

Classes September - December 2021
Registration Opens
Wednesday, September 1, 10:00am



FALL 2021

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



Sponsored by:



Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
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Dear Oasis Friends,

The fall term is upon us at Oasis. We expect to open back up (barring any unforeseen circumstances). We will go slow at first out of an abundance of caution for your safety and comfort. The large classroom will only seat 50-60 people in the fall (usually 100+). Masks are required for those who have not been vaccinated and optional for those who have been vaccinated with the COVID-19 vaccine. The Oasis center will be outfitted with a new air filtration system, the space will be deep cleaned three times a week, and Oasis staff will also sanitize heavily used surfaces frequently. Hand sanitizer will be available.

Please note that we have tried to clearly indicate where classes will take place. There are several lectures (#120/121 -Schultz, #161/162 - Held) that are duplicates/repeats because of expected high demand. Sign up for one but not both! We are offering two “hybrid” classes - #168 Graham and #233 - McGrath Morris.

A new service comes to Oasis this fall thanks to Blue Cross and Blue Shield of New Mexico! Oasis will begin offering a footcare/nail trimming clinic in September. See page 5 for more information. There is a \$10 fee associated with this toenail trimming service with most of the cost underwritten by BCBSNM. We hope you take advantage! See you soon!

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!
Welcome back to Oasis, live and in-person! We have missed seeing you come through our door. It will still be a little different with smaller audience size, but we will be so happy to have you back. Not to worry, we will still be offering some classes on Zoom. Zoom keeps us connected to those who can’t attend in person.

Our online registration system changed back in February and it may not recognize you right away if you haven’t registered for classes recently. If you have any trouble just give us a call at 505-884-4529 and we can help.

We are looking forward to a busy fall semester. Make your wish list and get your registration forms and notes ready for registration on September 1st.

A few registration reminders:
You can check your Oasis credit by signing into your account, find Coupons in the left column, and clicking on Coupon, and it will list your coupons available to use. Or give us a call before Sept. 1, and we will look it up for you.

Registering yourself online is the quickest way to get registered. Let us know if you need your username and password emailed to you. We do hand enter paper registrations, but that is a much slower process. If you need help learning how to register online give me a call before Sept. 1 and I can walk you through the process.

We made it through the pandemic with help from our volunteers working on zoom, at home, and in the office. Volunteers taught classes, helped us with zoom, tutored students, updated the tutor library, proofed catalogs, and answered the phone. A big thanks to all of our volunteers.

And thanks to all of you for sticking with us. Can’t wait to see you!

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

On the cover:

Left: Kay Rhoads reads to a child. See page 56 for more information

Right: Cañada del Ojo Hike. Class 250. Photo courtesy of David Ryan

Oasis Class Formats

In these changing times, Oasis is now offering classes in four formats. As you browse our catalog you will see icons next to course locations, each representing the class type or location.



Oasis On-Site

Class is held at the Oasis office 3301 Menaul Blvd. NE Suite 18. If you are not fully vaccinated with the COVID vaccine, you must wear a mask. Participants are asked to follow the guidelines required by that off-site location or the Oasis guidelines above, whichever is the most stringent.



Off-site

Class is held at a location other than Oasis – you will receive the address with your registration confirmation. If you are not fully vaccinated with the COVID vaccine, you must wear a mask. Oasis follows public health guidelines and if masks are mandated, we will follow those guidelines.



Walk or Hike

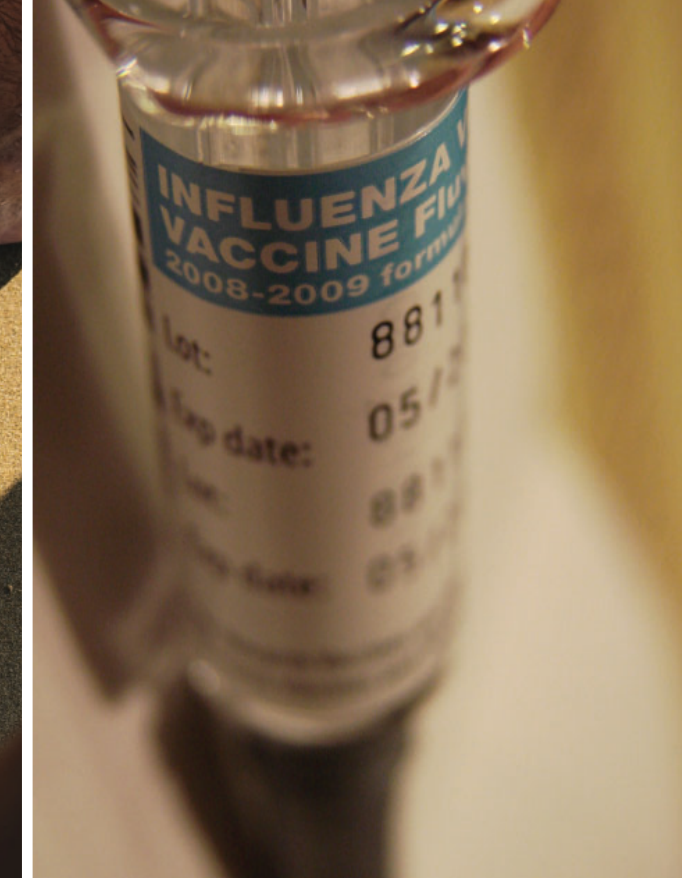
Walks and hikes are held at locations other than Oasis – you will receive the address with your registration confirmation. If you are not fully vaccinated with the COVID vaccine, you must wear a mask. Oasis follows public health guidelines and if masks are mandated, we will follow those guidelines. Please read the description to know about special circumstances such as terrain and restroom and/or parking availability.



Zoom Class

Class is held virtually on a platform called Zoom. You will receive a link to access the class, including the meeting ID and password via email one day in advance of the class. The easiest way to access Zoom is by clicking on the link that will be emailed to you. For more information on how to use Zoom – visit oasisabq.org.

Call Oasis at 505-884-4529 if you have questions or need help!



National Falls Prevention Awareness Week

Join us September 20 through 24 for free falls prevention lectures (see classes #134, #135, & #136) and check out our free evidence-based balance classes (see classes #144 & #145). Read more about the flu shot clinic and our new nail trimming clinic below! There are even more falls prevention presentations on Oasis Everywhere (www.oasiseverywhere.org) throughout September.

Foot Care Clinic: Nail Trimming (Class #701-750)

Cost: \$10

Do you have difficulty trimming your toenails? Maintaining healthy toenails is not just cosmetic, it is important for preventing ingrown nails, infections, foot pain, and falls. Have your toenails professionally trimmed by a healthcare provider in a private appointment at Oasis. Sign up for the service date that works best for you, and an Oasis staff member will contact you to schedule your timeslot within the three-hour period outlined for that date. *Limited enrollment.*

This service is offered at \$10 with support from a Healthy Kids, Healthy Families grant from Blue Cross and Blue Shield of New Mexico.

Flu Shots (Class #700)

Cost: Free

The flu shot is especially important this year to reduce the number of severe cases of flu and make sure we have room in our ICUs. Blue Cross & Blue Shield of New Mexico Care Van will be at Oasis on Tuesday, September 21st, 10am-12pm providing free flu shots. Call Oasis at (505) 884-4529 to schedule an appointment for your flu shot. Availability of flu shots at Oasis through the BCBSNM Care Van subject to change based on Public Health orders in place at the time of the event. *Limited enrollment.*

This service is offered at no cost with support from Blue Cross and Blue Shield of New Mexico and Walgreens.

ARTS

Introduction to Metalsmithing: Art Workshop 100

Margie Weinstein



Learn metalsmithing techniques in classes 100 & 101. Photo courtesy of Meltdown Studio.

Join us for a hands-on introduction to metalsmithing at the fully equipped Meltdown Studio in Albuquerque. In this four-hour workshop, learn techniques including cutting, texturing, stamping, soldering, making findings, polishing, and more. Take home several completed metal projects including a beautiful

textured sterling silver ring band. No previous experience is required, just a desire to create. *All materials and tools are provided. Participants may bring a snack. Limited enrollment.*

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

Wednesday Sep 22 10:00 - 2:00
Fee: \$100 Meltdown Studio

Introduction to Metalsmithing: Art Workshop 2 101

Margie Weinstein

See description and bio in class # 100

Wednesday Nov 10 10:00 - 2:00
Fee: \$100 Meltdown Studio

Introduction to Mosaics: Art Workshop 1 102

Jill Gatwood

Create your own beautiful mosaic art piece, from start to finish, in two days. In this hands-on class, learn about design, cutting tiles, adhesives, and grout. No artistic ability or experience is required. All tiles, tools, and other supplies are provided in class. *Bring \$25 materials fee payable to instructor at first class (cash or check). Note: Second class is 12:00-2:00 (2 hours). Limited enrollment.*

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

Thursday Sep 23 12:00 - 4:00
Friday Sep 24 12:00 - 2:00
Fee: \$55 2 sessions Oasis

Introduction to Mosaics: Art Workshop 2 103

Jill Gatwood

See description and bio in class #102

Thursday Oct 28 12:00 - 4:00
Friday Oct 29 12:00 - 2:00
Fee: \$55 2 sessions Oasis

Introduction to Mosaics: Art Workshop 3 104

Jill Gatwood

See description and bio in class #102

Thursday Nov 11 12:00 - 4:00
Friday Nov 12 12:00 - 2:00
Fee: \$55 2 sessions Oasis

#mask: Creative Responses to the Global Pandemic ZOOM 105

Laura Addison

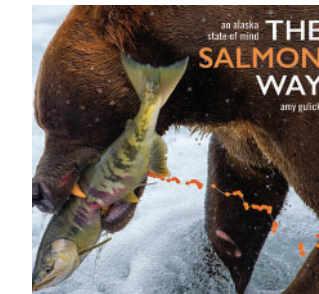
During the pandemic, the face mask became more than personal protective equipment. It has come to symbolize self-expression and resilience; political stance; rhetoric about masculinity, contagion and nativism; questions surrounding science and truth; and other issues that divide us as a society. Laura Addison explores the Museum of International Folk Art exhibit #mask, which shows how artists around the world have responded to COVID-19, and the myriad ways in which the mask has become a metaphor for something much much larger than ourselves.

Laura Addison is the curator of North American and European collections at the Museum of International Folk Art. Her current and recent projects include tramp art, Alaska Native parkas, 'outsider'/self-taught art, and the cross-pollination of traditional and folk arts with contemporary art and design, including the work of Alexander Girard. She holds a BA from Cornell University and an MA from UNM.

Thursday Oct 21 10:00 - 11:30
Fee: \$10 ZOOM

Wild for Salmon: Adventures with an Alaska Icon ZOOM 106

Amy Gulick



Learn about Alaska salmon in class 106. Photo by Amy Gulick

In 2007, Amy Gulick ventured to Alaska on a quest to find and photograph salmon in the trees. Fourteen years and two award-winning books later, her life has been forever changed by the iconic fish of Alaska. Join Amy on her journeys to

photograph the salmon, their home streams, and the salmon people of Alaska. She shares stories and photographs from her award winning books, *The Salmon Way: An Alaska State of Mind* and *Salmon in the Trees: Life in Alaska's Tongass Rain Forest*.

Amy Gulick is an acclaimed photographer/author, and the recipient of the Daniel Housberg Wilderness Image Award from the Alaska Conservation Foundation, the Voice of the Wild Award from the Alaska Wilderness League, and a Lowell Thomas Award from the Society of American Travel Writers Foundation.

Wednesday Nov 3 12:30 - 2:00
Fee: \$10 ZOOM

Museum Tour: Designing the New: Charles Rennie Mackintosh and the Glasgow Style 107

Andrew Connors

Join Museum Director Andrew Connors on an in-person tour of the temporary exhibit, *Designing the New: Charles Rennie Mackintosh and the Glasgow Style* includes 166 remarkable works of art and design, the majority of which will be on public display for the first time in North

America. The exhibit is characterized by taut lines, stylized natural forms, sleek curves, and emphatic geometries. The Glasgow Style was unique – the only British response to the international Art Nouveau movement of the late 1890s-1900s. *Limited enrollment.*

Andrew Connors, director of the Albuquerque Museum, studied at Yale University and George Washington University and has collaborated with the National Gallery of Art, University of Notre Dame, UCLA, Getty Center, and the Royal Government of Bhutan.

Thursday Nov 11 9:00 - 10:30
Fee: \$20  Albuquerque Museum

Museum Tour: Designing the New: Charles Rennie Mackintosh and the Glasgow Style 2 108
Andrew Connors


See description and bio in class #107

Thursday Nov 11 10:30 - 12:00
Fee: \$20  Albuquerque Museum

Armchair History of New Mexico ZOOM 109
Melanie LaBorwit
From the comfort of your own home, join museum educator Melanie LaBorwit on a virtual tour through the exhibits of the New Mexico History Museum. Hear some fascinating stories behind some of the objects in the museum’s collection, and navigate through an online portal to the museum’s installations. Time travel at its finest – via zoom!

Melanie LaBorwit has been working in New Mexico museums throughout her career and is

the ideal tour guide through New Mexico’s history. She studied both history and art at Georgetown University, and continued her graduate work at Indiana University’s Folklore Institute. Currently, she is the museum educator at the state History Museum.

Monday Nov 22 2:30 - 4:00
Fee: \$10  ZOOM

CONSUMER INFORMATION & FINANCE

The Truth About Guardianship and Conservatorship, and Transfer on Death Deeds 110
Lori Millet

There are many misconceptions regarding guardianship and conservatorship in the media and general community. Lori Millet gives you the facts about guardianship and conservatorship cases and why the appointment of a guardian to make medical decisions and a conservator to make financial decisions are often vital to protect a vulnerable person. Also covered in this course is how transfer on death deeds work, when the use of a transfer may be appropriate, and their advantages and disadvantages.

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

Thursday Sep 23 10:00 - 11:30
Fee: \$10  Oasis


Making the Most of Medicare: Preparing for Fall Open Enrollment ZOOM

 111

Kris Winterowd

Wondering how to lower your Medicare costs while making sure you are taking advantage of all the benefits possible? Medicare open enrollment is right around the corner, from October 15th through December 7th. Medicare health and drug plans may change each year, including cost, coverage, network providers and pharmacies. Also, your health needs and/or medications may have changed. Learn from an impartial source how to maximize your Medicare benefits. Even if you’re happy with your current coverage, it pays to compare plans while you can with a SHIP counselor.

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.

Monday Oct 11 10:00 - 11:30
Fee: Free  ZOOM

Why Would You Pre-Plan Your Funeral?

 112

Barbara Shelton

Barbara Shelton of French Funerals & Cremations provides detailed information pertaining to the benefits of pre-planning your funeral and explains the difference between final expense insurance and pre-planning. Time is allocated for the audience to ask questions to help them make the best choice for themselves.

Barbara Shelton has worked at French Funerals & Cremations for seven years as an Advance Planning Consultant and Training Manager. Her

background includes 25 years in the travel and hospitality industry.

Friday Nov 12 10:00 - 11:00
Fee: Free  Oasis

CURRENT EVENTS

Foreign Policy & Current Events: A Discussion Group ZOOM

 113

Jim Munroe

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

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

Mondays Sep 13 - Nov 1 9:15 - 10:45
Fee: \$70 8 sessions  ZOOM

Foreign Policy & Current Events: A Discussion Group 2 ZOOM

 114

Jim Munroe

See description and bio in class # 113

Tuesdays Sep 14 - Nov 2 9:15 - 10:45
Fee: \$70 8 sessions  ZOOM

Cannabis: Behind the Scenes Tour at Ultra Health's Manufacturing Lab 115

Ultra Health's state-of-the-art production facility in Bernalillo hosts all of the operator's vertically integrated functions. There is an on-site dispensary, manufacturing lab, pharmaceutical-grade manufacturing lab, post-harvest warehouse, as well as more than 100,000 square feet of cultivation capacity. The site hosts two 35,000 square foot greenhouses and several cold frame structures to house cannabis plants as they grow to maturity. Join us for a tour of a comprehensive cannabis production site that exhibits all of the functions of a cannabis operation from seed to sale. *Limited enrollment.*

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| Monday | Sep 13 | 9:30 - 10:30 |
| Fee: \$15 | |  Ultra Health |

Cannabis: Behind the Scenes Tour at Ultra Health's Manufacturing Lab 2 116

See class #115


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| Monday | Sep 13 | 11:00 - 12:00 |
| Fee: \$15 | |  Ultra Health |

Choosing to Die: New Mexico's End-of-Life Options Act 117

Joan McIver Gibson

In June 2021, New Mexico joined nine other states and the District of Columbia as its medical aid in dying act became law. What does this law mean for patients, families, and health care providers? What is in the law? How have end-of-life medical decisions changed, if at all, over the past 40 years? Why do some argue that these decisions are not 'suicide,' while others claim that indeed they are. This presentation highlights some of the ethical, historical, legal, medical, and religious dimensions of New Mexico's End-of-Life Options Act.

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.

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| Monday | Sep 13 | 10:00 - 11:30 |
| Fee: \$10 | |  Oasis |

No, It's Not News! 118

Arthur Alpert

When the pandemic hit, retired TV newsman Arthur Alpert (who worked at ABC-TV News before moving to New Mexico) started watching network news programs again. What a shock! He found them so terrible that he started taking notes. His conclusion? Nice programs, but not news. Join Arthur and his guest, Megan Kamerick (host of All Things Considered and News Director at KUNM-FM, New Mexico PBS) and a surprise third journalist when they discuss what's happened to network TV "news".

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


Wednesday **Sep 22** **12:30 – 2:00**
Fee: \$10  **Oasis**

Producing Television During the Pandemic 119

Kathleen McCleery

The coronavirus crisis put most of us on pause for more than a year, but news programs had to keep going. Join PBS NewsHour producer Kathleen McCleery for an inside look at the challenges she faced producing a television story here in New Mexico during the pandemic. She focuses on a story about a writing program at the New Mexico State Penitentiary tied to the Ken Burns series on Ernest Hemingway. It aired in April 2021.

Kathleen McCleery is an award-winning broadcast journalist who has worked for PBS and NBC over her four-decade career. Now, she reports and produces occasional stories on a wide variety of topics including politics, the environment, education, science, health care, and the arts for the PBS NewsHour. Before moving to New Mexico, she was the program's deputy executive producer. Kathleen taught journalism at Princeton University in 2016 and 2018, focusing on media coverage of elections.

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| Thursday | Sep 30 | 10:00 - 11:30 |
| Fee: \$10 | |  Oasis |

Feeling His Way: Justice Brett Kavanaugh's First Terms on the Supreme Court 120

Andrew Schultz

Brett Kavanaugh's nomination to the Supreme Court was surrounded in controversy and impassioned debate. Now that he has served three terms as a Justice, his impact on the Court is just beginning to be felt. Andrew Schultz reviews Justice Kavanaugh's early tenure and discusses his role in a number of the Court's recent decisions, including cases on LGBTQ rights, religious liberty, abortion, and voting rights. He also examines

Justice Kavanaugh's role in the Court's emerging conservative majority.

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 U. S. 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.


