

Classes May - August 2021
Registration Opens
Wednesday, May 5, 10:00am



Summer 2021

Lectures, technology, health & wellness programs, volunteering, & more!



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Dear Oasis Friends,

Thanks to all of you who have stuck with Oasis through thick and thin during this unprecedented time. As I write this, we are hopeful we will be able to welcome you back to the center in the near future. You will notice that all summer classes continue to be scheduled for online only through the Zoom platform. Opening up depends on public health guidelines, and we follow those very closely. If we are able to add some type of in-person classroom experience this summer, we will do it!

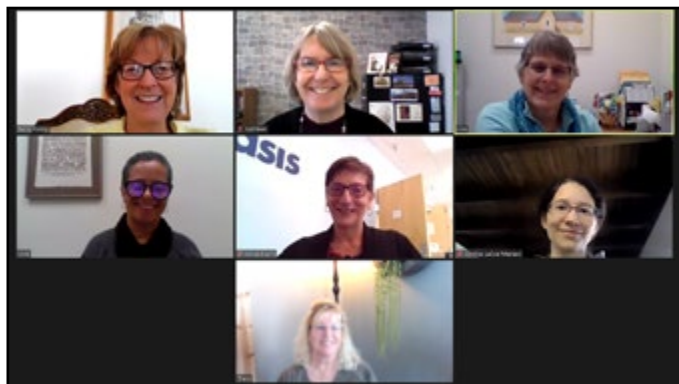
Keep reading our weekly updates and check the Oasis website regularly (www.oasisabq.org).

I also want to extend a warm welcome to our newest staff member, Tracy Zerkle. Tracy joins Albuquerque Oasis remotely from Stockton, MO. She has a wealth of Oasis experience, having served as the Health & Wellness Coordinator and Associate Director for the San Antonio Oasis center for many years, until she moved to Missouri several years ago. Tracy is helping us with catalog production and our health and wellness programming.

Finally, Oasis wouldn't be where it is without an exceptionally dedicated staff - thanks to Cynthia, Vicki, Becky, Sylvia, Lisa, and Tracy for all they do for Oasis.

Kathleen

Kathleen Raskob
Executive Director



Our Mission

Offering challenging programs in the arts, humanities, science, wellness, and volunteer service, Oasis creates opportunities for older adults to continue their personal growth and meaningful service to the community.

Oasis Affiliation

Oasis Albuquerque is a non-profit organization affiliated with the Oasis Institute in St. Louis, Missouri, which was founded in 1982. Nationally, Oasis programs reach more than 52,000 individuals and engage more than 6,100 volunteers annually.

Join Oasis

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

The Oasis Center

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

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

Mail: PO Box 35518 Albuquerque NM 87176

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

Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org

Oasis staff members

Top row: Becky Kenny, Kathleen Raskob,
Lisa Lerner

Second row: Vicki DeVigne, Sylvia Giomi,
Cynthia LaCoe-Maniaci

Bottom: Tracy Zerkle

**A Message from Lisa Lerner,
Oasis Office Manager**

Hello everyone!

I miss seeing all of your smiling faces coming through the door, but thanks for becoming “Zoomers” over the last months!

Oasis made a switch to a new online registration system a few months ago. If you haven’t tried logging into your account since the end of February, give it a try. If you get a message saying you don’t have an account, or it doesn’t recognize your username or password, just call the office and we can send you your username and password and reactivate your account. Please don’t make a new account or you will have two! You will also need to use a credit card specific to your name and address to complete your registration.

If you have any problems, we’re just a phone call away and happy to help.

I am still emailing Zoom links one day prior to class. You may also find your Zoom link in your Oasis account. After signing into your account, click on Dashboard, click the button “View/Print Class Term Receipt” and the receipt will have your Zoom links.

I hope we can be together again in person before year end. In the meantime, stay well and I’ll look for you on Zoom!

A big THANK YOU to all of our volunteers who have continued through the pandemic either on Zoom or behind the scenes. They have helped deliver classes, assist with Zooming, learned how to tutor online, kept the tutor library updated, proofed catalogs and learned a new database registration system. We couldn’t do it all without dedicated volunteers.

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**See pages 56-58 for important policy
& registration information.**

On the cover:

*Left: Summer in NM brings dramatic weather.
Learn more in class #79.
Floods in a Desert. Photo by Amy Howard*

*Right: Oasis classes offer many ways to improve
and maintain your health and well-being.
Photo: Adobe Stock.*

New to Zoom?

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



Quick Tips

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

Zooming With Oasis

- You will receive your Zoom link, meeting ID, and password for the class via email 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 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 or www.fast.com. Zoom automatically optimizes based on the participant's network.
- We will open up the class before the instructor begins.
- For most classes, we disable participants' audio and video. You can use the "chat" feature to type and ask questions during or at the end of the program.
- At the end of the class, you can exit the program by clicking on the red "Leave" button.

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

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

Consumer Information & Finance

Resources for Independence in Aging

1zm

Kris Winterowd

The NM Aging and Long-Term Services Department offers one-stop access to a variety of federal, state, local, public, and private resources to support New Mexicans in maintaining their independence as they age. This class offers an opportunity to learn about how to access resources including caregiver support, health and wellness, benefits counselling, transportation resources and more, through your local Aging and Disability Resource Center.

Kris Winterowd is the NE Regional Coordinator for the State of New Mexico's State Health Insurance Assistance Program (SHIP). SHIP is part of the New Mexico Aging and Long Term Services Department, and offers free, unbiased, expert information and assistance to New Mexico residents.

Thursday Aug 12 10:00 - 11:30

Fee: \$5 Zoom

Current Events

Four Months with President Biden: How is He Doing? How Are We Doing?

2zm

Fred Harris

In his earliest days in office, President Joe Biden signed numerous executive orders and made detailed legislative proposals to deal with our country's unprecedented and simultaneous crises: the COVID-19 pandemic; an economic recession with crippling unemployment and worsening inequality of wealth and income; continued systemic racial and ethnic inequity;

and extreme political polarization amid assaults on our democracy. This lecture focuses on what progress has been made on all fronts since Biden took office, as well as the prospects now for further progress.

A former US senator and national chair of the Democratic Party, Fred Harris is a widely published author and professor emeritus of political science at the University of New Mexico, where he continues to teach in the Fred Harris Congressional Internship Program. He has produced 20 nonfiction books, including, as co-editor, *Healing Our Divided Society*, a fiftieth-anniversary update of the 1968 Report of the Kerner Commission, of which he is the lone surviving member.

Tuesday May 18 12:30 - 2:00

Fee: \$10 Zoom

Just How Polarized Are We?

3zm

Michael Rocca

Michael Rocca highlights one of the defining characteristics of today's American politics: polarization. While experts agree that polarization exists at the elite level (e.g. the U.S. Congress and media), there is considerably less agreement over the level of polarization among the American public. Rocca answers the questions: just how polarized are the American public and our elected officials; what has caused these varying levels of polarization; how much does polarization



Class #3 Political activists confront each other at a rally.

Photo by Fibonacci Blue

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matter to our political outcomes; and what can we do to counter this phenomenon?

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

Friday May 21 10:00 - 11:30

Fee: \$10 Zoom

Cannabis in New Mexico

4zm

Duke Rodriguez

The 2021 New Mexico legislature spent time and effort considering the legalization of cannabis and the cannabis industry in our state. Duke Rodriguez discusses the cannabis landscape in New Mexico, including the state's Medical Cannabis Program and the legalization of cannabis for adult use. Rodriguez also covers the possible impacts to our economy and workforce.

Duke Rodriguez, CEO and President of Ultra Health, founded Ultra Health, in 2010. Ultra Health is the nation's largest vertically integrated medical cannabis provider, operating a state-of-the-art cultivation facility and 20 dispensaries in New Mexico, which all feature pharmaceutical cannabis products developed through proprietary technology with Israeli pharmaceutical group Panaxia. Before founding Ultra Health, Duke served as COO at Lovelace and as a cabinet secretary for the State of New Mexico.

Tuesday Jun 8 10:00 - 11:30

Fee: \$10 Zoom

Demystifying Pronouns and Understanding Transgender

5zm

Adrien Lawyer

This course covers the basics of gender, biological sex and gender expression, and

demystifies those pronouns (he/him,she/her/they/them), and how to use them.

Adrien Lawyer introduces you to the lives and issues of transgender people. He personalizes transgender folks, increasing awareness while decreasing discrimination, fear, hostility, and violence that is routinely directed towards members of this population. You are encouraged to examine your own gender identity and the cultural norms and expectations you hold surrounding gender and sexuality.

Adrien Lawyer is the co-director of the Transgender Resource Center of New Mexico. TGRCNM is the only organization that provides a wide array of services for the transgender community in our state. He has presented programs on transgender issues more than 950 times all over New Mexico and has been instrumental in advocacy at the individual and policy levels. He is transgender, a father, and an advocate for equality and accessible resources for all.

Wednesday Jun 23 10:00 - 11:30

Fee: \$10 Zoom

Grassroots Solutions from New Mexico

6zm

Dede Feldman

Grassroots Solutions from New Mexico is a tour through innovative organizations and inspiring local leaders who are changing the world from the bottom up, one classroom, one clinic, one neighborhood at a time. Together they point to an alternative form of community and economic development and present alternatives in a challenging time. Hear about asparagus farmers, EMTs, neighborhood hell raisers, radical teachers and health care reformers. This class is based on Feldman's book, *Another Way Forward: Grassroots Solutions from New Mexico*.

Dede Feldman was a state senator from Albuquerque from 1997-2012, serving as the

chair of the Senate Public Affairs Committee as well as the Health and Human Services Committee. She is the sponsor of landmark legislation in the areas of health care, campaign finance and ethics reform, and consumer protection. She is the author of *Inside the New Mexico Senate: Boots, Suits, and Citizens*.

Wednesday Jul 7 10:00 - 11:30

Fee: \$10 Zoom

How a Bill Really Becomes a Law! 7zm

Rodger Beimer

Ever wonder about lobbyists? What they do? How they work? Are they good or bad? Join veteran journalist (and one-time lobbyist) Rodger Beimer for an intriguing discussion with three of New Mexico's most prominent and experienced lobbyists. Ed Mahr, Joe Menapace, and Tom Horan have oftentimes been on opposite sides of an issue. On behalf of their clients, they keep track of issues and trends with a keen eye on political and legislative happenings. They represent some of New Mexico's largest employers and many national companies and corporations.

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

Wednesday Jul 28 10:00 - 11:30

Fee: \$10 Zoom

Justice Amy Coney Barrett's First Term on the Supreme Court 8zm

Andrew Schultz

Justice Amy Coney Barrett was appointed to the Supreme Court following the death of Justice Ginsburg. Her potential impact on the Court is just beginning to be felt as

she completes her first term. Andrew Schultz reviews Justice Barrett's brief tenure on the Court and discusses her role in a number of the Court's most recent decisions, including cases dealing with the Affordable Care Act, discrimination, religious liberty, robocalls, and free speech.

Andrew Schultz

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

Monday Aug 2 12:30 - 2:00

Fee: \$10 Zoom

"And That's the Way It Is": A Look Back at 70 Years of TV News 9zm

Brian Rose

Television news has undergone a remarkable transformation since its inception in the 1940s. From John Cameron Swayze's Camel News Caravan to Walter Cronkite's CBS Evening News, evening newscasts drew millions of viewers. With the founding of CNN in 1980, TV news expanded to 24 hours/day, seven days/week. Then, in 1996, MSNBC and Fox News came along with a more partisan



Andrew Schultz reviews Amy Coney Barrett's role on the Supreme Court in class #8.

Photo by Rachel Malehorn.

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

approach to news. Brian Rose looks at these sweeping changes and examines the impact, both good and bad, on television journalism over the last 70+ years.

Brian Rose is a professor emeritus at Fordham University, where he taught for 38 years in the Department of Communication and Media Studies. He has written several books on television history and cultural programming and conducted more than a hundred Q&As with leading directors, actors, and writers for the Academy of Motion Picture Arts & Sciences, the Screen Actors Guild, the British Academy of Film and Television Arts, and the Directors Guild of America.

Thursday May 20 12:30 - 1:45
Fee: \$10 Zoom

How Netflix Is Disrupting the Entertainment Industry 10zm

Brian Rose

From its start as a DVD-by-mail rental service, Netflix has systematically changed the rules of the media business. Its introduction of streaming in 2007 led to the decline of the video rental store and dramatically increased the use of broadband internet. Starting in 2013, the introduction of its own programming challenged the traditional ways viewers watched TV. Now its original movies are upending the operations of the Hollywood studios. We examine how Netflix is poised to become the dominant source of leisure time entertainment throughout the world.

See bio #9.

Wednesday Jun 16 12:30 - 1:45
Fee: \$10 Zoom

Food & Nutrition

The History of Food 11zm

Gregory Gould

Using the co-evolution of homo sapiens and diet as the organizing principle, this lecture spans seven million years of food history. The

lectures moves from the first use of fire, to the domestication of plants and animals, to the rise of civilizations, to colonialization, right up to the industrial revolution and the present. Population growth and migration, the quest for flavor and sweetness, and labor saving devices are recurring themes. Eating is at the heart of the human experience.

Gregory Gould, MPA, LADAC, is a world traveler with twenty years of food research under his belt. Gould hosted a two-year-long series of television programs under the title *Foodology*. Gould has taught cooking classes for pregnant women in the Milagros Program of UNMH and conducted a multi-year organic garden project with men under the auspices of Albuquerque HealthCare for the Homeless.

Tuesday Jun 1 10:00 - 11:30
Fee: \$10 Zoom

New Mexico Food Trails 12zm

Carolyn Graham

This class explores New Mexico's food history as well as the state's classic and popular ingredients and dishes. We travel virtually to the author's favorite places in the state to enjoy our top crop – green chile in all its forms – as well as sweets, burgers, craft beer, and other beverages.

Carolyn Graham is a food and travel journalist, producer, and author who lives in Santa Fe. She has served as chief executive officer at *New Mexico Magazine* and editor in chief at *New Mexico Journey* (the AAA member publication) and has written about everything from pinto beans to Dolly Parton. She was born in Las Cruces and has green chile in her blood - her dad was raised in nearby Hatch, the green chile capital of the world.

