanted! The Outlaw Waylon Jennings

**136zm**

*Jane Ellen*

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

*See bio #63zm.*

**Thursday Jan 14 3:00 - 4:30**

**Fee: \$5 Zoom**

## Albuquerque: City of Neon

**137zm**

*Deborah Slaney*

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

*See bio #115zm.*

**Thursday Feb 11 3:00 - 4:30**

**Fee: \$5 Zoom**

## Images of Saturn From the Cassini Spacecraft

**138zm**

*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.

*See bio #95zm.*

**Thursday Mar 11 3:00 - 4:30**

**Fee: \$5 Zoom**

## Railroading in New Mexico

**139zm**

*John M. Taylor*

Railroads played an important role in New Mexico's history, fueling new prosperity and growth. Learn about the history of railroading in New Mexico. Experience a 1940 train travelogue across the state, viewing photos from famed railroad photographer Jack Delano. Discover how the railroad system became vital throughout the state.

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

**Thursday Apr 8 3:00 - 4:30**

**Fee: \$5 Zoom**



## 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.*

### Secret Albuquerque: Hidden Histories & Little Known Facts 140zm

*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*.

**Monday Jan 11 3:00 - 4:30**

**Fee: \$5 Zoom**

### Unfinished Symphony: The Life of Franz Schubert 141zm

*Jane Ellen*

Austrian composer Franz Schubert (1797-1828) died prematurely at the age of 31, leaving behind a legacy of more than 600 vocal works, seven completed symphonies, sacred music, operas, incidental music, and an enormous catalogue of chamber and piano music. Although once enjoying only limited popularity, his fame has steadily risen over the years, and he is now ranked amongst the greatest composers of the late Classical and early Romantic eras.

*See bio #63zm.*

**Monday Feb 8 3:00 - 4:30**

**Fee: \$5 Zoom**

### Blue Bayou: The Linda Ronstadt Story 142zm

*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

*Jane Ellen explores Linda Ronstadt's story in class #142zm.*



in American music. A recipient of the National Medal of Arts and numerous Grammys, Ronstadt now copes with Parkinson's disease.

See bio #63zm.

**Monday Mar 8 3:00 - 4:30**

**Fee: \$5 Zoom**

### **The Project Y Spies**

**143zm**

*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.

**Monday Apr 12 3:00 - 4:30**

**Fee: \$5 Zoom**

*Spring is an excellent time to adventure out and observe the many bird species living in and migrating through New Mexico. Learn more from Laurel Ladwig in class 101zm. Photo by Laurel Ladwig.*



*Join Art Curator Josie Lopez for a livestreamed program on the Mexican Modernism exhibit coming to the Albuquerque Museum in February 2021. See class #9zm. Image: Frida Kahlo, Diego on My Mind, 1943, oil on masonite. The Jacques and Natasha Gelman Collection of 20th Century Mexican Art and the Vergel Foundation*





*Oasis Albuquerque & Collette Travel present*

# Roaming Coastal Maine Trip

*featuring Portland,  
Acadia, & Penobscot Bay*

**October 03 - 09, 2021**  
**7 Days • 9 Meals**

**Sales Presentation:**  
**Wednesday, February 3,**  
**3-4pm (class #122zm)**

Visit Maine, where rocky shores, infinite nature, and endless lobster forge a coastal New England classic. Dig into local delicacies with an oyster shucking lesson and tasting. Immerse yourself in dramatic nature at Acadia National Park. See how lobster traps are retrieved from the ocean. Admire the picturesque Portland Head Light, Maine's oldest lighthouse. Take part in a vintage wine tasting at Cellardoor Winery. Enjoy free time in the vibrant city of Portland. Towering mountains, delectable cuisine, and bustling harbors await you in this maritime treasure.

This Small Group Travel program rewards travelers with new perspectives with just 12-24 passengers.

Reserve trip by March 3, 2021 for best price and availability. Prices start at \$3,149 (double).

**For more information:** <https://gateway.gocollette.com/link/1043095>

- 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



**Collette Trip**

# Oasis Albuquerque Intergenerational Tutoring Program

This year, our delivery is a little different but our literacy approach remains the same!

- Promote motivation, success and enjoyment of reading, writing and oral communication
- To assist in developing language, build vocabulary and expand background knowledge
- Increase the confidence and self-esteem of students



Oasis volunteers are working from home and conducting their sessions virtually, making positive connections with students. Oasis Tutors are trained to help



students improve their academic performance, and more importantly, embrace the wonder of reading and writing. Tutors model reading and build literacy skills with students first - third grade utilizing a curriculum developed exclusively for Oasis by educators.

We are always recruiting compassionate, thoughtful, patient, enthusiastic, committed, knowledgeable, humorous, flexible adults. Visit our website at [oasisabq.org/tutoring](http://oasisabq.org/tutoring) for more information on this exciting volunteer opportunity to support our students.

## Join our team!

Contact Tutoring Director Vicki DeVigne at 505-884-4529 or visit our website at [www.oasisabq.org/tutoring](http://www.oasisabq.org/tutoring) for more information.





# Off-Site Class Locations Directory

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

## Bosque Ponds by Tingley Beach

1800 Tingley Drive SW. Meet in the north parking lot at Tingley Beach, just north of the train station/ commissary/restrooms.