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| Monday | Oct 4 | 12:30 - 2:00 |
| Fee: \$10 | | Oasis |

Feeling His Way: Justice Brett Kavanaugh's First Terms on the Supreme Court 121

Andrew Schultz

This class is a repeat of class #120

See description and bio in class #120


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| Monday | Oct 11 | 12:30 - 2:00 |
| Fee: \$10 | |  Oasis |

Understanding and Addressing Homelessness in Albuquerque 122

Jennifer Metzler

Did you know that on a single night more than 1,500 people in Albuquerque experience homelessness? You see them everyday. They live in shelters, on the streets, in their cars, in jails or hospitals, and in other locations not meant for habitation. Jennifer Metzler addresses the issues related to homelessness, including its causes, solutions, differentiating/unique characteristics, and effective models for addressing the health-related consequences of homelessness.

Jennifer Metzler has over 35 years experience working in community-based organizations dedicated to health, ending homelessness and poverty, and addressing violence against women. Metzler has served as CEO of Albuquerque Healthcare for the Homeless for more than 15 years. She holds a BA in Spanish/Latin American Studies from Beloit College and a Master of Public Health from the University of Michigan.


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

The NM Civil Rights Act: Qualified Immunity for Police Officers 123

Lorna Wiggins & Patricia Williams

In April of 2021, news outlets reported that New Mexico became the second state in the nation to end qualified immunity when Governor Lujan Grisham signed the New Mexico Civil Rights Act into law. Is that true? What does the Civil Rights Act actually say and how will it affect New Mexicans and our public servants? This session covers what qualified immunity is and whether the NM Civil Rights Act will curtail police abuse.

Patricia Williams and Lorna Wiggins are partners with the law firm, Wiggins, Williams & Wiggins, PC. Lorna Wiggins started practicing law in New Mexico in 1983 after completing a judicial clerkship. She specializes in the areas of labor and employment law, and is chair of the Oasis Albuquerque Board of Directors. Patricia Williams was an assistant City of Albuquerque attorney for ten years and regularly defends various governmental entities in district and appellate courts throughout New Mexico, including the Navajo Nation.


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| Tuesday | Oct 12 | 2:30 - 4:00 |
| Fee: \$10 | |  Oasis |

A Perfect Storm? The EU & UK After Brexit & the Pandemic 124

Christine Sauer

On January 31, 2020, the UK officially withdrew from the European Union (EU) after almost 4 years of negotiations. By mid-March 2020, many countries shut down their economies to slow the spread of COVID. How did these twin shocks affect the EU, UK, and their evolving post-Brexit relationship? What economic policies did the EU, individual EU members, and the UK implement to deal with these effects, and how successful were they? These are some of the questions we explore in this course.

Christine Sauer is Professor Emerita of Economics and former Director/Associate Director of the International Studies Institute at UNM. A native of Germany, she earned her PhD at Brown University, specializing in international macro and monetary economics. Dr. Sauer is an award-winning teacher (2008-2009 Outstanding Teacher Award, 2011-2013 UNM Presidential Teaching Fellow) who has given talks about the European Union to various audiences at UNM and in the community.

Thursday Nov 11 12:30 - 2:00
Fee: \$10  Oasis

The Middle East 2021: Reflections 125

Emile Nakhleh

The Middle East in 2021 has experienced major developments and faced many challenges, politically, economically, militarily, and socially. In addition to the ongoing disastrous war in Yemen, the region went through a short but bloody war between Israel and Hamas in Gaza and has witnessed several major political upheavals in several countries, including Israel and Lebanon. The Middle East has also seen a concerning rise in poverty, unemployment, corruption, and distrust of political and social institutions. *Presented in partnership with the World Affairs Council of Albuquerque.*

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

Thursday Nov 18 10:00 - 11:30
Fee: \$10 

Asia in 2022: After the Pandemic 126

William H. Itoh

After the pandemic, Asia faces new challenges following several decades of peace & economic growth. China has emerged from the crisis stronger while it pursues a much more assertive policy in the region. North Korea has expanded its nuclear arsenal and poses a real threat to its neighbors. In Southeast Asia, nascent democratic institutions have been overtaken by more authoritarian voices. This session focuses on current security issues, political developments, and economic trends in Asia and their implications for US interests. *Presented in partnership with the World Affairs Council of Albuquerque.*

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

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| Monday | Dec 6 | 10:00 - 11:30 |
| Fee: \$10 | |  Oasis |


FILM & TELEVISION

**Carl Reiner and Mel Brooks: The
Grandmasters of American Comedy**
ZOOM 127

Brian Rose

For more than seven decades, Carl Reiner and Mel Brooks made America laugh—either through their remarkable solo careers or their legendary partnership. Whether together or apart, they were giants of American comedy, who basically conquered every field they entered, whether television, movies, Broadway, or records. This presentation examines their extraordinary achievements, beginning with their work together on Sid Caesar's *Your Show of Shows* and their creation of the *2000 Year Old Man*, to their individual accomplishments as writers, directors, and performers.

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&A's 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.

Friday **Oct 1** **10:00 - 11:15**
Fee: \$10  **ZOOM**

New Mexico Film Locations ZOOM 128

Jason Strykowski

A Guide to New Mexico Film Locations offers a “call sheet” to explore many of the Land of Enchantment’s most iconic film locales. From alpine forests to sand dunes, from spaceports to historic ranches, New Mexico’s movie backdrops showcase the most dramatic and stunning parts

of the state. Using this book as a guide, cinephiles, movie buffs, tourists, producers, New Mexico locals, and armchair explorers can retrace the steps of silver-screen cowboys, superheroes, aliens, and outlaws.

Jason Strykowski has worked on more than a dozen major film and television sets as a script coordinator and assistant to producers and actors. His written work has appeared in the *Santa Fe New Mexican*, *Edible New Mexico*, *Santa Fean*, *wired.com*, *Comic Book Resources*, and *New Mexico Magazine*.

Monday **Oct 4** **2:30 - 4:00**
Fee: \$10 **ZOOM**

The Enchanted Film & TV Pipeline 129

Sean Cardinalli

Albuquerque is home to Netflix's North American production hub and more TV & film projects are coming every year. A state whose critical metrics of education and poverty are often at the bottom of the lists deserves—and needs—the positive economic and community impact production provides. But a concerted effort is required to ensure New Mexico makes the most of this opportunity. A determined, organized, film and TV pipeline, uniting disparate yet complimentary local stakeholders, is needed to leverage resources and aid local communities as ably as possible.

Sean Cardinalli is a writer/producer with over 20 years experience in film and TV development and production. He has helped coordinate more than a dozen productions. He began his career on the development team which discovered *The Blair Witch Project* and later became a top script analyst for the world-class agency, ICM Partners. He has completed over a dozen original screenplays and has built a diverse slate of IP for his own company, ALTERITY.

Monday **Oct 25** **10:00 - 11:30**
Fee: \$10 **Oasis**

FOOD & NURTITION

Eldora Chocolate: Field Trip 130

Steve Prickett



Tour Eldora Chocolate in classes 130 and 131. Photo courtesy of Eldora Chocolate.

This small batch, craft chocolate maker exposes you to everything from the full cocoa bean to the chocolate bar-making process and presents new ways of thinking about chocolate. You will come to understand the terroir of where a bean is grown and how it affects taste and quality. Tour the Eldora Chocolate

facility, sample some amazing chocolate, and come away educated on the various flavor profiles of bean origins. *Limited enrollment.*

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

Tuesday **Sep 28** **10:00 - 11:00**
Fee: \$18 **Eldora Chocolate**

Eldora Chocolate: Field Trip 2 131

Steve Prickett

See description and bio in class #130

Thursday **Sep 30** **10:00 - 11:00**
Fee: \$18 **Eldora Chocolate**

Nutrition for Brain Health 132

Bryn Smith

Brain health is just as impacted by nutrition as is physical health. Simply, our brains and neurotransmitters are built from nutrients that we eat. We have the ability to boost our mental and cognitive health by changing simple lifestyle habits. We discuss the impact of dietary patterns on anxiety, depression, and cognitive decline. Learn how to adjust eating patterns and add simple foods to safeguard your mental and cognitive health.

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

Thursday **Nov 18** **12:30 - 2:00**
Fee: \$10 **Oasis**

HEALTH & FITNESS: LECTURES

Alzheimer's Monthly Support Group ZOOM 133

Alzheimer's Association of New Mexico

Alzheimer's Association support groups provide emotional, educational, and social support through regularly scheduled meetings where strict confidentiality is maintained. Support groups help participants develop coping methods and encourage the maintenance of their personal,

physical, and emotional health, as well as optimal care for the person living with Alzheimer's or other dementias. Groups can have social, educational, and/or support components. This group is facilitated by a trained volunteer.

Fridays **Sep 17, Oct 15, Nov19, Dec 17** **10:30 - 11:30**
Fee: Free **4 sessions** **ZOOM**

Choosing the Best Balance and Movement Class ZOOM 134

Tracy Zerkle

Oasis offers many unique movement courses. It can be difficult to decide which is best suited to your needs. We discuss the differences in each movement course offered this trimester. Learn how course components improve balance and reduce your risk of falls, and see demonstrations of key movements from the classes. The discussion includes an interactive 'exercise benefits' brainstorm designed to help you discover key health benefits that motivate you to move more and reach your fitness or health goals. See the Health & Fitness: Movements Section on pages 18-21 for a list of this trimester's movement classes.

Tracy Zerkle is a Program Coordinator for Albuquerque Oasis and has been involved with Oasis since 2003 as a San Antonio Oasis staff member. She has been certified as a master trainer in a Matter of Balance; she is a lead trainer for Diabetes, Chronic Pain and Chronic Disease Self-Management programs and Active Living Every Day; and she is a former instructor and instructor trainer for the Arthritis Foundation Exercise and Aquatics Programs.

Monday **Sep 20** **2:30 - 4:00**
Fee: Free **ZOOM**

Prevent Falls - Start with Your Feet 135

Janet Simon



Learn about foot care in classes 135 & 137.

Falls prevention is an interdisciplinary effort. Join us for a review of foot, ankle, and lower extremity problems that contribute to increased risk of falls along with the role that podiatric physicians can serve in reducing falls. We review and conduct a basic fall screening, so

you are aware of your risks. Falls prevention often begins with the feet.

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

Wednesday Sep 22 10:00 - 11:30
Fee: Free Oasis

A Matter of Balance ZOOM 136

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 sessions #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 the duration 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.

Thursdays Sep 23 - Nov 18 1:00 - 3:00
Fee: Free 9 sessions ZOOM

Myths and Facts of Foot and Nail Health 137

Janet Simon

Join us for a discussion that dispels the many myths that circulate about foot and toenail health and provides facts for maintaining your lower extremities in good working order. Dr. Simon provides footwear recommendations and information on how to properly select the best shoes and socks for your feet. Ample time will be available for Q&A.

See bio in class #135

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

Ten Warning Signs of Alzheimer's 138

Ron Eppes

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. We discuss the difference between age-related memory loss and dementia and what to do if you or a loved one have signs of Alzheimer's disease. Learn to identify the ten warning signs of Alzheimer's disease, what is involved in getting a diagnosis, to identify the risks

of Alzheimer's including connections to other conditions, and the benefits of early detection.

Ron Eppes is the Program Director at the Alzheimer's Association of New Mexico. His previous work experience includes President & CEO of the United Way of Central Kentucky and Community Engagement Manager for Intel Corporation in New Mexico. He studied Mathematics at Oklahoma Christian University and Information Systems at Friends University.

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

Physical Therapy for Osteoarthritis and Osteoporosis 139

Lauren Baier

Did your doctor tell you that you have osteoarthritis? Wondering what you can do about your knee, hip, back, neck, shoulder, or thumb pain? Arthritic and degenerative changes are common signs of aging—with or without pain. Fortunately, physical therapy can help to delay or manage these changes and the discomfort that often accompanies them. Get expert recommendations from a doctor of physical therapy on daily exercises that help improve your strength and mobility and help reduce or manage pain. Wear comfortable clothes and sturdy shoes. Limited enrollment.

Lauren Baier earned a Doctor of Physical Therapy degree from Washington University in St. Louis. She has a strong interest in balance training and falls prevention, and her preferred patient population is geriatrics. Originally from Wisconsin, she has spent time working in Guatemala, Missouri, Los Lunas, and, most recently, in Albuquerque at Langford PT.

Monday Oct 18 2:30 - 4:00
Fee: \$10 Oasis

Effects of Alcohol on Health: Benefit and Risk 140

Janice Knoefel



Learn the benefits and risks of alcohol in class 140.

"It has long been recognized that the problems with alcohol relate not to the use of a bad thing but to the abuse of a good thing"...Abraham Lincoln. Join us as we explore the balance of health benefits and risks of alcohol use as it relates to our physical, cognitive, and functional

abilities. The latest up-to-date scientific evidence is discussed in detail, with emphasis on new, evolving data on the effects of alcohol on our health and longevity.

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

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

Pelvic Floor Disorders and Treatment 141

Peter Jeppson

The pelvic floor is a group of muscles that coordinate to control bowel movements, urination, sexual performance, and sexual

pleasure. Many people suffer needlessly from the symptoms of pelvic floor disorder including frequency, constipation, leaking, pain in the pelvic region or lower back, and painful intercourse. Jeppson discusses symptoms, causes and available treatments to address pelvic floor dysfunction, alleviate symptoms, and improve function.

Peter Jeppson, MD, is board certified by the American Board of Obstetrics and Gynecology, in both obstetrics and gynecology and female pelvic medicine and reconstructive pelvic surgery. He is a fellow of the American College of Obstetrics and Gynecology and a fellow of the American College of Surgeons. He is an associate professor at the University of New Mexico and director of the Division of Urogynecology.

Thursday Oct 21 2:30 - 4:00
Fee: \$10 Oasis

Hands-Only CPR & AED Use with Resuscitation Rangers 142
Resuscitation Rangers

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

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

cardiac arrest victims by helping to educate the community.

Wednesday Nov 10 12:30 – 2:00
Fee: \$5 Oasis

Hands-Only CPR & AED Use with Resuscitation Rangers 2 143
Resuscitation Rangers

See description and bio in class #142

Wednesday Dec 1 12:30 - 2:00
Fee: \$5 Oasis

HEALTH & FITNESS: MOVEMENT

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

Tai Ji Quan: Moving for Better Balance ZOOM 144

Cindy Russell

Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. Learn and practice eight balance-challenging forms adapted from Yang style tai chi that are performed 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. *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 followed her passion: working with older adults and assisting them towards their desires to live healthy lives. She is an ACSM Certified Personal Trainer, and an ACE Certified Group Instructor. She is also a trained instructor in Tai Ji Quan: Moving for Better Balance.

Mondays & Wednesdays Sep 20 - Nov 10
Fee: Free 16 sessions 9:00 - 10:00 ZOOM

Tai Chi for Health, Part 1 ZOOM 145
Ilene Dunn

Are you interested in improving your balance and/or reducing joint pain through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class, officially titled Tai Chi for Arthritis and Fall Prevention, 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.*

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.

Tuesdays & Thursdays Sep 21 - Nov 11
Fee: Free 16 sessions 11:00 - 12:00 ZOOM

Tai Chi for Health, Part 2 ZOOM 146
Ilene Dunn

For those who have mastered the basic movements in Tai Chi for Health Part 1, this class is an opportunity to further enhance your practice by learning additional movements from the Sun Style 73 Form. As we learn the movements, we go deeper into the tai chi principles. Come expand your practice, keep the qi flowing, and continue the health benefits. *Prerequisite: knowledge of the Tai Chi for Health Part 1 (a.k.a. Tai Chi for Arthritis for Fall Prevention) Basic Forms. No class on Nov. 23 or 25. Limited enrollment.*

See bio in class #145

Tuesdays & Thursdays Nov 16 - Dec 16
Fee: \$32 8 sessions 11:00 - 12:00 ZOOM

Better Living Through Movement 147
Athena Valerio-Hirschfeld

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

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

fitness, brain training, balance and vision training, performance improvement, and body awareness.


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| Fridays | Oct 1 - Oct 15 | 1:00 - 2:00 |
| Fee: \$24 | 3 sessions |  Oasis |

Better Balance, Session A ZOOM 148

Cindy Russell

Join us for an upbeat class designed to help you maintain, improve, or restore balance skills. We do problem-solving activities to challenge our mind and body in a socially-supportive and confidence-building environment. Better Balance, part of the Oasis Free from Falls series, is based on the premise that physical activity is the antidote to many of the challenges that accompany aging. Optional equipment includes handheld weights (or water bottles or food cans), resistance band, and foam balance pad. *Limited enrollment.*


See bio in class #144

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|---------------------------------|---|
| Mondays & Wednesdays | Oct 4 - Oct 13 |
| Fee: \$20 | 1:00 - 2:00 |
| 4 sessions |  ZOOM |

Better Balance, Session B ZOOM 149

Cindy Russell

See description in class #148 and bio in #144
Session A is not required to take Session B.

Mondays & Wednesdays Oct 18 - Oct 27
1:00 - 2:00
Fee: \$20 4 sessions  **ZOOM**

Tai Chi Chih, Part 1 ZOOM 150

Ellen Tatge

This gentle practice supports improved balance, increased energy, and stress reduction. Easy-to-learn movements relax the body, quiet the mind, and settle the emotions by circulating internal

energy (chi). Benefits include better balance, flexibility, stamina, relaxation, and regulation of stress, blood pressure, and weight. This very simple practice helps one to maximize good health and experience life in a joyful, uncomplicated way -- one of the secrets of a good life. *Limited enrollment.*

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


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| Thursdays | Oct 7 – Nov 11 | 9:00 - 10:00 |
| Fee: \$60 | 6 sessions |  ZOOM |

Tai Chi Chih, Part 2 ZOOM 151

Ellen Tatge

For those who have completed the Part 1 class or have previous experience with Tai Chi Chih, this class focuses on the second half of the 19-movement set. As we work with these additional movements, students usually notice an increased sense of centering and balance. This is a class to help develop additional fluidity and ease with the movements, allowing us to experience greater joy in this practice. *No class on November 25. Limited enrollment.*

See bio in class #150

Thursdays **Nov 18 - Dec 16** **9:00 - 10:00**
 Fee: \$40 4 sessions  **ZOOM**


Qigong: Taoist Water Method 152

Marcia Pincus

Qigong, the practice of enhancing the life force, improves the circulation of your qi to provide energy to live your life to the fullest. This qigong set

was developed 1500 years ago. The class consists of moves which help balance qi flows through the body, open your heart to peace and compassion, and free stuck qi. The class emphasis is to feel qi and move it within the body. *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.

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| Tuesdays | Oct 19 - Nov 16 | 1:00 - 2:00 |
| Fee: \$40 | 5 sessions |  Oasis |

Stretch & Relax **153**

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.