Thursday Jun 24 12:30 - 2:00
Fee: \$10 Zoom

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

13zm

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.

Thursday Jul 8 12:30 - 2:00
Fee: \$12 Zoom

The Fungal Frontier

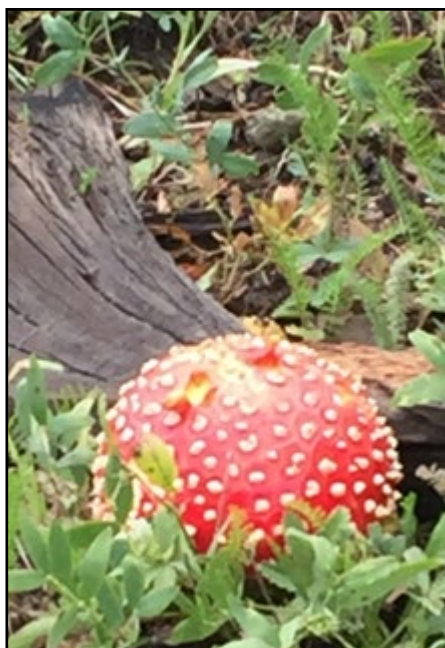
14zm

David Augustyniak

Mushrooms and fungi are gaining more attention in print media, social media, culinary arts, pharmaceutical and medical industries, and in flower and farming communities around the globe. Join David Augustyniak

as he journeys into the Fungal Frontier and explores the possibilities from these ancient allies. He discusses their use in medicine, food, textiles, building materials, as well as their historic impacts, remediation, farming applications, and local foraging.

David Augustyniak is the owner and operator of both The Art Farm and UnI (You and I) Fungi. The Art Farm is a beyond organic, permaculture teaching farm, focused on



Learn more about mushrooms and fungi in class #14. Shown above - Amanita muscaria, commonly known as fly agaric.

Photo by Jan Bandrofchak.

regenerative holistic systems, the soil food web, and mycology. UnI Fungi is a commercial teaching mushroom farm focused on sourcing all materials organic and hyper local whenever possible. Augustyniak has served as Vice President and President of the NM Mycological Society.

Monday Jul 12 12:30 - 2:00
Fee: \$10 Zoom

The Global Roots of New Mexican Cuisine 15zm

Elizabeth Stone

Building on the exhibit, "Enchiladas: A Global Journey to New Mexico," on display at Gutierrez Hubbell House May-August 2021, Dr. Stone examines the ways that migration, communication, and trade

have helped shape local food traditions. She explores some of the methods, ingredients, and crops that have been adopted, cultivated, changed, and embraced by farmers and chefs in New Mexican kitchens and yards over time. Learn how food is an integral part of our network of cultural connection here in New Mexico.

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Elizabeth Stone is the Site Manager of the Gutierrez Hubbell House. She has held similar positions at Museo Larco, Crow Canyon Archaeological Center, Branigan Cultural Center, and the Spurlock Museum. Stone received her PhD in Anthropology from UNM. Stone has over a decade of museum experience focused on New Mexico cultural heritage, particularly indigenous history, archaeology, and contemporary life. She has taught at universities and museums in the US, Mexico, Spain, and Peru.

Thursday Jul 15 10:00 - 11:30

Fee: \$10 Zoom

Health & Fitness Lectures

Loss and Grief in the Age of COVID-19

16zm

Joan McIver Gibson

Isolation. Livelihoods upended. Elders dying alone. Youth separated from peers and teachers. The list of losses is exhaustive and exhausting. While loss is nothing new, this pandemic has overwhelmed us with a tragedy previously unimaginable. How do we grieve? Gibson examines the role and rituals of grief throughout history and across cultures. Participants are invited to reflect on their personal losses. How do our attitudes toward grieving help or hinder healing?

Joan McIver Gibson, PhD, is a philosopher and consultant in applied ethics, bioethics, and values-based decision-making. With over 30 years of ethics-related experience in a variety of settings, she has chaired a hospital ethics committee and founded and directed UNM's Health Sciences Ethics Program. Her latest book, *PAUSE: How to Turn Tough Choices Into Strong Decisions*, offers advice on making

difficult personal decisions where stakes are high and values run deep.

Monday May 17 10:00 - 11:30

Fee: \$10 Zoom

Oh! My Aching Knees!

17zm

Samuel Tabet

Osteoarthritis is the most common form of arthritis, affecting millions. It is caused by the breakdown of cartilage, a rubbery material that eases the friction in your joints. It can happen in any joint but usually affects your fingers, thumbs, spine, hips, knees, or big toes. Tabet shares the diagnosis, etiology, and treatment options that are available. Surgical and non-surgical treatment options include noninvasive techniques, medications, injections (both biologic and non- biologic), and lastly surgical remedies.

Samuel Tabet, MD, a native New Mexican, specialized in sports medicine, trauma and reconstructive surgery at New Mexico Orthopaedics, where he practiced for 34 years before retiring in 2020. In addition to serving as a clinical associate professor at UNM, Tabet is the director of the New Mexico Cartilage Restoration Center and the chief of the New Mexico Sports and Arthroscopy



Learn what you need to know about osteoarthritis in class #17.

Photo by gm.esthermax is licensed with CC BY 2.0.

Fellowship Program. Tabet attended UNM Medical School and completed the remainder of his medical training at the University of Oregon.

Thursday May 20 10:00 - 11:30
Fee: \$10 Zoom

Communicating with Someone Living with Dementia 18zm

Kim O’Roark

Dementia is a broad term for the symptoms of cognitive decline. It not only affects the person with dementia, but their family, friends, and wider community as well. Review the forms of dementia and the biological, emotional, and physical symptoms. Gain tools and information—including tips, behavior do’s and don’ts, and self-care strategies—to successfully interact with and/or care for a person suffering from cognitive decline. Focus more on being a family/friend and less on the challenges that often accompany dementia.

Kim O’Roark, Cognitive Therapeutics Manager at Home Care Assistance of New Mexico, became interested in dementia, especially how to manage it, when her grandmother was diagnosed with Alzheimer’s disease. She became a Certified Alzheimer’s Disease and Dementia Care Trainer and a Certified Dementia Practitioner, while maintaining Certified Therapeutic Recreation Specialist status.

Wednesday Jun 2 10:00 - 11:30
Fee: \$10 Zoom

A Matter of Balance 19zm

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, seated physical activity education 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. *Please note, this is an interactive, discussion-focused class. All participants must have their device camera and microphone on throughout each session of the class, so we can see you and you can contribute to the discussion. 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.

Wednesdays Jun 2 - Jul 28 1:00 - 3:00
Fee: \$0 9 Sessions Zoom

Living in Harmony with Ayurveda 20zm

Julie Dunlop

Ayurveda, known as the sister-science of yoga, is a system based upon these five elements: ether, air, fire, water, and earth. These five elements combine to form three doshas (Vata, Pitta, and Kapha). We each have these three doshas in varying proportions at birth, and this original ratio tends to change due to stresses of modern living. Come explore how Ayurveda supports the process of moving from a state of imbalance toward the harmony of balance.

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 RYT-500 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 Jun 9 10:00 - 11:30
Fee: \$10 Zoom

Posture Power

21zm

Brookes McIntyre

Join Brookes McIntyre of American Bone Health to learn how good posture and body mechanics help prevent fractures. She provides instruction on how to assess yourself for healthy posture, how to move more safely in your everyday activities, and simple exercises to build into your daily routines to improve posture. This presentation includes handouts covering tips for safe movement, exercises for bone health, and setting a goal for improvement.

Brookes McIntyre is a certified speaker on bone health and osteoporosis for a national nonprofit organization that teaches people how to build and keep strong and healthy bones for life with practical, up-to-date information and resources to prevent bone loss and fractures. She also serves as a member of the New Mexico Adult Falls Prevention Coalition and the CNM Exercise Science and Wellness advisory committee.

Monday Jun 14 10:00 - 11:30

Fee: \$10 Zoom

Optimizing Your Environment and Inner Resources for Wellbeing 22zm

Nadia Marsh and Nitin Budhwar

We are the result of our environment. In this talk, doctors Marsh and Budhwar review our current understanding of how our environment shapes us and influences our health outcomes. They also explore what it takes to optimize our “self” to build mental and physical resilience when facing an ever-changing landscape.

Nadia Marsh, MD, is board certified in Internal Medicine, Integrative Medicine, and Geriatric Medicine, as well as Palliative Medicine. She grew up in New York and is a recent transplant to New Mexico.

Nitin Budhwar, MD and Fellow of the American Academy of Family Physicians, is Chief of Geriatric Medicine at The University

of New Mexico. He is board certified in Family Medicine and Geriatric Medicine.

Tuesday Jun 15 10:00 - 11:30

Fee: \$10 Zoom

The State of Your Eyes 23zm

Gregory Ogawa

Don't take your eyes for granted! It's important to take good care of our eyes so they will continue to work well for us as we age. But the fact is, age-related vision problems are quite common. Learn about eye health with Dr. Gregory Ogawa. Hear about signs, symptoms and treatments for some of the most common eye issues as we age, including dry eye, cataracts, macular degeneration and others. Learn how to best protect your eyes for a lifetime of healthy eyesight.

Gregory Ogawa, MD is an ophthalmologist at Eye Associates of New Mexico, specializing in problems involving intraocular lenses, irises, cataracts, and corneas. He received his medical degree from the University of Rochester School of Medicine and Dentistry and finished his ophthalmology residency training at the Medical College of Wisconsin. Ogawa also completed the prestigious Wilmer Cornea Fellowship at Johns Hopkins University. He has designed multiple surgical instruments with the goal of making eye surgery safer and more effective.

Friday Jun 25 10:00 - 11:30

Fee: \$10 Zoom

Resources and Strategies for Caregivers 24zm

Adrienne Smith

Are you a caregiver to a family member? We know the challenges and rewards of being a caregiver. Join us to learn about the customized training modules available to caregivers through New Mexico Caregivers Coalition, a statewide training and advocacy organization. We also discuss skills essential for caring for a loved one, as well important concepts and practices such as person-centered

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



Don't take your eyes for granted. Learn how to protect them in class #23.

Photo by Roger Blackwell. Licensed with CC BY 2.0.

care, effective communication strategies, infection prevention, safe transfer, mobility, and self-care. *Limited enrollment.*

Adrienne R. Smith is founder, president, and CEO of the New Mexico Caregivers Coalition, a statewide organization that advocates for and advances the professional development and workforce issues of New Mexico's direct caregivers. Her areas of expertise include youth development, youth employment, workforce development, resource development, and advocacy. She has a Bachelor's in biology from Millsaps College and a MA in public policy and international administration from University of Texas at San Antonio.

Tuesday Jun 29 2:30 - 4:00

Fee: \$0 Zoom

Vitamins and Supplements A to Zinc

25zm

Mona Ghattas

The world of vitamins and supplements can be confusing and overwhelming. This presentation helps clarify where to start with picking out the vitamins and supplements that will benefit you. Ghattas discusses common uses, vitamin depletions from common prescription drugs, what to look for when purchasing different vitamin and supplement brands or generics, and much more.

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

Tuesday Jul 27 10:00 - 11:30

Fee: \$10 Zoom

Health Care Decision Making in 2021

26zm

Joan McIver Gibson

COVID-19 has upended personal and public health care decision making. Joan McIver Gibson highlights health care decisions currently up for review: If you have an advance directive, have your wishes changed over this past year? How should we balance public safety and personal liberty? Should we mandate vaccinations? If we must ration access to care, who should decide? We will use a values-based decision-making process for prioritizing what matters most to you.

See bio #16.

Wednesday Aug 4 10:00 - 11:30

Fee: \$10 Zoom

Health & Fitness Movement & Exercise

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

Tai Ji Quan: Moving for Better Balance, Session A

27zm

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

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

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 5/31 and 7/5.*

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 May 24 - Jul 7

9:00 - 10:00

Fee: \$36 12 Sessions Zoom

Tai Ji Quan: Moving for Better Balance, Session B

28zm

Ilene Dunn

See class #27zm.

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

Mondays & Wednesdays Jul 12 - Sep 1

9:00 - 10:00

Fee: \$48 16 Sessions Zoom

Tai Chi for Health, Session A 29zm

Ilene Dunn

Tai Chi for Health, Part 1. 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 #27.

Tuesdays & Thursdays May 25 - Jul 1

11:00 - 12:00

Fee: \$36 12 Sessions Zoom

Tai Chi for Health, Session B

30zm

Ilene Dunn

See class #29zm. Session A is not required to take Session B. Limited enrollment.

Tuesdays & Thursdays Jul 6 - Aug 26

11:00 - 12:00

Fee: \$48 16 Sessions Zoom



Oasis health classes help keep your body in better condition. See classes #27-35.

Yoga for the Summer Months 31zm

Gloria Drayer

New Mexico summers get hot, but yoga can help cool us. By staying attuned to body, breath, and mind, yoga can naturally reduce body temperature. When we are not mindful of excessive heat or maintaining an adequate intake of water, our bodies can heat up to uncomfortable levels. Learn how to use specific yoga poses and breathing techniques to lower body temperature and how to use meditation to help relax an overheated mind. No prior yoga experience necessary. *Limited enrollment.*

Gloria Drayer holds a 500-hour Kripalu yoga certification and has nearly 30 years of experience teaching yoga. Her sessions are given in a non-competitive environment where participants are encouraged to engage at a healthful and enjoyable level. Her workshops, including those dealing with life-altering topics such as grief, insomnia, osteoporosis, and back care, are held around the country. She is co-author of the book *Yoga and Grief: A Compassionate Journey Toward Healing*.

Thursdays Jun 17 - Jun 24 1:00 - 2:15
Fee: \$16 2 Sessions Zoom

Qigong: Taoist Water Method 32zm

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. *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 Jun 22 - Jul 6 1:00 - 2:00
Fee: \$24 3 Sessions Zoom

Yoga for Better Sleep 33zm

Gloria Drayer

Do you have difficulty falling and staying asleep at night or feeling rested in the morning? Yoga can help. Gentle yoga before bed can ease your mind and reduce tension. Learn some simple yoga and breathing techniques to help you sleep better. We will be lying down to practice several of these techniques, but seated variations are available. *Limited enrollment.*

See bio #31.