## 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.

## Eldora Chocolate

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

## Elena Gallegos Open Space

To access the park from I-40, exit onto Tramway north. After the Academy Road traffic light turn right onto Simms Park Road and travel east to the Information Center. Pay the \$1 entrance fee. Do not leave valuables in your vehicle.

## Juan Tomas Open Space

From I40 take Exit 175 to Tijeras. Go 8.7 miles south on NM 337. Turn left on Oak Flat Road and go 2 miles east. Park in the area on the left, across from the junction with Anaya Road.

## 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.

## Old Town Accessible Walk

Meet at the northern edge of parking lot south of the Abq Museum, across from Tiguex Park on 19th St NW. Accessible parking spaces are free for those with accessible parking permit. Non-accessible parking spaces are numbered (on the pavement) & require a fee of \$1 per 30 min. Put money in the slot with your parking space number in boxes next to the archway on the east side of the parking lot. *Bring exact change.*

## Rio del Norte Trail Walk

Meet at the northern parking lot of Tingley Beach. From the traffic light at Central and Tingley Dr, turn south onto Tingley Dr. Take the first right turn into the ponds. To the right will be the model boat pond. Turn right at the "T" between the two ponds, and head north. It then turns into a large dirt parking lot (the northern parking lot of Tingley Beach).

## UNM Tree Tour

Meet in front of the Popejoy Hall located on the UNM campus at 203 Cornell Dr. Park in any of the spots that are not placarded (handicap, reserved, or at a parking meter.) Free spots are available on Saturdays.

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**

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



**amazon**smile  
You Shop. Amazon Gives.



**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, up to the value of the gift certificate..

To: \_\_\_\_\_

From: \_\_\_\_\_

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

# National News

The Oasis Institute • Spring 2021



## STAY VITAL BY GOING VIRTUAL!

If we think about where we were this time last year, it might induce a heavy sigh. So let's not, and instead focus on how we can make the best of an unthinkable situation by taking a deeper dive into the options we do have. The majority of Oasis Centers will not reopen in-person programming until there is a vaccine as readily available to every American as the Flu vaccine. CDC leaders are predicting it will be another year or so before we can return to safe assemblages. Many of us were holding out for in-person options, but Oasis plans to continue offering virtual lifelong learning, health and exercise programs indefinitely. Join us in discovering more and more ways to get creative and have the best contact-free experiences possible.

While we understand online classes are not for everyone, we sure hope you will give it a chance. We are here to help. We have numerous resources for learning to use technology, including free Zoom courses and recorded tutorials, as well as staff and volunteers on standby, ready to help. If you already use Zoom video, would you be willing to help a friend learn how to? Let's make going virtual go viral!

Visit your local Centers' menu of online classes or try classes from other Oasis Centers around the country at [www.oasiseverywhere.org](http://www.oasiseverywhere.org). You may find taking virtual classes is easier than you thought—opening a new world of learning opportunities and social connection! Try Oasis Everywhere courses and get 10% off your cart at check out using the coupon code **SAVE10**.

*To find out more or to join Oasis for a program in your area or beyond, visit [www.oasisnet.org](http://www.oasisnet.org) and [www.oasiseverywhere.org](http://www.oasiseverywhere.org).*



# Growing with you for 80 years. *Through it all*<sup>®</sup>

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



# Shouldn't your finale be choreographed by you?

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

[frenchfunerals.com](http://frenchfunerals.com)

**FRENCH**  
FUNERALS & CREMATIONS



community public radio

KUNM 89.9 FM albuquerque • santa fe



**Senior Star**  
LAS COLINAS VILLAGE  
INDEPENDENT LIVING

*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](http://seniorstar.com/lascalinas)







# Open yourself up to endless possibilities.

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 an on-site or live video tour today.**



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



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



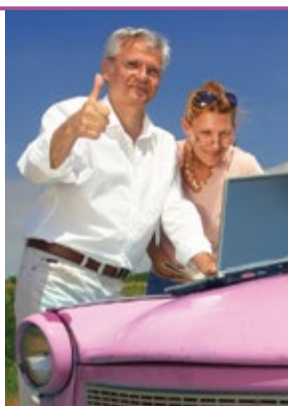
## Community Partners:



## 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!

Call now for more information. Kathleen Raskob: 505-884-4529 or email [kraskob@oasisnet.org](mailto:kraskob@oasisnet.org).



## Telecoil Hearing Loop installed at Oasis

Oasis Albuquerque members with hearing loss have the opportunity to enjoy our on-site classes at Oasis through the use of a “hearing loop.”

**S&I100**

OASIS IS A PROUD MEMBER OF THE SOCIAL IMPACT 100 INDEX OF TOP-PERFORMING NONPROFITS (SI100.ORG)

# when your health or medical condition can't wait.

Lovelace is open safely and treating patients.

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



[lovelace.com](https://lovelace.com)

## Oasis Health Programs

Physical activity is important for nearly every aspect of well-being. It helps your brain, heart, blood vessel, lung, and immune function.

Not only can being physically active increase your life expectancy,

it can increase your health expectancy.