See bio in class #144

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| Fridays | Oct 29 - Nov 12 | 9:00 - 10:00 |
| Fee: \$24 | 3 sessions |  Oasis |

Yoga For Arthritis Delay & Management 154

Gloria Drayer

Yoga can strengthen joints, which is crucial for delaying and managing arthritis. Yoga can also

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

| | | |
|-------------------|------------------------|--|
| Wednesdays | Nov 10 - Nov 17 | 1:00 - 2:15 |
| Fee: \$20 | 2 sessions |  Oasis |

Yoga for Back Care 155

Gloria Drayer

This two-session class is for anyone who currently has or previously has had back pain. This gentle yoga practice will strengthen and support your back. Included in the two sessions are standing, seated, and floor postures. If you cannot get on the floor, seated options are available (and “floor” postures can be tried on your bed or couch after class). Wear loose, comfortable clothing and have a mat/towel for class if you have one. A handout is provided to help you maintain a healthy practice at home. *Note: This is not suitable for those with severe, acute back pain. Limited enrollment.*

See bio in Class #154

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|------------------|------------------------|--|
| Tuesdays | Nov 23 - Nov 30 | 1:00 - 2:15 |
| Fee: \$20 | 2 sessions |  Oasis |

HISTORY & CULTURE

From Jinete to Soldado de Cuera:
Spanish Light Cavalry 156

Matthew J. Barbour

The Islamic Conquest of the Iberian Peninsula demonstrated the effectiveness of Berber light cavalry. The Latin kingdoms of Aragon, Castile and Portugal all copied these troops which they labeled “jinetes.” The “jinetes” proved pivotal in the Reconquista and were exported to the New World. On the frontier of Northern New Spain, they would continue to evolve into the iconic “soldado de cuera” that challenged Native Americans, and later the United States government, for control of the American Southwest. Matt Barbour examines the Spanish light cavalry tradition.

Matthew J. Barbour holds BA and MA degrees in anthropology from UNM and has worked for the New Mexico Department of Cultural Affairs since 2002. Currently, Barbour is the Regional Manager of Coronado and Jemez Historic Sites. Throughout his nineteen-year career, he has published over 200 nonfiction articles and monographs.

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

LECTURE TIMES

10:00-11:30 am

12:30-2:00 pm

2:30-4:00 pm

with the exception of some 2-hour
lecture ending times

PLEASE CHECK CLASS TIMES CLOSELY

Newgrange: Neolithic Complex of
Treasures 157

Maya Sutton



Discover Newgrange
in class 157.

Newgrange in Ireland is a magnificent huge mound built 5,200 years ago. Its long interior passage “awakens” at the winter solstice sunrise. Newgrange is the center of many more newly discovered Neolithic treasures. Geophysical imaging uncovered 40 more “monuments” nearby. A drought

revealed earthmarks of immense henges or circles once made of timber. In 2020, DNA from a bone of a Neolithic male buried inside Newgrange revealed that his parents mated by incest. What more awaits discovery?

Maya Magee Sutton graduated from Georgetown University’s School of Foreign Service, and that triggered her desire to travel and engage with other cultures. She received her PhD from UNM, where she taught Celtic history and mythology. She has dual citizenship with the Republic of Ireland, and has been inside Newgrange nine times. Sutton lived in England for seven summers where she spent time exploring the legends at all the giant formations.

Wednesday Oct 6 2:30 - 4:00
Fee: \$10 Oasis

Weights, Measures, and the Vara as a
Symbol of Authority 158

Robert J. Tórréz

Despite appearances to the contrary, weights and measures were well regulated in Spanish and

Mexican-era New Spain. Among these was vara, which served as a symbol of judicial authority as well as an important measuring tool. This presentation examines how weights and measures were regulated: how the vara was utilized as a simple measuring device in everyday commerce, in the distribution of land, and how the traditional function of the vara survives in the canes the Pueblos treasure as their symbol of authority and independence.

Robert J. Tórréz served as the New Mexico State Historian from 1987 to 2000. He is the author of several books and has contributed to numerous anthologies and textbooks. Since 1992, he has published more than three hundred columns on a broad variety of New Mexico topics under his monthly ‘Voices From the Past’ byline.

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

The Monroe Doctrine: What Happened
to It? 159

Noel Pugach

The Monroe Doctrine was a bedrock of United States foreign policy since it was proclaimed by President James Monroe in 1823. It was restated and reinterpreted over the next 150 years, most recently in the 1960s with regard to the Cuban Missile Crisis and turmoil in Central America. But it is hardly mentioned today. What did it say? What happened to it? Is it alive or dead? Or has it been transformed? Explore these and other questions.

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

Wednesday Oct 13 12:30 - 2:00
Fee: \$10 Oasis

Hildegard of Bingen’s Herbal and
Lapidary Medicine 160

Anita Obermeier

Hildegard of Bingen (1098-1179), abbess, visionary, Doctor of the Church, was a polymath who made breakthroughs in a number of disciplines—such as theology, music, and medicine. This class focuses on her medical writings and specifically, her lesser known lapidary (gemstone) medicine.

Professor of English and Medieval Studies at the University of New Mexico, Anita Obermeier has taught over thirty different undergraduate and graduate courses in medieval language and literature. She also directs the medieval studies program in English at UNM.

Friday Oct 15 10:00 - 11:30
Fee: \$10 Oasis

Vignettes from the Life of an
American Spy 161

Bruce Held

Americans love spy movies: the action, the killing, the sex. But what is life really like as an American spy living overseas undercover? Who knows you are a spy? How do you recruit and run secret agents inside a foreign government? How covert is covert action? What can you tell your spouse? Your children? All the stories Bruce tells come from personal experience. They are true but appropriately declassified. Some are scary, some funny, some unbelievable, but all should be thought-provoking.

Bruce Held served as CIA Chief of Station in Africa, Asia, and Latin America as well as Special Assistant to CIA Director George Tenet. During the Obama Administration, he served at the Department of

Energy, first as Director of Intelligence and Counterintelligence and then as Associate Deputy Secretary and Acting Undersecretary for Nuclear Security with responsibility for the nuclear weapons complex including Los Alamos and Sandia.

Thursday Oct 28 12:30 - 2:00
Fee: \$10 Oasis

Vignettes from the Life of an American Spy 2 162
Bruce Held

See description and bio in class #161

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

Danish Church Murals, 1470-1540 163
Charles Steen
The murals found in village churches in Denmark offer an exceptional view of that land on the eve of the Reformation. The images reveal a unique expression of belief in a land that accepted Christianity late and only with many compromises. The pictures approach the stories of scripture and church history in their own fashion with monsters and visions that are unique for their time.

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.

Monday Nov 1 10:00 - 11:30
Fee: \$10 Oasis

Mythic Giants of Britain 164
Maya Sutton
According to British legends, we were all giants once! Ancient ancestors were huge and not exactly like ourselves. Traces of them exist today in England: the club-wielding Cerne Abbas and the Long Man of Wilmington. There's the Neolithic goddess in West Kennet Long Barrow, Gog and Magog living in ancient oak trees, and the giant killed by Jack in Cornwall. What are the myths saying about our human nature? What have we gained and what have we lost?

See bio in class #157

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

The Culture of the Netherlands 1470-1570 165
Charles Steen
The Dutch provinces provide an opportunity to explore an independent and creative culture at a time of religious and political ferment. The provinces developed a literate and active character in literature and art while creating political ideals that were grounded on the rule of law and that assured a dominant role for commoners. The success of the provinces was remarkable and became an emblem for individual progress.

See bio in class #163

Monday Dec 13 12:30 - 2:00
Fee: \$10 Oasis

LITERATURE

Dante 700 166
Timothy C. Graham



Learn about the poet, Dante, at Oasis or on Zoom in class 166 or 167.

Dante Alighieri, the greatest poet of the European Middle Ages, died on September 14, 1321. To mark his septicentennial, Timothy Graham discusses Dante's life and works, with a special focus on his masterpiece, *The Divine Comedy*. What was it about Dante that led Victorian critic John Ruskin to call him

"the central man of all the world?" We also learn how Dante has inspired artists from Botticelli to William Blake to Salvador Dali.

This class is being simulcast to a live Oasis audience as well as an at-home audience. See following listing.

Timothy Graham is a Distinguished Professor of History and a Regents' Professor in the College of Arts and Sciences at UNM. He served as director of the Institute for Medieval Studies from 2002 until 2020, organizing the acclaimed annual Medieval Spring Lecture Series. He holds BA, MA, and PhD degrees from Cambridge and an MPhil from the Warburg Institute, University of London. He is the author of *Introduction to Manuscript Studies* and in 2016 received the Medieval Academy of America's Award for Excellence in Teaching Medieval Studies.

Tuesday Sep 14 12:30 - 2:00
Fee: \$10 Oasis

Dante 700 ZOOM 167
Timothy C. Graham

See description and bio in class #166

This class is being simulcast to a live Oasis audience as well as an at-home audience. See previous listing.

Tuesday Sep 14 12:30 - 2:00
Fee: \$10 ZOOM

Austin Book Group 168
Mary Bibeau
The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Sept 14 - *History of the Rain* by Niall Williams, Oct 12 - *The Rose Code* by Kate Quinn, Nov 9 - *Fahrenheit 451* by Ray Bradbury, and Dec 14 - *The Gown: A Novel of the Royal Wedding* by Jennifer Robson. Limited enrollment.

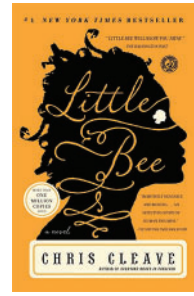
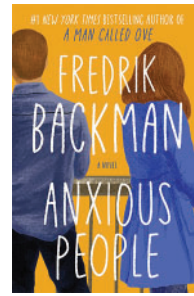
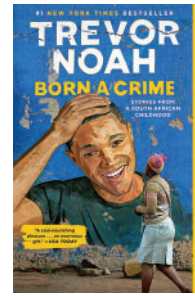
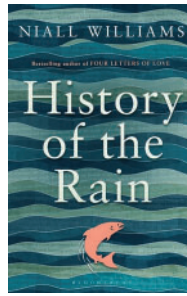
Coordinator Mary Bibeau, a retired UNM academic advisor and teacher, is an avid reader of anything from encyclopedias to cereal boxes.

Tuesdays Sep 14 - Dec 14 1:30 - 3:00
Fee: \$10 4 sessions Oasis

West Mesa Book Group 169
Linda Castagneri and Mary Herrmann Hughes
The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: Sept 15 - *Born a Crime: Stories from a South African Childhood* by Trevor Noah, Oct 20 - *The Woman in Cabin 10* by Ruth Ware, Nov 17 - *The Vanishing Half* by Brit Bennett, Dec 15 - *Nomadland: Surviving America in the Twenty-First Century* by Jessica Bruder. Limited enrollment.

Book Group Selections

From left to right:
Austin, West Mesa,
Summit, Holmes
(Classes 168-171)



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 | Sep 15 - Dec 15 | 1:30 - 3:00 |
| Fee: \$10 | 4 sessions |  Oasis |

Summit Book Group 170

Merrie Courtright

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Sept 21 - *Anxious People* by Fredrik Backman, Oct 19 - *Devil in the White City* by Eric Larson, Nov 16 - *The Gospel According to Jesus Christ* by Jose Saramago, and Dec 21 - *News of the World* by Paulette Jiles. *Limited enrollment.*

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

| | | |
|------------------|------------------------|--|
| Tuesdays | Sep 21 - Dec 21 | 11:00 - 12:30 |
| Fee: \$10 | 4 sessions |  Oasis |

Holmes Book Group 171

Mary Tabor and Betty Whiton

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: September 21 - *Little Bee* by Chris Cleave, October 19 - *The Book of Joy*, by The 14th Dalai Lama and Archbishop Desmond Tutu, November 16 - *The Other Einstein*, by Marie Benedict, and December 21 - *The Time in Between*, by Maria Dueñas. *Limited enrollment.*

Betty Whiton has worked as an award-winning teacher, conductor, musician, composer, counselor, and school psychologist. Mary Tabor is a Minnesota transplant. 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 | Sep 21 - Dec 21 | 1:00 - 2:30 |
| Fee: \$10 | 4 sessions |  Oasis |


Who Are the Poet Laureates? 172

Norma Libman

Since 1937, the responsibility of the US Poet Laureate has been to raise America's appreciation of poetry by giving a series of poetry readings and lectures at libraries and other public venues. In this class, we look at some of the women and men who have been honored to fill this position, starting with Joy Harjo, currently holding a very rare third term who is a former student and teacher at UNM. We also sample the poetry of several other honorees, including Billy Collins, Kay Ryan, Donald Hall, and Louise Gluck.

Norma Libman has been teaching courses in literature and history for Oasis for more than 20 years. She has degrees in education and literature and is a lecturer and a journalist with more than 500 published articles in newspapers nationwide. She is the author of two award-winning books, *Lone-ly River Village*, a novel about Nu Shu, a secret

women's language, and a memoir, *The Story of the Story*.

Thursday **Oct 28** **10:00 - 11:30**
Fee: \$10  **Oasis**

MUSIC

Singing the Show Tunes **173**

Irma Reeder & Scott Hooker

Do you enjoy singing? This semester we are back in person! In addition to singing and socializing, these classes include gentle physical movement, vocal exercise, basic music theory, singing technique, and musical history. We hope to have one or two off-site performances this fall, but plan on a talent show during our last class on December 14th. As well as singing our group songs, members are encouraged to strut their stuff and sing their favorites with solos, duets, ensembles! Note: Participants are not required to read music or have previous musical experience to join us. *No class October 12.*

Irma Reeder brings decades of choral directing, vocal coaching, and performance experience, as well as a love for musicals. Scott Hooker is an amazing and energetic pianist with a background in all things jazz. Together they take you on a fun-filled adventure in music!

| | | |
|------------------|------------------------|--|
| Tuesdays | Sep 14 - Dec 14 | 10:15 - 11:45 |
| Fee: \$65 | 13 sessions |  Oasis |

Bye, Bye Love: The Everly Brothers

ZOOM 174

Jane Ellen

Rolling Stone called Don and Phil Everly “the most important vocal duo in rock.” Their Kentucky-influenced rock and roll and close vocal harmonies influenced everyone from the Beatles and the Byrds, to Simon & Garfunkel and Emmylou Harris.

The brothers progressed from an early songwriting contract with Roy Acuff Music to international stardom as popular entertainers producing such hits as “Bye, Bye Love,” “Wake Up Little Susie,” and “All I Have to Do is Dream.”

Jane Ellen passionately shares her eclectic interests via the marvels of the internet from her home in Florida's Space Coast. Specializing in all aspects of music and entertainment history, she strives to bring her subjects to life whilst seeking to make a deeper understanding of music accessible to all. Jane's presentations benefit not only from her gifts as a storyteller, but from a lifetime of work as a scholar, performer, composer, and recording artist.

Wednesday **Sep 15** **10:00 - 12:00**
Fee: \$10  **ZOOM**

Remembering Lenny: The Life of Leonard Bernstein ZOOM 175

Jane Ellen

Composer, conductor, and perhaps most importantly, a born teacher, Leonard Bernstein (1918-90) was a unique voice in American music of the 20th century. His creative energies appeared boundless, encompassing theater, symphonic works, film scores, ballets, opera, chamber music, and concerts designed especially for children. He presented lectures and authored books, famously helped define jazz alongside Louis Armstrong, and generously gave of himself as a philanthropist, and as a political and social activist.

See bio in class #174

Tuesday **Sep 21** **12:30 - 2:30**
Fee: \$10  **ZOOM**

Little Richard: Architect of Rock and Roll ZOOM 176

Jane Ellen

Singer-songwriter Richard Wayne Penniman (1932-2020), aka Little Richard, was an iconic figure in popular music and culture for seven decades. Recognized as a foundational pillar of rock and roll, Richard's emotive vocalizations and uptempo rhythms also paved the way for other popular music genres, such as soul and funk. Little Richard was one of the first crossover Black artists, helping to bring an end to the racial divide on the music charts and in live performances.

See bio in class #174

Friday Sep 24 10:00 - 12:00
Fee: \$10 ZOOM

The Interpretative Stylings of Judy Collins ZOOM 177

Jane Ellen

Singer-songwriter Judy Collins (1938-) has enjoyed a career spanning more than six decades, yet it wasn't until last year that she scored her first #1 album with Winter Stories - at the age of 80 years old. Her musical tastes are eclectic and her discography includes folk, pop, rock and roll, standards, as well as Broadway show tunes. She is well known for her social activism, and has continued to perform via streaming venues throughout the pandemic.

See bio in class #174

Thursday Sep 30 2:30 - 4:30
Fee: \$10 ZOOM

Straight, No Chaser: Thelonious Monk ZOOM 178

Jane Ellen

Thelonious Monk (1917-82) is the second-most recorded jazz composer after Duke Ellington despite the fact that Ellington wrote over 1,000 songs and Monk only wrote about 70. No matter whether he was playing cool jazz piano or hard bop it was impossible to escape his unique style, which critic Philip Larkin famously dismissed as "the elephant on the keyboard." Although "Round Midnight" may be more familiar, his composition "Epistrophy" has been referred to as the first modern jazz composition.

See bio in class #174

Tuesday Oct 5 12:30 - 2:30
Fee: \$10 ZOOM

The Symphony Orchestra: Some of the Greatest Music in the Classical World 179

Karl Hinterbichler

A brief history and exploration of the symphony orchestra, from the small groups in the 18th century to the powerhouses of the present day. This class includes musical excerpts from some of the most elevating and emotional music written for symphony orchestras. The class also presents a number of the great musicians associated with the orchestra, including conductors, various soloists and outstanding orchestral players. There is also a focus on the some of great orchestras of the past and present, including the Berlin Philharmonic and Vienna Philharmonic.

Dr. Karl Hinterbichler holds degrees from the Universities of Michigan and North Texas. He has performed as a trombonist with the NM Symphony, Santa Fe Opera, Opera Southwest, Santa Fe Symphony, Florida Symphony, and Dallas

Symphony. He has concertized, given master classes, and lectured worldwide. His articles, reviews, arrangements, and original compositions have been published in Europe, the US, and Canada. At UNM he is a professor of music and teaches applied music, chamber music, and music history.

Thursday Oct 7 2:30 - 4:00
Fee: \$10 Oasis

A Sentimental Journey with Doris Day ZOOM 180

Jane Ellen



Learn about Doris Day in Class 180.

Photo: "Doris Day 1922 -" by oneredsf1 is licensed with CC BY-NC-SA 2.0.

Doris Day (1922-2019) was a budding dancer until a car accident ended her career at age 15. Her love for music was genetic, however, and soon she concentrated on voice lessons. Though most remembered as a film and television star, she received a Grammy Lifetime Achievement Award as well as the Presidential Medal of Freedom. She remained devoted to

her work in animal welfare, through the Doris Day Animal Foundation, until shortly before her death.

See bio in class #174

Thursday Oct 14 2:30 - 4:30
Fee: \$10 ZOOM

Leroy Anderson: An Abundance of Imagination ZOOM 181

Jane Ellen

Composer Leroy Anderson (1908-75) has been described by John Williams as "one of the great American masters of light orchestral music." Some of his earliest masterpieces were written while serving in military intelligence in the 1940s. As a composer his works could be equally playful or poignant and sometimes made use of unconventional instruments. His most famous works include "Blue Tango," "The Typewriter Song," and the perennial Yuletide classic "Sleigh Ride."