Tuesdays Jul 20 - Jul 27 1:00 - 2:15
Fee: \$16 2 Sessions Zoom

Stretch & Relax 34zm

Cindy Russell

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

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

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

Fridays Aug 6 - Aug 20 9:00 - 10:00

Fee: \$24 3 Sessions Zoom

A Taste of Tai Chi Chih

35zm

Ellen Tatge

Have you wondered what tai chi chih is and why it is so widely recommended, particularly for better balance, mental focus, and its calming effects? Tai chi chih is a modern form of tai chi that is easy to learn and practice. In this one-session class, practice several movements and learn the principles behind the practice. Even a short taste of this moving meditation is a useful tool to enhance health and well-being. *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 effort that develops balance in all aspects of our lives and maximizes our most precious gift: good health.

Thursday Aug 19 9:00 - 10:00

Fee: \$10 Zoom

History & Culture

Nine Lives of Benjamin Franklin 36zm

Richard Bell

Born the tenth son of a humble family of puritan candle-makers, Franklin's rise to the front ranks of science, engineering, and invention was as unexpected as it was

meteoric. In this two-part program Richard Bell examines many of Franklin's ideas to make life simpler, cheaper, and easier for himself and everyone else. It turns out that those ideas encompassed not only natural science and engineering, but also public works, civic improvements, political trail-blazing, and new business ideas.

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.

Mondays May 17 & May 24 12:30 - 2:00

Fee: \$20 2 Sessions Zoom

Rome in the Baroque Period

37zm

Charles Steen

The seventeenth century was a brilliant period for Rome culturally. The extraordinary design of the city took shape with long avenues connecting piazzas with beautiful fountains and elaborate churches. Music, painting and theater thrived but under close church supervision, limiting intellectual life. Rome became the center of the Grand Tour for the wealthy aristocrats of Europe and for students of art and music, who took the culture back home at the end of their studies.

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

Wednesday May 19 10:00 - 11:30

Fee: \$10 Zoom

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

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

**Fighting Irish: Ireland &
The American Revolution 38zm**

Richard Bell

Men of Irish heritage played crucial roles in fighting the American Revolution, siding with the patriots against the British Army in overwhelming numbers. In this program, historian Richard Bell explores the Revolution from the perspective of the Irish and their descendants in America. Drawing on the latest scholarship, Bell reconstructs the history of English and Irish antagonism, the role of religious faith in decisions about loyalty and liberty, and the political and economic impact of the American Revolution on Ireland itself.

See bio #36.

Wednesday Jun 9 12:30 - 2:00

Fee: \$10 Zoom

Stalingrad: Death in the Snow 39zm

Richard Field

Germany invaded Russia in 1941, but failed to subdue the Red Colossus. After a long, hard, winter with many casualties and a failed bid to take Moscow, Hitler looked for a chance to renew his offensive in the summer. He set his eye on the oil fields of southern Russia. As the offensive opened, the focus was drawn to Stalingrad. This titanic struggle, which cost millions of lives, would be the turning point of WWII in Europe.

Since middle school, Richard Field has been an avid student of history in general and military history in particular. He earned his BS and MS from East Stroudsburg University in Pennsylvania. He earned an MA from St. John's College in Santa Fe and a PhD from UNM. Field has taught at Albuquerque Academy since 1992 where he began teaching world history and senior humanities in 1994. He is also a contributor to *Ancient History Magazine*.

Thursday Jun 17 2:30 - 4:00

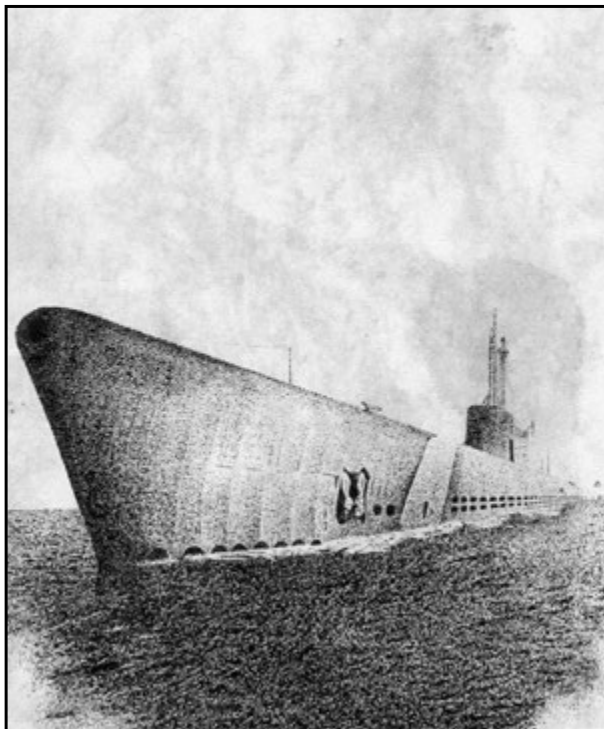
Fee: \$10 Zoom

**The Lost 52:
US Submarines Lost in WWII 40zm**

John M. Taylor

Submarine warfare was one of the winning components in World War II. Unfortunately, winning came at a significant cost. The United States lost 52 submarines during the war, taking with them 374 officers and 3,131 men. This presentation recounts those losses and the importance of the submarine force. Taylor discusses the Lost 52 project, which has discovered the wreckage of 11 subs. He looks at the USS Grunion, the USS Perch, and the USS Bullhead.

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



Learn more about "The Lost 52" in class #40.
Pencil sketch by QMC(SS) Dan Moss, USN retired.

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was a member of Sandia's technical and management staff for 35 years. He is the author or co-author of 50 technical reports and 11 books on a variety of topics including New Mexico history, soccer science, and naval history.

Monday Jun 21 10:00 - 11:30

Fee: \$10 Zoom

Elephants & War 41zm

Matthew Barbour

Elephants have been utilized in war throughout much of human history. Sometimes referred to as "living tanks," their strength, height, and intelligence make them ideal for a number of tasks, including destroying enemy fortifications and serving as mobile platforms for sharpshooters. While most commonly used in India and Southeast Asia, the animals were also employed along the Mediterranean and in the Middle East. We explore the use of war elephants through time and across the globe.

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 the Jemez Historic Site received the Archaeology Heritage Preservation Award. He has published more than 200 nonfiction articles and monographs.

Tuesday Jun 22 10:00 - 11:30

Fee: \$10 Zoom

Hidden Civilizations: Olmecs to Aztecs in 3000 Years of Unique Evolution 42zm

Creve Maples

What would it be like to encounter alien civilizations? Despite differences, Asian, European, and African cultures exchanged ideas and innovations through trade and

travel. In the New World, civilizations evolved isolated from the rest of the world, creating great cultures that rivaled the best the Old World had to offer. Learn about the mysterious Olmecs, the Teotihuacan City State, the Mayan Empire, and the Aztecs and the disastrous meeting with the Old World in 1519.

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.

Thursdays Jul 15 - Jul 29 12:30 - 2:30

Fee: \$30 3 Sessions Zoom

The Reverse Underground Railroad: Kidnapping and Slavery in Early America 43zm

Richard Bell

Join us for a talk with Richard Bell, the author of *STOLEN*, a new book that tells the incredible story of five boys whose courage forever changed the fight against slavery in America. Their ordeal shines a glaring spotlight on the Reverse Underground Railroad, a black market network of human traffickers who stole away thousands of legally free African Americans to fuel slavery's rapid expansion in the decades before the Civil War.

See bio #36.

Tuesday Jul 20 12:30 - 2:00

Fee: \$10 Zoom

The Wisdom of Greek Mythology 44zm

Gregory Gould

Greek mythology permeates our language, arts and culture, from the mundane daily use of such terms as "to tantalize" and "to have

an Achilles's heel," to psychological diagnosis, such as narcissism and the Oedipal Complex. Our thinking is shaped by these archetypes. Gould explores insights the Greeks captured and communicated through their story-telling traditions, with a focus on role models of masculinity with an emphasis on Herakles, the "strong man" and his 12 Labors.

See bio #11.

Friday Jul 23 -

10:00 - 11:30

Fee: \$10 Zoom

Orleans and Tours

45zm

Charles Steen

The Loire River Valley provided a meeting ground for the different cultures found in northern and southern France and the results are clearly seen in Orleans and Tours as well as in the chateaux in the countryside around them. Cultural life flourished as artists, architects and musicians came to the cities, following the increasing interest the monarchy had in residing in the nearby chateaux, making the fifteenth and sixteenth centuries extraordinary times.

See bio #37.

Monday Aug 16 10:00 - 11:30

Fee: \$10 Zoom

Jewish and other Ethnic Agricultural Settlements of the 19th Century 46zm

Naomi Sandweiss

One typically thinks of Eastern European Jewish immigrants arriving in the US to live



Learn about Bible decoration and illustration in class #47.

Illuminated Manuscript, Bible Pictures by William de Brailes, Pharaoh's Wife Accuses Joseph, Walters Art Museum Ms. W.106, fol. 15r" by Walters Art Museum Illuminated Manuscripts is marked under CC0 1.0.

in crowded urban centers. Yet, Jews were settled in isolated farming communities throughout the US in the 19th century, largely funded and organized by well-meaning Jewish charitable organizations. Learn about the many varieties of Jewish (and other Ethnic) agricultural settlements and how the pioneers adapted to their newfound prairie and rural existence in the US.

Naomi Sandweiss is executive director of Parents Reaching Out, author of numerous articles and the book: *Jewish Albuquerque 1860-1960*, and past president of the New Mexico Jewish Historical Society.

Monday Aug 16 12:30 - 2:00

Fee: \$10 Zoom

Illuminated Bibles of the Middle Ages 47zm

Timothy C. Graham

A remarkable aspect of the Christian tradition has been the production of richly

illustrated copies of the Scriptures. The most beautiful Bibles were produced during the European Middle Ages. Learn about the major stages in the history of medieval Bible decoration and illustration, beginning with the oldest surviving complete copy of the *Vulgate* and including the Bibles moralisées, the magnificent Bible picture-books made for royal and aristocratic patrons between the 13th and 15th centuries.

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

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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 Aug 18 12:30 - 2:00

Fee: \$10 Zoom

1619 and 1776: Contrasting Views of the American Past 48zm

George Ovitt

On January 19th, the day before he left office, Donald Trump issued a report on the teaching of American history titled 1776. In many ways, this controversial view of the history of the United States was a response to the *New York Times's* issuance of a survey, titled 1619, of the history of slavery and racism in America. In this talk, Ovitt summarizes and compares the two documents and argues that they succinctly represent the two poles of America's "culture wars."

George Ovitt has been teaching at Albuquerque Academy since 2000. Before that he taught at Sidwell Friends School and Drexel University. He is the author of eight books, the most recent a collection of short essays on literature and politics, *Trotsky's Sink*, written with his colleague, Peter Nash.

Thursday Aug 19 12:30 - 2:00

Fee: \$10 Zoom

Literature

Austin Book Group 49zm

Mary Bibeau

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: May 11 - *Saint Mazie* by Jami Attenberg, June 8 - *The Madonnas of Leningrad* by Debra Dean, July

13 - *The Guest List* by Lucy Foley, Aug 10 - *The Bookshop on the Shore* by Jenny Colgan. 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 May 11 - Aug 10 1:30 - 3:00

Fee: \$10 4 Sessions Zoom

Summit Book Group 50zm

Merrie Courtright

The Summit Book Group meets on the third Tuesday of every month. Book selections are: May 18 - *Born a Crime: Stories from a South African Childhood* by Trevor Noah, Jun 15 - *Hannah's War* by Jan Eliasberg, July 20 - *The Yellow House: A Memoir* by Sarah M. Broom, Aug 17 - *Caste: The Origins of Our Discontents* by Isabel Wilkerson. Enrollment limited to 15.

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

Tuesdays May 18 - Aug 17 11:00 - 12:30

Fee: \$10 4 Sessions Zoom

Holmes Book Group 51zm

Lorna Kuyk and Mary Tabor

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: May 18 - *The Vanishing Half* by Brit Bennett, Jun 15 - *The Overstory* by Richard Powers, July 20 - *The Thursday Murder Club* by Michael Osman, Aug 17 - *Running with Sherman: The Donkey with the Heart of a Hero* by Christopher McDougall. Enrollment limited to 15.

Lorna Kuyk and Mary Tabor figure that two Minnesota transplants are better than one, so they have teamed to share their love of reading and their willingness to serve the "Holmies." They both find their reading is enhanced by the varied perspectives, wonderful intelligence,



and breadth of topics covered by this lively group of readers.

Tuesdays May 18 - Aug 17 1:00 - 2:30

Fee: \$10 4 Sessions Zoom

West Mesa Book Group 52zm

*Linda Castagneri and
Mary Herrmann Hughes*

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: May 19 - *This Tender Land* by William Kent Krueger, June 16 - *Braiding Sweetgrass* by Robin Wall Kimmerer, July 21 - *American Dirt* by Jeanine Cummins, Aug 18 - *Greenlights* by Matthew McConaughey. *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 May 19 - Aug 18 1:30 - 3:00

Fee: \$10 4 Sessions Zoom

Enlightenment Now: Book Study & Discussion Group 53zm

John Horton and Lars Larson

People are living longer, healthier, and happier lives. While our problems are formidable, the solutions lie in the Enlightenment ideal of using reason and science. Using the book *Enlightenment Now* by Steven Pinker, we

examine its stimulating material through a six-week study and discussion group. Each week a different class member prepares the class by sending background and questions from the book which will be the discussion topics for the following week. *You must have the book for class. Limited enrollment.*

John Horton, a graduate of The University of Texas Arlington, is a retired electrical engineer. He has conducted study and discussion groups for Oasis with Barrie Segal. He facilitates discussions based on the material and questions prepared by other people in the class. Lars Larson serves as the co-coordinator for this class.

Thursdays Jun 24 - Jul 29 10:00 - 12:00

Fee: \$30 6 Sessions Zoom

Music

Singing the Show Tunes Again! 54zm

Irma Reeder & Scott Hooker

Do you enjoy singing? Come and sing along with us! This special session of Singing the Show Tunes is to introduce you to the new director and accompanist that will be leading the class in the fall semester. We'll be meeting live via the Zoom video application in a sing-along format. We'll have a great time singing the hits!