Check out our Zoom-based movement and balance classes and walks to stay active. See Movement & Exercise classes starting on page 11 and Walks and Hikes starting page 37.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b> Spring Registration Opens 10:00am	<b>7</b>	<b>8</b>
<b>11</b> 140zm Secret Abq ZM 3:00-4:30	<b>12</b> 57zm Austin Book ZM 1:30-3:00	<b>13</b>	<b>14</b> Tutor Support Pre-registration required 10:00-11:00 136zm Waylon Jennings ZM 3:00-4:30	<b>15</b>
<b>18</b> 117zm Foreign Policy ZM 9:15-10:45	<b>19</b> 12zm Foreign Policy ZM 9:15-10:45 63zm John Lennon ZM 10:00-12:00 58zm Summit Book ZM 11:00-12:30 59zm Holmes Book ZM 1:00-2:30 117zm Android Basics ZM 1:00-3:00	<b>20</b> 42zm Hamilton ZM 12:30-2:00 60zm West Mesa Book ZM 1:30-3:00	<b>21</b> 30zm Yoga for Aging ZM 9:00-10:15 13zm Anti-Racism ZM 10:00-11:30 61zm Don Quixote Book ZM 1:00-2:30 64zm Richard Rodgers ZM 2:30-4:30	<b>22</b> 82zm Ballets Russes ZM 10:00-11:30 24zm Adult Immunization ZM 12:30-2:00
<b>25</b> 31zm Tai Ji Quan Bal ZM 9:00-10:00 117zm Foreign Policy ZM 9:15-10:45 86zm Utopia Part 1 ZM 10:00-11:30 43zm Donkey, Dervish ZM 2:30-4:00	<b>26</b> 12zm Foreign Policy ZM 9:15-10:45 62zm Sing Show Tunes ZM 10:15-11:45 32zm Tai Chi Health 1 ZM 11:00-12:00 44zm Taino Legacy ZM 12:30-2:00 35zm Qigong Taoist ZM 2:00-3:00	<b>27</b> 31zm Tai Ji Quan Bal ZM 9:00-10:00 22zm Plant-Based Eating ZM 10:00-11:30 65zm Willie Nelson ZM 12:30-2:30 14zm Policymakers ZM 2:30-4:00	<b>28</b> 30zm Yoga for Aging ZM 9:00-10:15 15zm NM Green Amend ZM 10:00-11:30 32zm Tai Chi Health 1 ZM 11:00-12:00 45zm Ethel Payne ZM 12:30-2:00	<b>29</b> 66zm Dolly Parton ZM 10:00-12:00



## Inclement Weather Policy

Because Oasis spring lectures are mostly offered online, there is no plan to cancel any classes. If there is an exception, you will receive a phone call and/or email.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
31zm Tai Ji Quan Bal ZM	9:00-10:00	12zm Foreign Policy ZM	9:15-10:45	31zm Tai Ji Quan Bal ZM	9:00-10:00	36zm Tai Chi Chih 1 ZM	9:00-10:00	125 Sandhill Crane Walk*	10:00-12:00
11zm Foreign Policy ZM	9:15-10:45	62zm Sing Show Tunes ZM	10:15-11:45	95zm Dark Matter, Energy ZM	10:00-11:30	88zm Lent in East & West ZM	10:00-11:30		
		32zm Tai Chi Health 1 ZM	11:00-12:00	96zm Inside the NWS ZM	12:30-2:00	32zm Tai Chi Health 1 ZM	11:00-12:00		
		118zm iPhone Basics ZM	1:00-3:00	122zm Maine Trip		67zm Sam Cooke ZM	12:30-2:30		
		35zm Qigong Taoist ZM	2:00-3:00		3:00-4:00				
		87zm Being Human ZM	2:30-4:00						
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
31zm Tai Ji Quan Bal ZM	9:00-10:00	12zm Foreign Policy ZM	9:15-10:45	31zm Tai Ji Quan Bal ZM	9:00-10:00	36zm Tai Chi Chih 1 ZM	9:00-10:00	10zm Expect Unexpected ZM	10:00-11:30
11zm Foreign Policy ZM	9:15-10:45	62zm Sing Show Tunes ZM	10:15-11:45	111zm Jews Ranching ZM	10:00-11:30	32zm Tai Chi Health 1 ZM	11:00-12:00	126 Sandhill Crane Walk*	10:00-12:00
110zm Lamy Rail Line ZM	10:00-11:30	32zm Tai Chi Health 1 ZM	11:00-12:00	68zm Ella Fitzgerald ZM	2:30-4:30	137zm City of Neon ZM	3:00-4:30		
46zm Frederick Douglass ZM	12:30-2:00	89zm Book of Job ZM	12:30-2:00						
141zm Franz Schubert ZM	3:00-4:30	57zm Austin Book ZM	1:30-3:00						
		35zm Qigong Taoist ZM	2:00-3:00						
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
Office Closed for Presidents Day		62zm Sing Show Tunes ZM	10:15-11:45	31zm Tai Ji Quan Bal ZM	9:00-10:00	36zm Tai Chi Chih 1 ZM	9:00-10:00	69zm Marvin Gaye ZM	10:00-12:00
		32zm Tai Chi Health 1 ZM	11:00-12:00	90zm Kings & Prophets ZM	10:00-11:30	48zm Florence Cathed ZM	10:00-11:30		
		58zm Summit Book ZM	11:00-12:30	91zm Book of Jonah ZM	12:30-2:00	26zm Matter of Balance ZM	10:00-12:00		
		47zm Crop Circles ZM	12:30-2:00	60zm West Mesa Book ZM	1:30-3:00	32zm Tai Chi Health 1 ZM	11:00-12:00		
		59zm Holmes Book ZM	1:00-2:30			23zm Nutrition Aging ZM	12:30-2:00		
		119zm Beyond Android ZM	1:00-3:00			61zm Don Quixote Book ZM	1:00-2:30		
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
31zm Tai Ji Quan Bal ZM	9:00-10:00	12zm Foreign Policy ZM	9:15-10:45	31zm Tai Ji Quan Bal ZM	9:00-10:00	36zm Tai Chi Chih 1 ZM	9:00-10:00		
11zm Foreign Policy ZM	9:15-10:45	62zm Sing Show Tunes ZM	10:15-11:45	123zm Oman ZM	10:00-11:30	97zm Dog Body Language ZM	10:00-11:30		
92zm Think About Evil ZM	10:00-11:30	32zm Tai Chi Health 1 ZM	11:00-12:00	49zm White Sands Missile ZM	12:30-2:00	26zm Matter of Balance ZM	10:00-12:00		
70zm Miles Davis ZM	12:30-2:30	112zm Los Luceros ZM	12:30-2:00			32zm Tai Chi Health 1 ZM	11:00-12:00		
						71zm Peggy Lee ZM	12:30-2:30		