See bio in class #174

Wednesday Oct 20 10:00 - 12:00
Fee: \$10 ZOOM

William Grant Still: Dean of African American Composers ZOOM 182

Jane Ellen

Composer William Grant Still Jr (1895-1978) was the first American composer to have an opera produced by the New York City Opera. Although primarily known for his first symphony, Afro-American Symphony (1930), his catalogue includes five symphonies, eight operas, and four ballets, as well as chamber music and art songs. Due to his collaboration with prominent Black literary and cultural figures, Still is considered to be part of the Harlem Renaissance movement.

See bio in class #174

Friday Oct 22 10:00 - 12:00
Fee: \$10 ZOOM

Rush: Rock Heroes of the North ZOOM 183

Jane Ellen
Powerhouse Canadian rock band Rush was formed in 1968 by Geddy Lee (1953-), Alex Lifeson (1953-), and Neil Peart (1952-2020). Moving from blues-inspired hard rock, to progressive rock, to heavy metal stylings, this virtuosic rock trio's works were heavily influenced by science fiction, fantasy, and philosophy. Many fans first became acquainted with Rush through the album *2112*, with its 20-minute dystopian sci-fi title track. The band is known for its collective and individual participation in philanthropic causes.

See bio in class #174

Monday **Oct 25** **12:30 - 2:30**
Fee: \$10 ZOOM

Mary Lou Williams: First Lady of the Jazz Keyboard ZOOM 184

Jane Ellen



Learn about the First Lady of Jazz Keyboard in class #184

Photo: "Mary Lou Williams, New York, N.Y., ca. 1946" by ky_olsen is licensed with CC BY 2.0.

Mary Lou Williams (1910-81) was the most accomplished and influential female jazz pianist, arranger, composer, and teacher in the 20th century. She wrote 350 compositions and hundreds of arrangements, and recorded more than 100 records. Harmonically ahead of her time, she adapted to, and influenced, stylistic changes in jazz. Duke Ellington called Williams "perpetually contemporary." Because of her close relationship with Thelonious Monk, Charlie Parker, and Dizzy

Gillespie, she was often called The Mother of Bebop.

See bio in class #174

Friday **Nov 5** **10:00 - 12:00**
Fee: \$10 ZOOM

Stevie Nicks: Queen of Rock 'n Roll ZOOM 185

Jane Ellen

Stevie Nicks (1948-) was 27 when she became an overnight success as the fledgling member of a reorganized Fleetwood Mac, helping to catapult a new record to the number one position, selling three million copies in the process. Songs such as "Rhiannon" and "Landslide" worked their way into the public's awareness until no one remembered Fleetwood Mac before this amazing singer-songwriter's work. Six of her studio albums hit the Top Ten, and her sales total 30+ million records worldwide.

See bio in class #174

Monday **Nov 8** **12:30 - 2:30**
Fee: \$10 ZOOM

Life In The Fast Lane: The Eagles ZOOM 186

Jane Ellen

From their humble beginnings in 1971, The Eagles quickly rose to become one of the most successful American rock bands of the decade, racking up six Grammy Awards. Despite disbanding for over a decade and taking a short break between 2016-17, the band is back together again. A new tour is tentatively booked for autumn 2021, and audiences will be eager to hear greatest hits such as "Desperado," "Hotel California," and "Take it Easy."

See bio in class #174

Tuesday **Nov 16** **12:30 - 2:30**
Fee: \$10 ZOOM

Purple Rain: The Musical World of Prince ZOOM 187

Jane Ellen

Prince Rogers Nelson (1958-2016) did it all. He was a successful singer-songwriter, a virtuosic multi-instrumentalist, a record producer, an actor, and a director. Widely regarded as one of the greatest (as well as one of the most controversial) musicians of his generation, Prince's career featured a prolific output including hit songs for other artists (such as "Manic Monday" for the Bangles), 39 albums, a vast array of unreleased projects, and sales figures of over 150 million records worldwide.

See bio in class #174

Friday **Nov 19** **10:00 - 12:00**
Fee: \$10 ZOOM

Keyboard Legend: Chick Corea ZOOM 188

Jane Ellen

Virtuosic keyboardist and composer Chick Corea (1941-2021) broadened the scope of jazz during a prolific career spanning more than five decades. By the time he joined the Miles Davis band in the late '60s, he was already an established A-list pianist. He went on to break ground with his electric fusion band, Return to Forever, before moving into an incredibly eclectic career that ranged from bebop to classical music, and more.

See bio in class #174

Wednesday **Dec 1** **10:00 - 12:00**
Fee: \$10 ZOOM

Rocky Mountain High: John Denver ZOOM 189

Jane Ellen

Singer-songwriter John Denver (1943-97) left the world far too soon, at the age of 53. One of the best-selling acoustic artists of the 1970s, he composed over 200 songs in which he shared his love for music, the joys he found in nature, and thoughtful works about relationships. A well-known actor, activist, and humanitarian, he supported environmental issues, protested music censorship, and was named Poet Laureate of Colorado.

See bio in class #174

Monday **Dec 6** **12:30 - 2:30**
Fee: \$10 ZOOM

Julie Andrews: Singer, Actress, Author ZOOM 190

Jane Ellen

Denied her dream of reprising her Broadway success in the film version of *Camelot*, Julie Andrews (1935-) received instead an Oscar for *Mary Poppins*. A year later she starred in *The Sound of Music*, and her career would never be the same. A remarkable singer with a four-octave voice, Andrews built a career based on solid musical, theatrical and film performances, until a surgeon's error forced her to reinvent her life and focus on acting, narration, and writing.

See bio in class #174

Wednesday **Dec 15** **10:00 - 12:00**
Fee: \$10 ZOOM

Christmas Carols: A Brief History 191

Karl Hinterbichler

A brief history of some famous and favorite Christmas carols. This class traces the compositional history of a number of carols, including the texts and melodies. Their usage in both sacred and secular contexts are noted. The class also introduces some carols from different parts of the world that are not usually familiar in the USA.

See bio in Class #179

Thursday Dec 16 2:30 - 4:00
Fee: \$10 Oasis

PERFORMING ARTS

Introduction to Improvisation in Two Parts 192

Joanne McEntire

Join an Improvisation workshop and explore theatrical games with other Oasis adventurers. Improvisation activities spark the imagination for the timid and the brave. We practice verbal, physical, and story-telling games that encourage “Yes, and...” responses. Listen! and begin to connect with performance creativity by sharing stories, leading to comical moments. Wear comfortable clothing and shoes. All abilities welcome.

Jo McEntire enjoyed many theatrical experiences during her first career as a performer and stage manager. She acted in plays and musicals and created poetry performances and solo works. She has studied Improv at the Box Performance Space in Albuquerque and continued to practice through the pandemic, virtually. She taught improvisation at Oasis in 2019.

Wednesdays Nov 3 - Nov 10 1:00 - 3:00
Fee: \$30 2 sessions Oasis

Cantores Festivi: Friday Performance 193

Kathy Wimmer



Cantores Festivi members with some of the many instruments they'll play in class 193. Photo courtesy of Kathy Wimmer

Come along on the ride with three merry musicians making medieval music, as they venture off with music from 13th - 16th century Spain. The program, first created when they were a foursome with the late and much-missed Bill Burns, was initially presented at the “Renaissance fair with a Spanish flair”

at El Rancho de los Golondrinas.

Cantores Festivi (Merry Musicians) is a three-piece ensemble of multi-instrumentalists who play and sing music from the medieval and Renaissance period, with occasional forays into other epochs. Gwen Easterday, Lauri Rigler, and Kathy Wimmer’s instruments include folk and bray harps, recorders, a slew of percussive gadgets and even a hurdy-gurdy. The three met through the former Apple Mountain Music store about 20 years ago, and have been making music in some form or other ever since.

Friday Nov 19 2:00 – 3:30
Fee: \$12 Oasis

A Musical Tour of the Balkans and Beyond 194

Beth Cohen



Learn about Balkan music in class 194.

Photo courtesy of Beth Cohen

Goddess of Arno Balkan Band takes you on a musical tour of Greece, Bulgaria, Albania, the former Yugoslavia, Hungary, and Turkey. The five-piece ensemble performs traditional ethnic dance music that is indigenous to the Balkan countries, in eastern Europe, and other regions along the Mediterranean.

Music is introduced and shared from an historical and cultural perspective and translations of songs are given.

Goddess of Arno’s musicians have been performing together for over 30 years. The ensemble accompanies solo and multi-part vocals with traditional instruments in addition to western instruments. Members have studied and shared the stage with some of the world’s foremost Balkan musicians and scholars, producing workshops, concerts, and festivals featuring luminaries such as Yuri Yunakov & the late Esma Redzhepova.

Friday Dec 10 2:00 - 3:30
Fee: \$12 Oasis

PERSONAL ENRICHMENT

How to Haiku: What Teachers Never Taught You 195

Scott Wiggerman

Do you haiku? In two class sessions, Scott Wiggerman covers the essential characteristics of modern haiku (and one of them is not 17 syllables). In session one, we discuss Japanese terms and other concepts, including use of imagery, juxtaposition, punctuation, lineation, grammar, concision, etc., as seen in haiku being published today. We apply this discussion to writing our own haiku through a series of brief exercises, and in session two, we look closely at what participants have written and critique them with an emphasis on the lessons of session one. *Limited enrollment.*

Scott Wiggerman has published hundreds of haiku in leading journals from around the world, including *Frogpond*, *Modern Haiku*, *Chrysanthemum*, *Haiku Canada*, *World Haiku Review*, *Daily Haiku*, *Wales Haiku Journal*, *Bamboo Hut*, and others. His haiku have twice been selected for the annual *Red Moon Anthologies of best English-language haiku*. He also co-edits the haiku anthologies for Open Space’s annual Poets’ Picnic.

Mondays Sep 20 - Sep 27 10:00 - 11:30
Fee: \$20 2 sessions Oasis

Free Write: A Creative Writing Workshop 196

Irene Newlon

Free Write is a creative writing workshop for those who want to express themselves through stories and short essays. Over the course of two sessions, Irene Newlon offers participants two topics or prompts per session. Participants are then asked to write freely for approximately 15-20 minutes

for each topic. Write whatever comes to mind, with no regard to spelling or editing. Participants then have the option to share and read aloud their creations. *Limited enrollment.*

Irene is the former director of several non-profits and has been a consultant, trainer, and facilitator on topics such as writing, mediation, management, self-growth, and improvement. She has a bachelor's degree in English and a masters in sociology/education.

Tuesdays **Sep 28 - Oct 5** **10:00 - 11:30**
Fee: \$18 **2 sessions** 

Tending the Inner Life of our Dreams **197**

Thom Allena

For some, one of the ways of making meaning of our lives is through the "dreamtime". However, what we sometimes lack are places to safely explore and make meaning of these vexing images and symbols. Why are recurring dream images important? And what is the significance of troubling dreams? We work with a group approach called "projective dreaming," developed by Jeremy Taylor. Finally, we explore simple approaches you can use to increase dream recall. No prior dreamwork experience is required. *Enrollment limited to 10.*

Thom Allena, PhD, is a depth psychologist who has worked with his own dreams for nearly forty years and also as a coach, facilitator and consultant to individuals and groups to support personal awareness, growth and healing, community building, community and organizational healing, creativity and effectiveness. Thom's work has been used by universities, school and justice systems, athletic teams, psychology institutes, non-profits agencies and communities across the United States.

Mondays **Oct 25 - Nov 15** **10:00 - 11:30**
Fee: \$30 **4 sessions** 

PHILOSOPHY, RELIGION & SPIRITUALITY

Love, Laments, Libations, and Longing: Jewish Poetry from Medieval Spain **198**

Paul 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 will touch your heart 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.

Thursday **Oct 7** **10:00 - 11:30**
Fee: \$10 

The Silent Life of Benedictine Monks **199**
ZOOM

Kirk Gullledge




Learn about the lives of Benedictine Monks in class 199. Photo courtesy of Kirk Gullledge.

The monks of the Monastery of Christ in the Desert in northern New Mexico live a quiet and purposeful life devoted to prayer, work and study following the Rule of Benedict. Most of their days are truly silent, but sometimes they break their silence, share their stories and give wonderful insights into their lives as monks. Kirk Gullledge

taught ESL classes at the monastery and provides an inside look at some of the challenges of practicing the vocation of a traditional Benedictine monk in today's world.

Gullledge is a retired gerontologist, educator, and retirement community developer. He has degrees in education and gerontology from Mississippi College, Univ. of North Texas, Southwestern Baptist Seminary, and Arizona State University, and he has worked in twenty states developing life care retirement communities. Since retirement, he has enjoyed teaching English (ESL) in several settings in the US and China.

Wednesday **Oct 20** **12:30 - 2:00**
Fee: \$10  **ZOOM**

An Introduction to Islam **200**

Birgitta Gustafson

Birgitta Gustafson explores the origins of Islam, its major beliefs and practices, its initial spread and the two major sects: Sunni and Shi'a. We look at

the life of Muhammad, the prophet of Islam and the Qur'an, the scripture of Islam. Finally, Gustafson discusses the relationship between Islam, Judaism, and Christianity, the so-called 'religions of Abraham.'

Birgitta Gustafson is a retired English & social studies teacher. She received her BA from New York University with a major in religious studies and a minor in literature. She received a master's degree from Harvard Divinity School, concentrating her studies on Islam and world religions, with a particular focus on India. She has taught world religions, comparative western religions, comparative theology, and has engaged in inter-religious dialogue among Jews, Christians and Muslims.

Monday **Nov 1** **12:30 - 2:00**
Fee: \$10 

The Great Schism: Then and Now **201**
Christopher Zugger

The Great Schism split the Church into Eastern Orthodox and Roman Catholic, and the Churches remain separated today. This was a gradual development as a result of differences in theology, language, culture, and government. Zugger discusses how it all happened and why, and also the profound ramifications it had for weakening Christian witness and European unity, its effects on the Cold War, current issues with Russia and the West, and the progress made in healing the split in the last 100 years.

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.

Zugger has a BA from St. Bonaventure University, M. Div. from Washington Theological Union.

Thursdays Nov 4 - Nov 11 10:00 - 11:30
Fee: \$20 2 sessions
📍 Our Lady of Perpetual Help

Babble & Babbling: Lessons from the Bible Story of the Tower of Babel 202
Michael Nutkiewicz



A peek into the story of the Tower of Babel in class 202.

It's a simple story (just nine verses) found in Genesis 11: people start to build a tower and God punishes them. It's also fun to read: full of inversions, word plays, ironies, and puns. The story has caught the imagination of philosophers, painters, and writers. We do a close textual reading, and examine some rabbinic interpretations,

focusing on one particular dilemma raised by the story: diversity. We also look at two paintings from the Renaissance that offer their own interpretation.

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

Monday Nov 15 10:00 - 11:30
Fee: \$10 Oasis

The Spiritual Journey of Howard Thurman 203
Frank Yates

Rev. Dr. Howard Thurman (1899-1981) was a prominent African American pastor and scholar who served at Howard University, Boston University, and the interdenominational Fellowship Church in San Francisco. His 1949 book, *Jesus and the Disinherited*, was a major influence on Dr. Martin Luther King. In some ways Thurman is the spiritual godfather of the civil rights movement. We focus on that 1949 classic text as well as his 1979 autobiography, *With Head and Heart*, and his 1963 spiritual classic, *Disciplines of the Spirit*.

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 Nov 22 10:00 - 11:30
Fee: \$10 Oasis

Everything You Ever Wanted to Know About Judaism But Were Afraid to Ask – and Now You Can 204

Harry Rosenfeld

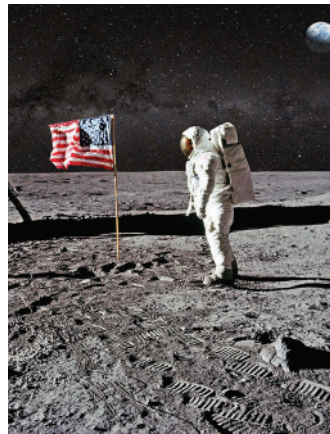
Have you ever wondered why Judaism does not believe Jesus is the Messiah? How does Judaism view other religions? Can a Jew be an atheist, an agnostic, a transcendentalist? What does Judaism teach about the afterlife and what it looks like? Do Jews read the Bible literally? What is the Talmud? Now is your chance to ask these or any other questions you may have ever had about Judaism and Jews. The challenge is to stump the Rabbi. Give it your best try!

Harry Rosenfeld is the Rabbi Emeritus 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 Dec 8 10:00 - 11:30
Fee: \$10 Oasis

SCIENCE MATH & NATURE

The Apollo Moon Missions 205
Len Duda



Explore the Apollo moon missions in class 205.

In the late 1960s and early 1970s, NASA landed six manned spacecraft on the moon. This achievement was the culmination of intense planning and execution of earlier missions. The first manned landing on the moon occurred only eight years after the start of the Apollo

program. Len Duda reviews the history of and scientific results from Apollo 11 through Apollo 17.

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

continues his volunteer work and is a part-time educator at Explora.

Thursday Sep 16 10:00 - 11:30
Fee: \$10 Oasis

Rio Grande Nature Center State Park Guided Tour 206
Ron Friederich

Stroll through the Rio Grande Nature Center's Native Plants Garden with Ron Friederich, as he identifies and discusses the plants and trees. Discover the special beauty of the native plants as we walk the 1.5-acre garden area, containing more than 200 individually labelled plants that will help you appreciate the bosque. Time permitting, we'll visit other interesting areas around the Center. *Note: There is a \$3 entrance/parking fee. Limited enrollment.*

Ron Friederich, a retired physician, has led various tours for Oasis at the BioPark and UNM. 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.

Thursday Sep 16 9:30 - 11:30
Fee: \$15 🦋 Rio Grande Nature Center

Rio Grande Nature Center State Park Guided Tour 2 207
Ron Friederich

See description and bio in class #206

Friday Sep 17 9:30 - 11:30
Fee: \$15 🦋 Rio Grande Nature Center

In-Ground Composting: Turn your Dirt into Soil! 208

Sara Friederich

Did you know you can manage most of your household waste without a composter? As you tour her garden, Sara Friederich shares her tips and practical experience for those who want to know how to grow a variety of herbs, vegetables, and flowers using ‘lasagna layering,’ cover crops, and pit, trench or keyhole composting. Friederich shows you how (and why) to make your own seed tape, fight bugs without toxic chemicals, and she also provides useful resources to make your composting experience a success! The exact location in Albuquerque will be emailed to participants at a later date. *Enrollment limited to 10.*

Sara Friederich learned the magic of ‘lasagna layering’ and other composting methods in 2019 after years of disappointing attempts at growing on hardpan dirt in a small Albuquerque urban backyard space. In subsequent harvests, bags of produce for family and friends were coming out of her garden! She now greatly enjoys teaching others how to create the same incredible results.