Irma Reeder brings decades of choral directing, vocal coaching and performance experience, as well as a love for theater and movie musicals.

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

Scott Hooker is an amazing and energetic pianist with a background in all things jazz. Together they take you on a fun-filled music vacation sure to leave you humming the rest of the day!

Tuesday Jul 13 10:15 - 11:45
Fee: \$10 Zoom

**Country Western Star:
 Marty Robbins**

55zm

Jane Ellen

Arizona native Marty Robbins (1925-1982) had his first #1 hit in 1956 with "Singing the Blues" and hits such as "El Paso" and "Devil Woman" just kept on coming. A shy, self taught guitarist, Robbins' story is the oft-told tale of rags to riches. Even though he eventually made his mark as an entertainer, songwriter, multi-instrumentalist, actor, and NASCAR driver, Robbins has often been characterized as a 20th century drifter, a troubled man searching for inner peace.

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 and history with Albuquerque

*Marty Robbins,
 class #55.*
 Photo by NBC
 Television - Public
 Domain.



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

Monday Jul 19 10:00 - 12:00
Fee: \$10 Zoom

The Divine Sarah Vaughan

56zm

Jane Ellen

During the course of a career that spanned nearly fifty years, Sarah Vaughan (1924-90) was acclaimed as the singer's singer, influencing everyone from Mel Tormé to Anita Baker. Leonard Feather called her "the most important singer to emerge from the bop era" while Ella Fitzgerald proclaimed her the world's "greatest singing talent"; but it was music critic Scott Yanow who accurately described her as having "one of the most wondrous voices of the 20th century."

See bio #55.

Thursday Jul 22 10:00 - 12:00
Fee: \$10 Zoom

Fire and Rain:

The James Taylor Story

57zm

Jane Ellen

Five-time Grammy Award winner James Taylor (1948-present) came on the scene as an American singer-songwriter in the late 1960s. Staying true to his own unique stylings across the decades, he has become one of the best-selling artists of all time. Despite career slumps and personal struggles, he has given us a great part of the soundtrack of our lives, including his recordings of "Fire and Rain," "You've Got a Friend," "Handy Man," and "Mockingbird," with Carly Simon.

See bio #55.

Tuesday Jul 27 2:30 - 4:30
Fee: \$10 Zoom

Godmother of Soul: Patti LaBelle 58zm

Jane Ellen

Patti LaBelle (1944-) truly knows the entertainment business inside and out. In a career now spanning 60 years, she has worked as a singer; a songwriter; an actress on stage, screen, and television; an author; and an entrepreneur with her own line of foods. Often referred to as the Godmother of Soul, she is best known for such hits as “Lady Marmalade”; “You Are My Friend”; and “On My Own,” which she recorded with Michael McDonald.

See bio #55.

Friday Jul 30 10:00 - 12:00

Fee: \$10 Zoom

A Chelsea Morning with Joni Mitchell

59zm

Jane Ellen

Canadian singer-songwriter Joni Mitchell (1943 - present) is one of the most highly respected songwriters of the 20th century. After making her mark in folk music, she explored jazz stylings. She is also known for her paintings, many of which grace her album covers. Her continual struggle for artistic independence has made her a role model for



*Joni Mitchell in
1974. Class #59.*

Photo by Paul C.
Babin - Public
Domain.

other indie artists; today she is often critical of today's popular music industry.

See bio #55.

Tuesday Aug 3 2:30 -04:30

Fee: \$10 Zoom

Movie Magic: The Score of John Williams 60zm

Jane Ellen

Composer John Williams (1932 - present) has crafted some of the most iconic film scores of all time. With a portfolio of more than 100 films during his distinguished career, his work can be heard in movies as diverse as *Jaws* (1975), *E.T.* (1982), *Schindler's List* (1993), *Jurassic Park* (1993) and the franchises for *Star Wars*, *Harry Potter*, and *Indiana Jones*. Williams has also composed numerous classical works, in addition to conducting the Boston Pops for 13 years.

See bio #55.

Friday Aug 6 10:00 - 12:00

Fee: \$10 Zoom

Igor Stravinsky: Musical Revolutionary 61zm

Jane Ellen

Russian pianist, composer, and conductor Igor Stravinsky (1882-1971) is widely considered one of the greatest composers of the 20th century. After working in Switzerland and France, he eventually made his home in the United States where he led a long and distinguished career, successfully continuing his work in neo-classicism and serial composition. By the end of his life, he had written over 100 works including ballets, symphonies, operas, and chamber music.

See bio #55.

Wednesday Aug 11 10:00 - 12:00

Fee: \$10 Zoom



**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.

Putting It Together: Stephen Sondheim

62zm

Jane Ellen

Although Stephen Sondheim (1930-) has a reputation for penning songs that people cannot sing along with, few would deny his unique place in American theater history. Beginning with early collaborations with Leonard Bernstein on *West Side Story* and Jule Styne on *Gypsy*, Sondheim's passion to control both words and music have culminated in works such as *Sweeney Todd*, *Sunday in the Park with George*, and *Into the Woods*; and a new theatrical format: the concept musical.

See bio #55.

Thursday Aug 19 10:00 - 12:00

Fee: \$10 Zoom

Performing Arts: Lecture

Julius Kaplan introduces and facilitates this opera series. Julius Kaplan is a lifelong opera enthusiast and a board member for Opera Southwest. He offers frequent classes on opera for the community. He received his PhD in art history from Columbia University and spent his career teaching at UCLA and California State University, San Bernardino.

How to Make an Opera: Artistic & Stage Direction (1 of 3 series) 63zm

David Bartholomew & Dahl Delu

The artistic administrator/stage director decides on everything you see when the curtain rises on an opera production, from the selection singers, to the "look" and the "dramatic expression" of the performance. This means

How to Make an Opera, classes #63, #64, and #65, takes you behind the scenes of opera productions.
Credit Dahl Delu, Opera Southwest

that the stage "picture" formed by the arrangement of singers, and how they move and interact is the responsibility of the stage director. We explore the dynamic of opera production when the decisions are shared among a small group making up the creative team.

David Bartholomew's career as artistic director and/or stage director for opera companies from coast to coast spans fifty years. His first opera for Opera Southwest was in 1978, and he directed many subsequent productions there. He became well-known for his artistry and style, which led to his appointment as artistic administrator/principal stage director in 2006. Currently he is at work on *Peleas and Melisande* by Debussy for the company.

Dahl Delu is an Emmy award winning art director and production designer, who worked in opera at the Met in New York. He has extensive experience in American theater, film and prime time television - designing sets, costumes and lighting for Broadway, Off-Broadway, the New York City Opera and Ballet, and many regional theaters including Albuquerque's Landmark Productions. Since moving to the city in 2009 he has designed sets for Opera Southwest.

Tuesday Jun 8 12:30 - 2:00

Fee: \$10 Zoom



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**How to Make an Opera:
Set Design (2 of 3 series) 64zm**

Dahl Delu & David Bartholomew

Set designers play a major role in creating the world in which the magic of an opera production takes place. To be successful the designer must have artistic, practical, and negotiating skills. Learn how sets are constructed, who is in charge, what is involved. Whether the opera company is large or small the set designer works closely with other technical and artistic leaders, and the creative situations are often complex and challenging.

See bio #63zm.

Tuesday Jun 15 12:30 - 2:00
Fee: \$10 Zoom

**How to Make an Opera:
Costuming (3 of 3 series) 65zm**

Anna Constantz & Julius Kaplan

Audiences love the costumes in opera performances but have no idea how complex they have to be. The wealthiest opera houses have major costume production facilities, but smaller organizations rent costumes from specialized costume companies. All costumes must be designed to meet the demands of any opera production, including different sized singers, and very quick costume changes. Major and minor repairs may be required, and after the final performance everything has to be cleaned and then packed for return to the owner.

Anna Constantz, a consummate costume professional, recently retired after forty-odd years at Opera Southwest (OSW). She also worked in opera productions at the Spoleto Festival in Charleston, South Carolina. Expert in the special demands of opera costuming, she proved herself adaptable when facing the constraints of the small budgets characteristic of regional theater. A master of improvisation with a “can-do” attitude, she entertains you

with anecdotes of her challenges and triumphs at OSW.

See bio #63.

Tuesday Jun 22 12:30 - 2:00
Fee: \$10 Zoom

Personal Enrichment

What Matters in the End 66zm

Charles Eaton

In this class, you are asked to reflect upon what has made your life truly worth living in the past, in the present, and what is essential to you as you approach the completion of your life. We utilize the Conversation Starter Guide found at www.theconversationproject.org. The Conversation Project, founded by Pulitzer Prize winner Ellen Goodman, has a simple and transformative goal: to ensure every person's end-of-life care wishes are expressed and respected.

Charles Eaton earned his PhD in Psychology studying under Viktor Frankl. He wrote his dissertation on “The Diagnosis and Therapy of Persons Suffering Loss of Meaning and Purpose in Life.” He has most recently served as psychologist and chaplain for a palliative-care/hospice team.

Wednesday May 19 12:30 - 2:00
Fee: \$10 Zoom

**Memoir Writing Workshop:
How to Tell Your Story 67zm**

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. Have paper and pen

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

available for writing exercises and you will have composed 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 has had more than 500 articles published in newspapers nationwide and is the author of the award-winning *Lonely River Village: A Novel of Secret Stories*.

Thursday Jun 3 10:00 - 12:00
Fee: \$15 Zoom

Reading & Writing Poetry for Healing 68zm

Scott Wiggerman

Both reading poetry and writing poetry have healing powers – and who doesn't need more healing? In this class, we use a series of poems by such writers as Mary Oliver, Joy Harjo, and Li-Young Lee as springboards to brief writing exercises, all of which are focused to bring out the poetic medicine of words with a renewed focus and reflection on the world at large and our part in it. All levels of writers welcome.

Scott Wiggerman, author of three books of poetry and editor of a dozen others, is the Albuquerque Chair of the New Mexico State Poetry Society, co-organizer of the Poets' Picnic at the Open Space Visitor Center, and co-founder of Dos Gatos Press, which runs a monthly poetry workshop in conjunction with Bookworks Albuquerque. In a former life, he was a high school librarian in Austin, Texas. Wiggerman is a 2021 inductee into the prestigious Texas Institute of Letters.

Fridays Jun 4 - Jun 18 10:00 - 12:00
Fee: \$30 3 Sessions Zoom

Philosophy, Religion, & Spirituality

Judaism and Jews: A Religion? A Culture? An Ethnicity? 69zm

Harry Rosenfeld

What is Judaism? Throughout the centuries, scholars have looked at and debated the question. How has the answer changed over time? In ancient times, Judaism was considered a nationality with religious rites. In Christian and Muslim worlds, Judaism was seen as a religion. The Nazis defined Judaism as a race. Twentieth century American Jews and non-Jews alike understood Judaism to be a religion and an ethnicity. Just how different is the definition of Judaism in the 21st Century than in centuries past?

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.

Wednesday May 26 12:30 - 2:00
Fee: \$10 Zoom

Love, Laments, Libations and Longing: Jewish Poetry from Medieval Spain 70zm

Paul J. Citrin

Jews lived in Spain for nearly one thousand years under Visigothic, Moslem and Catholic rulers. Under Arab Moslem rulers, Jewish culture especially flourished. Influenced by Arab poets, Jews began to write verse. Jewish Spanish poetry, written in Hebrew, addresses both spiritual and secular realms of life including love, loss, joy, friendship, and redemption from exile. This poetry may be the

most elegant since the songs of the Psalmist who wrote two millennia earlier. This material touches hearts and make you smile.

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.

Wednesday Jun 2 2:30 - 4:00

Fee: \$10 Zoom

Jesus in the Gospels and the Koran

71zm

Frank Yates

This lecture provides a comparative religions approach to the presentation of Jesus in the New Testament Gospels and the Islamic Koran. We note the similarities and the differences in the presentations, with special attention paid to the role of Mary in the Koran. Our main texts are *Islam's Jesus* by Zeki Saritoprak and *Christianity and the World Religions* by Hans Kung. This lecture is offered to further interfaith understanding.

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 Jul 12 10:00 - 11:30

Fee: \$10 Zoom



Learn about Dark Goddesses in class #72.

"PELEHONUAMEA by Herb Kane" by Prayitno licensed with CC BY 2.0.

The Dark Goddess Around the World

72zm

Maya Sutton

Who is the Dark Goddess? How might she manifest in your life? The Dark Goddess awakens the very old parts of us called intuition, gut feelings, shadow, dreams, instinct, introspection, and the unconscious. Examples of the Dark Goddess are La Llorona in Spanish culture, The Morrígan in Celtic culture, Kali the fierce Indian battle goddess, Egyptian Isis who helps us to remember lost parts, and Hawaiian Pele, who demands respect for her volcanic fire.

Maya Magee Sutton graduated from Georgetown University's School of Foreign Service. She received her PhD from UNM where she taught for 35 years, including teaching Celtic Mythology for ten of those years. Sutton has traveled extensively and spent much time at sacred sites. She lived in England for seven summers.

Tuesday Jul 13 12:30 - 2:00

Fee: \$10 Zoom

Julian of Norwich

73zm

Christopher Zugger

The first book in English by a woman is from a 15th-century hermit attached to a church in Norwich. It covers the visions she was given of Christ and His Passion, and her years of pondering God's awesome love. As an anchoress, she gave spiritual advice to countless souls, while worshipping God from her chamber. We will encounter Julian, her world, and the powerful "Revelations of Divine Love" given to us through her.

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.

Wednesday Jul 14 10:00 - 11:30

Fee: \$10 Zoom

Introduction to the Talmud

74zm

Shlomo Karni

The Talmud is a post-Biblical encyclopedic body of Jewish civil and religious laws. It constitutes the greatest contributions to rabbinical literature in the history of Judaism. Shlomo Karni examines its historical evolution and its contents and structure. The class reads and discusses a few short selections.

Shlomo Karni, PhD 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.

Tuesday Jul 20 10:00 - 11:30

Fee: \$10 Zoom

The Mystical Teachings of Joel Goldsmith

75zm

George Leone

Joel Goldsmith (1892-1964) studied the ancient philosophical, religious, and mystical texts of all the major religions. From these studies he formed an understanding of the truth that runs through all these texts. From this understanding, Joel presented his mysticism to the world in a variety of writings. We look at his teachings from the standpoint of his writings, especially his first few books outlining what he called The Infinite Way.