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
1	31zm Tai Ji Quan Bal ZM Foreign Policy ZM Clouds ZM Better Balance A ZM	9:00-10:00 9:15-10:45 10:00-11:30 1:00-2:00	2	12zm 62zm 32zm 124zm 120zm	Foreign Policy ZM Sing Show Tunes ZM Tai Chi Health 1 ZM Belarus & Poland ZM Intermed iPhone ZM	9:15-10:45 10:15-11:45 11:00-12:00 12:30-2:00 1:00-3:00	3	31zm 84zm 38zm 72zm	Tai Ji Quan Bal ZM Spring Clean ZM Better Balance A ZM George Gershwin ZM	9:00-10:00 10:00-11:30 1:00-2:00 2:30-4:30	4	36zm 99zm 26zm 32zm 6zm	Tai Chi Chihh 1 ZM Ridiculed Scientist ZM Matter of Balance ZM Tai Chi Health 1 ZM Japanese Yokai ZM	5 113zm Abq Open Space ZM	9:00-10:00 10:00-11:30
8	31zm Tai Ji Quan Bal ZM Foreign Policy ZM Desert Landforms ZM Better Balance A ZM Spring Birds ZM Linda Ronstadt ZM	9:00-10:00 9:15-10:45 10:00-11:30 1:00-2:00 2:30-4:00 3:00-4:30	9	12zm 16zm 32zm 57zm	Foreign Policy ZM Our Energy Future ZM Tai Chi Health 1 ZM Austin Book ZM	9:15-10:45 10:00-11:30 11:00-12:00 1:30-3:00	10	31zm 38zm	Tai Ji Quan Bal ZM Better Balance A ZM	9:00-10:00 1:00-2:00	11	36zm 50zm 26zm 32zm 114zm 138zm	Tai Chi Chihh 1 ZM Ballooning ZM Matter of Balance ZM Tai Chi Health 1 ZM Medicinal Plants ZM Images of Saturn ZM	12	9:00-10:00 10:00-11:30 10:00-12:00 11:00-12:00 12:30-2:00 3:00-4:30
15	31zm Tai Ji Quan Bal ZM Foreign Policy ZM Spies on Radio ZM Better Balance B ZM	9:00-10:00 9:15-10:45 12:30-2:00 1:00-2:00	16	12zm 62zm 32zm 58zm 59zm 121zm	Foreign Policy ZM Sing Show Tunes ZM Tai Chi Health 1 ZM Summit Book ZM Holmes Book ZM Cybercrime Fighters ZM	9:15-10:45 10:15-11:45 11:00-12:00 11:00-12:30 1:00-2:30 1:00-3:00	17	31zm 52zm 39zm 60zm	Tai Ji Quan Bal ZM Spanish Flu ZM Better Balance B ZM West Mesa Book ZM	9:00-10:00 10:00-11:30 1:00-2:00 1:30-3:00	18	37zm 26zm 32zm 73zm 61zm	Tai Chi Chihh 2 ZM Matter of Balance ZM Tai Chi Health 1 ZM Aaron Copland ZM Don Quixote Book ZM	19 115zm Kilmo Theater ZM	9:00-10:00 10:00-12:00 11:00-12:00 12:30-2:30 1:00-2:30
22	31zm Tai Ji Quan Bal ZM Reversing Diabetes? ZM Pete Seeger ZM Better Balance B ZM	9:00-10:00 10:00-11:30 12:30-2:30 1:00-2:00	23	62zm 33zm 102zm	Sing Show Tunes ZM Tai Chi Health 2 ZM Brain's Agenda ZM	10:15-11:45 11:00-12:00 2:00-4:00	24	40zm 103zm 39zm	Stretch & Relax ZM Science & Fiction ZM Better Balance B ZM	9:00-10:00 10:00-11:30 1:00-2:00	25	37zm 17zm 26zm 33zm 102zm	Tai Chi Chihh 2 ZM Jeopardy Champion ZM Matter of Balance ZM Tai Chi Health 2 ZM Brain's Agenda ZM	26 129 9zm	9:00-10:00 10:00-11:30 10:00-12:00 11:00-12:00 2:00-4:00
29	130 Juan Tomas Hike*	9:00-12:00	30	62zm 33zm 104zm	Sing Show Tunes ZM Tai Chi Health 2 ZM Us vs Them ZM	10:15-11:45 11:00-12:00 2:00-4:00	31	40zm 132	Stretch & Relax ZM Bosque Ponds Hike*	9:00-10:00 9:00-11:30					