Friday Sep 24 10:00 - 12:00
Fee: \$15 📍 Location will be emailed to enrollees

In-Ground Composting: Turn your Dirt into Soil! 2 209

Sara Friederich

See description and bio in class #208

Friday Oct 1 10:00 - 12:00
Fee: \$15 📍 Location will be emailed to enrollees

In-Ground Composting: Turn your Dirt into Soil! 3 210

Sara Friederich

See description and bio in class #208

Friday Oct 8 10:00 - 12:00
Fee: \$15 📍 Location will be emailed to enrollees

Earth’s Mysterious Magnetic Field 211

John Geissman

Is the Earth’s magnetic field in the process of reversing its ‘polarity’? This is a question that has been in the news a great deal. What would be the consequences? It is likely that the Neanderthals met their demise as a result of a weakened geomagnetic field. We explore the origin, behavior, and history of our planet’s complex and inspiring geomagnetic field.

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.

Monday Sep 27 10:00 - 11:30
Fee: \$10 🌿 Oasis

The Symbiosis of Energy Storage and Renewables 212

Abbas Akhil

The variable nature of renewable resources such as wind and solar demands that there be a buffer to smooth out their variability and supply a steady, fixed output required by the electric grid. There are several energy storage options, but the prevalent and commercially reliable are

lithium battery and pumped hydro energy storage. Abbas Akhil explains the details of this symbiotic relationship and some working details of these two storage options.

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

Wednesday Oct 6 10:00 - 11:30
Fee: \$10 🌿 Oasis

No, It’s Not a Modern Invention 213

David A Crossley

There are few things that are twentieth century inventions: cell phones, microwave ovens and TV dinners. But most things are not a new invention: running water, birth control pills, portable computers and taxi fare meters are all ancient! The first coin-operated vending machine dispensed holy water centuries ago. Dave Crossley presents some of the ingenious, surprising, and forgotten inventions of the past.

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.

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

From There to Here in Electronic Technology: What Did It Take? 214

Lawrence Anderson

In 1940 the average American household had a phonograph, a radio, and a telephone. Fast forward to 2021. We are awash with electronic technology - television, computers, cell phones, the Internet, the “cloud” and the list goes on. We examine some of the technology breakthroughs that got us from there to here, including the transistor, the integrated circuit, cellular technology, fiber optics, lasers, charge-coupled devices (CCDs), and liquid-crystal displays (LCDs). We also look at the people, the organizations, and the history behind these developments.

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

Wednesday Oct 13 10:00 - 11:30
Fee: \$10 🌿 Oasis

Clouds Part II: Beyond the Basics 215

Deirdre Kann



Learn about cloud formations in class 215. Photo by Todd Shoemake.

Earlier this year, Deirdre Kann explained the fundamentals of cloud formations, including the ten basic cloud groups and how they can combine to create stunning skies. In this class, Kann briefly reviews the basics, then describes how the sky is the limit when it comes to unique and truly

remarkable cloud forms. It is not necessary to have completed the spring class to enjoy this presentation.

Interested in math and science as a child, Deirdre Kann earned a BS in mathematics and a PhD in atmospheric sciences. She worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years before retiring in 2016 and having more time for keeping her head in the clouds.

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

The First Ten Billion Years of the Universe 216

Dwight Jennison

In recent years, great advances have been made in understanding the evolution of the universe, our solar system, and our planet. These involve spacecraft, telescopes, and computer simulations that test our theories. When the Earth was finally ready, life arose, but it took another four billion years before it was suitable for plants and animals.

These amazing events can now be told as a logical story, complete with some computer-generated video clips. Finally, a new but still unproven theory of the Big Bang promises to answer several long-standing mysteries.

Dwight Jennison received his PhD in theoretical physics from Rensselaer Polytechnic Institute. His 30-year career at Sandia National Labs involved basic research in theoretical physics. Jennison has been a docent at the New Mexico Museum of Natural History for 14 years, covering all science relevant to museum content. He is past president of the museum's volunteer association and represents space science on its board.

Thursday Nov 4 12:30 - 2:00
Fee: \$10 Oasis

Yellowstone Through a Wondering Eye ZOOM 217

Daryl Ratajczak



Behind the scenes tour of Yellowstone in class 217.

The Greater Yellowstone area is the vacation destination of millions of Americans. There are those who dream of working in wild places such as our national parks. Take a behind-the-scenes tour of how Yellowstone and the surrounding areas are managed through the

eyes of students studying to be wildlife biologists.

Daryl Ratajczak is a wildlife biologist working for the Bureau of Land Management. He obtained his degree in wildlife management and managed a black bear rehab, research, and education

facility located outside Great Smoky Mountains National Park. He worked for the Tennessee Wildlife Resources Agency and served as the big game program coordinator, managing the state's deer, bear, and elk programs, eventually becoming the chief of wildlife and forestry for the state of Tennessee.

Monday Nov 15 12:30 - 2:00
Fee: \$10 ZOOM

Four Giants of French Mathematics 218

David Metzler

The end of the eighteenth century in France was not only a volatile time politically, it was a golden age for mathematics, both pure and applied. Metzler highlights the contributions of the four leaders of this period: Joseph-Louis Lagrange, Pierre-Simon Laplace, Adrien-Marie Legendre, and Siméon-Denis Poisson. Metzler discusses how they transformed many fields of mathematics, from number theory and algebra, to calculus and mathematical physics, with insights we still use today.

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

Wednesday Nov 24 10:00 - 11:30
Fee: \$10 Oasis

Archeological Mysteries You've Probably Never Heard Of! 219

Creve Maples

People are captivated by the mystique of archeological mysteries (hence the success of Indiana Jones). Real archeological investigations

usually require great patience and years of work. Sometimes discoveries can occur in unexpected ways, revealing ancient mysteries that we cannot yet explain. In this class we explore a variety of enigmatic and provocative archeological objects, including an ancient Egyptian vessel with a surprising purpose, a dinosaur carved on an ancient Cambodian temple wall, a 2000-year-old computer, a puzzling scroll made of metal, and others.

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.

Tuesdays Nov 30 - Dec 7 2:00 - 4:00
Fee: \$20 2 sessions Oasis

SOUTHWEST

Southwestern Rock Calendars and Ancient Time Pieces ZOOM 220

Allen Dart

Native Americans in the US Southwest developed sophisticated skills in astronomy and predicting the seasons centuries before non-Native American peoples entered the region. In this presentation, Al Dart discusses archaeological settlement layouts, architecture, and petroglyphs in New Mexico, Arizona, Colorado, and Utah that provide evidence of ancient southwestern astronomy and calendrical reckoning.

Archaeologist Allen Dart has worked in New Mexico and Arizona since 1975. A UNM graduate,

he worked for the Museum of New Mexico and the Bureau of Indian Affairs before receiving his master's degree in Arizona. Al is the executive director of Tucson's Old Pueblo Archaeology Center, a nonprofit he founded in 1993. He has received awards and honors from the National Park Service and other organizations for his efforts to bring archaeology and history to the public.


Thursday **Sep 16** **12:30 - 2:30**
Fee: \$10  **ZOOM**

**60 Hikes Within 60 Miles:
Albuquerque** **221**

David Ryan

With Albuquerque's wonderful climate and spectacular setting, there is no city in the country that compares to Albuquerque for outdoor recreation. Join David Ryan, coauthor of *60 Hikes within 60 Miles: Albuquerque*, as he shows you many of the fabulous places that our area has to offer. Hike locations range from world-class destinations, the high country, to remote desert locations. Along the way you'll take in spectacular views and venture through incredible landscapes.

David Ryan 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.

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

Comic Postcards by Albuquerque Publishers 222

Nancy Tucker

We look at some 90 years of comic postcards put out by Albuquerque cartoonists and publishers - from the 1900s to around 1990. Do not expect this to be a politically correct presentation, because the cards make fun of pretty much everybody in New Mexico – cowboys, tourists, Native Americans, Asians, Hispanos, Anglos, even little kids and dead people.

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.

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| Monday | Sep 27 | 2:30 - 4:00 |
| Fee: \$10 | |  Oasis |


No Manure on Main Street: Western Movies 223

Don Bullis

Westerns have been with us for more than a century. Some of them are truly great, some are average, while others are so bad it is difficult to watch them. Many westerns contain historical errors which detract from their quality. If a western movie hero can use a weapon that had not yet been invented, why could he not ride a motorcycle instead of a horse? Don Bullis has been watching, and re-watching, westerns for seventy years and recently authored the book, *No Manure on Main Street*. *Note: there are no film clips shown in this class.*

Don Bullis graduated from Eastern New Mexico University with a bachelor's degree in American

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

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

Cartooning in the Land of Enchantment 224

John Trever




*Join John Trever in class 224
for a lively presentation on
editorial cartooning. Photo
courtesy of John Trever.*

When John Trever moved to Albuquerque 45 years ago, he quickly learned that while New Mexico may often lack sufficient rainfall, there was never a drought of cartoon material. Join the *Albuquerque Journal's* editorial cartoonist for

a light-hearted look at the highlights and low-lights of life and politics in New Mexico, while gaining insight into the once-thriving but now endangered craft of newspaper political cartooning.

John Trever's editorial cartoons for the *Albuquerque Journal* have been syndicated throughout the United States and reprinted in a wide variety of magazines and books. Educated at Syracuse University and the University of Chicago, he has received numerous national and local awards and published four collections of his cartoons, including the recently-released, *The Art and Humor of John Trever*. Officially retired since 2010, he continues to draw a weekly commentary for the Sunday Journal.


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| Monday | Oct 18 | 10:00 - 11:30 |
| Fee: \$10 | |  Oasis |

The Railroad Depots of
New Mexico 225

Fred Friedman

More than a railroad staging location, train depots across New Mexico have been reinventing themselves for a variety of useful purposes for years. Fred Friedman distinguishes between short line, local stations, and those of the national carriers, all fascinating in their construction, usage and re-adaptation.

Fred Friedman served for thirty years as head of the New Mexico Transportation Department's Railroad Bureau, addressing all facets of freight and passenger railroad activities within the state. He has written and lectured throughout New Mexico on the subject.


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| Wednesday | Oct 27 | 10:00 - 11:30 |
| Fee: \$10 | |  Oasis |

New Mexico's Game Animals 226

Matthew Barbour

When one thinks of game animals in New Mexico, Rocky Mountain elk and mule deer are often the first species that come to mind, but the state is also home to impressive herds of Namibian oryx and Persian ibex. There are no fewer than four different quail and three different turkey subspecies. New Mexico is a land of plenty in terms of both types of animals and public lands on which to encounter them. This presentation is geared towards helping hunters, photographers, and wildlife enthusiasts find and properly identify these animals.

See bio in class #156

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

The Antiquity of Irrigation in the Southwest ZOOM 227

Allen Dart

Archaeologist Allen Dart discusses ancient canal systems in the Southwest and irrigation’s implications for understanding social complexity. Before 1500 CE, Native American cultures took advantage of the long growing season in the southern Arizona desert, tackling the challenge of limited precipitation by developing the earliest and most extensive irrigation works in North America. Agriculture was introduced more than 4,000 years ago and irrigation systems were developed at least 3,500 years ago – well before the earliest-known irrigation works were established in Mexico.

See bio in class #220

Tuesday Nov 9 12:30 - 2:00
Fee: \$10 ZOOM

The Colfax County War and its Aftermath: Violence in Territorial New Mexico ZOOM 228

David Caffey

In the 1870s two fierce sectional conflicts broke out in New Mexico – the Lincoln County War and the lesser known Colfax County War in northern New Mexico. The two disputes were waged over similar issues - economic dominance and political control - but there were important differences. This photo-illustrated presentation provides an understanding of the Colfax County War – its causes, calamities and consequences, and some surprising ties to issues still alive in American society today.

David Caffey met New Mexico at age fifteen as a camper at the Philmont Scout Ranch. He lived in New Mexico from 1982 until 2015, working at the Harwood Library and Museum in Taos, San Juan College in Farmington, and Clovis Community

College. He is the author of books on the history and culture of New Mexico, and is a former chair of the New Mexico State Library Commission and a past board member of the Historical Society of New Mexico.

Wednesday Nov 17 10:00 - 11:30
Fee: \$10 ZOOM

What Price a Human? The Valuation of Indian Captives in New Mexico 229

Robert J. Tórréz

This presentation reviews the practice of incorporating Indian captives into Hispano and Pueblo households in Spanish, Mexican, and early Territorial New Mexico. We examine how Indian captives were acquired and how they were valued - ranging from those who were regarded as adopted children to those considered chattel to be purchased, sold, and given as inheritances or part of commercial transactions.

See bio in class #158

Monday Nov 29 10:00 - 11:30
Fee: \$10 Oasis

New Mexico’s Landscapes, Soils and Water Resources in a Changed Climate 230

Leslie McFadden

Extensive research has convinced many Americans of the reality of human-caused global warming and climate changes. In the western U.S., more and more citizens are accepting “greenhouse warming” theory, as they experience the predicted and increasingly obvious consequences of climate change (e.g., more intense drought, frequent and severe wildfires and diminished stream flow and reservoirs). How might continuing global warming through the end of the 21st century

affect New Mexico’s landscapes and related water resources?

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

Thursday Dec 2 10:00 - 11:30
Fee: \$10 Oasis

World War II in New Mexico 231

John Taylor & Richard Melzer

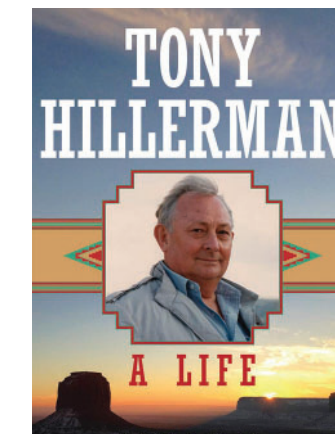
New Mexico is well known for development of the first nuclear weapon, an accomplishment that helped to end World War II. However, our state made numerous other contributions to the war effort. In addition to providing details of the work at Los Alamos, this presentation covers the Bataan Death March, the Navajo Code Talkers, the ‘New Mexico Navy,’ the ‘atomic espionage,’ the extensive contributions of men and women on the ‘home front,’ the prisoner of war camps, the air corps training facilities, and the black mark left on the state because of the incarceration of Japanese-Americans.

John Taylor retired as the manager of the Integrated Technologies and Systems Strategic Management Group Support Department at Sandia National Labs. He has a master’s degree in nuclear engineering from Stanford University. Richard Melzer was a Regents’ professor of history at UNM’s Valencia Campus, where he taught for more than 35 years before retiring. He is the author of 21 books and more than 100 articles about New Mexico history.

Thursday Dec 9 12:30 - 2:00
Fee: \$10 Oasis

Tony Hillerman: Insights into the Writer 232

James McGrath Morris



Learn about the life of prolific author, Tony Hillerman in class 232. Photo courtesy of James McGrath Morris.

James McGrath Morris shares his portrait of Tony Hillerman’s personal and professional life, while providing an appreciation of Hillerman’s eighteen detective novels set on the Navajo Nation. Morris provides details of Hillerman’s early years in Oklahoma, his near-death experience in WWII, his marriage and family life and his rise as one of Ameri-

ca’s best-known mystery writers. Morris draws on his research, interviews, and travels in the Navajo Nation as he describes his newly released biography, *Tony Hillerman, A Life*.

James McGrath Morris is an award-winning and *New York Times* best-selling author. He will release his long-awaited biography, *Tony Hillerman, A Life* in October 2021. His other books include *The Ambulance Drivers: Hemingway, Dos Passos, and a Friendship Made and Lost in War*, and *Eye on the Struggle: Ethel Payne, the First Lady of the Black Press*, and Pulitzer: *A Life in Politics, Print and Power*.

Monday Dec 13 10:00 - 11:30
Fee: \$10 Oasis

Tony Hillerman: Insights into the Writer ZOOM 233

James McGrath Morris

See description and bio in class # 232

Monday Dec 13 10:00 - 11:30
Fee: \$10 ZOOM

TECHNOLOGY

iPhone Beginning Basics 234

Lee Maddenkrall



Learn about smart phones (Android and iPhone) in classes 234-238.

Back by popular demand! In this class learn the basics of your iPhone as we explore available apps. Find out how these apps can help keep you organized, productive, and entertained. This class covers all the basic information every iPhone user should know and understand. Class fee includes a 128-page course book.

This course is a beginners class and is not applicable for Android phones. Pick up the course workbook at Oasis before the first session. Bring your fully charged iPhone to class. 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.

Wednesday Sep 22 1:00 - 3:00
Fee: \$25 Oasis

iPhone Beginning Basics ZOOM 235

Lee Maddenkrall

See description and bio in class #234

Wednesday Sep 22 1:00 - 3:00
Fee: \$25 ZOOM

Beyond the Basics of Android Phones 236

Lee Maddenkrall

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

See bio in class #234

Tuesday Sep 28 1:00 - 3:00
Fee: \$25 Oasis

Beyond the Basics of Android Phones ZOOM 237

Lee Maddenkrall

See description in class #236 and bio in class #234

Tuesday Sep 28 1:00 - 3:00
Fee: \$25 ZOOM

Intermediate iPhone Skills 238

Lee Maddenkrall

Back by popular demand! Learn to take advantage of your iPhone features beyond calling and texting. Lee Maddenkrall shows you how to take pictures and videos, then shows you how to share and store them. He also teaches you how to stay in touch utilizing Facetime, how to use your phone safely, and how to use apps that help you order groceries for pickup or delivery. Class fee includes a 128-page course book. Bring your fully charged iPhone to class. This course is not applicable to Android phones. Pick up the course workbook at Oasis before the first session. Limited enrollment.

See bio in class #234

Tuesday Oct 26 1:00 - 3:00
Fee: \$25 Oasis

Intermediate iPhone Skills ZOOM 239

Lee Maddenkrall

See description in class #238 and bio in class #234

Tuesday Oct 26 1:00 - 3:00
Fee: \$25 ZOOM

One-on-One Help with Your Smart Phone 240

Lee Maddenkrall

Do you need help with an aspect of your mobile phone? Do you need someone to help you with a burning question about your smart device? Many of you have asked for some one-on-one assistance from the phone guy! Schedule this class and Lee Maddenkrall will cover the topic(s) you want, from the basics to pro-tips during a 15-minute one-on-one session. Sign up for this class and we will notify you what time Lee can work with you during the two-hour block. Bring your fully charged phone to class and have your question(s) ready. This course

is applicable for Android and iPhones phones. Limited enrollment.

See bio in class #234

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

ARMCHAIR TRAVEL/ TRAVELOGUE

Collette Southern Charm ZOOM 241



Learn about the upcoming Southern Charm trip with Collette in class 241. Photo Courtesy of Collette.

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 seven years, offering a variety of tours. Karen Barclay is Collette’s business development manager for our region.

Thursday Sep 23 1:00 - 2:00
Fee: Free ZOOM

Travels in the Karoo Basin of South Africa 242

John Geissman

Having lived in central New Mexico for over thirty years, John Geissman immediately fell in love with the Karoo Basin of South Africa when he first visited for field geologic research in 2011. The history of this part of southern Africa, adjacent to the cradle of civilization, is remarkable, with its course altered by the Dutch founding of Cape Town in 1652. Geissman explores the geography, scenery, culture, and geology of the Karoo Basin, with an eye toward enticing you to visit!