George was raised in a home in which his father was a student of Joel Goldsmith. Leone's father became involved in Joel's group, The Infinite Way. He came to direct the Infinite Way Study Center in St. Petersburg, FL for 20 years. Since George had degrees in philosophy, he and his father had frequent discussions about the mystical philosophy of Joel. From these discussions, George formed a high regard for the teachings of Goldsmith.

Thursday Aug 12 02:30 - 4:00

Fee: \$10 Zoom

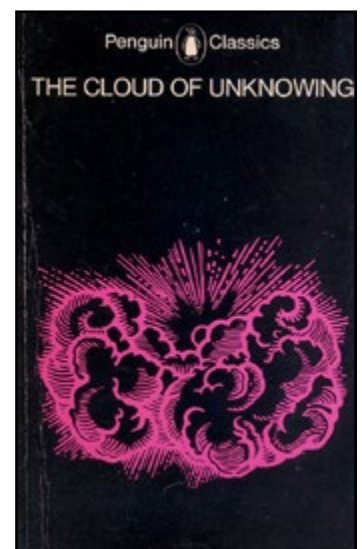
Two Great English Mystics: Richard Rolle and *The Cloud of Unknowing*

76zm

Christopher Zugger

The mystical tradition of Europe flourished in medieval England. Rolle's books and *The Cloud of Unknowing*

Learn more about The Cloud of Unknowing in class #76.



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

(author unknown) still influence western Christian spiritual life. After learning about their world and Church, we will discover the deep, passionate love for God that these works can teach us and help lead us closer to Him. These works were designed to lead souls into a deeper connection with the Lord, so that we will experience ongoing conversion of heart so as to constantly draw nearer to Jesus Christ, and into the life of the Holy Trinity, so as to be truly pierced by His love.

See bio #73.

Wednesday Aug 25 10:00 - 11:30

Fee: \$10 Zoom

Science, Math, & Nature

At the Precipice: New Mexico's Changing Climate

77zm

Laura Paskus

Climate change is here. What are its impacts on New Mexico's waters, landscapes, wildlife, and communities? What do we need to do to mitigate greenhouse gas emissions, while also adapting to a warmer, drier future? This class provides an overview of the impacts of climate change on New Mexico, with a focus on water

challenges, including on the Rio Grande; forest fires; communities; and public health. We also discuss why New Mexicans shouldn't lose hope in the face of these challenges.

Laura Paskus is a longtime environment reporter based in Albuquerque. Currently, she is the environment reporter for New Mexico PBS, and produces the monthly series, "Our Land: New Mexico's Environmental Past, Present and Future." Her book *At the Precipice: New Mexico's Changing Climate*, was published in September 2020 by the University of New Mexico Press.

Tuesday May 18 10:00 - 11:30

Fee: \$10 Zoom

The Weathering of Rocks in the Desert: The Sun's Essential Role

78zm

Leslie McFadden

Physical weathering of pre-existing rock ultimately leads to the formation of sedimentary rocks, as well as development of many desert landforms. In the 19th century geologists proposed that periodic daily solar heating and cooling could cause the breakdown of exposed rocks, however, laboratory studies in the 1930s cast doubt on "diurnal solar insolation" as a cause of physical weathering. Recent research has restored the key role

the sun plays in physical weathering.

Les McFadden is a professor emeritus in the UNM Earth & Planetary Sciences



Learn about desert flooding in class #79.

Photo by Amy Howard

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(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.

Thursday Jun 3 2:30 - 4:00
Fee: \$10 Zoom

Floods in a Desert? When Precipitation is Too Much of a Good Thing 79zm

Deirdre Kann

New Mexico's climate is considered semi-arid to arid, so it can be surprising to hear that floods and flash floods are common and the leading cause of weather-related fatalities in the state. Floods have been reported in all months of the year and no county is spared, though some areas are favored. Kann discusses the various weather regimes that produce flooding, the favored locations, and how to anticipate and stay safe during flood events.

Deirdre Kann worked for various offices of the National Weather Service for 30 years before retiring in 2016, including 23 years at the Albuquerque NWS office. During this time, she provided operational support, completed damage surveys, and prepared local studies during and after major flood events.

Monday Jun 7 10:00 - 11:30
Fee: \$10 Zoom

Neanderthal Women - At Last! 80zm

Dave Weaver

Obviously, there must have been Neanderthal women. For many reasons, they barely have been noticed in most evolutionary accounts. Recent analyses and perspectives have brought more attention to this situation, and the findings are helping to fill out their largely

missing portion of Neanderthal life history. At last, we see Neanderthal women become more than a passing aside as a fuller picture of Neanderthal life develops.

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

Monday Jun 7 12:30 - 2:00
Fee: \$10 Zoom

Southwest

Share Space with Wildlife!: ABQ Backyard Refuge Program 81zm

Laurel Ladwig

Our backyards can be a window into our wondrously complex natural world, filled with extraordinary interactions and interdependencies. Learn about the ABQ Backyard Refuge Program and how you can build a certified backyard refuge. You can build a refuge for wildlife even with a patio or balcony, or just by being a lazy gardener! Explore the ways you can support our wild neighbors by sharing resources and being responsive to their needs.

Laurel Ladwig is a geographer and lifelong birder 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 the Partnership Coordinator for the Friends of Valle de Oro National Wildlife Refuge's Backyard Refuge Program. Laurel

recently contributed to *Now We Heal - An Anthology of Hope*.

Friday Jun 11 10:00 - 11:30

Fee: \$10 Zoom

**Designing a Wildlife Garden:
ABQ Backyard Refuge Program 82zm**

Ani Jamgyal

In this brief introduction, Jamgyal considers what is involved in designing a garden area that supports wildlife throughout the year. Explore the three basic needs of wildlife (food, shelter and water), and consider which native and adapted plants best support those needs. Look at several different kinds of landscape design, and how they function to support the health of both wildlife and humans.

Ani Jamgyal moved to New Mexico 30 years ago after receiving a PhD in plant physiology from Penn State University. Ani is currently employed by Friends of Valle de Oro National Wildlife Refuge to work with the ABQ Backyard Refuge Program. Their favorite activities involve working outside year-round with native plants, doing anything from installing habitat gardens to teaching biology and medicinal plant biochemistry, as well as selling native plants at local retail nurseries.

Friday Jul 16 10:00 - 11:30

Fee: \$10 Zoom

**Trees of UNM Campus
Guided Tour 83**

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. An oasis in the high desert, the campus was designated an arboretum in 1994. A broad-brimmed hat and sunglasses are advised. Plenty of on-campus parking is available on Saturdays. No restrooms available during tour. *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 Jun 12 9:30 - 11:00

Fee: \$12 UNM Tree Tour

**Trees of UNM Campus
Guided Tour 84**

Ron Friederich

See class #83.

Saturday Jun 19 9:30 - 11:00

Fee: \$12 UNM Tree Tour

**Trees of UNM Campus
Guided Tour 85**

Ron Friederich

See class #83.

Saturday Jun 26 9:30 - 11:00

Fee: \$12 UNM Tree Tour



Walk the UNM campus while learning about the trees and plants in classes #83, #84, and #85.

Photo by Robert Reck

Making Solar Energy More Affordable in the US 86zm

Charles Fleddermann

In their 2008 report, the National Academy of Engineering identified developing affordable solar energy as one of the Grand Challenges for Engineering in the 21st Century. Today, solar energy provides a small fraction of the electricity used in the US, but is poised to make increasing contributions to electrical energy consumption nationwide. Fleddermann looks at the current situation and describes the innovations that will help make solar energy affordable.

Charles (Chuck) Fleddermann is a professor of electrical engineering and associate dean of engineering at UNM. He has taught courses on professionalism and ethics in engineering at UNM as well as to the larger engineering community. His book, *Engineering Ethics*, is now in its fourth edition. Fleddermann received his PhD in electrical engineering from the University of Illinois at Urbana-Champaign.

Monday Jun 14 12:30 - 2:00

Fee: \$10 Zoom

History of Recording Technology 87zm

Lawrence Anderson

For over one hundred and fifty years the concept of recording musical sounds so that they could be played back at a later time has captivated scientists and engineers. We trace this history, starting from the first experiments with a pen tracing a wave on a smokey drum to the modern world where all of our music resides ephemerally in the cloud as a collection of ones and zeros.

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.

Thursday Jun 24 10:00 - 11:30

Fee: \$10 Zoom

Geology and Geologic History of New Mexico 88zm

John Geissman

John Geissman presents a general overview of the geology of New Mexico, with a brief but important introduction to the general concepts of deep geologic time and the overall geologic setting of the western United States. Geissman includes a summary of the history of geologic changes that have affected New Mexico and briefly touches on the origin of these changes.

John Geissman is a professor emeritus of geoscience at the University of Texas at Dallas and the University of New Mexico. He received a BS, MS, and PhD in Geology (now Earth and Environmental Sciences) from the University of Michigan. He is a Past President of the Geological Society of America as well as the editor for the GSA Bulletin. He has over 300 peer-reviewed science journal contributions.

Tuesday Jul 6 10:00 - 11:30

Fee: \$10 Zoom

The Worst SOB's That Ever Did Science 89zm

David A Crossley

Scientists are usually pictured as thoughtful, cultured representatives of mankind's finest intellectual pursuit. Perhaps humbly accepting a Nobel Prize, or magnanimously crediting another scientist's work when receiving accolades. The truth is less honorable. Many scientists, including famous household names, were... well, scoundrels. There are plagiarists, liars, and credit-grabbers, as well as adulterers, racists, bigots and bullies. David Crossley introduces a few of the most despicable and reveals things about iconic heroes that have been swept under the rug.

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

Thursday Jul 8 10:00 - 11:30

Fee: \$10 Zoom

The Psychology of Arguments 90zm

Thomas Dhanens

Why do discussions turn into arguments? We don't consciously choose to start arguments. We usually don't feel we are to blame for them. They don't reflect our better self and, afterward, we usually regret some of our behavior. So what goes wrong? Why do we unintentionally slip into such a destructive mental and emotional state? Winning or losing, right or wrong, fair or unfair, victim or instigator – how can we make sense of it all?

Tom Dhanens, PhD is a clinical psychologist who practiced in the Midwest for 45 years. He had an office practice and did hospital and community agency consultations. He was the sole staff neuropsychologist at Trinity Medical Center in Illinois for 30 years, evaluating dementia and CVA patients. Earlier, he was Director of a Community Mental Health Center in Wisconsin. Since retiring to New Mexico, he published, *Why Argue? The Psychology of Arguments*.

Wednesday Jul 21 10:00 - 11:30

Fee: \$10 Zoom

Discover fascinating artifacts (virtually) at the Palace of the Governors in class #92.

The Psychology of Polarization

91zm

Thomas Dhanens

The limitations of human nature that cause personal arguments also contribute to political and social polarization. We have innate tendencies to perceive threats, place blame, and look for simple answers. Social media and news coverage capture our attention, reinforce our existing biases, and feed an us-versus-them mentality. Stereotyping and dehumanization render us unable to empathize with outsiders or understand their thinking and behavior. Learn the psychological basis for some of these important issues.

See bio #90.

Thursday Aug 5 10:00 - 11:30

Fee: \$10 Zoom

Fascinating Artifact Finds at the Palace of the Governors 92zm

Matthew Barbour

Between 2002 and 2004, the Office of Archaeological Studies performed excavations behind Santa Fe's Palace of the Governors. This project recovered over 700,000 artifacts,



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each with a story to tell. Yet, some of these items are more fascinating than others. Objects, such as an Aztec bowl with the power to cure acne and the slag-lined cupel from Battersea Works in England, have the potential to shed light on lesser known aspects of New Mexico's often sordid and colorful past. Hear about seven of the most bizarre artifacts found during the archaeological excavations.

See bio #41.

Tuesday May 25 10:00 - 11:30
Fee: \$10 Zoom

**Downtown Albuquerque
 Walking Tour: For Those Who
 Prefer to Sit**

93zm

Roland Penttila

In this class, we "tour" Central Avenue from the railroad tracks near 1st Street, traveling west eight blocks to Robinson Park. Penttila explains how these seven blocks came to be and the differences between this "New Town" and what we now refer to as Old Town, where Albuquerque was originally founded. Penttila has a treasure trove of current and old photos showcasing Albuquerque's history from the arrival of the railroad in 1880 to the present day.

Roland Penttila is a retired civil engineer who added amateur historian to his photography hobby and is now fully engaged in learning more and more about the city and state he adopted in 1998. He approaches his historical research like an engineering project, and is interested in all aspects of the city's history from its founding in 1706 through the present.

Thursday May 27 10:00 - 11:30
Fee: \$10 Zoom

John Kennedy discusses the incredible life of David Chethlahe Paladin in class #94.

**The Life and Times of
 Navajo Visionary Artist
 David Chethlahe Paladin**

94zm

John D. Kennedy

Learn about the incredible life of Navajo artist David Chethlahe Paladin, from his Navajo roots, his WWII Dachau experience, and his emergence to become what Newsweek called the most significant American Indian artist of our time. John Kennedy will share information and photos from his book, *Coyote: The Life and Times of Visionary Navajo Artist David Chethlahe Paladin*. Learn how kiva spiritual training sustained the man through the concentration camp, until he was found in a pile of bodies and recovered using Navajo ways.

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

Thursday Jun 10 10:00 - 11:30
Fee: \$10 Zoom



The Enduring Women of Pajarito 95zm

Flora Sanchez

The Gutierrez Hubbell House, located deep in Albuquerque's South Valley, has been home to many strong women. Three generations of this family, Josefa Baca, Barbara Duran y Chavez and Juliana Gutierrez y Chavez Hubbell, whose lives span over 200 years, are land grantees, heiresses, merchants, and mothers with legacies that intrigue and inspire. The talk includes a brief photo tour of the historical home and property as well as exploring the lives of the home's beloved matriarchs.

Flora Sánchez is a descendant of the family who owned the home. She is a retired educator, teacher, school counselor, and administrator for Albuquerque Public Schools. Upon retirement, she served as an elected member and three-term president of the NM State Board of Education. She serves on the board of directors for the Hubbell House Alliance where she also volunteers as a docent and presents lessons for field trips.