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						<b>1</b>		<b>2</b>	
						37zm Tai Chi Chih 2 ZM 26zm Matter of Balance ZM 33zm Tai Chi Health 2 ZM 75zm Cat Stevens ZM		9:00-10:00 10:00-12:00 11:00-12:00 2:30-4:30	
						<b>8</b>		<b>9</b>	
<b>5</b>		<b>6</b>		<b>7</b>		37zm Tai Chi Chih 2 ZM 29zm Heart Disease Myths ZM 26zm Matter of Balance ZM 133 Rio Bosque Walk* 33zm Tai Chi Health 2 ZM 18zm Supreme Court Term ZM 139zm Railroadng NM ZM		9:00-10:00 10:00-11:30 10:00-12:00 10:00-12:00 11:00-12:00 12:30-2:00 3:00-4:30	
127 Walking Mondays* 116zm Santa Fe Ring ZM 76zm Jazz Piano ZM		20 Eldora Chocolate Tour* 62zm Sing Show Tunes ZM 33zm Tai Chi Health 2 ZM 53zm Postcards ZM		128 Walking Wednesdays* 40zm Stretch & Relax ZM 28zm Bone Health ZM 54zm Chartres Cathedral ZM		37zm Tai Chi Chih 2 ZM 29zm Heart Disease Myths ZM 26zm Matter of Balance ZM 133 Rio Bosque Walk* 33zm Tai Chi Health 2 ZM 18zm Supreme Court Term ZM 139zm Railroadng NM ZM		131 Juan Tomas Hike* 77zm Barbra Streisand 80/80zm Flamenco Performance/Talk 2:00-3:30	
						<b>15</b>		<b>16</b>	
<b>12</b>		<b>13</b>		<b>14</b>		41zm Yoga Happy Feet ZM 94zm Icons: Spiritual Art ZM 26zm Matter of Balance ZM 33zm Tai Chi Health 2 ZM 78zm Carpenters ZM 61zm Don Quixote Book ZM		9:00-10:15 10:00-11:30 10:00-12:00 11:00-12:00 12:30-2:30 1:00-2:30	
127 Walking Mondays* 93zm Utopia Part 2 ZM 143zm Project Y Spies ZM		21 Eldora Chocolate Tour* 62zm Sing Show Tunes ZM 33zm Tai Chi Health 2 ZM 57zm Austin Book ZM		128 Walking Wednesdays* 55zm Muslims in India ZM		Yoga Happy Feet ZM Icons: Spiritual Art ZM Matter of Balance ZM Tai Chi Health 2 ZM Carpenters ZM Don Quixote Book ZM		10:30-12:00 10:30-12:00 10:30-12:00 10:30-12:00 10:30-12:00 10:30-12:00	
						<b>22</b>		<b>23</b>	
<b>19</b>		<b>20</b>		<b>21</b>		56zm Avignon Palace ZM 135 Old Town Stroll* 109/109zm Bees ZM		8/81zm Celebrate Jane Ellen 2:00-3:30	
127 Walking Mondays* 19zm Electric Velities ZM 107zm Science Sleuths ZM		62zm Sing Show Tunes ZM 58zm Summit Book ZM 59zm Holmes Book ZM		128 Walking Wednesdays* 134 Elena Gallegos Hike* 85 Memoir Writing 60zm West Mesa Book ZM 108zm Planet Perspective ZM		Avignon Palace ZM Old Town Stroll* Bees ZM		10:00-11:30 10:00-12:00 12:30-2:00	
						<b>29</b>		<b>SATURDAY APR 24</b> 106 Trees of UNM Tour* 10:30-12:00	
<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
127 Walking Mondays* 8:30-10:00				128 Walking Wednesdays* 8:30-10:00					

## MAY 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
127	Walking Mondays* 8:30-10:00			128	Walking Wednesdays* 8:30-10:00				
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
127	Walking Mondays* 8:30-10:00			128	Walking Wednesdays* 8:30-10:00				

## APRIL / MAY 2021

ZM = LIVESTREAM VIA ZOOM

\* OFF-SITE CLASS. PLEASE SEE THE OFF-SITE LOCATION DIRECTIONS ON PAGE 45

# 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 an Oasis member?

You may join Oasis at any time by completing the **New Participant Form** found on the inside back cover of this catalog or go online to [www.oasisabq.org](http://www.oasisabq.org) and click on the **Sign In** link.

## How do I register for classes?

You may register online, in person at the Oasis office, or by mail at any time during the spring session. Payment is required at the time of registration and holds your place in a class. Oasis will take phone registrations; however, please be aware that if the office is closed due to public health restrictions, our ability to do so is severely limited. Mailing in a paper registration form is highly recommended if you do not want to register online. You may add classes anytime throughout the spring term - either online or 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?

Most Zoom classes have a maximum capacity of 300 so we do not anticipate a lecture filling up.

\*There are a few exceptions. For technology classes and walks/hikes with very limited enrollment, 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 in and have paid by check or cash, we will apply a credit to your Oasis account 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.