See bio in Class #211

Wednesday Nov 10 10:00 - 11:30
Fee: \$10 Oasis

Adventure Travel: Odd Animal Encounters 243

Al Davis

Al Davis experiences countries in unique ways. In this class Al shares with you his experiences while encountering some unusual animals up close, including orangutans in Kalimantan, Komodo dragons on Rinca Island, and mountain gorillas in Rwanda. For each adventure, Al talks about the environment, the uniqueness of the species and problems encountered, and how they were solved.

Al Davis has traveled to 92 countries and has slept on all seven continents. He was trained in computer science and has a PhD from the University of Illinois. In addition to a long

corporate career, he held academic positions at the University of Colorado and in Indonesia, Nigeria, Spain, and South Africa. Davis has published 100+ articles, lectured 2,000+ times in 28 countries, and is the author of nine books.

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

WALKS & HIKEs

Walking Albuquerque - Mondays 244

Joyce M. Bortner

Whether along historic irrigation ditches, through interesting neighborhoods or on foothill trails, enjoy these moderately paced walks guided by a variety of walk leaders. Each walk is approximately 90 minutes. These walks are geared for intermediate walkers because some of the terrain is uneven or uphill. Good shoes, sunshades, and general fitness are required. No pets. Generally there are no restrooms. You will receive directions to each walk’s starting point prior to the first walk. *Limited enrollment.*

Joyce Bortner, who has been involved with Walking Albuquerque for almost 2 decades, serves as the team coordinator. She is joined by a group of enthusiastic walk leaders who lead the group on some of their favorite walks around town.

Mondays Sep 20 - Oct 25 8:30 - 10:00
Fee: \$20 6 sessions Walks

Walking Albuquerque – Wednesdays 245

Joyce M. Bortner

See description and bio in class #244

Wednesdays Sep 22 - Oct 27 8:30 - 10:00
Fee: \$20 6 sessions Walks

David Canyon Hike 246

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. This 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 in class #221

Wednesday Sep 22 8:00 - 11:00
Fee: \$15 David Canyon-Mars Court Trail

Juan Tomas Open Space Hike 247

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 is 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 in class #221

Wednesday Sep 29 8:00 - 11:00
Fee: \$15 Juan Tomas Open Space

Atrisco Acequias: An Accessible Walk 248

Colston Chandler

From Valle del Bosque Park we head to the historic Atrisco neighborhood. Much of the walk is along dirt trails atop the banks of old irrigation ditches (acequias) that tie the neighborhood together. If

time and energy permit when we return to the starting point, we will walk to a nearby platform at the edge of the Rio Grande. This leisurely walk is just over one mile on mostly flat, packed clay ground that can be navigated by walkers and possibly rollators; however, it is not wheelchair accessible. Hiking poles/walking sticks recommended. *Restrooms available at start. 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).

Wednesday Oct 6 10:30 - 12:00
Fee: \$15 Valle del Bosque Park

Golden Open Space Hike 249

David Ryan

Sitting on the northeast side of the Sandias is a little known chunk of City of Albuquerque Open Space land. The City’s Open Space Division has developed a network of trails that allows us to explore this wonderful area. Our hike begins in pinyon-juniper grassland and in a little more than a half mile, the trail reaches the edge of a broad multi-colored canyon that looks like a smaller version of the Grand Canyon. The hike follows the edge of the canyon for about a half mile before descending into the canyon. After checking out the multiple colors and twisted formations inside the canyon, we return to the top and follow a different trail back to the trailhead. *Note: This is a moderate 3.5-mile hike with limited shade. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. A walking stick is highly recommended. No restrooms available. Limited enrollment.*

See bio in class #221

Wednesday Nov 3 9:00 - 12:00
Fee: \$15 Golden Open Space

Cañada del Ojo Hike

David Ryan



View amazing sandstone formations in class 250. Photo courtesy of David Ryan

This hike is for experienced hikers looking for an off-trail adventure, involving crossing varied terrain, following fence lines, ducking under fences, and running into an amazing collection of sandstone formations including a hoodoo village. It is a seldom-visited gem not too far from Albuquerque and is one of David Ryan's favorites!

Cañada del Ojo is on a remote tract of Bureau of Land Management (BLM) land north of Tohajiilee with spectacular landscapes and views. Many of the scenes from Breaking Bad were filmed nearby. *Note: This is a moderate 3.5 mile hike with limited shade. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. A walking stick is highly recommended. No restrooms available. Limited enrollment.*

See bio in class #221

Thursday Nov 4 9:00 - 1:00
Fee: \$15 🍷 Cañada del Ojo

Our Splendid Sandhill Cranes: A Walk

Colston Chandler

Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, filling the air with their loose Vs and circles as they look for prime landing fields. Standing four to five feet high, with a wingspan of seven feet, these stately red-capped birds are the delight of nature lovers. Experts from the Open Space program join us for this 2.5-mile

250

walk on level terrain to view the cranes, newly arrived in November. *No restrooms available. Limited enrollment.*

See bio in class #248

Wednesday Nov 17 10:00 - 12:00
Fee: \$15 🍷 Los Poblanos Open Space

Our Splendid Sandhill Cranes: An Accessible Walk

Colston Chandler

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

See bio in Class #248

Friday NOV 19 10:00 - 12:00
Fee: \$15 🍷 Los Poblanos Open Space

LA VIDA LLENA-SPONSORED CLASSES

LVL - "Godmother of Soul:" Patti LaBelle ZOOM

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 God-

256

mother 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 in class #174

Thursday Dec 9 3:00 - 4:30
Fee: \$5 📺 ZOOM

NEIGHBORHOOD IN RR-SPONSORED CLASSES

NIRR - Rome in the Baroque Period ZOOM

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.

See bio in class #163

Monday Sep 13 3:00 - 4:30
Fee: \$5 📍 NIRR



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

NIRR residents must pre-register at the hospitality desk.

Note: these classes were presented at Oasis during the Summer 2021 session.

NIRR - The Global Roots of New Mexican Cuisine ZOOM

Elisabeth 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.

Elisabeth Stone, PhD, Site Manager at Gutierrez Hubbell House, previously held positions at Museo Larco, Crow Canyon Archaeological Center, Branigan Cultural Center, and University of Illinois' Spurlock Museum. Stone has over a decade of museum experience focused on New Mexico cultural heritage, particularly indigenous history, archaeology, and contemporary life, and highlighting local foodways and history. She is Spanish-English bilingual and has taught at universities and museums in the US, Mexico, Spain, and Peru.

Monday Oct 11 3:00 - 4:30
Fee: \$5 📺 ZOOM

NIRR - Downtown Albuquerque
Walking Tour: For Those Who Prefer to Sit ZOOM 259

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.

Monday Nov 8 3:00 - 4:30
Fee: \$5 NIRR

NIRR - Movie Magic: The Score of John Williams ZOOM 260

Jane Ellen

Composer John Williams (1932 -) 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 in class #174

Monday Dec 13 3:00 - 4:30
Fee: \$5 ZOOM

Oasis Albuquerque & Collette Travel present : Southern Charm

Visit Charleston, Jekyll Island, & Savannah | April 24 – 30, 2022 | 7 Days | 9 Meals
Sales Presentation via ZOOM: Thursday, September 23rd 1:00 – 2:00pm (Class #241zm)



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 high-

lighting the Historic District. Allow the stately mansions, beautiful squares and romantic riverfront promenades to capture your heart.

Reserve trip by October 24, 2021 for best price and availability. Prices start at \$2,949 (double)
For more information: <https://gatewaygocollette.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

Off-Site Class Locations

Albuquerque Museum

2000 Mountain Road NW

Near Old Town. Free parking on site (give your parking space number to the museum receptionist). 505-243-7255

Cañada del Ojo

To reach this hike’s remote location and eight miles of dirt roads, we’ll meet at the Tohajiilee Exit (#131) on I-40 West and then caravan to the trailhead. If you can carpool, please do so before leaving Albuquerque.

David Canyon - Mars Court Trailhead

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

Eldora Chocolate

Located at 8114 Edith Blvd NE, about two blocks south of Paseo del Norte, on the east side of the street. 505-433-4076

Golden Open Space

From I-40 East, take exit 175 toward Cedar Crest. Go 6.9 miles north on NM14. Turn left on La Madera Road. At 5.0 miles there is a three-way stop sign, La Madera turns to the right and continues as a paved road. Continue on La Madera 1.7 miles where the yellow double stripe ends, La Madera turns to the left and continues on a lesser quality paved road. Go .7 miles and the pavement ends. Travel 2.1 more miles and the Golden Space parking area is on the right.

Juan Tomas Open Space

From the Tijeras exit on I-40 (exit 175) travel 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).

Los Poblanos Open Space

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

Meltdown Studio

901 Rio Grande Blvd. Suite E130

Behind DH Lescombes Winery & Bistro (formerly St. Clair Winery & Bistro) on Rio Grande

Our Lady of Perpetual Help

1837 Alvarado Dr NE, Albuquerque, NM 87110

In NE Albuquerque, between San Pedro and San Mateo NE. One block north of Constitution Ave NE and one block south of Alvarado Park.

Rio Grande Nature Center

Located at 2901 Candelaria Road NW. Entrance fee to State Park is \$3/vehicle or State Park pass.

Ultra Health

225 Camino Don Tomas, Bernalillo, NM

I-25 North to Bernalillo. Take exit 240, continue onto East Avenida Bernalillo. Take a right onto South Camino Pueblo, then left on Calle Del Norte. Finally, right on Camino Don Tomas, and the facility is on your left after you pass Calle De Vargas.

Valle del Bosque Park

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

National News

The Oasis Institute / Fall 2021



Are We There Yet?

As hundreds of thousands of Americans are vaccinated against COVID-19 and businesses are opening back up, one can't help but think life feels "normal" again. The familiar endorphin rush of "happy"—dormant for so long—feels intoxicating as we connect with friends and loved ones once again.

Without question, every single one of us was impacted by COVID-19, igniting a global pandemic, threatening public health, the economy, and instigating disorienting changes to the way we live. While it's important to note that we are not entirely "out of the woods" with new variants of the virus mutating through infection of non-vaccinated individuals, we are cautiously optimistic about the future, operating in person again.

Oasis persevered through the pandemic, offering virtual programs to help reduce social isolation among older adults. Each Oasis Center created new opportunities to keep your minds and bodies healthy and active, though not without challenge. The digital divide amongst Oasis

participants is very real. Many of our centers faced this roadblock head-on by working with partners to

fund programs to reach communities not technology-equipped. However, there is simply no comparison to the benefits of being together in person, which is why the entire Oasis network is thrilled to be presently operating or planning to be in-person in the Fall.

While we gradually open our doors, we recognize that our efforts pivoting to online learning were not futile. Perhaps the silver lining of being thrust into an unthinkable circumstance is that it expanded our mission. Oasis can now reach anyone in the country with virtual classes, despite the absence of a brick-and-mortar location. As we advance, one vaccination at a time, Oasis is dedicated to serving our participants both in-person and online—allowing us to reach more older adults than ever before.



To find out more or to join Oasis for a program in your area, visit www.oasisnet.org.



"Learn as if you were to live forever."
- Gandhi

We are looking forward to Oasis classes returning to our communities.

We are open for you to visit

Call today to educate yourself on the benefits of a Life Plan Community



(505) 994-2296

NeighborhoodRioRancho.com

900 Loma Colorado,
Rio Rancho, NM 87124



(505) 293-4001

LaVidaLlena.com

10501 Lagrima de Oro Rd. NE,
Albuquerque, NM 87111



Free Lunch and Tour!

When you RSVP for a tour at either Life Plan Community.

*Please mention you saw this ad!



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



Our volunteers have fun doing what they love - sharing the joy of reading with elementary school students!



We are always looking for interested, engaging, dedicated, compassionate, humorous, enthusiastic and patient volunteer reading mentors. Come join our team! For information, call 505-884-4529 or visit our website at <https://albuquerque.oasisnet.org/tutoring/>

I'm a Rootin' Tootin' Tutor!

I'm a Rootin' Tootin', Tutor,
I love to help kids read,
I signed up with Oasis
To help these kids succeed.

Folks say these kids are lucky
For all the things we've done,
I disagree, with what they say,
For I'm the lucky one!

Yes...I'm a Rootin', Tootin' Tutor
And I love to yell Ya-Hoo!
"Cuz I want you all to be aware
I'm so proud of what I do!

*Pat Mallory - Oasis Tutor Coordinator
2001-2008*



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Albuquerque Theatre Guild

www.abqtheatre.org



Be a part of our theatre
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scenes or in front of the curtains.

Receive discounts to theatres.

Promoting Public Awareness of Local Live Theatre

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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

The gift certificate is redeemable for any Oasis class at the Albuquerque, New Mexico Oasis center, up to the
value of the gift certificate.

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FROM: _____

APPROVED BY: _____ DATE: _____

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Oasis is a proud
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Impact 100 index
of top-performing
nonprofits (si100.org)

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|---|---|---|--|---|---|---|---|--|
| | | | | 1 Fall Registration Opens 10:00am | | 2 | | 3 | |
| 6 | | 7 | | 8 | | 9 | | 10 | |
| ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 53-54 | | Tutor Training (pre-registration required) | | | | | | | |
| 13 | | 14 | | 15 | | 16 | | 17 | |
| 113 Foreign Policy Mon ZM 115 Cannabis Lab Tour* 117 Right to Die 116 Cannabis Lab Tour* 2 257 NIRR-Baroque Rome | 9:15-10:45 9:30-10:30 10:00-11:30 11:00-12:00 3:00-4:30 | 114 Foreign Policy Tue ZM 173 Singing the Show Tunes 167 Dante 700 168 Dante 700 ZM 166 Austin Book Group | 9:15-10:45 10:15-11:45 12:30-2:00 12:30-2:00 1:30-3:00 | 174 The Everyly Brothers 169 West Mesa Book Group | 10:00-12:00 1:30-3:00 | 206 Rio Grande Nature Ctr Walk* 205 Apollo Missions 220 SW Rock Calendars ZM | 9:30-11:30 10:00-11:30 12:30-2:30 | 207 Rio Grande Nature Ctr Walk 2* 133 ALZ Support Group ZM Tutor Training (pre-registration required) | 9:30-11:30 10:30-11:30 |
| 20 | | 21 | | 22 | | 23 | | 24 | |
| National | | Falls | | Prevention | | Awareness | | Week | |
| 244 Walking Mondays* 144 Tai Ji Quan for Balance ZM 113 Foreign Policy Mon ZM 221 60 Hikes 195 How to Haiku 134 Choosing a Movement Class ZM | 8:30-10:00 9:00-10:00 9:15-10:45 10:00-11:30 10:00-11:30 2:30-4:00 | 114 Foreign Policy Tue ZM 173 Singing the Show Tunes 145 Tai Chi Health 1 ZM 170 Summit Book Group 175 Leonard Bernstein ZM 171 Holmes Book Group | 9:15-10:45 10:15-11:45 11:00-12:00 11:00-12:30 12:30-2:30 1:00-2:30 | 246 David Canyon Hike* 245 Walking Wednesdays* 144 Tai Ji Quan for Balance ZM 135 Falls Prevention & Feet 100 Metalsmithing Workshop* 118 Not News 234 iPhone Basics 235 iPhone Basics ZM | 8:00-11:00 8:30-10:00 9:00-10:00 10:00-11:30 10:00-2:00 1:00-3:00 1:00-3:00 | 110 Guardianship 145 Tai Chi Health 1 ZM 102 Mosaics 1 241 Southern Charm Trip ZM Sales Presentation 136 Matter of Balance ZM | 10:00-11:30 11:00-12:00 12:00-4:00 1:00-2:00 1:00-3:00 | 176 Little Richard ZM 208 In-Ground Composting* 102 Mosaics 1 | 10:00-12:00 10:00-12:00 12:00-2:00 |
| 27 | | 28 | | 29 | | 30 | | | |
| 244 Walking Mondays* 144 Tai Ji Quan for Balance ZM 113 Foreign Policy Mon ZM 195 How to Haiku 211 Magnetic Field of Earth 222 Comic Postcards | 8:30-10:00 9:00-10:00 9:15-10:45 10:00-11:30 10:00-11:30 2:30-4:00 | 114 Foreign Policy Tue ZM Eldora Chocolate Tour* 196 Creative Writing Workshop 173 Singing the Show Tunes 145 Tai Chi Health 1 ZM 156 Light Cavalry 236 Android Intermediate 237 Android Intermediate ZM | 9:15-10:45 10:00-11:00 10:00-11:30 10:15-11:45 11:00-12:00 12:30-2:00 1:00-3:00 | 247 Juan Tomas Hike* 245 Walking Wednesdays* 144 Tai Ji Quan for Balance ZM 137 Foot & Nail Health 223 Western Movies | 8:00-11:00 8:30-10:00 9:00-10:00 10:00-11:30 12:30-2:00 1:00-3:00 | 131 Eldora Chocolate Tour 2* 119 TV Production During Pandemic 145 Tai Chi Health 1 ZM 136 Matter of Balance ZM 177 Judy Collins ZM | 10:00-11:00 10:00-11:30 11:00-12:00 1:00-3:00 2:30-4:30 | | |