Wednesday Jun 16 10:00 - 11:30

Fee: \$10 Zoom

Albuquerque Retailing: The Cook & Gardenswartz Families 96zm

Noel Pugach

Explore the history, role, and impact of the Cook and Gardenswartz families on the creation and development of the sports retailing business in Albuquerque and the region. H. Cook opened for business in 1939 and quickly prospered. Subsequently, members of the families expanded into other lines of commercial activity. What contributed to their success? How did they affect the commercial and general culture? What insights does such a study provide on the history and economy of New Mexico?

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

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

Thursday Jun 17 10:00 - 11:30

Fee: \$10 Zoom

History Lover's Guide to Albuquerque 97zm

Roger Max Zimmerman

A History Lover's Guide to Albuquerque is a new book (2019) from The History Press. The book goes beyond the traditional guidebook to offer a historical journal through an area rich with diverse cultures and their fascinating past. The journey through time starts with the settlement of Native Americans in pueblos along the Rio Grande through to the 1970s. The photo-packed presentation provides insights to many of the historical events that occurred in Albuquerque.

Roger Zimmerman received his BS, MS, and PhD degrees from the University of Colorado. He taught civil engineering at the University of Colorado and New Mexico State University from 1959-1979. He was employed at Sandia National Laboratories from 1980 until his retirement in 2000 and then as a consultant until 2011. He is a past president of the Albuquerque Historical Society.

Monday Jun 28 2:30 - 4:00

Fee: \$10 Zoom

Whatever Happened to Cabooses? 98zm

Fred Friedman

The caboose was once the office and rolling home of freight train crews. Today you'll find more cabooses at chambers of commerce and fast food restaurants than on the rails. Their disappearance is a fascinating story of safety, technology, management, and labor union issues. New Mexico had an important role in the discussion of whether to keep or eliminate this important element of the country's railroading heritage. Recently, hundreds of cabooses are finding new acceptance in locations throughout the country.



Find out what happened to cabooses in class #98.

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.

Tuesday Aug 3 10:00 - 11:30

Fee: \$10 Zoom

**Persistence of Resistance:
Resiliency in the Pueblo World
1539-1696**

99zm

Jon Ghahate and Matt Schmader

Indigenous peoples of what was to become New Mexico were profoundly affected by first contact with Spanish explorers and other outsiders in the 1530s. The first colony was established in 1598, and the 1600s were especially difficult for indigenous populations and newly arrived colonists. Famine, drought, disease, displacements, massive population loss, social oppression, and religious persecution culminated with the Pueblo Revolt of 1680-1696. In spite of these events, Pueblo peoples endured and sustained strong societies that are the foundation of our multicultural heritage.

Jon Ghahate is from the Pueblos of Laguna and Zuni, of the Turkey and Badger Clans. He currently serves as the Indian Pueblo

Cultural Center Museum Cultural Educator in Albuquerque.

Matt Schmader, PhD, has more than 40 years of field experience in southwestern archaeology. He has worked on sites of virtually every cultural time period, ranging from Paleo-Indian to Archaic campsites, from Spanish contact/colonial sites to the historic Red Light district in downtown Albuquerque.

Thursday Aug 5 12:30 - 2:00

Fee: \$10 Zoom

**Col. John Slough, Gilpin's
Pet Lambs & the Union Victory
at Glorieta Pass**

100zm

Richard Miller

Col. John Slough struggled to command the hard-drinking and free-spirited 1st Colorado Volunteer Infantry, derisively nicknamed "Gilpin's Pet Lambs." Miraculously, the troops defeated 1,200 Texans at the battle of Glorieta Pass in northern New Mexico Territory in March 1862. Miller tells the story of Slough's disastrous relationship with the 1st Colorado, their surprising victory at Glorieta Pass, and Slough's abrupt resignation after being threatened with assassination.

Richard Miller, author of *John P. Slough: The Forgotten Civil War General*, earned his MA in history from Princeton University. After a career in healthcare management and consulting, he turned to writing and lecturing upon his retirement in 2014. He is the past president of the Puget Sound Civil War Roundtable and a frequent speaker to Civil War roundtables and history groups. He lives in Seattle with his wife Karin.

Tuesday Aug 10 12:30 - 2:00

Fee: \$10 Zoom

Technology

iPhone Beginning Basics

101zm

Lee Maddenkrall

Back by popular demand! In this class learn the basics of your iPhone as we explore

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

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.*

Lee Maddenkrall is owner of leehowardglobal, providing digital media, instruction, and management tools for businesses. He is the AARP Community Programs Manager for the Albuquerque metro area, instructing members in technology and maximizing their use and knowledge of Smart Devices. Lee works as a presenter, trainer and instructor in all areas of digital media.

Tuesday May 25 1:00 - 3:00
Fee: \$25 Zoom

Android Phone Beginning Basics 102zm

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 smartphone to class. This course is not applicable for iPhones. Limited enrollment.*

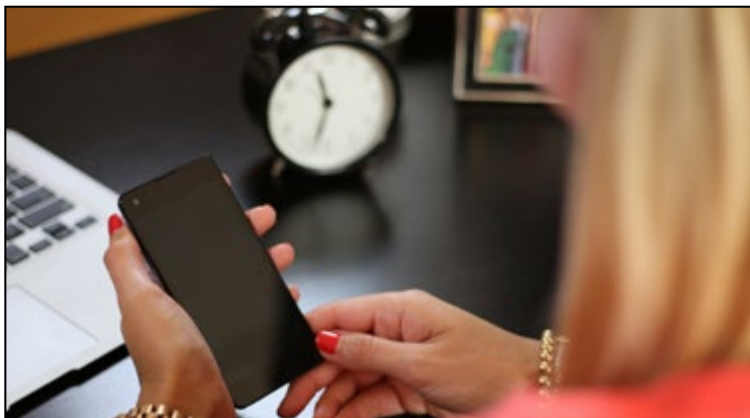
See bio #101.

Tuesday Jun 8 1:00 - 3:00
Fee: \$25 Zoom

Intermediate iPhone Skills 103zm

Lee Maddenkrall

Back by popular demand! Learn to take advantage of your iPhone features beyond calling and texting. Lee Maddenkrall shows



Learn how to master your digital life in Technology classes #101-104.

Photo by Pixabay.

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 #101.

Tuesday Jul 6 1:00 - 3:00
Fee: \$25 Zoom

Cybercrime Fighters: Phishing, Browsers, and Passwords 104zm

Lee Maddenkrall

Back by popular demand! As we use the internet more, 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 will guide you through choosing which browser is best for you and tell you about best-in-class "Robocall Killer" apps. Hear about password manager apps and how to use them.

See bio #101.

Tuesday Jul 13 1:00 - 3:00
Fee: \$18 Zoom

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

Armchair Travel / Travelogue

Are You Ready to Walk the Camino?

105zm

David Ryan

With many movies and books about the Camino, you undoubtedly have heard of the Camino or "The Way." In this session, David Ryan, an experienced Camino walker, shows you what it's like to walk the Camino and what you can see along the way. He shares with you different ways of doing a Camino, what a typical day is like, and what you need to know regarding language, equipment, and preparation.

David Ryan, who has given several presentations at Oasis, is the coauthor of the 3rd edition of *60 Hikes within 60 Miles: Albuquerque* and the author of several other walk books. In addition to hiking around Albuquerque, he has gone on several very long walks including the Camino de Santiago and the entire Appalachian Trail. You can find many of the places he has explored on his blog at www.gentleartofwandering.com.

Monday May 24 10:00 - 11:30

Fee: \$10 Zoom

Memories of Mexico - Off the Beaten Path

106zm

Maya Sutton

Have you ever climbed to a village buried by a volcano? Have you spent all night in a cemetery with Indians for Dia de los Muertos? Getting off the beaten path in Mexico is adventurous, scenic, surprising, and rewarding. Visit the village of Turapato where the Catholic church has no image of Jesus, only Mary. Swim under a waterfall or in a cenote. And enjoy unspoiled Isla Mujeres,

where the daily sunrise first touches the land of Mexico.

See bio #72.

Thursday Jun 10 12:30 - 2:00

Fee: \$10 Zoom

Sales Presentation: Oasis/Collette Southern Charm Trip

107

Collette Representative

Featuring Charleston, Savannah & Jekyll Island,

Trip is April 24 - April 30, 2022

7 Days • 9 Meals

Learn about this Oasis/Collette trip where you experience America's southeast. This tour includes stays in Charleston, Savannah, and Jekyll Island. A city that has defied all odds, Charleston survived the Civil War, major fires, hurricanes and an earthquake, and still exudes elegance, charm, and grace. Travel to the exclusive Jekyll Island, once the beloved vacation spot for prominent families. See the stunning St. Simons Island 106-foot tall lighthouse, and visit historic Savannah with a trolley tour highlighting the Historic District. Reserve trip by October 17, 2021 for best price and availability. See Oasis website for more information.

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



Learn more about Oasis and Collette's April 2022 trip to Charleston, Savannah, and Jekyll Island.

tours. Karen Barclay is Collette's business development manager for our region.

Monday Jul 26 2:30 - 3:30

Fee: \$0 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).

David Canyon Hike 108

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.*

See bio #105.

Thursday May 20 8:00 - 11:30

Fee: \$15 David Canyon-Mars Court Trail

Cottonwood Spring Trail: Accessible Nature Walk 109

Colston Chandler

May is the best time for viewing wildflowers in the Sandia Foothills and one of the best accessible places to do this is along the Cottonwood Spring Trail in the Elena Gallegos Open Space. From the parking lot, the concrete-paved trail winds past several shade structures with benches and informational displays before reaching the turnaround point at an observation blind that overlooks a spring-fed pond. On a clear day, westward views are stupendous. A wildflower enthusiast accompanies us on an informative morning stroll. This slower-paced walk is approximately 0.6 miles long and is also wheelchair and

walker accessible. *Restrooms are available. Limited enrollment.*

Colston Chandler, an Albuquerque resident for more than 50 years and UNM professor of physics for 36 of those years, is an outdoor enthusiast who has led many Oasis walks (mostly in the bosque).

Friday May 21 10:00 - 11:30

Fee: \$15 Cottonwood Spring

Juan Tomas Open Space Hike 110

David Ryan

Back by popular demand! Juan Tomas Open Space is a City of Albuquerque Open Space property located in 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 #105.

Wednesday May 26 8:00 - 11:30

Fee: \$15 Juan Tomas Open Space

LVL-Sponsored Classes

Oasis members must pre-register and pay the \$5 class fee. There is NO charge for La Vida Llena residents, and you do not need to pre-register through Oasis (even if you are also an Oasis member). Check with the Life Enrichment Services at LVL for livestream link.



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

Secret Numbers & Shortwave Stations: Spies on the Radio Waves 111zm

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 and view pictures of clandestine radio sites and 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.

Thursday May 13 3:00 - 4:30
Fee: \$5 Zoom

Crop Circles: Who or What Makes Them? 112zm

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. 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.

See bio#106.

Thursday Jun 10 3:00 - 4:30
Fee: \$5 Zoom

Postcards: Not Just Vacation Souvenirs 113zm

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, Tucker shares a basic overview of postcard history and 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.

Thursday Jul 8 3:00 - 4:30
Fee: \$5 Zoom

Ella Fitzgerald: First Lady of Song 114zm

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 #55.

Thursday Aug 12 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.

**Making a Case Out of It:
An Overview of the Federal
Court System 115zm**

Karen Molzen

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

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

Monday May 10 3:00 - 4:30
Fee: \$5 Zoom

**Los Luceros Historic Site:
Prehistory & Early History 116zm**

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 #41.

Monday Jun 14 3:00 - 4:30
Fee: \$5 Zoom

The Lamy Branch Rail Line 117zm

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. The line was recently purchased by local entrepreneurs in the hopes that the line will once again reinvent itself.

See bio #98.

Monday Jul 12 3:00 - 4:30
Fee: \$5 Zoom

Kind of Blue: Miles Davis 118zm

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 #55.

Monday Aug 9 3:00 - 4:30
Fee: \$5 Zoom

Off-Site Class Locations Directory

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

Cottonwood Spring Trailhead

To reach the Cottonwood Springs trailhead parking lot of the Elena Gallegos Open Space, travel east from the corner of Tramway and Simms Park Road (just north of the traffic signal at Tramway and Academy) to the Open Space Information Center. After paying the \$1/car entry fee, ignore the signs suggesting that you turn right. Instead turn left (north) around the back of the Information Center and follow the road to the parking lot.

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.

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 2.7 miles east. Park in the area on the left, across from the junction with Anaya Road (not Anaya Place).

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.

Oasis Albuquerque & Collette Travel present

Southern Charm

Visit Charleston, Jekyll Island, & Savannah

April 24 - 30, 2022 • 7 Days • 9 Meals

Sales Presentation: Monday, July 26, 2:30 - 3:30pm (class #107zm)

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

Reserve trip by October 17, 2021 for best price and availability.

Prices start at \$2,949pp (double)



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

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

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 Karin L. Urban
 Lynne Uhring
 Nancy M. VanDevender
 Phyllis Ann Vilchuck
 Margaret Villanueva
 Alice Vogel
 Pamela K Walker
 Mary Warner
 Barbara Wasylenki
 Connie Whitcomb
 Ken and Betty Whiton
 Joan Wierzba
 Susan Wilkinson-Davis
 Robert Wood
 Verna Wood
 Michelle Worley
 Kathy A. Wright
 Susan Wright
 Diane Yanney
 Kathleen Yarbrough
 Marc Yellin
 Betty Yoches
 Kay Zukeran

* deceased

In Memory of Doug Swift
 Jane N. Swift

In Memory of Gladys Freund
 Barker
 Laurence Barker

In Memory of Celina's Auntie
 Chacha
 Bruce & Lorna M. Wiggins

In Honor of Jane Ellen
 Karen S. Pound

In Honor of Merrie Courtright
 Roy Courtright
 Yulia Mikhailova

In Honor of Kathleen Raskob
 Carol Spitz

In Honor of Vicki DeVigne
 Jane Thiedeman

Albuquerque Oasis Intergenerational Tutoring Program

Thank you, Oasis Volunteers!