## 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 & Zoom Links

Since most classes will only be offered online via Zoom, you will NOT receive a courtesy call reminding you of your class. Your reminder will be an email sent one business day prior to the class with the Zoom link, meeting ID, and password. Please keep a calendar with your scheduled classes and check your email junk/spam folders for the Zoom link. Keep your registration receipt - it includes class dates and times. We do not refund or credit class fees if you miss your class.

## Information about Oasis credits

Throughout 2020, Oasis canceled many of our educational offerings due to the pandemic, and there are a lot of you who now have credit on your account. We would very much like you to use the credit or consider donating it back to Oasis!

If you register online, the credit will appear when you check out. If you register by writing a check, please call the office to inquire how much credit you have.

**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:

## Spring 2021

Registration opens Wednesday, January 6 at 10:00am.  
Spring 2021 classes begin Monday, January 11, 2021.

### 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, January 6, 2021. 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 January 6, 2021.

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 (January 6, 2021). 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.

## 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](http://www.oasisabq.org)

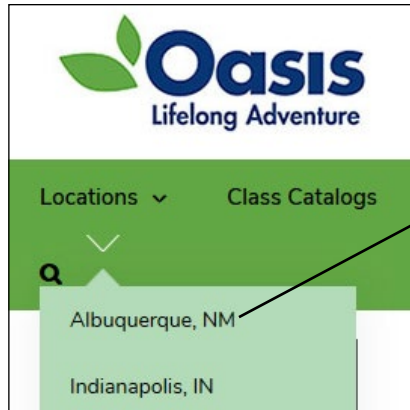
It's easy and convenient; pay with a credit card. (See page 58)

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

Online signups require credit card payment.

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

# How to register for classes on the Oasis website



**1. Go to [www.oasisnet.org](http://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.

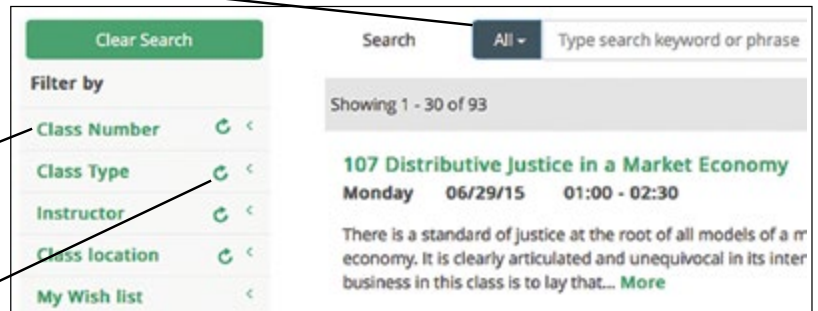


**4. On the Albuquerque Oasis home page, choose **Classes**** from the menu to see upcoming classes.

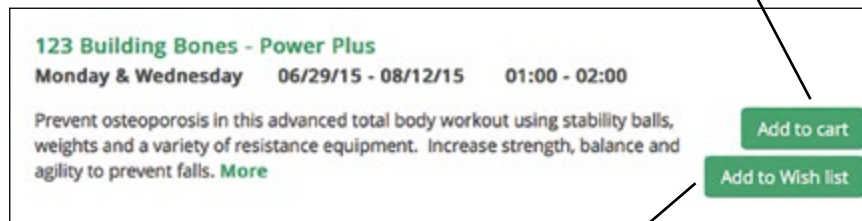
**5. Finding classes:** On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top.

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.

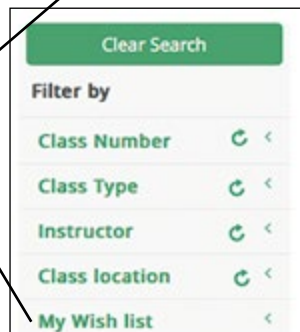


**6. To sign up for a class, click **Add to cart**.**



**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 Jan 6.



**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 Spring 2021 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.

**BY: \_\_\_\_\_**  
**SIGNATURE REQUIRED** ➡

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	6zm	JAPANESE YOKAI ZM	\$10			
	9zm	FRIDA KAHLO, RIVERA ZM	\$10			
	10zm	EXPECT UNEXPECTED ZM	\$10			
	11zm	FOREIGN POLICY GRP ZM	\$70			
	12zm	FOREIGN POLICY GRP ZM	\$70			
	13zm	ANTI-RACISM ZM	\$10			
	14zm	POLYMAKERS & PRESS ZM	\$10			
	15zm	NM GREEN AMENDMENT ZM	\$10			
	16zm	OUR ENERGY FUTURE ZM	\$10			
	17zm	JEOPARDY CHAMPION ZM	\$10			
	18zm	SUPREME COURT ZM	\$10			
	19zm	ELECTRIC VEHICLES ZM	\$10			
	20	ELDORA CHOCOLATE TOUR*	\$20			
	21	ELDORA CHOCOLATE TOUR*	\$20			
	22zm	PLANT-BASED EATING ZM	\$12			
	23zm	NUTRITION HEALTHY AGING ZM	\$10			
	24zm	ADULT IMMUNIZATIONS ZM	\$10			
	26zm	MATTER OF BALANCE ZM	\$0			
	27zm	REVERSING DIABETES ZM	\$10			
	28zm	BONE HEALTH ZM	\$10			
	29zm	HEART DISEASE MYTHS ZM	\$10			
	30zm	YOGA FOR HEALTHY AGING ZM	\$16			
	31zm	TAI JI QUAN FOR BALANCE ZM	\$0			
	32zm	TAI CHI FOR HEALTH 1 ZM	\$0			
	33zm	TAI CHI FOR HEALTH 2 ZM	\$32			