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--|---|---|---|---|---|--|--|--|
| <p>ZM= Livestream via Zoom *Off-Site location directions on pages 53-54</p> <p>Registration opens Wednesday, September 1 at 10:00 am.</p> | | | | | | | | | |
| <p>4</p> <p>244 Walking Mondays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>113 Foreign Policy Mon ZM</p> <p>120 Brett Kavanaugh</p> <p>148 Better Balance A ZM</p> <p>128 NM Film ZM</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>12:30-2:00</p> <p>2:30-4:00</p> | <p>5</p> <p>114 Foreign Policy Tue ZM</p> <p>196 Creative Writing Workshop</p> <p>173 Singing the Show Tunes</p> <p>145 Tai Chi Health 1 ZM</p> <p>178 Thelonious Monk ZM</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>10:15-11:45</p> <p>11:00-12:00</p> <p>12:30-2:00</p> <p>2:30-4:00</p> | <p>6</p> <p>245 Walking Wednesdays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>212 Energy Storage</p> <p>248 Accessible Acequias Walk*</p> <p>157 Newgrange</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>10:00-11:30</p> <p>10:30-12:00</p> <p>1:30-2:00</p> <p>2:30-4:00</p> | <p>7</p> <p>150 Tai Chi Chih 1 ZM</p> <p>198 Jewish Poetry</p> <p>145 Tai Chi Health 1 ZM</p> <p>136 Matter of Balance ZM</p> <p>179 Symphony Orchestra</p> | <p>9:00-10:00</p> <p>10:00-11:30</p> <p>11:00-12:00</p> <p>1:00-3:00</p> <p>2:30-4:00</p> | <p>8</p> <p>213 Not Modern Inventions</p> <p>210 In-Ground Composting 3*</p> <p>147 Better Living Through Movement</p> | <p>10:00-11:30</p> <p>10:00-12:00</p> <p>1:00-2:00</p> |
| <p>11</p> <p>244 Walking Mondays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>113 Foreign Policy Mon ZM</p> <p>111 Most of Medicare ZM</p> <p>121 Brett Kavanaugh 2</p> <p>148 Better Balance A ZM</p> <p>258 NIRR-NM Cuisine ZM</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>12:30-2:00</p> <p>1:00-2:00</p> <p>3:00-4:30</p> | <p>12</p> <p>114 Foreign Policy Tue ZM</p> <p>158 Weights, Measures, & the Vara</p> <p>145 Tai Chi Health 1 ZM</p> <p>122 Homelessness</p> <p>166 Austin Book Group</p> <p>123 Qualified Immunity</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>11:00-12:00</p> <p>12:30-2:00</p> <p>1:30-3:00</p> <p>2:30-4:00</p> | <p>13</p> <p>245 Walking Wednesdays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>214 Electronic Technology</p> <p>159 Monroe Doctrine</p> <p>148 Better Balance A ZM</p> <p>240 Mobile Device Help</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>10:00-11:30</p> <p>12:30-2:00</p> <p>1:00-2:00</p> <p>1:00-3:00</p> | <p>14</p> <p>150 Tai Chi Chih 1 ZM</p> <p>138 10 Alzheimer's Signs</p> <p>145 Tai Chi Health 1 ZM</p> <p>136 Matter of Balance ZM</p> <p>180 Doris Day ZM</p> | <p>9:00-10:00</p> <p>10:00-11:30</p> <p>11:00-12:00</p> <p>1:00-3:00</p> <p>2:30-4:30</p> | <p>15</p> <p>160 Herbal & Lapidary Medicine</p> <p>133 ALZ Support Group ZM</p> <p>147 Better Living Through Movement</p> | <p>10:00-11:30</p> <p>10:30-11:30</p> <p>1:00-2:00</p> |
| <p>18</p> <p>244 Walking Mondays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>113 Foreign Policy Mon ZM</p> <p>224 Cartooning</p> <p>149 Better Balance B ZM</p> <p>139 PT for Osteoarthritis</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>1:00-2:00</p> <p>2:30-4:00</p> | <p>19</p> <p>114 Foreign Policy Tue ZM</p> <p>173 Singing the Show Tunes</p> <p>145 Tai Chi Health 1 ZM</p> <p>170 Summit Book Group</p> <p>140 Alcohol: Risks & Benefits</p> <p>171 Holmes Book Group</p> <p>152 Qigong</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-11:45</p> <p>11:00-12:00</p> <p>11:00-12:30</p> <p>12:30-2:00</p> <p>1:00-2:30</p> <p>1:00-2:00</p> | <p>20</p> <p>245 Walking Wednesdays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>181 Leroy Anderson ZM</p> <p>199 Benedictine Monks ZM</p> <p>149 Better Balance B ZM</p> <p>169 West Mesa Book Group</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>10:00-12:00</p> <p>12:30-2:00</p> <p>1:00-2:00</p> <p>1:30-3:00</p> | <p>21</p> <p>150 Tai Chi Chih 1 ZM</p> <p>105 Pandemic Art ZM</p> <p>145 Tai Chi Health 1 ZM</p> <p>136 Matter of Balance ZM</p> <p>141 Pelvic Floor</p> | <p>9:00-10:00</p> <p>10:00-11:30</p> <p>11:00-12:00</p> <p>1:00-3:00</p> <p>2:30-4:00</p> | <p>22</p> <p>182 William Grant Still ZM</p> | <p>10:00-12:00</p> |
| <p>25</p> <p>244 Walking Mondays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>113 Foreign Policy Mon ZM</p> <p>197 Your Dream Life</p> <p>129 Film Production</p> <p>183 Rush: Rock Heros ZM</p> <p>149 Better Balance B ZM</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>10:00-11:30</p> <p>12:30-2:30</p> <p>1:00-2:00</p> | <p>26</p> <p>114 Foreign Policy Tue ZM</p> <p>173 Singing the Show Tunes</p> <p>145 Tai Chi Health 1 ZM</p> <p>152 Qigong</p> <p>238 iPhone Intermediate</p> <p>239 iPhone Intermediate ZM</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>9:15-10:45</p> <p>10:00-11:30</p> <p>1:00-2:00</p> | <p>27</p> <p>245 Walking Wednesdays*</p> <p>144 Tai Ji Quan for Balance ZM</p> <p>225 Railroad Depots</p> <p>215 Clouds Part II</p> <p>149 Better Balance B ZM</p> | <p>8:30-10:00</p> <p>9:00-10:00</p> <p>10:00-11:30</p> <p>12:30-2:00</p> <p>1:00-2:00</p> | <p>28</p> <p>150 Tai Chi Chih 1 ZM</p> <p>172 Poet Laureates</p> <p>145 Tai Chi Health 1 ZM</p> <p>103 Mosaks 2</p> <p>161 Life of an American Spy</p> <p>136 Matter of Balance ZM</p> | <p>9:00-10:00</p> <p>10:00-11:30</p> <p>11:00-12:00</p> <p>12:00-4:00</p> <p>12:30-2:00</p> <p>1:00-3:00</p> | <p>29</p> <p>153 Stretch & Relax</p> <p>103 Mosaks 2</p> | <p>9:00-10:00</p> <p>12:00-2:00</p> |

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---------------------------------|--|--|--|---|--|--|--|--------------------------|--|
| 1 | | 2 | | 3 | | 4 | | 5 | |
| 144 113 197 163 200 | Tai Ji Quan for Balance ZM Foreign Policy Mon ZM Your Dream Life Church Murals Intro to Islam | 114 173 145 226 152 | Foreign Policy Tue ZM Singing the Show Tunes Tai Chi Health 1 ZM NM Game Animals Qigong | 144 249 106 192 | Tai Ji Quan for Balance ZM Golden Hike Wild for Salmon ZM Improv in 2 Parts | 150 250 201 145 216 136 | Tai Chi Chih 1 ZM Cañada del Ojo Hike* Great Schism* Tai Chi Health 1 ZM Universe's First 10 Billion Years Matter of Balance ZM | 153 184 | Stretch & Relax Mary Lou Williams ZM |
| 8 | | 9 | | 10 | | 11 | | 12 | |
| 144 197 162 185 259 | Tai Ji Quan for Balance ZM Your Dream Life Life of an American Spy Stevie Nicks ZM NIRR-ABQ Tour-Sitting | 173 145 227 152 166 | Singing the Show Tunes Tai Chi Health 1 ZM Antiquity of Irrigation in SW ZM Qigong Austin Book Group | 144 101 242 142 154 192 | Tai Ji Quan for Balance ZM Metalsmithing Workshop* South Africa Travels Hands-Only CPR Yoga For Arthritis Improv in 2 Parts | 150 107 201 108 145 104 124 136 | Tai Chi Chih 1 ZM ABQ Museum Tour* Great Schism* ABQ Museum Tour 2* Tai Chi Health 1 ZM Mosaics 3 EU & UK after Brexit Matter of Balance ZM | 153 112 104 | Stretch & Relax Pre-Planning Your Funeral Mosaics 3 |
| 15 | | 16 | | 17 | | 18 | | 19 | |
| 202 197 217 | Babble & Babbling Your Dream Life Yellowstone ZM | 173 146 170 186 152 171 | Singing the Show Tunes Tai Chi Health 2 ZM Summit Book Group The Eagles ZM Qigong Holmes Book Group | 228 251 154 169 | County War ZM Sandhill Cranes Walk* Yoga For Arthritis West Mesa Book Group | 151 125 146 132 136 | Tai Chi Chih 2 ZM The Middle East 2021 Tai Chi Health 2 ZM Nutrition for Brain Health Matter of Balance ZM | 187 252 133 193 | Purple Rain: Prince ZM Accessible Cranes Walk* ALZ Support Group ZM Friday Cantores Festivi |
| 22 | | 23 | | 24 | | 25 | | 26 | |
| 203 109 | Howard Thurman NM History ZM | 173 155 | Singing the Show Tunes Yoga for Back Care | 218 | French Mathematicians | Office Closed for Thanksgiving | | | |
| 29 | | 30 | | | | | | | |
| 229 | What Price a Human? | 173 146 155 219 | Singing the Show Tunes Tai Chi Health 2 ZM Yoga for Back Care Archeological Mysteries | *Off-Site Class. Please see the Off-site location directions on pages 53-54 Registration opens Wednesday, September 1 at 10:00 am. | | | | | |

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|--|-------------------|--|------------|--|--------------------------|---|-----------------------------|----------------------|
| | | | | 1 | | 2 | | 3 | |
| | | | | 188 143 | Chick Corea ZM Hands-Only CPR 2 | 151 230 146 243 | Tai Chi Chih 2 ZM Climate Change and Water Tai Chi Health 2 ZM Animal Encounters | | |
| 6 | | 7 | | 8 | | 9 | | 10 | |
| 126 189 | Asia 2022 John Denver ZM | 173 146 219 | Singing the Show Tunes Tai Chi Health 2 ZM Archeological Mysteries | 204 164 | All About Judaism Mythic Giants | 151 146 231 256 | Tai Chi Chih 2 ZM Tai Chi Health 2 ZM NM in WWII LVL - Patti LaBelle ZM | 194 | Balkan Band |
| 13 | | 14 | | 15 | | 16 | | 17 | |
| 232 233 165 260 | Tony Hillerman Tony Hillerman ZM Culture of Netherlands NIRR-John Williams ZM | 173 146 166 | Singing the Show Tunes Tai Chi Health 2 ZM Austin Book Group | 190 169 | Julie Andrews ZM West Mesa Book Group | 151 146 191 | Tai Chi Chih 2 ZM Tai Chi Health 2 ZM Christmas Carol History | 133 | ALZ Support Group ZM |
| 20 | | 21 | | 22 | | 23 | | 24 | |
| | | 170 171 | Summit Book Group Holmes Book Group | | | | | Office Closed for Christmas | |
| 27 | | 28 | | 29 | | 30 | | 31 | |
| *Off-Site Class. Please see the Off-site location directions on pages 53-54 Registration opens Wednesday, September 1 at 10:00 am. | | | | | | | | | |

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 link **in the upper right corner of the webpage**.

How do I register for classes?

You may register online, in person at the Oasis office, or by mail at any time during the fall session. Payment is required at the time of registration and holds your place in a class. Mailing in a paper registration form is highly recommended if you do not want to register online. You may add classes anytime throughout the fall term - either online or by phone. Oasis will take phone registrations.

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

The Oasis office is open from 9:00am - 4:30pm Monday through Thursday, and 9:00am- 4:00pm Friday.

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?

For the fall term, in-person class sizes, technology classes, and walks/hikes will be limited as we transition back to normalcy from the pandemic. We encourage you to join the wait list, and we will call you if a space becomes available. Most Zoom classes have a maximum capacity of 300 so we do not anticipate a lecture filling up.

Your name is not added to the roster from the wait list until you have been called, 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 the waiting list.

Courtesy Confirmation Calls & Zoom Links

For in-person classes, Oasis volunteers will try to phone enrollees prior to a class to confirm details. We cannot guarantee we will always reach you so be sure to keep your own calendar.

For Zoom classes, 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.

Fall 2021 classes begin
Monday, September 6, 2021.

Oasis Policies, Cont.

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 at 505-884-4529 to inquire how much credit you have.

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.

Registration Info:

Registration opens Wednesday, September 1, 2021 at 10:00 am.

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

Registration opens at 10:00 am on Wednesday, September 1, 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 10:00 am on September 1, 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 10:00 am on the first day of registration (Sept. 1, 2021). The first form received is the first one entered and so on.

Important Registration Information

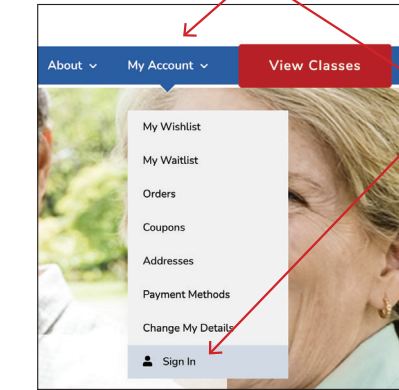
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **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.** 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 credit balance by calling the Oasis office at 505-884-4529 or by checking your most recent Oasis receipt.

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**

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 Fall 2021 Class Registration Oasis ID# (from catalog address label) / Date

Name Address Phone Email

City Zip

WAIVER OF LIABILITY: I 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. These include but are 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 participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. COVID-19 Oasis will follow CDC or NM State guidelines, whichever is most stringent, as it relates to COVID-19. Individuals who are fully vaccinated can participate unmasked if they wish. For those who are unvaccinated, you are required to wear a mask for your and others' care and safety, or otherwise participate at your own risk. Should your participation occur at an off-site location (i.e., other than the Oasis center located at 3301 Menaul Blvd NE, Suite 18), participants are asked to follow the guidelines required by that off-site location or the Oasis guidelines above, whichever is the most stringent. Media Release: I give permission for The Oasis Institute/Albuquerque Oasis 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/Albuquerque Oasis's partners and by the media, as well as agree to be photographed or videotaped by the media for general publication. ** If you do not wish to give said permission, please remove yourself from photographed situations and/or make the photographer aware that you do not wish to be photographed.

By: SIGNATURE REQUIRED

| Office Use Only | | | | Office Use Only | | | | Office Use Only | | | | | | |
|---|---------------------------|--------|----|---|-----|----------------------------|--------|---|---|-------|---------------------------|--------|----|---|
| ✓ Check (on this side) the classes you would like to take | | | | ✓ Check (on this side) the classes you would like to take | | | | ✓ Check (on this side) the classes you would like to take | | | | | | |
| Cl# | *Indicates Off-Site Class | Fee \$ | In | W | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | Cl# | *Indicates Off-Site Class | Fee \$ | In | W |
| ✓ 100 | Metalsmithing Workshop* | \$100 | | | 128 | NM Film ZM | \$10 | | | ✓ 156 | Light Cavalry | \$10 | | |
| 101 | Metalsmithing Workshop 2* | \$100 | | | 129 | Film Production | \$10 | | | 157 | Newgrange | \$10 | | |
| 102 | Mosaics 1 | \$55 | | | 130 | Eldora Chocolate Tour* | \$18 | | | 158 | Weights, Measures, Vara | \$10 | | |
| 103 | Mosaics 2 | \$55 | | | 131 | Eldora Chocolate Tour 2* | \$18 | | | 159 | Monroe Doctrine | \$10 | | |
| 104 | Mosaics 3 | \$55 | | | 132 | Nutrition for Brain Health | \$10 | | | 160 | Herbal/Lapidary Medicine | \$10 | | |
| 105 | Pandemic Art ZM | \$10 | | | 133 | ALZ Support Group ZM | Free | | | 161 | Life of an American Spy | \$10 | | |
| 106 | Wild for Salmon ZM | \$10 | | | 134 | Choosing a Mvmt. Class ZM | Free | | | 162 | Life of an American Spy 2 | \$10 | | |
| 107 | ABQ Museum Tour* | \$20 | | | 135 | Falls Prevention & Feet | Free | | | 163 | Church Murals | \$10 | | |
| 108 | ABQ Museum Tour 2* | \$20 | | | 136 | Matter of Balance ZM | Free | | | 164 | Mythic Giants | \$10 | | |
| 109 | NM History ZM | \$10 | | | 137 | Foot & Nail Health | \$10 | | | 165 | Culture of Netherlands | \$10 | | |
| 110 | Guardianship | \$10 | | | 138 | 10 Alzheimer's Signs | \$10 | | | 166 | Dante 700 | \$10 | | |
| 111 | Most of Medicare ZM | Free | | | 139 | PT for Osteoarthritis | \$10 | | | 167 | Dante 700 ZM | \$10 | | |
| 112 | Pre-Planning Your Funeral | Free | | | 140 | Alcohol: Risks & Benefits | \$10 | | | 168 | Austin Book Group | \$10 | | |
| 113 | Foreign Policy Mon ZM | \$70 | | | 141 | Pelvic Floor | \$10 | | | 169 | West Mesa Book Group | \$10 | | |
| 114 | Foreign Policy Tue ZM | \$70 | | | 142 | Hands-Only CPR | \$5 | | | 170 | Summit Book Group | \$10 | | |
| 115 | Cannabis Mfg. Lab Tour* | \$15 | | | 143 | Hands-Only CPR 2 | \$5 | | | 171 | Holmes Book Group | \$10 | | |
| 116 | Cannabis Mfg. Lab Tour 2* | \$15 | | | 144 | Tai Ji Quan for Balance ZM | Free | | | 172 | Poet Laureates | \$10 | | |
| 117 | Right to Die | \$10 | | | 145 | Tai Chi Health 1 ZM | Free | | | 173 | Singing the Show Tunes | \$65 | | |
| 118 | Not News | \$10 | | | 146 | Tai Chi Health 2 ZM | \$32 | | | 174 | The Everly Brothers ZM | \$10 | | |
| 119 | TV Production Pandemic | \$10 | | | 147 | Better Liv Through Mvmt | \$24 | | | 175 | Leonard Bernstein ZM | \$10 | | |
| 120 | Brett Kavanaugh | \$10 | | | 148 | Better Balance A ZM | \$20 | | | 176 | Little Richard ZM | \$10 | | |
| 121 | Brett Kavanaugh 2 | \$10 | | | 149 | Better Balance B ZM | \$20 | | | 177 | Judy Collins ZM | \$10 | | |
| 122 | Homelessness | \$10 | | | 150 | Tai Chi Chih 1 ZM | \$60 | | | 178 | Thelonious Monk ZM | \$10 | | |
| 123 | Qualified Immunity | \$10 | | | 151 | Tai Chi Chih 2 ZM | \$40 | | | 179 | Symphony Orchestra | \$10 | | |
| 124 | EU & UK after Brexit | \$10 | | | 152 | Qigong | \$40 | | | 180 | Doris Day ZM | \$10 | | |
| 125 | The Middle East 2021 | \$10 | | | 153 | Stretch & Relax | \$24 | | | 181 | Leroy Anderson ZM | \$10 | | |
| 126 | Asia 2022 | \$10 | | | 154 | Yoga For Arthritis | \$20 | | | 182 | William Grant Still ZM | \$10 | | |
| 127 | Reiner & Brooks Comedy ZM | \$10 | | | 155 | Yoga for Back Care | \$20 | | | 183 | Rush ZM | \$10 | | |

| ✓ Check (on this side) the classes you would like to take | | | | Office Use Only | | |
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| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | |
| | 184 | Mary Lou Williams ZM | \$10 | | | |
| | 185 | Stevie Nicks ZM | \$10 | | | |
| | 186 | The Eagles ZM | \$10 | | | |
| | 187 | Purple Rain: Prince ZM | \$10 | | | |
| | 188 | Chick Corea ZM | \$10 | | | |
| | 189 | John Denver ZM | \$10 | | | |
| | 190 | Julie Andrews ZM | \$10 | | | |
| | 191 | Christmas Carol History | \$10 | | | |
| | 192 | Improv in 2 Parts | \$30 | | | |
| | 193 | Friday Cantores Festivi | \$12 | | | |
| | 194 | Balkan Band | \$12 | | | |
| | 195 | How to Haiku | \$20 | | | |
| | 196 | Creative Writing Workshop | \$18 | | | |
| | 197 | Your Dream Life | \$30 | | | |
| | 198 | Jewish Poetry | \$10 | | | |
| | 199 | Benedictine Monks ZM | \$10 | | | |
| | 200 | Intro to Islam | \$10 | | | |
| | 201 | Great Schism* | \$20 | | | |
| | 202 | Babble & Babbling | \$10 | | | |
| | 203 | Howard Thurman | \$10 | | | |
| | 204 | All About Judaism | \$10 | | | |
| | 205 | Apollo Missions | \$10 | | | |
| | 206 | Rio Grande Nature Ctr Walk* | \$15 | | | |
| | 207 | Rio Grande Nature Ctr Walk 2* | \$15 | | | |
| | 208 | In-Ground Composting* | \$15 | | | |
| | 209 | In-Ground Composting 2* | \$15 | | | |
| | 210 | In-Ground Composting 3* | \$15 | | | |