Leslie Alperin
Laurel Anderson
Johanna Ash
Lorraine Baca
Jan Bandrofchak
Edwin Beatty
Patricia Bartels
Faye Belyeu
Deborah Blank
Shelley Carter
Sheryl Cervený
Carolyn Clark
Merrie Courtright
Bryan Crawford
Corrinne Crawford
Valerie Dalton
Yolanda Day
Christine DeHerrera
Stephanie Deutsch
Vicki DeVigne
Holly DeWees

Mary Dickson
Georgia Dray
Mary Eagle
Carolyn Ehlert
Elizabeth Fitzgerald
Barbara Frames
Susan Frow
Geraldine Garcia
Frederick Grambort
Karen Griffin
Pamela Hanson
Nancy Harbert
Anne Hayes
John Hockert
Joe Huebel
Donna Jernigan
Jennifer Johns
Carol Kain
Deirdre Kann
Jean Kelley
Iris Keltz

George Koinis
Joyce Kolberg
Cheryl Krahm
Victoria Lanzing
Joan Levine
Angie Lucero
Ruth Maayan
Frank Malizzo
Yvonne Mangrum-Spicer
Joanne McEntire
Brookes McIntyre
Julianne McVay
Rachel Mercer-Smith
Jean Merritt
Kathleen Meyn
Kathleen Miller
Cynthia Moody
Ruth Nichols
Celeste Nossiter
Beverly Ohline
Daphne Orner
Felisa Palfery

Rich Piper
Debra Plake
Victoria Pratt
Carole Price
Anna Reluzco
Kathryn Rhoads
Davinia Rizzo
Christine Robinson
Karen Robinson
Linda Rogers
Pamela Rogers
Diane Ross
Lilia Ruiz
Kathleen Sallee
Karen Schlue
Norman Segel
Dawn Serrano
Hope Sikes
Roxanne Sikes
Jeanne Silliman
Karen Smoot
Mark Solomon
Mayra Tena

Lillian Torres-Beatty
Susan Trumbo-Forrer
Karin Urban
Cynthia Vaughan
Linda Vik
Jan Villa
Margaret Vining
Susan Wallack
Judith Weinstein
John Willadsen
Katie Williams
Patricia Wilson
Nancy Winger
Barbara Witemeyer
Sue Wolinsky
Jerri Wunder
Paula Wynnycky
Constance Wysocki
Theresa Zebrowski
Nancy Zulick

Our program delivery was definitely different this last year, but you were determined to make it work for our students. Since October 2020, our sessions were held looking at our students through a computer screen instead of sitting right next to them. Thank you to our tutor trainers who happily created training videos. Thank you to our initial Google team for experimenting with the unknown and sharing their technology knowledge.

Thank you to our returning volunteers who boldly tried mentoring online and bravely worked through technology issues.

Thank you and welcome to our new recruits for online mentoring - you had a double experience in learning our literacy approach as well as delivering your sessions online.

Thank you to those who mentored family members, neighbors or provided handouts and letters.

Thank you to our library volunteers. Your work behind the scenes is truly appreciated. It actually took all of us to make our mission a success this year. I look forward

to welcoming back all of our volunteers who stayed on the team - eager for a return to in-person mentoring.

Thank you to everyone!

Vicki

Vicki DeVigne

Albuquerque Oasis Intergenerational Tutoring Program
Tutoring Program Director



Join our team!

Contact Vicki DeVigne at 505-884-4529 or visit our website at www.oasisabq.org/tutoring for more information.

1 IN 3 AMERICAN ADULTS HAS HIGH BLOOD PRESSURE

HAVE HIGH BLOOD PRESSURE? WANT TO DO SOMETHING?

Blood Pressure Self-Monitoring Program

Open to everyone (members and non-members)



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

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

\$45 (without digital blood pressure monitor)

Digital blood pressure monitors are available for \$30

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TAKE CONTROL OF YOUR HEALTH, SIGN UP TODAY!



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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: _____



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

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NeighborhoodRioRancho.com
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Rio Rancho, NM 87124



(505) 293-4001
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Support

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



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S&I100

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THE SOCIAL IMPACT 100
INDEX OF TOP-PERFORMING
NONPROFITS (SI100.ORG)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
10		11		12		13		14	
115zm	Fed Court System ZM 3:00 - 4:30	49zm	Austin Book ZM 1:30 - 3:00		Summer Registration Opens 10:00am	111zm	Spies on Radio ZM 3:00 - 4:30		
17		18		19		20		21	
16zm	Loss/Grief/COVID ZM 10:00 - 11:30	77zm	Changing Climate ZM 10:00 - 11:30	37zm	Rome in Baroque ZM 10:00 - 11:30	108	David Canyon Hike 8:00 - 11:30	3zm	Polarized? ZM 10:00 - 11:30
36zm	Benjamin Franklin ZM 12:30 - 2:00	50zm	Summit Book ZM 11:00 - 12:30	66zm	What Matters in End ZM 12:30 - 2:00	17zm	Aching Knees ZM 10:00 - 11:30	109	Cottonwood Spring Walk 10:00 - 11:30
		2zm	President Biden ZM 12:30 - 2:00	52zm	West Mesa Book ZM 1:30 - 3:00	9zm	70 Years of TV News ZM 12:30 - 1:45		
		51zm	Holmes Book ZM 1:00 - 2:30						
24		25		26		27		28	
27zm	Tai Ji Quan Bal A ZM 9:00 - 10:00	92zm	Artifact Finds ZM 10:00 - 11:30	110	Juan Tomas Hike 8:00 - 11:30	93zm	ABQ Tour-Sifting ZM 10:00 - 11:30		
105zm	Walking the Camino ZM 10:00 - 11:30	29zm	Tai Chi Health A ZM 11:00 - 12:00	27zm	Tai Ji Quan Bal A ZM 9:00 - 10:00	29zm	Tai Chi Health A ZM 11:00 - 12:00		
36zm	Benjamin Franklin ZM 12:30 - 2:00	101zm	iPhone Basics ZM 1:00 - 3:00	69zm	Judaism & Jews ZM 12:30 - 2:00				
31									
Memorial Day: Closed									

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.



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."

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
7	11zm	History of Food ZM	10:00 - 11:30	27zm	Tai Ji Quan Bal A ZM	9:00 - 10:00	67zm	Memoir Writing ZM	10:00 - 12:00	4	68zm	Poetry ZM	10:00 - 12:00	
	29zm	Tai Chi Health A ZM	11:00 - 12:00	18zm	Dementia ZM	10:00 - 11:30	29zm	Tai Chi Health A ZM	11:00 - 12:00					
				19zm	Matter of Balance ZM	1:00 - 3:00	78zm	Weathering of Rocks ZM	2:30 - 4:00					
				70zm	Jewish Poetry ZM	2:30 - 4:00								
8	4zm	Cannabis in NM ZM	10:00 - 11:30	27zm	Tai Ji Quan Bal A ZM	9:00 - 10:00	94zm	Chekhov's Paladins ZM	10:00 - 11:30	11	81zm	Share with Wildlife ZM	10:00 - 11:30	
	29zm	Tai Chi Health A ZM	11:00 - 12:00	20zm	Ayurveda ZM	10:00 - 11:30	29zm	Tai Chi Health A ZM	11:00 - 12:00		68zm	Poetry ZM	10:00 - 12:00	
	63zm	Opera: Stage Dir ZM	12:30 - 2:00	38zm	Fighting Irish ZM	12:30 - 2:00	106zm	Mexico Memories ZM	12:30 - 2:00					
	102zm	Android Phone Basic ZM	1:00 - 3:00	19zm	Matter of Balance ZM	1:00 - 3:00	112zm	Crop Circles ZM	3:00 - 4:30	SATURDAY JUNE 12				
	49zm	Austin Book ZM	1:30 - 3:00							83	Trees of UNM Tour 9:30 - 11:00			
14	27zm	Tai Ji Quan Bal A ZM	9:00 - 10:00	27zm	Tai Ji Quan Bal A ZM	9:00 - 10:00	96zm	ABQ Retailing ZM	10:00 - 11:30	18	68zm	Poetry ZM	10:00 - 12:00	
	21zm	Posture Power ZM	10:00 - 11:30	95zm	Women of Pajarito ZM	10:00 - 11:30	29zm	Tai Chi Health A ZM	11:00 - 12:00					
	86zm	Affordable Solar ZM	12:30 - 2:00	10zm	Netflix Disrupting ZM	12:30 - 1:45	31zm	Yoga for Summer ZM	1:00 - 2:15					
	116zm	Los Luceros ZM	3:00 - 4:30	19zm	Matter of Balance ZM	1:00 - 3:00	39zm	Stalingrad ZM	2:30 - 4:00	SATURDAY JUNE 19				
				52zm	West Mesa Book ZM	1:30 - 3:00				84	Trees of UNM Tour 9:30 - 11:00			
21	41zm	Elephants & War ZM	10:00 - 11:30	27zm	Tai Ji Quan Bal A ZM	9:00 - 10:00	53zm	Enlightenment Book ZM	10:00 - 12:00	25	23zm	State of Eyes ZM	10:00 - 11:30	
	40zm	Subs: Lost 52 ZM	10:00 - 11:30	5zm	Transgender People ZM	10:00 - 11:30	87zm	Recording Tech ZM	10:00 - 11:30					
				19zm	Matter of Balance ZM	1:00 - 3:00	29zm	Tai Chi Health A ZM	11:00 - 12:00	SATURDAY JUNE 26				
				32zm	Qigong ZM	1:00 - 2:00	12zm	NM Food Trails ZM	12:30 - 2:00	85	Trees of UNM Tour 9:30 - 11:00			
28	29zm	Tai Chi Health A ZM	11:00 - 12:00	27zm	Tai Ji Quan Bal A ZM	9:00 - 10:00								
	32zm	Qigong ZM	1:00 - 2:00	19zm	Matter of Balance ZM	1:00 - 3:00								
	24zm	Caregiver Resources ZM	2:30 - 4:00											

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	2		
5		6		7		8	9		
Office Closed for Independence Day		88zm Geology of NM ZM 10:00 - 11:30 30zm Tai Chi Health B ZM 11:00 - 12:00 32zm Qigong ZM 1:00 - 2:00 103zm Intermed iPhone ZM 1:00 - 3:00		27zm Tai Ji Quan Bal A ZM 9:00 - 10:00 6zm Grassroots Solutions ZM 10:00 - 11:30 19zm Matter of Balance ZM 1:00 - 3:00		89zm Science SOB's ZM 10:00 - 11:30 53zm Enlightenment Book ZM 10:00 - 12:00 30zm Tai Chi Health B ZM 11:00 - 12:00 113zm Plant-Based Eating ZM 12:30 - 2:00 113zm Postcards ZM 3:00 - 4:30			
12		13		14		15	16		
28zm Tai Ji Quan Bal B ZM 9:00 - 10:00 71zm Gospels & Koran ZM 10:00 - 11:30 14zm Fungal Frontier ZM 12:30 - 2:00 117zm Lamy Rail Line ZM 3:00 - 4:30		54zm Singing Show Tunes ZM 10:15 - 11:45 30zm Tai Chi Health B ZM 11:00 - 12:00 72zm Dark Goddess ZM 12:30 - 2:00 104zm Cybercrime ZM 1:00 - 3:00 49zm Austin Book ZM 1:30 - 3:00		28zm Tai Ji Quan Bal B ZM 9:00 - 10:00 73zm Julia of Norwich ZM 10:00 - 11:30 19zm Matter of Balance ZM 1:00 - 3:00		15zm Roots of NM Cuisine ZM 10:00 - 11:30 53zm Enlightenment Book ZM 10:00 - 12:00 30zm Tai Chi Health B ZM 11:00 - 12:00 42zm Hidden Civilizations ZM 12:30 - 2:30	82zm Wildlife Garden ZM 10:00 - 11:30		
19		20		21		22	23		
28zm Tai Ji Quan Bal B ZM 9:00 - 10:00 55zm Marly Robbins ZM 10:00 - 12:00		74zm Intro to Talmud ZM 10:00 - 11:30 30zm Tai Chi Health B ZM 11:00 - 12:00 50zm Summit Book ZM 11:00 - 12:30 43zm Underground RR ZM 12:30 - 2:00 33zm Yoga for Better Sleep ZM 1:00 - 2:15 51zm Holmes Book ZM 1:00 - 2:30		28zm Tai Ji Quan Bal B ZM 9:00 - 10:00 90zm Psych of Arguments ZM 10:00 - 11:30 19zm Matter of Balance ZM 1:00 - 3:00 52zm West Mesa Book ZM 1:30 - 3:00		56zm Sarah Vaughan ZM 10:00 - 12:00 53zm Enlightenment Book ZM 10:00 - 12:00 30zm Tai Chi Health B ZM 11:00 - 12:00 42zm Hidden Civilizations ZM 12:30 - 2:30	44zm Greek Mythology ZM 10:00 - 11:30		
26		27		28		29	30		
28zm Tai Ji Quan Bal B ZM 9:00 - 10:00 107zm Southern Charm Trip Sales Presentation ZM 2:30 - 3:30		25zm Vitamin/Supplement ZM 10:00 - 11:30 30zm Tai Chi Health B ZM 11:00 - 12:00 33zm Yoga for Better Sleep ZM 1:00 - 2:15 57zm James Taylor ZM 2:30 - 4:30		28zm Tai Ji Quan Bal B ZM 9:00 - 10:00 7zm Bill Becomes Law ZM 10:00 - 11:30 19zm Matter of Balance ZM 1:00 - 3:00		53zm Enlightenment Book ZM 10:00 - 12:00 30zm Tai Chi Health B ZM 11:00 - 12:00 42zm Hidden Civilizations ZM 12:30 - 2:30	58zm Patti LaBelle ZM 10:00 - 12:00		