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	35zm	QIGONG TAOIST METHOD ZM	\$24			
	36zm	TAI CHI CHIH 1 ZM	\$60			
	37zm	TAI CHI CHIH 2 ZM	\$40			
	38zm	BETTER BALANCE A ZM	\$20			
	39zm	BETTER BALANCE B ZM	\$20			
	40zm	STRETCH & RELAX ZM	\$24			
	41zm	YOGA HAPPY FEET ZM	\$8			
	42zm	HAMILTON- MUSICAL ZM	\$10			
	43zm	DONKEYS, DERVISHES ZM	\$10			
	44zm	TAINO & THEIR LEGACY ZM	\$10			
	45zm	ETHEL PAYNE ZM	\$10			
	46zm	FREDERICK DOUGLASS ZM	\$10			
	47zm	CROP CIRCLES ZM	\$10			
	48zm	FLORENCE CATHEDRAL ZM	\$10			
	49zm	WHITE SANDS MISSILE RANGE ZM	\$10			
	50zm	BALLOONING ZM	\$10			
	51zm	SPIES ON RADIO ZM	\$10			
	52zm	SPANISH FLU PANDEMIC ZM	\$10			
	53zm	POSTCARDS ZM	\$10			
	54zm	CHARTRES CATHEDRAL ZM	\$10			
	55zm	MUSLIMS IN INDIA ZM	\$10			
	56zm	AVIGNON PAPAL PALACE ZM	\$10			
	57zm	AUSTIN BOOK GRP ZM	\$10			
	58zm	SUMMIT BOOK GRP ZM	\$10			
	59zm	HOLMES BOOK GRP ZM	\$10			

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	60zm	WEST MESA BOOK GRP ZM	\$10			
	61zm	DON QUIXOTE BOOK GRP ZM	\$10			
	62zm	SINGING SHOW TUNES ZM	\$65			
	63zm	JOHN LENNON ZM	\$10			
	64zm	RICHARD RODGERS ZM	\$10			
	65zm	WILLIE NELSON ZM	\$10			
	66zm	DOLLY PARTON ZM	\$10			
	67zm	SAM COOKE ZM	\$10			
	68zm	ELLA FITZGERALD ZM	\$10			
	69zm	MARVIN GAYE ZM	\$10			
	70zm	MILES DAVIS ZM	\$10			
	71zm	PEGGY LEE ZM	\$10			
	72zm	GEORGE GERSHWIN ZM	\$10			
	73zm	AARON COPLAND ZM	\$10			
	74zm	PETE SEEGER ZM	\$10			
	75zm	CAT STEVENS ZM	\$10			
	76zm	JAZZ PIANO ZM	\$10			
	77zm	BARBRA STREISAND ZM	\$10			
	78zm	CARPENTERS ZM	\$10			
	80	FLAMENCO PERFORMANCE/TALK	\$12			
	80zm	FLAMENCO PERFORMANCE/TALK ZM	\$12			
	81	CELEBRATE JANE ELLEN	\$0			
	81zm	CELEBRATE JANE ELLEN ZM	\$0			
	82zm	BALLETS RUSSSES ZM	\$10			
	84zm	SPRING CLEAN ZM	\$10			





Oasis Spring 2021 Class Registration

Oasis ID# (from catalog address label): \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

**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.

**By: \_\_\_\_\_**

**SIGNATURE REQUIRED** ➡

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	6zm	JAPANESE YOKAI ZM	\$10			
	9zm	FRIDA KAHLO, RIVERA ZM	\$10			
	10zm	EXPECT UNEXPECTED ZM	\$10			
	11zm	FOREIGN POLICY GRP ZM	\$70			
	12zm	FOREIGN POLICY GRP ZM	\$70			
	13zm	ANTI-RACISM ZM	\$10			
	14zm	POLYMAKERS & PRESS ZM	\$10			
	15zm	NM GREEN AMENDMENT ZM	\$10			
	16zm	OUR ENERGY FUTURE ZM	\$10			
	17zm	JEOPARDY CHAMPION ZM	\$10			
	18zm	SUPREME COURT ZM	\$10			
	19zm	ELECTRIC VEHICLES ZM	\$10			
	20	ELDORA CHOCOLATE TOUR*	\$20			
	21	ELDORA CHOCOLATE TOUR*	\$20			
	22zm	PLANT-BASED EATING ZM	\$12			
	23zm	NUTRITION HEALTHY AGING ZM	\$10			
	24zm	ADULT IMMUNIZATIONS ZM	\$10			
	26zm	MATTER OF BALANCE ZM	\$0			
	27zm	REVERSING DIABETES ZM	\$10			
	28zm	BONE HEALTH ZM	\$10			
	29zm	HEART DISEASE MYTHS ZM	\$10			
	30zm	YOGA FOR HEALTHY AGING ZM	\$16			
	31zm	TAI JI QUAN FOR BALANCE ZM	\$0			
	32zm	TAI CHI FOR HEALTH 1 ZM	\$0			
	33zm	TAI CHI FOR HEALTH 2 ZM	\$32			