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|---|-----|-----------------------------------|--------|-----------------|---|--|
| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | |
| | 211 | Magnetic Field of Earth | \$10 | | | |
| | 212 | Energy Storage | \$10 | | | |
| | 213 | Not Modern Inventions | \$10 | | | |
| | 214 | Electronic Technology | \$10 | | | |
| | 215 | Clouds Part II | \$10 | | | |
| | 216 | Universe's First 10 Billion Years | \$10 | | | |
| | 217 | Yellowstone ZM | \$10 | | | |
| | 218 | French Mathematics | \$10 | | | |
| | 219 | Archeological Mysteries | \$20 | | | |
| | 220 | SW Rock Calendars ZM | \$10 | | | |
| | 221 | 60 Hikes | \$10 | | | |
| | 222 | Comic Postcards | \$10 | | | |
| | 223 | Western Movies | \$10 | | | |
| | 224 | Cartooning | \$10 | | | |
| | 225 | Railroad Depots | \$10 | | | |
| | 226 | NM Game Animals | \$10 | | | |
| | 227 | Antiquity of Irrigation in SW ZM | \$10 | | | |
| | 228 | County War ZM | \$10 | | | |
| | 229 | What Price a Human? | \$10 | | | |
| | 230 | Climate Change and Water | \$10 | | | |
| | 231 | NM in WWII | \$10 | | | |
| | 232 | Tony Hillerman | \$10 | | | |
| | 233 | Tony Hillerman ZM | \$10 | | | |
| | 234 | iPhone Basics | \$25 | | | |
| | 235 | iPhone Basic ZM | \$25 | | | |
| | 236 | Android Intermediate | \$25 | | | |
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|---|------|----------------------------|---|-----------------|---|--|
| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | |
| | 237 | Android Intermediate ZM | \$25 | | | |
| | 238 | iPhone Intermediate | \$25 | | | |
| | 239 | iPhone Intermediate ZM | \$25 | | | |
| | 240 | Mobile Device Help | \$25 | | | |
| | 241 | Collette Southern Charm ZM | Free | | | |
| | 242 | South Africa Travels | \$10 | | | |
| | 243 | Animal Encounters | \$10 | | | |
| | 244 | Walking Mondays* | \$20 | | | |
| | 245 | Walking Wednesdays* | \$20 | | | |
| | 246 | David Canyon Hike* | \$15 | | | |
| | 247 | Juan Tomas Hike* | \$15 | | | |
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| | 259 | NIRR-ABQ Tour-Sitting | \$5 | | | |
| | 260 | NIRR-John Williams ZM | \$5 | | | |
| | 700 | Flu Shots | Free | | | |
| | 701+ | Foot care | \$10 | | | |
| | | | | | | |
| | | | SUBTOTAL \$ | | | |
| | | | TAX DEDUCTIBLE CONTRIBUTION TO OASIS \$ | | | |
| | | | TOTAL DUE \$ | | | |

❑ Check to “Opt In” Credit Card # Exp. Date ____ / ____ CVV/CSC/CVC ____

to receive occasional (please circle) VISA MC DISC

Your credit card must match your name and address on file.

Oasis Signature ____ PO Box 35518, Albuquerque NM 87176

| For office us only. Please do not write in shaded areas. | CASH/CHECK | | CREDIT CARDS | | OASIS CREDIT | | FINAL BALANCE | |
|--|---------------------|----------------|---------------|---|---------------------|----------------------|---------------|--|
| | Cash Rec'd \$ _____ | Check \$ _____ | Check # _____ | Amount Charged to Credit Card by Oasis (after registration is complete) | Apply Credit Amount | Create Credit Amount | | |
| | Date _____ | Rec'd By _____ | \$ _____ | \$ _____ | \$ _____ | \$ _____ | | |

Cut along the line to remove and return this form.



Cut along the line to remove and return this form.

Oasis Fall 2021 Class Registration Oasis ID# (from catalog address label) _____

Name _____ Address _____

City _____ Zip _____ Phone _____ Email _____

WAIVER OF LIABILITY: I 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. These include but are 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 participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **COVID-19** Oasis will follow CDC or NM state guidelines, whichever is most stringent, as it relates to COVID-19. Individuals who are fully vaccinated can participate unmasked if they wish. For those who are unvaccinated, you are required to wear a mask for your and others' care and safety, or otherwise participate at your own risk. Should your participation occur at an off-site location (i.e., other than the Oasis center located at 3301 Menaul Blvd NE, Suite 18), participants are asked to follow the guidelines required by that off-site location or the Oasis guidelines above, whichever is the most stringent. **Media Release:** I give permission for The Oasis Institute/Albuquerque Oasis 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/Albuquerque Oasis's partners and by the media, as well as agree to be photographed or videotaped by the media for general publication.

** If you do not wish to give said permission, please remove yourself from photographed situations and/or make the photographer aware that you do not wish to be photographed.

SIGNATURE REQUIRED ➡ **By:** _____

| ✓ Check (on this side) the classes you would like to take | | | | Office Use Only | | |
|---|-----|---------------------------|--------|-----------------|---|--|
| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | |
| | 100 | Metalsmithing Workshop* | \$100 | | | |
| | 101 | Metalsmithing Workshop 2* | \$100 | | | |
| | 102 | Mosaics 1 | \$55 | | | |
| | 103 | Mosaics 2 | \$55 | | | |
| | 104 | Mosaics 3 | \$55 | | | |
| | 105 | Pandemic Art ZM | \$10 | | | |
| | 106 | Wild for Salmon ZM | \$10 | | | |
| | 107 | ABQ Museum Tour* | \$20 | | | |
| | 108 | ABQ Museum Tour 2* | \$20 | | | |
| | 109 | NM History ZM | \$10 | | | |
| | 110 | Guardianship | \$10 | | | |
| | 111 | Most of Medicare ZM | Free | | | |
| | 112 | Pre-Planning Your Funeral | Free | | | |
| | 113 | Foreign Policy Mon ZM | \$70 | | | |
| | 114 | Foreign Policy Tue ZM | \$70 | | | |
| | 115 | Cannabis Mfg. Lab Tour* | \$15 | | | |
| | 116 | Cannabis Mfg. Lab Tour 2* | \$15 | | | |
| | 117 | Right to Die | \$10 | | | |
| | 118 | Not News | \$10 | | | |
| | 119 | TV Production Pandemic | \$10 | | | |
| | 120 | Brett Kavanaugh | \$10 | | | |
| | 121 | Brett Kavanaugh 2 | \$10 | | | |
| | 122 | Homelessness | \$10 | | | |
| | 123 | Qualified Immunity | \$10 | | | |
| | 124 | EU & UK after Brexit | \$10 | | | |
| | 125 | The Middle East 2021 | \$10 | | | |
| | 126 | Asia 2022 | \$10 | | | |
| | 127 | Reiner & Brooks Comedy ZM | \$10 | | | |

| ✓ Check (on this side) the classes you would like to take | | | | Office Use Only | | |
|---|-----|----------------------------|--------|-----------------|---|--|
| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | |
| | 128 | NM Film ZM | \$10 | | | |
| | 129 | Film Production | \$10 | | | |
| | 130 | Eldora Chocolate Tour* | \$18 | | | |
| | 131 | Eldora Chocolate Tour 2* | \$18 | | | |
| | 132 | Nutrition for Brain Health | \$10 | | | |
| | 133 | ALZ Support Group ZM | Free | | | |
| | 134 | Choosing a Mvmt. Class ZM | Free | | | |
| | 135 | Falls Prevention & Feet | Free | | | |
| | 136 | Matter of Balance ZM | Free | | | |
| | 137 | Foot & Nail Health | \$10 | | | |
| | 138 | 10 Alzheimer's Signs | \$10 | | | |
| | 139 | PT for Osteoarthritis | \$10 | | | |
| | 140 | Alcohol: Risks & Benefits | \$10 | | | |
| | 141 | Pelvic Floor | \$10 | | | |
| | 142 | Hands-Only CPR | \$5 | | | |
| | 143 | Hands-Only CPR 2 | \$5 | | | |
| | 144 | Tai Ji Quan for Balance ZM | Free | | | |
| | 145 | Tai Chi Health 1 ZM | Free | | | |
| | 146 | Tai Chi Health 2 ZM | \$32 | | | |
| | 147 | Better Liv Through Mvmt | \$24 | | | |
| | 148 | Better Balance A ZM | \$20 | | | |
| | 149 | Better Balance B ZM | \$20 | | | |
| | 150 | Tai Chi Chih 1 ZM | \$60 | | | |
| | 151 | Tai Chi Chih 2 ZM | \$40 | | | |
| | 152 | Qigong | \$40 | | | |
| | 153 | Stretch & Relax | \$24 | | | |
| | 154 | Yoga For Arthritis | \$20 | | | |
| | 155 | Yoga for Back Care | \$20 | | | |

| ✓ Check (on this side) the classes you would like to take | | | | Office Use Only | | |
|---|-----|---------------------------|--------|-----------------|---|--|
| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W | |
| | 156 | Light Cavalry | \$10 | | | |
| | 157 | Newgrange | \$10 | | | |
| | 158 | Weights, Measures, Vara | \$10 | | | |
| | 159 | Monroe Doctrine | \$10 | | | |
| | 160 | Herbal/Lapidary Medicine | \$10 | | | |
| | 161 | Life of an American Spy | \$10 | | | |
| | 162 | Life of an American Spy 2 | \$10 | | | |
| | 163 | Church Murals | \$10 | | | |
| | 164 | Mythic Giants | \$10 | | | |
| | 165 | Culture of Netherlands | \$10 | | | |
| | 166 | Dante 700 | \$10 | | | |
| | 167 | Dante 700 ZM | \$10 | | | |
| | 168 | Austin Book Group | \$10 | | | |
| | 169 | West Mesa Book Group | \$10 | | | |
| | 170 | Summit Book Group | \$10 | | | |
| | 171 | Holmes Book Group | \$10 | | | |
| | 172 | Poet Laureates | \$10 | | | |
| | 173 | Singing the Show Tunes | \$65 | | | |
| | 174 | The Everly Brothers ZM | \$10 | | | |
| | 175 | Leonard Bernstein ZM | \$10 | | | |
| | 176 | Little Richard ZM | \$10 | | | |
| | 177 | Judy Collins ZM | \$10 | | | |
| | 178 | Thelonious Monk ZM | \$10 | | | |
| | 179 | Symphony Orchestra | \$10 | | | |
| | 180 | Doris Day ZM | \$10 | | | |
| | 181 | Leroy Anderson ZM | \$10 | | | |
| | 182 | William Grant Still ZM | \$10 | | | |
| | 183 | Rush ZM | \$10 | | | |

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

Office Use Only

| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W |
|---|-----|-------------------------------|--------|----|---|
| | 184 | Mary Lou Williams ZM | \$10 | | |
| | 185 | Stevie Nicks ZM | \$10 | | |
| | 186 | The Eagles ZM | \$10 | | |
| | 187 | Purple Rain: Prince ZM | \$10 | | |
| | 188 | Chick Corea ZM | \$10 | | |
| | 189 | John Denver ZM | \$10 | | |
| | 190 | Julie Andrews ZM | \$10 | | |
| | 191 | Christmas Carol History | \$10 | | |
| | 192 | Improv in 2 Parts | \$30 | | |
| | 193 | Friday Cantores Festivi | \$12 | | |
| | 194 | Balkan Band | \$12 | | |
| | 195 | How to Haiku | \$20 | | |
| | 196 | Creative Writing Workshop | \$18 | | |
| | 197 | Your Dream Life | \$30 | | |
| | 198 | Jewish Poetry | \$10 | | |
| | 199 | Benedictine Monks ZM | \$10 | | |
| | 200 | Intro to Islam | \$10 | | |
| | 201 | Great Schism* | \$20 | | |
| | 202 | Babble & Babbling | \$10 | | |
| | 203 | Howard Thurman | \$10 | | |
| | 204 | All About Judaism | \$10 | | |
| | 205 | Apollo Missions | \$10 | | |
| | 206 | Rio Grande Nature Ctr Walk* | \$15 | | |
| | 207 | Rio Grande Nature Ctr Walk 2* | \$15 | | |
| | 208 | In-Ground Composting* | \$15 | | |
| | 209 | In-Ground Composting 2* | \$15 | | |
| | 210 | In-Ground Composting 3* | \$15 | | |

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

Office Use Only

| ✓ | Cl# | *Indicates Off-Site Class | Fee \$ | In | W |
|---|-----|-----------------------------------|--------|----|---|
| | 211 | Magnetic Field of Earth | \$10 | | |
| | 212 | Energy Storage | \$10 | | |
| | 213 | Not Modern Inventions | \$10 | | |
| | 214 | Electronic Technology | \$10 | | |
| | 215 | Clouds Part II | \$10 | | |
| | 216 | Universe's First 10 Billion Years | \$10 | | |
| | 217 | Yellowstone ZM | \$10 | | |
| | 218 | French Mathematics | \$10 | | |
| | 219 | Archeological Mysteries | \$20 | | |
| | 220 | SW Rock Calendars ZM | \$10 | | |
| | 221 | 60 Hikes | \$10 | | |
| | 222 | Comic Postcards | \$10 | | |
| | 223 | Western Movies | \$10 | | |
| | 224 | Cartooning | \$10 | | |
| | 225 | Railroad Depots | \$10 | | |
| | 226 | NM Game Animals | \$10 | | |
| | 227 | Antiquity of Irrigation in SW ZM | \$10 | | |
| | 228 | County War ZM | \$10 | | |
| | 229 | What Price a Human? | \$10 | | |
| | 230 | Climate Change and Water | \$10 | | |
| | 231 | NM in WWII | \$10 | | |
| | 232 | Tony Hillerman | \$10 | | |
| | 233 | Tony Hillerman ZM | \$10 | | |
| | 234 | iPhone Basics | \$25 | | |
| | 235 | iPhone Basic ZM | \$25 | | |
| | 236 | Android Intermediate | \$25 | | |
| | | | | | |
| | | | | | |

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

Office Use Only

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| | 700 | Flu Shots | Free | | |
| | 701+ | Foot care | \$10 | | |
| | | | | | |
| | | | SUBTOTAL \$ | | |
| | | | TAX DEDUCTIBLE CONTRIBUTION TO OASIS \$ | | |
| | | | TOTAL DUE \$ | | |

☐ Check to “Opt In” to receive occasional group emails from Oasis

Credit Card # _____
Your credit card must match your name and address on file.

Signature _____

(please circle) VISA MC DISC

Exp. Date ____ / ____ CVV/CSC/CVC _____

Oasis Albuquerque
PO Box 35518, Albuquerque NM 87176

| For office us only. Please do not write in shaded areas. | CASH/CHECK | | CREDIT CARDS | | OASIS CREDIT | | FINAL BALANCE | |
|--|---------------------|----------------|---|------------------------------|-------------------------------|--|---------------|--|
| | Cash Rec'd \$ _____ | Check \$ _____ | Amount Charged to Credit Card by Oasis (after registration is complete) | Apply Credit Amount \$ _____ | Credit Credit Amount \$ _____ | | | |
| | Date _____ | Rec'd By _____ | | | | | | |



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New Participant Form

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

Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____

Email Address: _____ Cell Phone: (_____) _____

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

In case of an emergency, contact:

(Name) (_____) (Phone)

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

Gender:

☐ Female ☐ Male ☐ Other

Marital Status:

☐ Single ☐ Married ☐ Domestic Partnership ☐ Widowed ☐ Divorced

Race/Ethnicity:

☐ Asian ☐ Black or African American ☐ White/Caucasian ☐ Hispanic or Latino ☐ American Indian or Alaska Native ☐ Native Hawaiian or other Pacific Islander ☐ Two or more races

Highest Level of Education:

☐ Grade School ☐ High School ☐ Some College ☐ College Degree ☐ Post Graduate

How did you hear about Oasis?

☐ Brochure ☐ Advertisement ☐ Oasis Catalog ☐ Friend ☐ Presentation ☐ TV/Radio ☐ Walk-In ☐ Internet/Website ☐ Newspaper

If you would like to be an Oasis volunteer, please check your interests:
☐ Tutor ☐ Office Work ☐ Special Events ☐ Health and Wellness

Past/Present Employer: _____ Past/Present Occupation: _____

Please return this form to:
Oasis | PO Box 35518 | Albuquerque, NM 87176 | PH: 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

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PO Box 35518, Albuquerque NM 87176

505-884-4529

www.oasisabq.org

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Registration opens on

Wednesday, Sept. 1, 2021, 10:00am

& continues **throughout** the term.

See pages 65-66.

Classes begin Monday, Sept 6, 2021

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Oasis Albuquerque

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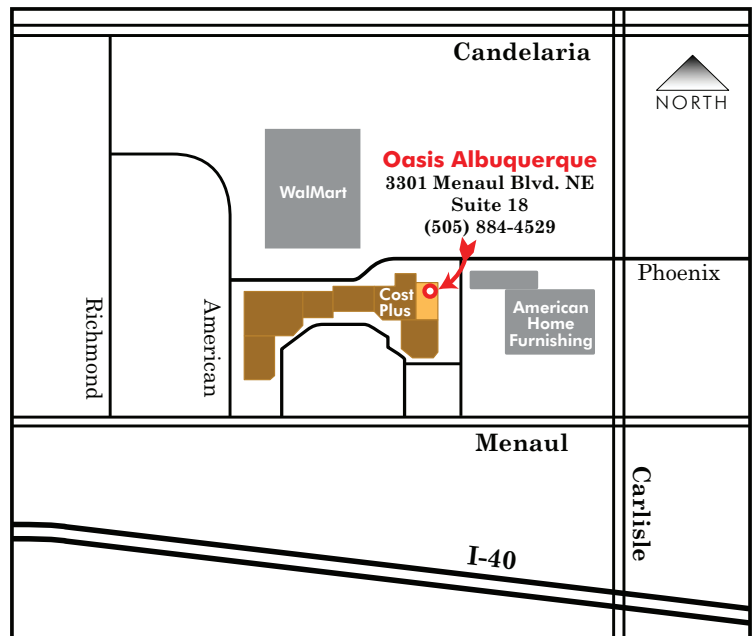
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