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
2			3			4			5			6		
28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	98zm	Cabooses ZM	10:00 - 11:30	28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	91zm	Psych of Polarization ZM	10:00 - 11:30	34zm	Stretch & Relax ZM	9:00 - 10:00
8zm	Amy Coney Barrett ZM	12:30 - 2:00	30zm	Tai Chi Health B ZM	11:00 - 12:00	26zm	Health Care Decisions ZM	10:00 - 11:30	30zm	Tai Chi Health B ZM	11:00 - 12:00	60zm	John Williams ZM	10:00 - 12:00
			59zm	Joni Mitchell ZM	2:30 - 4:30				99zm	Pueblo World ZM	12:30 - 2:00			
9			10			11			12			13		
28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	30zm	Tai Chi Health B ZM	11:00 - 12:00	28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	1zm	Age Independently ZM	10:00 - 11:30	34zm	Stretch & Relax ZM	9:00 - 10:00
118zm	Miles Davis ZM	3:00 - 4:30	100zm	Colonel John Slough ZM	12:30 - 2:00	61zm	Igor Stravinsky ZM	10:00 - 12:00	30zm	Tai Chi Health B ZM	11:00 - 12:00			
			49zm	Austin Book ZM	1:30 - 3:00				75zm	Joel Goldsmith ZM	2:30 - 4:00			
									114zm	Ella Fitzgerald ZM	3:00 - 4:30			
16			17			18			19			20		
28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	50zm	Summit Book ZM	11:00 - 12:30	28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	35zm	Taste of Tai Chi Chih ZM	9:00 - 10:00	34zm	Stretch & Relax ZM	9:00 - 10:00
45zm	Orleans & Tours ZM	10:00 - 11:30	30zm	Tai Chi Health B ZM	11:00 - 12:00	47zm	Illuminated Bibles ZM	12:30 - 2:00	62zm	Stephen Sondheim ZM	10:00 - 12:00			
46zm	Ag Settlements ZM	12:30 - 2:00	51zm	Holmes Book ZM	1:00 - 2:30	52zm	West Mesa Book ZM	1:30 - 3:00	30zm	Tai Chi Health B ZM	11:00 - 12:00			
									48zm	1619 vs. 1776 ZM	12:30 - 2:00			
23			24			25			26			27		
28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	30zm	Tai Chi Health B ZM	11:00 - 12:00	28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00	30zm	Tai Chi Health B ZM	11:00 - 12:00			
30			31			1								
28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00				28zm	Tai Ji Quan Bal B ZM	9:00 - 10:00						

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 and click on the **My Account** 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 summer session. Payment is required at the time of registration and holds your place in a class. Oasis will take phone registrations. Mailing in a paper registration form is highly recommended if you do not want to register online. You may add classes anytime throughout the summer 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. Your registration receipt contains class dates and times. You can also log in to your MyOasis account, click on dashboard, and then click on view/print class term receipt. 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:

Summer 2021

Registration opens Wednesday, May 5 at 10:00am.
 Summer 2021 classes begin Monday, May 10, 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, May 5, 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 May 5, 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 (May 5, 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.

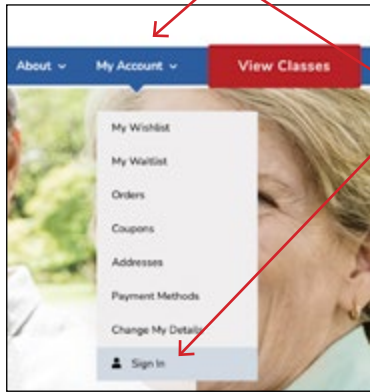
Online registration: www.oasisabq.org

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

1. Go to www.oasisabq.org
2. Log in to your MyOasis account by clicking on **My Account** (upper right hand corner). If you do not already have an account, please click on **My Account**, then on **Register for MyOasis** to create your Oasis profile. At that point, you will need to create a username and password to enroll in all Oasis classes. Online signups require credit card payment.

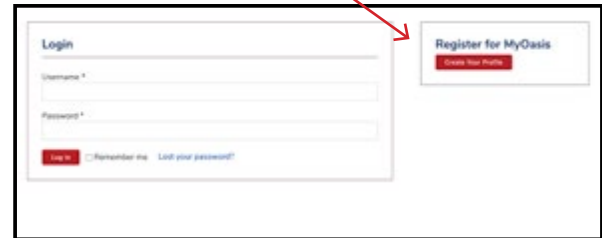
Our Location	Oasis Albuquerque in American Square Shopping Center 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107-1855	Map on Back Cover
	Mailing Address: PO Box 35518 Albuquerque NM 87176	

HOW TO REGISTER FOR CLASSES

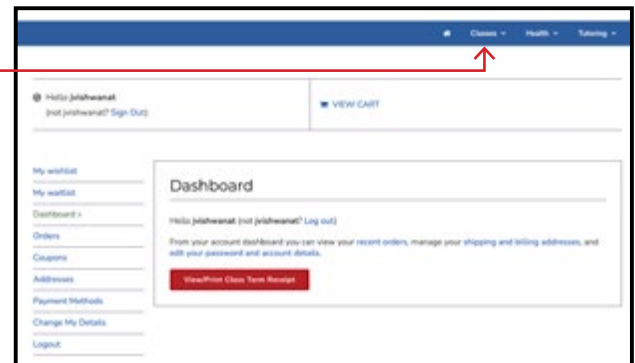


1. Go to www.oasisabq.org

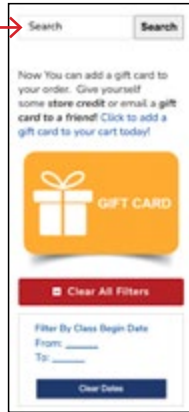
2. Click **My Account > Sign In** (If you don't have a MyOASIS account yet, click "**Create Your Profile**" to sign up).



3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

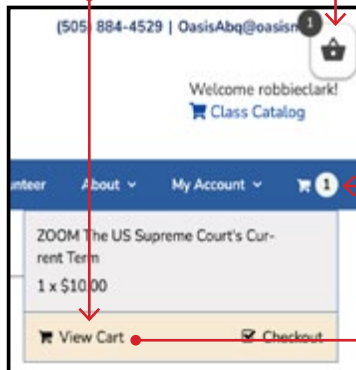


4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.

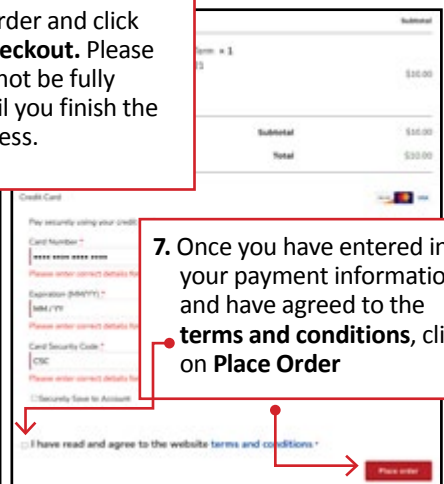
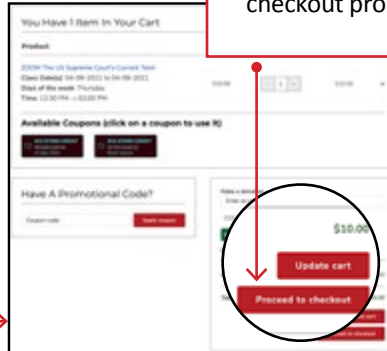


5. To check out, go to the **cart** icon in the menu at top right of the page and click **View Cart**

Or

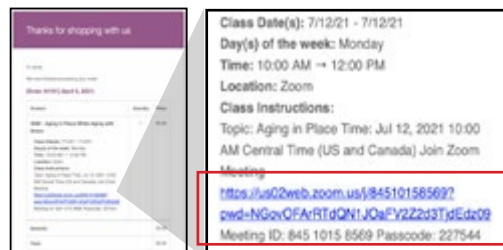


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



7. Once you have entered in your payment information and have agreed to the **terms and conditions**, click on **Place Order**

8. Once your order is complete, you will receive a confirmation receipt through email. If your class is virtual, this is where your **Zoom link** will be. You can also find your Zoom links under **Dashboard > View/Print Class Term Receipt**



9. **All done!** Make sure to check your SPAM or "Promotions" folder in your email inbox in case your receipt lands there.

Oasis Summer 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 assigns do hereby release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **MEDIA RELEASE:** I give permission for The Oasis Institute to photograph or videotape me and to use my name, and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

BY: _____
SIGNATURE REQUIRED ➡

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	1	AGING INDEPENDENTLY ZM	\$5			
	2	PRESIDENT BIDEN ZM	\$10			
	3	POLARIZED? ZM	\$10			
	4	CANNABIS IN NM ZM	\$10			
	5	TRANSGENDER PEOPLE ZM	\$10			
	6	GRASSROOTS SOLUTIONS ZM	\$10			
	7	HOW A BILL BECOMES LAW ZM	\$10			
	8	AMY CONEY BARRETT ZM	\$10			
	9	70 YEARS OF TV NEWS ZM	\$10			
	10	NETFLIX DISRUPTING TV ZM	\$10			
	11	HISTORY OF FOOD ZM	\$10			
	12	NM FOOD TRAILS ZM	\$10			
	13	PLANT-BASED EATING ZM	\$12			
	14	FUNGAL FRONTIER ZM	\$10			
	15	ROOTS OF NM CUISINE ZM	\$10			
	16	LOSS/GRIEF/COVID-19 ZM	\$10			
	17	ACHING KNEES ZM	\$10			
	18	COMMUNICATING/DEMENTIA ZM	\$10			
	19	MATTER OF BALANCE ZM	\$0			
	20	AYURVEDA ZM	\$10			
	21	POSTURE POWER ZM	\$10			
	22	RESOURCES FOR WELLBEING ZM	\$10			

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	23	STATE OF EYES ZM	\$10			
	24	CAREGIVER RESOURCES ZM	\$0			
	25	VITAMINS & SUPPLEMENTS ZM	\$10			
	26	HEALTH CARE DECISIONS ZM	\$10			
	27	TAI JI QUAN BALANCE A ZM	\$36			
	28	TAI JI QUAN BALANCE B ZM	\$48			
	29	TAI CHI HEALTH 1 ZM	\$36			
	30	TAI CHI HEALTH 1 ZM	\$48			
	31	YOGA FOR SUMMER ZM	\$16			
	32	QIGONG ZM	\$24			
	33	YOGA FOR BETTER SLEEP ZM	\$16			
	34	STRETCH & RELAX ZM	\$24			
	35	TASTE OF TAI CHI CHIH ZM	\$10			
	36	BENJAMIN FRANKLIN ZM	\$20			
	37	ROME IN BAROQUE PERIOD ZM	\$10			
	38	FIGHTING IRISH ZM	\$10			
	39	STALINGRAD ZM	\$10			
	40	SUBMARINES: LOST 52 ZM	\$10			
	41	ELEPHANTS & WAR ZM	\$10			
	42	HIDDEN CIVILIZATIONS ZM	\$30			
	43	UNDERGROUND RAILROAD ZM	\$10			
	44	GREEK MYTHOLOGY ZM	\$10			

✓ Check (on this side) the classes you would like to take.					Office Use Only	
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W	
	45	ORLEANS & TOURS ZM	\$10			
	46	AGRICULTURE SETTLEMENTS ZM	\$10			
	47	ILLUMINATED BIBLES ZM	\$10			
	48	1619 VS. 1776 ZM	\$10			
	49	AUSTIN BOOK ZM	\$10			
	50	SUMMIT BOOK ZM	\$10			
	51	HOLMES BOOK ZM	\$10			
	52	WEST MESA BOOK ZM	\$10			
	53	ENLIGHTENMENT NOW BOOK ZM	\$30			
	54	SINGING SHOW TUNES ZM	\$10			
	55	MARTY ROBBINS ZM	\$10			
	56	SARAH VAUGHAN ZM	\$10			
	57	JAMES TAYLOR ZM	\$10			
	58	PATTI LABELLE ZM	\$10			
	59	JONI MITCHELL ZM	\$10			
	60	JOHN WILLIAMS ZM	\$10			
	61	IGOR STRAVINSKY ZM	\$10			
	62	STEPHEN SONDHEIM ZM	\$10			
	63	OPERA: STAGE DIRECTION ZM	\$10			
	64	OPERA: SET DESIGN ZM	\$10			
	65	OPERA: COSTUMING ZM	\$10			
	66	WHAT MATTERS IN THE END ZM	\$10			

Oasis Summer 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 assigns do hereby release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **MEDIA RELEASE:** I give permission for The Oasis Institute to photograph or videotape me and to use my name, and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

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	66	WHAT MATTERS IN THE END 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

Oasis Institute/Oasis Albuquerque

American Square Shopping Center

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

Mailing Address:

PO Box 35518, Albuquerque NM 87176

505-884-4529

www.oasisabq.org

Registration opens on

Wednesday, May 5, 2021, 10:00am

& continues **THROUGHOUT the term.**

See pages 57-58.

Classes begin Monday, May 10, 2021



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Oasis Albuquerque

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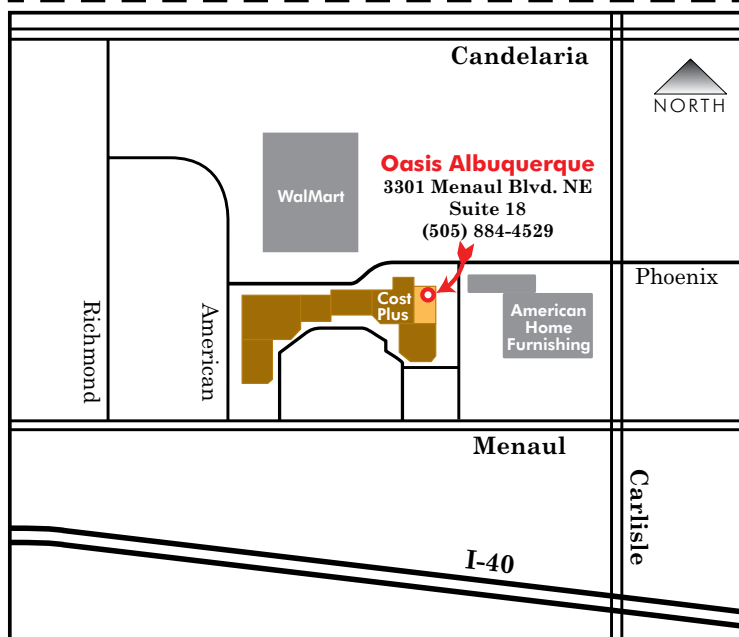
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Albuquerque, NM

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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.



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