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	35zm	QIGONG TAOIST METHOD ZM	\$24			
	36zm	TAI CHI CHIH 1 ZM	\$60			
	37zm	TAI CHI CHIH 2 ZM	\$40			
	38zm	BETTER BALANCE A ZM	\$20			
	39zm	BETTER BALANCE B ZM	\$20			
	40zm	STRETCH & RELAX ZM	\$24			
	41zm	YOGA HAPPY FEET ZM	\$8			
	42zm	HAMILTON: MUSICAL ZM	\$10			
	43zm	DONKEYS, DERVISHES ZM	\$10			
	44zm	TAINO & THEIR LEGACY ZM	\$10			
	45zm	ETHEL PAYNE ZM	\$10			
	46zm	FREDERICK DOUGLASS ZM	\$10			
	47zm	CROP CIRCLES ZM	\$10			
	48zm	FLORENCE CATHEDRAL ZM	\$10			
	49zm	WHITE SANDS MISSILE RANGE ZM	\$10			
	50zm	BALLOONING ZM	\$10			
	51zm	SPIES ON RADIO ZM	\$10			
	52zm	SPANISH FLU PANDEMIC ZM	\$10			
	53zm	POSTCARDS ZM	\$10			
	54zm	CHARTRES CATHEDRAL ZM	\$10			
	55zm	MUSLIMS IN INDIA ZM	\$10			
	56zm	AVIGNON PAPAL PALACE ZM	\$10			
	57zm	AUSTIN BOOK GRP ZM	\$10			
	58zm	SUMMIT BOOK GRP ZM	\$10			
	59zm	HOLMES BOOK GRP ZM	\$10			

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	60zm	WEST MESA BOOK GRP ZM	\$10			
	61zm	DON QUIXOTE BOOK GRP ZM	\$10			
	62zm	SINGING SHOW TUNES ZM	\$65			
	63zm	JOHN LENNON ZM	\$10			
	64zm	RICHARD RODGERS ZM	\$10			
	65zm	WILLIE NELSON ZM	\$10			
	66zm	DOLLY PARTON ZM	\$10			
	67zm	SAM COOKE ZM	\$10			
	68zm	ELLA FITZGERALD ZM	\$10			
	69zm	MARVIN GAYE ZM	\$10			
	70zm	MILES DAVIS ZM	\$10			
	71zm	PEGGY LEE ZM	\$10			
	72zm	GEORGE GERSHWIN ZM	\$10			
	73zm	AARON COPLAND ZM	\$10			
	74zm	PETE SEEGER ZM	\$10			
	75zm	CAT STEVENS ZM	\$10			
	76zm	JAZZ PIANO ZM	\$10			
	77zm	BARBRA STREISAND ZM	\$10			
	78zm	CARPENTERS ZM	\$10			
	80	FLAMENCO PERFORMANCE/TALK	\$12			
	80zm	FLAMENCO PERFORMANCE/TALK ZM	\$12			
	81	CELEBRATE JANE ELLEN	\$0			
	81zm	CELEBRATE JANE ELLEN ZM	\$0			
	82zm	BALLETS RUSSSES ZM	\$10			
	84zm	SPRING CLEAN ZM	\$10			



# 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](http://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](http://www.oasisabq.org)**

Registration opens on

**Wednesday, January 6, 10:00am**

**& continues **THROUGHOUT** the term.**

**See pages 57-58.**

**Classes begin Monday, January 11**



[www.facebook.com/OasisAlbuquerque](http://www.facebook.com/OasisAlbuquerque)



[www.instagram.com/OasisAlbuquerque](http://www.instagram.com/OasisAlbuquerque)



[www.twitter.com/OasisAbq](http://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

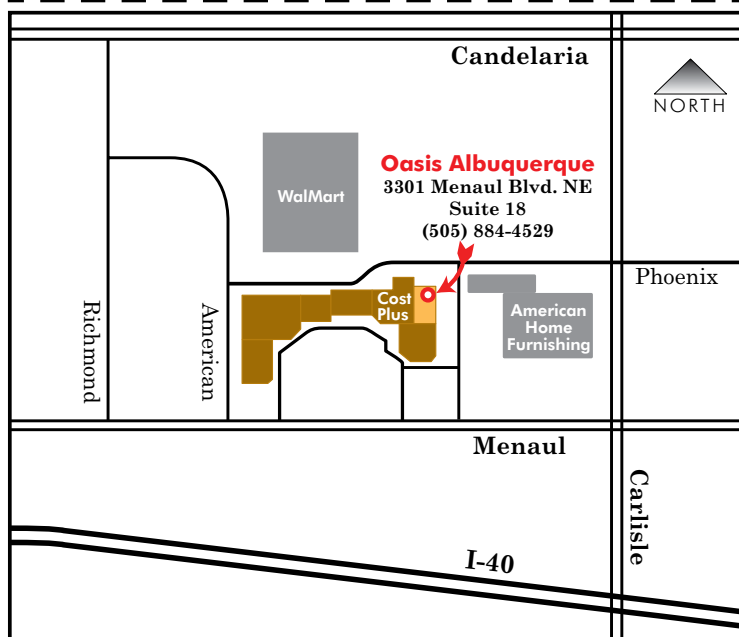
U.S. Postage

**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!**